

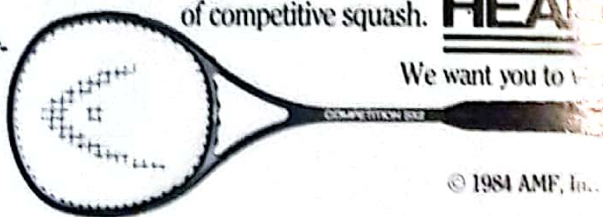
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SQUASH

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NOV./DEC. 1985

VOL. 9/NO. 5



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...BUT THE GREATEST OF THESE IS CHARITY

We are taught as children that it is better to give than to receive but in these days of tight money, and with the spectre of inflation once again rearing its ugly head, we are becoming a more and more introspective nation. Too many of us are taking refuge in the old axiom that "charity begins at home" and consequently, studies show that charitable organizations are suffering. Even the corporate sector has cut back on its philanthropic contributions. This situation has placed even greater pressures on individuals as we are being bombarded by requests for donations from all sides, and because of the economy we are now forced to be far more discriminating as to which charities will benefit from our limited largesse. All too often, rather than make a choice, we end up giving to none.

Squash Ontario and Amstel Breweries Canada Limited hope we have solved your dilemma. Rather than asking you to delve into your wallet or extricate your cheque book from your purse or jacket, we are asking you to play squash to help us raise funds for the Multiple Sclerosis Society. It's an easy and painless way in which to save your conscience, and what's more, you'll have fun doing it.

We have asked each of our member clubs across the province to hold an Amstel Light Charity Squash Challenge in various skill levels. The entry fee is \$10.00 and for this paltry sum, each participant will receive a distinctively designed t-shirt and a draw ticket for a trip for two to Hawaii, courtesy of CP Air Sports. If you win at your club level, you will progress on to regional championships, and a victory there will earn you a trip to Toronto to compete in the Amstel Light Charity Challenge Provincial Championships.

These are the obvious and tangible benefits accruing to each participant for his or her \$10.00 investment, but we ask you to consider just how important your entry fee becomes when it is multiplied by 4,000 people who have entered club championships right across the province. Suddenly, these numbers translate into the largest single donation made to a charity on behalf of squash players in Ontario, and you were a part of it. We urge you to take an active role in the Amstel Light Charity Challenge... participate in your club championships, regardless of your skill level. This is a fun event where winning isn't everything, playing is!

**Too many questions -
Too few answers.**

Why have we chosen MS as the recipient of this year's Amstel Light Charity Challenge? Information on this crippling disease reveals a very frightening statistic. Multiple sclerosis usually strikes between the ages of 20-40 - just when careers are beginning, families are being started, and plans are being made for the future. The majority of squash players falls between the ages of 20 and 40. A chilling coincidence and thus it is in our own best interest to try and STOP MS BEFORE IT STOPS US!

What does that \$40,000.00 donation mean to the MS Society and how do they plan to use it? Quite simply, it becomes an intricate part of an equation - Dollars = Research = Possible Cure. The truth is that there is no cure for MS and no one knows how to prevent it. At least not

yet! So what is known about MS? It is a disease of the central nervous system (brain and spinal cord) which interrupts the brain's ability to control walking, talking, seeing and other important functions. MS is more common if you live further away from the equator and therefore, Canada is a high risk area for the disease. It more frequently occurs among people of northern European backgrounds - those who constitute a large part of Canada's population - and it is more common among women than men. MS is not contagious, it is not a mental disease and is not a disease of the muscles. These known facts in themselves raise more questions and the cause and, hopefully, the cure is secreted somewhere within them.

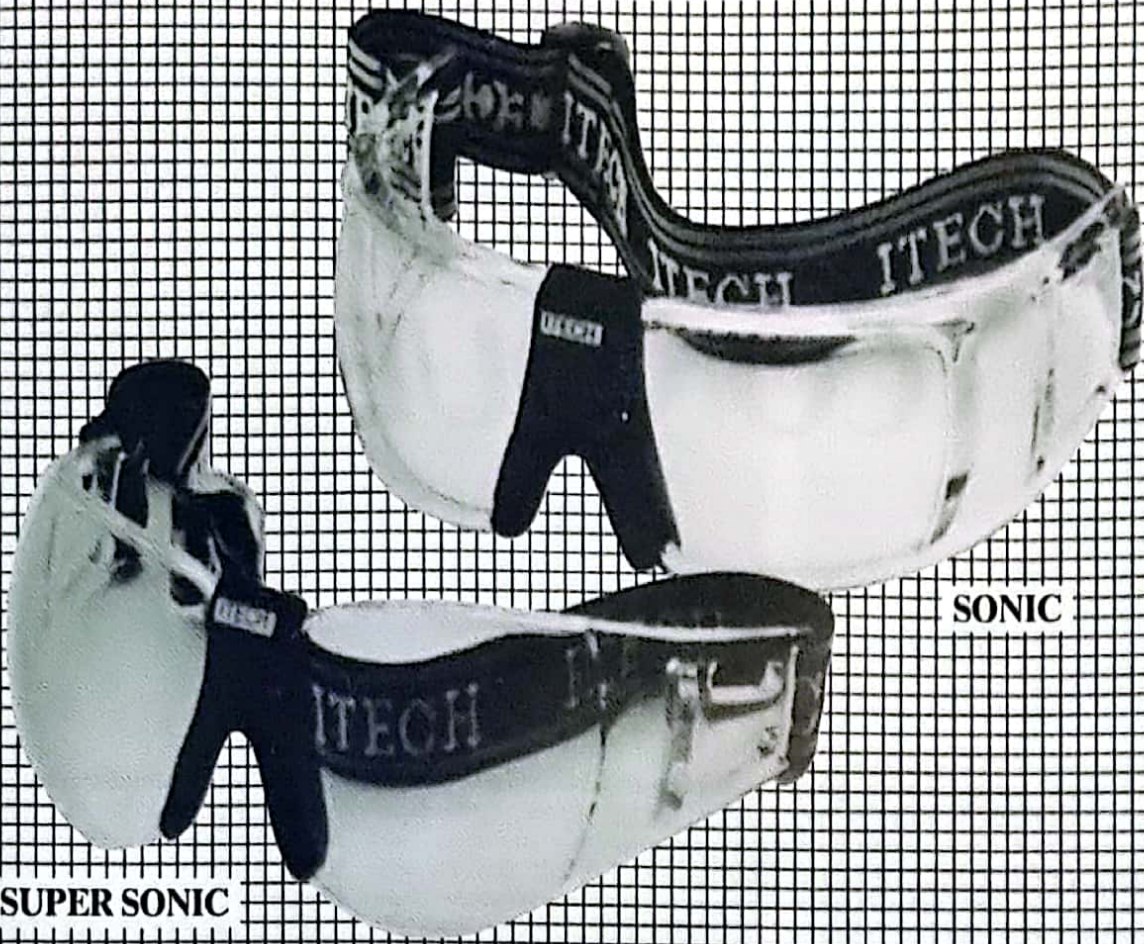
After many, many years of research, science may finally be zeroing in on the cause of multiple sclerosis, but in many ways it still remains an enigma. There is, however, a cautious optimism on the part of researchers and thus contributions remain vitally important in finally finding the answer. We can hope that one day the front pages of the world's press will herald a banner announcement of the conquest of multiple sclerosis. More likely though, such a day will be marked by a series of less dramatic reports, each one as a result of painstaking and meticulous studies into what is still one of the world's most baffling diseases.

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INTERNATIONAL
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A NORMAN CONQUEST

BY SHERRY FUNSTON

These days, when Jahangir Khan enters a tournament, there is very little mystery as to whom one of the finalists is going to be. At the finals of the Drakkar Noir Squash Championships, the betting centred around how long the match would take and how many points Khan's opponent, Ross Norman, would be able to manage. The consensus of opinion was that it wouldn't last any longer than 30 minutes and that Norman would be lucky to see eight points. Nobody, however, bothered to tell that to the lanky, blonde New Zealander.

Completely oblivious to the speculations swirling around him and apparently undaunted by the herculean task ahead of him, Ross Norman stepped on to the court a man with a purpose. He was not prepared to go down without a fight and thus, the audience was treated to what was unquestionably some of the best squash ever seen in Canada. Both men played brilliantly in the

first game which was highlighted by many long rallies, one of which lasted almost four minutes. They matched each other shot for shot and point for point and at one stage, Norman pulled ahead 4-2, much to the delight of the crowd. Torontonians have a great compassion and empathy for underdogs, having survived too many years of the Argos and Maple Leafs, and Ross Norman was clearly the underdog.

In the midst of one long rally, play suddenly was halted and the ball examined. For the first time in Canada, they were playing with the Dunlop Teleball, a squash ball specially designed for tournament play by two British dentists. It is dimpled like a golf ball and impregnated with fluorescent chips, which allows the television lights to pick up the ball more easily. It was first used this past April at the British Open and with some success. There are obviously some bugs which must still be worked out as the

dimples appear to deteriorate rather rapidly, perhaps due to both the heat from the television lights and the gruelling punishment it takes from very hard hitters.

A new ball was put into play and after a short warm up, the game resumed. Norman took a one point lead, 7-6, but Khan came right back to tie and then led game ball. With the crowd spurring him on, Norman struggled back to 8 all and Khan called "set 2". Two very long and exciting rallies followed, with Khan eventually winning the game 10-8.

Jahangir Khan went on to win the next two games with identical scores of 9-3 in a match that lasted just over an hour. Ross Norman played extremely well and could probably have beaten anyone that day except Khan. He was neither annihilated nor humiliated, he was soundly beaten. His face told the whole story in game three. For every good shot he hit, Khan had one to counter and Norman's frustration showed.



JAHANGIR KHAN IN CHAMPIONSHIP FORM
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Jahangir Khan has now added the Drakkar Noir Championship to his long and impressive list of tournament victories, along with the \$12,000 US first place money. One cannot help but wonder though, if his obvious superiority may not in the long run, hinder the growth of the professional game. The final was played before some 300 spectators, which normally would be an excellent attendance for squash. However, this was Carlson Court, a new club in Etobicoke which boasts a 600 seat, 3 glass walled permanent court. It is a beautiful facility, designed specifically to host major international squash tournaments, and the Drakkar Noir was its inaugural event. But one wonders if that 600 seat gallery will ever be filled when there is no question as to whom the winner will be. Jahangir Khan, at age 23, clearly dominates both the hardball and softball games and will likely continue to do so for a number of years to come. On a scale of one to 10, Jahangir is a 10, then it is safe to say that his nearest rival in either game is at best a seven, and there does not appear to be a challenger waiting in the wings. However, he came from nowhere to win the World C

pionships in 1979, and perhaps somewhere there is an unknown star waiting to dethrone him.

It is a problem that promoters such as John Beddington will have to address in the immediate future. He is no neophyte in this regard, having successfully run the Canadian Open Tennis Championships, the Player's International and the Player's Challenge since 1979. He coped with and survived the Bjorn Borg years of tennis, and will quite likely survive Jahangir Khan, too. It is something of a conundrum though. In order to successfully promote an event to sponsors, you must provide the big names. It is those big names and in our case, the one big name, which eliminates the suspense around the final.

The Drakkar Noir was a tournament of 'firsts'. It was the first time Drakkar Noir has sponsored an event in Canada, although it has a major involvement in squash in the United States and in virtually every country of Europe. Its name has become synonymous with quality and Phillipe Dalle, President of Cosmair Canada, assured Canadians that this championship would be back next year.

The Drakkar Noir was the first professional event to be involved in helping raise funds for charity. One dollar from each ticket sale was donated to the Canadian Children's Foundation, and the cheque has been earmarked for the establishment of a home for abused children.

While this was certainly not Jahangir Khan's first win, it was his first victory wearing eyeguards. One of the arguments against wearing eye protection has always been that they impair a player's vision, thus putting him at a disadvantage. Mark Talbot has proved over the past few years that this is nonsense and now, with Jahangir Khan not only endorsing eyeguards but actually wearing them, it should do a great deal to refute these arguments and promote their general use. Both are a credit to their profession in setting an excellent example, particularly for the younger players. It might help convince some of our own professionals, as well.

The Drakkar Noir has now become an intricate part of the international circuit and we can look forward to at least three major men's and women's events in the autumn of each year. It may be April in Paris, but from now on, we can count on Toronto in October. ●

SHULTON CANADA SPONSORS T & D LEAGUE

Shulton Canada Inc. has announced its sponsorship of the Blue Stratos Squash League. The sponsorship of the Toronto and District men's league was announced at a gathering of media and squash enthusiasts hosted by The Keg Restaurant. Over 160 club teams are competing in various categories. Competition began October 15th and culminates in a grand finals night April 2nd, 1986.



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Mayfair Lakeshore scheduled to open fall '86.

STRATEGIC GAME PLANNING

Does Game Planning Pay?

THE EFFECT OF GAME PLANNING ON SUCCESSFUL PLAY

BY PROFESSOR JOHN F. FAIRS

The performance of squash players vary widely. Some play in a purposeful and effective manner; each shot appears to be made with some desired outcome in mind. They assess the situation in a rally and automatically select the appropriate shot. They understand the basic principles involved in making shots in the various zones of the court. For example, they know they must assume a defensive strategic pos-

ture in the backcourt zone and keep their shots high and deep. They have highly efficient techniques and know the right time to use these techniques to bring about a predetermined outcome. We see operating in their play a strategy of performance. Such highly skilled players are found in the professional ranks or are classified as A players in the amateurs. For convenience and a sense of perspective, I will use the

term elite to denote such players.

By comparison, there are players who have poor technique. They are prone to hitting the tin or a poor shot that comes out in the center. They hit their shots without concern for court position or the whereabouts of the opponent. They fail to recognize when the opponent has given them a weak return or a set-up and thereby pass up an opportunity to make a winning shot. Instead, they often make a weak return of their own. They tend to play aimlessly from shot to shot, without any idea of what they are trying to do. To put it bluntly, they hit the ball simply because it is their turn. Unlike the elite player their play is devoid of strategy or plan. Such unskilled players are often classified as B, C or D players. For ease of discussion, I will use the word average to designate the player typically found in one of these classifications.

It is fair to say that the average player competes in a harum-scarum, disorganized way because he is planless. He has no idea what to do, how to do it, or when to do it. On the other hand, the whole idea behind the formulation of a strategic plan is to focus action on a desired outcome in a systematic and purposeful way. Basic to any plan is the setting of goals (e.g. keeping the opponent in the backcourt) which, when achieved, will result in effective play. In short, the match is longer "fought in the dark."

point has been well made by Barnaby:

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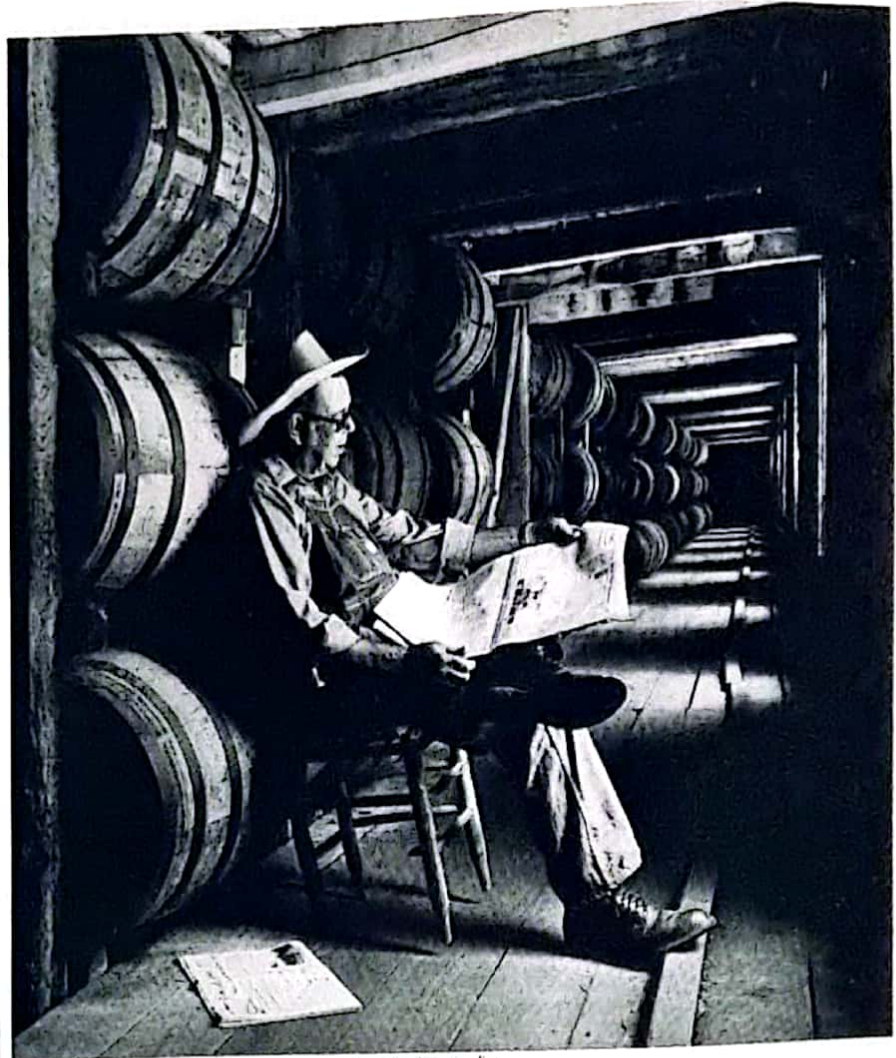
can have. He is completely secure mentally, knows what he is going to do, has practised it, has confidence in it. Is it not obvious that he can fight harder than one who makes snap judgments?!

Some important insights are obtained from contrasting the play of the elite player with the average player:

1. The elite player has a precise idea of what he ought to be doing and not doing. He shapes his play in relation to the opportunities and threats of the match situation. The average player has little reasoned purpose or strategic awareness behind his play. The opportunities and threats in the match situation have little effect in what he decides to do or not do.
2. The elite player designs a game plan to achieve specific objectives and evaluates how he can best carry it out. The average player rarely has a game plan that is being intentionally and methodically followed.

The contrasts in the approaches to play are marked and revealing. The elite player thinks strategically with an appreciation that his game plan is conditional upon his specific situation at a specific time. He realizes that situations differ from match to match in terms of opportunities and threats, strengths and weaknesses, and so on. He has the talent to react and respond to events and problems as they occur and to adjust his game plan accordingly. The average player has little strategic awareness of what he intends to do and accomplish. In short, he has no game plan to guard against aimless shot-making.

It follows, then, that game planning is a vital part of performance and is a major factor distinguishing the elite or successful player from the not-as-successful average player. The view is advanced that there is a continuum (Figure 1) from performance which is predominantly unplanned through to performance which is predominantly planned. At one end of the continuum are players who are "strategic thinkers" and at the other are players who compete in an aimless fashion without any strategy whatever.



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STRATEGIES TO CONSIDER IN GAME PLANNING

TYPES OF STRATEGY	PRINCIPAL INGREDIENT
Basic (timeless)	Understanding of game (a constant)
Match (short-term)	Appraisal of a player's strengths, weaknesses, opportunities & threats (a variable)
Point (short-term)	Situational analysis (a variable)

From the foregoing it is clear that if the average player hopes to progress along the performance continuum it is not enough to base his play on hunches, guesswork, and gut feel. He must get involved in the process of game planning.

The purpose of this article is to suggest the foundations upon which a game plan can be constructed. The article will suggest that a game plan consists of three components: basic strategy, match strategy and point strategy. Each of these strategies will be explained more fully in subsequent papers.

Formation of a Game Plan

In my discussion with players who are concerned about game planning, the question recurs, "Just what is involved in the formation of a good game plan?" Effective game planning depends on an understanding of the game, one's opponent and the point situation at any given time.² Certain principles of strategy (e.g. controlling the T) originate from the basic nature of the game and therefore they are constantly in force in match play regardless of the circumstances. At the same

time, however, the astute player varies certain aspects of his strategy from opponent to opponent, game to game, and point to point. From the foregoing one can identify three types of strategy that are integral to game planning. The first is basic strategy.³ Concern here is with common strategies that apply at all times at all levels of play. As mentioned above, basic strategy originates directly from the aim and structure (e.g. court dimensions) of the game. For example, a squash court is longer than it is wide; to a great extent this determines the type of game (e.g. back-front-back and the court position one will occupy to defend it. As we all know, court dimensions make the T the best strategic position for all-around play. In an earlier article I have shown how from this position you are able to control the play, improve your capacity to attack, and get to your opponent's shots.⁴ As a result, controlling the T is a constant strategic objective of every player.

The second type is match strategy, the need for which is often stressed by coaches and professionals but guidance on how to do it is rarely given. This, to my mind, is the most important stage in preparing a game plan, yet it is a step that is poorly done by most players. Here the key issue is an appraisal of one's strengths and weaknesses versus those of his opponent. Special attention ought to be given to what an opponent is best and worst at doing. The player then sets goals and strategies that capitalize on opportunities and minimize threats.

The third type is point-strategy. Creating a game plan is one thing; putting it into action is another. Unless a situational strategy is built into the game plan there is little hope of making it work. For example, if a speedy opponent prefers to play a fast-paced game. The ability of a player to change the nature of the action through his shot selection often provides the winning edge.

Summarizing briefly, I have identified three types of strategy important to game planning. One is based on the constant features of the game and two are based on its variable aspects. Figure 2 shows the types of strategy and their principal ingredients.

CONTINUED ON PAGE 20

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Controlled Practice

BY DENNIS GOODFELLOW



Dennis Goodfellow is a Certified Level III Coach. He is the professional at the Ajax Recreation Cen-

tre and is currently Vice President of the Canadian Professional Squash Association.

Most of us are not prepared to sacrifice our precious 40 minutes on court to practice. We are competitive animals by nature, and would much rather be on court battling it out against our opponent. However, it is possible to have the best of both worlds, meaning you can practice and play at the same time.

You need to identify the weak spots in your game and choose one to work on during a match. For example, a common weakness is hitting a boast almost every time you are in the back section of the court. Your opponent is then given ample time to get to the front of the court and execute a delicate drop shot or a blistering straight or cross-court drive.

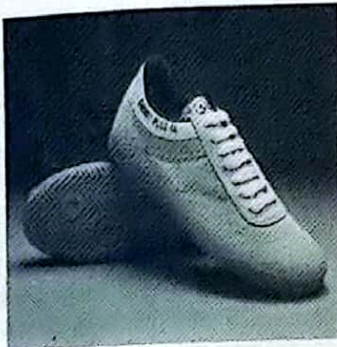
Once you have determined your weakness, you must then understand the mechanics of the cure. In this example we are trying to eliminate the overuse of the back court or defensive boast. To avoid making this shot you must move faster to the back wall, bearing in mind that proper footwork is critical. The racquet must be back and prepared to execute the stroke which will bring the ball back down the wall. The final ingredient is proper timing. You have to wait just a moment longer for the ball to come off the back wall or else you will find yourself boasting the ball instead of hitting the straight drive.

Now that you have identified the weakness and determined the cure, you must put it to work for you. If you follow this approach throughout your match, you will eventually eliminate the weakness and develop a strength. If you concentrate on the task at hand you will find yourself a much tougher player, both mentally and physically. The bonus to the exercise is that you will soon be winning where you used to be losing. ●



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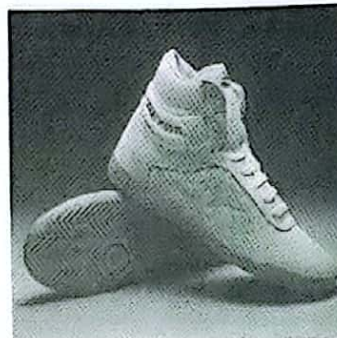
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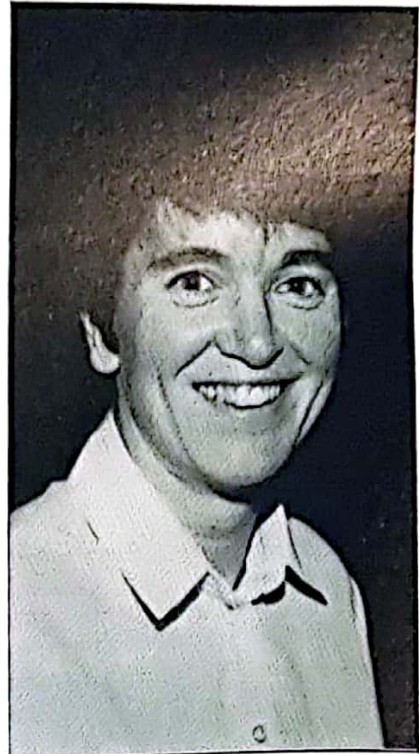
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Association Update

There have been several developments within Squash Ontario since my last column and as promised, I shall use this space to keep our club owners, regions and players advised.

Squash Ontario and Amstel Breweries Canada Limited have dusted off our annual charity event and we are both hoping all clubs have scheduled an Amstel Light Charity Challenge for their members. This tournament is an excellent season opener or pre-

As you are all now well aware,



DR. ANNE SMITH
President, Squash Ontario

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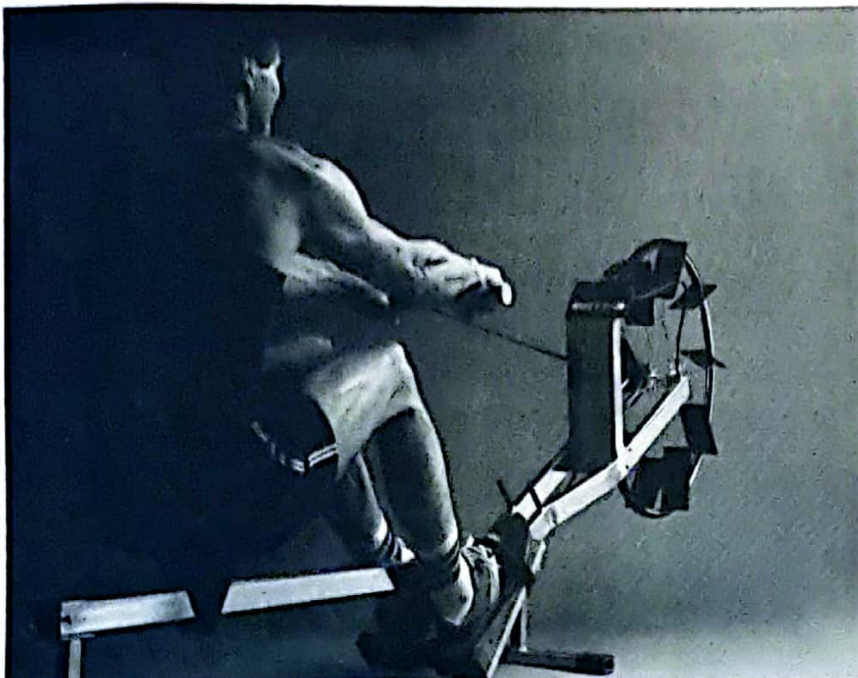
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Christmas event, and each \$10.00 entry fee will go to the Multiple Sclerosis Society. Squash players have proven in the past that they can raise monies for charity, and it is our hope that our donation to MS will be the largest ever. Our thanks also to CP Air, which has donated a draw prize of a trip for two to Hawaii, and to Dunlop for its donation of their new XX balls and winners' packages for all provincial finalists.

For the last six months, the Board of Directors of Squash Ontario has been deeply involved in a follow up to our very successful marketing programme, 'Operation Zucchi'. We have come to a crossroad and the path we ultimately take will be contingent upon the amount of financial support we can secure from the corporate sector and the provincial government. If we roll the programme out across the province exactly as was done in our territory of London, the costs would be in the neighbourhood of \$500,000. We are presently researching the feasibility of developing a

Zucchini packages for the clubs. These packages would contain radio commercials, newspaper advertisements, etc. Preliminary costs for this type of programme have been set at \$300,000.00. As you can see, finances play a major role in whichever decision we make, and I will continue to keep you apprised as more details become available. I can assure all club owners that Squash Ontario remains deeply committed to the promotion and marketing of squash in this province, and we will continue to make every effort to secure the necessary funds in order to accomplish this objective.

The 1986-1987 budget submission has been prepared and sent to the Ministry. It incorporated all regional requests and consequently, the overall total was considerably increased. Although there is now a new regime in power, it would be unwise to count on any increase in our base grant. The budgets will not be reviewed by Ministry consultants until late November, so it is unlikely that our allocations will be available to the regions before the end of the year.

The season has started well for women's squash, with the Judy Traviss International held in September, followed a week later by the Smirnoff Canadian Open. Mr. Traviss and his son Stephen, attended the finals of the Traviss and presented the trophy to the winner, Martine LeMoignan of England. It was good to see them both.

The Canadian Open was a first for women in this country. Hosted by the Harbour Club in Belleville and sponsored by Smirnoff, it was a first class event and a quality draw. Much credit and thanks go to the organizers, Anne Green and Heather Lindsay, on a job well done.

It is also a pleasure to welcome another new sponsor to the squash scene in Canada. Our feature story is on the Drakkar Noir, and this event is now part of an international circuit which includes France, Germany, Spain and the United States. Drakkar Noir has been instrumental in establishing the credibility and visibility of this circuit, and we are very proud that Ontario was the host province for this first Canadian Open.

Remember, if you have any particular concerns or questions about Squash Ontario or any of our programmes, please let us know and we will try and answer your queries. Keep playing! ●

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MAPLE LEAF BRILLIANT IN FALL SQUASH CLASSICS

BY SHERRY FUNSTON

As the dog days of August reluctantly gave way to the cooler ones of September, the Canadian women's squash scene was just heating up. Where autumn usually signals an end to growth, in our case it was just a beginning... a time of infinite satisfaction in watching the seeds, sown a decade ago, start to bear fruit.

Dublin, Ireland played host to the Women's World Championships in late August, and Canada sent one of its strongest teams ever, anchored by the experienced Joyce Maycock of Vancouver. Joining her were

Toronto's Gail Pimm and Diana Edge of Ottawa. Gail's new commitment and dedication to squash last year resulted in an astonishing leap in the national rankings from #10 to #1. Diana, now a student at Harvard University, showed that her recent foray into the hardball game was no deterrent to her in soft ball. JoAnn Beckwith of Toronto was the alternate on the team but unfortunately sustained a rather severe injury during the team championships, thus disabling her entirely for the rest of the event.

The Team Championships con-

sist of pools and Canada easily defeated its first opponent, Zimbabwe, and then found itself up against England. The superb depth of the English team was too much for the Canadians, who lost at the number two and three positions. But Joyce Maycock shocked the squash world by upsetting Lisa Opie, a finalist in the individual event. The sweet taste of that victory did much to erase the disappointment of losing the match.

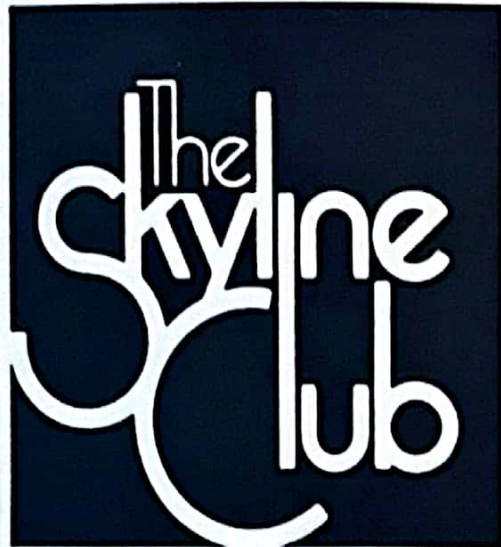
In the play off for fifth position, Canada was pitted against Scotland. Gail Pimm won decisively over Audrey Cumberland 9-6, 9-4, 9-3 but Joyce could not handle the powerful game of Heather Wallace and lost 3-0. Diana Edge clinched Canada's victory after a somewhat shaky start, and thus Canada attained its highest ever finish in the Women's World Squash Championships.

England, with its fine young team of Martine LeMoignan, Alison Cumings and Lucy Soutter, defeated New Zealand to win the Team Championships. Susan Devoy again showed why she is the top woman squash player in the world by defeating England's Lisa Opie in the Individual event, thus giving New Zealand top honours.

Gail Pimm had an exceptional tournament, winning all of her matches in the team event except those against Australia and England, as well as taking the plate in the competition for first round losers of the Individual Championship. In total, Gail played 17 matches in 1985 during the warm-up event, the Individual and Team Championships.

The entire team played with maturity and confidence and perhaps the first time, showed the depth which has given Canada such a much more secure foothold in international squash. Both Diana and Gail gained a great deal of

Ralph Gardiner, President of The Skyline Club, would like to thank his membership and all who participated in Phase No. 2 of the Club's expansion program.



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experience and Gail was to soon prove that she had learned her lesson well.

Several weeks later and back on home turf, the Twelfth Annual Judy Traviss International was hosted by Mayfair Parkway Racquet Club in Markham. The quality of the draw was testament to the reputation this event has gained on the international circuit. Seeded at number one was England's Martine LeMoignan, currently ranked two in the world. Following was defending Traviss champion Alison Cumings, also of England and ranked sixth in the world. Scotland's Heather Wallace was seeded at three.

The tournament was not without its share of upsets, beginning in the second round when Gail Pimm lost to England's Barbara Diggins in three. An ailing Alison Cumings was swept away rather quickly by Heather Wallace and so the final would feature LeMoignan, who had waltzed through her half of the draw, and Wallace.

The first game was very tight with LeMoignan squeezing by 10-9, but Wallace came right back to take the second by an identical score. Heather had pulled a muscle in her leg during her semi final against Alison Cumings and unfortunately, during the third game, the leg began to give way. Her pivotal ability all but gone, she went on to lose the next two games 9-2, 9-1. For the fourth consecutive year, the Traviss title will reside in England.

Gail Pimm took the Classic Plate with a 3-1 decision over Anne Smith, and Anne Green won a very long and hard-fought battle over Lynn Noel to capture the Consolation.

Thanks must go to sponsors Longines-Wittnauer, Cadbury's Snack, V-8, Uvex and Sparling Designs, for stepping in at the eleventh hour to ensure that this tournament and its fine traditions continued.

A week later, the scene shifted to the beautiful new Harbour Club in Belleville, which played host to the Smirnoff Canadian Women's Open. The cast of characters was essentially the same as at the Traviss... only the play changed. Gail Pimm put on one of the grimmest performances to date in her challenge match against England's Barbara Diggins. She fell behind 2-0 rather quickly but refused to give in. She dug down deep and slowly but surely, chipped away at what looked like an insurmountable hurdle. She tied the match at 2 all and in the fifth, her younger legs prevailed. She sav-

oured a well deserved and sweet victory.

Alison Cumings also reversed the decision of the preceding weekend. Completely recovered from her sinus problems, she swept through her half of the draw and came face to face with her nemesis from the Traviss, Heather Wallace. But this was a different Alison Cumings, and she coasted to an easy 3-1 victory. The tournament's number one seed, Martine LeMoignan, again walked her way through the upper half of the draw and set the stage for an all-England final in the Smirnoff Canadian Open. Again Alison's game was on, and she played with increasing confidence. Victory was just out of

reach but she managed to extend Martine to the limit before losing in the fifth.

What we have witnessed over the past two months, both here and abroad, is a reaffirmation of the belief that we reap what we sow. We have had the wisdom over the years to belie the impatience of looking for immediate results and steadfastly held to the commitment made over a decade ago... that Canadian women, given time and training, would rightly take their place in the international squash milieu. No, it is not yet a forest of oak trees, but it is a harbinger of a future rich in hope, fertile in potential, and teeming with promise. ●

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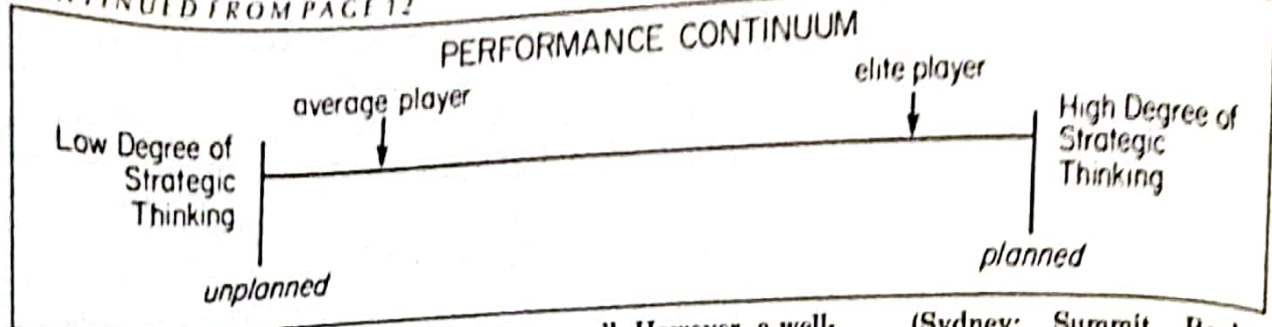
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Summary

A game plan is the player's strategy to gain an advantage over an opponent. It is a blueprint of what to do, how to do it, and when to do it.

Failure to plan is one of the major differences between the elite and average player. At its worst, the latter's game is a series of unrelated shots which have little in keeping with the demands of the game situation. To break away from haphazard and aimless shot-making the average player must get into the business of consciously forming a game plan.

Game planning is of course not the only factor determining a player's success or failure. Technical skill, speed, mental toughness, fitness, and the like are sig-

nificant as well. However, a well-designed game plan can gain remarkable results for the average player. And, conversely, an elite player with a poorly-designed game plan will perform well below his potential. ●

Footnotes and References

1. Jack Barnaby, *Advantage Tennis* (Boston: Allyn and Bacon, Inc., 1975), p. 208.
2. No one article or book, however great the ambitions of the author, can do justice to the subject of game planning, and I hope that those finding the subject interesting will be encouraged to read squash literature dealing with the subject. Some suggestions include Vin Napier, *Squash: How To Train, Play and Win*

(Sydney: Summit Books, 1978); Jack Barnaby, *Winning Squash Racquets* (Boston: Allen and Bacon, Inc., 1979); John O. Truby, *The Science and Strategy of Squash* (New York: Charles Scribner's Sons, 1975); and Richard Hawkey, *Winning Squash* (London: Ward Lock Limited, 1976).

3. For a discussion of basic strategy see John R. Fairs, "Principles of Squash Strategy: Part I", *Squash Life* Vol. 7, No. 4, 1983, pp. 12-13; Part II, *Squash Life*, Vol. 7, No. 5, 1983, pp. 12-13.
4. See John R. Fairs, "Control of the T and Capacity to Attack," *Squash*, 1, No. 6 (November 1979), pp. 12, 13.



IN THE WORLD OF RUMS, THIS ONE IS THE KING

CANADA PREPARES TO BATTLE IN EGYPT

Cairo, Egypt is playing host to the tenth World Team Championship, November 27th through December 4th. A record 22 countries will be contesting the title which is currently held by two-time champions Pakistan. Pakistan's bid for a third win is led by world number one, Jahangir Khan.

Linked with the Team Championship is the World Open Individual event (November 21-25), which has prize money of \$50,000 US. Top prize is \$9,000 US to the winner. There is no prize money in the team event. Jahangir will be the favourite in his attempt to win his fifth consecutive World Open title.

The individual event breaks new ground since it is the first time that the World Open, normally run solely by the International Squash Players

Association, has run in conjunction with the team competition. Usually the I.S.R.F. have held their own individual championship, but with two events both carrying a 'world' title, this has led to confusion and following agreement between the I.S.P.A. and I.S.R.F., there will now only be one World Open.

Contestants for the team event have been divided into four pools with eight countries, Pakistan, England, Australia, Egypt, New Zealand, Sweden, USA and Canada, seeded in order in which they finished at the last championship, held in New Zealand in 1983.

It is the first appearance at the championships for Spain, Andorra and Greece, and their presence has helped bring about the largest ever number of competing nations; the

previous highest being 20 in Sweden in 1981.

The draw for the 1985 World Team Championship is as follows:

POOL 1	POOL 2
Pakistan	Australia
Canada	Sweden
Ireland	Scotland
France	Malaysia
Holland	Andorra
	Monaco

POOL 3	POOL 4
Egypt	England
New Zealand	U.S.A.
Singapore	Finland
Germany	Japan
Kuwait	Greece
	Spain

Canada is hopeful for an improvement on her eighth place finish obtained in New Zealand in 1983. Team Canada is led by Calgary's Dale Styner, followed by Sarnia's Gary Waite, Vancouver's Steve Lawton, and Jamie Crombie of Calgary. Both Dale and Gary spent the summer months gaining additional tournament experience playing in the Grand Prix Circuit in Southeast Asia, as well as undergoing intensive training schedules. ●





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Although squash is the only racquet sport offered at Garden Court, other fitness activities are more varied. Aerobic classes included in the basic membership, are popular with both men and women, while yoga and mid-eastern dancing are possibilities for the future. A running club is active, and routes radiating from the club have been mapped out and measured for those fleet of foot. Charting their mileage, a map of Canada plots their progress across the country. The weight and fitness room has been thoughtfully equipped. Bob Young, Garden Court's Fitness Director, utilizes this equipment in his personalized programs. Tailored to the objectives of the members, these programs include weight loss, performance training, sports injury therapy, and general muscle tone and cardiovascular fitness. Those aching mus-



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cles and the stresses of the day are melted away in the whirlpools and the wet/dry saunas.

The building itself is a curious marriage of old and new. The old portion was originally the Sanitary Dairy, whose horse-drawn wagons served the city at the turn of the century. Today, the old building houses the change facilities, the Racquet Shoppe (a specialty racquet store), and the club's lounge and restaurant. The new portion of the building contains the courts, aerobics room and the fitness and weight room. In the club's lounge, old and new again come together. Ninety-year-old red brick walls are finished with cherry wood wainscoting. A matching cherrywood bar with burgundy accents completes the warm atmosphere and provides viewing on to the two glass backed courts.

Regardless of your age or ability,

Garden Court accommodates "Hackers' Night" pits novice players in a round robin format where they can widen their acquaintances in order to find games at their own levels. The mixed house league is fun for all. Saturday afternoon the mature players of the region gather to restate old rivalries in the Geritol League. Club pyramids and interclub league play round out the action.

Sounds too good to resist? Garden Court is located at 21 King Street downtown St. Catharines, (416) 684-9272. ●

This space is reserved for members of Squash Ontario. We invite clubs to participate by sending a short write-up and photographs to Squash Life. Reprints are available at minimal cost. For more information, please contact Squash Ontario, (416) 495-4140.

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