

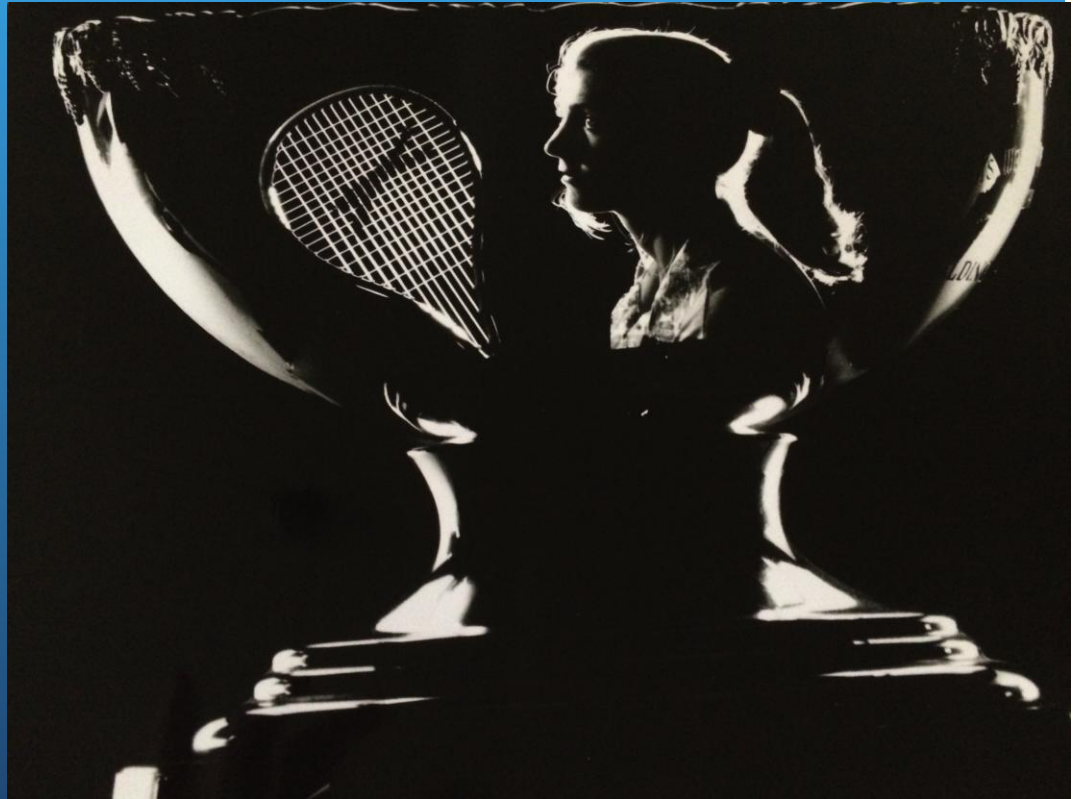
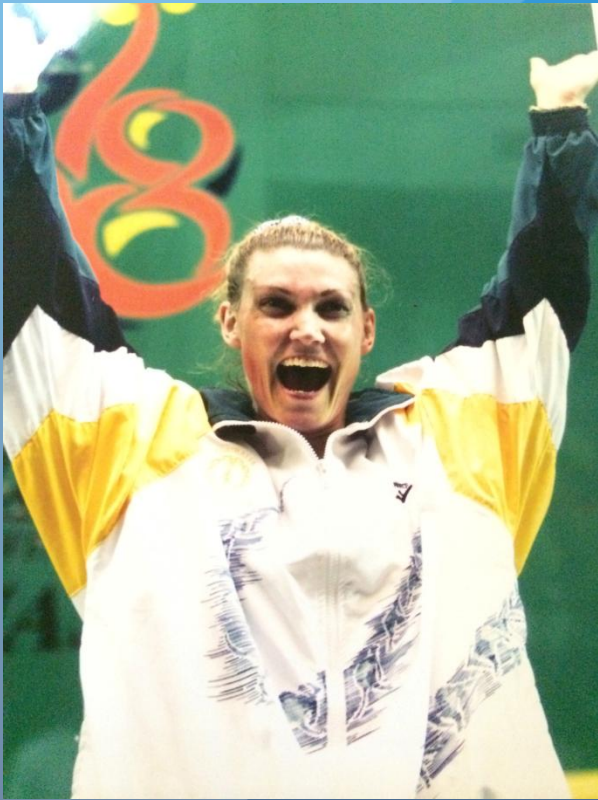
# Short Skirts and Frisly Knickers to



# Body Suits and



# World Champion



# About me

- World Number 1
- British Open Champion 6 times
- World Champion 3 times
- Commonwealth Games Dual Gold Medalist
- National Champion 7 times
- World Team Champions
- World Junior Team Champions



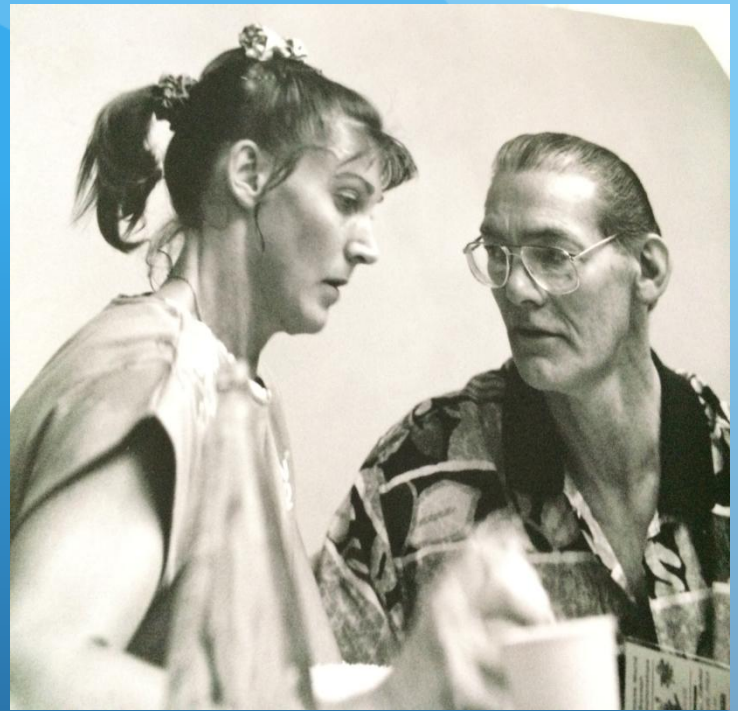
Michelle Martin

# Coaching

- Australian Women's Team Coach
- Coach to Commonwealth Games in 2010 Delhi
- Assistant Coach with the AIS Squash Unit
- Coaching beginners through to Elite level







Lionel Robberds

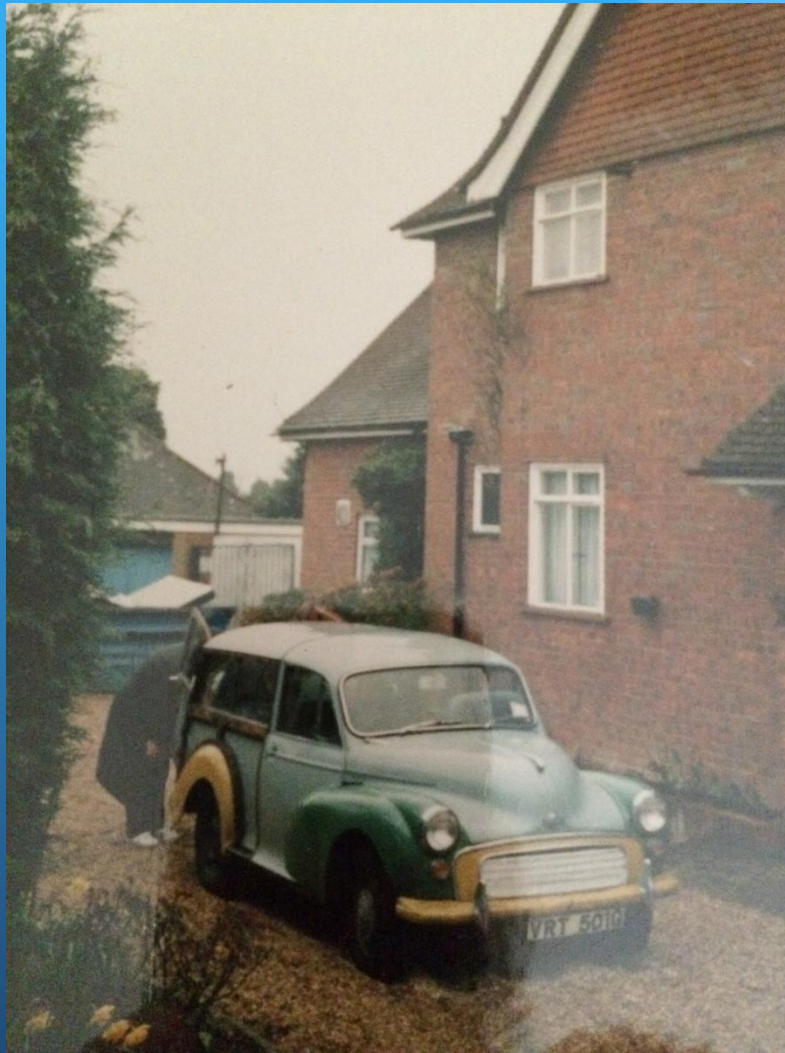


Brett and Rodney



OUR CAR  
'DORIS'





*“There is no doubt women's pain tolerance is equal if not better than males and it depends upon the individual not the gender as to how hard they will push themselves.”*

“I don’t take the credit for one moment,” says the slight but powerful Sydney QC with the sweptback hair. ‘She is the one who has to do it. She has always wanted to get to the top. All that I have done is show her how to do it.’”





“I think women athletes often show less tolerance to criticism than male athletes so it is important to give positive feedback and instruction to females whereas you can give some constructive criticism to many males and still get a positive outcome.”

“It seems to me that women in sport are often more emotional than guys or at least show more negative emotions. Perhaps they find it more difficult to divorce their personal life from their training and competitions. In order to train or compete an athlete needs to be able to concentrate on the task at hand so a coach needs to be aware of the emotional state of their athletes and give them appropriate training (or rest from training) at that time.”

# Honesty

- Ability
- Weight
- Training Regime

Quote from Liz Irving Interview on  
Nicol David



*“I wasn’t too worried about her short game that much in the beginning, because I thought, there is no point having a short game if you can’t do all the other important basics effectively, you need to get that solid, learning to volley, how to set that up, how to think. The short game was there when she needed it, she knew how to bring it in, of course we worked on it, but I had other priorities. To summarise, I can say that Nicol is a work in progress, still.”*



# It's a Mental Game

- Believe in yourself
- Stay focused/committed
- Work hard
- Embrace change

# Training Regime

- 10 x 300m's
- Approx half hour run - 10 min warm up, 10 min cool down
- 75's, 150's, 4 laps, 150's
- Court Sprints 20 sets of 21
- Versa Climber
- Water Running
- Weights
- Plyometrics
- Visualisation



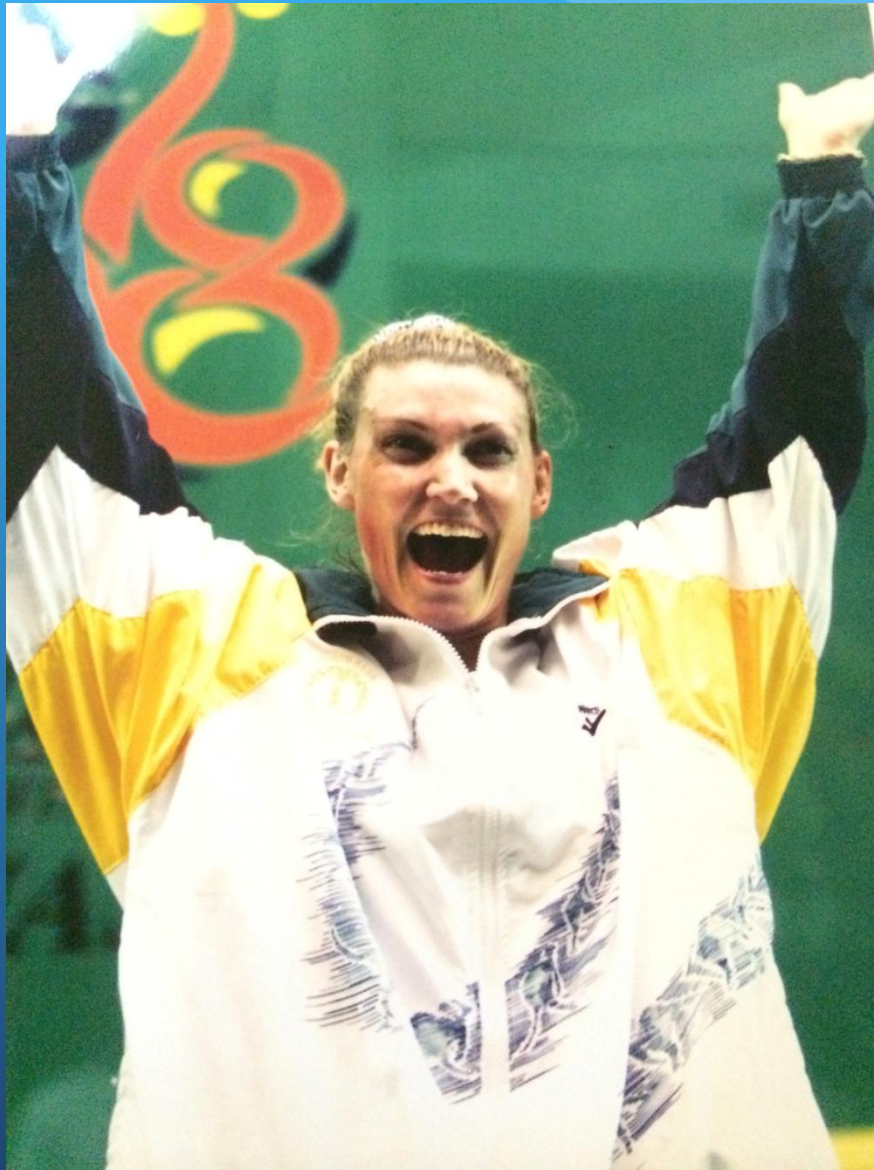
# Training Regime

- Solo
- Technical sessions with coach
- Pressure Sessions with Rodney
- Practice Matches with Males
- League Matches and Males

# SUCCESS

WILL DEPEND ON HOW WELL  
YOU'VE PREPARED





Dual Commonwealth Games Gold Medalist

# WSA Survey

- At what age did you start playing squash? Between 5-11
- How where you introduced to the sport? Family
- At what age did you start competing in National tournaments? 9-12 yrs old
- At what age did you turn professional? Avg 16-18
- At what age did you break into the World Top 20? All around 19- 20 years old

# WSA Survey cont.

- Do you work with a National coach? Mixed
- Do you have a personal coach? Mixed
- Do you have a specific Strength & Conditioning Coach? Some Yes but surprising some No.
- Most players these days get National Funding, whether it be in the initial stages or your career or currently. Do you think this has been a major factor in enabling you to achieve your current ranking and pursue a career as a female squash player? All said yes bar 1, and the extent of assistance varied considerably.