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SQUASH

L I F E
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BLUEPRINT FOR SQUASH

BY JOHN BOYNTON

Firstly, I congratulate the Squash Ontario office, in particular Jan Atkinson, for another highly successful Amstel Light Charity Squash Challenge. The tournament, made possible through the support of Amstel Brewery Canada Limited, attracted nearly 3,000 entrants and raised \$28,000 for Canine Vision Canada.

The combination of strong participation and support from sponsors is a very positive one for squash. As our membership continues to grow, more players are entering tournaments and leagues. This puts more financial strain on the sport's budget to provide upgrading opportunities, junior programs and the like. It also shows the potential sponsors of our sport that we represent a vibrant market with which to associate themselves.

In this light, the Canadian Squash Racquets Association has developed a concept with Mastercard. The company will donate revenue to squash for every new card and subsequent renewals which we are able to solicit. Squash Ontario can benefit from this proposal as well, and I would urge those interested in the growth of the game to consider the plan when you receive the information.

Increased participation also causes the need for more volunteers. There are areas such as junior development and the running of leagues which require dedicated manpower. The Toronto and District area particularly could use some volunteers, both male and female, to help with various squash programs. I recognize that spare time is a valuable commodity, however, your involvement need not be overly demanding. Every little bit helps.

There have been a few issues that have surfaced or resurfaced over the past few months that bear special mention. The issue of mandatory eyeguards for all players is being dealt with in the Ottawa and District Region. It is the feeling of

the local Executive that eyeguards should be made mandatory and they have instituted this ruling for their tournaments. We at Squash Ontario strongly support safety in our sport but at the same time, recognize that this issue is a difficult one, having dealt with it at several levels in various ways. A second issue is the establishment of a junior development committee to optimize the energy and resources of our sport toward the junior players. At present our funding and programs are directed toward the masses as opposed to the elite player. Should our direction change at all in this regard, and if so, how?

We consider that the time is right to formalize the direction in which you, the player, organizer, club owner or parent, wish to see Squash Ontario go. With the assistance of the Ontario Government, we will be offering a weekend planning session in the early fall to discuss the above issues and others which affect our game. Any recommendations for discussion would be most welcome.

A tournament manual has been prepared to assist clubs in running functions of various size and scope. The guidelines are an excellent reference for even the experienced tournament organizer and I suggest to anyone interested in a copy to contact our office.

As some of you are no doubt aware, next year marks the 75th anniversary of squash in Canada. To kick off the year's activities, there will be a gala dinner at The Granite Club in Toronto. The dinner will be a fundraising event as well as an evening of fun. I hope for strong representation from Ontario squash players.

The squash Ontario Annual General Meeting is being held June 4th in North York. Anyone interested in attending would be most welcome. Please contact our office for further details. ●

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TALBOTTS' TRIUMPH

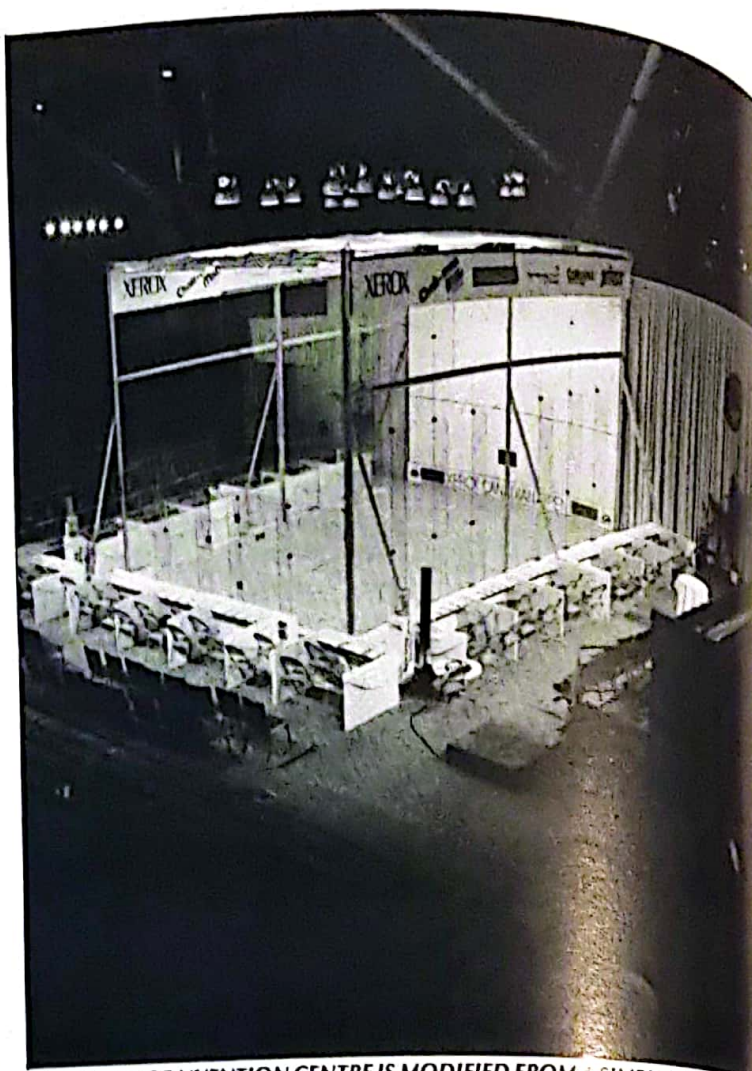
LIKE BROTHER, LIKE BROTHER

BY JAN ATKINSON

For one week, the Metro Toronto Convention Centre was transformed into an exclusive squash club. The club was unique in that it only had one court and a total membership of 48. From April 3rd through 7th, the top professionals on the W.P.S.A. tour competed for their share of the \$75,000 (U.S.) purse in the Xerox Canadian Open.

The Xerox "club" featured the three glass-walled tour court, surrounded by rows of stadium seating to accommodate hundreds of spectators. Matches were scheduled throughout the lunch hour and early evening to cater to the squash fans who work in downtown Toronto. Between matches the crowd could adjourn to the large trade show area for any number of diversions. Time could be spent over food and drink, wandering through the extensive trade show or mingling with fellow spectators and the tournament stars themselves.

Xerox, the largest single sponsor of the W.P.S.A. tour, is always trying to improve on previous events. The company is prepared to try new ideas and this year witnessed the birth of the Legends of Squash Championship. The \$10,000 (U.S.) event was open to 16 players aged 35 and over. As hoped, the event attracted many of the game's greats, including no fewer than six Khans. The inaugural Legends event paid tribute to the forefathers of the current tour, the Frank Satterthwaites, the Ralph Howes and, of course, the Khans. As with so many other sports, golf and tennis for example, it is because of the efforts and sacrifices made by the early few, that so many are able to pursue a lucrative professional career. Who knows, perhaps the Xerox Legends will spawn a Legends circuit on its own or in conjunction with the existing pro tour.



THE METRO CONVENTION CENTRE IS MODIFIED FROM A SIMPLE HALL INTO A PRIVATE CLUB.

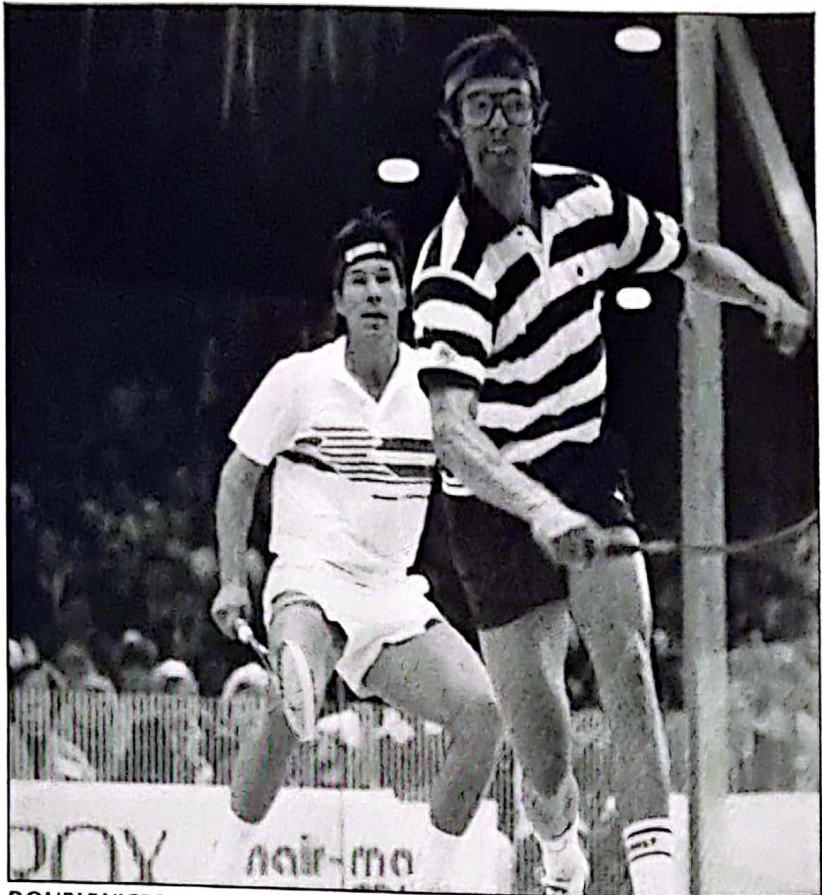
The seeding for the Legends featured three Khans; Charlie, Sharif and Gul in the first, second and fourth spots respectively. Seeded third was David Talbott of St. Louis. David is older brother to Mark and the family resemblance is visible in their style of squash. The brothers Talbott are both renowned for their excellent conditioning and it was this factor that held Dave Talbott in good stead.

Casual observers could be forgiven if they thought the draw looked a bit odd. In three of four semi-final spots there appeared the name of Khan. In fact, David Talbott had to overcome a tough competitor Aziz Khan to reach his semi-final, denying the family sweep. The first semi featured Charlie and Gul. Charlie needed only three games to dispose of the less fit Gul, 15-10, 15-11, 15-10. Sharif was up next.

and the crowd was in for an exciting match. The first game was fought point for point with Talbott squeaking out an 18-16 win. The second game was a carbon copy of the first, with the final score of 18-16 going in Talbott's favour. Things weren't looking good for the old master. Sharif's fitness was suspect, but you can never underestimate his desire to win. Sure enough, just like old times, Sharif found his reserves and his determination, to win the third game 15-10. Sharif's assault was short lived however, as Talbott turned the tables on him and won the fourth game and the match by a score of 15-10.

The Legends finals saw Talbott take an early lead in the first game, a lead that he never surrendered, winning it 15-7. The second game had Charlie with an early advantage. He led by scores of 6-2, then 10-4. Talbott recovered, almost levelling the score at 10-11 when Charlie ran off four straight points to win that game. The third game was closely contested with no more than one or two points separating them. The match was really shaping up to be an epic, 18-17 in the fifth cliffhanger, when lightning struck. Charlie took a nasty tumble into the side wall and jammed his shoulder quite badly. He took his five minutes to recover, as allowed by the rules. Unfortunately for all, Charlie was unable to continue and David Talbott reluctantly accepted the victory.

Fortunately, there was another match ready to assume centre stage, but first a few highlights on the action leading up to the Championship final. First round matches are generally fairly routine, but there is always a danger in generalizing. Of the 16 first round matches played, 50% were three game victories. Second seed Ned Edwards found himself two games to one down against Larry Hilbert. This wasn't a good sign for the popular Edwards as he found himself in even bigger trouble in the second round. This time Jose Mendez was the opposition. It was Mendez who found himself two games to one down. He rallied to take the fourth for a loss of seven points. Edwards took a commanding lead in the deciding game, but seemed to suddenly lose his concentration or his will to win. To everyone's surprise at 14 all, the winning point was scored by the young Mexican, thus handing Edwards a premature exit from the tournament. Edwards was the only seed to go down to defeat as the remaining seven seeds marched on.



DOUBLE VICTORY FOR THE BROTHERS TALBOTT. ABOVE, MARK DEFENDS TITLE AGAINST JOHN NIMICK. BELOW, OLDER BROTHER DAVID TAKES ON CHARLIE KHAN IN THE LEGENDS EVENT.



A rare opportunity for devotees of racquet sports!

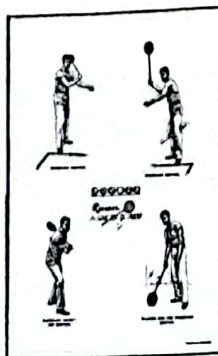
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DEBTOR'S PRISON
(9" x 12")

The first game of racquets was played against a single wall within the Debtor's Prisons of England prior to 1800. The most famous Debtor's Prison was the "Fleet" referred to by Charles Dickens in the "Pickwick Papers".



RACQUETS—A GAME FOR EX-ATHLETES (12" x 16")

The English game of racquets made its way to New York as early as 1793 and maintained a feeble and fitful existence until more than a 100 years later when the New York Racquet Club gave it a permanent home. This print depicts the clothing of the period and a player in various positions of readiness to serve and receive the serve.

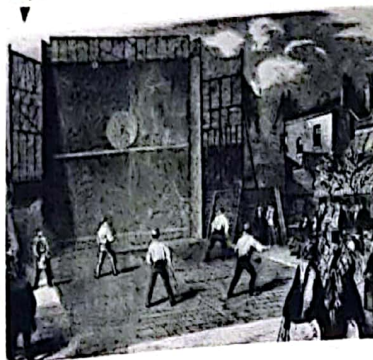


SQUASH RACQUETS AT HARROW
(9" x 12")

The Harrow School in England is credited with the invention of the game of squash racquets. In the late 1800's, while waiting to enter the hard racquets court, the boys playing in the courtyard of the Headmaster's house invented a soft "squashy" ball to avoid breaking windows.

THE BELVEDERE RACQUETS COURT
(16" x 12")

The single wall version of racquets quickly expanded outside of the Debtor's Prison and was most popular in the early 1800's in Ireland. This print depicts a 45' high wall and four men are playing within a designated area 45' x 60' long.



THE CHAMPIONSHIP COURT OF THE NEW YORK RACQUET CLUB
(12" x 9")

By the early part of this century, racquets and squash racquets were becoming firmly established as the excellent games they are now known to be. This print illustrates active play being observed by several interested observers in the gallery.



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The quarter final match-ups had seeded Mark Talbott soundly defeating his nemesis, David Boyum. David had success against Talbott in the past both victories taking place at the Borden Open. Todd Binns, John Nimick and Kenton Jernigan all advanced over their opposition, Clive Caldwell, Mario Sanchez and Jose Mendez respectively.

In the semis, John Nimick had little difficulty with his opposition. Nimick ended Kenton Jernigan's march through the draw in three games, 15-11, 15-8 and 18-17. Mark Talbott had more of a fight on his hands with the local favourite, Todd Binns. Mark won the first two games by the same score, 15-11. By the third, Todd seemed to have settled down and won it 15-12. The fourth game saw Talbott out in front, a position that he never relinquished, winning his spot in the final with a game score of 15-9.

The gallery for the Championship final was overflowing. Having been denied a complete final in the Legends event, the crowd was ready for action. The first game seemed to be going in Nimick's favour when, at 12-10, the momentum suddenly shifted. Talbott reeled off five consecutive points to win the opener 15-12. The second game was close until the players reached double figures. It was Nimick's turn to close out the game, scoring four straight points to win the second game 15-10.

It took twenty minutes to play the pivotal third. The game went virtually point for point until Mark gained the advantage at 14-12. Nimick won the next point, closing the gap to 13-14. Overtime was denied when Talbott won the next point to take the game advantage in the match. Talbott could taste victory as he commanded the fourth and final game. John Nimick put up a valiant fight, but the efforts of the third game had obviously taken their toll both physically and mentally. The final result was inevitable even before the final point was scored. Mark Talbott won his second consecutive Canadian Open title and first place money of \$13,000 (U.S.).

A fitting conclusion to the Xerox Canadian Open was the presentation of a new award, the Sharif Khan Award of Excellence. Professionalism in sport means much more than a player's earnings. A true professional makes contributions to the game that are impossible to evaluate in terms of dollars. The huge gallery obviously approved of the selection as they stood and loudly applauded Ned Edwards.

CANADIAN TEAM SUFFERS "UNLUCKY" DRAW AT JUNIOR MEN'S WORLD CHAMPIONSHIPS

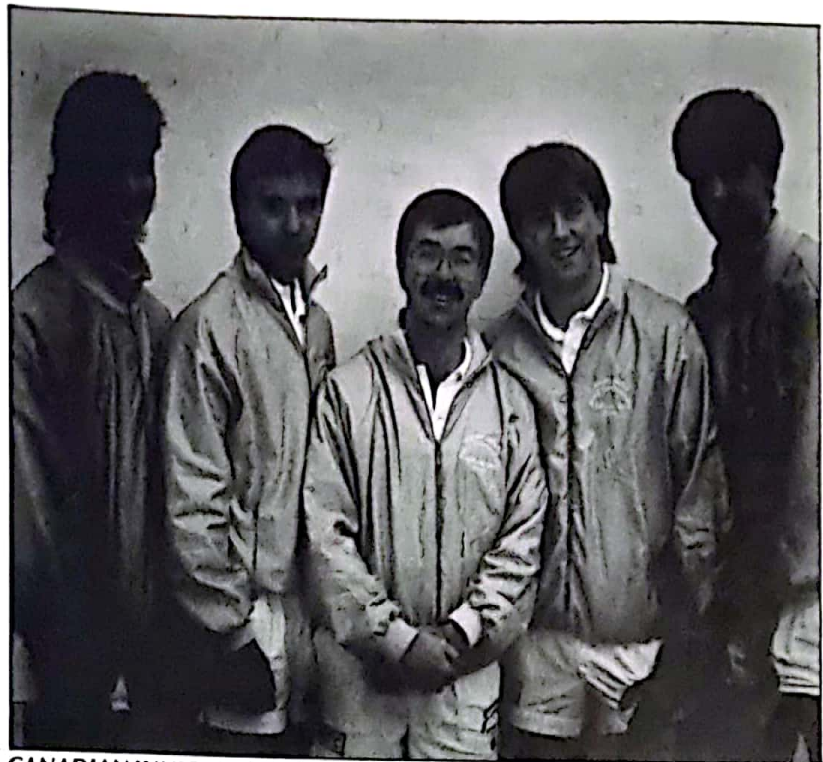
BY RENE DENIS

Ontario was well represented at the 5th Junior Men's World Squash Championships in Edinburgh, Scotland. Two of the four players were from Toronto. The team was comprised of Scott Stoneburgh (Toronto), Jeremy Fraiberg (Montreal), Ric Hartunian (Toronto) and Winston Cabell (Victoria). **INDIVIDUAL CHAMPIONSHIPS**

The team departed on March 21st to join Scott who had left early to play and train in England. In the individual event, all Canadians progressed to the second round with the exception of Jeremy who lost a heartbreaker to the Dutch number one in five games. Scott met Mark Carlyon, the Australian number two, and although he lost in three, he extended the Aussie to 60 minutes of tough squash. After being knocked out of the main draw, the players had to progress through two of the four plate events. The plate events are outstanding as they guarantee all players a minimum of three matches. It also allowed me the opportunity to scout our opponents for the Team Championships. Jeremy did particularly well in the plate, moving through the draw to get to the semi finals. The Individual Championship was won by England's Del Harris in a two hour plus marathon over Australia's Anthony Hill.

TEAM CHAMPIONSHIPS

Canada went undefeated in its pool, beating Belgium (3-0), Scotland (2-1), the United States (3-0) and Israel (2-1). All the players performed very well and we were ready to defend our number four spot. New Zealand had different ideas as they also set their sights on the number four position. On the world scene, three countries are contenders for the top three spots, while another five or six are all trying to finish fourth. In the playoffs, teams were matched up by drawing out of a hat. We would be playing a runner-up from one of the other pools. The team for us to avoid was New Zealand as they were definitely the strongest runner-up. As Murphy



CANADIAN JUNIOR TEAM (LEFT TO RIGHT): RIC HARTUNIAN, WINSTON CABELL, RENE DENIS (COACH), SCOTT STONEBURGH AND JEREMY FRAIBERG.

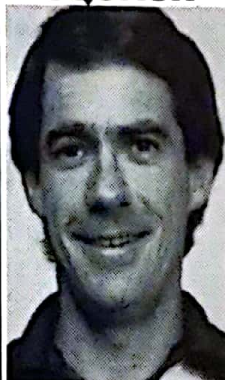
would have it, we drew New Zealand and went down 3-0. After that defeat we lost to West Germany and Scotland to finish eighth.

The calibre of this World Junior Championship was extremely high. It is fast approaching the standard of play of the Men's Championships. Some of the

players would certainly make I.S.P.A.'s top 30 list, not to mention Jansher Khan, the current World Champion. A record twenty countries took part which is very promising for squash. All in all, it was a very enjoyable and rewarding experience for the players and myself. ●

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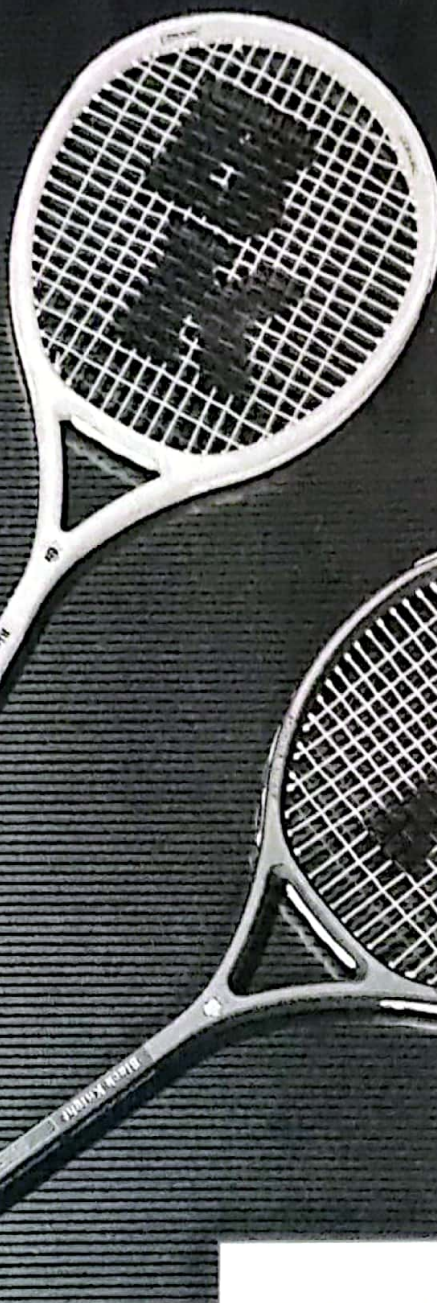
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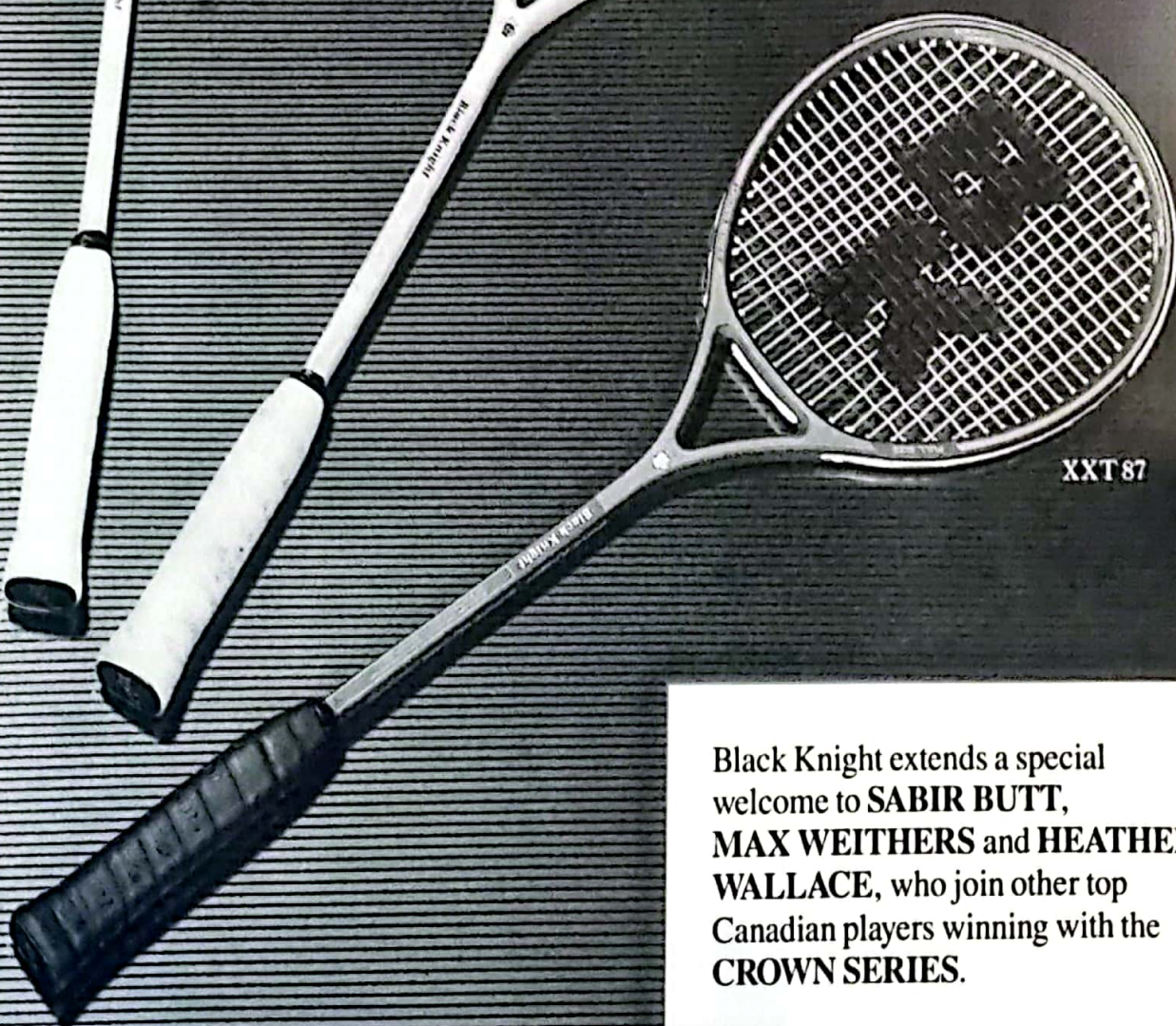
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CURRENT EVENTS IN WORLD SQUASH

So much is happening now on the international scene, that it is becoming extremely difficult to keep abreast of all of the developments and gossip.

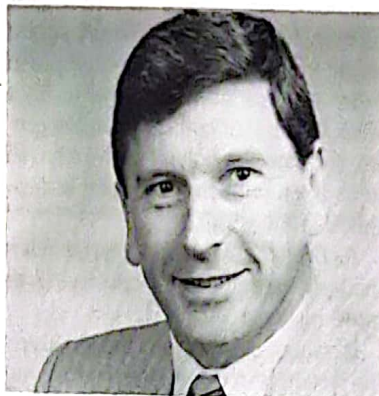
Our President, Ronnie Sinclair, is to attend an I.O.C. meeting in Lausanne at the end of April. We may have an indication as to whether we will be accepted as an "Exhibition Sport" at the 1992 Olympic Games in Barcelona.

Meanwhile, back at the Commonwealth Games Federation, I can confirm that squash is one of 15 Commonwealth Games Sports. The only snag is that eight sports are chosen for each Games and guess which sport is missing? Seriously though, every Commonwealth national squash association is entitled to representation on National Commonwealth Games Councils, so we are now in a position to start the lobbying.

Recently, I attended the Boys' World Championships in Edinburgh and saw the exciting new generation of players from Pakistan and Australia. Even more interesting was the emergence of a young player from France. After many years of development, France appears to be producing some skillful and precocious players. Their number one Bonetat demonstrated his impressive racket skills together with his extended vocabulary of Anglo-Saxon expressions. This completely baffled the Scottish referees!

And, since my visit to the Asian Championships in Kuwait in January, many major events have taken place in Europe, including the French, Spanish and British Opens, as well as the prestigious Monte Carlo opened which was attended by Prince Albert.

In spite of all of these events, the I.S.R.F. has been busy behind the scenes trying to map out a better future for world squash. Many of our newer members, like Italy and Argentina, have experienced a major squash court



ROGER EADY, EXECUTIVE DIRECTOR
OF THE I.S.R.F.

construction programme over the last few years. Such rapid expansion has sometimes taken place at the expense of quality. Glass back walls which were not made of safety glass have been

***I.S.R.F. to give
International
Accreditation to
manufacturers of squash
court materials and
components.***

installed, thus allowing you to push your opponent through plate glass, severing his jugular vein when he is just about to serve for the match. Another example is a squash court made of assorted bricks, concrete blocks, chicken wire and other building rubble, designed to last three games provided no one serves too hard.

The I.S.R.F. has solved all of these problems by inviting leading manufac-

turers of squash court materials and components to seek International Accreditation. We are determined to ensure that member nations are given the best possible help and advice on the construction of squash courts. As I write these words, I have been witness to a further leap forward in the technology of squash court construction. A plastic court, weighing five tons, with sprung wooden floor included, can be fabricated in five to six hours and plays like a permanent court. Rumour has it that such a court will retail for approximately \$25,000 (Cdn). This may well have a major impact on the growth of the sport in new countries. And where has this new development come from - France, of course! What with new players, new courts and plenty of sponsors, France is beginning to upset the English. This could be the perfect recipe for another war in Europe!

I am also pleased to report that Tony Swift has just completed another series of meetings in his quest for the development of International Referees. Tony has overcome the first hurdle of establishing a common interpretation of the rules throughout the world. This, in itself, is a major achievement. Imagine, the rules interpreted into French, German, Arabic, Mandarin, etc. and the inevitable loss of meaning. It has therefore been a long and difficult task to re-establish the true meaning of the rules. The new team of International Referees have a great responsibility to promote a common interpretation.

Finally, I should say a few words about a new event in Italy in late April. Nearly all of our new countries take the traditional game and mould it to suit their temperament. Italy is no exception. The 1988 Italian Open will be played on an all-glass court, in the open air, in a shopping plaza in the centre of Milan. I'll give you a full report next time! ●

PLAYING WINNERS

THE VITAL INGREDIENT OF FRONT COURT PLAY

BY PROF. JOHN R. FAIRS

The aim in squash is to win, and that usually means playing more winning shots than your opponent. Thus the main objective of the player should be to play a winner whenever the opportunity occurs. Failure to finish the rally off may well mean getting involved in a long, energy-sapping rally with the result going against you in the end.

Opportunities to attack usually result from the quality of your basic game. Bread-and-butter tactics are to move the opponent off the T by hitting wall-hugging, played-to-a-length, alley shots and wide crosscourts. Since both players, needless to say, have the same objective in mind, there is an ongoing clash between the players' manoeuvring systems shown in diagram 1. In squash, this fight is commonly known as the struggle for the T.

The objective of each player's manoeuvring system is the same, namely, to use straight drives to good length and crosscourts to good width in order to force your opponent to hit a weak return that comes out in the centre. Such an easy ball is usually referred to as a setup. Such a situation is illustrated in Diagram 2.

As Diagram 2 indicates, player B has made an errant shot while trying to move player A off the T.

However effective your manoeuvring system is in creating such attacking opportunities, it means nothing if you make an ineffective put-away shot or fail to take advantage of the opportunity to attack. "When the situation presents itself" warns Ian McKenzie, "it is the player who can deliver the final stroke and finish the rally off who will

win". Chances mean little if they cannot be taken. Putting the ball away is what it all boils down to in the end.

Although it is not possible to produce the gift of playing winners that makes a Heather McKay, a Jahangir Khan, or a Mark Talbott, it is possible to develop the skill to put the ball away once the opportunity to attack arises. These are a number of vital elements in playing winning shots. The following stand out in importance:

- mental approach or attitude
- technique
- confidence
- boldness
- deception
- decisiveness

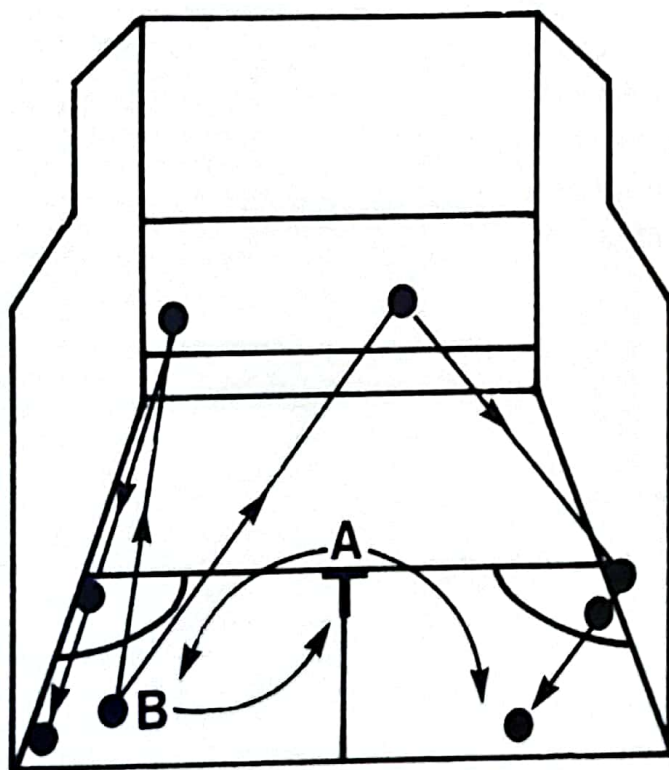
Some suggestions and ideas for putting these elements into practice are discussed below.

MENTAL APPROACH OR ATTITUDE

Any discussion of playing winners must begin with the importance of attitude. Winning squash begins with the realization that going for winners, along with keeping the pressure on your opponent with good quality length and width, are two of the most important elements in the game. Taking advantage of chances to go for winners means as much to the final outcome as length driving and volleying to keeping your opponent on the defensive in the back of the court. You must be eager, not just willing, to play the winner when the right moment occurs.

The player must take an aggressive approach to attempting winners in the frontcourt or green-light zone. Accepting responsibility for making a winner, as well as an error, is essential to an aggressive approach. Making an error in going for winners is a normal occurrence at all levels of play. Players must learn to accept this fact and not let the fear of error stop them from taking the most of their point-winning chances.

DIAGRAM 1



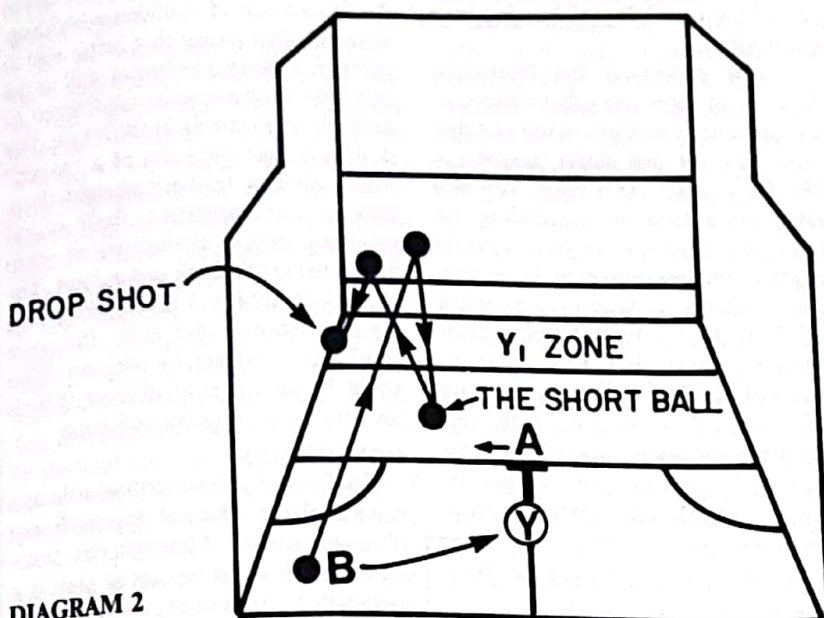


DIAGRAM 2

A WEAK RETURN TO THE CENTRE COURT AREA AS ILLUSTRATED IN DIAGRAM 2 HAS A TWO-WAY EFFECT: NAMELY, IT RELEGATES PLAYER B TO CRAMPED POSITION Y IN THE BACKCOURT AND PROVIDES A WITH A SPACE ADVANTAGE IN THE FRONT OF THE COURT. PLAYER A RESPONDS TO HIS SPACE ADVANTAGE WITH AN ATTACKING DROP SHOT.

tunities. No opponent likes to play against the frontcourt player who makes the most of every opportunity to hit a put-away shot.

Unfortunately, some players do not know how to treat errors. They become anxious about their performance and begin to think negatively. They lose their confidence and touch. As a result, they will probably make more errors. The end result is that players begin to pass up opportunities to attack when their opponent gives them a setup or an easy ball.

Going for winners is "playing the percentages" in the frontcourt zone. For this reason, the attention of the player should be focused on hitting winners whenever he or she has an easy ball. Playing a winner depends on daring and risk-taking. This contrasts with the "play it safe" approach of the backcourt player. "Safety first", said Winston Churchill, "is the road to ruin in war". Playing safe in the frontcourt is also the road to ruin in squash competition. They should therefore, calculate on the side of risk when hitting attacking shots. Go for it!

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TECHNIQUE

One of the most important elements of frontcourt play is technical competence. This of course, is stating the obvious. An opportunity to attack without the technical skill to exploit it is an illusion. Many squash players are inconsistent simply because they have not refined their techniques in sufficient fashion. Variability in basic techniques will lead to inconsistency in one's level of performance.

As a generalization, the better and the more diverse the player's techniques, the more skillful one's performance. A player, for instance, who can hit an effective straight drop would be even better if he or she were also proficient with the crosscourt drop. The

wider the range of techniques, the greater the possibility of beating your opponent.

I have portrayed the frontcourt player as an eager risk-taker. One must of course, not lose sight of the fact that a safe shot for one player maybe too risky for another. As a result, you as a player should know, depending on your technical skill, what your capabilities are so that you can play the percentages in relation to your own technical skill. You do this by not trying over-ambitious shots that you have no chance of making, by not trying to hit shots too hard or too close to the tin.

One further point. Good basic technique leads to consistency in performance which in turn builds

self-confidence. Performance success is the foundation of confidence-building. Basically, this means that being able to perform a desired technical skill in the past will increase your confidence to perform it effectively in the future. The skill may take the form of a "touch" corner shot, a feathery straight drop, moving your opponent to the front and volleying deep, or tossing up a lob when in trouble in the front of the court. The more successful you get at performing these techniques and skills, the more confidence you get to perform them again. In squash, as in all sport, there is no substitute for good technique.

CONFIDENCE

Confidence plays a critical role in a squash player's mental approach and ultimate success. Although this statement applies to all aspects of play, it is especially true in playing a winner in the green-light or GO zone. Confidence is the belief that you can successfully hit a winner when the opportunity presents itself. Playing a winner might be feathering a drop shot, hitting a heavily sliced corner short, or knocking off a follow-up volley off your boast. Confidence is believing in yourself and your ability to hit the winner successfully.

Confident players are distinguished from less confident players by their eagerness to play winners in point-winning situations. Confident players do not hesitate to go for shots. They believe in themselves and their ability to execute attacking shots regardless of the pressure of the match. The play of less confident players is plagued with fear of failure. They let winning opportunities go by in favour of simply keeping the ball in play. When they get an easy ball they are afraid to attack. They tighten up and play a safe shot to the back of the court.

In order for you to play winners, you must have confidence in your ability to execute the finesse shots of the frontcourt game. Confidence in any skill is largely a matter of knowing what to do and of knowing you can do it. It is the end result of proper technique development, correct practice, and prior successful match experience.

If you listen to squash players describing their good or bad performances, you will hear comments like this "I didn't have any confidence in my shot game today" or conversely, "I felt so confident that when I got a set I could put it away". Without confidence, you will never reach your potential as a squash player.



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THE EFFECT AND VALUE OF BOLDNESS

To be successful, a player should have an attitude of boldness and daring in the green-light zone. In these respects, whenever you are in doubt whether to be bold or cautious in the attacking third of the court, elect to be bold. Aside from the tactical correctness of this mental approach it is also psychologically correct. The advantage is that boldness breeds optimism and aggressive action. In contrast, a safety-first attitude leads to a conservative mind-set and overly cautious shot making. Boldness can take many forms, but in the final analysis, it is a willingness to accept risks, to seek to win instead of playing not to lose. It is not recklessness or foolhardiness. Boldness may be referred to as an appreciation of the possibilities of the situation (existence of a set-up) and the daring to exploit it.

We can see that risk, boldness, and deception are interdependent. Since boldness may be taken as doing the unexpected rather than the expected, it lies at the heart of deception and surprise. In practice, a bold move will nearly always throw an opponent off-

balance and create situations which are to his advantage. If, for instance, an opponent is ready to defend against an expected drop shot and the frontcourt player switches the direction of the attack with a surprise cross court snap shot, he is surprised in direction and is caught unaware and unprepared. We have also seen that unless you have the correct attitude to the taking of risks, you are unlikely to capitalize on opportunities to attack in the frontcourt. Obviously, if the player develops a bold outlook which generates the willingness to take risks, you are more likely to capitalize on opportunities that arise out of your opponent's inaccuracies.

In squash, as in all sport, it is often found that the winner was willing to take risks that the loser feared to take.

THE NEED FOR DECEPTION

Some well-known exponents of deception include Qamar Zaman or Hiddy Jahan. Not everyone in squash, of course, can be a great deceiver like Zaman or Jahan. Like all arts, deception requires ingenuity and natural ability. It is important to realize, however, that most players, with training and experience, can learn to conceal or be

misleading about the direction and speed of their shots. Such deceptive measures, and others, can provide the competitive edge which is needed for the player to optimize his strategic opportunities in the green-light zone.

One of the best ways to do this is through the use of deception. Deception is simply the art of doing things to intentionally mislead an opponent. The deceiver's aim is to gain a competitive advantage by making the opponent believe that you are going to do one thing and then doing something else. For instance, when you have a setup in your green-light zone, you can prepare early for your shot, making it look as though you are going to play a straight drop shot. You now hold the ball on your racquet (delay the hit) and then, as your opponent's weight shifts forward, you snap the ball deep to the rearcourt. The ability to play, unexpectedly, a quick snap shot will surprise and strain an opponent who is confidently moving forward to return an expected drop shot in the frontcourt and may, on occasion, be an outright winner. This is a good example of the use of deception to outwit the opponent and render him

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vulnerable to attack.

A major problem in squash is the tendency to become fixed and stereotyped in one's shot selection. Anyone, of course, who is predictable when playing the ball, makes it easier for an opponent to defend and organize a counter-attack. As a result, considerable thought and creativity must be directed to keeping your opponent guessing as to your intentions when hitting winners in the frontcourt zone.

Frequently, many players, at all grades of squash, make stereotyped responses in a given situation. They may, for example, always play straight drop off loose boast shots; or always hit down the side wall from the backhand corner, or adhere to some other fixed habit. Although consistency and accuracy of shot may beat an inferior opponent, where players are equally skilled and experienced, the player who fails to occasionally surprise his opponent will find that his routine shots are easily anticipated and neutralized. A player failing to do the unexpected every now and then may find that his obvious percentage shots are losing much of their effectiveness. Care must be taken - especially in the frontcourt attacking zone - to keep the other fellow guessing.

DECISIVENESS

Squash is a very exacting game which requires a precise combination of timing, co-ordination, and decision making. Squash is very much a game of choice in which you must select a shot from a number of alternatives. In a fraction of a second, you must decide whether a particular shot is going to be hit aggressively with power, sharp undercut, with or without spin, or pushed softly with minimal spin. Not only must you decide the speed and spin of the shot but also the direction. You may decide, for example, to play the ball softly into the side wall nick as close to the side wall as possible, a short angle round the front corner of the court, a crosscourt kill, or a drive-to-a-length down the side wall. There can be no doubt that making decisions is an essential part of the game.

The player enjoys a definite competitive advantage when presented with a setup in the green-light zone. As previously discussed, the optimal strategy in this situation is to abandon caution and go for a winner. In doing so, it is essential to put the ball away because a cautious, non-aggressive shot which allows your opponent to move up and play a shot from the front of the court,

gives your opponent a chance to score with a winner of his or her own. Thus, when playing winners in the green-light or GO zone, decide always to end or finish the point immediately. This is no time for indecisiveness of shilly-shallying. Go for it!

One of the obstacles to playing winners is indecisiveness. When you are indecisive, you are likely to get anxious and start to lose confidence in your ability to put the ball away. As a result, you get tentative because you are afraid to hit out and make an error. One typical reaction is to hit a "safe" finesse shot that does not put any pressure on your opponent. By doing this, you often let your opponent take the offensive and win the point. Another reaction of the indecisive player is to pass up the opportunity to attack and hit the ball deep to the back of the court. In either case, your indecision has produced a shot strategy that nullifies your attacking potential.

Playing winners demands decisive thinking. When you get a setup or easy ball, judge the position of your opponent, and decide on the type and placement of your shot that will win the point. Once you have selected your shot, don't change your mind. Changing your mind at the last instant usually leads to error. Make up your mind what shot to play - and play it to the best of your ability.

Summarizing briefly: Playing a winner begins by having the correct attitude. Attacking requires an aggressive attitude and a willingness to take calculated risks in the front of the court. Playing winners requires not only proper mechanics and technique, but also self-confidence and touch. Confidence is a belief in yourself and your ability to put the ball away. Confidence alone will not make you a great attacking player. You can exude confidence but, if you have weak or tentative attacking shots, don't expect to be competing at the British Open next year. But, what confidence can do is enable you to reach your potential when you get an opportunity to play a winner. You must avoid fixed habits and stereotyped responses to situations. Use deception from time to time to keep your opponent guessing. Playing winners demands boldness and decisive thinking. When you get a setup, make a decision as to what shot to play - and play it to be the best of your ability. ●

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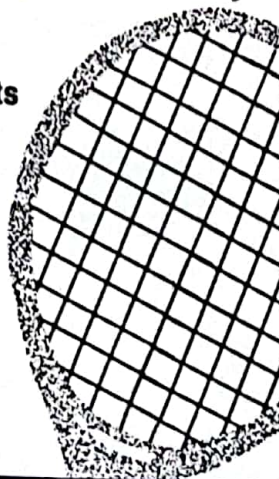
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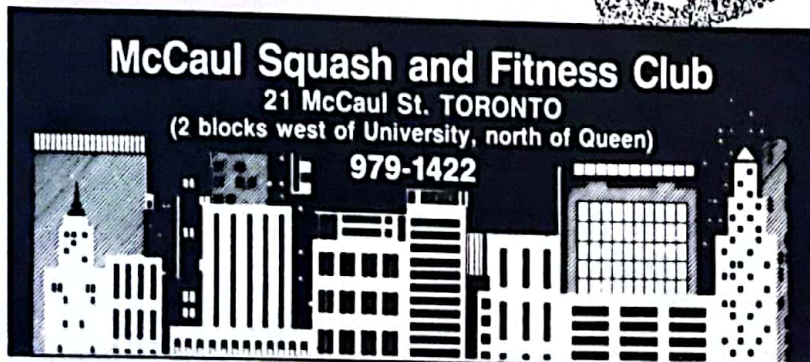


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SQUASH AROUND THE WORLD

BY GEORGE SPELVIN

If you can count to nine in more than one language, you've got it made on the international circuit!

I wasn't really all that surprised at the sign on the door of the squash court that read "Green clothing must be worn at all times." I was in Ireland and, like so many countries, the Shamrock Isle has its own approach to the great game. I'd seen local signs in Holland; "Non-marking clogs must be worn" and in Jamaica; "All players must wear da safety shades, mon".

The game of squash is played in over 600 countries around the world and, naturally enough, local and ethnic variations have developed. In France, language is all important. Here, in Canada, we see our opponent make a great shot and say, curtly, "Nice shot, Bob." In France, the prose cascades: "Ooh, la, la. Magnifique. Quel shot superbe! I tip my beret to you, to your family and everyone else you ever met. I admire your squash game, your lifestyle, zee way you part your hair, etc., etc."

In Sweden, the game is often played in the nude. After the game, the couple robustly leaps into the sauna, then leaps out the door and rolls in the snow. They then put their gear in a Volvo and head out for a giant feast of herring and akvavit.

Squash is very popular in the Soviet Union as well. Unfortunately, although there are almost 1,800,000 players in Moscow alone, there are only three courts. That wouldn't be so bad, except that there are only five racquets. Needless to say, more equipment is part of the next five year plan, but until that comes in, you have to book sixteen months in advance to get a court. And you thought you had trouble at your club!

In Germany, as you've probably heard, there are no speed limits on the

squash ball. The squashabann is a wild place with the Germans bombing along in finely engineered, perfectly tuned squash shoes. That's in the northern part of the country. In the south, in the Schwarzwaldencourts of the Black Forest, things are entirely different. Leisure is a way of life and you'll often see a Reubenesque fraulein tripping daintily across the court in a dirndl skirt, carrying a tray of beer steins. When the cuckoo clock sounds, the players abandon their drop shots and slug back six or seven litres of fine Bavarian suds.

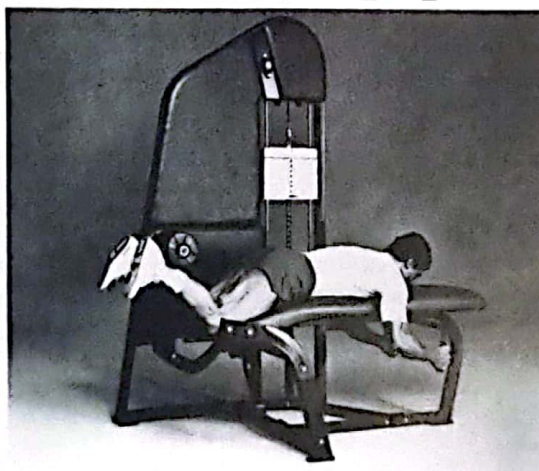
Spain and parts of South America share the heritage of flamenco as part of the game. While often their traction is not the best, the players are proud of the precision sounds of their high-heeled footwork. Games are often accompanied by guitar. Women are customarily not allowed to play after sunset without a chaperone.

The game is different all over the world, although we in Canada often have the wrong impression. Despite what you think, Australian courts are not upside down. And, no one I've ever talked to has actually seen an Italian player strain pasta through his racquet. There are some dramatic differences though: British matches often last three days and are punctuated with tea breaks. Some aboriginal tribes in central Australia can throw their racquets and they come right back to them. In Japan, the tradition called for the game loser to run on his sword although, more recently, the tradition has been refined to spearing an olive with a cocktail toothpick.

Yes, the game of squash is enjoyed all over the world, in one way or another. We, as Canadians, can travel to almost any place on the globe and get beat 9-0 by the friendly people in other lands. ●

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THISTLE WOMEN'S DOUBLES

BY BARB GREENING

The Hamilton Thistle Ladies' Doubles Invitational was held on the weekend of February 19th. It attracted thirteen teams and good squash and fellowship were enjoyed throughout the weekend.

Barbara Savage and Joanne Beckwith teamed up against Lolly Gillen and Anne Smith in an exciting final with Savage and Beckwith winning a 15-11 victory in the fifth game. Not to be outdone for excitement, the consolation final was won by Mercedes Wilson and Linda Brown by a score of 18-16 in the fifth game. Consolation finalists were Nancy Morrison and Anne Brayley.

Thanks for a great tournament. We hope to see even more teams participating next year. ●

MAULE AND ALLEN WIN "B" DOUBLES

BY PAT CRANBURY

The Hamilton Squash & Fitness Club hosted the Ontario Men's "B" Doubles Championship, March 25th through 27th. There were eighteen teams entered in the event and some very exciting squash was witnessed by club members and visitors.

Friday matches saw the team of Ray Pozzo and Keith Johnny outlast Barry Felson and Mike List of the Toronto Racquet Club in a long five game match. Wayne Farrell and Gerry Kelly of the Hamilton Squash Club lost to Dan Campbell and Jim Evel of the Thistle Club in another exciting five game match. Fraser Elliott of the R.C.Y.C. and Tony Frost of the Toronto Racquet Club won in straight games over Gault McTaggart and Bill Allan of the Toronto Racquet Club. John Hickey and Jay Morgan of the R.C.Y.C. needed four games to defeat Ken Murray and Peter Beasley of the host club. The Granite Club team of Tony Ross and Derek Ridout lost to the young team of K-WRC, Peter Maule and Jamie Allen.

Reed Ballon and Peter Wilkie of the Toronto Racquet Club lost one game en route to their victory over Hamilton Squash's Carmen Lancia and Tom O'Flaherty. Peter Irwin and Harry Churchill-Smith of the B&R won over the R.C.Y.C.'s Michael Spencer and Riivo Ilves. Dennis Kamada and Joe Ban of Hamilton Squash were victorious over Don Morgan and David Bogert of the Toronto Racquet Club. After the Friday matches were over, the tired competitors relaxed over pizza and beer.

Saturday's matches began at 9:30 a.m. and continued into the evening. The players moved upstairs to a delicious hot buffet.

In the consolation final it was Wayne Farrell and Gerry Kelly playing their second match of the day against Ken Murray and Peter Beasley. Murray and Beasley were fresh as daisies having won by default over a team from the Toronto Racquet Club. Murray and Beasley won 15-13, 15-6, 15-9 over a tired Farrell and Kelly. The main event final pitted Jamie Allen and Peter Maule against Peter Wilkie and Reed Ballon. The Kitchener duo of Allen and Maule came out on top 15-11, 17-16, 15-11.

Thanks must go to the players who supported the tournament and to Carling O'Keefe, Gatorade and Black Knight as sponsors. It was a great weekend for doubles. ●

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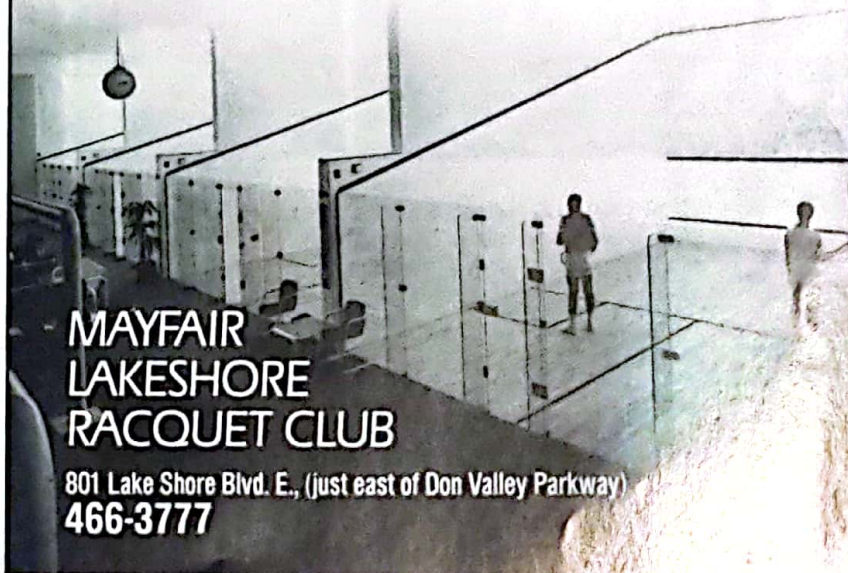
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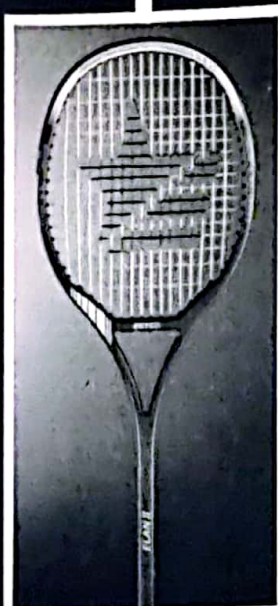
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MEMORIAL EVENT ATTRACTS LOCAL LONDON STARS

BY CRAIG HALL

The Wellington Club in London hosted the 1st Annual Neil Stevens Memorial Squash Tournament, March 25th and 26th. Neil Stevens was a London, Ontario television broadcaster who died last year. Neil had been an active squash player at the Wellington Club.

The tournament was an invitation event with two limited draws (16 men and 8 women). The women's draw had the best players from the University of Western Ontario varsity team playing some very enthusiastic local club players. The final saw Sandra Penney, the coach of the varsity team, prove to one of her better players that she can still teach her players a few things. Sandra defeated Heather MacLean 9-6, 9-7, 4-9, 9-4. Carolyn Green defeated her sister Cathy for third place. The first round of the men's draw pitted members from the

London National Training Centre against some of the better local club players. There were no surprises in this round, however, play became very tight in the next stages. Two Scotts reached the final and put on an excellent display of squash with the match lasting close to ninety minutes. In the end, it was Scott Dulmage getting by Scott Nash 9-6, 9-2, 4-9, 9-4. Another Scott, Mikalachki,

played extremely well and defeated Greg Lahey for third place. The consolation event saw Ian Haslam prevail over Simon Jebb.

Special thanks go to the tournament sponsors; the Wellington Club, Of Courts and Fluffy's Pizza. There is no doubt that next year's tournament will be even better and we are all looking forward to it. ●

UNDERDOG TEAM FROM GEORGETOWN DEFENDS HIGH SCHOOL CUP

The Georgetown District High School (GDHS), was challenged by the Ajax High School (AHS) for the Jahangir Khan High School Challenge Cup. This is a high school squash league that runs on a challenge basis. The Jahangir Khan High School Challenge Cup has developed through the efforts of Jim Mason. The AHS team was considered to be the favourite with nationally ranked juniors Lori Coleman and Dean Brown as part of the squad. Georgetown countered with Melanie Jans, Ontario and Canadian Under 14 Champion.

On April 17th the challenge took

place at the Georgetown Racquet Club. After the six matches were played, the two teams were deadlocked in a tie. Each school had won three matches and nine games. The tie was broken on points scored, with Georgetown coming out on top. The determination and depth of the under-dog team proved superior. Credit must go to their coaches, Christine Kogon and Murray Jans, both of whom have dedicated themselves to teaching young students. The successful defence of the title proves that their efforts have been worthwhile ●



Georgetown	Ajax	Winner	Score
1. Jim Dieroff	Dean Brown	Ajax	3-0
2. Alexander Oldaker	Lori Coleman	Ajax	3-0
3. Martin Barnard	Scott Coleman	Ajax	3-0
4. Melanie Jans	Dave Carter	GDHS	3-0
5. Keith Smith	Steve Cork	GDHS	3-0
6. Karen Smith	Susan Coleman	GDHS	3-0

TOTAL POINTS: Georgetown (53); Ajax (36)



4th ANNUAL RA WINTER OPEN

BY RENE DENIS

The RA Squash Club is well known for hosting the RA Summer Open, the premier summer tournament of the province. Its winter sibling hasn't had all the fanfare of our summer tournament but things are changing. The RA Winter Open, in its fourth installment attracted a smaller draw than last year but provided those who played with great value for their money. The \$20.00 entry fee guaranteed each player two matches, a t-shirt, a dinner and eligibility for a vast array of prizes donated by Prince Raquets. The main door prize was a deluxe pair of skis.

Men's Events

The Men's E event was won by Brian Fahey of the Queensview Athletic Club, defeating the RA's Ted Hoganson 3-0. Both players progressed through the draw quite comfortably. It was nice to have fifteen players for this event, which provides many new players to test the waters. The Men's D, always a large draw saw Nepean's Bill Seed upset the top seed Andre Cabuche of the RA in the quarters and proceed to defeat Doug Orendorff (RA) 3-0 in the final. In the C draw David Lee of the RA surprised the squash pundits. RA squash players were

relieved to see that Dave's drops had the same effect against players from other clubs. Dave defeated Nepean's Ken Simpson 3-1 in the final. Seedings had little bearing the Men's B as top seed Bob Searle (RA) lost in the first round to Zimmerman, who proved that it was no fluke as he progressed to the final. On the other side of the draw second seed Alan Smith (Rideau) reached an impasse in the semis against dark horse Bill McPhail from the Ottawa Athletic Club. Bill using a wide repertoire of shots and angles was too much for Oliver in the final.

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Ladies Events

The Ladies events provided fewer numbers but good quality squash. The Ladies D was won by Lynn Edwards of the RA defeating Stefanie Dobro of the OAC 3-0. I finally got the seedings right in the Ladies C. Top seed Sarah McGaughern of the RA squeaked by Anne Ladouceur (Rideau) 3-2 in one semi while young Lara Giachino overcame Allison Condran (RA) 3-2 in the other. The final was closely disputed as Sarah edged by Lara 3-2. In Ladies B action top seed Alison Giachino from the Queensview proved too strong for the rest of the field as she progressed through the tournament without dropping a game. In the final she defeated Ottawa new comer Vicki du Tillieul (RA). Vicki had a more difficult route to the final winning 3-2 decisions in the two previous rounds.

Men's 40 Plus

The most tightly contested event of the tournament was the Men's 40+. Three players finished tied in the 5 player round robin. They also had the same number of games won but Colin Wooles (RA) had one more game loss than Sandy Brubacher (Rideau) and Murray Sutherland (OAC). Murray defeated Sandy (3-1) in the head to head pairing and was therefore declared the winner.

Open Events

The Open events did not attract many players forcing me to use round robins to determine the winners. This gave the spectators more opportunities to witness some great squash. The ladies event was won by Lynn Noel (Queensview) who was a definite notch or two above the rest of the field, runner-up was Sylvie Faulkner, the new Squash Professional at the Rideau. The Men's Open, or should I say plain Open, quickly emerged as a two player event. World ranked Heather Wallace was too consistent and accurate for the local A players who took part. David Sly, from Kingston, who has been working on his game in Australia and it obviously shows, was too much for everyone, including Heather as he defeated her 3-1 in what proved to be the final. It's great to see Heather take part in local events and contribute to Ottawa squash, she always attracts a crowd as people get to see a world class squash player for free. Rumour has it that she keeps her game sharp by playing shuffle board at the Queensview! Winners of the Open events received a cool \$100.00 for their efforts.

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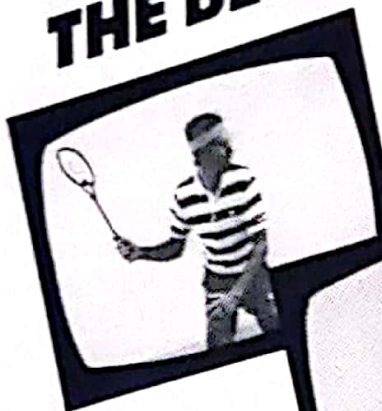
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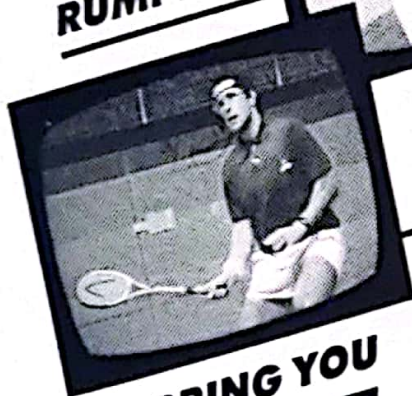
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Tournament Highlights

All winners received a cash prize of \$50.00 and an invitation to play in next year's event for free. All draws featured a 3-4 playoff in both main event and consolation rounds. I am indebted to the following RA members for their contribution throughout the tournament, Larry Jones (tournament referee), Rachelle Massie (co-chairperson), Mary MacDonald (control desk), Floriana Ventresca (social) and Linda Whitford (prizes). Special thanks to all



**ALL SMILES FROM HEATHER WALLACE
— OPEN FINALIST.**

members who helped out at the [unclear] and to all the referees.

Finally I would like to thank the sponsors of the tournament, The [unclear] Star Cafe, Carling O'Keefe, The [unclear] Sports Shop and a big thank you and welcome to the squash community goes to the [unclear] Racquets who provided us with the bulk of the prizes. The success of the tournament hinges on the participation. Thanks to all players who took part, come back next year and bring a friend.

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Located in central Scarborough, just north of the 401 and Markham Road is Scarborough's finest racquet and fitness club. The owners of Metro East Squash and Athletic Club recognize that to be successful a facility has to offer more than a gymnasium and racquet courts. The club offers an executive, private club setting, featuring five International squash courts and a revolutionary new fitness centre which is supported by a comprehensive program development. General services offered at Metro East include saunas for both men and women, large and spacious change rooms with relaxation centres, 5,000 square feet of aerobics and fitness equipment. The club also offers an indoor licensed lounge with full menu service.

Metro East offers the finest squash facilities. Two of the five International squash courts are glass backed. Members do not pay court fees at any time and there are certified professional instructors on staff to help improve your game. Metro East provides its membership with organized houseleagues and monthly tournaments.

The fitness services offered by Metro East follow planned guidelines to ensure high quality, safe and effective programs. The fitness area is served by full time instructors. Programs include a variety of co-ed classes, individual weight training consultations and complete fitness appraisal and testing. Members can take advantage of various health related seminars and workshops that are offered through the club. Membership at Metro East includes free access to all equipment. All members receive a free fitness evaluation which includes the development of a personal fitness program.

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available to cater to an individual's degree of expertise.

The aerobic classes vary from low impact through to advanced. The entire fitness area is serviced by highly qualified instructors to give the membership complete satisfaction in their pursuit of fitness.

With all of the expertise and the variety of programs available at the Metro East Squash and Athletic Club, there is

little excuse for those couch potatoes out there. Get up, give us a call and get involved in Toronto's newest and most exciting fitness facility.

This space is reserved for member clubs of Squash Ontario. We invite clubs to participate by sending a short write-up and photographs to Squash Life. Reprints are available at minimal cost. For more information, please contact Squash Ontario, (416) 495-4100.



TURNING BACK THE CLOCK

BY DENNIS GOODFELLOW

It was like old times at 20 Lombard Street where this year's Ontario Hardball Championships were contested. Holiday Fitness & Squash Club (formerly Toronto Squash Club), used its eleven North American courts and created some lost magic for its two hundred seat gallery. For one who has been at this facility for its sixteen year history, it was like a rebirth of the game. Images of Stuart Goldstein, Viktor Niederhoffer and classic battles of the past between Hunt, Khan and Sanchez, were conjured up one more time during this three day event. Three titles were on the line this weekend, the Open, Over 35 and Over 40. Most of the competitors arrived Friday evening for their first matches with the seeds not getting a workout until the second round and by the quarter finals we were in for some great squash.

Scott Dulmage, the number one seed, defeated Peter De Rose from Buffalo. Rusty Stafford lost to Mark Barber. Jamie Crombie (with some very interested footwork and patter) defeated Taylor Fawcett and Jay Gillespie defeated Andrew Slater. All four seeds were now in place, all with straight game victories. Scott Dulmage, true to form, defeated Mark in the semis in four games. On the other court, Jay Gillespie was confronted by a sometimes airborne Jamie Crombie, who was retrieving every shot Jay hit. Unforced errors finally proved to be Jay's downfall and Jamie won the battle 3-2. The finals, an all Western University affair, was won by experience and patience with Scott defeating Jamie in four games. Glen Murray, also of Western, defeated Jack Hoogstraten to win the consolation.

The Over 35 Championship was run as two, three-man round robins and were full of surprises. The winner of group one was Sean McDonough who defeated the runner-up of group two, John Frederick. Group one runner-up, Bill Macdonell, had a marathon match with Victor Harding with Bill the eventual winner in five games. This left a rematch between Macdonell

and McDonough for the Championship, with Bill the eventual winner in four games.

The Over 40's was a combined event with the 45's, with the top two seeds Peter Hall and Tony Swift. In the quarters, Hall beat Paul Frost, and in a return match, Gerry Shugar defeated Michael Whelpton. Peter Hatcher advanced over Bob French with Tony Swift advancing over Leo Smits.

Saturday provided a superb buffet lunch followed by the semi finals. In the top half, Peter Hall was battling Gerry Shugar and eventually winning in five, while the second seed, Tony Swift was struggling with Peter Hatcher. Tony lost the first two games and then regained some of his form and forced a fifth and deciding game. Peter Hatcher, playing the "best hardball of his career", edged out Swift for the victory. In the final between the two Peters, Hall had too much left in the fifth for Hatcher, winning the Championship. Michael Whelpton defeated Leo Smits in the consolation final.

The sponsors, Arc Racquets and Upper Canada Ale, put on a tremendous weekend for the players. My personal thanks to Dick Dickinson for his many hours of support. ●

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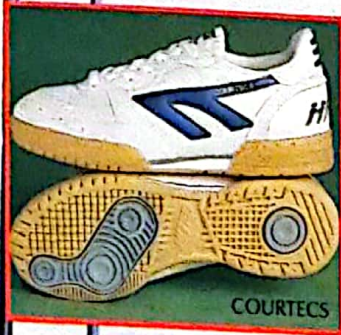
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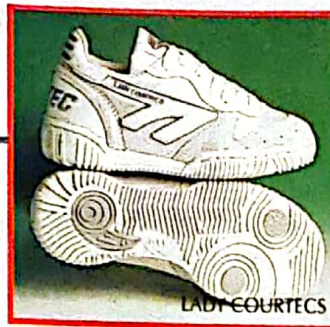


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