

SQUASH

LIFE

Fall 1994

\$2.50

FREE AT SQUASH CLUBS

1 Hour 'Martin'-izing!

WORLD
SQUASH

Country

SQUASH LIFE

Fall 1994

\$2.50

C O N T E N T S

- 4 Women's World Open
- 7 What's New
- 12 Quest for Gold
- 14 Catching Up & Starting Fresh

Departments

- 10 Coaching Corner
- 18 Club Focus



'94 World Champions from Australia
Carol Owens, Liz Irving, Michelle Martin, Sarah Fitz-Gerald

Photo: Stephen J. Line

Sherry Funston Managing Editor
Joe Stewart President
Norma Graham Vice President Technical
Ann Gray Vice President Finance
Larry Lanthier Vice President
Lynn Miller Vice President
John Wright Technical Director

Richard Eaton Guest Contributing Editor
Gail Pimm Contributing Editor
Stephen J. Line Photographer

Linda Henderson Design and Composition
Robert G. Soper Printer (Bowne of Toronto)
Harry J. Allen Jr. Advertising Sales for
FRESH IDEAS MARKETING INC.
135 Heddington Avenue
Toronto, Ontario M5N 2K9
Telephone: (416) 484-0060
Fax: (416) 487-0062

Sherry Funston Advertising Sales for
Squash Ontario
1185 Eglinton Avenue East
North York, Ontario M3C 3C6
Telephone: (416) 426-7201
Fax: (416) 426-7393

SQUASH LIFE is published 3 times a year by Squash Ontario,
1185 Eglinton Avenue East, North York, Ontario M3C 3C6
Telephone (416) 426-7201 Fax (416) 426-7393

It is published to give voice to and promote squash in Ontario. 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.

The contents of this publication may be reproduced or broadcast, provided credit is given to **SQUASH LIFE** and author.

The views expressed in **SQUASH LIFE** are not necessarily those of Squash Ontario.

Over 5,000 copies of **SQUASH LIFE** are distributed on a complimentary basis to member facilities in the province, as well as to a number of clubs and associations across Canada.

VOLUME 20, NO. 1

Women's World

Quiet uncle keeps it in

By Richard Eaton
of the Sunday Times, England

The biggest influence on the outcome of the Women's World Open was a man so quiet and unobtrusive you might have missed him. Bespectacled, short, and intently self-possessed, his most conspicuous characteristic was an enigmatic half smile as though he had acquired the secret of the lost ark. "I owe what I have achieved to him," said

Michelle Martin after winning the title again.

If what she says is true then he possibly is keeping quiet some kind of special formula. Martin has completed two World Opens without even dropping a game, having wrecked similar devastation in two British Opens. The 27-year-old Australian who was just another good player in the pack when

Susan Devoy retired in Vancouver two years ago is now ahead of the field by a distance.

The man apparently with the secret of how she has done it is Lionel Robberds, a Sydney barrister. It was he who approached her and suggested she adopt his regimen. In the process he has instilled the virtues of careful planning and a meticulous routine in training. These have helped turn a slightly plump and occasionally ponderous player into one able to take the ball consistently early, to use better the volleying skills she always possessed, to hit harder and to apply more pressure than anyone on the circuit.

Robberds is also Martin's uncle. He is father to Mark Robberds, a good player who competed on the men's circuit in the 1980's, and uncle also to Brett Martin, world number two, and Rodney Mack, the 1991 World Open champion. He can thus claim to be an important part of a family as remarkable in a different way as the Khans of Pakistan. No other family had a male and a female world champion. Michelle's victory in the final in Guernsey was so one-sided there were moments when it threatened to become embarrassing. Cassie Jackman, billed in 1992 as the next world champion, lost 20 points out of 21 up to 0-3 in the third game. It looked as though it might develop into the biggest mismatch since the first final in 1976 when another Australian, Heather McKay, beat another Jackman, the unrelated Marion, for the loss of only four points.

Michelle's barrage of drives, interspersed with some damaging fast boasts, briefly lost a little momentum, and Jackman lost her temper. It was possibly the best thing she could have done. The 21-year-old English woman flung her racquet noisily down on the floor, and found a surge of adrenalin and a sequence of good rallies which at least earned her a few points.

Michelle Martin...unflappable and unbeatable as she easily retains her world title over Cassie Jackman.

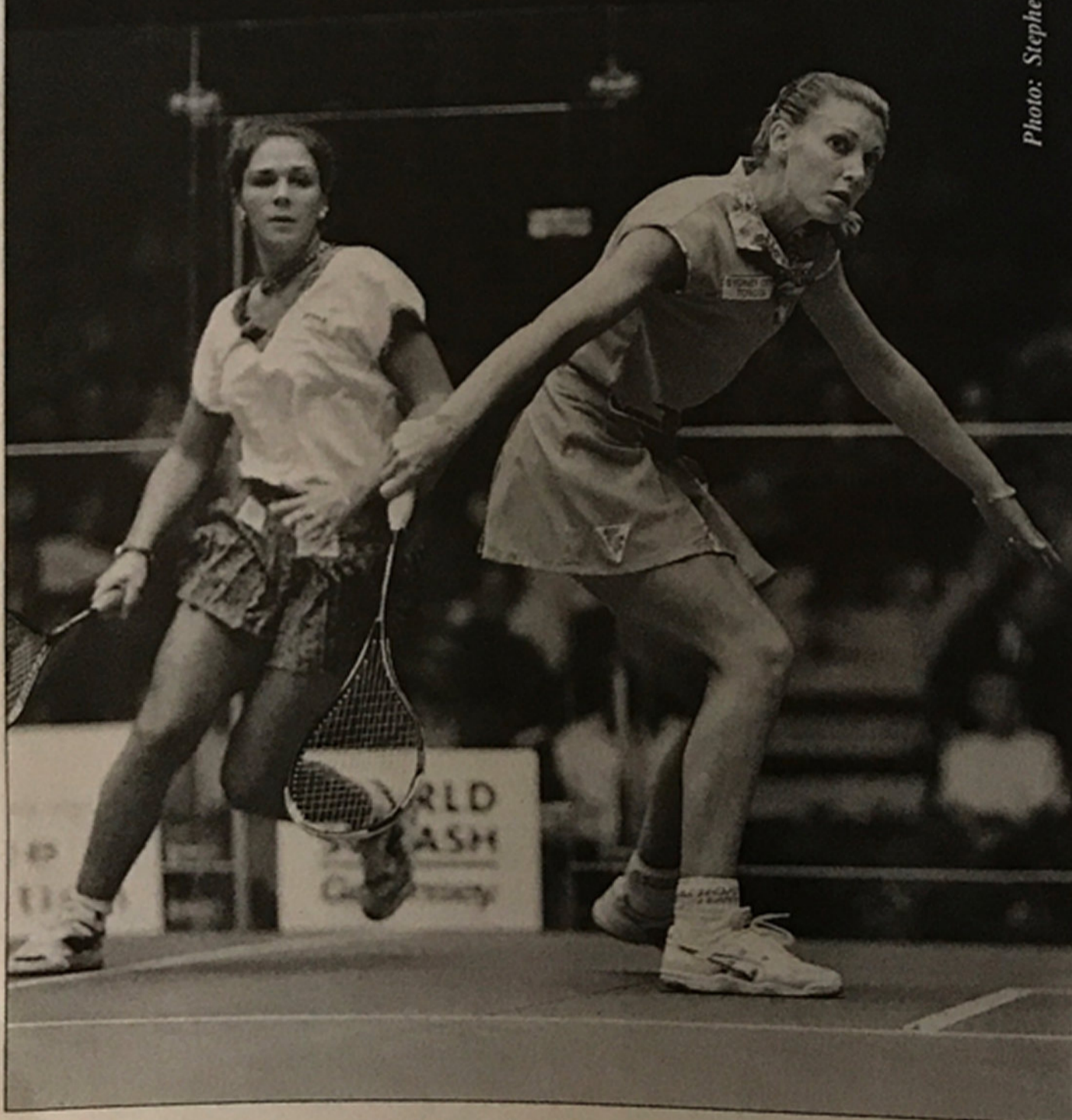


Photo: Stephen J. Line

Open *the family*

The final score was 9-1, 9-0, 9-6, though a more important calculation was that Martin is developing from a good player into a great one.

Would the older and more experienced Suzanne Horner have helped provide a better showpiece final for so important an event? The world number two had been unlucky that the seedings were done immediately before the highest ranking of her career, denying her the second seeding slot which might have helped her, at the age of 31, to her first World Open final. Instead Horner met Martin in the semi-finals, losing 9-4, 9-4, 9-6, doing enough to reveal a greater willingness to volley, a better drop and a stronger determination to mix the rallies up, but not enough to bother the implacably attacking Aussie.

Horner however did provide one of the stories of the tournament. Entitled "no room at the Inn for Horner's hubby" and splashed across a British tabloid, it created a sequel to the argument between Richard Horner and the England management over team policy in Sydney in 1990 when the husband was obliged to share an apartment with the Irish ladies (who were reportedly most accommodating).

This time the English players had to sign a contractual agreement that no spouses or partners should share the same accommodation during the team championships. Hence Horner had to wave goodbye to hubby, who went home after the World Open because he didn't fancy a repeat of his previous banishment. The Irish declined to comment.

Instead of Horner, Liz Irving was seeded two but was beaten in the quarter-finals. Still suffering from a bad back "caused by unequal hips", Irving led 8-5 in the fifth but lost 10-8 to the England number five Fiona Geaves, a fine exponent of the short game who thus repeated a win she had in Singapore. The only upset to compare



Photos: Stephen J. Line

Canada's Heather Wallace came closest to troubling Michelle Martin

with that was the defeat of the former world champion Martine Le Moignan by the England number seven Linda Charman in the second round.

This was a promotional body blow for a tournament held on an island of only 200 square miles and 58,000 people, most of whom had been willing their local heroine to challenge for another world title.

Charman was good at cutting the ball off on the volley and Le Moignan a little slow at plunging around in the front court, which was where her opponent got many of the important rallies played. It was the Guernsey woman's last open tournament, and instead of a grand finale, it proved a bit of a post-curtain epilogue.

The player who came closest to troubling Martin was Heather Wallace. Accurate, consistent, thoughtful in her tactical choices and playing her best squash for months, the Canadian number one was not far from taking the first game from the champion. Indeed Wallace's 10-8, 9-6, 9-7 defeat was a minor personal triumph, and she looked as though she might have been on the way to significant progress in the team event against England when it all turned to tragedy.

Wallace was a game up against Horner. Early in the second she was darting for a short ball in the front right corner when she stopped as if cut by a scythe. She knew immediately she had hurt her achilles and said so. For a moment or two there were tears of frustration. But, by the time a stretcher-trolley wheeled her from the court, she was smiling bravely. She will need that courage. The achilles was reportedly hanging together by a strand and the early prognosis was that she may be three months out of the game. But it may leave time to be ready for the Pan American Games. And Wallace should be able to rescue her career.

After that Canada slipped to 12th place. South African reached the semi-finals for the first time and finished third. England, beaten last time by New Zealand in Vancouver in the biggest shock in the team event's history, got their revenge over the Kiwis and reached the final. But there they were humiliated.

Not only did the Australians win 3-0 but they won all three contests by three games to nil. Martin trailed Horner by 3-6 in the first game and by 5-6 in the third, but again beat her three straight, and Irving ensured that the tournament's second final would also be an anti-climax, by easily completing Australia's winning 2-0 lead.

Canada may inadvertently have played a part in this. They appealed the World Squash Federation panel, claiming that Irving, whose injury had temporarily left her on crutches after losing to Geaves, was not fit to be named in the Australian line up.

This was followed by an English appeal against Irving playing at number two, and the WSF instructed that she be demoted

one place. The Brisbane woman's beautifully produced strokes proved far too good at number three for the hard-working Sue Wright. Irving won 9-1, 9-5, 9-6 and Wright, like a galley slave, ran everywhere.

The dead match between Jackman and Sarah Fitz-Gerald proved just that. It was the most disappointing team final yet, in one of the most disappointing world championships there has been. Too many one-sided contests and too many short rallies and a rather slow showcourt with an especially slow front wall.

On one of the warmer side courts The Netherlands were winning fifth place in

the match of the tournament against Germany, with Marjolein Houtsma coming from two down to beat Beate Seidler 5-9, 4-9, 9-3, 9-4, 9-5. The ball bounced high and deep. It was a thriller. No coincidence in that.

Otherwise this had mostly been one of those rare occasions when the later stages of a major women's event did not provide better entertainment than you usually see in the later stages of a men's. The tickets thus appeared over priced and the crowds were small. It is important to seek ways of preventing such disappointments from happening again. ○

**Warning:
Beware of
Bigfoots**

Take a short-cut to the next level!

BigFoot **Plus**
BigFoot **Plus SF**
BigFoot **Plus SUPERLITE**

MANTA
100 DAY GUARANTEE

#1750, 633 - 6th Avenue S.W.
Calgary, Alberta T2P 2Y5
Phone (403)777-1477 Fax (403) 777-1470

Everything Old is New Again!

By Sherry Funston

There is something quite invigorating in bringing together so many of our key volunteers from across the province. In its formative years, Squash Ontario always held its Annual and General Meeting of Members in June, at the conclusion of the squash season. Several years ago, the Board of Directors decided that the Association and its volunteers might be better served if the meeting "kicked off" the season and this has proven to be the case.

In September, over 50 volunteers - regional presidents, junior committee members, officiating instructors and a number of others just generally interested in the Association, gathered at the Valhalla Inn in Etobicoke. The day and a half meeting began with something new - an Event Management Symposium. Everyone who would be hosting either a provincial or junior open championship was invited to attend and the intent was to ensure that there is consistency in terms of how these events are run - from preparation of the draws, to seedings, to the role of the official. Next year, attendance by chairs (or their surrogates) of these particular events will be mandatory. Squash Ontario believes that players, when entering one of these events, should receive value for their entry fee and fairness in how draws and seedings are done is part and parcel of value.

The producer of this show had no trouble casting the starring roles. As is often the case, talent is as close as your nearest volunteer. Taylor Fawcett, squash professional at Toronto's Adelaide Club and chair of our Rankings & Competitions Committee, led off the evening with a full discussion of roles and responsibilities of both Squash Ontario and organizing committees - what we expect of them and what they, in turn, can and should expect from us. John Wright, while not a volunteer, gave an excellent presentation on various types of draws, seedings and rankings. Last but by no means least, came Bryan Drew, our chair of the Officiating Instructors' Committee

who gave the group some valuable information on the role of the official at these events.

The Symposium set the tone for the rest of the weekend.

Squash Ontario is facing new and complex challenges caused by many factors affecting the Association, its members, and stakeholders. Financial support from the province, which has traditionally underwritten programmes such as rules clinics, junior club programmes and school squash, has been decreased drastically over the past three years. The advertising and corporate sponsorship environment is also changing; more organizations pursuing fewer available dollars. We must respond to these changes so that we can operate from a position of strength and we are convinced that this strength must be based upon effectively meeting our members' needs.

To this end, Squash Ontario has embarked upon an aggressive initiative that will create an integrated marketing strategy which will guide our internal and external activities for the foreseeable future. To help us, we engaged the services

of the JF Group, specialists in the sport and recreation industry.

The project began with an extensive research phase which included members' questionnaires and individual interviews. The preliminary data formed the basis for an excellent marketing discussion at the Annual Meeting and the input from these key volunteers has been critical in the process.

All key stakeholders of Squash Ontario, volunteers, players, officials, coaches, the corporate and advertising sectors, and members will now be invited to attend a marketing workshop in late November. Participants will discuss issues such as member services, retention, sponsorship, revenue sources, etc. All the information will be tabulated and packaged into a comprehensive plan including an implementation schedule and follow up systems.

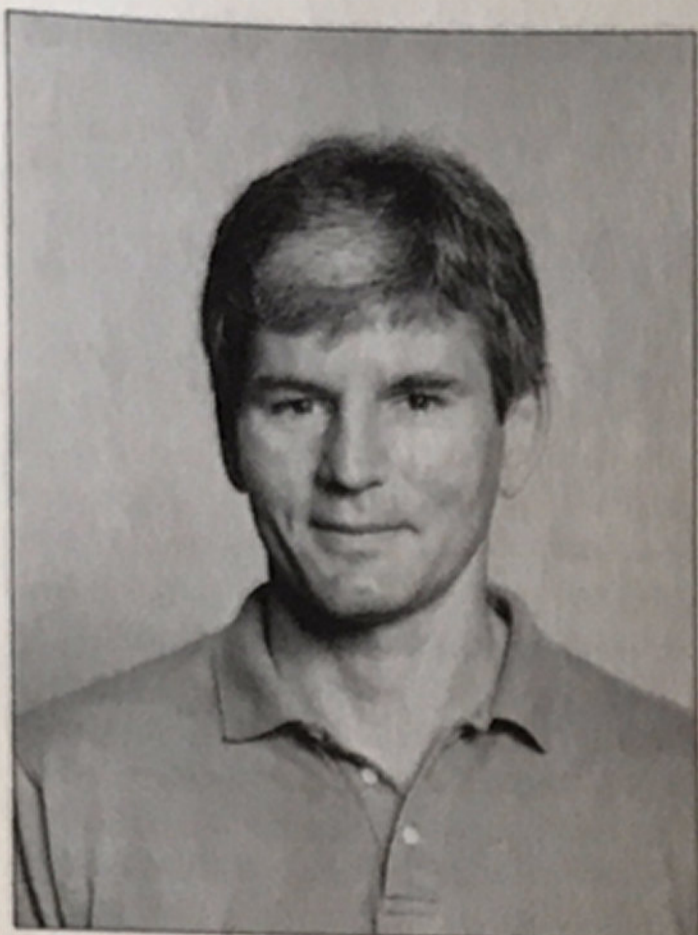
Squash Ontario is very excited about this project and its implications, not just for the Association but also for the game of squash in this province.

The marketing discussion was a tough act to follow but follow it we did when the various committees broke off into their

We've Moved

Squash Ontario, along with the other provincial sport and recreation organizations, has moved. Our new home is located at Don Mills and Eglinton just across from the Ontario Science Centre. The address is 1185 Eglinton Avenue East, North York, Ontario M3C 3C6.

Our 'phone numbers have changed as well. You can now reach us at (416) 426-7201 or by fax at (416) 426-7393.



Alan Scott

own mini meetings. The Junior Committee re-elected White Oak's Mark Sachvie as its chair and proceeded efficiently and effectively through its agenda. The Officiating Instructors' Committee and its chair, Bryan Drew did likewise. That left the fireworks to the regional presidents' meeting where issues such as national/provincial agreements and amendments to the Code of Conduct which now gives the regions some discretionary powers on disciplinary matters.

Lunch, at an Annual Meeting, is not just to provide food for the body but also food for the soul. Several years ago, the Board of Directors introduced its Honorary Membership programme and, at that time, inducted all of its past presidents. Joe Stewart, the current president of Squash Ontario, presented Alan Scott and Lauren Doig with their Honorary Membership Certificates. Alan guided the Association in 1990/91 and, unfortunately, had to step down prematurely when he accepted a teaching position overseas. Lauren Doig stepped into his shoes and filled them more than ably, steering Squash Ontario through some stormy and challenging waters.

In 1979, the Board of Directors of Squash Ontario instituted its Special Achievement Award. It is given, at the Board's discretion, to a volunteer, player, coach or official who has worked on behalf of the game of squash in this province and who has represented the ideals of volunteerism - "if you do all you can, it can never be too little". This year's recipient is London's, Anne Smith. Anne's curriculum vitae is exhausting just to read! In her real life, she is a physician special-

izing in haematology and oncology. She is Director of University of Western Ontario's Regional Bone Marrow Transplant Programme, is currently interim head of Medical Oncology at London Region Cancer Centre, and is also the Deputy Medical Director of the London Red Cross Blood Service.

Anne's playing credentials are well known, having won provincial and national titles in all three disciplines of the game - hardball, soft ball and doubles. Her volunteer credentials are equally impressive. She served as President of Squash Ontario from 1985-1987 and then the lofty heights of Ottawa beckoned her and she served as Vice President of Squash Canada from 1987-1989. Not content with that form of masochism, she stood for and was elected to the Presi-



Lauren Doig

dency of Squash Canada in 1989, a position she continues to hold.

Anne also serves as a Canadian Olympic Committee Director and served for two years as Regional Vice President for the Pan American Region on the World Squash Federation Executive.

Squash Ontario nominated Anne just recently for the sport representative on the Ontario Sports & Recreation Board of Directors and she was elected by an overwhelming majority.

Anne Smith has an innate knowledge of and love for squash, giving generously of her time in order to promote the game. She is often seen at national events showing the flag of Squash Canada and, just as frequently, at international events where she believes it important for Squash Can-

ada to have, not just a presence but also a voice.

There is an old adage which says, "if you want a job done, give it to a busy person". In Anne Smith's case, no truer words were ever spoken.

The formal Annual and General Meeting of Members was held in the afternoon and one of the highlights was the recognition of Niagara as our ninth region. We welcome the member clubs there and thank Niagara's president, Maggie Steyn and White Oak's, Mark Sachvie, for the time and effort they expended in order to achieve this recognition.

As part of the more formal proceedings, Squash Ontario and Squash Canada renewed its Official Ball Agreement and so, again this season, we will be promoting the Dunlop XX soft balls along with the Slazenger doubles balls. As part of this agreement, we are able to provide, free of charge, balls to all our provincial championship hosting clubs, regional leagues, school squash programmes and junior club programmes.

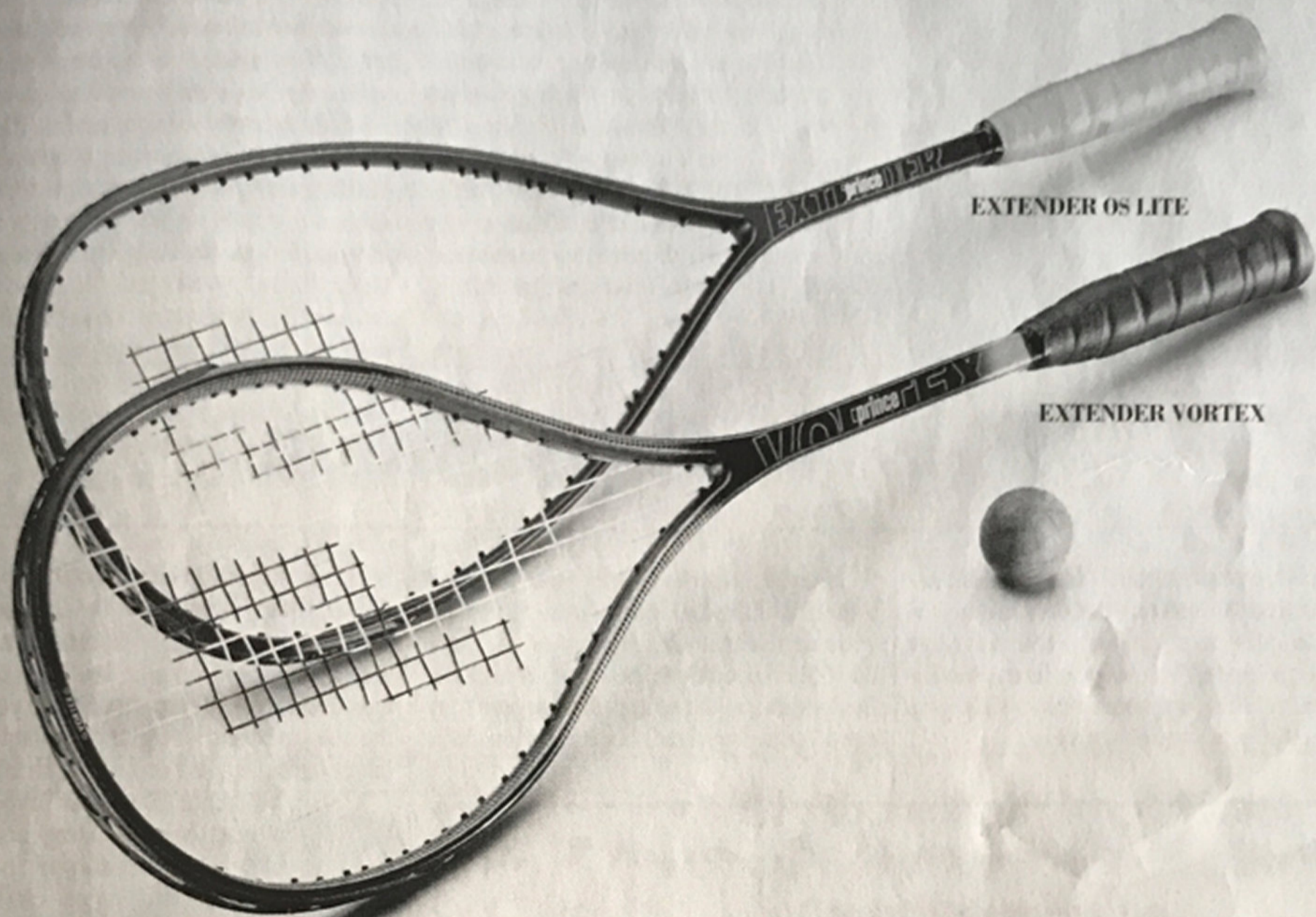
The Board of Directors was elected with Joe Stewart of Central Ontario again taking on the responsibilities of President.

Ann Gray of Toronto will continue to oversee the finances of the Corporation and Norma Graham, also of Toronto, retains the portfolio of Vice President Technical. Larry Lanthier, Ottawa, and Lynn Miller, Ottawa, will carry the portfolios of Vice President with their specific responsibilities to be defined by the Board at its first meeting.

All in all, a busy but extremely successful weekend. ○



Anne Smith



EXTENDER OS LITE

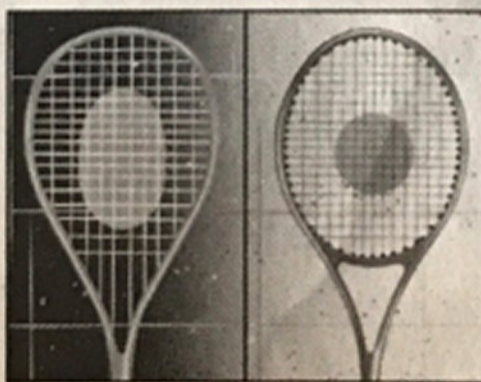
EXTENDER VORTEX

No Hype.

Just the best racquets in squash.

When six touring pros in ten use your racquets... and the teardrop design that changed the game is the most imitated shape in squash... you don't have to make idle claims. All you have to do is keep improving on the best racquets in squash.

Prince Extender technology delivers the control, power and finesse your game demands. There are ten Extender models in all, including the



PRINCE EXTENDER RACQUET CONVENTIONAL RACQUET



STAGGERED STRING PATTERN

The staggered string pattern on the Extender Vortex delivers better accuracy, more spin and dampens vibration by 64%.

new Extender Vortex, the racquet that seems to think for itself. The hot selling Extender Oversize, featuring 480 cm² of raw power and amazing forgiveness. The new Extender OS Lite—the first ultra lightweight oversize. Racquets that are among the lightest and most maneuverable in the game.

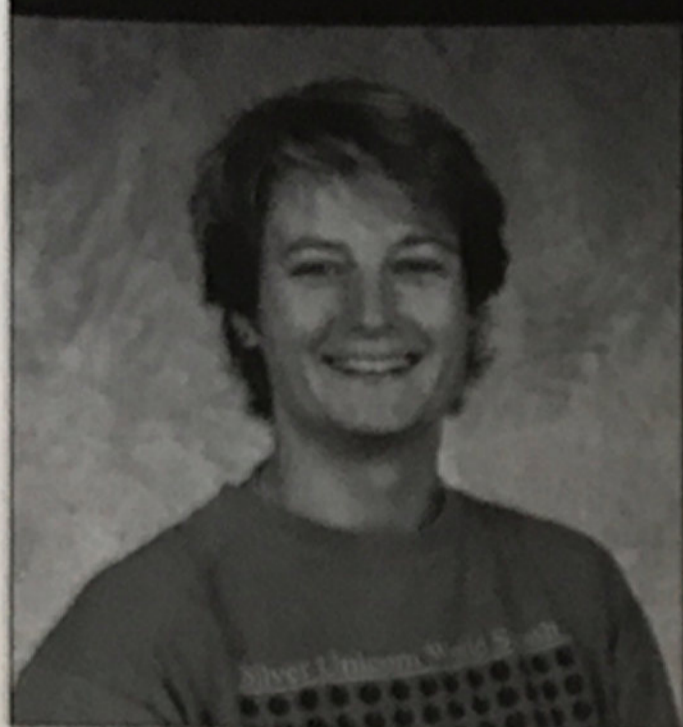
In other words, the perfect racquet for every player. And that's No Hype.

BENETTON
SPORTSYSTEM

©1993 PRINCE SPORTS GROUP, INC.

prince

In Love With The Game™



Gail Pimm is a level 3 Course Conductor who is currently enrolled in the Level 4 programme and is also a member of the National Coaching Committee. As well, she is a Certified Level 1 Theory Course Conductor. Gail is a former World Champion, past member of the National Women's Squash Team, and a member of Ontario's F.A.M.E. programme. She also acts as Squash Ontario's medical technical consultant. As an author, she has, along with Doctors Norm Gledhill and Caroline Davies, written a paper on, "The Study of the Factors Affecting Attrition of Females in Competitive Squash" and "The Squash Instructor", an educator's guide for teaching squash in school. For her contributions to squash as a coach, a player and as a volunteer, Gail has been presented with Squash Ontario's highest honour, the Special Achievement Award.

'P' is for Preparation!

It's that time again! The new squash season is upon us and it is important to properly prepare yourself and your equipment before you bounce onto the court. Here are some tips to help you get ready for a successful year.

A good place to begin your preparations for the new squash season is with your equipment which may or may not have been used over the summer months. In some cases, the strings of a racquet may need to be repaired because they have

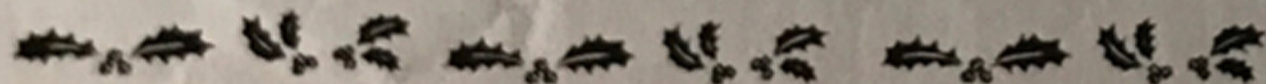
become frayed or have worn through in those spots closest to the sweet spot. Even the synthetic strings used in racquets today lose their tension from use and old age. Restore your racquet before you start the season by either tightening the tension or replacing frayed or broken strings.

Check to make sure your eyeguards have their head band or strap and that, over the off-season, they haven't become scratched. If you have children, eyeguards can be used for reasons other than squash. In fact, they make great safety glasses for cutting wood with the chain saw!

Shoes are extremely important not only for your game but also for your general wellbeing. Worn out shoes can lead to back or knee problems, so take a close look at the state of your footwear. Do you still have support, an even tread and a rough sole? There is a lot of pounding done in squash and decent footwear should be a priority.

It is also quite possible to grow out of your shoes even as an adult. If you have gained or lost some weight over the summer months, you might find that your shoes do not fit the same. In addition, your feet change shape over the years. Try to remember that shoes that are too small will bruise toes and those shoes that are too big could cause blisters. To add some life to a pair of shoes until you can buy a new pair, replace the insoles.

One of the most frustrating things about squash is that no matter how fit you are, not playing for a period of time usually means sore muscles the next day -



Looking for the perfect stocking stuffer for the squash player who has everything?

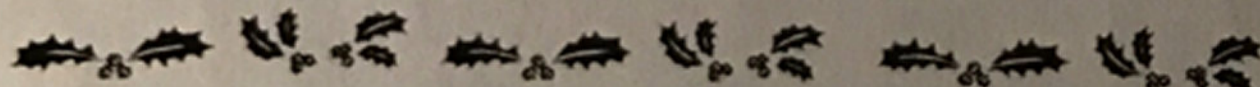
We've just taken delivery of an order of the ever-popular, 250 Practices & Drills for Squash Players. This is an exceptionally valuable drill guide for any and all squash players and is also ideal for coaches giving individual, semi private and group lessons. There are drills for 1, 2 and 3 players and for all levels.

Order your copy now and beat the Christmas rush.

Send a cheque or money order in the amount of \$15.00 to:

Squash Ontario
1185 Eglinton Avenue East
North York, Ontario
M3C 3C6

Cost covers postage, handling and G.S.T. All orders will be processed on same date as received.



The mental part of preparation is the most fun

especially those muscles found in the buttocks and the inner thighs. Performing some "specific to squash" actions that use muscles used in squash can help alleviate the so called "squash bum". For example, do some drills that are 'slower-than-normal' pace with a partner - ones that will draw you to all four corners of the court but will not over stretch you. These are beneficial to begin with. Going through the motions on the court without a ball covering all four corners and mimicking the way you would normally hit the ball will also help to prepare your muscles for the initial stress.

It is also important to select different stretches than those you chose in the summer for golf, running or fast pitch. In addition, try stretching after your games to save pain.

Finally, I am a strong supporter of some weight training to strengthen muscles used for squash - the buttocks (gluteus maximus, medius and minimus are the official names), the hamstrings and the inner thigh muscles - but don't neglect the shoulder and back areas. Weight training prepares the muscles by increasing the blood flow, improving the nerve impulses and strengthening the ligaments and tendons associated with those muscles.

The mental part of preparing for the new squash season is the easiest and the most fun. In fact, physiological studies have found that athletes can significantly improve their skill simply by "mentally rehearsing" actions. Grab yourself a piece of 8 1/2 by 11 paper and a pencil. Draw a large court on the paper including the lines on the floor with the service boxes and the side walls if you can. Now, with your pencil, begin to play squash by drawing where you would want your serve....and continue on from there. You play all the shots, trying to hit good length, drop into the corner, hit three walls

on a boast and lob above the head. There is no trick here. What you are doing is reminding your brain of some of the decisions it will soon need to make. In addition, find a quiet spot somewhere and imagine yourself playing various shots. This mental imagery reminds the muscles of their actions without actually performing the physical action on court. You can have a lot of fun with this. Elite athletes take this technique one step further by imagining different situations that may come up and rehearsing how they would deal with them.

I hope these hints have been helpful. Have a great season!

Editor's Note:

If you have questions for Gail on any aspect of coaching...tactics, strategy, mental preparation, etc., please write to her in care of Squash Life Magazine, 1185 Eglinton Avenue East, North York, Ontario M3C 3C6. In addition, if there are any topics which you would like Gail to address in one of her articles, again, please send her your suggestions. ○



- **WSF Accredited Court Panel**
- **Court Construction & Repairs**
 - **Court Restorations**
 - **Court Glass & Floors**
 - **Court Conversions**
- **Aerobics/Gymnasium Weightroom Flooring**
 - **Woodline Lockers**
 - **Universal Fabric Tennis Structures**

Contact Mike Taylor
PLAYCON RECREATION, INC
275 Arnold St., Kitchener,
Ontario N2H 6E8
Phone (519) 743-8132
FAX (519) 743-3551



Playcon

Squash Court
and Club Construction Specialists

1995

The Quest for Gold



ARGENTINA

Finally, after a number of years of petitioning and lobbying, the sport of squash has been accepted into the Pan American Games, and the inaugural competition will be in March, 1995 in Mar del Plata, Argentina. These are the first major games for squash and, as one of the strongest squash-playing

countries in the Pan American Region, there is every reason to believe that our debut will be a golden one.

Although our team is capable of winning gold medals, the cost to train and travel in South American is significant. Current funding is inadequate. While government and other sources will pro-

vide approximately one third the cost, we still need to raise monies to ensure that our athletes have the best training opportunities possible prior to the Games.

Now that Winnipeg has been awarded the 1999 Pan American Games, our quest takes on new importance. If we achieve our goal of winning gold in Argentina, Winnipeg presents an outstanding opportunity for up and coming juniors to set their sights on duplicating this feat, just four years later in their own country.

The Pan American Games in 1995 and 1999 have created an unprecedented opportunity for our sport. The importance of Canada doing well in squash at these Games cannot be overstated. Gold medal performances will result in unparalleled exposure for the game and this coverage could result in a growth cycle such as we experienced a decade ago. Hopefully, it will also translate into increased corporate interest in our athletes and our programmes.

At the 1994 Pan Am Squash Tournament in Colombia, Canadians Jamie Crombie, Kelsey Souchereau and Winston Cabell won gold, silver and bronze medals respectively, while both Canadian teams won silver. But that tournament was just to let us get our feet wet - give us a taste of Pan American competition. March 1995 is for all the marbles and we need help from all squash players, not just in Ontario but across Canada.

If you are interested in making a personal donation or if your club would like to do something to help raise these desperately needed dollars, please write to Squash Canada, 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4. ○

Here's a **Have your cake and eat it too deal from Straub Sports:**

Our Quality

- A wide selection of fine squash racquets and accessories.
- High quality nylon & gut strings in special squash gauge.
- Stringing by Straub expert stringers.

At Their Prices

We'll match the very best retail prices you can find in Toronto.

STRAUB SPORTS LTD.

1268 Yonge St. Toronto, Ontario M4T 1W5

Tel: (416) 923-5128

Squash Ontario Club Ratings System

The World Racquet Sports Association has designed a computer ratings system ideal for club programmers and their members. Imagine having players complete their house league matches, input their scores and automatically be rated. When players reach a certain numerical rating, they will be placed into a higher group.

This unique and exceptional ratings system will make life infinitely easier for club pros and programmers. Just imagine how easy running your club championships will be with a programme that seeds and does the draw for all your members based on their ratings!

Separate ratings can be kept for soft ball, doubles and mixed doubles as well



as any number of racquet sports. Club members will track their results, predict their match outcomes and become increasingly more involved in squash activities at the club. This ratings system offers excellent programming for squash members and can be an excellent way in which to retain present members and attract new one.

What about those club members who play at more than one club? This rating system will allow players to compete at their appropriate level at various clubs which are hooked up to the system.

This computer programme sets up house leagues, sets up tournaments and rates players accordingly.

Squash Ontario tested this programme with a number of our influential club pros and all gave it top marks. Based on their approval, we negotiated an endorsement programme with World Racquet Sports Association of Tennessee and we are able to offer this excellent ratings system to our members at a reduced cost.

We have available a demo diskette as well as a workbook to help any interested club pro or programmer to review the package. Please give us a call and we'll send the package out to you immediately. For more complete pricing information, call the World Racquet Sports Association on its toll-free number 1-800-946-9772. ○



Advanced Aerodynamics • Expanded Head
DORADO

Variable Axis • Roundbody Shaft • Expanded Head
VARAX

Patented Double Bridge Throat Design • Roundbody Shoulder • Power Scooter Head
APUS

*The
Choice of
Jahangir
Khan*

ESTICA ESTUSA

3021 Markham Road, Unit 45, Scarborough, ON M1X 1L8 Tel: (416) 292-1900 Fax: (416) 292-1800

Catching Up an

Ontario Junior Open Soft Ball Championships

Hosted by
White Oaks Fitness & Racquet Club
April 15-17, 1994

Girls Under 12 Champion:

Casey Disero

Boys Under 12 Champion:

Chris Spavin

Girls Under 14 Champion:

Runa Reta

Boys Under 14 Champion:

Sean Delierre

Girls Under 16 Champion:

Nicole Carroll

Boys Under 16 Champion:

Josh McDonald

Girls Under 19 Champion:

Sara Leckie

Boys Under 19 Champion:

Graham Ryding

Sponsored by:

Black Knight / Hi-Tec,
Western and Niagara Regions

Hi-Tec Ontario Junior Teams Championship

Hosted by
Northridge Club
April 22-24, 1994

Champions:
Toronto & District

Coached by Fernando Pisano and
Managed by Anna Bocchino

Team:

Casey Disero, Chris Spavin, Adrienne
Bieber, Andrew Jones, Nadia Rashid,
Greg Christison, Wendy Oliver,
Stephen White

Premier High School Teams Challenge

Champions:

St. Charles/Mary Mount High Schools,
Sudbury

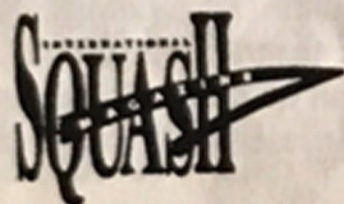
Red Lake Open

June 3-5, 1994

Red Lake, Ontario was probably the last place anyone expected to have a sanctioned Squash Ontario tournament. Tucked away in a small mining community in Northwestern Ontario, Red Lake is not the hub of squash activity in Ontario by any stretch. However, after the idea was born, more and more people volunteered their time and energy to make and it - and it did!

With the help of sponsors and participants, the first annual Red Lake Open was a resounding success on every level. Players came from Thunder Bay, Winnipeg, Kenora, Keewatin, and Sioux Lookout, to bolster the numbers from the greater Red Lake area. The Red Lake Open was held at the brand new recreation facility which includes two Playcon courts and a large spectator gallery, which was full for every exhibition game.

Bill Sears of Toronto, a promoter of this tournament, was responsible for arranging the attendance of several top level players and three professionals. One of them, Bill MacDonnel, gave a squash clinic before the tournament to enthusias-



International Squash Magazine

SUBSCRIBE NOW! Published in Italy 4 times per year on high gloss quality stock. ISM reports on the international squash world. It is the official magazine of the **World Squash Federation**. Clubs & corporate accounts please contact agent for **bulk prices**. Advertising inquiries, call. Gift certificates available. Area agents required.

YES, please send me ISM for
or

- 1 year - \$25.00 US
 2 years - \$45.00 US

Attention: Maxim P. Weithers at the address below. Call/fax for further information. Exclusive agent for: Canada, (CARASRA) Caribbean, Venezuela, Bermuda, The Bahamas, Central America & Mexico.

Send to: #40567-5230 Dundas St. W.
Etobicoke, Ontario, Canada
M9B 6K8

Tel/fax: 416-231-5686

Ask your pro or manager to see a copy. If unavailable at your club, we will be happy to send the club a **FREE** copy.

Happy Holidays!

Collector's Items

d Starting Fresh

tic participants eager to improve their game.

The three professionals from Toronto, Jamie Crombie, Ross O'Doherty, and Jamie Bentley all made the trip to Red Lake to enjoy our hospitality.

Regular tournament play was augmented with the professionals playing exhibition matches each day.

Since the tournament was such a success this year, we hope to be able to report equally good news from Northwestern Ontario in years to follow. ○

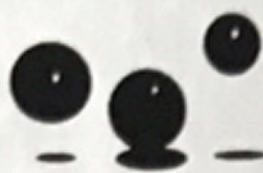
Black Knight Champions the Cause of Juniors

Black Knight has introduced a novel promotion in the Ontario marketplace which will see donated racquets given at no cost to local junior and high school squash programmes throughout Ontario and, in fact, across Canada.

Commencing in November, Black Knight, with the support of participating clubs and retailers, will offer the public a \$50.00 discount towards the purchase of any XLR 5000 series (4 models from which to choose) with the trade in of any of their old or out dated racquets, regardless of make, condition or size. Black Knight will donate all usable racquets to local school and junior squash programmes in the hope that, with this increased availability of racquets, more kids will become involved in the sport. At the same time, it will enable those people who wish to upgrade their racquets to the new generation oversize at a greatly reduced cost.

For more information regarding this programme, please contact Squash Ontario or Black Knight Racquets directly at 1-800-361-6035. ○

COMING ATTRACTIONS



Ontario Closed Championships
Hosted by Regency Racquets Club,
Bramalea
November 18 - 20, 1994

**Ontario Men's C Doubles
Championship**
Hosted by Royal Canadian Yacht Club,
Toronto
November 25 - 27, 1994

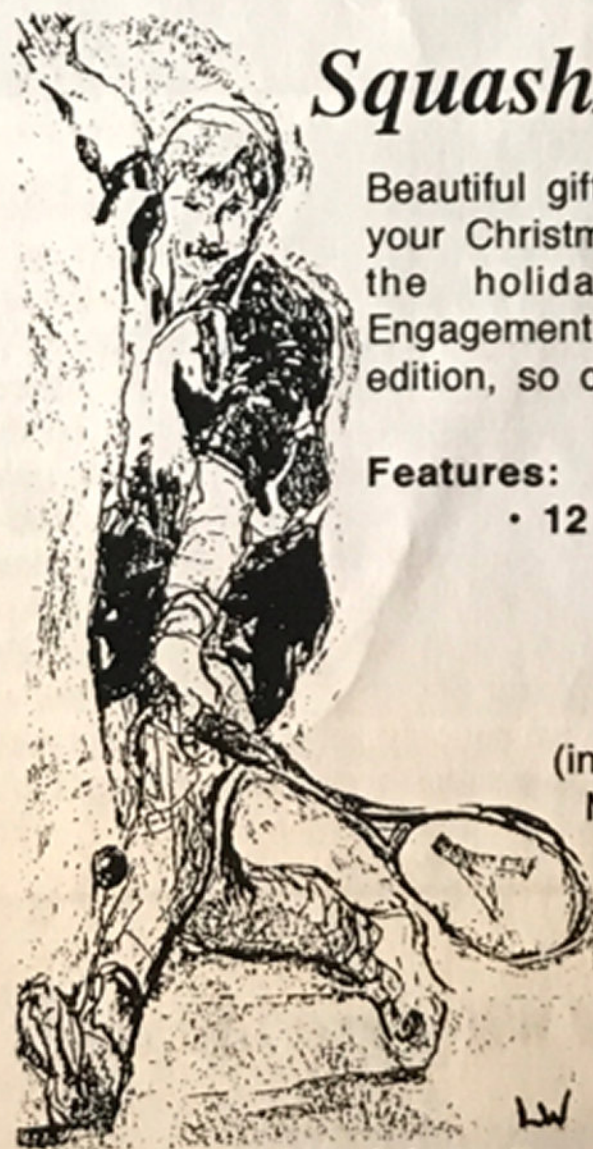
**Ontario Men's B Doubles
Championship**
Hosted by London Squash Club, London
January 6 - 8, 1995

Junior Club Programmes

JM Sports, Distributor of Pointfore and Squash Ontario have signed a sponsorship agreement for our Junior Club Programmes. JM Sports will be providing prizes for all 12 programmes over the coming season and we're very grateful for this support. ○

Annual Lexmark Pro Challenge

This 8 week event featuring 8 Canadian squash players enters its sixth year. Pros will be competing for \$7,500.00 in cash prizes at Club Markham.



SquashArt Calendar

Beautiful gifts for the squash players on your Christmas list. Specially priced for the holidays, our exclusive 1995 Engagement Calendar is one of a limited edition, so order now while supplies last.

Features:

- 12 original squash paintings
- major squash events
- squash trivia

ONLY \$20.00 each
(including G.S.T. & postage)
Make cheque payable to:

SquashArt Calendar
279 Five Island Road
Armdale, N.S.
B3L 4J3

For information call: 1-902-876-2993

A Summer

down under

By Nicole Carroll

The trip to Australia consisted of four Canadian girls, Jan Wilson, Sally Norgate, Katie Patrick, myself and coach Sharon Trenaman.

We began our journey July 3rd and arrived in Melbourne two days later. As if the 48 hour flight wasn't enough, we decided to drive another 8 hours to Adelaide. There were quite a few culture shocks along the way. Not only was everyone driving on the wrong side of the road, but the kangaroos, the emus and the police were chasing us - those speed bumps didn't stop led foot Tren. We were all exhausted when we arrived in Adelaide and in desperate need of a shower and bed.

After a good night sleep, we trained at Brighton Squash Club the next morning. There were quite a few problems adapting to the courts and getting the ball past the short line was a real challenge.

The weather in Adelaide was beautiful, 21 degrees and sunny. Sitting on the beach and swimming in the ocean is a real experience in the middle of what Australians call winter.

South Australia Institute of Sport is where we met our competition. We were all amazed at the high level of play and were honoured to have the opportunity to train with them.



From left to right, Jan Wilson, Sally Norgate, Katie Patrick, Nicole Carroll and Sharon Trenaman

After some tough days at the squash club, we found it very comforting to be staying with the Mills' family. Their hospitality made us feel right at home.

It was only a short time before we discovered the new language. The funny thing was, we were the ones with the accents. The Mills' family informed us of all the Australian customs and helped us understand all the interesting expressions.

One of the most exciting highlights of our trip was visiting Cleland Park where we not only got to pet and feed the wild kangaroos but we also managed to hold

some of the koalas. Unfortunately, the emus were just a little too big to hold.

We played in two tournaments during our staying in Adelaide. The first was a WISPA tournament where we watched world junior champion Rachael Grinum play. Katie played well and won the State 2-5 division. The second tournament was the South Australian Open where we all managed to place in the top four of our division.

We then travelled back to Melbourne - the 8 hours were a breeze this time thanks to navigator Sally who quickly learned her way around downtown Melbourne.

We played our final tournament in Melbourne where we all fought hard to place in the top 10.

Our journey to Australia was a trip of a lifetime and we all want to thank Tren for making it possible. Thanks to the Mills' family for making us feel so at home.

Squash Canada was a great help in supporting the team and we are all grateful. ○

*We discovered that we were the ones
with the funny accent!*

fin Tour Report

CANADIAN PRO/AM 

Outstanding Participation at Edgemont

The first stop on this year's agenda was the Calgary Open at the beautiful five star Edgemont Racquet Club. Many thanks to Visions Electronics for their support of this event. In the pro division, Graham Ryding beat Winston Cabell in an decisive three game final. Andrew Lynn and Kelly Patrick were semi-finalists, while Douglas Parent, Bill Turk, Jago Nardelli and Jonathan Hill made the quarter finals. Participation in the mens and womens A, B, C and D divisions was phenomenal. Over 180 players vied for some \$2500 in prizes. \$1 per player will be donated to World Vision Canada to help support their efforts to stamp out poverty in third world countries.

Sharif Khan Awards Prizes

Tour Chairman Sharif Khan was present to hold an exhibition match with club pro Shaun Lucas and to present prizes to winners. Sharif is the eldest member of the Khan dynasty of professional squash players. Raised in a competitive sports environment in England's Somerset at Millfield Academy, Sharif settled in Toronto in the 1960's and became North America's most honored squash champion.

Sharif has been the winner of every major North American tournament over his twenty year reign and holds the undefeated twelve time record for the coveted North American Open championship. Still active in his beloved game, Sharif is Master Pro at the Mayfair Racquet Clubs in Toronto and travels extensively in his endorsement of Fin Racquets.

In March 1994, Sharif won the World Doubles Championship title in the 50+ category and he continues to bring that same great enthusiasm, pride and entertainment to the game of squash.

Fin Tour Report

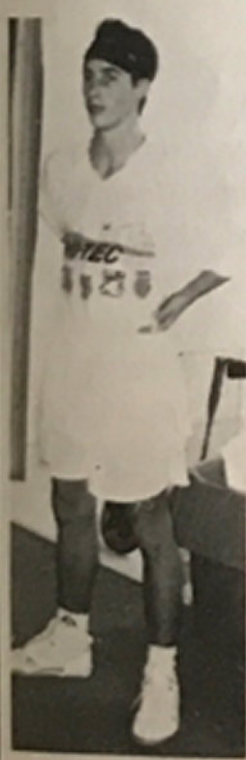
Another great squash season is under way and Fin Racquets Canada is pleased to be offering a superb selection of tournaments for your enjoyment. As you may already know, this year's Fin Tour includes eight PSA Satellite and two PSA Challenger events. Squash Alberta and the Ontario Squash Association are also involved so you will have a chance to earn Canadian and World ranking points.

\$ 4,000 Pro Bonus Pool

CURRENT STANDINGS

Graham Ryding,	CAN	840
Winston Cabell,	CAN	588
Andrew Lynn,	CAN	378
Kelly Patrick,	CAN	378
Douglas Parent,	CAN	231
Bill Turk,	CAN	231
Jago Nardelli,	ENG	231
Jonathan Hill,	ENG	231
David Safton,	CAN	136
Stephen Hall,	CAN	136
Shaun Lucas,	ENG	136
Mike Price,	CAN	136
Eric Watson,	CAN	136
Mohd. Ismail Khan,	PAK	0
Babar Baig,	PAK	0

Fin Tour \$ 2,000 Pro Bonus Pool



This guy's no bait.. Meet 'the Shark' Graham Ryding

FINAL STANDINGS

1993/94

Graham Ryding	\$700
Shane Adams	\$375
Jeff Snyder	\$275
Steve Wren	\$200
Jonathan Power	\$150
Roy Oliver	\$125
John Wilson	\$100
David Sly	\$75



Honorary Chairperson of the Fin PSA Tour, Sharif Khan (right) seen here with Fin Sales Manager Andy Smith.


RACQUETS CANADA

"Just When You Thought It Was Safe To Go Back On Court"

Horseshoe Resort



The heart of Horseshoe

It all began in the spring of 1962 when Estonian immigrant, Bill Lohuaru left a secure future building homes in nearby Toronto to capture his dream. Over 30 years ago Bill purchased two, 100 acre farms located in Hungry Hollow. The decision to buy this piece of property was a result of seeing it on a contour map. It was Bill's dream to develop this property, just one hour north of Toronto, into a ski resort. With the highest elevation within miles, this proved to be a natural snowbelt, producing above average snowfall. The north eastern exposure ensures that the snow stays on the slopes longer than in any other location. In December 1962, he opened with five alpine slopes serviced by two t-bars, a rope tow and a small chalet and named it Horseshoe Valley Resort.

In 1969, Horseshoe addressed the need of the many cross country enthusiasts. Situated in the heart of the Copeland Forest, Horseshoe opened its premier season of cross country skiing with 10 km. of trail.

By 1970 Bill Lohuaru had expanded his dream to 1600 acres of prime recreational land in the Horseshoe Valley. Alpine runs were expanded, night lighting

was installed, snowmaking equipment updated and a total of 40 km cross country trail was complete.

1973 brought Horseshoe one step closer to the creation of a first class, year round resort. In conjunction with two of the country's premier golfers, George Knudson and Al Balding, working drawings were drafted and further developed by Rene Meullaert to establish the challenging 18 hole championship Valley golf course.

The need for accommodation to complete this scenario was then addressed in 1982 when a 40 room Timeshare unit was constructed. The interest for short term accommodation was so intense that, in 1987, the decision to build The Inn at Horseshoe was made. It includes 102 beautifully appointed guest rooms, a sports complex including squash courts, conference and meeting rooms and dining facilities.

The story took a dynamic new twist when ownership changed hands in December 1988, and a management team was put in place to ensure that this remarkable evolution continued to prosper. Since then, Horseshoe has further established a beautiful real estate development

called the Highlands of Horseshoe. Today 302 fully serviced single family dwelling homes surround 9 holes (soon to be 18) of high calibre golf. Not to mention Ontario's only equity owned private ski and country club, The Heights of Horseshoe.

Located just an hour from Toronto in the heart of the picturesque Horseshoe Valley lies Horseshoe Resort which today boasts 22 alpine slopes, over 35 km of double track set cross country trails, skating, sleigh rides, snowmobile rentals, snowshoeing, 27 holes of championship golf, driving range, golf school, The Inn at Horseshoe, horseback riding, mounting biking, tennis, squash, swimming ...and the list goes on! All this just an hour from Toronto!

For more information, please call (705) 835-2790. ○

This space is reserved for member clubs of Squash Ontario on a complimentary basis. We invite clubs to participate by sending in an 800 word article along with a black and white photograph to Squash Life. We try to give preference to our newest members of Squash Ontario and, as well, off this promotional space on a regional basis.

*Then
and
Now*

100% PURE ADRENALIN



Jansher Khan,
the world's No1
squash player

HI-TEC

Toronto: Telephone (416) 564-0414 Fax (416) 564-0679
Vancouver: Telephone (604) 941-2122 Fax (604) 941-6937
AVAILABLE AT YOUR LOCAL SPORTS RETAILER