The Interview with Aaron Soyza the Head Coach of Penang Squash Academy

Aaron Soyza. Penang Based coach. Tell me about yourself.

I have been coaching for 16 years full time.

Currently, I am a head coach of Squash Academy of Penang.

As some of you know, I coached Misaki, Ryosei, Hayate, Satomi, Ayumi and Yamato who lived and are living in Penang.

I also coached Chinatsu, Kosuke, Mayu, Miwa, Yoriko and more when they visited me in Penang.

What is your impression of Japan this time compared with last time?

This is my sixth time and the first time in 7 years. Satomi was 10. Japan has a lot more junior players.

It seems to be accessable for junior players. Lots of clubs back then did not allowed kids to play.

Facilities like Sunset Breeze, Mascat and SQ-CUBE must have helped.

What do you like about Japan?

I love Japan. If I have a choce to live overseas, Japan is my first choice. People are courteous, civil mindness, always think about other people’s feeling. And I have good friends here.

Tell me about your training sessions.

It went very fruitful. I think players put their heart and soul to the session.

They tried their best and I tried to help them my best.

I helped their part of their games which need more attention one by one.

As a coach what are the things you always have in mind.

Coach with heart.

What do you think of important tips when we learn squash?

You are playing against people. Just as you like to do what you like to do in the court,

your opponent like to do what he or she likes to do. It is a complex game. When you practice, you don’t focus on winning. You need to be prominent in most various situation in the game.

Do you do something special to maintain your health?

Running, workout, play squash, do exercise.

Tell us about your best memory as a coach?

2014 Asian games in Inchon. Malaysian women’s team got a gold and a silver medal for individual, and a gold for the team event. I was there as the national coach for the team.

Tell us about your best moment as a player?

2000 and 2001. I turn to a pro player. I played as part of Malaysian national team in Asian Championship in Hong Kong. My team mates are Ong Beng Hee and Azlan Iskandar. That sure was my prime time as a player.

What is your favorite sport other than squash?

I love Motor sport like Formula 1. Japan GT,

Motor Cycle Race, Moto GP

What do you do in your free time?

I play the guitar. I like Tommy Emmanuel the Australian acoustic guitarist.

He is a great musician.

What is your favorite food?

It’s not fair to choose one. I like all kinds of food. If you say this to my friends,

they will all say that sounds me.

Please describe yourself three words.

Logical, conservative, conscious.

This strongly relates to my art of coaching, the way I say and tell things to players.

What super power do you want to acquire? And what do you do with it?

I have never asked such a question!!

Well, (thinking for a while) I would like be more than one. I want many of me staying in a many different places and experiencing many different things.

Thank you very much, Aaron. It was great having you here.

You are most welcome.