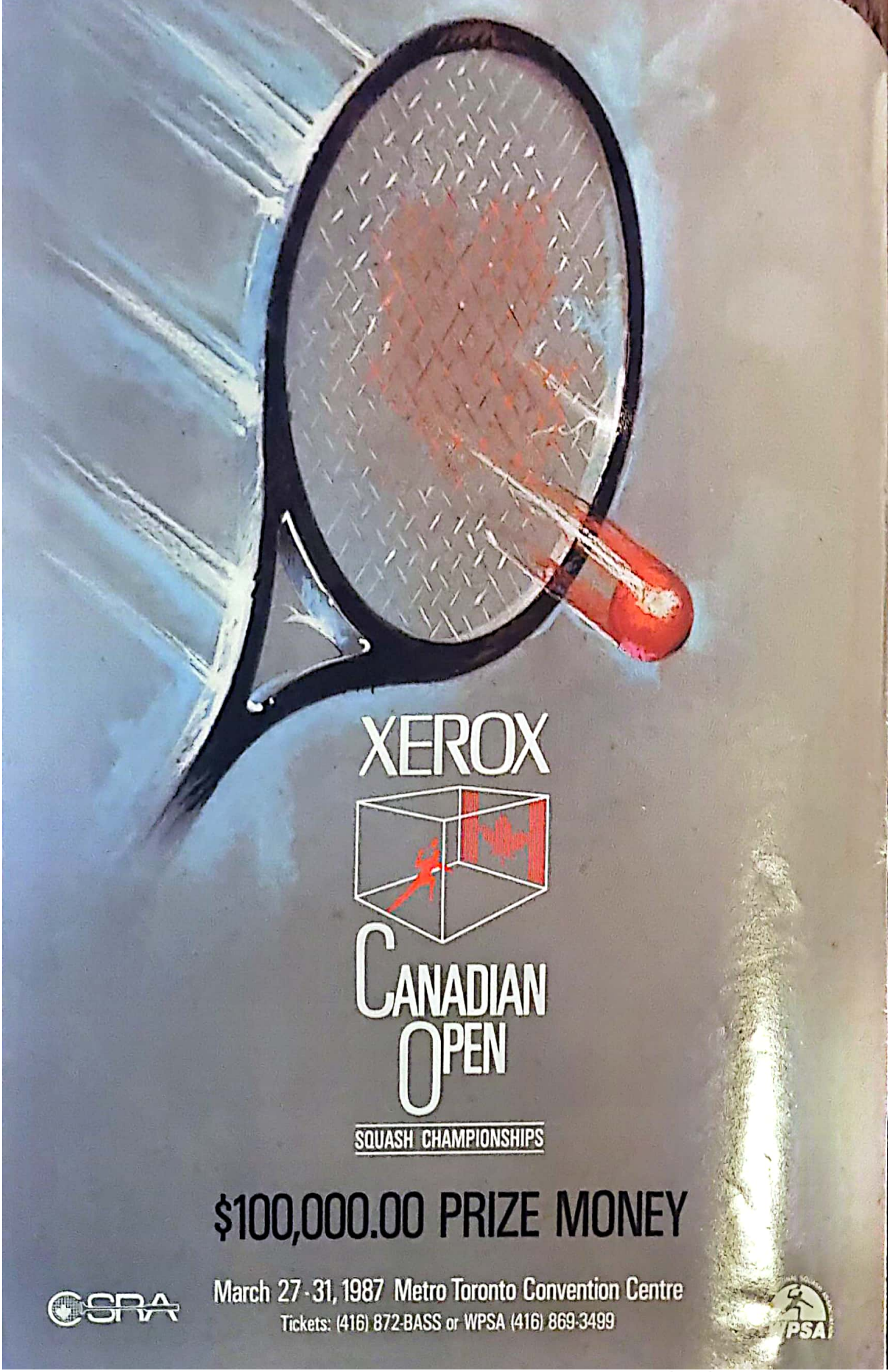

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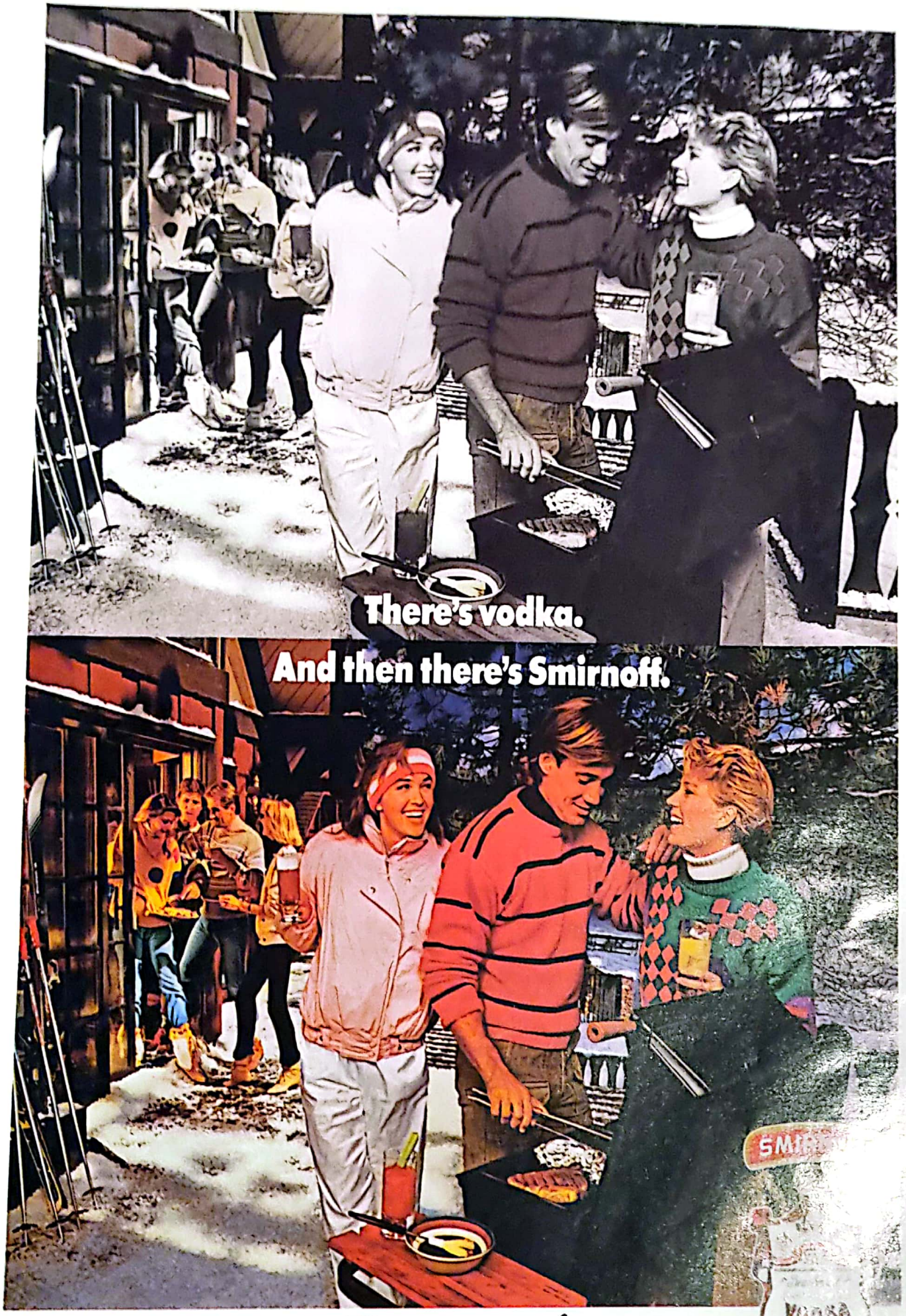

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SQUASH LIFE

MARCH/APRIL 1987

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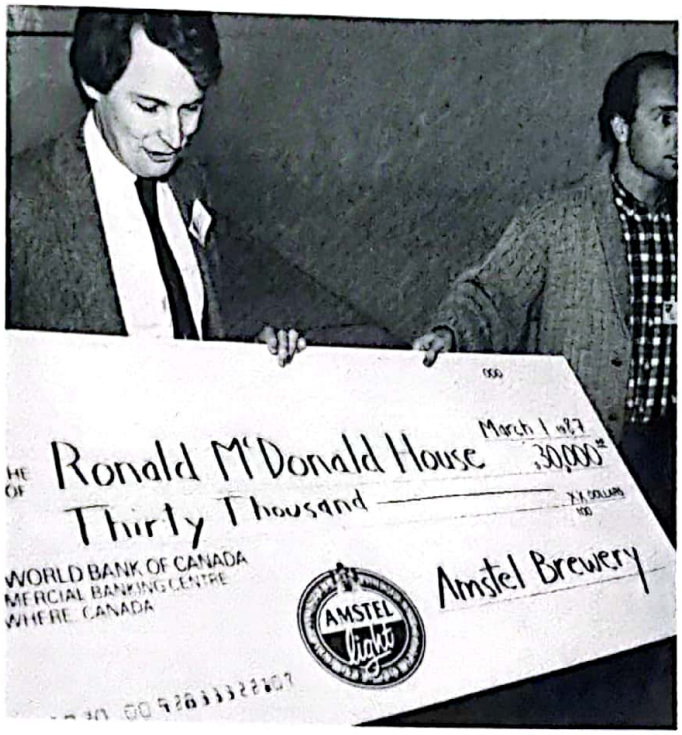

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"OFFICIALLY" SPEAKING

As Chairman of the International Squash Rackets Federation Rules Committee for the past five years, I have been closely associated with the I.S.R.F.'s Rationalization Report, Rules Changes and more recently the proposed rules experimentation. In that capacity I would like to answer some of the editorial questions and clarify some of the editorial comments. *(EDITORIAL: Fire Burn and Cauldron Bubble, Squash Life, January/February 1987, Volume 11, Number 1)* In doing so, I hope to explain the thinking of the I.S.R.F. officers and the approach which is being taken before any decisions on future rules changes are made.

The I.S.R.F. is the organization responsible for the rules of our great game. In 1984 at the Edinburgh Annual General Meeting, some changes were made to the rules in the hope of improving our game, including a code of conduct. These changes were implemented world wide in 1985, with the moratorium on any further changes to the rules until the I.S.R.F. Annual General Meeting in 1988, at which time member countries will be asked to discuss again any changes which may be necessary or requested.

In the past two or three seasons, concern has been expressed that the game at the top level has excessively lengthy rallies, matches which bore the spectators and when on television a scoring system that confuses, with a point scored only when hand in. In an attempt to attract television coverage and hence sponsors, as well as new and young players to the game, the International Squash Players Association at a meeting in Toronto during the Canadian Open discussed ways in which the game could be made more exciting and attractive. The use of American scoring, one serve and a lower (17") tin will be tried in several major championships next season, including the Drakkar Noir Canadian Open. The visiball, blue floors, new racquet materials and coloured clothing are a few developments which have already improved the game, not only for the professionals but for recreational players also.

However, it is not only the professionals who have discussed changes to the game. It would be wrong to give the impression to the squash community that rules experimentation by national associations is motivated by professional player requirements. Rules experimentation and the Rationlization Report have been discussed by referees at two international referees conferences in Cairo and more recently in Toulouse, as well by member countries at the I.S.R.F. annual general meetings in Cairo and Washington.

It was agreed that rules experimentation, to have any validity, was necessary across the spectrum of players, from novice through recreational to league and championships, as well as professionals. To give any experiment a fair trial it was agreed that experimentation should be over a period of time (minimum 3 months) and not just at an occasional event or tournament.

The I.S.R.F. during its discussion on the Rationlization Report asked all member countries to carry out experiments at all levels of play on three different aspects of the rules. A questionnaire has been circulated to member countries in the hope that opinions from all squash players can be received in time for a discussion next October at the I.S.R.F. Annual General Meeting in England.

Such opinion is precisely what we will gain from the experimentation period which may lead to rules changes based on practical experiences rather than hypothetical arguments or as Sherry Funston suggests, the feedback may indicate that no changes are necessary. Let us at least try them, to see if the game can be improved (at all levels) rather than taking the bunker mentality, "I like things as they are, don't ask me to change!"

To highlight this "head in the sand" approach, I would like to quote as an example a discussion which tool place on the one serve rule at the I.S.R.F. Annual General Meeting in Cairo. It was significant that all but one of the member countries who had experimented with this rule (and there were at least twelve who had) were in favour of changing to one serve, but the motion was defeated by those tra[illegible]onal countries who were not pre[illegible] to experiment with a one serve [illegible]

Had we taken the s[illegible]titude on racquets, graphite a[illegible]al which dominate the marketp[illegible]ay would never have been int[illegible] to the benefit of the game a[illegible]ls.

If experimentation [illegible]rried out, we shall never know [illegible] proposed changes "are for the g[illegible]e game."

Tony Swift
Chairman, I.S.R.F. R[illegible]mmittee
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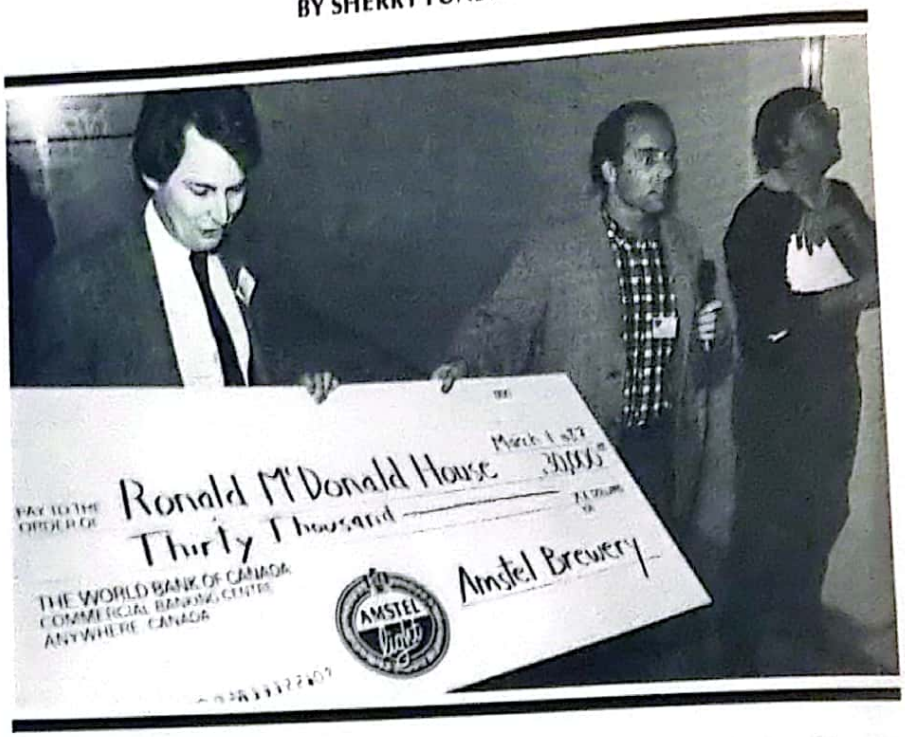
BY SHERRY FUNSTON



After eight months of club and regional championships, the Amstel Light Charity Challenge came to a successful and fitting conclusion on the weekend of February 28th. Mayfair Parkway Racquet Club once again played host to 125 regional champions and club professionals who travelled from all parts of the province to compete for 15 titles. On Sunday afternoon, after 185 matches, the winners were declared, with five championships going to Toronto, five to Ottawa, three to Western Ontario and two to Southwestern Ontario. Gone are the days when Toronto makes a clean sweep of the awards!

The 1987 Amstel Light Charity Challenge was without question our best ever - culminating in a cheque for $30,000 being turned over to Ronald McDonald Houses of Canada on behalf of the 3,000 players who had participated in the event. But the very essence of this tournament lies not in the winning but in the giving, and nowhere is this better exemplified than in the city of Cornwall. David and Nancy Cruickshank of the Parkway Inn Racquet Club, did an absolutely outstanding job in promoting this charity event, encouraging the police, firemen, lawyers and doctors to come into their club and play for Ronald

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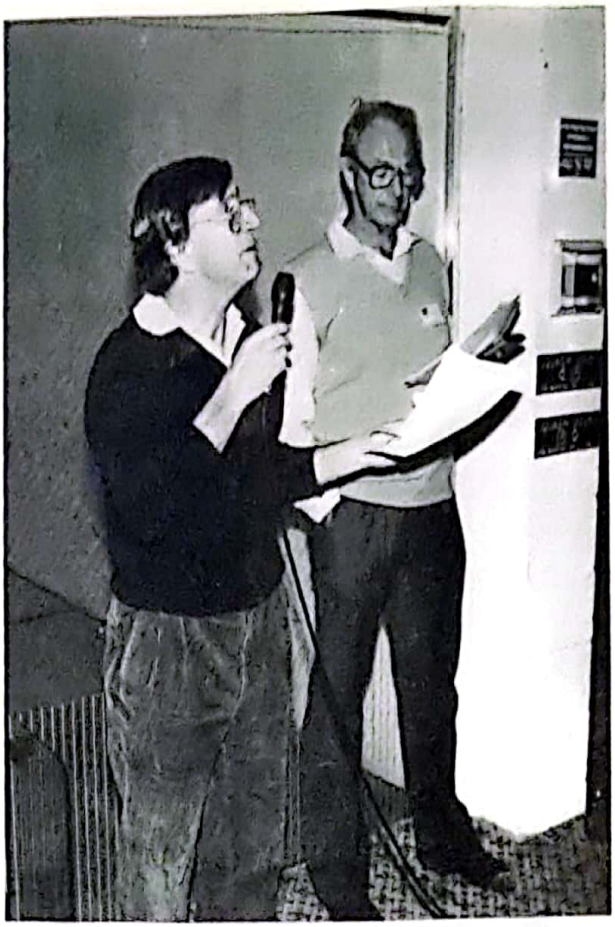

McDonald House. The result of their marketing job was a donation of $1,500 - the highest in the province. On the other side of Cornwall is Bill Kennedy's Maximum Fitness Centre. He too, did an excellent job, turning in a donation of $810.00. These two clubs captured the spirit behind the Amstel Light Charity Challenge and in fact, epitomize what makes this event so unique . . . people!

People can and do make the difference in the success of any venture, and so it was with the Amstel Light. Over 3,000 players participated in their club events, making this the largest tournament of its kind in Canada. That in itself is quite an achievement. But the 185 matches all had to be officiated and the task would have been much more difficult had it not been for the many volunteers who came out on the weekend to help. Special mention and thanks to Bill Warren who did his usual masterful job in acting [illegible] Referee-in-Chief, and to [illegible] tant, Norma Graham. A [illegible] thanks to Paul Frost [illegible] ful staff at May[illegible] handled the 25 [illegible] ded on the [illegible] teously and [illegible] We could [illegible] venue [illegible] to work [illegible]

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without the financial support of Amstel Brewery Canada Limited. Consider for a moment just how far that $10.00 entry fee carried each of these regional finalists. They represented their club in their regional championships and their win there entitled them to travel to Toronto to compete in the provincial championships. Thanks to Amstel, their travel and accommodation costs were covered totally and they were treated to an excellent weekend of squash and socials. If there is a better return on a $10.00 investment, I don't know what it would be.

The Amstel Light Charity Challenge began with people and quite fittingly, ends with people. Your contribution of $30,000 to Ronald McDonald Houses of Canada, will go to help people who must use the facilities of a Ronald McDonald House. To know that you have, in some small way made things a little easier for a family whose child is being treated for cancer or leukemia or some other very serious illness, is a feeling not easily expressed. All of you who participated are a great tribute to the squash community and we can only hope that in 1988, many, many more players 'catch the feeling'.●

1987 AMSTEL LIGHT CHARITY CHALLENGE CHAMPIONS

Men's A	Hamid Veiji	Ottawa & District
Men's B	Steve Blackadder	Toronto & District
Men's C	Daryl Morris	Toronto & District
Men's D	Greg Moses	Western Ontario
Men's Novice	Barry Valentine	Western Ontario
Men's 35+	Rob Kelly	Western Ontario
Men's 40+	Jon Hore	Southwestern Ontario
Women's A	Kelley Payerl	Toronto & District
Women's B	Nancee Cruickshank	Ottawa & District
Women's C	Gail Machin	Ottawa & District
Women's D	Joyce Munn	Toronto & District
Women's Novice	Eileen Woodside	Ottawa & District
Women's 35+	Anne Smith	Southwestern Ontario
Women's 40+	Pat Marks	Ottawa & District
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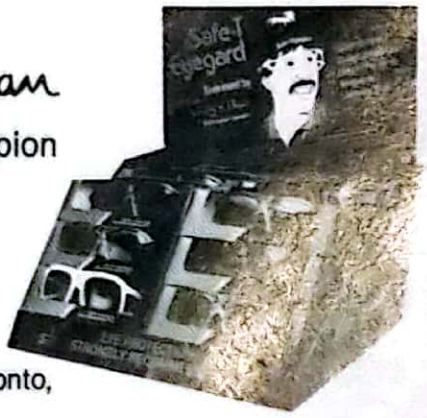

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THE STUFF OF WHICH DREAMS ARE MADE

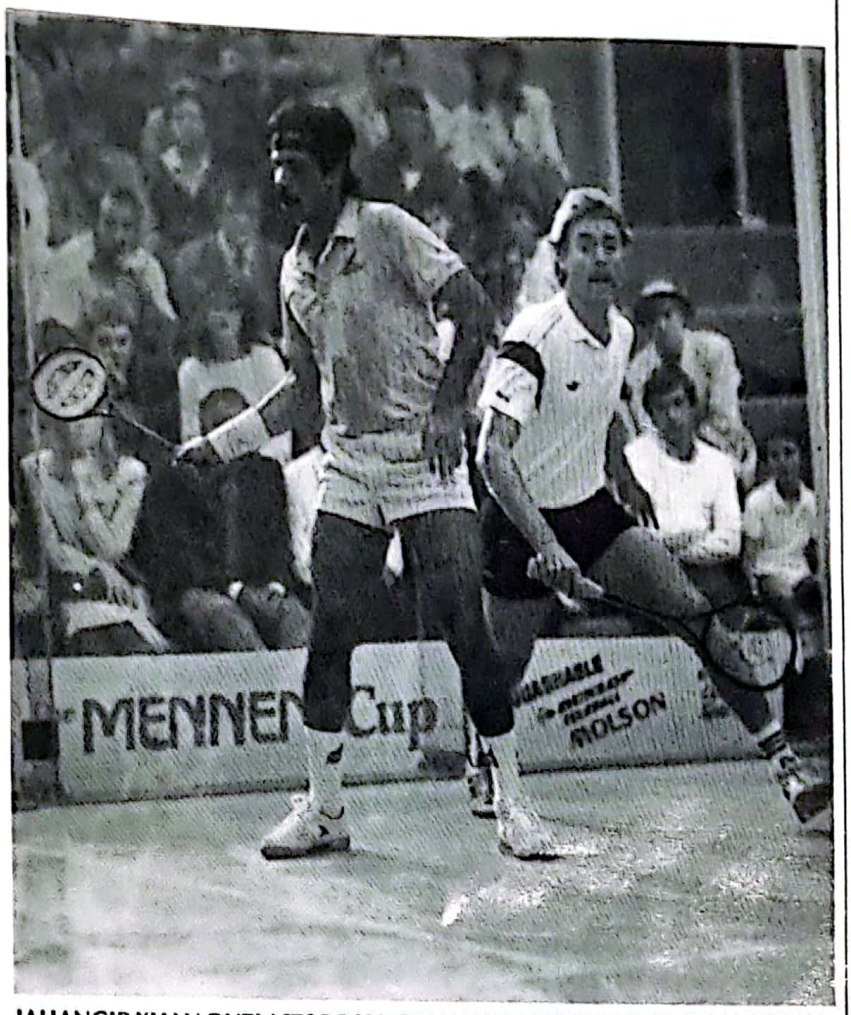
BY SHERRY FUNSTON

The battle for the ninth Mennen Cup title and the $20,000 first prize money provided the sponsor, the organizers and most importantly, the spectators, with a match which exemplified all that is best about the game of squash. Jahangir Khan, five times World Open and five times British Open champion and defending Mennen Cup champion, easily made his way through to the final in the round robin type of format. Falling to him in rather quick succession were England's Gawain Briars, Mexico's Mario Sanchez and Canada's Todd Binns. In the other group New Zealand's Ross Norman was encountering little resistance from Peter Hill of Singapore, Kenton Jernigan of the United States and Ross Thorne who was representing Australia for the first time. Both men ended the first three rounds with the maximum number of points.

In the semi-finals, Khan and Norman continued their march through to its inevitable conclusion — a clash of the world's number one and two players. Khan had no trouble in subduing Ross Thorne in three games and Norman posted an identical win over Gawain Briars. All had gone exactly according to world ranking and tournament seeding.

In the past, any final featuring Jahangir Khan has often elicited mild interest if not complete indifference. His incredible litany of tournament wins has earned him the reputation of being unbeatable. But this past November he was beaten — at the World Open — and he was beaten by none other than Ross Norman. Added to this was the fact that the Mennen organizers had decided to experiment with the rules, dropping the tin from 19" to 17", eliminating the cut line and using American scoring to 15, thus allowing either player to score a point off the serve. All the necessary components were in place and the 500 spectators at Carlson Court settled in for what was to be a titanic and memorable struggle between the game's two best players.

The first game was a marathon, marred by numerous let and stroke calls. Both players were somewhat scrappy — neither one playing textbook squash. Norman had leads two or three times only to see them eaten up by Khan. Eventually he went ahead to stay and won the first game 15-11. The crowd suddenly sensed the possibility of another upset as no one had really expected Norman to win the first game. In the second game, Khan picked up



JAHANGIR KHAN OUTLASTS ROSS NORMAN IN A THRILLING FIVE GAME FINAL.

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the pace immediately and, at about the same time, Norman went on a complete walk about, totally losing not only his concentration but the game as well, 4-15. He came back very strongly in the third and held the lead at 14-13. A stroke call against him for failing to clear tied the game at 14 all at which point, he called 'set one'. If he was hoping to rattle the man known as 'unrattleable', he was mistaken as Khan took the next point and the third game. History has shown that when Jahangir Khan has a lead, he rarely relinquishes it but Ross Norman wasn't there for a history lesson. He played brilliantly in the fourth game, treating the spectators to some superb shot making but still found himself trailing 12-14. He rallied to tie the game at 14all and Khan called 'set three'. Norman nicked one from the back of the court which brought a tremendous roar from the crowd, whose heart it seemed, lay with the rather taciturn underdog from New Zealand. Norman went on to win that fourth game 17-15 and the Mennen Cup had its classic story-book ending.

Fitness has always played a major role in the soft ball game and so it was in that fifth game. Both men were tired, but the fatigue was more telling on the man from New Zealand. Desperation shots for winners resulted in too many unforced errors and the fifth and final game of this very dramatic match went to Khan 15-8. He had successfully defended his Mennen crown but Ross Norman fought him every step of the way.

Ironically, one of the reasons cited for switching to American scoring is to speed up the game but for more than two hours, these two players kept the audience absolutely enthralled, proving that squash by any other name is still squash.

The Mennen Cup is a unique event, bringing together the top players from eight countries in a round robin format. For the first time this year, it was played with the soft ball on the international court and this total conversion to soft ball clearly demonstrated that the future exclusion of hardball players in the Mennen may be inevitable. Mario Sanchez, Kenton Jernigan and Todd Binns manages to score a meagre five points between them. It was apparent that the hardball players are no match for the likes of Khan, Norman, Thorne or Briars when they are playing their own game.

The Mennen celebrates its tenth anniversary in 1988 and over the past decade, it has established its own tradition, its own history and its own independence. Long may it continue. ●

I.S.P.A. players say no to South Africa

The International Squash Players Association (ISPA) has announced the result of a postal ballot. The topic: the South African tournament circuit. The question: should these be ISPA graded tournaments? The result: defeated. This reverses a decision taken at the 1986 ISPA annual meeting and becomes effective immediately.

Players may continue to compete in South African tournaments. Previously, lower ranked players were assured of substantial ISPA ranking points and an inflated world ranking due to the absence of the world's top ranked players. ISPA ranking points will no longer be earned in South African events. Certainly the attraction has been considerably diminished. To much, too little, too late! ●

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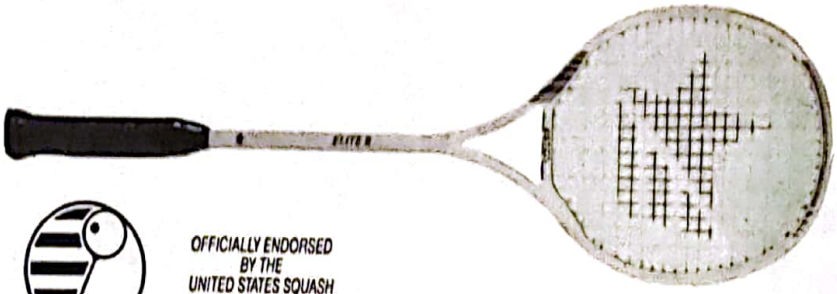

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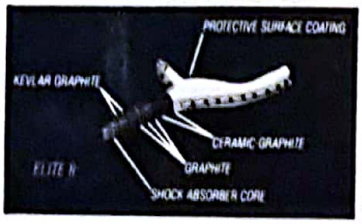

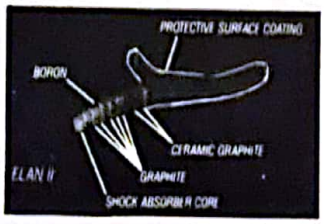

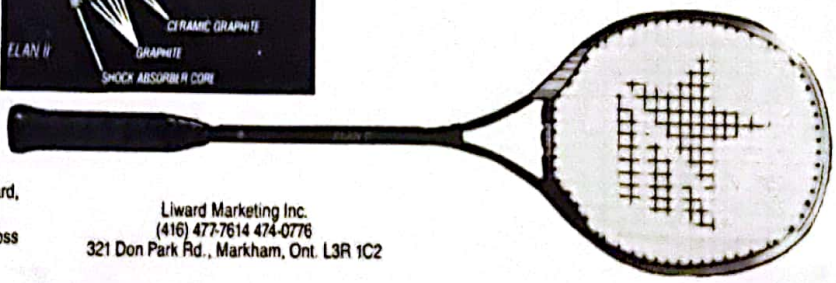

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NEW YEAR OPENS WITH 14TH ANNUAL CRICKET JUNIOR

BY BARBARA LECKIE

January 9 to 11 saw the 14th Annual Junior Invitational Squash Tournament being held at the Toronto Cricket Skating and Curling Club. Once again many junior players of all abilities gathered for the competition and to renew old acquaintances. The final count saw 123 participants from Ontario, Quebec and the United States enter the girls and boys draws.

Sara Leckie from the Toronto Cricket Club finished first in impressive fashion in the under 12 category. Joanna Kennedy also from the Cricket Club with a forceful serve finished second. Third place went to Danielle Clark from Sarnia. Marica Brose of the Granite Club finished fourth and Jannie Wilson from Sarnia was fifth.

In the under 14 category Joanna Richardson from Ottawa had little difficulty eliminating her opponents. Second, third and fourth places went to Sarah Jean Pearce, Lise Grant and Sara Leckie, all from the Cricket Club. Andrea Harris of Hillside Racquets Club was fifth.

Jordana Frieberg from Montreal won her first four matches only to lose to Ottawa's Margo Green in the finals of the under 16 category. Third, fourth and fifth were Catherine Tyler of Ridley College, Carol Ann Rodgers from Ottawa and Caitlin Berndt from the Cricket Club.

The under 19 title was won by Lori Coleman from Ajax who defeated Ottawa's Margo Green in the finals. Jordana Freiberg came in third beating shauna Keating of the Valhalla. And the fifth spot was taken by Kelly Rivers of the Chricket Club.,

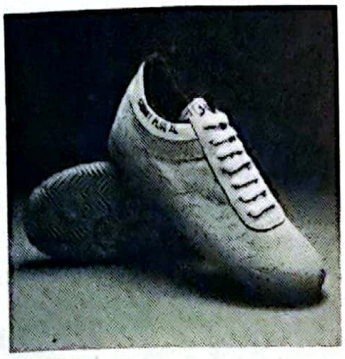
In the boys categories, all participants displayed a fast paced exciting hardball squash throughout the weekend.

In the 12 and under category Rob Wilson from Sarnia defeated Michael Pirnak from the Granite Club 3-2 in a very close match. Joel Palmer from Barrie, Gradon Joyner from the Granite Club and Michael Bittner from Rochester, New York and Sarnia's Joel Clark finished third, fourth, fifth and sixth respectively. The winner of the consolation (ninth spot) was Brent Amey from Hamilton Thistle.

The winner of the 14 and under category was 12 year old Jonathan Power from Barrie who still qualified to play in the under 12 group and who surprised his older competitors by not only 'playing-up', but also winning in that category. Tino Depetrillo of Hillside was the runner-up. Duncan Peake defeated Ian Fisher in the playoffs for the third and fourth spot. The fifth and sixth spots were taken by the Cricket Club players Chris Deratney and Michael Leckie. The consolation event was won by Danny Miller from Hamilton Thistle.

Jonathan Tredgett was the decisive winner in the 16 and under category defeating Steve Eastwood (Duffinch) 3-0. Dean Brown from Ajax placed third and two Appleby College players, Tim Rigby and Barry Gleadall finished fourth and fifth. Dan Vranesic from Valhalla finished sixth. Chris Peake from Richmond Hill was the consolation winner for ninth spot.

SUGI COURT



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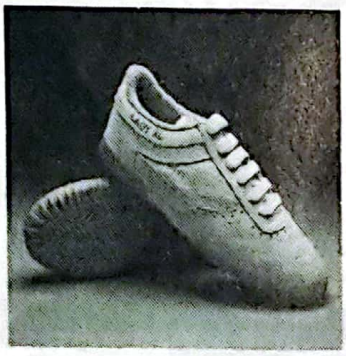

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Size: Women 4-10

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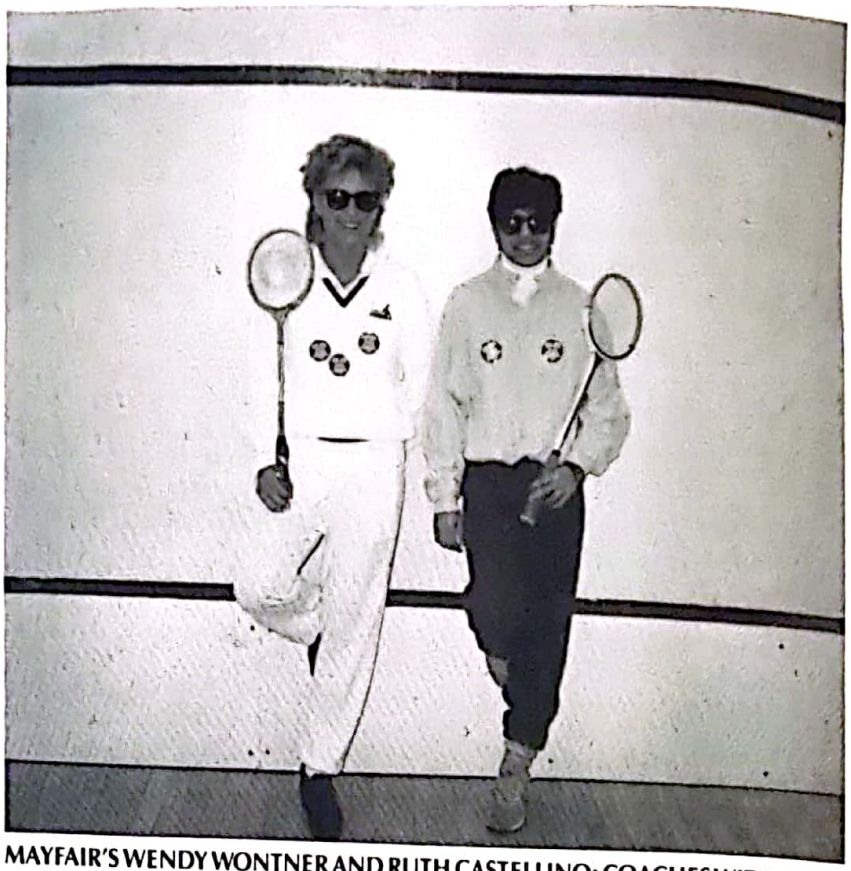
The Granite Club was very well represented this year with Scott Dulmage capturing the boys 18 and under title. Scott Mikalachki (University of Western Ontario) won the runner-up position and James Hewitt of the Cricket Club came in third place. The fourth, fifth and sixth spots were taken by David Rosen, Ottawa; Mark Nicholson, Montreal; and Brad Pielsticker, UCC. The consolation was won by Brad Stevens also from UCC.

The players enjoyed an evening of relaxation, entertainment and dancing on Saturday night. The sponsors and out of town guests joined the tournament organizers for a traditional social get-together at the club.

Mike McLagan and I would like to express our appreciation to all the people who contributed greatly to the success of the tournament. We would also like to acknowledge our sponsors - Pro Kennex, Imperial Optical Sports, Hall Photographics, and J. & B. Sales for a fine array of prizes; Bruno's Fine Meats for providing T-shirts for all the participants; Dunlop Sports for contributing the tournament soft balls; and Scott Lynch Foods for the refreshments enjoyed by all participants throughout the week-end.

A special thank you goes to Upper Canada College for allowing us the use of their squash facilities to run the consolation matches. ●

JUNIOR SQUASH PROGRAM OFFERS "HITS & GIGGLES"



MAYFAIR'S WENDY WONTNER AND RUTH CASTELLINO; COACHES WITH FLAIR.

Mayfair's Junior squash program finished a complete success the weekend of February 14. Twenty juniors of all ages ranging from 8 to 16 years old attended a six week course of instruction and regular round robin play that ended in an exciting tournament format playoff. Thanks to New York Seltzer who supplied the tournament mob with pop all morning, t-shirts and many other prizes ranging from sunglasses to frisbees. Many thanks to New York Seltzer for their support and we hope that they will sponsor our next junior squash program scheduled to begin in May. Congratulations to the following tournament winners:

GROUP 1
Chris Hewitt
Dustin Dalgorf
Sean Vincent

GROUP 2
Todd Ross
Eric Shannon
Jason Forsyth

GROUP 3
Scott Donkervoort
Jason Shumski
Greg Lindsey

GROUP 4
Seth Mitchell
Dave Starnes
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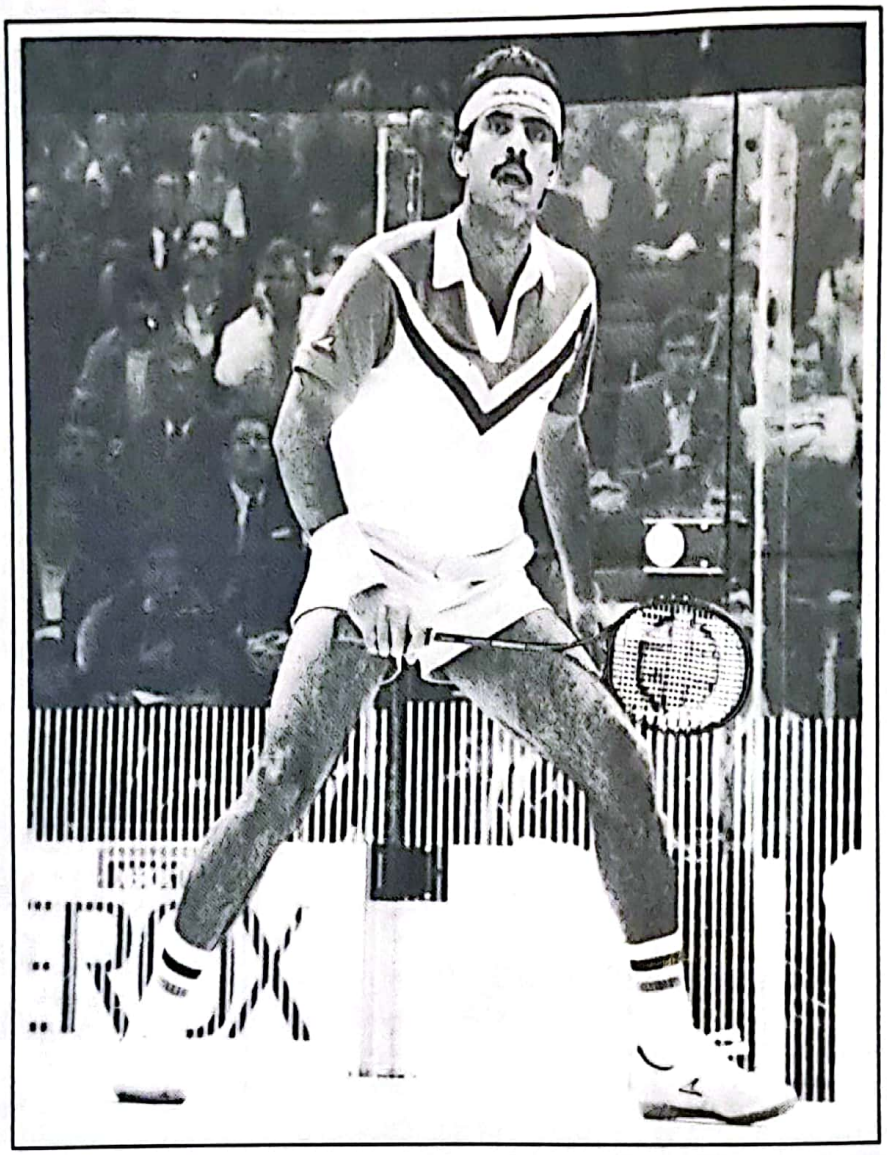

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LEARNING TO MANAGE

A new post-diploma program in Recreation Club Management, recently approved by the Ministry of Colleges and Universities and by the Board of Governors, is set to begin in March 1987 at Humber College in Etobicoke.

Designed to train personnel to function in management roles in golf and country clubs, squash/racquetball/fitness centres, health clubs, resorts, ski, curling and yachting facilities, the program will be delivered on a part-time basis beginning at the North Campus on March 20th.

According to Susan Goodman, who was instrumental in developing the program, "we distributed 500 questionnaires to recreational clubs in Ontarioin the summer of 1985 and the results indicated that there was a strong need for a program of this kind. Approximately 75% of those surveyes replied that staff from their agencies would be interested in Recreational Club Management. To the best of our knowledge, Humber is the only college in Canada to be offering the program."

Consisting of 300 hours comprised of five core subjects, two electives and a field experience component, courses will cover all aspects of club management including food and beverage, pro shop operations , membership services, finance, administration and personnel.

For further information about fees, registration, and specific course details, contact John Williams, Program Manager at (416) 675-5012.●

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CHRIS DITTMAR RETURNS TO TOP FORM

Chris Dittmar of Australia, the 23 year old former world number two squash player, has clawed his way back into the world's top ten only eighteen months after a serious knee injury threatened to ruin his career. In the latest ranking list issued by the International Squash Players Association, Dittmar comes in at number ten, having dropped out of the rankings completely early last year.

He resumed his tournament play last August after a twelve month break, got to number thirty-four in the November 1986 listings and is now giving his colleagues the clearest of warnings that he is returning to the form that once had him earmarked as a challenger to Jahangir Khan.●

JAMAICAN JUNIORS ON THE ROAD AGAIN

Karen Anderson, Samantha Templar, Marcos Chen, Robert Reynolds and Joey Levy comprise a team of national junior players who will visit Canada over Easter. Confirmed venues include the Valhalla, Partners West, Georgetown, Ajax, Sunshine, R.A. Centre and Queensview squash clubs.

Two under 19 Champions [illegible]erged from the 1986 tour to Cana[illegible] so we are very excited at being abl[illegible] come back. Junior squash is [illegible]g in Jamaica and it is pleasing [illegible] that this development has been [illegible]rted by our national airline, Air [illegible].

On behalf of the Jamai[illegible]sh Raquets Association and [illegible]987 team, I would like to thank [illegible]e mentioned clubs for exten[illegible] hospitality to us, some for th[illegible] time in two years.●

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LEO SMITS WINS AT HOME

BY DENNIS GOODFELLOW

The draw may have been small for a provincial tournament but the quality was far from weak. It was the strongest "C" draw I've ever seen and the calibre of play seems to reflect an ongoing attention that each player has given his game.

Seeding an event such as this is always a hit and miss situation, but in this case, the eight seeds all came through in the quarter finals. Leo Smits defeated Will Lockett 3-0, Khaled El Seweify took five games to dispose of Don Sinclair, Tim Farmer of Holiday Fitness had a tough one against junior Dan Vranesic but emerged a 3-1 winner. Steve Alizadeh had his hands full with a new squash player by the name of Mark Vandermolen, a former racquetball champion who is now a total convert to squash. However, experience paid off and Steve was victorious.

Saturday night brought a gourmet buffet dinner and drinks put on by the sponsor and Holiday Fitness.

Sunday morning, the semis got under way with Holiday Fitness in three out of the four spots. Leo Smits, one of Toronto's old men of squash, showed a young Khaled El Seweify that youth and speed are sometimes not quite enough against experience and cunning. Leo changed the pace of the match a dozen different times to outlast Seweify 3-0. In the other half, Tim Farmer was working hard at defeating Steve Alizadeh 3-1.

In one of the longest matches of the day Alizadeh was victorious over Khaled El Seweify 3-2 for third spot while the champion of the event, Leo Smits, was edging a confused Tim Farmer 3-1. Dan Vranesic beat Don Sinclair in the classic plate 3-1, while junior Dean Brown was winning the consolation over Steve Roberts 3-0.

Many thanks to Imperial Optical Sports whose eyeguard display and support were much appreciated and of course to Arc Racquets and Holiday Fitness without whose support the tournament would have been less than complete. ●

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by BROWNING

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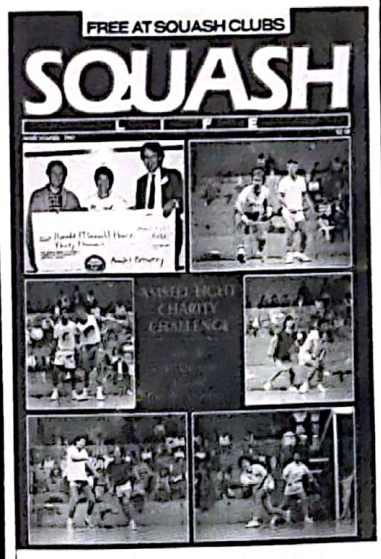

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ANNUAL HILLSIDE TEAM EVENT GOES TO THE BOYS FROM QUEEN'S

BY RICK SMITH

TOURNAMENT CHAIRMAN RICK SMITH AND CHARLIE O'MEARA OF PRO-KENNEX WITH WINNING TEAM FROM THE QUEEN'S CLUB OF COLLINGWOOD.

The Hillside Racquet's Club of Ancaster once again hosted the annual Hardball Team Tournament - Boy's 12 & Under on Saturday, January 17th, 1987.

The event was a double knockout competition with 6 teams representing Appleby College, the Toronto Cricket Club, Hillside, The Queen's Racquet Club of Collingwood, and Ridley College.

The Queen's Club team consisting of Jon Power, Joel Palmer, Ian Power, Rodney Bowers, and Fred Langevin were a strong force, winning the tournament and the 7-UP trophy from the defending champions Toronto Cricket Club.

The Hillside team finished third and the Appleby College I team defeated Ridley College in the consolation final. The Appleby College II team had defeated the Appleby I team earlier in the draw with good efforts in the 3, 4, and 5 positions.

Participants enjoyed free 7-Up, donuts, and pizza during the day compliments of Thames Valley Beverages, Robin's Donuts (Ancaster), and P-Wee's Pizza. The $7 entry fee also provided for hamburgers at lunch.

We are very grateful to the sponsors and in particular Charlie O'Meara of Jelinek Sports (Pro-Kennex) and Paul Brown of COTTONWOOD for their generous contribution.

A good day was had by all and Hillside looks forward to next year's tournament and a chance to recapture the trophy they last won in 1985.

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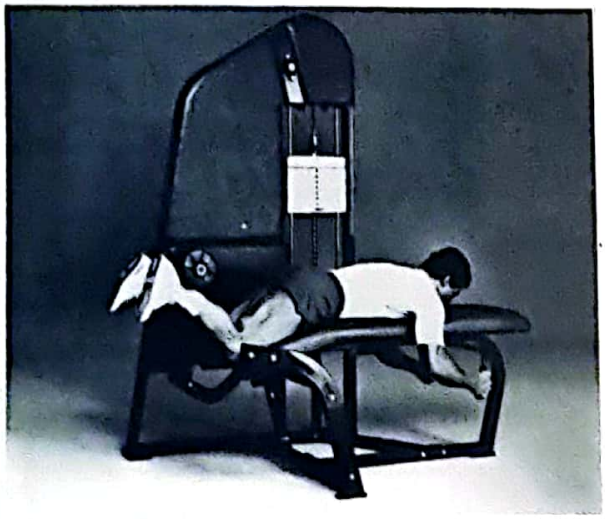

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Dennis Goodfellow

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RICH FLEMING DOMINANT FORCE IN THE NORTH

BY DANA MATSON

Rich Fleming of Sault Ste. Marie has yet another win to add to his list of accomplishments after competing in the Valley East Squash Clubs 4th Annual Tournament held at the Recreation Centre in Valley East. Advancing to the finals without losing a game, Fleming beat Don Campbell of the host club 3-0. Sixteen year old junior, Ray Heacock also from the Sault won the Men's A Consolation. In the B division Mitch Martel, one of three Valley East Squash Club Juniors to win in the Championship round, defeated Paul McGuire of the Sault 3-0. Bob Marunchak of the Sudbury YMCA was the Consolation winner. In the Men's C, Dave Starling (VESC) Junior defeated Paul Senecal from North Bay 3-1 and Consolation winner was Peter Lavigne from VESC. A unique final in the Men's D saw 14 year old VESC Junior, Keith Denis defeat his father Dave Denis 3-0. Winner in the Consolation was Ron Village of North Bay. Ken Zayette from VESC beat Jim Stitt (Sault) 3-0 in the Men's Novice final while Bruno Plante (VESC) won in the Consolation round. The 40 plus had Dick Taffel from North Bay defeat Don Watson of Sudbury YMCA 3-0. Consolation winner was Blaine Parrington of VESC. Although the ladies draw was small, spectators enjoyed some excellent matches. Judy Derosiers of North Bay took top honours in the women's A. Page Mason of Sudbury YMCA came in second. Dolly Collinson of North Bay won the Consolation. Ladies B winner was Lorie Trudeau from Sudbury YMCA with Cathy Metson (VESC) finishing second. Pat McKinnon of North Bay was the consolation winner. Ladies Novice winner was Julie Reilly (VESC). Second place went to Pauline Briscoe (VESC) and Consolation winner was Irene Charette from the Sudbury YMCA.

On behalf of the Valley East Squash Club, I would like to thank the sponsors for their generosity; Carling O'Keefe, IRECO, Bobb's T-shirts and also to A&P, Masuccas IGA and the Donut Hut for their contributions to the luncheon. Special thanks to the 70 participants in the tournament and we look forward to seeing you all at the 4th annual Summer Tournament, July 17, 18 & 19. ●

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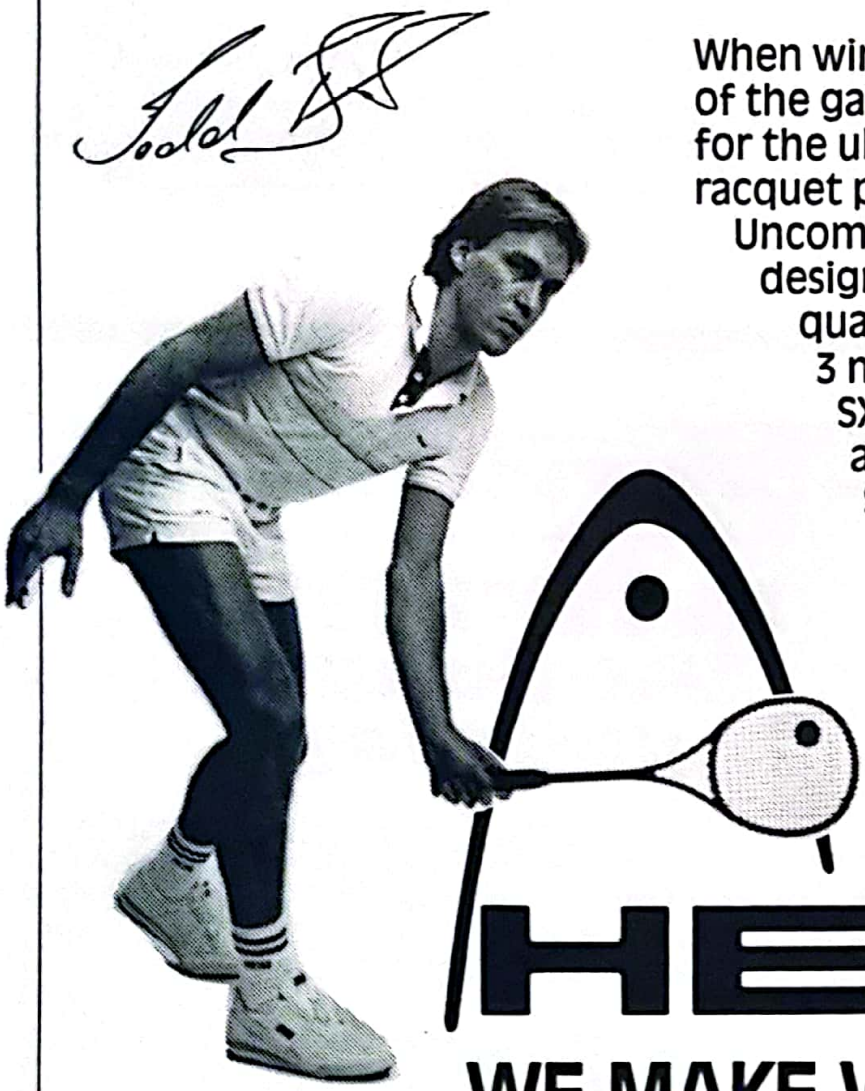
SQUASH THE COMPETITION



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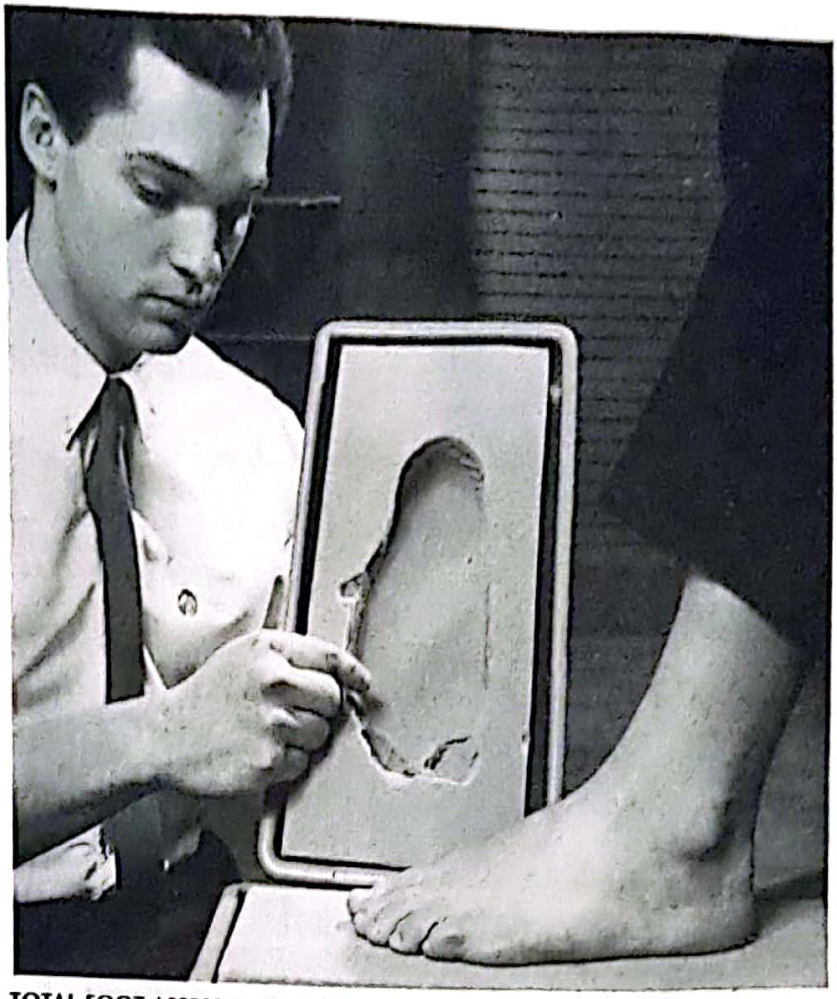
Copeland says that he began to recognize that there was a need for Feet First over the past decade. "We have become a fitness conscious society," says Copeland, "and many of the problems that used to be exclusive to professional athletes, such as foot, knee and back ailments, are now occurring in 30% of the sports population. Copeland says many of these problems can be traced to such basics as poorly fitted shoes or improper use of sports equipment.

Feet First has been designed with the amateur athlete in mind. "We have a team of fully-trained, registered physiotherapists, to serve our clients," says the doctor. "We are unique with this one-on-one relationship. Our staff will work with the client to make sure that he or she can perform at his or her peak."

Led by Kevin Honseberger, Feet First Director of Operations and Senior Physiotherapist at Mount Sinai Hospital Sports Medicine Clinic, Feet First offers the athlete everything from an instore walking/jogging analysis on a special video/treadmill apparatus to a complete foot assessment in the centre's physio-gym.

"We are using state-of-the-art equipment," says Honsberger, who notes that Feet First has, on the premises, the Dynatrack, one of only two in Canada. "This computerized machine provides accurate measurement of muscular strength and usage. We can tell where an athlete is weak and how this affects his performance, now and in the future."

Feet First is open six days a week and is located at 2600 Yonge Street, Toronto, (416) 481-FEET. ●



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THE UNMENTIONABLE FACTOR

Nobody Told You What You Should Know About Choosing A Squash Club... UNTIL NOW!

BY GEORGE SPELVIN

They lied. Well they didn't really, they just never told the whole truth. I was young, I was naive. What did I know? I merely wanted to join a squash club.

What nobody told were the secrets of selecting the place where you, the squash fanatic, call home. The seduction of the soft ball, the lure of the locker room, the call of the court — these are forces drawing you toward the squash club. But only you can look after your basic interest. And I will tell you what they wouldn't tell me — the deepest, best guarded secrets of choosing the right place for you to swing your racquet. Read on or forever fear that you may have chosen the wrong hardwood palace.

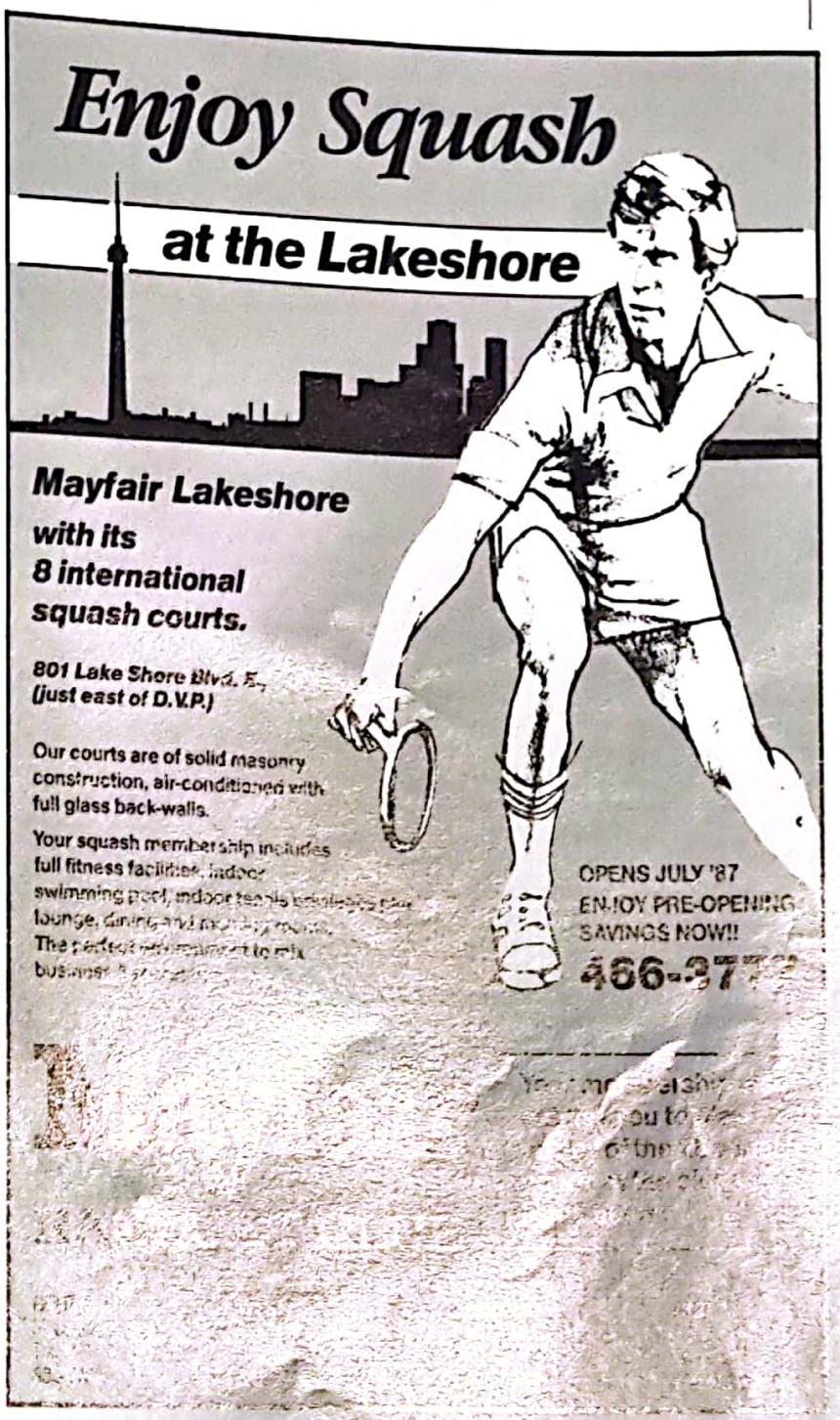
Walking into a potential club you can very quickly get the picture. The most important factor — how many courts have a glass wall looking out to the bar. Say there are eight courts total of which three are glassed to the beverage lounge. Well that translates into a 37% probability that you'll have a dozen close friends, including that special blonde, watching you as you wind up for a powerful smash, only to wiff completely. The same thinking should make you check out the balconies. Half the courts have a spectator area up the back wall. That means it's 50-50 that your bald spot will distract the crowd from your brilliant back hand.

On to other important factors. Does the club have anyone in it you can beat. Sure, not everyone can be club champ, but do you really want to be doormat to the world? Will you ever really know what's going on? Speaking of which, it's important to know whether your club has international or North American courts. Well, actually it really doesn't matter unless you're one of those people who never can remember which is which.

Does your club hold other social events? While you might be a wizard in court shoes, what happens when you bolt on your ski boots. That macho image you've worked so hard to develop in the locker room can vanish in a moment when the club takes to the slopes and you zoom at high speed into the side of the chalet. Or trip over your shoelaces in the middle of the tango contest.

But you're probably saying that these things are all superficial — we're at the club to play squash and that's what really matters. But ask yourself — do you really look good in whites or pastels? Do you have the right racquet, or are people snickering behind your back at your valuable antique? Do you look like a preying mantis in your safety eyewear?

All these questions hardly mean a thing if you're playing squash in the right place — because your friends are there. And they'll be your friends through thick and thin, through virtually any trial or tribulation. Unless of course you get a little too good and beat them a couple of times too often. ●



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SARNIA MAGIC REALTY PRO-AM

A SMASHING SUCCESS!

BY PAM MUNDY

It was early December and everyone was preparing for Christmas, except for the Pro-Am Committee members, who were already preparing for the coming tournament under the expert leadership of Paul Hickey, Tournament Director. Over the next three months, #1 Nautilus was busy as everyone had his or her job to do. February 27th finally arrived and the efforts of the committee came to fruition.

The Pros were the big draw as 16 were to be involved. They started arriving early Friday, and the club took on a whole new atmosphere. Sarnia was going to see squash played by 16 of the finest squash players that Canada has to offer. The pros began play early and the first round went pretty much as expected. Gary Waite, #1 seed (and hometown favourite) defeated Bob Angus 3-1, Todd Binns over John Fredericks 3-0, Mike Way over Steve Rowe 3-0, Chris Stevens over Max Weithers 3-1, Roy Ollier over Gerald Purgay 3-0, Joe Besso over Duncan Stuart 3-1, Norm Platt over Fred Reid 3-2, and Dale Styner over Scott Nash 3-1. The second round of the Pros main draw was equally exciting. After some long rallies, great shots, and even better drops, Waite, Weithers, Ollier and Styner still remained. Waite and Styner easily handled Weithers and Ollier and as predicted and seeded, they were to meet in the finals. Weithers and Ollier played off for third and fourth. Even if you had just had time to catch this match you would have seen some of the best squash available for viewing in Canada. Ollier defeated Weithers in the fifth to seal up third place.

The crowd gathered early for the final and no one was disappointed. In the first game Dale took command right away and got up to a 7-0 lead. He never gave up his edge in the first and won 9-3. The home town crowd started to worry but Gary seemed to find his bearings in the second and won 9-6. The tide shifted decidedly to Gary after this game. Finally after an hour and ten minutes of superb squash Waite, much to the delight of all, emerged the victor with two wins in a row - 9-5, 9-7.

As the name of the tournament implied, there was also an amateur draw. Ninety-three players competed on this side of the competition. In the Men's A draw the final was between Mike (Ollie) Haddon and Jan Bissonette, both of #1 Nautilus. As always with two home club members, it was hard to decide who to cheer for. Both played well but Jan Bissonette was the winner over Mike, 3-0. Peter Curran, also of #1 Nautilus, defeated Tom Rogers (Chatham) for third place in the Main A draw. In the A Consolation Round, Kerry Tully (#1 Nautilus) defeated Gary Walsh (London) 3-2. And in the Men's A Plate, it was Tim Farmer (Sarnia) defeating Jamie Rome (#1 Nautilus). It was nice to see that all the winners of the A draws were Sarnia players.

The tournament also had very strong women's divisions. The Women's A was also played in round robin fashion. The women played five matches each in two days and all were crowd pleasers. At the end of the second day the standings were as follows: Christine Hood (#1 Nautilus) - first, Louise Waite (#1 Nautilus) - second, Val Quinn (London) - third, Lise Hickey (#1 Nautilus) - fourth, and Christine Davies (Windsor) - fifth. It was really a treat and very entertaining to have five women of such good quality.

No tournament can ever really be deemed a success without hard work and commitment - two qualities which epitomize Paul Hickey, Tournament Director. His total dedication to this project has kept it alive over the years. His expert leadership was also reflected in the dedication of his committee - John and Joyce Corry, Ruth Symington, Gary Delavigne, Steve Gelinas, Pam and Mike Mundy, Dennis Ensom, Don Guerette of Magic Realty, and Kaye Hickey, who deserves special mention both for her contributions and for keeping her husband Paul in line.

Without a major sponsor this would also not be possible, so we give our heart-felt thanks to Don Guerette of Magic Realty, for his moral and financial support. Don was an active member of our committee and we thank him for promoting the game of squash in such a fashion.

Lastly, a tournament only runs smoothly if things are kept in motion. For this we thank Dennis Ensom, club pro, along with Doug Wilson and Craig Burwell, Referees-in-Chief and Dennis Goodfellow, who helped out with the Pro draw in particular.

It was a long weekend. It was a good weekend. Everyone who left on Sunday realized how lucky they were to see free of charge great squash. The players thank pros for their presence camaraderie. Special thanks to Reid, who has the dubious distinction of having attended all pro Pro-Am Tournaments. See you year, Fred, Pros, players spectators.●

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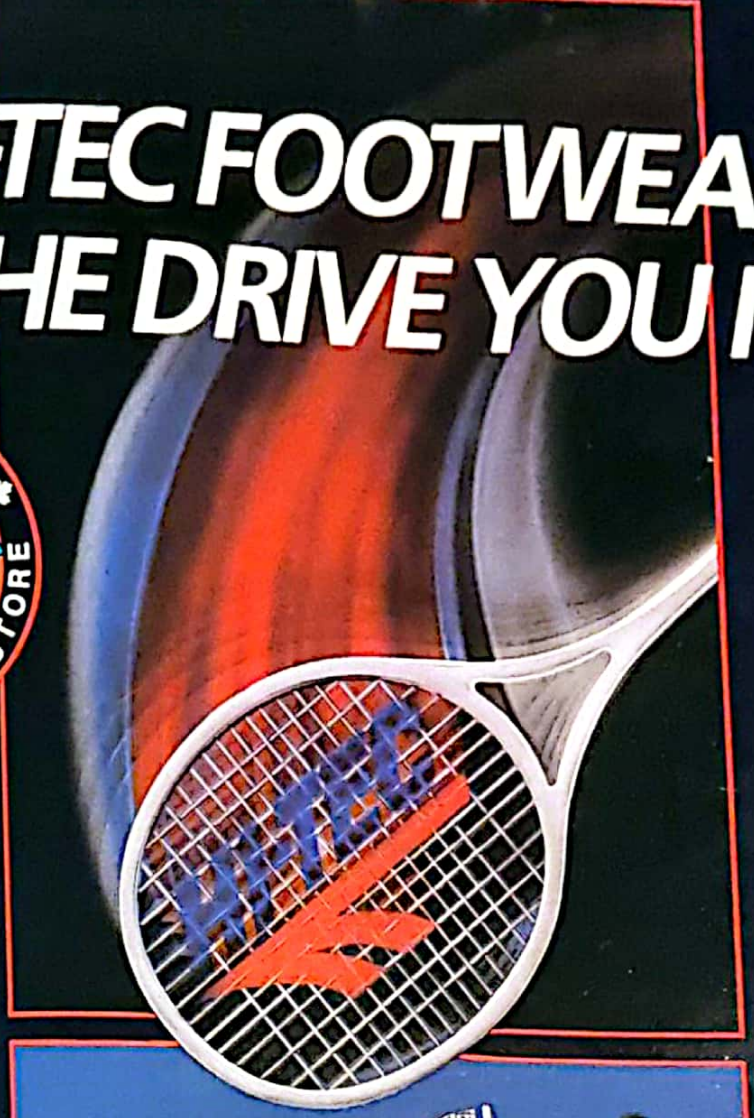

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