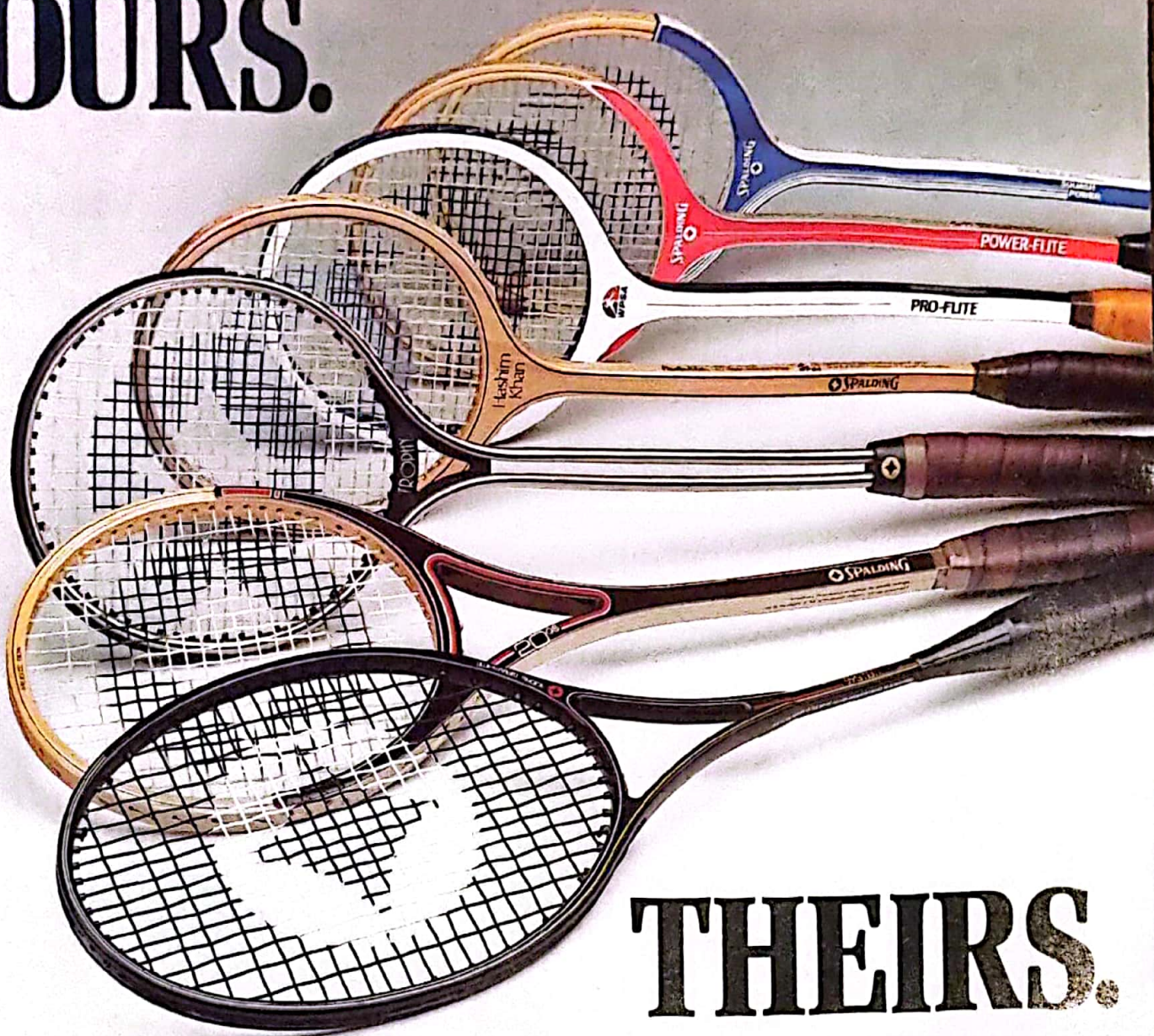


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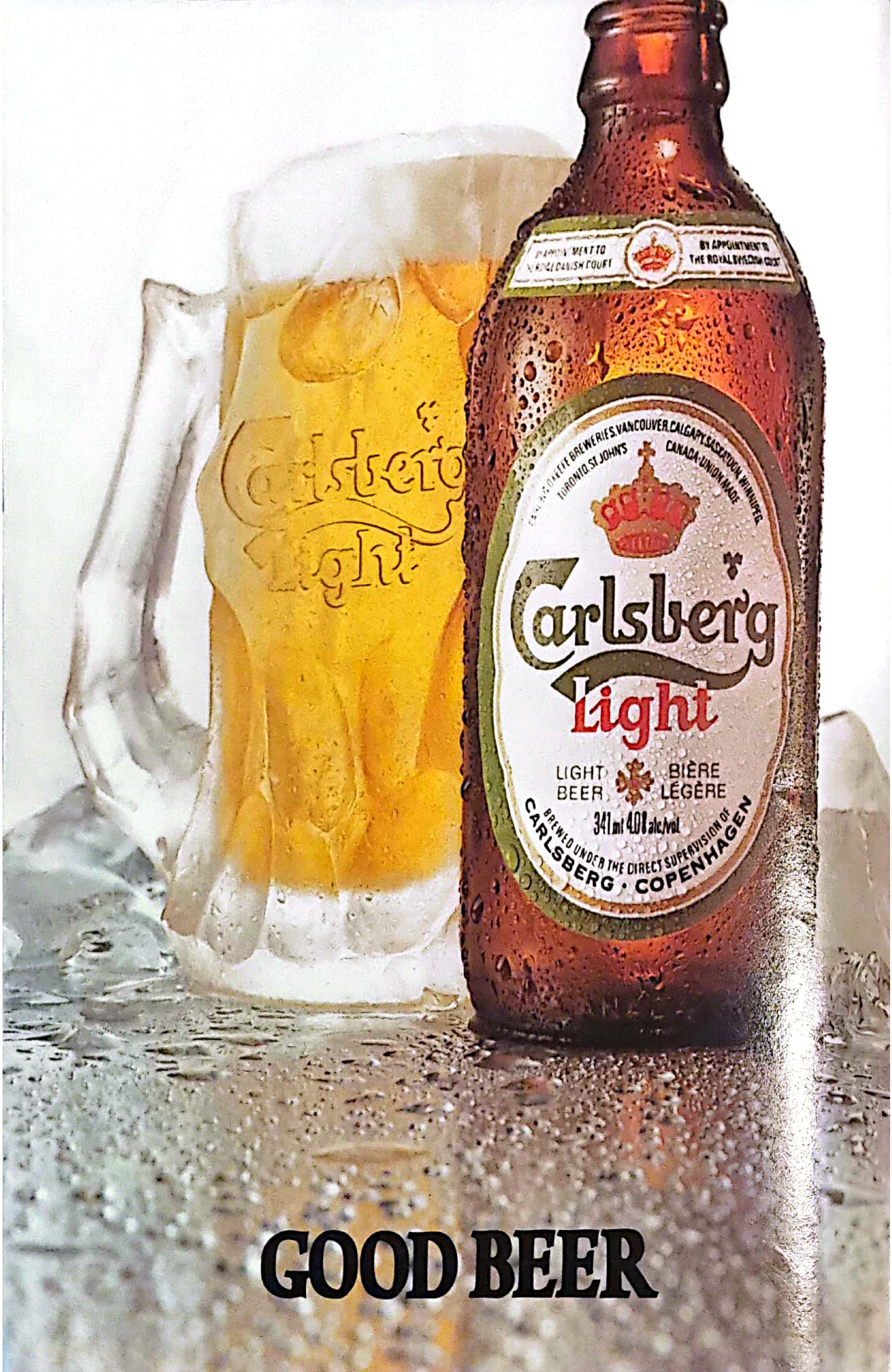
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**GOOD BEER**

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**Editorial**

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**1984 Fleischmann's**

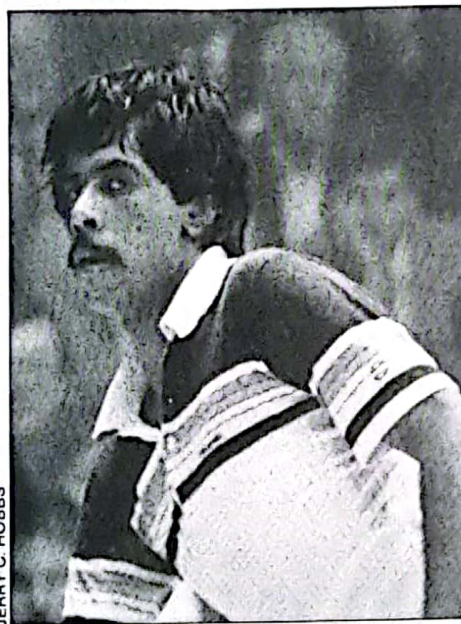
8

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**International Scene**

10

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JERRY C. HOBBS

**Master of  
the Games**

---

**Club Focus**

18

---

**Survey**

19

---

**Tournaments**

24

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Jerry C. Hobbs Photography, Harry J. Allen Jr. Marketing & Sales -  
for Fresh Ideas Marketing Inc. 135 Heddington Ave. Toronto, Ont. M5N 2R9 (416) 484-0060.

SQUASH LIFE is published 6 times a year by Squash Ontario, 1220 Sheppard Ave. E., Willowdale, Ont. M2K 2X1 Telephone (416) 494-4444  
It is published to give voice to and promote squash in the province. We invite members of the sport community to contribute articles

on every aspect of squash, and welcome readers' comments on the contents of this magazine.  
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Over 7,500 copies of SQUASH LIFE are distributed in bulk and on a complimentary basis to every squash facility in the province, as well as  
to a number of clubs and associations across Canada.

# GOVERNMENT A Help or a Hindrance?

*Sometimes the price of government funding comes too high*

Someone once said it was time to get government out of the nation's bedrooms, but is it time to get it out of the squash court?

There are many who would argue that Nirvana for squash would be a totally self-sufficient industry, based on that cornerstone of democracy - free enterprise. They feel that government funding comes with too many restrictions and far too many strings attached. How, they ask, can the bureaucrats at Queen's Park or on Parliament Hill, possibly know what is best for squash or how monies should be spent?

In truth, they probably do not know and perhaps it is unfair to expect them to. We have obviously come a long way for us now to be questioning the necessity of government funding, and it is perhaps prudent to stand back and examine the road we have travelled over the past eight years.

In 1976, Squash Ontario became a recognized sport governing body, responsible to its members and at the same time, responsible to the Ministry from which it received funding. In that year our grant was approximately \$75,000 and the euphoria of receiving that cheque was quickly replaced by apprehension at the rules and regulations which accompanied it. However, it was more than squash had ever received before and it was, in truth, an auspicious beginning. The goal of the association was to promote the game and help it develop in the province and if that meant playing by the government's rules, then so be it.

The size of each subsequent grant grew until 1980 when, due to the economic climate, they were straight-lined. In that eight year period however, the Government of Ontario invested close to \$750,000 into

the game of squash in this province. Through federal funding, another \$500,000 was channelled into squash programmes in Ontario. Every penny was spent on programmes designed to foster growth and promote the game. These figures translate into thousands and thousands of dollars in advertising, money individual club owners did not have to expend themselves in order to promote their clubs.

Those funds have a great deal to do with the meteoric rise of squash during that period. That is a fact which cannot be disputed. Viewed in the harsh light of reality, no one can really complain about being strangled by those strings or red tape.

At the same time, municipal governments across the province were funding the building of squash courts in new recreation centres. Those same people who argue about government interference are also alarmed at the number of these new municipal courts. They fear they will lose potential members to these centres because they cannot compete with them on price. True enough. There are some people who only want to play squash, shower, change and leave. They don't particularly care whether soap or shampoo is provided and obviously aren't looking for the ambiance a club provides for its members.

Statistics show that the majority of people who first take up a racquet in a recreation centre or YMCA will gravitate toward a commercial club shortly thereafter. It is a fundamental fact of human nature that everyone wants to belong and that need will manifest itself sooner or later. There is no need to fear these municipal courts for they serve a most useful purpose. They are there

to service the community as a whole, offering wide ranging activities with no frills. They do not pretend to be anything more than what they are. They introduce the player to the game and then watch as he goes down the street to join the nearest commercial club. His place will be taken by another, and another, and so it goes. The two facilities are completely compatible and complement each other.

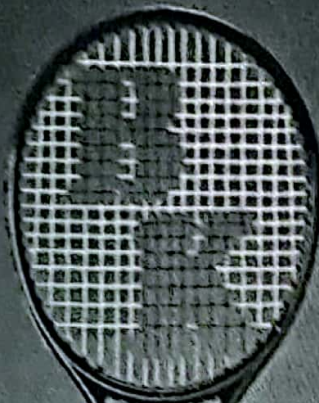
It would be less than honest to pretend that the price of this government funding did not sometimes come high. Short sighted, narrow minded bureaucrats and paper pushers dictate policies which are inconsistent, unfair and often conceived without thought. Many are too complacent in their jobs to even attempt to see or understand the ramifications of some of their decisions, and still others are afraid of rocking the boat. Government pays administrators to govern the sporting bodies while, at the same time, ties their hands in its inevitable red tape.

And yet we have made progress, a great deal of progress in fact, and despite these government bureaucrats. We have played the game by the rules and for the most part, we have won. One cannot help wondering, though, just how far the tentacles of government might reach in the future. Should it decide to dictate policies which may be detrimental to the game or even reach on areas outside its jurisdiction then we would be forced to decide if the price of funding has become too high. To this point, the government has definitely been a help to squash. The future remains to be seen. For now, though, we are not yet ready to pen our own declaration of independence. ●

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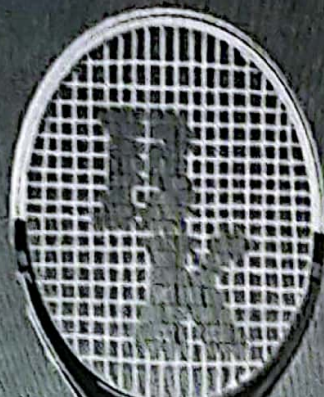
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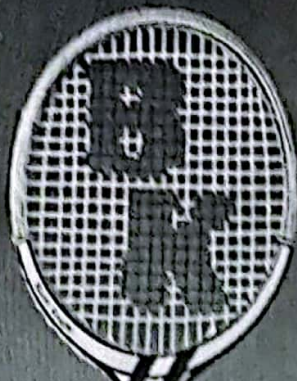
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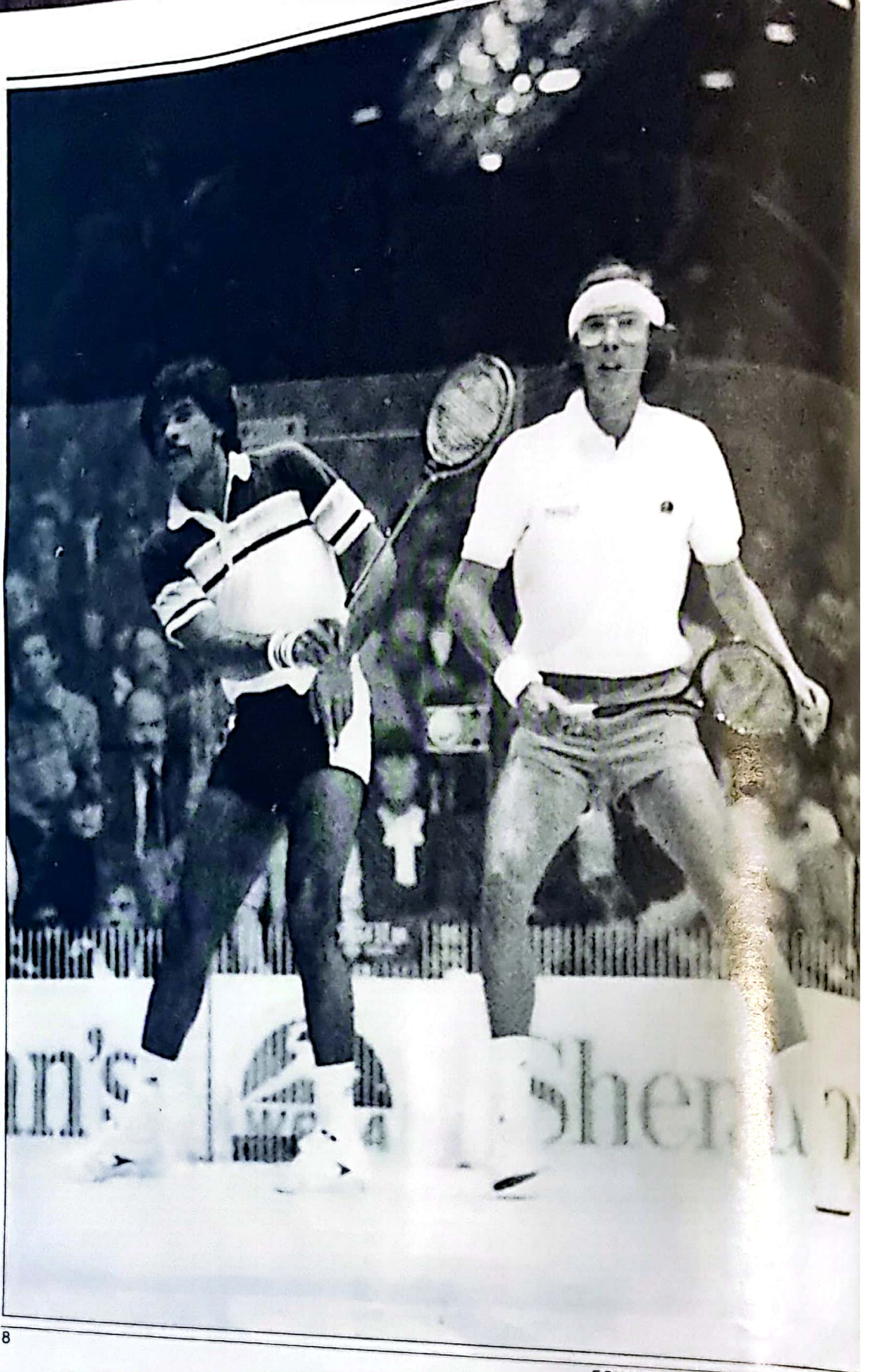


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# KHAN CONQUERS ALL.

BY JAN ATKINSON

The great debate is over! Jahangir Khan is undeniably the greatest squash player in the world. Any doubts were finally put to rest at the final of the Fleischmann's WPSA Championships. In just over sixty minutes Jahangir handed defeat to defending champion and number one seed Mark Talbott.

The great debate goes back to April 9th 1981 when squash legend Geoff Hunt was making history by winning his eighth British Open Championship. A very important moment in squash history occurred that night. The old adage of "no one remembers the loser" certainly doesn't hold true in this instance. It was 17 year old Jahangir Khan who was runner-up to Hunt. It was also the last time Jahangir has lost! Two British Opens, three World Opens, to name but a few, and some thirty months later, Jahangir Khan remains undefeated. He has lost a mere handful of games but never a match in two and a half years. Absolutely incredible!

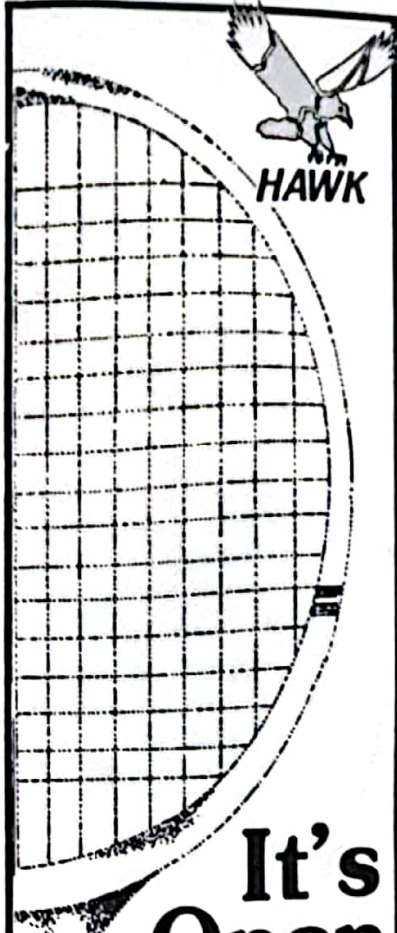
At approximately the same time that Jahangir Khan was embarking on possibly the longest winning streak in sport, Mark Talbott, then 20, had been named the WPSA's Rookie of the Year. Mark had to wait for a year to shake the image of a up-and-

comer to become the number one player he is today. If Mike Desaulniers dominated the 1981-82 season, then Mark Talbott certainly owned the WPSA circuit last year. Mark smashed all records in winning 15 of 17 events entered, finishing no worse than second in the two events that prevented Talbott a perfect season. Mark's performance on court as both athlete and sportsman made him the deserving recipient of the WPSA's Player of the Year for 1982-83.

But the question remained unanswered. Who really is the best in the world? A hoped for confrontation in the Mennen Cup didn't materialize, challenge matches were organized but really don't prove anything. Who was number one at the soft ball game was never in question. Jahangir did meet Talbott in the Pakistan vs U.S.A. match in the ISRF World Team Championships played in New Zealand. The scores, not surprisingly, were 9-3, 9-4, 9-0. To set the record straight, Jahangir would have to put his skills to the test and beat Mark at his own game. What transpired has left every squash fan open mouthed and shaking their heads.

Mark Talbott started off the tournament with a shaky beginning, dropping a game to Pat Richardson of Montreal. His next match was against the Cam-

*The last tango in the ballroom - and Jahangir called the tune.*



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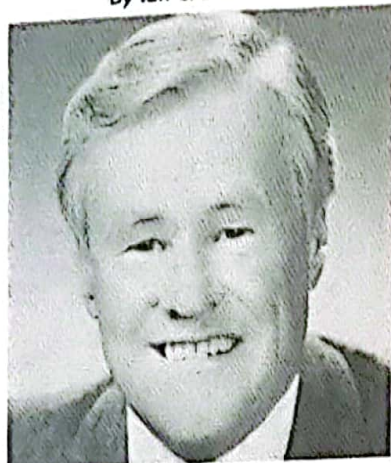
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# Amateur Approach To World Squash

by Ian C. Stewart



Ian C. Stewart.

Having now returned from a most interesting and satisfactory trip to Australia and New Zealand, I find it difficult to decide on which of several topics I should address myself in this column.

I would like to comment on the long-term chances of Canada ever moving up competitively in the world team championships under current Canadian Government attitudes towards the game.

I know that I should leave explosive issues alone because people are going to immediately accuse me of trying to undermine the present level of Government support. This is not the case. My concern is the lack of assistance in Government policy towards certain sports, and perhaps a suggestion or two as to how the CSRA should plan to get around these problems.

The inconsistency in the Canadian Government's attitude is really summed up in their inability to distinguish between an amateur and a professional. A Steve Podborski who admittedly is earning a quarter of a million dollars a year as an amateur skier gets Government support to participate in the World Cup Skiing events and all members of Canada's ski team are in an identical situation, and yet squash cannot get Government funding for any more than 50% of a four-man squash team. It seems to me that the Government is prepared to bend the rules for high profile sports. This may make political sense, but it is grossly unfair. The result of this policy is that in a sport that is completely open and where there is no distinction between professionals and amateurs, we can never field our strongest team. As an example, the following players would have been eligible to play for Canada in this year's World Championships in New Zealand had they not been professionals: Howard Broun, Murray Lilley, Roy Ollier, Clive Caldwell,

Aziz Khan and Sharif Khan. I am sure that I may have missed someone out of this list, and for that I apologize.

I know that most of the players mentioned above are perhaps not native born Canadians and we should be encouraging the development of our own players, however, the point that I am trying to make is that we did not field our best team. We have used the excuse over the last six World Championships that we would use these events to develop our own players and yet, in actual fact, our performance at these events has stayed relatively static. On the other hand, developing countries such as Singapore and Malaysia are moving up fast in the squash world and the major squash playing countries are pulling further ahead. The U.S., which does not encourage play with a soft ball, now finished ahead of us for 3 straight years and they do not receive any Government support whatsoever. The U.S. situation is an interesting one and perhaps this is the route we must take in the future. They managed to persuade Mark Talbott and Ned Edwards to represent the U.S. in New Zealand. They are without question the 2 best hardball players in North America today. In order to represent their country, they were prepared to give up a considerable amount of income from tournaments, exhibi-

tions and clinics to go to New Zealand for almost a month. In addition, they had to go out and raise the money themselves to travel and enter the event. They did this by playing exhibitions and by going to many corporate sponsors on their own with hat in hand, asking for financial support. With that sort of spirit, it is no wonder that we faced an impossible task in our deciding match with them. In summary, I believe that the CSRA can do either one of two things:

1. Persuade the Canadian Government that in most sports there is really no longer any distinction between a professional and an amateur and if they wish to support the elite athletes, then they must do so regardless of how he makes his living or,
2. If this support is not forthcoming, we as Canadian squash players, must find some method of raising the money so that our best players can participate.

Of the 28 players on the 7 teams that finished ahead of Canada (4 men to a team), 27 would be considered professional in the eyes of the Canadian Government. That is the sort of opposition that we are up against and which we must overcome if we are to show any progress at all.

Without belabouring the point, the situation in women's squash is almost identical. I don't believe that Canada sent its best team to the event in Australia, either.

In closing, I don't want to take anything away from the players who represented Canada in this event this year. They were a tremendous credit to our country, both on and off the court. They were great goodwill ambassadors for us. They tried extremely hard and they had some notable successes. However, I believe they would be the first to admit that they were not in the same league as the top countries. ●

# Vicki Cardwell Dominates World Open

by Barbara Diggins

Vicki Cardwell from South Australia, totally dominated the Women's World Championships played at the Western Australia Institute of Technology (WAIT) in Perth this October. The World Championships had been the only major event that Vicki had not won, and she showed from the start that she was determined not to fail this time. Vicki was beaten in the final of the last Worlds held at Mayfair Parkway by Rhonda Thorne from Queensland in an epic final of 1 hour and 55 minutes. Throughout this, the 4th World Championships sponsored by Town & Country Western Australia Building Society, Vicki looked formidable - not one of her opponents managed to win a game from this tenacious and highly competitive champion - and Vicki's ambition to retire as World Champion came to fruition.

The tournament, played in heat varying from 20°C to 34°C, had its upsets, with seeded players starting to fall from the second round. Barbara Diggins, seeded 9, and Sue Cogswell, seeded 5, both lost in the second round in 3 straight games. Sue Cogswell, up until that moment, had been playing extremely well and had finished second to Vicki in the Australian Open final. Heather Wallace adapted well to the hot and bouncy courts and after beating Sue Cogswell 9-0, 9-5, 10-9, went on to beat 12th seeded Australian Jan Miller, 9-6, 9-0, 9-4. Sue Devoy of New Zealand was seeded 4 due to an extremely successful Australian season in beating Rhonda twice, taking Vicki Cardwell to 5 games in the semi final of the Australian championships and beating Robyn Blackwood, her teammate and previous New Zealand number 1 in their National Closed Championships. She had a shock when playing Ruth Strauss of England, but managed to pull her game together and eventually win 0-9, 9-1, 9-6, 6-9, 9-1. Sue Devoy proved to be too quick and

steady for Heather Wallace in the next round and won her place through to the semi finals, 7-9, 9-3, 9-4, 9-7. Angela Smith played through to her seeded slot of 8th to meet Vicki Cardwell, giving her no real opposition. She lost along with all the others in 3 straight for Vicki to meet Sue Devoy in the semi finals.

In the lower half of the draw, drama was setting in. Robyn Blackwood of New Zealand lost to Carin Clonda of Australia in the third round, 9-1, 9-6, 10-9. Robyn struggled badly with the conditions and failed to reach her seeding position of 6 whilst Carin Clonda, seeded 11, went on her giant killing way, beating Martine le Moignan of England, seeded 3, 9-3, 9-7, 5-9, 9-4, to put herself in the semi finals.

Rhonda Thorne, Captain of the Australian team, seeded 7 due to a number of bad losses, started slowly in her match with fellow Australian Rae Anderson, seeded 10. Things improved as the match progressed and Rhonda stroked out an easy winner, 10-8, 6-9, 9-2, 9-0, going on to meet Lisa Opie of England, seeded 2, in the quarter finals.

Lisa, until this moment, had had very little opposition as Lynne Ferry had pulled out with a foot injury. The match between Rhonda and Lisa was an epic lasting 1 hour and 40 minutes, and will be remembered as the match of the Championships.

Rhonda started well, winning the first two games 9-7, 9-6 with Lisa looking tense and finding it difficult to make her game flow. Rhonda consolidated in the third and fought to an 8-3 match ball lead. A midcourt collision seemed to break Rhonda's concentration and Lisa, playing a series of superb cross-court volley nicks, pulled back to 8 all. The game then see-sawed with Lisa finding her touch for the first time in the match and taking the game 10-9. She kept the momentum going and continued to take the game to Rhonda - looking

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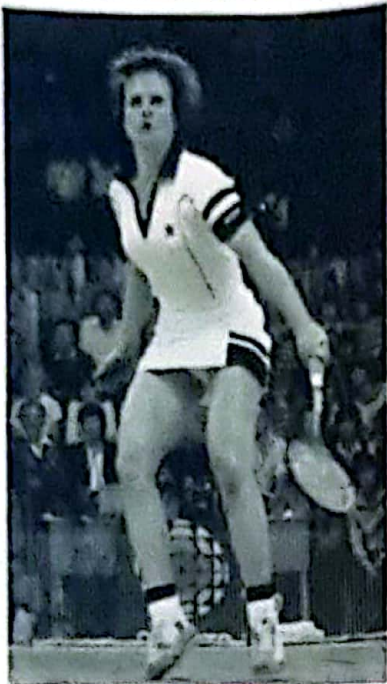
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Vicki Cardwell - new World Champion.

positive and showing a great variety of shots to win the game 9-3 and level the score at 2 games all. A more determined Rhonda strode back on the court; regained the hand and started to work Lisa with her efficient backhand boast, and Lisa, endeavouring to break Thorne's rhythm, made a series of unforced errors which saw Rhonda through again to an 8-3 lead. Throwing caution to the winds, Lisa opened out - playing attacking shots as only she can, pulled back to 8 all and then 9-8 match ball. At this stage Rhonda's head was bowed in resignation - but unaccountably Lisa went for a lob serve, a shot she rarely uses and served the ball out of court. Rhonda was back in. This was enough for the dogged Australian, who clinched this memorable tussle 10-9 in the fifth.

The semi final between Carin Clonda and Rhonda Thorne was never in doubt. Rhonda took a while to run the previous match out of her system but once in her stride, was always in control, winning 6-9, 9-1, 9-1, 9-2.

Looking forward to another thrilling match between Rhonda and Vicki to decide the World Championships, WAIT was packed to capacity. The match was an anticlimax to all that had preceded it. The resolute Cardwell clenched her teeth and never lost control. This was the one she wanted to bury all the ghosts. Only once did Vicki lose her cool - saying, "You have the whole court and you choose me to run into!" ●

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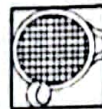
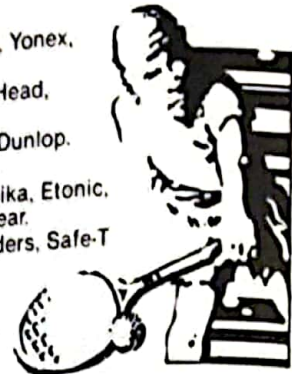
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## A View From Down Under

by Doug Whittaker

The Canadian Men's Team, led by coach/manager Barry Binns, assembled in Auckland, New Zealand to compete in the 9th ISRF World Individual and Team Championships. The draw for the Individual Championships looked very strong with only three of the top sixteen missing: Glen Brumby and Gamal Awad to injury, and Kiwi Ross Norman, who was seriously hurt in a parachuting accident.

The day following the draw, the team (Steve Lawton, John MacRury, Dale Styner and myself) started intensive practice. The extra time we had before the warm-up tournament proved to be vital and was well used.

The event prior to the World Championships was held at the Pannure Club, with Dale Styner and myself occupying two of the four seeded positions. The seeded matches saw MacRury vs Whittaker and Styner vs Rowe. After a long and hard five games, MacRury defeated Whittaker and Styner easily overpowered Kiwi Rowe in three games. In the final, MacRury had no answer to Dale's speed and the title was Dale's in quick order, 9-4, 9-1, 9-7. The Pannure Open proved to be valuable practice for the event to come and great for our confidence, as Canada finished one, two, three.

After finishing the Pannure tournament, we shifted to downtown

Auckland and the fabulous Hyatt Kingsgate Hotel. All the teams were housed in the same hotel and there was quite an international flavour about. At any time one could see various competitors from many different countries, even the two Australian greats, Geoff Hunt and Ken Hiscoe could be seen walking about. After a quick day of practice at the Henderson Club, we were ready for the start of the ninth ISRF World Squash Championships.

On October 6th, play commenced with the top half of the 128 draw playing at Henderson and the bottom at North Shore. The pull-out of a few Pakistanis and the unexpected departure of Dean Williams (hamstring injury) left the draw with a few holes in it. As for the Canadians, Dale and myself both reached the second round where losses to Lars Kvant (Sweden) and Markku Sainio (Finland) were incurred. John MacRury lost in the first round to the Australian Dittmar, but went on to win the plate over Ned Edwards of the USA. Steve Lawton did very well to reach the third round with a great win over New Zealand number six, Danny McQueen.

The top three seeds made it to the semi-finals unscratched. Stuart Davenport, the number five seed,



*Jahangir and Pakistan sweep World Championships.*

was able to join the top seeds in the semis (due to Williams' withdrawal), however he was no match for the great Jahangir Khan and lost 9-4, 9-2, 9-0. In the other semi, Qamar Zaman dispatched Hiddy Jahan in distinct Zaman style by the scores of 9-3, 9-5, 2-9, 9-3. The final was over before it started as Zaman tried all

his shots at the wrong times. He was no match for Jahangir and was unprepared to rally with him, the result was a 9-0, 9-4, 9-3 win for the world champion in thirty-four minutes.

The very next day, October 13th, was the start of the all important teams event. The set up was for four pools of five teams each, Nigeria was the only withdrawal and was replaced by the New Zealand Youth Team. In accordance with ISRF rules, the match against them would not count, regardless of the result. The pools were as follows:

<b>Pool A</b>	<b>Pool B</b>
Pakistan	Australia
Scotland	Hong Kong
Canada	Wales
Singapore	Sweden
Nigeria	Malaysia
<b>Pool C</b>	<b>Pool D</b>
England	Egypt
Zimbabwe	Finland
Kuwait	New Zealand
Papua New Guinea	Japan
U.S.A.	Ireland

To reach the top eight, either a team had to finish second or better in their respective pool to progress to the semi-final pools. Canada had the toughest route, having Scotland and Singapore as obstacles. Our team order was decided and consisted of: Dale Styner, John MacRury,

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Steve Lawton and myself.

Canada's first match was against the much improved Singapore team, strengthened with the acquisition of 19-year-old Peter Hill at the number two position. The first rubber was MacRury vs Hill, or should I say, tenacity vs shotmaking. The first game was won by John 10-8, after a long hard struggle. The second game was an easy win for MacRury 9-4, and it looked good for Canada. He continued his winning ways but soon found himself down 8-5 in the third; John dug in at this point and he hung on to win the game 10-8. In the second rubber, Dale had too much speed for the deceptive Zanaïl Abidin. This proved to be the key for Dale's win as he was able to recover all Abidin's winning shots, he won 9-1, 6-9, 9-2, 9-3. In the meaningless third rubber, Steve beat Stewart Ballard in two more games than expected 9-6, 9-5, 8-10, 7-9, 10-9.

Our second tie was against Pakistan and we had no realistic chance of victory. Against these odds, we all tried our best but as expected, came up short. I lost to Magsood Ahmed 9-0, 9-1, 9-1. Dale lost to Jahangir Khan 9-2, 9-2, 9-0, and John lost to Qamar Zaman 9-2, 9-5, 9-3.

The third tie was very important because if we beat Scotland we were straight into the semi-final pools and a guaranteed minimum eighth place finish.

MacRury was first on against Mark Maclean. John lost the first game badly, looking very sluggish and slow. Halfway through the second he seemed to find his form, after a brief scare at 6-6, he was away and won the remaining games for the loss of two points. The first match was ours 5-9, 9-6, 9-2, 9-0.

Dale was next on and all we needed was a win to progress to the semi-final pools. He started with long rallies against the Scottish number one, Chris Wilson. This game plan turned out to be the tune of the whole match with Dale coming out on top 9-7, 9-3, 10-8. The third rubber was won by Steve over Peter Fairlie 9-4, 7-9, 9-1, 9-10, 9-5.

The meaningless match against New Zealand Youth was taken seriously by both sides, but Canada just came up short. Steve lost in three games to John Mills, Dale beat Danny McQueen 3-0, while I lost to Anthony McMurtry 3-0.

The tournament was only half over yet there was still another four

matches to go in our semi-final pool. The top eight teams were divided into two pools and played off to get the top two teams to play in the final. The two pools consisted of:

Pool A	Pool B
England	Pakistan
Egypt	Australia
Sweden	New Zealand
Canada	U.S.A.

Our first match in the new pool was against the strong team of Egypt. MacRury tried hard but was no match for world number thirteen, Magdi Saad, and went down 9-0, 9-2, 9-4. The next rubber was quite different as Dale was able to match rally for rally with the brilliant world number seventeen Ahmed Safwat. Dale was given no chance to win, instead he played the match of his life, only to lose by the close scores of 9-10, 9-7, 9-6, 0-9, 9-7 in eighty minutes. In the meaningless third match, Nasser Zahran beat me 9-7, 9-7, 9-0.

It was not going to get easier as England was next up. I went down quickly to the strong and quick Geoff Williams 9-2, 9-2, 9-0; Dale was no match for Hiddy Jahan and lost 9-2, 9-3, 9-5. In the third match Lawton proved to be no struggle for Gawain Briars and went down 9-4, 9-1, 9-0.

...our chances were very good and we fielded our strongest team against the Swedes.

Our third match was against Sweden and we needed a win to have a chance for sixth place. I felt our chances were very good as we fielded our strongest team against the Swedes. Steve Lawton was first on against Bjorn Alstrom. The first game 9-5. Steve then took charge, he tightened his shots and became more aggressive, the result was a victory in the second game 9-0. Steve continued his good play and built up a 6-0 lead only to lose his momentum and lost it 9-6. In the fourth he was up 6-2 but the Swede came back and Steve lost this game by a similar 9-6 score.

Dale was next on against Lars Kvant and he started very strongly, winning the first game 9-0. Dale faltered in the second and lost it 9-2. The third was a classic game as Dale stormed from a 3-7 deficit to win the game 9-7 with some great nick shots. In the last two games Dale seemed to show the effects of all his previous



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matches and lost them easily 9-2, 9-2. Another good effort against one of the world's top twenty. The third rubber was won by Frederick Jonsen over MacRury 9-2, 9-7, 9-6.

The following day we played the next higher finisher in our opposite pool, therefore we played the third place finishing in the opposite pool. This happened to be New Zealand. If we could win this match we were again in for a chance for the elusive sixth place.

Steve Lawton started well against Paul Viggers, winning the first game 9-4. In the second he reached 2-3, then Viggers pushed down the accelerator and Steve had no answer to Vigger's shot making as Lawton did not score a point until 3-3 in the fourth game. The final score was 4-9, 9-2, 9-0, 9-3 for the Kiwi.

In the second rubber Dale didn't put up a fight against Stuart Davenport as he was saving himself for the match against the U.S.A. In an all too obvious display, Dale went down 9-1, 9-3, 9-5.

MacRury, who had performed admirably all tournament, continued his good play by upsetting New Zealand number 2 Rob Hayes 9-4, 2-9, 9-6, 9-4.

Our last match was against the U.S.A. for seventh and eighth place. MacRury had beaten Ned Edwards in the plate final and looked to do it again. Ned was playing much improved squash, having beaten Lars Kvant 3-2 the day before. Every time Ned got the ball he seemed to hit the nick, he couldn't miss and went straight through John, winning 9-3, 9-4, 9-3.

Talbott sharpened his game considerably and made Dale run everywhere

Dale had to beat Mark Talbott for us to have a chance to come seventh. Styner started well as Mark seemed to be slow from a recent chest cold and won the first 9-4. From the second game on, Talbott sharpened his game considerably and made Dale run everywhere. Although Dale showed bits of resistance, Talbott was too strong and exhausted his opponent with well placed balls all over the court. Mark won by the scores of 4-9, 9-0, 9-4, 9-5. Lawton plowed through Kenton Jernigan 9-4, 9-6, 9-6 in the third match.

As for the rest of the teams, there were no real upsets as everything went according to seeding. The final

standings were as follows:

1. Pakistan
2. England
3. Australia
4. Egypt
5. New Zealand
6. Sweden
7. U.S.A.
8. Canada
9. Singapore
10. Ireland
11. Wales
12. Zimbabwe
13. Scotland
14. Finland
15. Malaysia
16. Papua New Guinea
17. Kuwait
18. Japan
19. Hong Kong
20. New Zealand Youth.

Canada's eighth place finish was not really disappointing, as given the strength of the other teams we finished just about where we should be. We will have to wait another two years to see if Canada can improve its ranking. Before leaving New Zealand, all the countries enjoyed a spectacular final evening at Trillos nightclub with all the different nationalities participating. It was a night to remember, a great tournament and a great trip. ●

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### Jill Samis Makes It Three In A Row

by Bob Cluett

On October 28, 1983 for the third time in three years, Jill Samis made a weekend pilgrimage from Lower into Upper Canada to administer hardball squash lessons to the women of Ontario. And for the third year in a row, she returned to Montreal with the championship trophy from the annual Dr. Labib Women's Hardball Tournament at York University. Only in her final match, against Rhonda Firmi of York, did she have to operate much above half throttle, and she won that one in four: 15-9, 16-17, 16-14, 15-12. Though she has been a less visible presence in the

overall squash scene recently than she was three years ago, her remarkable gifts are clearly still intact. Her capacities for hitting nicks, for moving her opponent almost at will, and for controlling the pace of a hardball match were all very much in evidence.

Behind runner-up Firmi were Karen Salmon and Ruth Castellino. Judith Grant of UWO took the consolation. Once again, Dr. Labib's sponsorship was generous, with each participant getting for her \$15 entry fee a Friday night party, a solid lunch on Saturday, four matches, and a better than one-in-four chance of taking home a racquet and medal. The players, who will have to go to New Hampshire in February for the second half of the Power Can-Am, will be especially grateful for this opportunity to meet good hardball competition before crossing the border to play in the place where it is such an integral part of native customs. ●

### Glendon Gal Grabs Novice

by Bob Cluett

On November 12th, 24 female student squash players spent the day in the Tait McKenzie gym at York University, contesting the annual Ontario Student Novice Championships. The 22 university players and 2 juniors each played either 4 or 5 matches in the no-knockout, flight format event, chaired for the third year in a row by Vicki Watson. As in the 1982 event, the quality of play from the round of 16 in was very high and promised a continuing improvement in the game's standard among women's university teams. This year, however, the event was dom-

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inated by one player, Cynthia Brander-Smith of Vancouver, playing out of Glendon College, who lost only one game all day and played her last six games with the loss of only 18 points. Her powder-puff mid-court boasts, mixed in with shots of good length and pace, were too much for four opponents.

Judith Grant of Western Ontario, finalist, gave Cynthia the best fight she faced in a 4-9, 6-9, 5-9 final. Lori Kerr, Agincourt junior, took third place over Sharon Metcalfe of Western in a 3-1 playoff. Heather Maclean, Richmond Hill junior, staged a remarkable revival in the "B" flight final, overcoming a 0-2, 1-6 score and besting Lori Shetler of Western in five. The "C" flight went to Rebecca Streeter of Waterloo, over Sue Mayer of McMaster. The "A" classic plate went to Brenda Hoffman of Waterloo, over teammate Diane Hutchison. Karen Kee of York and Meghan Davis of McMaster, rounded out the top 8 finishers. ●

	MC Points	Match Points	Fixtures won
Toronto	140	27	6
York	120	23	4
Queens's	112	23	5
Western	98	17	3
Waterloo	47	8	2
McMaster	46	7	1
Laurier	5	0	0

York, and Andrea O'Reilly (knee) for Queen's. They will make for a more balanced league. In the first semi-final, Mennen Cup scoring (2 points for each match point earned, 1 point for each game point earned) produced the above result;

Mennen Cup scoring is unofficial; the league winner is determined by cumulative match points in three tournaments, with the third tournament counting double.

The Toronto contingent—Patti Hogan, Sadia Butt, Jenny Reid, Helen Kay, Nikki Speakman and Sue Burton (spare)—played solid, tough squash throughout the tournament, losing only three of their 30 matches. Rhonda Firmi of York, Kim Wiltshire of Western and Anita Halpern of York, were the only players not carried under by the great Blue Wave. ●

CONTINUED ON PAGE 34

## U. of T. Takes OWIAA Opener

by Bob Cluett

The University of Toronto, carrying three of the top seven juniors in Ontario in its first year class, was expected to run off and hide from the other teams in this year's OWIAA, especially so with each of the other top teams each having lost at least two players from their last year's top 5. At the first OWIAA semi-final at McMaster on November 18-19, the U of T did run off, though it was a comfort to the rest of us that hiding will have to wait until at least the second semi-final in January or the final in February - if then. After Christmas, some missing key players will likely return for Toronto's pursuers: Sue Smeaton (knee) for Western, Ingrid Melhorn (stress fracture, foot) for Western, Jo Ann Beckwith (National Team) for

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## BAY OF QUINTE HARBOURS NEW CLUB

Squash mania has hit the Quinte area.

Now people who live in this central region of Eastern Ontario have a new facility at which to whet their appetites for squash.

Copperfields Squash and Nautilus Centre, however, is a unique addition to the area's squash scene.

When Ray Walmsley, owner of Copperfields, already a successful hotel-restaurant, decided to add squash courts to his facilities, he simultaneously made a decision to take advantage of a growing trend toward physical fitness in a society that likes to combine hard work with fun and games.

Since early November, people of the city of Trenton and its environs—and that includes people from neighboring Belleville—have turned to Copperfields and its three international courts.

Since its doors opened in early November, Copperfields has attracted squash players ranging from the novice to the expert.

It boasts three international courts which, says director Michael Andrews, have been a boom.

"The international court, with its larger playing area, offers more challenge to players. We're finding that people are responding well," he explained.

Two courts have glass backs which face a comfortable lounge area that players and spectators alike use. The lounge—which includes bar facilities—backs onto the swimming pool and sauna.

A third court is closed-in, which is often a relief to beginners who might be a little self-conscious about their game at first.

Copperfields management also decided to leave the maple floors unfinished except for a thorough sanding.

"We've discovered the unfinished surface affords players better traction. When other courts heat up, a

film of moisture often coats the floor and causes problems," noted Andrews.

Andrews, himself a "B"-flight player, also looks after the Centre's Pro Shop, which stocks a complete line of racquets and squash equipment in addition to sporting attire.

But Copperfields is not all squash.

Recognizing today's trend toward fitness, Walmsley decided to incorporate a Nautilus centre—the area's first—into the overall facilities.

Nautilus equipment, commonly acknowledged as today's answer to weight-training, was shipped in from Florida and set up in a special area. Individual programming and testing is the key to a successful introduc-

hearty post-game or post-workout fare.

But back to squash.

There are a number of other facilities in the area and rather than being isolated, Andrews wants to see competition on the inter-club levels. That, he believes, will likely lead to more people becoming interested in the game.

"It's a game anyone can enjoy if they're willing to spend a little time learning. If we can get people to participate at the inter-club level—whatever their abilities—then we can spread the game's popularity around."

Copperfields is located about one mile south of Highway 401, along Highway 33. ●



*Après squash in Copperfield's lounge.*

tion to weight training at Copperfields.

And Maura Lloyd, Andrews' assistant, gives regular instruction in aerobics and dancercise classes scheduled to accommodate most schedules.

The Centre offers direct access to the Copperfields restaurant and

*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 information, please contact Squash Ontario, (416) 495-4140. ●*

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# SQUASH:

## WINNING THE RACQUETS RACE.

Topical Trivia  
for the Typical Squash Player.

by Sherry Funston

**"TYPICAL"** is defined by the Concise Oxford Dictionary as, "serving as a type or characteristic example". Administrators and promoters have for years struggled to identify who the typical squash player is. How old is he? Does she drink vodka or light beer? What does he do for a living? How many racquets does she purchase in a year? Strangely, there has never been a definitive

study done on the subject.

Squash Ontario, as the governing body, elected to conduct its own survey and selected totally at random 200 names from our mailing list. These people live and play squash in nearly every area in Ontario and consequently, the results are a true reflection of geography and population. The names of those receiving the questionnaire were split evenly be-

tween male and female and thus we have an accurate crosssection of tastes, playing and buying habits, alcohol consumption, etc.

The results, which follow, are probably not too surprising. They indicate that squash players are the upwardly mobile professionals, concerned about fitness, somewhat frugal in their expenditures and absolutely dedicated to the game of squash.

These results have given us a fairly accurate picture of just who the typical squash player is. But surely *why* these people play

## Demographics

<b>Q. Your age?</b>	
Under 20	4%
Between 20-25	19%
Between 26-30	26%
Between 31-35	18%
Between 36-40	14%
Between 41-45	10%
Between 26-35	44%
Between 26-45	68%
Between 46-50	6%
Over 55	1%
<b>Q. Are you a college/university graduate?</b>	
Yes	59%
No	41%
<b>Q. Are you presently employed?</b>	
Yes	87%
No	13%
<b>Q. What is your occupation?</b>	
Professional	54%
Business/Management	15%
Owner	4%
Skilled Labour	9%
Clerical	4%
Student	14%
<b>Q. What is your total household income (before taxes)?</b>	
Under \$15,000	5%
Between \$15,000-\$24,999	9%
Between \$25,000-\$34,999	18%
Between \$35,000-\$44,999	17%
Between \$25,000-\$44,999	35%
Between \$45,000-\$54,999	12%
Between \$55,000-\$64,999	14%
Between \$65,000-\$74,999	26%
Over \$75,000	9%

squash is just as important.

The year was 1972 and it will be

## Lifestyle

**Q. How often do you dine in a restaurant?**

Two-three times a week	33%
Once a week	28%
Two-three times a month	18%
Once a month	18%
Never	3%

**Q. What alcoholic beverages have you consumed in the last four weeks?**

Light beer	62%
Domestic Beer	58%
Domestic wine	46%

Rum	21%
Imported beer	17%
Vodka	14%
Rye	12%
Brandy	9%
Scotch	6%
Sherry	3%

### Non-Alcoholic

Juice	90%
Milk	82%
Soft drink	76%
Coffee	71%
Tea	68%
Mineral water	18%

Note: Table may add to more than 100% due to multiple responses.

**Q. Do you smoke?**

Yes	8%
No	92%

**Q. Did you take a vacation in 1983?**

Yes	79%
No	21%

**Q. Where did you vacation?**

In Canada	42%
In the United States	34%
In Europe	15%
Other	9%

**Q. Did you take a business trip in 1983?**

Yes	46%
No	54%

**Q. Where did you take a business trip?**

In Canada	78%
In the United States	22%

remembered by many to have marked a new era in the game of squash in Ontario. The Toronto Squash Club put in an international court, the first in Canada

and this one, seemingly insignificant event, triggered an unprecedented building boom. New clubs sprang up right across the province and in just a few years, the number of players grew from 15,000 to over 100,000 by the end of the decade.

## BUILDING SLUMP TAKES TOLL

Experts were convinced that squash had peaked as we entered the 1980s. They believed that this incredible growth rate simply could not be sustained and their conviction was further reinforced when Canada's economy sickened. The economic climate over the past four years has certainly not been conducive to any industrial building or expansion. A recent article in the Globe and Mail quoted officials of the Canadian Construction Association who called the business construction scene in Canada "grim, with the total dollar value this year down 25 per cent in real terms from the 1981 level". That dismal statement in no way reflects the situation as it relates to squash.

At a time when interest rates sky-rocketed, unemployment soared and the general public determined to save their hard earned dollars rather than spend them, growth in squash showed a remarkable up swing. In 1980 there were approximately 225 squash facilities in Ontario. Today there are over 281 indicating an incredible growth rate of 25 per cent! The number of players has shown the same increase and there are now well over 150,000 people enjoying squash and its benefits in this province.

These new facilities literally cover the map of Ontario and include Toronto, Trenton, Port Stanton and Goderich to name but a few. While more municipalities appear to be including squash courts in recreation centres, the trend is still toward the commercial club. Over 63% of the new facilities built within the last three years fall into this category. Clubs have gone to great lengths to attract members and wholeheartedly subscribe to the theory that a club environment must be an extension of a member's living-room. What is of even greater interest is the inclusion of squash courts in new apartment complexes, particularly in the Toronto

area. Developers of the luxurious condominiums whose market is the upwardly mobile professional now consider it almost 'de rigueur' to ensure that squash courts are part and parcel of the total sales package.

It is interesting to note how the figures have changed with respect to the North American and International courts. Most pre 1975

building was North American, reflecting the close Canadian/United States ties and most of the play was hardball. After 1975 the emphasis changed and the majority of new courts built in Ontario were International. This, coupled with the influx of commonwealth immigration where only the soft ball game is played, gave birth to a new game — soft ball on the North American court.

## Squash Purchasing

Q. How many racquets do you purchase in a year?

One	24%
Two	32%
Three	24%
More than four	16%
Sponsored	4%

Q. How much do you spend on a racquet?

Between \$20-\$39	31%
Between \$40-\$59	56%
Between \$60-\$100	12%
Over \$100	1%

Q. How many pair of shoes do you purchase in a year?

One	42%
Two	36%
More than three	22%

Q. How much do you spend on shoes?

Under \$20	1%
Between \$20-\$30	23%
Between \$30-\$40	59%
Over \$40	17%

Q. How much do you spend on squash sportswear each year?

Under \$30	45%
Between \$30-\$70	42%
Over \$70	13%

Q. Where do you purchase your squash sportswear?

Pro Shop	55%
Specialty Sporting Goods Store	74%
Department Store	22%
Chain Store	17%

Note: Table may add to more than 100% due to multiple responses.

Q. Do you wear eye protection while playing squash?

Yes	76%
No	24%

## Squash Play

Q. How often do you play squash?

Once a week	3%
Twice a week	19%
More than three times a week	74%

Q. Which game of squash do you play?

Soft Ball	100%
Hardball	12%
Doubles	12%

Q. How long have you been playing squash?

Less than 1 year	1%
Between 1-3 years	15%
Between 3-5 years	32%
More than 5 years	52%

Q. Where do you play squash?

Commercial/Private club	77%
Recreation centre	15%
Y.M.C.A.	8%

Q. Do you belong to more than one club?

Yes	33%
No	67%

Note: Table may add to more than 100% due to multiple responses.

According to Doug Hoch, Vice President of Playcon Recreational Limited, one of the premier builders of squash courts in Canada, the growth in squash over the past three or four years has been quite remarkable, and the future looks just as bright. Says Hoch, the most intriguing feature of this renewed growth is in the number of international courts his company has built. Since 1981 Playcon has constructed just three North American courts while during that same period, they have built 80 International courts.

## CHART I

### Court Breakdown

1980		
N.A.	Int.	Dbls.
511	108	21

Ratio: 5-1

1983		
N.A.	Int.	Dbls.
519	476	16

Ratio: almost equal

That figure is an interesting one in itself but of equal importance is the fact that these new courts have attracted thousands of new players to the game.

### WHY SQUASH?

This growth can be attributed to a number of factors. Certainly our almost obsessive preoccupation with fitness has a great deal to do with the rising number of squash players. People who play the game know that it is an excellent way to achieve and maintain a high level of fitness. Those who are weight conscious are aware that playing squash burns 12 calories a minute and they are the first to admit that this is a far more enjoyable way of shedding unwanted pounds than denying themselves that extra slice of bread! They have obviously preached the gospel to many of their friends and thus the ranks of 'believers' have continued to swell.

The game lends itself to anyone's busy schedule and lifestyle. The number of courts now available allows many business people to play on their lunch hour or directly after work. Homeowners have no trouble getting their daily 'squash fix' as more and more clubs now provide babysitting services. In the early 1970s perhaps one out of every ten players was a woman. Today probably 40% of the players are women and the numbers continue to grow. Many companies, such as Boots Drug Stores, have recognized that this segment of the squash population has been somewhat neglected over the years and have made a significant commitment to cater to the needs of squash players.

A number of recreational

veys indicate that recreation and leisure activities are one of the last 'luxuries' abandoned during a recession. Pressures in the work place are increased as job security becomes more tenuous and layoffs loom large on the horizon. Stress-related illnesses increase and thus there is even more of a need to release those pent up tensions. It is a jungle out there and squash is an ideal outlet to vent the frustrations of the day. Consequently, more and more people picked up a squash racquet for perhaps the first time and discovered the joy of pounding a squash ball.

## Fitness Activities

**Q. In what other leisure activities do you participate?**

Racquetball	31%
Tennis	69%
Golf	37%
Swimming	76%
Snow skiing	51%
Photography	33%
Sailing	27%
Board Sailing	17%

**Q. In what other fitness-oriented activities do you participate?**

Weights	40%
Dancercize	19%
Aerobics	38%

Note: Table may add to more than 100% due to multiple responses.

No one enjoys succeeding at the expense of another but it would be less than honest if one did not acknowledge that the decline of racquetball has contributed to the growth of squash. In Toronto alone, over 30 racquetball courts have been converted to squash in the past two years and this trend seems to be continuing. It is difficult to ascertain just what has prompted this conversion. According to Jerry Colman, Programme Co-Ordinator for Racquetball Ontario, the association is not overly concerned at the present time but they are keeping a close eye on the situation. It is Mr. Colman's feeling that many racquetball club owners did not

22

include a wide enough variety of activities for members and today, more than ever, people are looking for more than just one sport offered by a club. Value for money is obviously the key and it would appear that squash club owners were perhaps a little more farsighted when planning their facilities. There are many, many squash clubs in Ontario offering activities ranging from tennis to full weight rooms, fitness programs, aerobics, dancercize and babysitting.

## SPONSORSHIP \$s HELP!

In assessing this rather dramatic growth rate over the past three years, one cannot overlook nor underplay the injection of government and corporate sector funds into the game. Squash Ontario, as the governing body for the sport in the province, is recognized by the Ministry of Tourism and Recreation. Over the past several years this Ministry has invested close to half a million dollars into the game in some form or another, whether it be through programmes designed for the clubs, officiating and coaching certification, player clinics or hosting grants for world championships.

All of these funds help develop and promote the game by raising its visibility within the community. Corporate sponsors such as Carling O'Keefe, Fleischmanns and Mennen have been extremely supportive. Their involvement has led to an awakening on the part of the media and this in turn has brought the game out of the closet and into the public eye. World calibre squash can now be seen on television right across the country and yes, people have watched! They have watched and obviously many have been intrigued enough to try the game. Whoever coined the phrase, "try, it you'll like it" may not have been referring to squash but it is certainly applicable. Because the game is easy to learn and one can achieve a certain skill level quickly, those who do try squash find they like it and tend to stay with it most of their lives.

## Real Estate

**Q. Do you own your own home?**

Yes	62%
Rent	32%
Other	6%

**Q. What is the approximate current market value of your principal home?**

Under \$50,000	2%
Between \$50,000-\$74,999	19%
Between \$75,000-\$99,999	35%
Between \$100,000-\$149,999	29%
Over \$150,000	15%

During its first boom years, squash was called the game of the '70s. Then came its rejuvenation and it became the game of the '80s. And so it will go . . . because of its nature it will likely pass into the next several decades being hailed as one thing or another. Whether it makes it into the Olympics or even into the Ontario Games is really not important in the long run. For squash is first and foremost a game . . . a game through which can be derived great enjoyment and many benefits. It will grow as long as there are people who look for the fun in life with just a touch of competition thrown in to make it interesting. THAT is the name of the game.

## Automotive

**Q. How many automobiles do you own?**

One	34%
Two	54%
More than three	12%

**Q. What is the make of your automobile?**

Foreign	61%
Domestic	49%

**Q. What year is your automobile(s)?**

Pre 1979	66%
1980	20%
1981	14%
1982	14%
1983	14%

**Q. Which term would best describe your newest automobile?**

Economy	42%
Mid-size	31%
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Note: Table may add to more than 100% due to multiple responses.

CANADIAN NATIONAL  
SQUASH '84  
CHAMPIONSHIPS

## Gala Social Planned For Squashers

by Nick Gudewill

Victoria, a city of exquisite beauty and setting, is the host for the Canadian National Squash Championships during the first week of May, 1984.

Squash has long been a game with a keen following in this west coast port. The camaraderie and good fellowship at tournaments hosted by Vancouver, Seattle, Portland, San Francisco and Victoria in the old "hardball days" is legend. Victoria was always a gracious host: billeting players at lovely and nearby residential homes, putting on lavish parties and entertaining tough competitive squash players at the old Sussex Hotel Squash Club on Broughton Street, and handling the court overflow at the defence establishments of the Naden Navy Base and the Royal Roads Military Academy.

British Columbia, perhaps because of its British heritage, was one of the first provinces to swing over heavily to the soft ball game in 1976. Today, Victoria, a city of 250,000, boasts fine facilities and twelve international courts as well as a multitude of narrow ones.

For the first year ever, Victoria has been granted the privilege of hosting a major national squash event. This is welcomed by the squash community because it gives them a wonderful opportunity to really promote the game locally, to bring in the country's best players to compete, and to show them some west coast hospitality beyond compare.

With this in mind, an aggressive and well qualified committee headed by Stuart Dixon, Manager/Pro at the host Nautilus Club; and John Furlong, a Regional Recreation Director in Nanaimo, has already been organized and is hard at work making ready for the event.

Thanks to the generous support by the Molson Brewing Company, Black Knight Enterprises and CP Air and the local involvement of business and community people, this tournament promises to be one

of the best ever in a long line of successful past events.

Recognizing that 50% of the entrants will be out of the tournament after the first round, one of the prime responsibilities of the organizing committee is to ensure that abundant social and tourist activities are available to participants. In this capacity, Victoria is a mecca of choice.

Boat tours around the scenic harbour and peninsula, salmon fishing in Brentwood Bay, golf club rentals and tee-off times are all being arranged for the outdoor oriented. For the sightseeing crowd, the world famous Butchart Gardens, the nationally known Provincial Museum, the Undersea Gardens and the incomparable Oak Bay Marina whale show will all be on the list of things to do, as well as many others. And of course, a trip to Victoria would not be complete without a walk around the beautifully restored heritage buildings and shopping districts to be topped by afternoon tea at the famous Empress Hotel.

When visitors come to Victoria it becomes readily obvious that apart from sizeable government and defence industries and a large service sector, that tourism is the number one industry. In fact, Vancouver Island attracts more tourists in a four month period than Hawaii does in a year! The capital region boasts one of the highest per capita ratios of hotels/motels and restaurants of any city of North America.

The whole city caters to the visitor and squash competitors will quickly feel at home in the easy-going atmosphere and warm hospitality of Victoria blooming with flowers, greenery and sunshine in the late spring.

In closing, the great game of squash is alive and well on the west coast and the whole community, squash and otherwise, is gearing up to make this year's event an unforgettable experience - so come, one and all! ●

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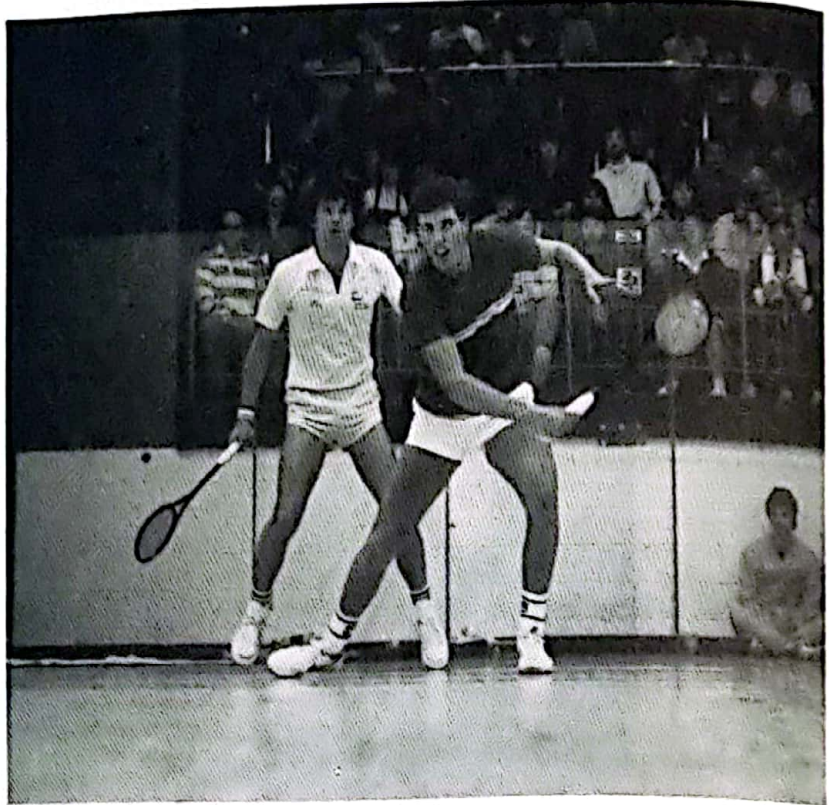
## Beckwith and Ollier Simply Awesome

by Jan Atkinson

Roy Ollier and Jo Ann Beckwith captured their respective Ontario Closed titles at the Northfield Racquet Club, December 2-4, 1983. The tournament attracted forty-six men and women from across the province.

Jo Ann Beckwith defended the title she won last season without the loss of a single game. Beckwith had recently returned from Australia where she represented Canada in the WISRF World Team Championships. This exposure to international competition has sharpened her game considerably. On her way to the final Jo Ann simply crushed her opponents. Fellow national team member Cathie Dickinson was no match for Jo Ann in the final. Beckwith kept Dickinson to a mere four points in the deciding match.

Roy Ollier met with little opposition in the men's event. Roy also proceeded through the championship without the loss of a game. The outcome was never in doubt — it was more a question of



*Sneyd (front) no match for Ollier.*

*Beckwith (rear) cruises to second closed title.*



who would be Roy's victim in the final.

The semi-final between Norm Platt and Jeff Sneyd was by far the best match of the weekend. Norm had come from behind to level the match at two games each. Norm seemed to have the momentum at this stage taking a 4-0 then a 6-4 lead in the fifth. At this point, Jeff dug in his heels, regained the serve, reversed the momentum and ran out the game and the match in one hand.

The final between Ollier and Sneyd was merely academic as Roy continued his winning ways in beating Jeff 9-3, 9-3, 9-4.

This was a Carling C. G. G. sponsored event and in addition to trophies for the winners every competitor received a tournament shirt courtesy of Carling C. G. G. Joining the tournament as co-sponsors were The Keg Restaurants and AMF Head. Many thanks to Ralph Bentfeld and his staff for running a super tournament and making everyone feel so welcome at Northfield.●

## HEATHER MCKAY Finds New Challenge

by Jodi Bentley

Heather McKay is alive and well and playing squash! The team of Heather and Brian McKay made their debut in the Ontario Mixed Doubles Championship, November 9-13, at the Toronto Cricket, Skating & Curling Club.

Previously played in the spring, the mixed doubles "season" has been moved to relieve the congestion of activity in April. The new dates have obviously been well received with this year's event attracting 24 teams. Mixed doubles is growing in popularity as evidenced by the large entry, but even more notable is that the standard is reaching new heights.

Clear favourites to win the 6th running of the Ontario Mixed

Doubles Championship were defending champions Victor Harding and Barbara Savage. This pair has won every event entered, including two Canadian Mixed Doubles titles. Barb and Victor are easily a notch above everyone else so it really becomes a question of who is going to play them in the final? It became evident that the very strong team of Alan Grant and Eleanor O'Gorman were the likeliest candidates to meet the top seeds in the final. To get there, Alan and Eleanor overcame the teams of Jim Shaw and Sandra Penney (London), Rea Godbold and Jan Atkinson, John Boynton and Jane Mitchell and finally Craig Benson and Heather Ferrier.

Craig and Heather were successful in pushing Grant and O'Gorman to four games in their semi-final.

The action in the top half of the draw was more predictable as Victor and Barbara advanced through the draw. A very large gallery was in attendance for the quarter-final of Harding and Savage against Heather and Brian McKay. The McKays were certainly the sentimental favourites of the crowd, who loudly applauded all points earned by the



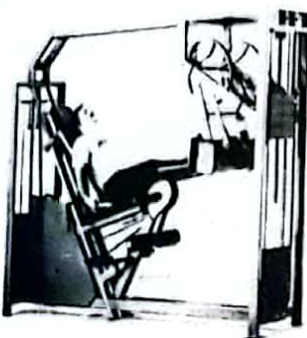
Heather McKay...a welcome addition to doubles.

underdog McKays. The outcome was never in doubt and the first seeds took a further step towards their appointment with destiny. Harding and Savage then faced Tim Peterson and Jann Taylor in the semi-final. They too lost in three games. The cast was now complete for the Sunday final.

A consolation event was held for those teams who lost their first match. The final was between Don Salisbury and Marg Dalgarno and Jim Shaw and Sandra Penney. Salisbury and Dalgarno had been ousted unexpectedly from the main event in a long five game match against Benson and Ferrier. Shaw and Penney were the first victims of Grant and O'Gorman. The team of Salisbury and Dalgarno proved too much for the Londoners, beating them in three straight games. The crowded gallery was treated to a superb match between Peterson/Taylor and Benson/Ferrier in a playoff for third place. Tim Peterson and Craig Benson, referred to in doubles lingo as "shooters", are two of the most exciting doubles players to watch. This style of play combined with the constant orders being shouted by Heather by Craig (with Heather occasionally telling Craig where to go) kept the gallery entertained for three games. After the last ball was hit and handshakes exchanged, Tim Peterson and Jann Taylor left the court as third place winners.

The experienced team of Victor Harding and Barbara Savage and the new partnership of Alan Grant and Eleanor O'Gorman, then took to the court for the championship final. The first game started out very even until Savage and Harding won back the serve at 6-5. They then ran out

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the rest of the game with the loss of only one point. The second game went the same way as the first until the score reached 9 all. Harding and Savage finished off that game in one hand. The third game saw Alan and Eleanor take a commanding lead of 8-1. Victor and Barbara gained a bit of ground but at 4-11 down it looked certain that we would have a fourth game. However, it was not to be as Harding and Savage put it all together and took the game away from their opposition, winning it 15-12 and their second Ontario Mixed title.

The tournament then moved to a private dining room where all participants tucked into the legendary Cricket Club brunch. After everyone had consumed enough calories to last them a week, the presentations were made and the many sponsors were thanked. The tournament was well supported by sponsors at the awards table and in the player gift bags. Many thanks to Carling O'Keefe, Kosta Boda, Keg Restaurants, The Old Spaghetti Factory, Morlands Sheepskin Shops, Stellar Racquets, Delta Chelsea Inn, Donnay, Harvey Woods and Leisure Lady.

Victor Harding was his usual eloquent self and had many kind things to say about his partner and their opposition. He may however, regret one comment. Victor wanted it to be noted that he had played squash against Heather McKay once and the record stood at 1-0 in his favour. Heather has the annoying habit of becoming a champion at everything she does and usually within a year of taking up a sport. Victor's remarks may have fuelled yet another rise to the top by Heather McKay. ●

## Western Region Junior Open

by Dan Beechey

Doon Pines Racquets Club hosted the Western Region Junior Open once again this year on the October 28th to 30th weekend. The tournament, sponsored by AMF Head and McDonalds, was a great success with very exciting outcomes in every division.

In the girls categories, the Under 14 champion was Lori Coleman, who defeated Margo Green 3-0. The Under 16 champion was Denise Tuma, who defeated Louise Waite in a very exciting match, 3-2. However, the big winner in the girls' event was Under 19 champion Jennifer Beck, who has moved to Toronto from Calgary and is a welcome addition to the junior circuit in Ontario. Jennifer downed Terri Wal-

ford 3-0 in the final.

In the boys event, the Under 14 champion was none other than one of the most promising young squash players in Canada, 13-year-old Cyrus Taghizadeh. Cyrus, the only local winner in the tournament, defeated fellow club member Tyler Millard 3-0 in the final. Boys' Under 16 winner was Lloyd Newman, defeating Mark Mink decisively 3-0 in the final. In the Boys' Under 19 final, the most unbelievable junior player stepped on the court and totally dominated his opponent. Gary Waite from Sarnia, dazzled the spectators with his amazing winners in defeating Greg Lahey from Ottawa, 3-0.

The Junior Open would not have been a success without the support of all the junior players in the marking of matches and the overall help in keeping things going. Thanks! Also, the members of Doon Pines deserve a round of applause for their contribution of billets at the last minute for the boys' event. A special thank you to the Western Region Executive for their backing and sup-



Local star, Cyrus Taghizadeh wins Under 14 Title.

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port of the tournament. Hope to see you all in the spring when we will be hosting another Junior Open the weekend of March 23rd to 25th. ●

## Doubles, Double Toil and Troubles

by Sandy Penney

For the first time in recent history, a mixed doubles tournament was played outside of the Toronto area. London Squash Racquets Club played host to twelve teams during the weekend of October 28th to

# TOURNAMENTS TOURNAMENTS

30th. Taking advantage of the timing, the Saturday night social was given a Hallowe'en theme.

Seeded at number one was the team of Don Salisbury (Granite) and Marg Dalgarno (Bridlewood) with the second seeds coming from the Hamilton Thistle Club - Gord Fulthorpe and Karen Jerome. The remaining teams were untried and were capable of upsetting the seedings. Four matches were played Friday night. As a result, the teams of Karen and Ian McKay, Ken Murray and Gill Overend, Ray Baker and Nora Soumalias and John Nelles and Mercedes Wilson, found themselves in the consolation event. Most of the players gathered at one of London's fine night spots to celebrate their victories or to discuss strategy for the next day's play.

Saturday morning came earlier for some. The second seeds, Fulthorpe and Jerome, had obviously celebrated a bit more than they should have and were handed a defeat by the young team of Jim Mistic and Karen Wilson. Jan Atkin-



*So this is how you play mixed troubles?*

son and Lindsay Smith found themselves on the losing end in their match against Heather Ferrier and Bob Lindsay. The home team of Jim Shaw and Sandra Penney advanced to the semi-finals at the expense of clubmates Tony Malloy and Trish Fulton. The top seeded team of Salisbury and Dalgarno appeared to be playing to expected form in winning against Bill Jenkins and Joanne

Price.

The semi-finals produced some very fine mixed doubles and the gallery was treated to a real cliff-hanger in the battle between the Shaw/Penney and Salisbury/Dalgarno teams. The pace was blistering, the shotmaking impressive and the best part of the match was - it went the distance - extra points in the fifth of course. Don Salisbury



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and Marg Dalgarno came out on top but everyone was smiling. The other semi-final was won by Mistic and Wilson over Ferrier and Lindsay. Jim's tremendous power and Karen's calm steadiness proved a winning combination.

The festivities on the Saturday night brought out the best in everyone. The keg of Carlsberg Light might have had something to do with the success of the party. All who attended enjoyed an Oktoberfest buffet and dancing to the wee hours of the morning. Special mention to the Hamilton crew who all came up with great costumes. The London Squash Club was host to Charlie Chaplin, a court jester, a punk rocker, a zulu warrior and a particularly homely nun.

The consolation final was won by Gord Fulthorpe and Karen Jerome, who proved to be too experienced for Ray Baker and Nora Soumalias. Don Salisbury and Marg Dalgarno played to their seeding, coming out the winners in a four game final match against Mistic and Wilson.

Special thanks to the tournament

sponsors, Carling O'Keefe, the London Soap Company and Lorus Canada. Everyone who participated agreed that London should be an annual mixed doubles event - same time next year! ●

## Tough Competition In The North

by Don Hopkins

Ontario's most northern squash tournament, played in Iroquois Falls, November 18-20, was a huge success. This was the third annual open tournament and 49 players from the Northern Region met for the event. Because of the distances between the regional clubs, it is not unusual for players to travel up to 100 miles to compete. However, this year, the "A" for effort award has to go to Ken Ojeer and Bob Gillespie. They travelled over 300 miles from



The Soo's Ken Ojeer takes men's title.

Sault Ste. Marie to play in this tournament. Another keen competitor,



Vicky Scott, repeats as women's champion.

Robert Marunchak, made the 150 mile trek from Sudbury.

This year the draw consisted of four events: Men's "B", "C" and "D" and Women's Open. The men's "B" was a four player round robin with Chuck Wallsten from Kirkland Lake, Ken Ojeer from the Sault, plus Ron Poliquin and Don Hopkins from Iroquois Falls. The play in this event proved to be very competitive and all the matches were hard fought, offering much excitement for the spectators. Ken Ojeer emerged the clear victor by winning all his matches. The other players ended in a three-way tie. A tie breaking procedure using the total points won, gave second spot to Don Hopkins.

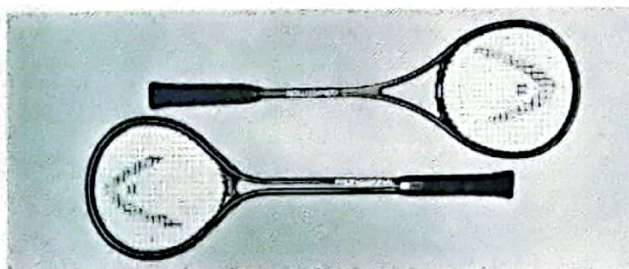
The women's event was followed with keen interest throughout the weekend. The final match was between Vicky Scott of Iroquois Falls and June Wallsten of Kirkland Lake. These two players met last year in the final and are very evenly matched. This year everyone was looking forward to the rematch between two of the better women players in the north. June played a good control game, keeping the ball deep and close to the walls. It looked like this strategy was going to pay off as she won the first two games 9-7 and 8-5. However, in the third game, lucky

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# TOURNAMENTS TOURNAMENTS

started to put on the pressure by attacking at every opportunity. The match went to the full five games and Vicky won for the second year in a row to take the first place honors.

The men's "C" event was also hotly contested. Starting in the first round, many of the matches took an hour or more, much to the consternation of the organizers who were falling far behind schedule. Two local players, Bob Cantin and Claude Montreuil, seeded number 2 and 3 respectively, met in the final match. Bob played very aggressively in order to attempt an upset win. It looked like he might succeed as he took the first game 10-9. However, in the second game it became evident that fatigue combined with Claude's relentless driving of the ball into the back corners were taking their toll. Claude won the next three games to win the match 3-1.

Men's "D" resulted in the number 1 seed, Doug David, meeting the number 2 seed, Mark Humphries. Both players had played strongly in their earlier matches and it appeared as though another close final was to be enjoyed. However, once the match began, it was obvious that Mark was clearly intent on making the contest one-sided. Mark used good length combined with a liberal sprinkling of short shots to produce a steady stream of winners. By sticking to this formula through the match, Mark won the contest 3-0.

The success of this year's tournament was largely due to the increased interest of players and spectators. Almost all of the matches from Friday evening to Sunday afternoon were watched by an interested and active gallery. The influx of players from other centres added an "international" flavour not often experienced in the northern clubs due to their isolation by distance.

A new feature in this year's tournament was a dinner social on Saturday evening. This turned out to be a spirited affair and great fun, thus becoming one of the highlights of the tournament.

Tournament organizers Ron Poliquin and Don Hopkins, would like to thank all the players and those who helped with the tournament. As well, special thanks to Charlebois Pro Hardware Store, who donated most of the prizes for this and previous tournaments. ●

## Doubles Classic Title Stays South Of The Border

By Barbara Savage

The Second Annual Doubles Classic and Mini Classics were hosted at The Fitness Institute, Willowdale, on October 28-30. The concept of this unique invitational tournament pits the three top ranked U.S. doubles teams against the top three Canadian teams in a round robin format. Last year's event saw the U.S. winning 5 matches to 4 with Victor Harding (Toronto) and Peter Hall (Hamilton) taking the individual title.

From the middle of October, a qualifying tournament was run in

three flights because of the large numbers vying for the coveted two openings on the Canadian side. The only Canadian team this year exempted from qualifying was that of Victor Harding and Jay Gillespie. Winners of the first flight round robin were Ed Bracht and Norm Lee (TCS&CC) and the second flight Tim Peterson (TRC) and Barry Grant (Granite). The final qualifying double knock-out comprised 8 teams, with the partnerships of Andy Pastor and Peter Hall and Steve and Dennis Hisey earning the privilege to represent Canada. It was regrettable that, through injury, the very strong team of David Hetherington and Alan Grant had to default in their last match.

The "home" teams were now set to meet their rivals, namely Tom Poor and Brad Desaulniers (1983 Canadian Champions), Charlie Jacobs and Marc Reinhardt (No. 1 ranked U.S. Amateur Team 1983) and Scott Ryan and Jay Umans (No. 4 ranked U.S. amateur team 1982). Regrets had been received from Deihl and Gilbert Mateer. Each team played each other over the weekend with the 9 U.S.A. vs Canada matches being crucial in the overall result.



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# TOURNAMENTS TOURNAMENTS

This year the Mini Classic competition was expanded from just men's to include a mixed, women's and early bird category. In each, the top two teams were exempted from qualifying and there was a playdown to establish a total 6 team round robin in each event. Because of the numbers involved, matches in the mini classics ran all through October and finished up the weekend following the Classic. The difficult scheduling for all these matches was ably overcome by Eric Wiffen, who should be congratulated for his mastery of this accomplishment. In all, something in the order of 150 matches were scheduled on one court throughout the month of October!

Play started Friday evening with the most exciting match being the No. 1 Canadian team of Harding and Gillespie against the No. 3 U.S. team of Ryan and Umans. It was indeed a fine match won in 5 games by the U.S. team, 13-15, 15-11, 8-15, 15-8, 15-14. This match actually proved to be the best of the tournament and the only one to go to 5 games.

Saturday saw mostly Canada and the U.S. playing their teammates.

For the U.S.A.'s 3rd team of Ryan and Umans, the 9:00 a.m. time seemed to suit them more than their opponents, Poor and Desaulniers. The shot making of both players was superb and it took only 4 games to dispose of their No. 1 team, 15-18, 15-8, 15-10, 15-10.

By the end of Saturday morning's matches, the U.S.A. was leading Canada 3 matches to 1, with Harding and Gillespie having captured the home team's first victory by beating Jacobs and Reinhardt 3-1.

The players had time to relax off court on Saturday evening at a cocktail party and dinner at The Fitness Institute, before the final rounds commenced at 9:00 on Sunday morning. At this stage, the U.S.A. had taken the lead by 4 matches to 1, Pastor and Hall having fallen 3-0 to Ryan and Umans on Saturday afternoon, in the latter's relentless march towards a shot at capturing the individual title. The chips were certainly down for the Hisey brothers in the second Sunday morning match as they battled valiantly to keep Canada's hopes alive. However, Poor and Desaulniers beat them in 4 games, 15-13, 6-15, 15-10, 15-10, so

the home teams had lost their chance of pulling back with the score now standing at 5-1.

The final 3 matches played on Sunday afternoon saw the teams of opposing strengths playing with a resultant two wins for the U.S.A. and one for Canada, making the final result a seemingly effortless win, U.S.A. 7, Canada 2.

The magnificent play of Ryan and Umans throughout the entire weekend had a truly appreciative gallery shaking their heads. Their steady error-free rallies and consistency of shot making was indeed superb, and they deserved beyond any doubt, to capture the individual title with a perfect record of 5 and 0.

The Mini Classic matches concluded the weekend following the Classic, and thanks must go to all those teams who participated in these and the preceding qualifying tournament. Congratulations to the following winning teams:

Men's: Aziz Bhaloo and Brian Beecham

Women's: Cynthia Clark and Diane Gareau

Mixed: Al Quaile and Diane Gareau

Early Birds: Al Quaile and Diane Gareau

Special thanks must go to The Fitness Institute and particularly President Bill Gairdner, and General Manager Bill Salter, for their undaunting support of this unique tournament. Also, to both Fitness Institute members and other friends of doubles squash, both in Ontario and out-of-province, who contributed so supportively to the Fitness Institute Patrons Fund this year, without which it would not be feasible to run the Classic. The Referee-in-Chief Eric Wiffen and Scorer-in-Chief Norm Spence did an excellent job and spent many hours of their time at the club throughout the tournament. And all the officials who helped with scoring and refereeing.

Thanks must also go to Canada Ltd. for supplying squash for all players both in the Classic and Mini Classics, and Merco-S for the balls.

The Second Annual Classic and Mini-Classics met with considerable enthusiasm from the players and certainly started the Willowdale club's squash season off with a "bang".

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# TOURNAMENTS TOURNAMENTS

## Youth Triumphs In Women's Doubles

by Derek Bocquet

The Ontario Ladies' Open Doubles Championship was held at the Badminton & Racquet Club on November 25, 26 and 27. Thirteen pairs entered and put on a great display of doubles.

With so many of the better players switching partners and so few ladies doubles tournaments to go by, the problem of "seeding" becomes very hazardous. On this occasion, the 3rd and 4th seeds beat the 1st and 2nd seeds in the semis, with both matches producing some great squash.

In the top semi, Barbara Savage and Jan Atkinson lost a squeaker to Inge Weber and Eleanor O'Gorman. Perhaps the most imaginative player in the tournament, O'Gorman unleashed a series of drop shots, lobs, drives and reverse angles that just turned the tide in their favour. The final scores were 18-16, 9-15, 15-12, 12-15, 15-10. In the other semi, Jill Overend and Nancy Cranbury won a close contest (15-12, 4-15, 15-9, 15-7) over the pair of Jann Taylor and Jane Mitchell. The final match pitted youth against experience. Youth won in four games. Jill Overend and Nancy Cranbury defeated Eleanor O'Gorman and Inge Weber 15-8, 18-14, 8-15, 15-9.

Susan Behan of the host club is to be congratulated on running her very first tournament so successfully. All the players were a great credit to the game both in their sportsmanship and turn out - how refreshing to see tournament players who take pride in their personal appearance on the court. Some even seemed to have a new outfit for each round! ●

## Something For Everyone At Thistle Invitational

by Dr. P.A. Loveless

The Annual Hamilton Thistle Club

Squash Invitational was held November 18th to 20th, 1983. There were some 130 competitors from Canada, the U.S., Guatemala and Puerto Rico. Men's open doubles was added this year, and was a tremendous success, with some 24 teams competing. Another addition to the tournament was ladies' open soft ball, with a disappointing nine entries. The number one seed, Sandy Penney from London Squash Club, defeated Thistle's Karen Jerome 9-5, 9-2, 9-6 in the final. We hope that next year we'll have a bigger draw for the ladies'.

The seniors (50+) hardball was won by Thistle's Hugh Murray (just turned 50) over Jim Bentley of the Cambridge Club 15-10, 11-15, 15-10, 15-14. Veterans' (40+) hardball: Gerry Shugar, as usual, over Gary Kritz 15-7, 15-12, 15-11. Men's open hardball attracted 30 entries, including a contingent of students from Amherst College, Massachusetts. Alan Grant and Ray McDonald were the finalists, having won in their semis over Bruce Bicknell and Burt Keene, respectively. Alan beat Ray 15-12, 15-7, 15-12. In the soft ball veterans, Mike Whelpton of the B&R reached the finals by beating the Thistle's Dennis Fox and Thistle's Bob Hill beat Myles Gordon. In the final, Mike survived two match balls in the third game to hang on and win the match 6-9, 4-9, 10-8, 9-2, 9-4.

Bob has suffered enough already, so we won't mention his "snatching defeat from the jaws of victory" any more. Seniors and 45+ soft ball for men was cancelled because of lack of entries. In the men's 35+ soft ball, Ross McNaughton was over Howard Flugrind 9-2, 9-4. Ross lost only 22 points in the tournament. Men's open doubles was an event with some surprises. Gene Duval, the number one seed, lost in the quarter-finals to the other number one seed, Ralph Bentfeld, 9-6, 9-5. In the other semi, Doug Hamilton beat Gene Duval 9-2, 9-4. The final produced some very fine squash with lots of lobs and a great array of shot-making.

In the end, Ralph Bentfeld's fitness prevailed and he beat Gene Duval 5-9, 9-4, 9-1, 9-7. The last final on Sunday was the men's

doubles, for the Molson Award. As mentioned before, there were 24 teams in this event, including three from Buffalo.

In one semi, Steve Hisey and Jeff McKay defeated the number one seeds, John Boynton and Bob Smart 15-7, 15-6, 18-14. In the other half, Victor Harding and Steve's little brother, Dennis Hisey, beat Alan Grant (he won the men's open hardball) and Craig Benson 15-8, 15-9, 15-7. In front of a packed gallery, Harding and Dennis Hisey defeated McKay and Steve Hisey in the final, 15-9, 15-10, 15-9.

The weekend was very successful, both because of the excellent squash and the enjoyable social events. 186 people attended the Saturday night formal dinner/dance. Next year we are going to split the men's doubles into open and veterans, and we hope to see more ladies. Thanks to our many sponsors, including Molsons, Seagrams, Andres Wines, Canadian Tire and, of course, to the excellent management and staff of the Hamilton Thistle Club. ●

CONTINUED ON PAGE 34

## A Brief Sports Story



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CONTINUED FROM PAGE 9

bridge Club's Aziz Khan. Although Talbott won the match in three straight games he didn't appear to be playing as well as he is capable. His double boast was giving him more trouble than it was giving Aziz. Talbott's semi-final against fellow American Ned Edwards was truly a delight. This match was a classic hardball battle with plenty of back-wall boasts, reverse angles and roll corners that kept the capacity crowd on the edge of their seats for four games. Perhaps most memorable was the sportsmanship exhibited by both players. At the conclusion of the match "Gentleman Ned" thanked Mark, the rest of the competitors, and the spectators and referred to the Fleischmann's as the best tournament he's ever played in.

In the other half of the draw,

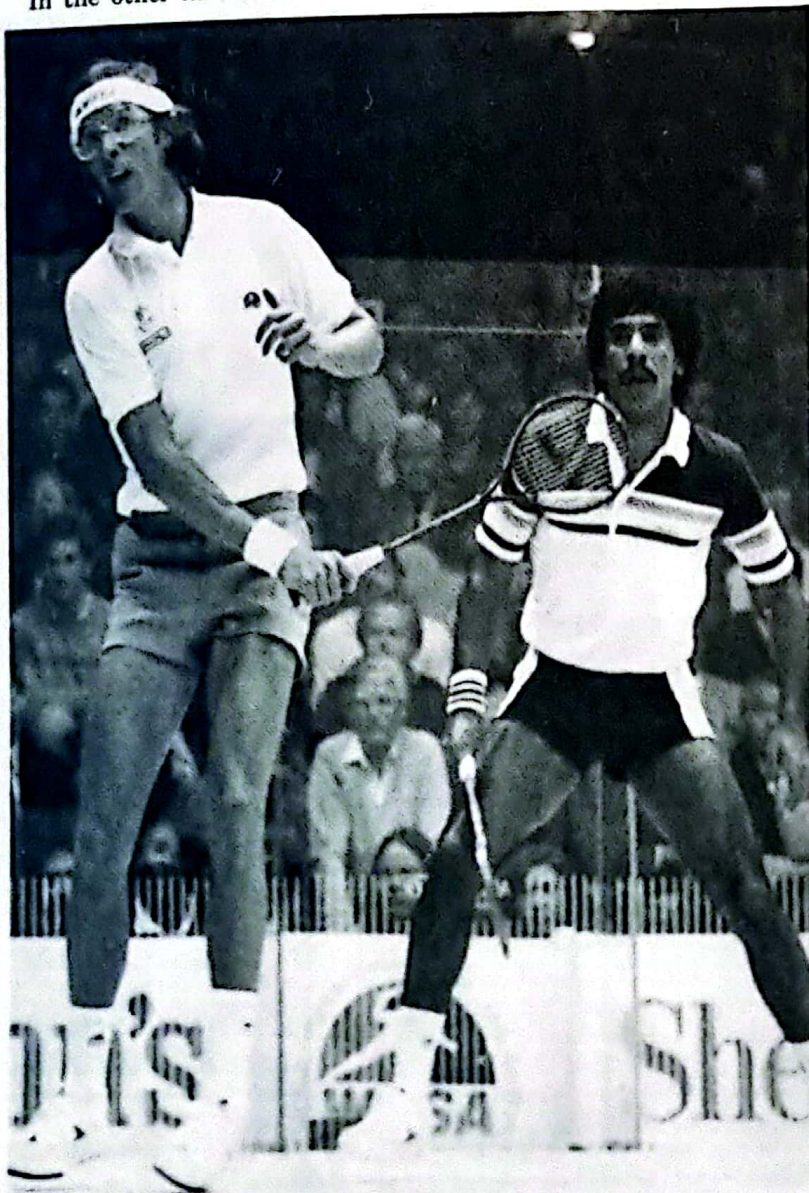
Jahangir Khan was taking on all comers and making quick work of every match. Jahangir was so efficient at the task that the closest he came to even losing a game was to find himself in over-points on two occasions. The casualties left in his wake included Toronto's favourite son, Gord Anderson, then Tom Page, followed by Clive Caldwell and in the semi-finals, Mexican Mario Sanchez.

Over 600 spectators were present to watch the final. Those who had been following the five day tournament knew that Talbott was going to have to come up with some new tricks if he were to successfully defend his title. Jahangir was looking too fit, too strong, too fast and too smart. The first game lasted over half an hour and turned out to be the closest Mark ever got to Jahangir. The game was tied at 13 all and set 5 was called. Jahangir lost

only won point in overtime to win the first and all-important game 18-14. It was virtually all down hill after that as Jahangir had Mark playing his own game. It isn't that Mark can't keep up with Jahangir's fitness, Jahangir just wears his opponents down mentally. Not only does Jahangir get to what should be outright winners but he is just as likely to play a winner off of a seemingly impossible get. This is the key to Jahangir's success. Talbott found himself getting frustrated and started to make uncharacteristic errors. The final scores were 18-14, 15-8 and 15-6. The gallery gave both players a loud and long standing ovation. Talbott gave it his best but in this case his best just wasn't good enough.

Earlier in the evening the finals of the Teaching Professional and Professional Veterans Championships were played. Bill Macdonell of Toronto's Squash Academy made it two in a row when he defeated Charlie McKnight in three games. Frank Satterthwaite took four games to defeat defending Veterans Champion Ray Rodriguez.

The Fleischmann's seems to have found itself a permanent home in the Grand Ballroom of the Sheraton Centre. Every year the Championships grow in popularity as both the sporting and social event of the squash season. This year the event was even bigger and better. The glass-backed portable court was given a new dimension with the use of a transparent side wall, doubling spectator capacity to over 600. The concept takes some getting used to but after a game or two you ask yourself how we ever got along without it. The tournament organizers are proposing a second glass side wall for next year's event. Certainly the spectator demand has now been satisfied — but how do you improve the game itself? That resolved itself very nicely this year when Jahangir Khan announced his entry. Another boost to the tournament were entries from Egyptian speedster Gamal Awad and Australian Steve Bowditch. With the capacity to accommodate even more spectators and if more international players make the crossing, the 1984-85 Fleischmann's will be even better than this year's. ●



Talbott out front and shooting but not often enough.

**ATHLETIC FIRST AIDER COURSE**

The Athletic First Aider is a course for anyone interested or responsible for the health, welfare and safe participation of athletes. The course will cover the theory and practice behind methods of planning for and rendering first aid in the athletic situation. A wide range of topics will be discussed with pre-planning for athletic emergencies, treatment of shock, hemorrhage, brain and spinal cord injury, joint injuries, muscle injuries and fractures. To complete the course, a theory and practical exam must be successfully passed. All successful students will be accredited by the Ontario Athletic Therapist Association. For further information, contact: Bill Pangos, Instructional Co-ordinator, Humber College, at (416) 675-3111, Extension 4024. ●

**SPORTS EXPO**

Canada's first Sports and Fitness Exhibition, **SPORTS EXPO ONTARIO**, is announced for February 24-26, 1984.

To be held at the International Centre, Airport Road, in Mississauga, the exhibition will bring together manufacturers, distributors, importers, agents retailers, sports associations, government agencies, and more than 40,000 customers involved in sports and fitness.

Visitors to the exhibition will see sports equipment and clothing, fashion shows, competitions and demonstrations, plus sports celebrities and even a sports theatre.

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CONTINUED FROM PAGE 17

## First Half Of Can-Am To U. of T.

by Bob Cluett

The fourth renewal of the women's university Can-Am series, sponsored by Power Shoes, saw the University of Toronto, led by Patti Hogan, add the Can-Am soft ball title to its win in the first OWIAA tournament 8 days previous. The '83-'84 Can-Am will move to Dartmouth College, Hanover, NH, in February for its hardball half, and the team compiling the highest total number of match points over the two events will be the new Can-Am Champion. As in 4 of the previous 6 tournaments, a swing of a single match point in the last round would have reversed the positions of the first and second teams, and Toronto did not have the title clinched until 25 minutes from the end, in the next-to-last match, when Sadia Butt took York's Ruth Castellino 3-0. As expected, the Canadian teams domin-

ated this soft ball event, with point totals as follows: Toronto 21, host team York 19, defending champion Queen's 16, Dartmouth (USA) 10, Williams (USA) 9, Vassar (USA) 0. However, the American ladies get better on the soft ball every year: this year they took 4 matches from Canada (up from 1 a year ago), taking a game or two in several others, and the individual tournament champion, with a perfect 5-0 record at the #1 seed, was Cassie Fisher of Williams. That has to be regarded as a breakthrough.

The Dr. Nabil Labib Awards for outstanding sportsmanship (given to one player from each country) went to Vassar captain Abigail Jones and to Toronto captain Patti Hogan. Joining Patti on the championship team were Sadia Butt, Jennifer Reid, Helen Kay and Sue Burton.

The Power sponsorship, financed with the proceeds from a series of exhibitions by top WPSA stars, is unusually generous. It covers the players' and coaches' rooms, the tournament prizes, and a Saturday night banquet for all participants; all the teams have to do is get to the tournament and play. That sponsorship constitutes a unique contribution to cultural exchange, to

international understanding, and to the development of squash in both Canada and the U.S.A. ●

CONTINUED FROM PAGE 31

## Junior Wins Ontario Ladies D

by Mary Wood

Terri Walford (17) of the Ajax Squash Club, won the Ontario Ladies' "D" Championship. The tournament was held at the Ajax Community Centre the weekend of November 25th. Terri defeated Nancy Sharpe of the Peterborough Racquet Club 9-4, 6-9, 9-1, 9-2. Third place was taken by Nadine de Freitas of the University of Western Ontario over Ramola Vanderheyden of the host club.

The consolation event was won by Joyce Munn of Crescent Town Squash Club. Joyce defeated young Jane Robertson 9-7, 9-2, 9-3. The plate was an all-Ajax final with Rosemary Aiken winning over Louise McDonald, 9-4, 9-3, 9-0.

The 32 competitors were treated to the now legend Ajax ladies' hospitality. Thanks go to the tournament sponsors, Carling O'Keefe and club professional, Dennis Goodfellow. ●

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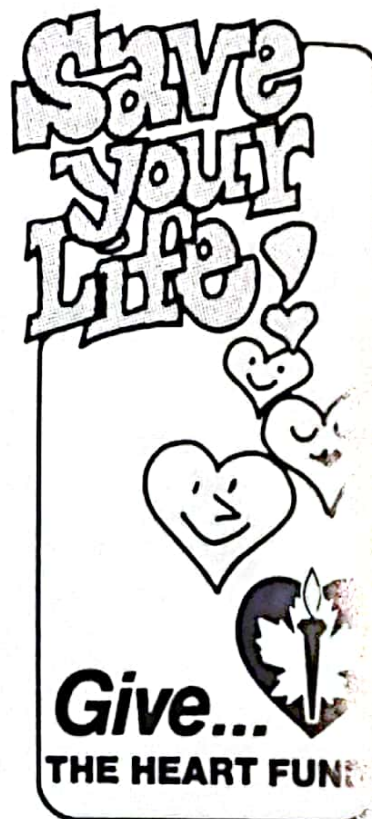
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# Winning Is Not A Hit And Miss Affair



Dennis Goodfellow is a Certified Level III Coach. He is the professional at the Ajax Recreation Centre, coach of the Ontario Junior Soft Ball Teams and is currently Vice President of the Canadian Professional Squash Association.

Have you ever gone out to practise your shots and become very frustrated or extremely bored? This is likely because the ball doesn't return to you all the time, refusing to heat up. This may deter players from practising the winning shots of their game — an area that should not be a hit and miss affair. Confidence and ball control are necessary to play winning shots and you only attain these two ingredients through practice. Here are two exercises that will add winning shots to your repertoire of strokes:

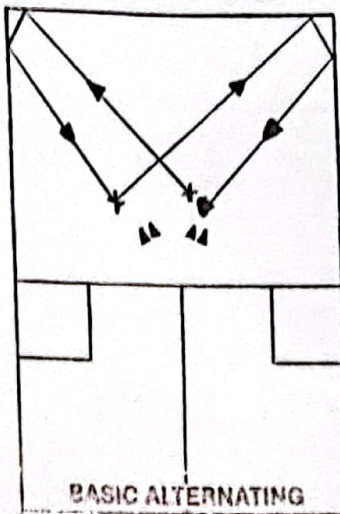
### BASIC ALTERNATING

Play a forehand cross court to hit the front wall, then side wall, to rebound into the middle then backhand into the opposite front corner. Continue to alternate both forehand and backhand and strive to build up your speed as the rhythm you produce becomes more fluid.

### FRONT SIDE ANGLE

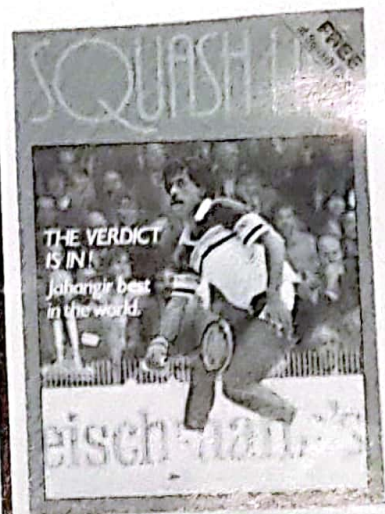
Play a forehand into the forehand corner to hit the front wall, then

the side and rebound into the middle. The ball should be played close to the side wall if you are to get a bounce sufficient for an on-going drill. This drill is harder than it looks and can be repeated on the backhand side of the court.



To develop and maintain your skills for accuracy and consistency every player must devote time for practice. When using these exercises or your own sequences, be certain they cover all the strokes — not just your favourite ones. I'll cover the drop shot in the next issue. ●

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# How Fit Is Jahangir?

In early November, Jahangir interrupted his European schedule to spend a few days in Toronto. His itinerary here included signing a contract with Power Shoes, playing an exhibition match with Todd Binns, and having his first Fitness Evaluation.

Brian Townsend, Fitness Director at The Skyline Club, conducted the fitness evaluation in the club's Human Performance Laboratory. The seven measurements taken were strength, flexibility, body fat percentage, lung volume and endurance (Treadmill VO<sub>2</sub>), blood pressure and resting heart rate. As expected, Jahangir achieved near perfect scores in the areas which are of critical importance to a world champion squash player.

During the first part of the evaluation, vital information was recorded - age: 19 years; weight: per Jahangir, "11 stone". Actual weigh-in showed him to be 11.2 stone or 70.9 kg (159 lbs.). When informed of his weight, Jahangir displayed some concern, for as a trained athlete, he is very attuned to his body's fluctuations and had perceived himself to be a few pounds lighter. Could the additional .2 stone conceivably alter his game?

Jahangir's resting heart rate was recorded at 48 beats per minute. The average North American male registers approximately 72 beats per minute, while the average pro squash player (as tested at this facility) obtained 60 beats per minute.

Jahangir's lung volume was measured by a hand held spirometer as 4200 cu. cm., which when equated to a comparative height/age table, was estimated to be 83% of his predicted capacity. While his lungs are obviously extremely efficient, this seemingly low score could be attributed to a hereditary influence of small lungs.

Strength was measured by the use of a grip dynamometer. On a scale of 0 to 100, Jahangir scored 45. This is low in comparison to the average score for a competitive athlete.

Jahangir has often revealed that his training program includes running 50-60 miles a week. It was therefore expected that his flexibility, as measured on a "stand and reach" test, would be lower than average given that high mileage training often leads to decreased flexibility. While standing on a raised platform and taking care not to release his knees, Jahangir was able to reach 14 cm. below his toes - an excellent score! He then confirmed that he puts extra effort and

about 4 lbs. to bring his body fat down to 8% for his next North American appearance (Fleischmann's WPSA Championships, January 5-9, 1984).

Jahangir's blood pressure was measured at 138/80, which was a little higher than expected, but certainly within acceptable range.

Cardiovascular endurance, one of the most important components of fitness, was tested next. Jahangir was connected to a single lead ECG and instructed to run naturally on a treadmill set at 8 m.p.h. The elevation was increased every two minutes. At this level of activity it can be expected that the average fit Canadian would reach 80% of their maximum exercise heart rate within 6-10 minutes. This is one of the indications for the termination of the exercise.

After six minutes, Jahangir was performing as if he were only warming up. Each time the elevation of the treadmill was increased there was little sign of added strain. He continued running for fourteen minutes. The test showed that Jahangir has the ability to utilize 5.5 litres of oxygen per minute into his system. This result would compare favourably to that of a world class marathon runner.



Brian Townsend measures Jahangir's body fat

emphasis on this part of his training. The benefits are certainly reflected in his speed and agility on court.

Using a skin fold caliper, we measured Jahangir's body fat at six sites. The final calculations indicated that he had an overall 9.7% body fat. Considering Jahangir's concern at those few extra pounds, we feel confident that he'll lose

The 1984 (April 12-16) Molson's Light Canadian Pro Championships at The Skyline Club will include a fitness competition for all the players, including Mark and Jahangir, and the results will be published. Any squash players wishing to find out more about their fitness levels can be tested by Brian Townsend at a non-member cost of \$40.00. ●