

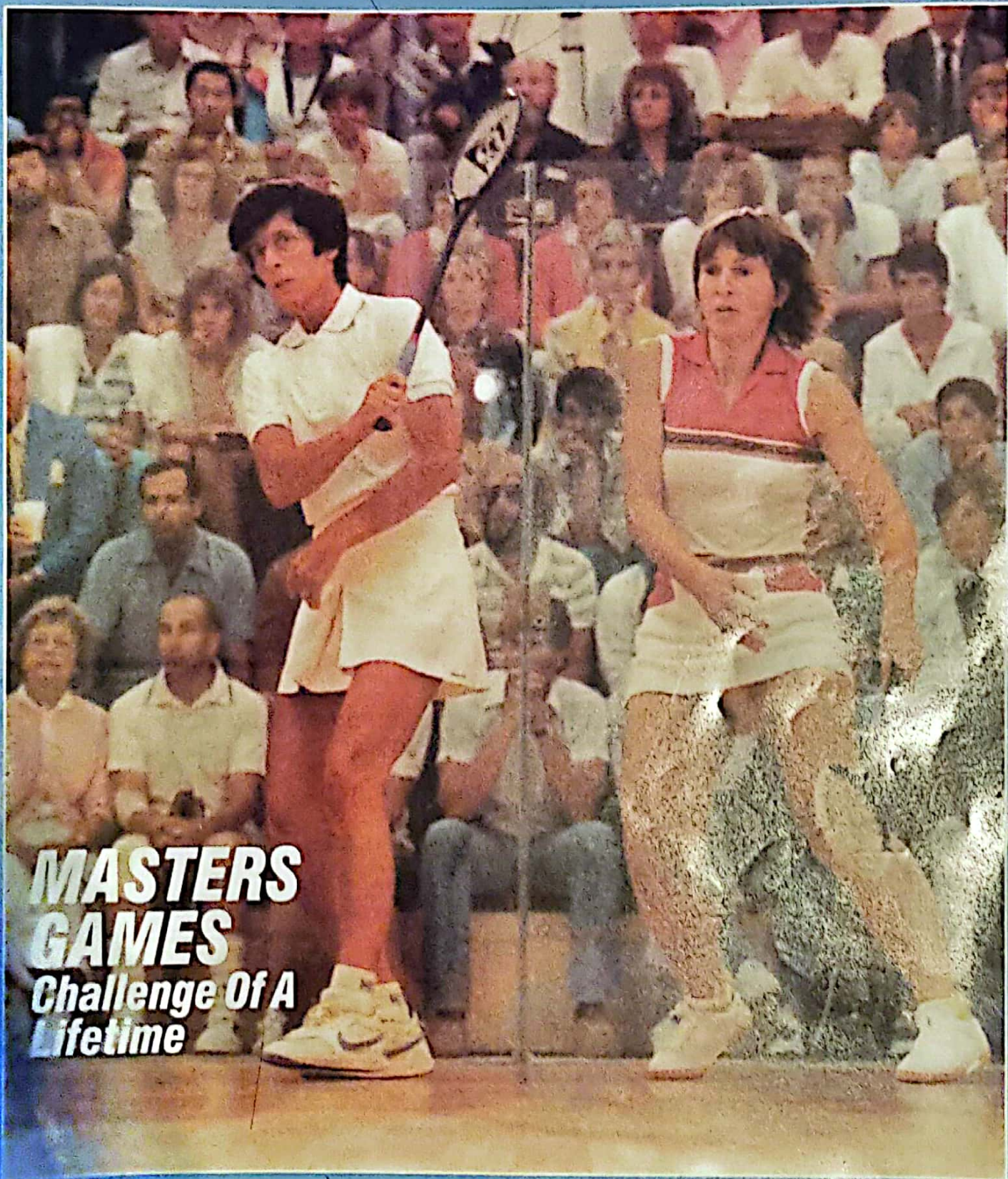
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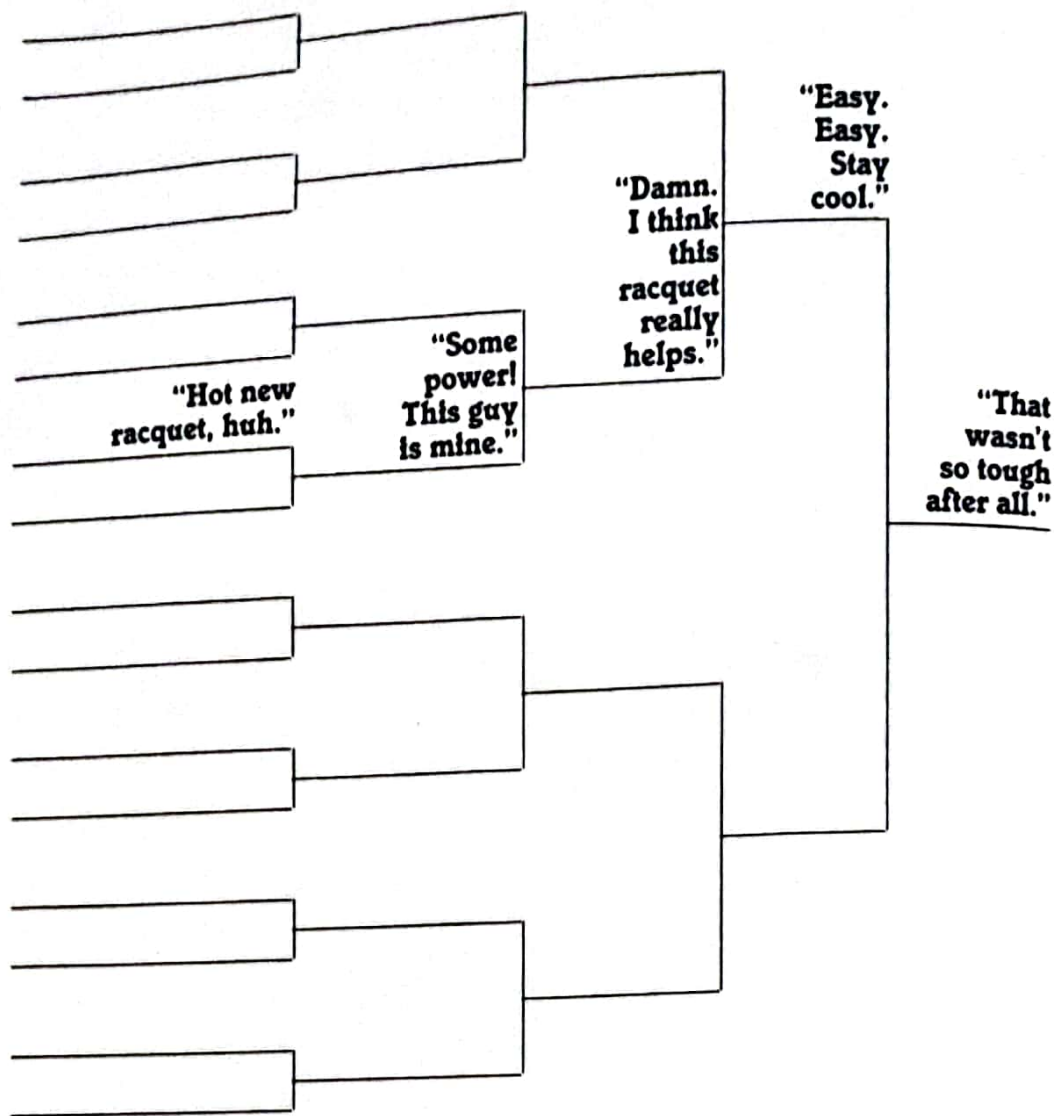
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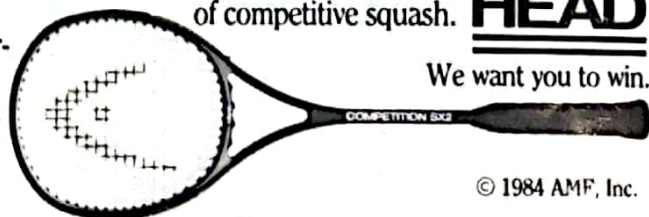
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# SQUASH

L I F E

SEPT./OCT. 1985

VOL. 9/No. 4



Heather McKay continues her winning ways in Masters Games.

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# AMSTEL LIGHT BRINGS CHARITY CHALLENGE BACK IN STYLE!

In 1978 Squash Ontario unveiled an innovative grassroots programme designed to foster growth and competition within its regions, increase public and media awareness of squash and, at the same time, raise much needed funds for charity. Many will remember that programme as the Heart Fund Championships.

**...synonymous  
with quality.**

The event proved incredibly popular with both players and clubs and during its five year span, it attracted almost 20,000 squash players and raised over \$100,000 for both the Ontario Heart Foundation and the Multiple Sclerosis Society. The Charity Classic as it came to be known, was always regarded by Squash Ontario as one of its premier events and every effort was made each year to ensure that the Classic was synonymous with quality.

It is sometimes an unfortunate corollary of success that the bigger and better something becomes, the more it costs. As participation in the Charity Classic grew, so too did the costs of operating it. In 1983, when no sponsor could be found to underwrite the event, the Board of Directors of Squash Ontario was faced with a major decision. It could either run the Classic on a 'no frills' basis, eliminating what was felt to be features intrinsic to the success of the tournament or give it a hiatus until a sponsor was prepared to throw its financial commitment behind it. The Board chose the latter, believing it was in every-

one's best interests to maintain the standards by which this event had always been run.

"All things come to he who waits" and it is a pleasure to announce that, thanks to Amstel Brewery Canada Limited, the Classic is back in a style to which we have all become accustomed! Back by popular demand is the 1985/1986 Amstel Light Charity Challenge.

The format is essentially the same as it has been in the past with clubs being asked to hold championships beginning in October in Men's and Women's A, B, C, D, Novice and Veterans events. A \$10.00 entry fee will guarantee every player a specially designed Amstel Light Charity Challenge t-shirt as well as other mementos of participation provided by Amstel.

For the first time, we have added a 'teaching pros' event in which there will be prize money offered. Entry into the event will be contingent upon the number of participants each professional has signed up in his or her Charity Challenge club event.

Mayfair Parkway Racquet Club has always been extremely supportive of this tournament and Paul Frost has once again donated his facilities for the provincial championships which are scheduled for March 28 to 30, 1986. The regional championships will be held at various venues across the province on February 28 through March 2, 1986. All details will be mailed to squash clubs across Ontario in mid-September.

There are so many charities which are in desperate need of funds and all of them are so very deserving of support. Squash Ontario and Amstel have chosen the Multiple Sclerosis Society as

the beneficiary of this year's event. Why M.S.? This disease strikes between the ages of 20 and 40 and coincidentally, this is basically the same age group which comprises 75% of the people playing squash in this province. There seemed to be a natural correlation between the two.

Each year we hope the Challenge will become bigger and better and so, in 1985 we have set our goal at 4,000 participants,

**...it is certainly  
easier if we can  
marry our  
donation to  
our hobby.**

thus making the cheque we donate to the M.S. Society the largest in our history. We are asking all of you to enter your club championships even if you've never played in a tournament before. If one isn't planned, then plan it yourself. Everyone of us is probably inundated almost daily with requests to donate to different charities. It's simply not possible to support them all but it is certainly easier if we can marry our donation to our hobby. This is what we are asking you to do.

As yet there is no cure for multiple sclerosis although great advances are being made. Hopefully, monies raised through events such as the Amstel Light Charity Challenge will provide the necessary research dollars to find that cure. If M.S. is the problem, let's be part of the answer. ●



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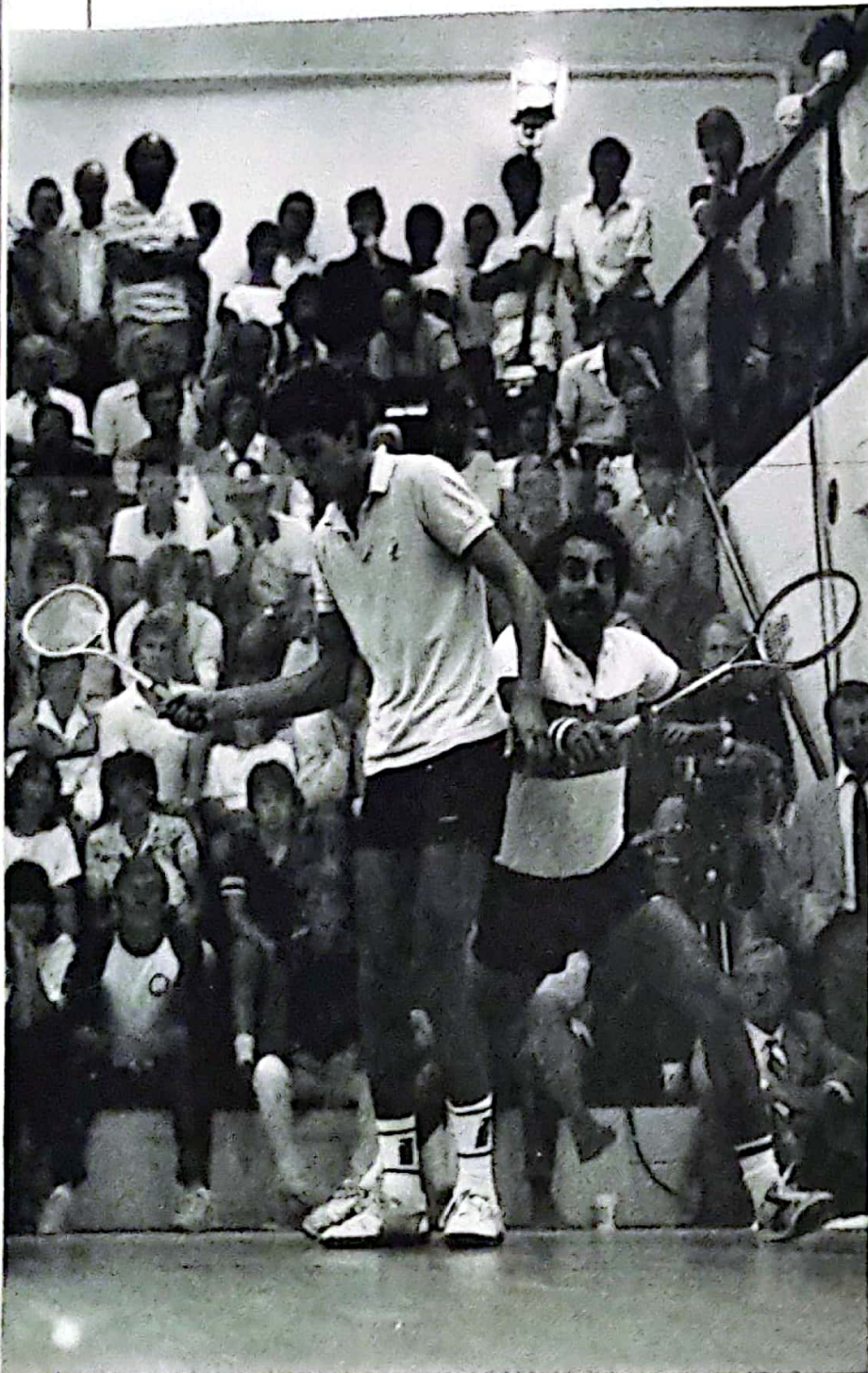


MASTERS GAMES  
JUEGOS VETERANOS  
JEUX DES MAÎTRES



## LIFESTYLE FOR A LIFETIME!

BY JAN ATKINSON



SPLIT DECISION FOR GORD ANDERSON AND SHARIF KHAN.

Squash players will readily admit that they are no longer in control of their lives. We have become addicts, requiring a regular injection to fend off the pains of withdrawal. The psychological and physiological addictions do not wane with time either. Our world and national champions may have only reached their early twenties but the vast majority of squash players fall into the baby boom generation. As this huge bubble of squash addicts mature, the demand for age category competition increases. The timing was perfect for the concept of the Masters Games.

Toronto played host to the inaugural event, August 7th to 25th. These "olympics for the mature athlete" proposed the philosophy of "Sport for Life" and President of the Masters Games, Dr. Maureen O'Bryan was not disappointed. Over 8,000 athletes from more than 60 nations competed in 22 sports. The Masters Games marked the first time squash was involved in an international multi-sport event. Indeed, a very major step for a sport which has so far been overlooked by the Canada Games, the Olympics and the Commonwealth Games. The squash organizers were determined to justify the inclusion of squash in the Masters Games and geared up to run a first class event.

As we all know, a squash event is much more than the competition on the courts. The ingredients for a successful event are an ample number of squash enthusiasts, blending comradery with competition and topped with a variety of social events. The organizers were blessed with over 320 squash players, who came to



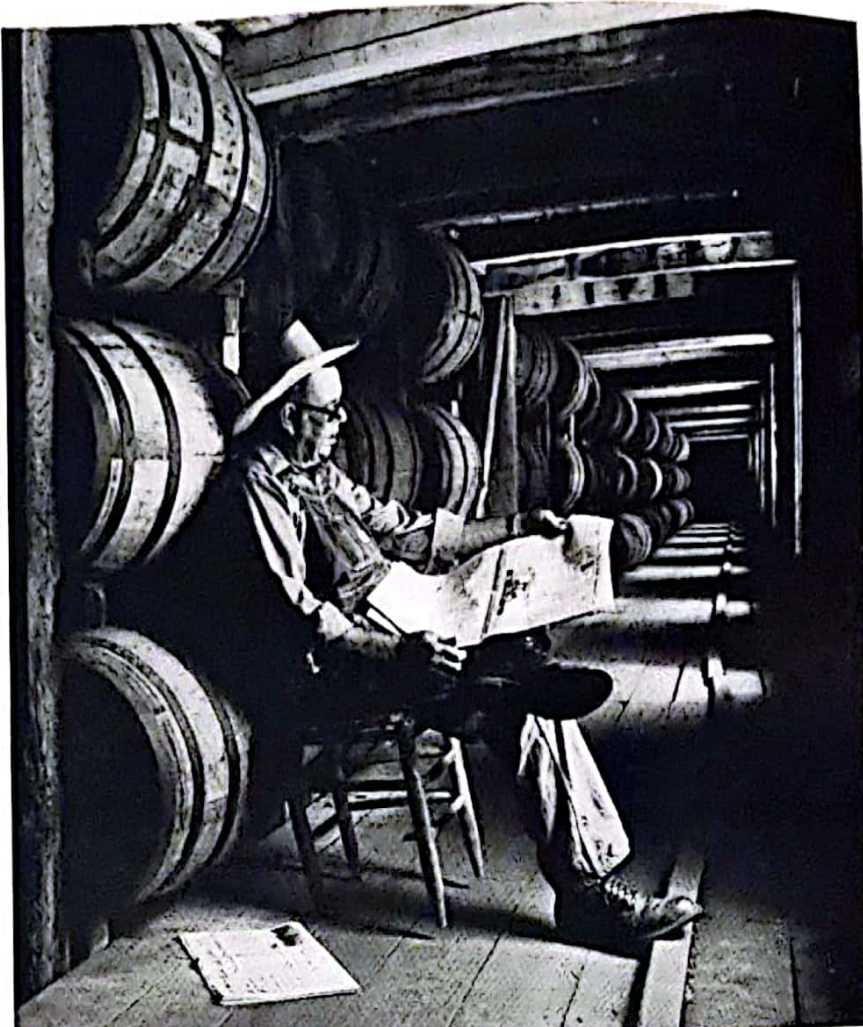
compete, to renew friendships and to make new ones. The icing on the cake was the social programme. The competition and social events began on Wednesday the 14th and ended in tandem on Wednesday the 21st. The competitors were treated to a floating cocktail party and disco aboard the Trillium, a dinner/dance, a barbeque and disco provided by The Keg Restaurants and a finals night closing party.

Somehow, between all of the social functions, there was time to fit in the actual squash events. Competition was offered in men's and women's hardball, international ball, doubles and mixed doubles. Within each game were five year age categories starting at 35 years. Players could play one event within hardball, international ball, doubles and mixed doubles to a maximum of three. The majority of players entered two squash events. It was encouraging to see so many of the overseas players try their hand at hardball and doubles.

#### Hardball Highlights

Gordon Anderson and Sharif Khan squared off in the over 35 final for a five game thriller. Gord won the first and second games and outlasted Sharif in the fifth to win top honours. In the men's over 40 event, Andy Pastor won a tough final over Steve Moysey. Steve had a semi-final victory over top-seeded Tom Poor but could not maintain the momentum through the final. The men's over 45 provided excitement from the semi-finals onwards. Rick Trumble managed to maintain favour with the referee longer than his opposition as Mo Khan found himself out of the action before the match was concluded. Rick was then matched against Cincinnati's Don Mills in the final. Don scraped home in the fifth having been up two games to none. Yusef Khan outmanoevered Morty Goldhar in the over 50 final. Montreal's Kevin Parker emerged unscathed in the over 55 event adding finalist Don Leggat to his list of victims. Charlie Butt handled Ken Lane with relative ease, winning the over 60 final in straight games. The women's over 35 final was all-American with Joyce Davenport an ecstatic winner over Mariann Greenberg.

CONTINUED ON PAGE 9



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Heather McKay remains unchallenged.

This was Joyce's first victory over Mariann in five years! The women's over 40 event was dominated by none other than Heather McKay. Heather remains unchallenged in any brand of squash.

#### Doubles Highlights

The mixed doubles event was dominated by the team of Joyce Davenport and Tom Poor. The local team of Tim Peterson and Barbara Savage were no match for the experienced American duo. Victor Harding and Steve McIntyre abruptly ended the fairy tale story of John Boynton and Rick Trumble. John and Rick scored a stunning come-from-behind victory over the top seeded team of Tom Poor and Gordon Anderson in the over 35 semi-final. The men's over 40 doubles final was decided by a shift in momentum. The favoured team of Mo Khan and Maurice Heckscher had a commanding two game lead over Andy Pastor and Peter Hall. At the start of the third game everyone seemed to shift gears and the Canadian team of Pastor and Hall took the next three games. It was all business in the over 50 event with

Don Leggat and John Fuller efficiently producing a straight game victory over Yusef Khan and Alan Cherry. The narrowest of margins determined first and second place in the men's over 60 division. At 17-all in the fifth game, the team of Gord Guyatt and Eric Wiffen produced an error making Robert Hicks and James Carrington the champions. Heather McKay earned her second top finish in the squash as she and partner, Barbara Savage, fairly cruised to victory in women's doubles action.

#### Soft Ball Highlights

Sharif Khan evened the score against Gordon Anderson as he won a five game final before a huge gallery at the Valhalla Squash Club. Australian Peter Wright won the over 40 event over a surprise finalist. Many times decorated hardball and doubles player, Peter Hall, distinguished himself as a major threat in the international game reaching the final at the expense of the top seed. Gerry Shugar earned himself yet another championship in the over 45's against

CONTINUED ON PAGE 10

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his seemingly perennial opposition, Paul Wilson of Peterborough. The over 50 final was an all-Australian show with "switch-hitting" Agustin Adarraga dominating the final. His two forehands had his opponent, Ian Hocking, and the referees baffled. Kevin Parker was the class of the over 55 category, defeating Don Allen of England in the final. Australian Fred Green took on all challengers in the over 60 event and handily won all rounds including the final against Cecil Yolles. Barbara Diggins won a decisive final over Joyce Maycock in women's over 35 action. Heather McKay was as efficient in her over 40 final against Ottawa's Penny Glover. This gave Heather a perfect record of three events entered and three won. Calgary's Kathy Lundmark secured first place in her win against Zimbabwe's Sue Pichanick in the women's over 45 event. Goldie Edwards of Pittsburgh was the strength of the over 50 event, overcoming an all-Australian field.

The atmosphere during the squash was one of excitement and enthusiasm. The feeling was virtually contagious. No doubt a similar spirit was being experienced by all the participants in the other 21 sports. This was more than a squash tournament, this was a big event, history in the making. Plans are already underway for the second Masters Games in Denmark in four years time. As the final curtain closed on the 1985 Masters Games you got the feeling that 1989 was somehow going to be bigger and better!

Thanks to the host clubs for their co-operation and support. (The Squash Academy; Toronto Cricket, Skating and Curling Club; The Toronto Racquet Club; The Fitness Institute (Willowdale); Royal Canadian Yacht Club; Mayfair Parkway Racquet Club and Valhalla Squash Club). Special thanks to Kathy and Brad Bond of The Keg Restaurants who really got behind squash and to the very many volunteers who gave their time and expertise to a mammoth project. The last word is reserved for the participants. To all of you, thank you for entering. You make it all worthwhile. See you in Copenhagen in 1989!



### International Singles

- 35+ Sharif Khan  
Gordon Anderson  
Leo Smits  
40+ Peter Wright  
Peter Hall  
Tom Vanaselja  
45+ Gerry Shugar  
Paul Wilson  
Chris Gray  
50+ Agustin Adarraga  
Ian Hocking  
David Cooke  
55+ Kevin Parker  
Don Allen  
Doug Allen  
60+ Fred Green  
Cecil Yolles  
Mac McLeod  
35+ Barbara Diggins  
Joyce Maycock  
Vicki Gleeson  
40+ Heather McKay  
Penny Glover  
Mariann Greenberg  
45+ Kathy Lundmark  
Sue Pickanick  
Inge Weber  
50+ Marigold Edwards  
June Skates  
Bonnie Townsend

### MASTERS GAMES MEDALLISTS

#### Hardball Singles

- 35+ Gordon Anderson  
Sharif Khan  
Sean McDonough  
40+ Andy Pastor  
Steve Moysey  
Ron Graham  
45+ Don Mills  
Rick Trumble  
Glynne Jenkins  
50+ Yusef Khan  
Morty Goldhar  
John Wildman  
55+ Kevin Parker  
Don Leggat  
Bill Richards  
60+ Charlie Butt  
Ken Lane  
James Carrington  
35+ Joyce Davenport  
Mariann Greenberg  
Sharon Schwarze  
40+ Heather McKay  
Annette Andrews  
Blithe Runsdorf

#### Hardball Doubles Mixed 35+

#### Men's 35+

#### Men's 40+

#### Men's 50+

#### Men's 60+

#### Women's 35+

- Tom Poor & Joyce Davenport  
Tim Peterson & Barbara Savage  
Alan Pyle & Lynda Howard  
Victor Harding & Steve McIntyre  
John Boynton & Rick Trumble  
Rick Lawler & Sean McDonough  
Andy Pastor & Peter Hall  
Mo Khan & Maurice Heckscher  
Riivo Ilves & Mike Spencer  
Don Leggat & John Fuller  
Yusef Khan & Alan Cherry  
Brian McKay & Ted Morgan  
Robert Hicks & James Carrington  
Gord Guyatt & Eric Wiffen  
Tom Fraser & Ken Lane  
Heather McKay & Barbara Savage  
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Anne Smith & Barbara Diggins



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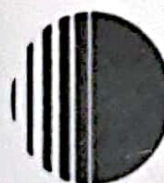
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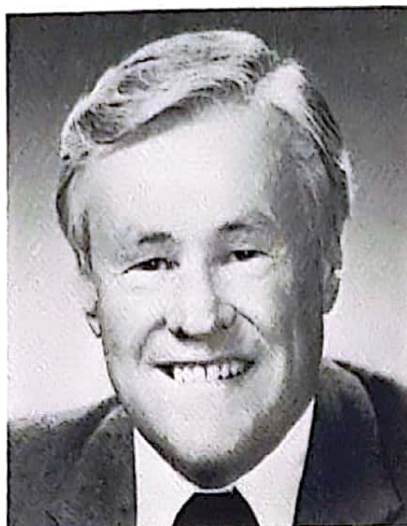


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INTERNATIONAL SCENE

## UNITED STATES GETTING SOFT ON SQUASH

BY IAN C. STEWART



IAN C. STEWART

The United States Squash Racquets Association's 1985 National Softball Championships, which took place recently, are taking on a much more serious appearance. This year's event was held in Houston, Texas September 6th to 8th and they not only had a men's and women's "A" event but included age category events from 35 to 70 years at every 5 year interval and a women's "B" and "C" Championship. It would seem to me it is important that Canada do everything it can to encourage the United States to promote the softball game through participation in their National Championships. I personally have tried over the past years not to take sides on the age old argument of

which game is best, but I do feel strongly that we should support both U.S. National Events. If we do this we may help bring the two games together.

I am often asked, "why isn't squash in the Olympic Games?" There are of course many answers to that question, but the most important one is that no sport will ever be accepted in the Olympics unless it has the enthusiastic support of either the Soviet Union or the United States. Squash is not played in the Soviet Union and softball squash only very recently has been played in the United States. There is no question that in order to get enough countries to participate in squash in the Olympics, it would have to be the International game. Consequently we must be sure the U.S. at least tries the softball game. It is well known that I have formed a committee which the I.S.R.F. have called for lack of a better name, a Rationalization Committee. This Committee was formed to try and bring the games together. Somewhere down the line and it might easily be 20 years from now, one truly International game will evolve, but I don't believe this will happen until a great majority of Americans have been exposed to the International game. The only way this can be done is through the promotion and active support of all first-class U.S. National Softball Championships. Several Canadians travelled to Houston to compete and hopefully, next year many more will do the same.



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# TORONTO LADIES HAVE BUSY SEASON AHEAD

BY PAULINE FORTIER

To all ladies who participated in tournaments during the 1984-1985 season — Thank you! During this season we attempted to standardize on a two-day tournament format and hosted the 'A' and 'B' Championships in conjunction with the Men's 'A' and 'B' events.

We felt that these factors contributed to the success of the tournaments that were held. (Unfortunately, the 'C' and 'D' Championships were cancelled due to lack of entries.) In addition, the Ajax Club rehosted one of the most successful women's tournaments this year — the Veterans. We wish to take this opportunity to thank all the members and ladies who have made, and are continuing to make, this tournament such a success.

Mayfair North has for the past few years started the Ladies season off with the Flight. As always, it was well received by the players and well run by the Mayfair staff. Our thanks to them.

We are looking forward to an exciting 1985-1986 season. The schedule is as follows:

Flight — Oct. 25-26 — T.B.A

'D' — Nov. 15-16 — Glendon

'C' — Jan. 17-19 — Toronto

Squash

'B' — Feb. 7-9 — Squash Academy

'Vets' — Feb. 21-22 — Ajax

'A' — April 4-6 — Mayfair

The major Championships will be held at the same time as the Men's. We encourage you to take part in these events. We have been told on numerous occasions that this is an excellent vehicle to see old friends, old foes and spend a fun two days exercising, eating, drinking, talking and enjoying yourself. Come out and try it. ●

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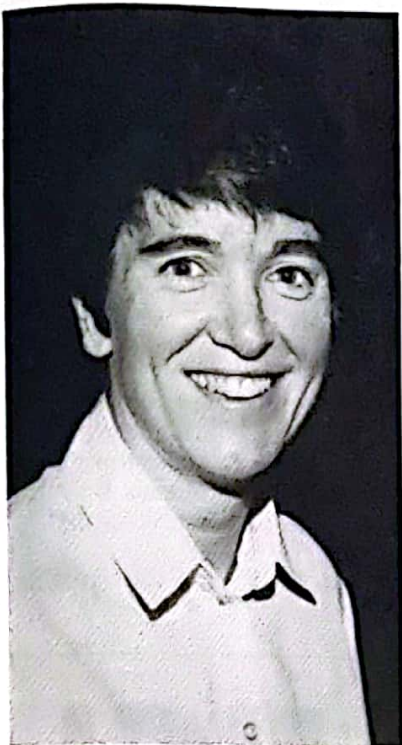
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**DR. ANNE SMITH**  
President, Squash Ontario

Communications is a vital aspect of any association and it became apparent at the annual general meeting in June that the Board of Directors must find a way in which to communicate more frequently with our regions and players. We have decided to institute a 'President's Column' in Squash Life Magazine with a view to keeping you up to date on our plans and policies and hopefully, to provide us with a forum in which to reply if questions are raised. Space does not permit lengthy replies and we may have to communicate directly with regional presidents on some occasions if we find we cannot answer all queries.

We chose Squash Life as the medium through which we can provide you with more information as it is the one programme which reaches into every club in the province. We welcome input into the magazine but remind you that, for financial reasons, space

is not unlimited and that all articles may not make the printing. If you do not succeed, try again and we will do our best to include your article next time.

You may have noticed that we did not publish a July/August is-

sue of Squash Life. Activity within squash clubs is somewhat low in the summer months and thus it is difficult to sell advertising for that particular issue. An evaluation of the situation prompted the decision to cease publishing a

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Mayfair Lakeshore scheduled to open fall '86.



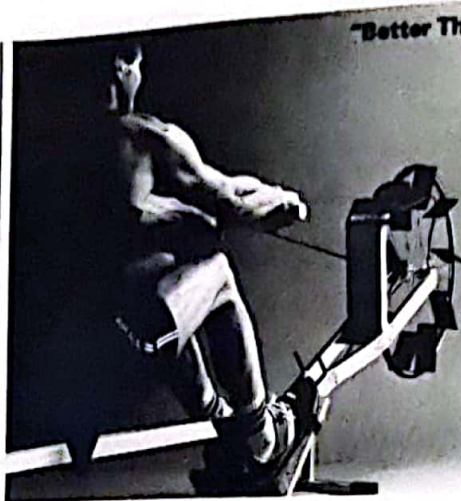
July/August issue in the future.

There was some discussion relating to the significance of an abstention in the voting at our annual meeting. Only votes cast 'for' or 'against' count which means that the Western Region's motion encouraging our eyeguard policy was passed. We will continue that policy for all provincial tournaments for the coming 1985/86 season and therefore eyeguards will be mandatory for all players in these events.

One of our major projects last season was 'Operation Zucchini'. This marketing programme proved to be an outstanding success and showed that people's levels of squash awareness can be increased significantly by utilizing the media of newspaper and radio advertising. Results indicate a jump in awareness levels from 13th position to 4th. In view of these findings, Squash Ontario plans to put together a package for owners of member clubs within Ontario to assist them in promoting their facility as well as the game. We are currently looking at the funding for such a project and hope to be able to give you something definite at the beginning of

the new year. Spring and summer have not been successful times to obtain financial support for the project which is disappointing as the squash season starts in the fall. 'Zucchini' will be followed up and we will keep you informed.

Our programmes for Coaching and Officiating will continue this year under the chairmanships of Tony Swift and Bill Warren respectively. Three very successful junior and adult summer camps were run this past August under the coaching expertise of England's Barbara Diggins, assisted by Sudbury's Andre Mrozewski.



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Before wishing you all a successful and fun season, I have sad news for both Ontario and Canada. Heather and Brian McKay have returned to Australia. We are sorry to see them go but wish them well in their new ventures. Squash Ontario was pleased to give them a gift on behalf of all our players as a small thank you for the contribution they have made to the development of squash in this province. We hope they will return to visit us before too long.

Good luck in the coming season. ●



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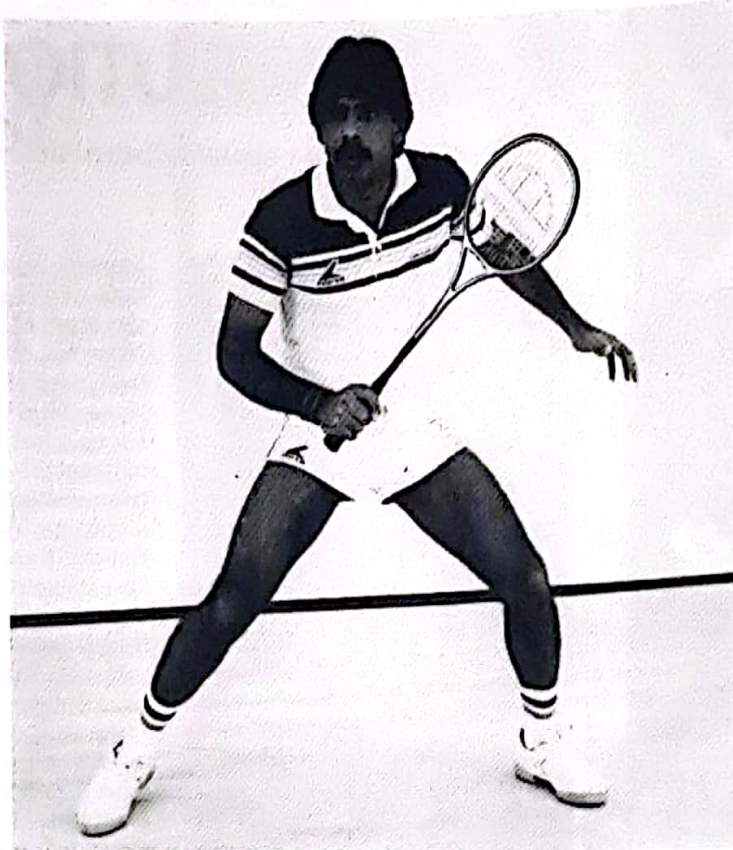


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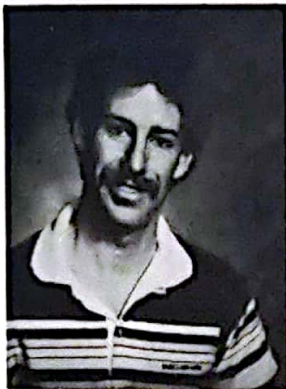
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## PRO'S CORNER

# NEW SEASON'S RESOLUTIONS

BY DENNIS GOODFELLOW



Summer has faded and the water skis, golf clubs and sail boards are now being replaced by your court shoes, racquets and eye guards. This year, as you no doubt try to do every year, will attempt to bring some order into your return to the squash courts. Even if you remained a casual player over the summer months some serious thought should be given to your program this year to make 1985-86 the most successful squash year yet. Whether your goal is to make a house league "D" team, Toronto and District "A" team, or just to beat the person four places ahead of you on the ladder, a regimented order of things should be tackled first. Make yourself some promises and stick to them. For example, "I am going to stretch before and after each match, even if I'm running in from the office with no time left but to change and play."

The older you get the more important this becomes. I was plagued with a back injury for 8

months last season, all for the lack of being flexible enough at the start of each 40 min. session. Now my flexibility is up 100% from even the healthy days due to some religious stretching. If you haven't got a club pro or fitness instructor, borrow some time from someone you know who has a routine. As well, the Canadian Squash Racquets Association has an excellent squash fitness training manual which includes flexibility and strength.

If you can't manage the court time out on your own to practice some very important skills, approach all your initial matches with a certain goal in mind. For example, "Today I'm going to hit every ball from the back on to the cut line; after every stroke my objective is a good solid "T" position. No matter what the score is, or who I'm playing, all my cross courts are going to hit the back of the service box, etc." Pick one important skill per match and make a serious effort to use it.

Remember; match tactics and game plans can only be effective if the proper skills have been put in place first. Again, it is a long season, with probably most of your important squash being played after January; club tournaments, charity challenge, provincial championships, etc., so don't peak too soon ease back slowly.

Stretch + skills + stretch + physical fitness + stretch + patience = A Productive Squash You. ●

*Dennis Goodfellow is a Certified Level III Coach. He is the professional at the Ajax Recreation Centre and is currently Vice President of the Canadian Professional Squash Association.*



# SMIRNOFF GIVES WOMEN'S SQUASH A BOOST.

September traditionally marks the beginning of the squash season in Canada and this year the women's scene is set to get off to a most auspicious start with back to back international events.

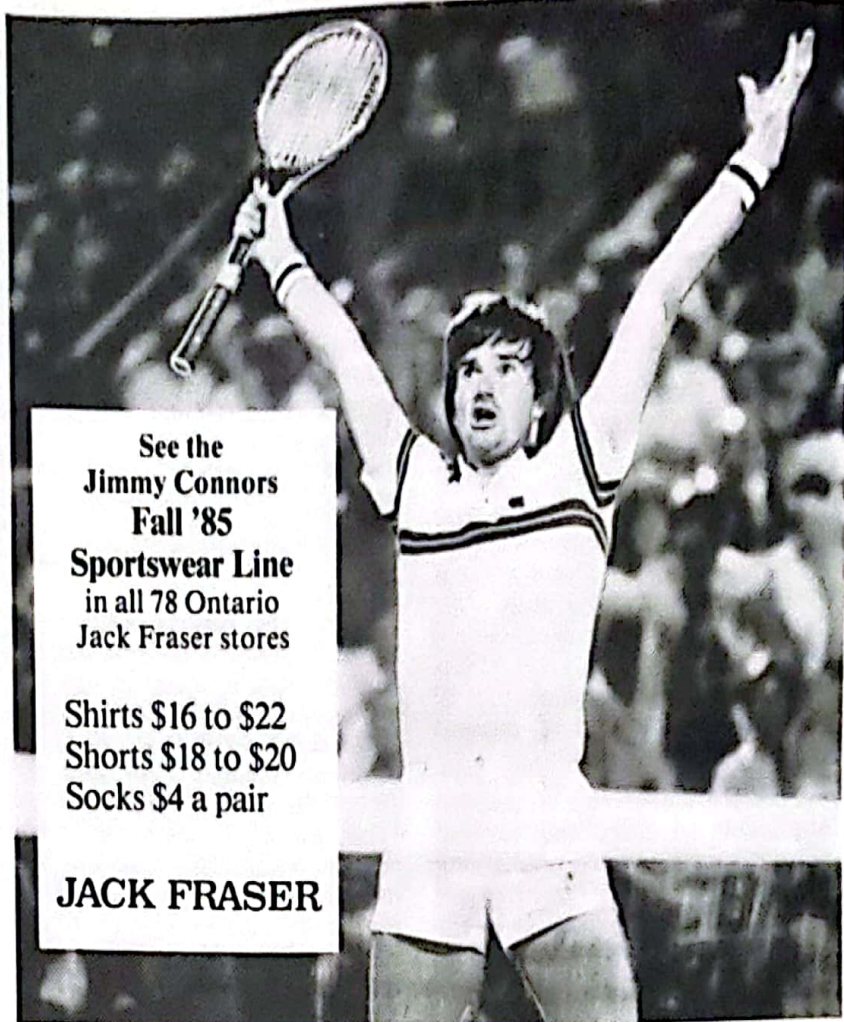
The Judy Traviss will be hosted by Mayfair Parkway Racquet Club on the weekend of September 20-22, 1985. This tournament was started twelve years ago by friends of Judy Traviss and has achieved a tradition of excellence over the years. Sponsorship support comes from Longines-Wittnaer, V-8 Juice, Uvex, Cadbury's Snack and Penny Sparling.

Following on the heels of the Traviss, is the Smirnoff Canadian Women's Open which will be hosted by the new and picturesque Harbour Club in Belleville. Top internationally ranked players will be competing for \$10,000 in prize money, the largest purse ever offered in a Canadian women's event.

The weekend is planned to provide lots of exciting entertainment for everyone. Top calibre squash, an art exhibition and a fashion show by Sea Queen will all combine to make the weekend an outstanding success.

The line up of stars for both events reads like a 'who's who' of the world's best women squash players. Confirmed entries have been received from Martine LeMoignan presently ranked No. 2 in the world, Alison Cummings at No. 7, Heather Wallace of Scotland and Canada's own Gail Pimm who had a remarkable season last year, moving from No. 10 in the country to the number one position.

Anyone interested in attending the Smirnoff Canadian Open or finding out more about it should contact Tournament Chairman, Anne Green at (613) 966-2334 or Nancy Wade at (613) 962-6392. ●



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# KHAN'S WINNING EDGE

BY CHRIS MCGALE AND VICTORIA GARDINER

Earlier this year, Psychology Today devoted the main part of an issue to the relatively new field of Sports Psychology.

One of the articles quoted Michael Mahoney, a clinical psychologist who researches sports psychology at Pennsylvania State University. He said, "At this level of competition (world class, elite athletes), the difference between two athletes is 20 percent physical and 80 percent mental."

This statement can be deemed applicable to many and varying sports ranging from tower diving to weight lifting to racquet sports. It certainly applies to the current situation in professional squash.

During the recent Skyline Can-

adian Pro Squash Championships, The Skyline Club sponsored the 3rd Annual Pro Fitness Contest in conjunction with the tournament. Several top players participated in the contest, including Chris Dittmar, Jahangir Khan, Mario Sanchez and Mark Talbott.

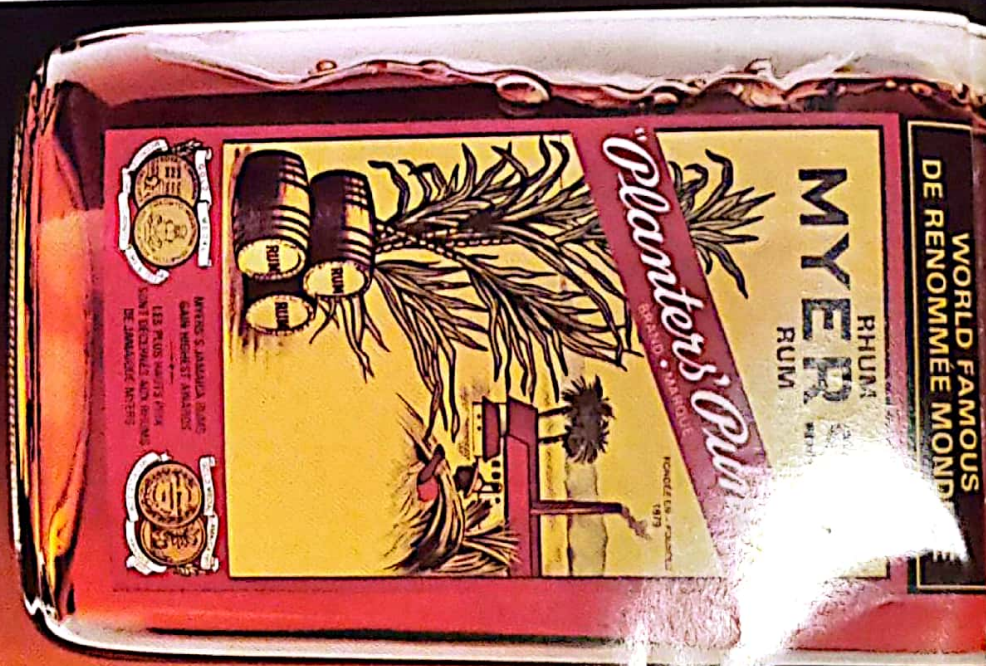
When the results were tabulated, Jahangir Khan emerged the winner. This in itself is not surprising in view of Khan's current No. 1 standing on both the International Softball Tour and the North American Hardball Tour. What was very surprising to the contest organizers was the minute differences in results of the top three finishers. Khan's overall score was 68.7. Mark Talbott who finished second and Alberto Nunez who finished third were

both within one point of Khan's results. Admittedly, in the cardiovascular testing, Khan was 10% higher than the average North American squash pro. However, even in this area, the difference would go unnoticed except for rallies of especially long duration and high intensity.

Based on the scientific data, it appears that while Khan's excellent conditioning is a factor, it does not account for his total dominance in the game of squash. The inevitable question is, "What is his winning edge?"

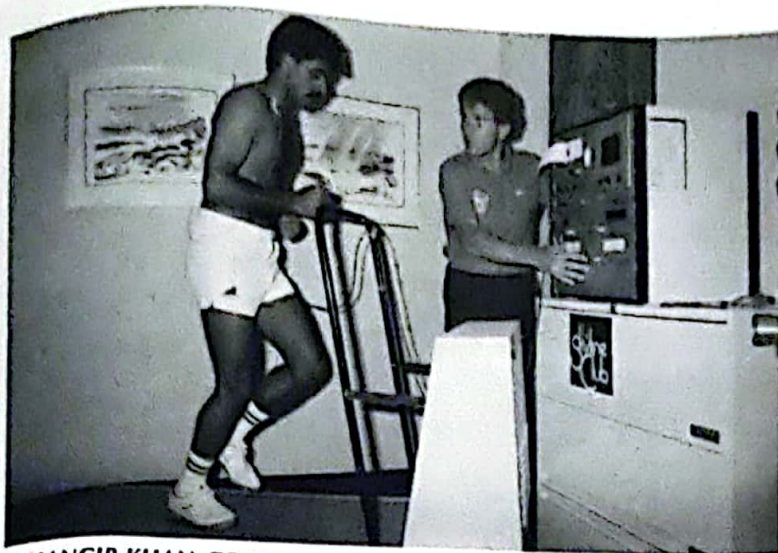
In response, consider Khan's superior powers of concentration and his ever-cool demeanor on court. While his attention may falter occasionally, Khan seems able to overcome the distractions and re-focus at critical moments. Thus, the overall impression of a Khan performance is one of harmonized physical AND psychological effort.

Certainly, this harmony does not go unnoticed by his opponents, many of whom quietly acknowledge Khan's superiority. Ironically, it is this acknowledgment which may contribute signi-



IN THE WORLD OF RUMS, THIS ONE STANDS





**JAHANGIR KHAN, TOTAL FITNESS**

ificantly to a player's losing ways. Studies from Case Western Reserve University have shown that when an athlete believes his opponent has an advantage over him, he will perform poorly or choke. This choking causes the athlete to become self-conscious, which tends to disrupt the automatic quality of the game and makes performance unreliable.

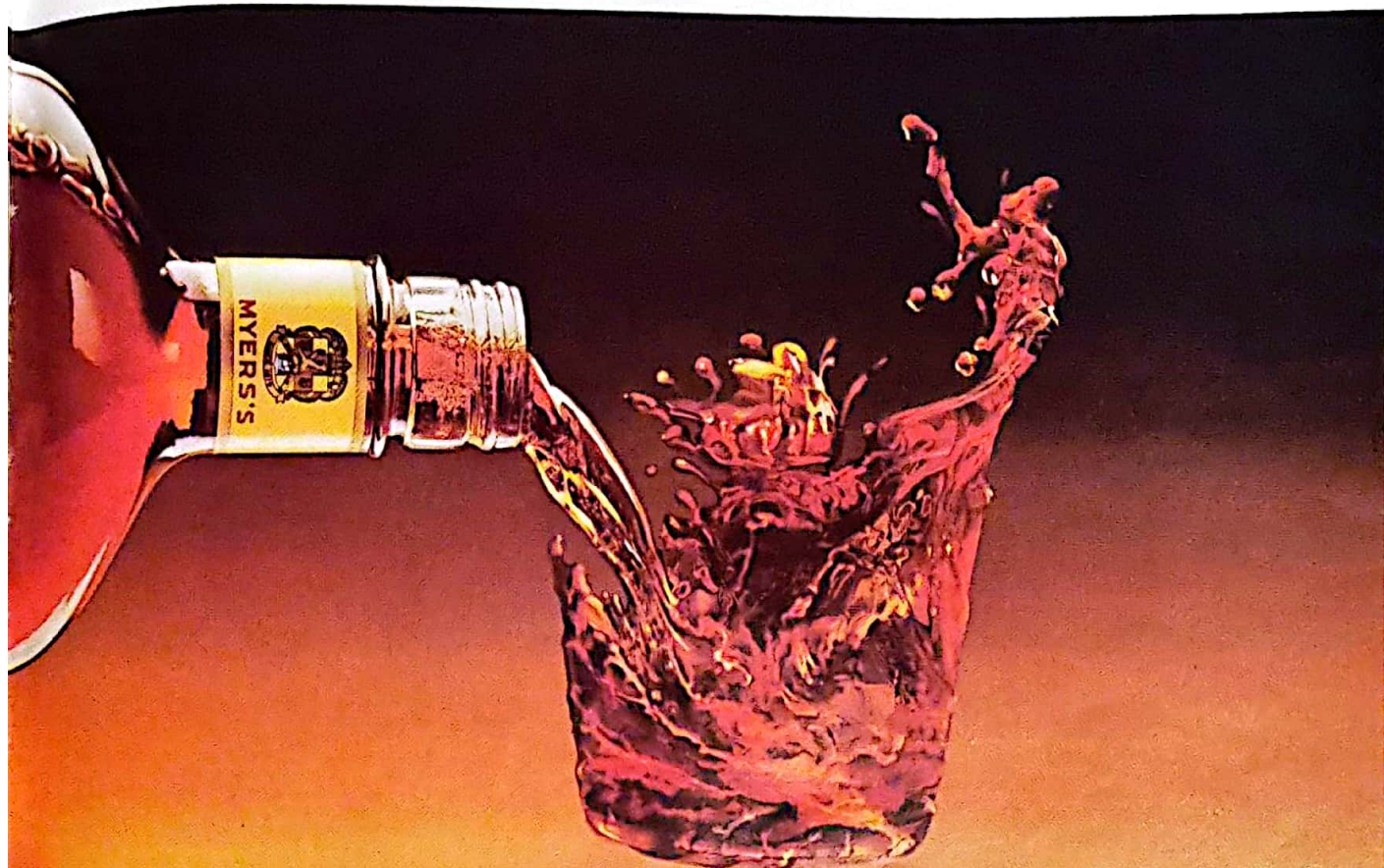
An additional psychological complication exists when an in-

dividual faces a friend on court. On the professional squash tour, as in women's tennis, the field is still relatively small. As a result, players find themselves travelling, socializing and competing with each other week after week during the season. While the camaraderie may make the rigours of the tour more palatable, friendship certainly undermines a player's winning attitude. The difficulties in questioning a

friend's line call or bounce are obvious.

In summary, the organizers of this year's Pro Fitness Contest would like to commend the three top finishers on their superior fitness levels. Squash is indeed a unique sport which combines the explosive power of soccer or hockey with the endurance of middle distance running and the co-ordination and accuracy of golf; and, therefore, world class squash players are deserving of recognition for their ability. Knowledge of this allows us to conclude that fitness training is the most important factor at the club level squash. However, for our research and observations, we feel that the difference between fitness levels of professional squash players is so minute that they should consider the use of sports psychology to help maximize their efforts.

Fitness professionals and enthusiasts who wish specific details regarding test results are invited to contact Chris McGale, Fitness Director at The Skyline Club. ●



**S ALONE. MYERS'S PLANTERS' PUNCH RUM.**



# HARBOUR LIGHTS

## Belleville Marina Gets Facelift

Situated along the shores of the St. Lawrence River is one of Ontario's newest and most picturesque clubs. The Harbour Club is the latest jewel in the crown of the Morch Marina which has been servicing the Bay of Quinte sailors for many years. In pre-war times, the marina was owned by J.J. Morch, father of the present club owner, Ian Morch.

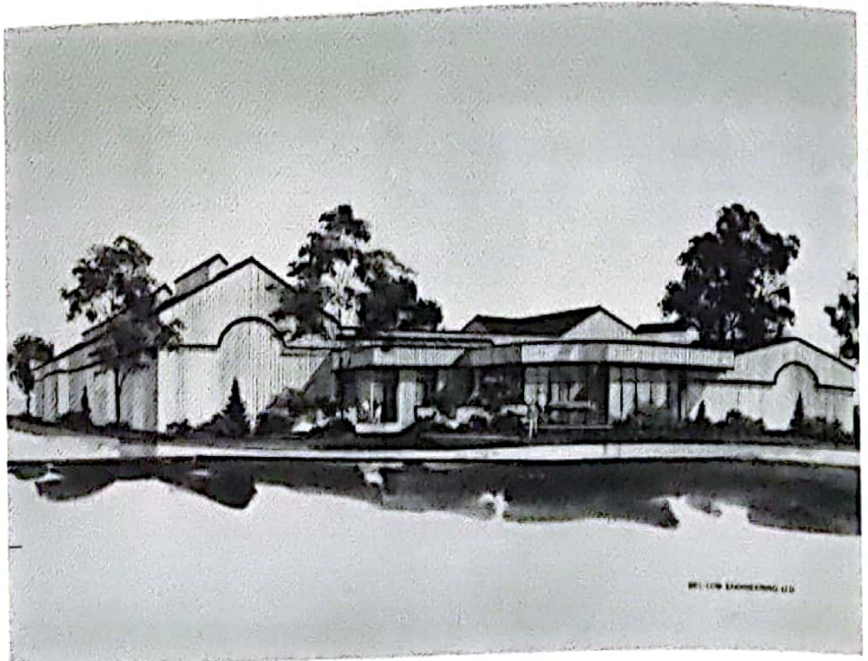
Many years ago, the area was an active shipbuilding factory as well as a marina. During the war, it was converted into an aircraft factory only to return to building ships after the war. Eventually the factory was phased out and it became strictly a marina.

The area is a popular spot for Belleville boat owners and attracts many, many Canadian and American tourists each year. It seemed a natural decision to expand upon the recreation facilities and thus was born the Harbour Club.

The facelift from factory to squash facility was a relatively easy one. Two abandoned warehouses were joined in the middle by the building of a swimming pool and suddenly the skeleton began to take shape.

Recreation facilities are usually successful if the management is able to create a friendly and comfortable environment for its members. The Harbour Club has certainly achieved this ambience and all 1,500 members are able to relax and enjoy themselves in what is essentially an extension of their own livingroom.

The Harbour Club includes four international squash courts, two



racquetball courts, an exceptionally well appointed open nautilus area, the pool of course, and a day care centre.

The Club prides itself on its large dining room which boasts a lovely patio overlooking the harbour. A perfect place for a romantic dinner or a family gathering. Upstairs is another dining room and lounge with a large aerobics room, conference room and viewing for all the racquet courts. Great attention to detail has been exercised in decorating this area, highlighted by many large couches, strategically placed to afford comfortable and optimum viewing of the courts.

The Harbour Club opened its doors in October 1984 and since that time has become a most popular spot in Belleville. It will cele-

brate its first anniversary by hosting the Smirnoff Canadian Women's Open during the last weekend in September. This event will attract some of the finest women squash players in the world as they compete for \$10,000.00 in prize money.

The Harbour Club offers something for everyone and is sure to keep the people of Belleville both happy and fit for many years to come. ●

*This space is reserved for member clubs of Squash Ontario. We invite clubs to participate by sending a short write-up and photographs to Squash Life. Reprints are available at minimal cost. For more information, please contact Squash Ontario, (416) 295-4140.*



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