

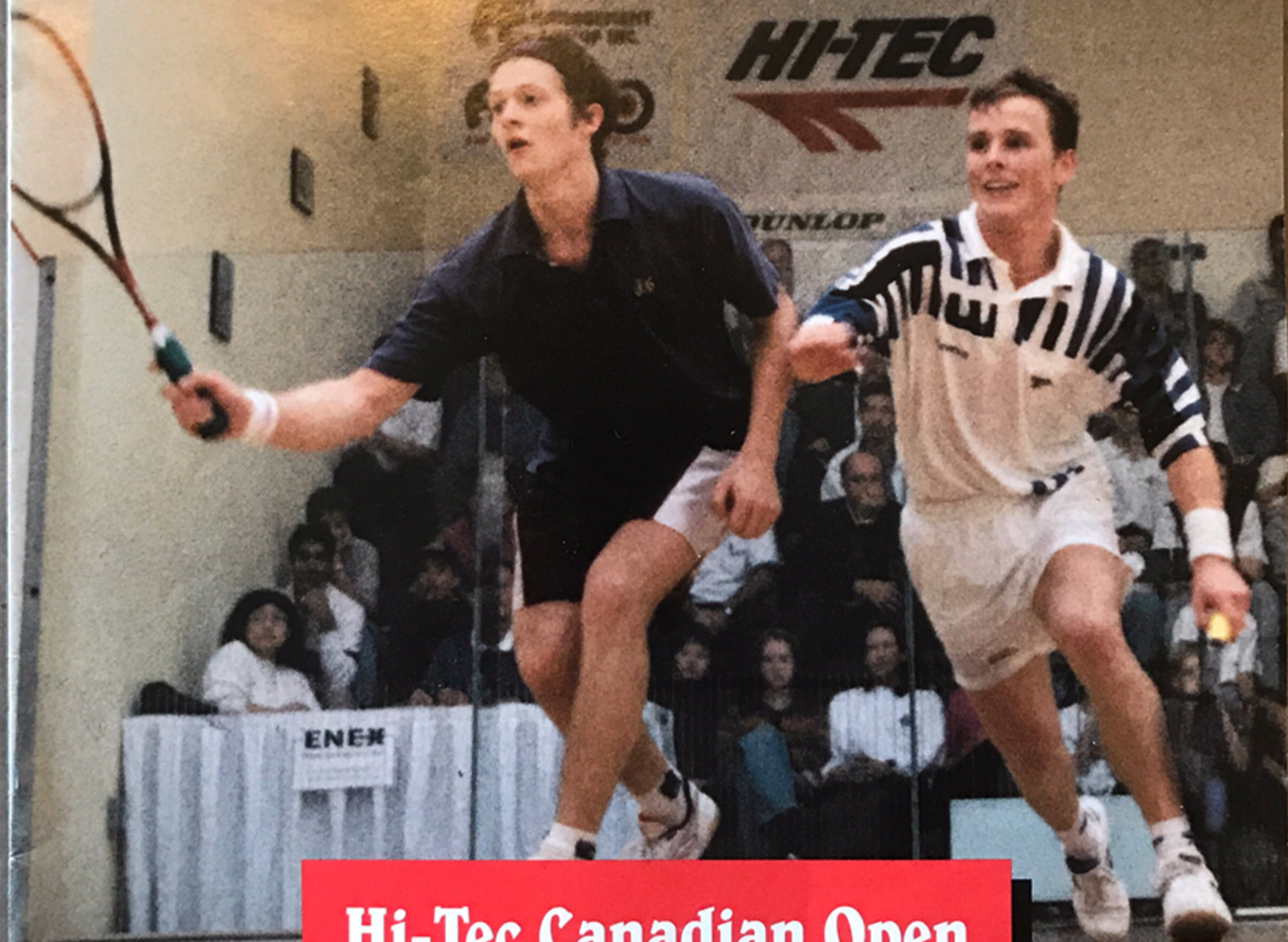
SQUASH

Fall 1995

\$2.50

LIFE

FREE AT SQUASH CLUBS



Hi-Tec Canadian Open

SQUASH

Fall 1995

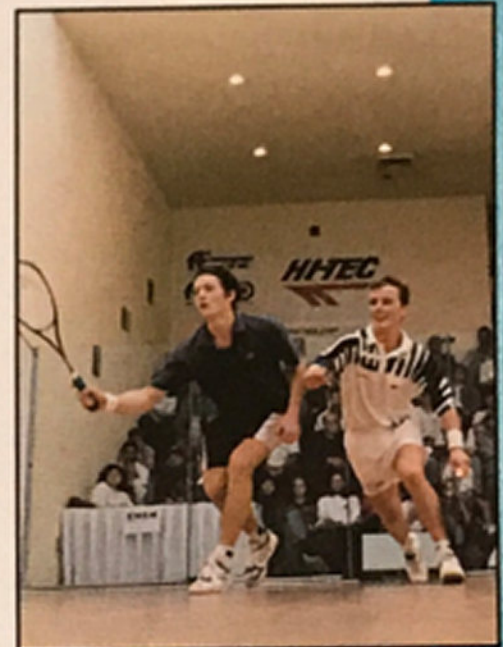
\$2.50

C O N T E N T S

- 4 A Squash 'Birth' Announcement
- 9 Pressure Down Under
- 16 So You Want To Be Ranked?

Departments

- 11 Around The Clubs
- 13 Coaching Corner



Action from the Open

| | |
|-----------------------|--------------------------------------|
| Sherry Funston | Managing Editor |
| Ann Gray | President |
| Norma Graham | Vice President Technical |
| Bruce Wright | Vice President Finance |
| Gord Aitken | Vice President Regional Liason |
| Jeff Deverill | Vice President Player Development |

Gail Pimm Contributing Editor

Eric Davis Photography

Roman Lehecka
Robert G. Soper
Advertising

Design and Composition
Printer (Bowne of Toronto)
Harry J. Allen Jr. for
Fresh Ideas Marketing Inc.
135 Heddington Avenue
Toronto, ON M5N 2K9
Telephone: (416) 484-0060
Fax: (416) 487-0062

Sherry Funston for
Squash Ontario
1185 Eglinton Avenue East
North York, ON 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

Squash Life 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 200 member facilities in the province, as well as to a number of clubs and associations across Canada.

VOLUME 21, NO. 1

The 1995 Hi-Tec Canadian Open Squash Championships

“A Labour of Love”

photo by Eric Davis



To the victor, belongs the spoils as Peter Nichol proved to be the class of the Canadian Open field.

by Bruce Wright

Martin Luther King had a dream. So too, did Bruce Wright. Modest perhaps in comparison to trying to make the world a little bit better place to live but, in the Canadian Squash community, it was a dream of no less importance.

Complacency, dwindling corporate dollars and disinterest had combined to relegate the Canadian Open, a once prestigious international event, to the status of not just an afterthought but to no thought at all.

The dream - to restore a moribund event to its rightful place in the international squash calendar.

Bruce Wright is no Don Quixote, tilting at windmills and, if dreams really are what the heart wishes for, then Mr. Wright has not dreamed an impossible dream.

The crowds have cleared, the pros have moved on and calm now rests where chaos

reigned a few days earlier.

The Hi-Tec Canadian Open has come and gone, leaving in its wake a feeling of accomplishment and satisfaction and yet at the same time, a hunger to reach even greater heights in

1996. The result of this year's Open was outstanding given the general state of affairs which often surrounds a birth or, in this case, a rebirth.

From the outset, the rebirth of the Open seemed destined to battle the odds. Many obstacles littered our path. Naysayers and dissenters came from all sectors but fortunately, they were in the minority and our results exceeded our expectations. Many people, players, fans and supporters alike came forward to offer their assistance in whichever way we required it. The heartbeat of the sport courses through the veins of the true enthusiasts and gratefully, when the eleventh hour arrived, they stood to be counted.

Ron Rink of Hi-Tec (Canada) Ltd. deserves special kudos. He and his director of promotions, Joanna Lopez came through in spades. Hi-Tec continually comes to the table when requested and Ron deserves our gratitude and reciprocal support. Many thanks, as well, to Manta, Headstrong and Fin for their support and belief.

For the first time ever, amateur squash events were held in conjunction with the Open and this proved an unqualified success. The entire weekend saw the two host clubs, Cedar Springs and Burlington Racquets, abuzz

with activity. The social events were held for all participants, giving the amateur players a marvellous opportunity to rub elbows with the pros throughout the weekend and, at the same time, pick their brains for tips on

Power has established himself as a force to be reckoned with

strategies and tactics.

Another major first for the Open saw a Canadian in the final. Young Jonathon Power, having demonstrated quite

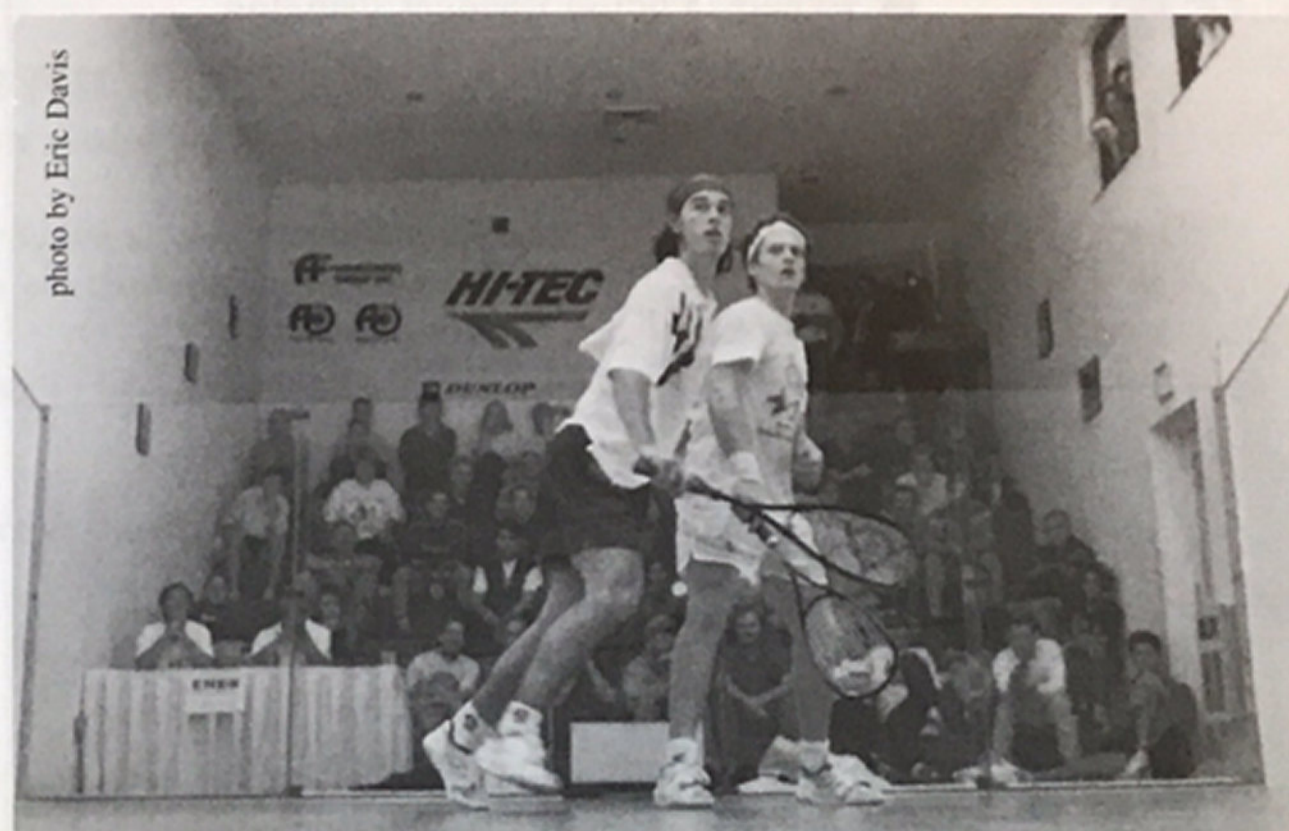
capably that he is truly #2 in Canada with a convincing win over Graham Ryding, took his place in the final with an upset win over #3 seed, England's Angus Kirkland. His opposition was world number 4, Peter Nicol of Scotland. Jonathon took the first game but, that was "all she wrote", as Peter's fitness and expertise proved too much for Power. However, Jonathon Power has established himself as a force to be reckoned with in the very near future.

Jimmy the Greek might have given odds at the start of the

Open that the final would feature Canada's Gary Waite as Nicol's worthy opposition but it was not to be. Gary lost a tough quarter final match to unseeded, Zubair Jahan Khan from Pakistan.

That loss notwithstanding, Canada will send an extremely strong Men's team to Egypt for the World Championships in November, headed by Gary, Jonathon, Graham and Jamie Crombie.

It has been said, if I may paraphrase, that "success has a hundred fathers, failure is an orphan". It is fitting then that this extraordinary rebirth should have many "fathers" and they deserve my thanks for making the Hi-Tec Canadian Open such an outstanding success. Among them, our tournament director, Dana Castle who was the first person to jump on the Open's bandwagon. He eagerly invited us to consider Cedar Springs as our venue and he worked tirelessly to ensure all the details were considered. Jack Dennison and his entire Cedar Springs staff were invaluable to the success of the event with a special thanks to staffers Marg, Andrea, Claudia,



One half of Canada's national team - from left, Graham Ryding and Jonathon Power

Anne and Joanne. Their good humoured, omni-smiling assistance and calm demeanour are a credit to them.

Donna Hayes of Burlington Racquets was gracious in her offer of court time and I thank her for her patience and support. Peter Ward rendered yeoman service in co-ordinating the amateurs at Burlington Racquets Club. Peter once again has proven his commitment to our sport and I salute his efforts.

My own Aim Management Group staff, in particular Don Fraser, who eagerly volunteered for any assignment available, his endless trips to and from the airport and his innumerable hours at the video controls are deeply appreciated as are the tour guiding skills of Christine Hassall who gave of her time to entertain our visiting pros and officials.

Our governing bodies, Squash

Ontario and Squash Canada provided guidance as required and were, more importantly, present at the event lending moral support to a slightly frazzled tournament promoter. Special thanks to Sherry Funston for her ever-present shoulder and plethora of good natured quips - Sherry, I owe you!

No tournament of any magnitude can be successfully staged without the presence of the oft-maligned referees. The Open was especially fortunate this year to have had the services of the entire Canadian Officiating Committee, thanks to fortuitous scheduling of their committee meeting by Squash Canada. No officiating crew, regardless of its ability, is wholly effective without a captain. We were blessed with the extraordinary talents of

Barry Faguy of Montreal who acted as Tournament Referee. From our first conversation, Barry was eager to get organized and started and his tireless efforts made Dana's and my jobs very much easier. To Barry and your team,

Canadians' professionalism needs some polish

Adeline Clements, Graham Waters and Rob Symington who all took time from their families and jobs to travel across Canada to answer the call...thank you.

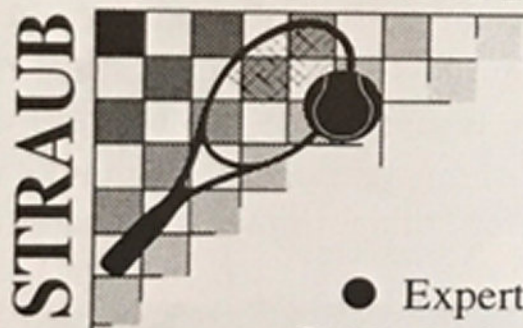
To the players, both amateur and professional, you brought your immense talent, your fitness and your professionalism and, with few exceptions, did your sport and yourselves very proud. A special thank you to the European and Pakistani players for your off court professionalism. You are a credit to squash and one can only hope that the Canadian professionals were paying attention.

To my dear friends, you know who you are, to each of you I offer my heartfelt thanks. You are, on many days, my inspiration and I shall be eternally grateful for your genuine concern with and innate understanding of the importance of the Open, my show.

In closing a final word. None of this would have been possible without endless energy, eternal optimism, blind faith, strength of conviction, altruism and the largest heart in creation. I am extremely fortunate to have found all of these qualities in the same person, my wife Jill. I thank her for a great deal but most of all for believing.

See you all next year.

SPORTS LTD.



STRAUB, TOA... Winning!

- Expert in house Racquet stringing
- Exclusive Supplier of TOA Strings
- One Stop Shopping for Clubs

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.

Your One Stop Squash & Tennis Centre

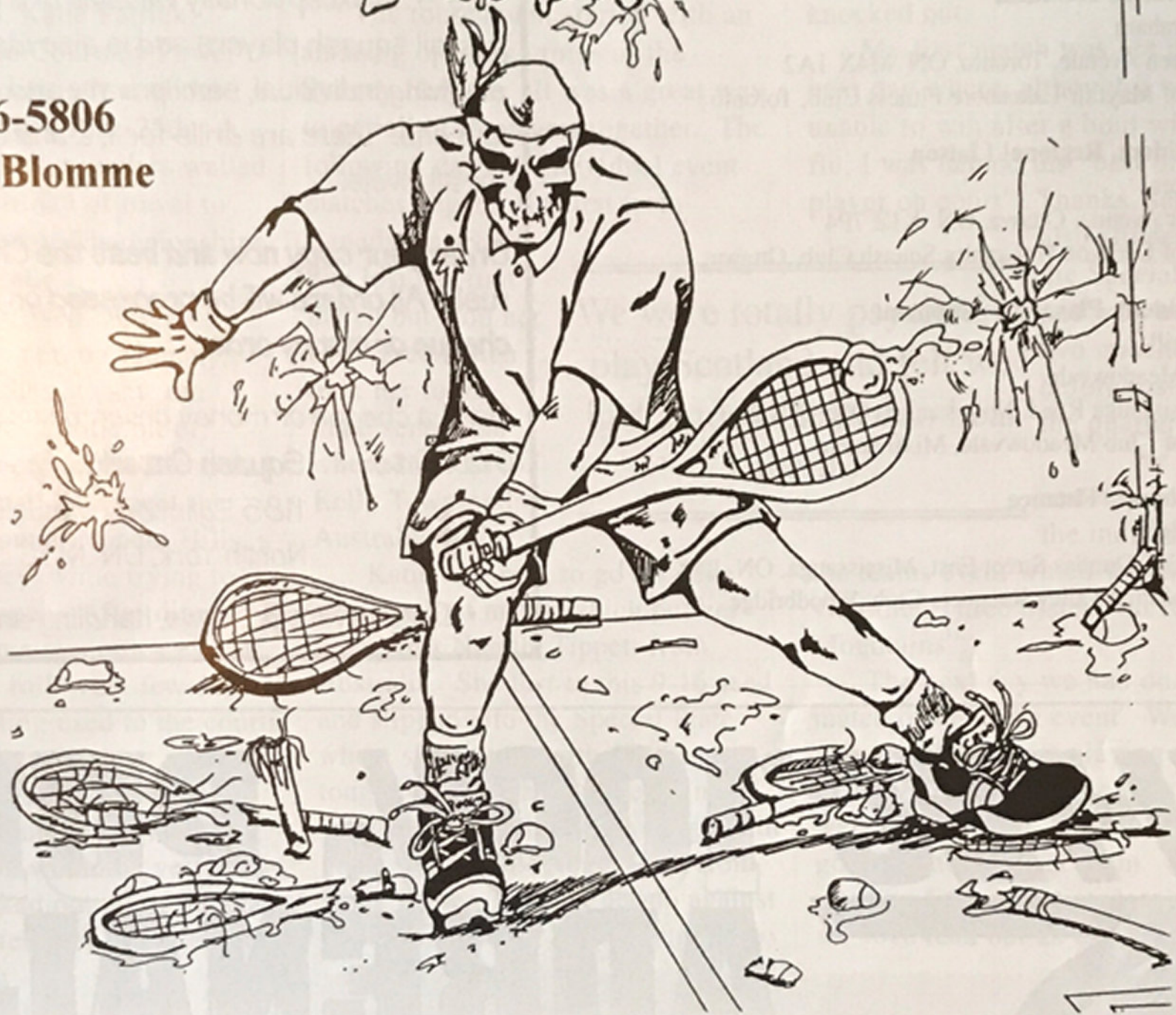
1268 Yonge Street, Toronto, Ontario M4T 1W5
Tel: (416) 923-5128 Fax: (416) 923-1090

**EXCLUSIVELY
DISTRIBUTED BY:**

**Performance
Athletic
Wear**

**416-606-5806
Randy Blomme**

**DEAD
NIC!**



DEAD NIC SQUASH CLOTHING
(distributors needed for Western Canada and the U.S.A.)

**T-shirts, caps, polo shirts, shorts, bags, sweats and much more !!
Ask your club pro how you can see the full line of DEAD NIC clothing.**

**Club managers / pro's call today to find out about our houseleague-tournament
sponsorship program.**

**For individual orders call direct at the above number to find out where you can get your
own DEAD NIC clothing.**

FROM THE BOARD OF DIRECTORS

Squash Ontario is pleased to announce the 1995/1996 Board of Directors, elected by the membership at the Annual and General Meeting of members which was held on Saturday, September 16, 1995.

President

Ann Gray
2265 Margo Street, Oakville, ON L6H 3M6
Member of Premier Health & Squash Club, Oakville

Vice President, Technical

Norma Graham
46 Aberdeen Avenue, Toronto, ON M4X 1A2
Member of Mayfair Lakeshore Fitness Club, Toronto

Vice President, Regional Liaison

Gord Aitken
225 Crerar Avenue, Ottawa, ON K1Z 7P4
Member of Carleton University Squash Club, Ottawa

Vice President, Player Development

Jeff Deverill
c/o Club Meadowvale
6750 Mississauga Road, Mississauga, ON L5N 2L3
Member of Club Meadowvale, Mississauga

Vice President, Finance

Bruce Wright
c/o 205-2065 Dundas Street East, Mississauga, ON L4X 2W1
Member of Pine Valley Racquets Club, Woodbridge

FOR THE SQUASH PLAYER WHO HAS EVERYTHING.....

A perfect stocking stuffer



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! All orders will be processed on receipt of cheque or money order.

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

Squash Ontario

1185 Eglinton Avenue East
North York, ON M3C 3C6

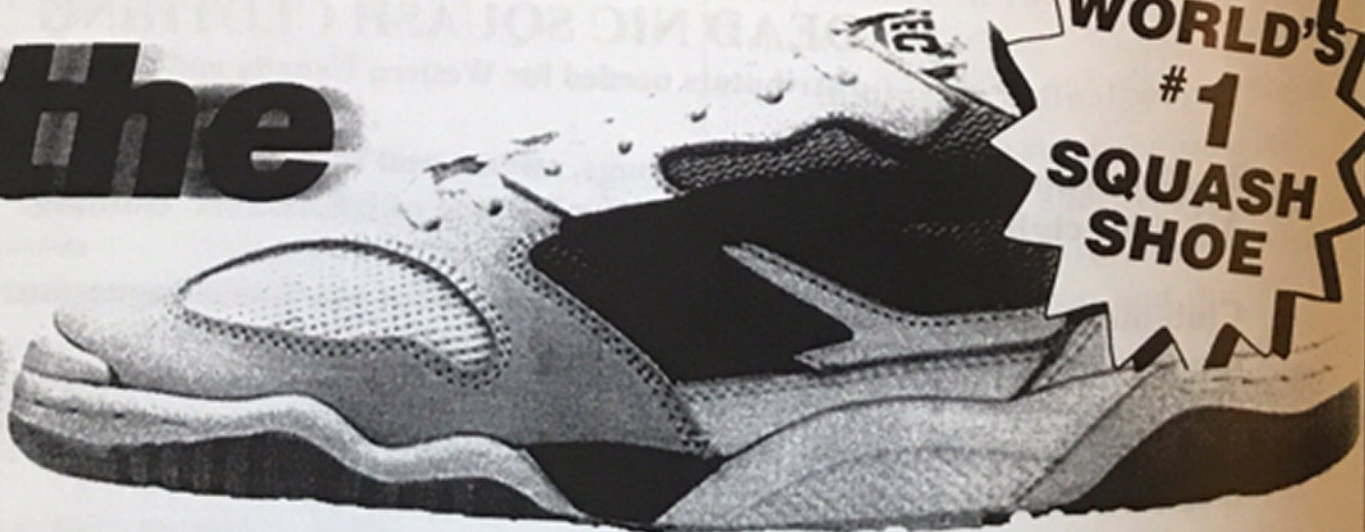


• Cost covers postage, handling and G.S.T. •

HI-TEC® 100% PURE ADRENALIN

Feel the

Bush



WORLD'S
#1
SQUASH
SHOE

SQUASH

CANADA

OFFICIAL SHOE
OFFICIEL CHAUSSURE

AVAILABLE AT YOUR LOCAL AUTHORIZED DEALER

6th World Junior Girls Squash Championships

The Torch Has Been Passed to a New Generation

..... By Jessica DiMauro

The Canadian Junior Women's team, consisting of coach, Sharon Trenaman (Tren), Jessica DiMauro, Katie Patrick, Sally Norgate and Courtnay Power met in Vancouver airport at about 7:00 p.m. on Sunday June 25th. A very eager group of travellers waited patiently for their day of travel to the 6th World Junior Championships in Sydney, Australia.

We finally arrived DOWN UNDER at 7:00 a.m. on Monday, June 27th. Needless to say, our sense of time was a little bit off - lunch seemed more on the menu than did breakfast! We spent the day walking around Pennant Hills, a suburb of Sydney, while trying to keep our eyes open. After dinner the evening came to a quick end at 7:45 p.m. The following few days were spent getting used to the courts and surroundings. We met a lot of the other teams and watched them practice. We came to realize that our competition would be very difficult. We checked out all of the team uniforms and felt that ours were definitely the best - THANKS ADIDAS!

Some of the team captains were asked to go to a press conference at a stadium in downtown Sydney. There they made individual introductions of each player and a special introduction of Australian, Rachael Grinham (reigning world junior champion) and the Australian team (also reigning world champions). We were then privileged by a speech by the legendary Heather McKay. It was a very eventful afternoon full of television, radio and newspaper interviews.

During the rest of our acclimatization week we practiced every morning and spent the rest of the time visiting the Sydney Bridge, Opera House and too many shopping streets! We were also able to go to a Koala Park from which we each

took something different, ranging from "Koala traces" to embarrassing memories.

The tournament started with an amazing opening cruise of the Sydney Harbour. It was a great way to get all of the teams together. The following day the individual event matches began. Up first from Canada was Sally. She lost her first match but won her next three which took her to the Plate semi-final where she lost to Kelly Townsend of Australia.

Katie was next to go on. She won her first match which put her up against Narelle Tippett from Australia. She lost to this 9-16 seed and slipped into the Special Plate where she met up with another tough opponent and was eliminated.

Courtney pulled off a tough fifth game win against Angel Choi from Hong Kong. This put her up against Rachel Grinham. She was unable to

beat the reigning champion (imagine that?) and so she too slipped into the Special Plate where she was knocked out.

My first match was not until the next day where, although I was unable to win after a bout with the flu, I was named the "best dressed player on court" (Thanks Head). I

We were totally psyched to play Scotland and felt we had a good chance to beat them.

also slipped into the Special Plate and won my next two matches before losing in the quarter final.

We had a rest day between the individual and

the teams event which we used to visit the "Three Sisters" at the "Blue Mountains".

The next day we had our first match of the team event. We were very psyched about playing the Scottish team and although they were seeded fifth, we felt we had a good chance to beat them. Sally went on first and started us off with a 1 love lead but an experienced



Team Canada from left to right, Jessica DiMauro (Ontario), Katie Patrick (Alberta), Sally Norgate (Manitoba), Courtnay Power (Ontario), coach Sharon Trenaman (Alberta)

Laura Hamilton fought back to win 3-1. I went on next and, after being down 2-0, came back to win the third and go up in the fourth before losing 3-1. Katie then went on to face the long-legged and fit Pamela Nimmo. Pam proved to be a little too focussed for Katie who was already discouraged about our loss.

The next day, we were up against last Worlds' third place team, Egypt. We knew they were going to be fighters but we were sure we could hang in there with them. Katie went on seeking blood (figuratively, not literally!). This determination led her to a 3-2 win over Rasha Hagazy. Things were looking up for the Canadian team when I went up 8-6 in the first game before losing 10-8 to the number 3 junior in the world, Salma Shabana. The match ended 3-0 Egypt and it was now left to Sally. She put up a really tough fight but unfortunately, lost to May Hegarzy, the same girl who put Canada out of the top four at the last world championships.

The next day we faced the inde-

structible Australian team. It was a great experience for us. Courtney got the chance to play an extremely focused Emma Major. She played well but lost. I was given another chance at Narelle Tippert (a rematch from the last worlds) as Rachael sat out. The scores were closer with a 10-8 first game but it was not enough to beat Narelle. Katie played really well to try to knock off one of the two Major twins, Kate. Kate followed her sister Emma by beating Katie, 3-0.

We then fell into the 9-16 play off where we beat Brazil, Malaysia and Hong Kong to move into the 9/10 play off against South Africa. South Africa was too strong for us and we lost 3-0. We ended off with a tenth place finish.

The trip was very beneficial for everyone on the team. It gave Courtney and Katie a good look at some international competition and it gave Sally and me a chance to gain experience before moving into the senior ranks. We had a lot of fun and we made a ton of new

friends. Thornleigh Squash Centre, the host club, and all of the volunteers, along with the Country Comfort Inn and its staff were very friendly and helpful throughout the entire event.

We would like to thank Adidas for our amazing clothes, Tren for organizing the trip and Squash Canada for struggling to put the money together to give us some financial assistance. We really learned a lot and it would have been impossible to do without all of your help!

On a personal note, I would like to thank Squash Ontario for all of its help over the years (especially Sherry Funston). I would also like to thank Rob Brooks and everyone at Pine Valley Racquets Club for helping me through the beginning of my squash career. Lastly, I would like to wish all of the juniors in Canada (especially Ontario), the best of luck in their pursuit of squash excellence in the future. Keep playing tough and help squash grow! See you in four years.

$E = (MANTA)^2$

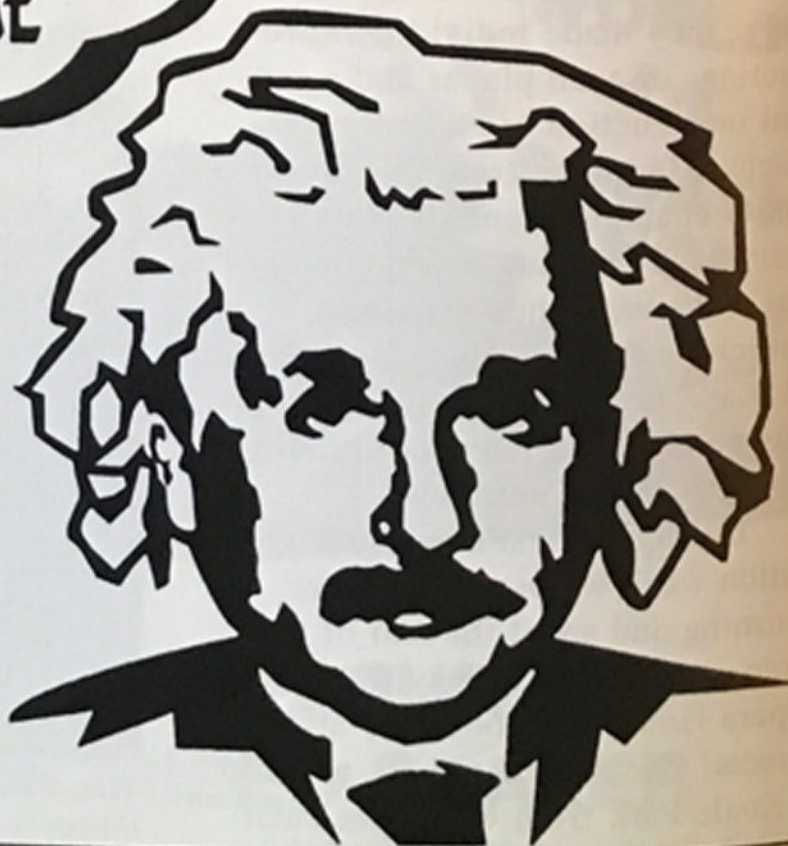
∴ GO HARD OR GO HOME

MANTA[®]

BIGFOOT FW, SuperLite & Plus
100% Graphite ... 100 Day Guarantee

PH (403) 777-1477

FAX (403) 777-1470



Club News & Programmes



New Members of Squash Ontario

Squash Ontario welcomes the following new clubs and their members as members of the Association:

- Aurora Highlands Golf & Country Club
- Bathurst Jewish Centre, Toronto
- Canadian Health & Squash Club, Kanata
- Centre de Loisirs, Kapuskasing
- Crossroads Squash Club, Toronto
- Essex Racquet Club, Tecumseh
- Fanshawe College Fitness Centre, London
- Gymbags Health & Fitness Club, Kincardine
- McMaster University Squash Club, Hamilton
- University of Waterloo Squash Club, Waterloo

Pro Shuffle

As often happens during the summer, some squash professionals have moved to different clubs....

Peter Ward is now the professional at Burlington Racquet Club, **Dean Brown** is now the professional at The Adelaide Club in Toronto, **James Hayes** is now the professional at Regency Racquets Club in Brampton, **Steve Millard** is now the professional at the Glenway Club in Richmond Hill, **Jim Hamilton** is now the professional at the Goodlife Club in Waterloo and **Rob Walsh** is now the professional at the Valhalla

Goodlife Club in Etobicoke

And Speaking of Pros....

Many of the teaching pros across the province participated in the development of Squash Ontario's Marketing Plan and one of the issues identified, by both pros and club owners, was the lack of a unified body which is representative of the teaching professionals.

Squash Ontario invited over 60 of the teaching professionals to a meeting in October and 12 of them accepted our invitation to attend. **Peter Ward, Dean Brown, Nigel Gleeson, Rob Brooks, Dana Castle, Dominic Hughes, Dennis Goodfellow, Tony Swift, Jeff Deverill, Max Weithers and Chris Stevens** all took the time out of their busy schedules to get together to discuss ways in which they and Squash Ontario could partner to promote their clubs, the Association's programmes and the game itself.

The initiative itself is being spearheaded by Toronto Athletic Club's **Mike Way** and, under his guidance, several areas of common interest and concern were identified and the group has agreed to the concept of establishing the Ontario Teaching Squash Professionals Association. Subsequent meetings will be held to thrash out the finer details but it will begin by setting up a registry of Ontario teaching professionals.

The next meeting has been set for Friday, November 24th at the Ontario Sports & Recreation Centre. Any teaching profession-

als wanting more details should contact either Mike Way at 416-862-8124 or Sherry Funston at 416-426-7202.

Programmes' Progress

Black Knight and Squash Ontario are pleased to present a Squash 'Tour de Force' - a unique opportunity to bring some of the best teaching professionals in the game directly to the clubs.

The 'Tour de Force' will run from November through February and can include clinics, private lessons and exhibitions. The programme, while open to everyone, is targeted specifically toward women and juniors.

The teaching corps includes **Heather Wallace** (Pan American Gold Medal winner), **Peter Ward, Nigel Gleeson, Duncan Stuart, Melanie Jans** (Pan American Gold Medal winner), **Willie Hosey** and **Mike Way**.

The cost to member clubs is \$200.00 - for non-member clubs, \$330.00. Clubs wishing to participate must have at least two courts, preferably glass-backed.

For more information on how to register your club in this exciting programme, contact Squash Ontario at (416) 426-7202.

Fin Junior Registry

We welcome Fin Worldwide (Canada) Ltd. as the sponsor of our 1995/1996 junior registry. All juniors who wish to compete in sanctioned Squash Ontario events and who wish to be ranked provincially, must be members of the junior registry.

And squash professionals...if you

are running a junior programme in the club, why not encourage participation in the junior registry? They will receive their own laminated identification card and, several times a year, will receive mailings from Squash Ontario on developments and activities in the junior squash scene. More importantly, it will give them a sense of belonging and perhaps cement a commitment to the game - not just for this year but for a lifetime.

For more information on how to register, contact Squash Ontario at (416) 426-7201.

.....
Junior Club Programmes

With the much appreciated assistance of Manta, Squash Ontario will again fund between 10 - 15 junior club programmes. These programmes are intended to be incentives to run squash pro-

grammes for junior club members and neighbouring schools, from beginner to intermediate level. Generally these programmes run for a minimum period of six weeks, either on weekends or week nights after school.

If you are contemplating running a junior programme at your club, it may be eligible for funding assistance. Please telephone the Squash Ontario office at (416) 426-7202 for guidelines and application forms.

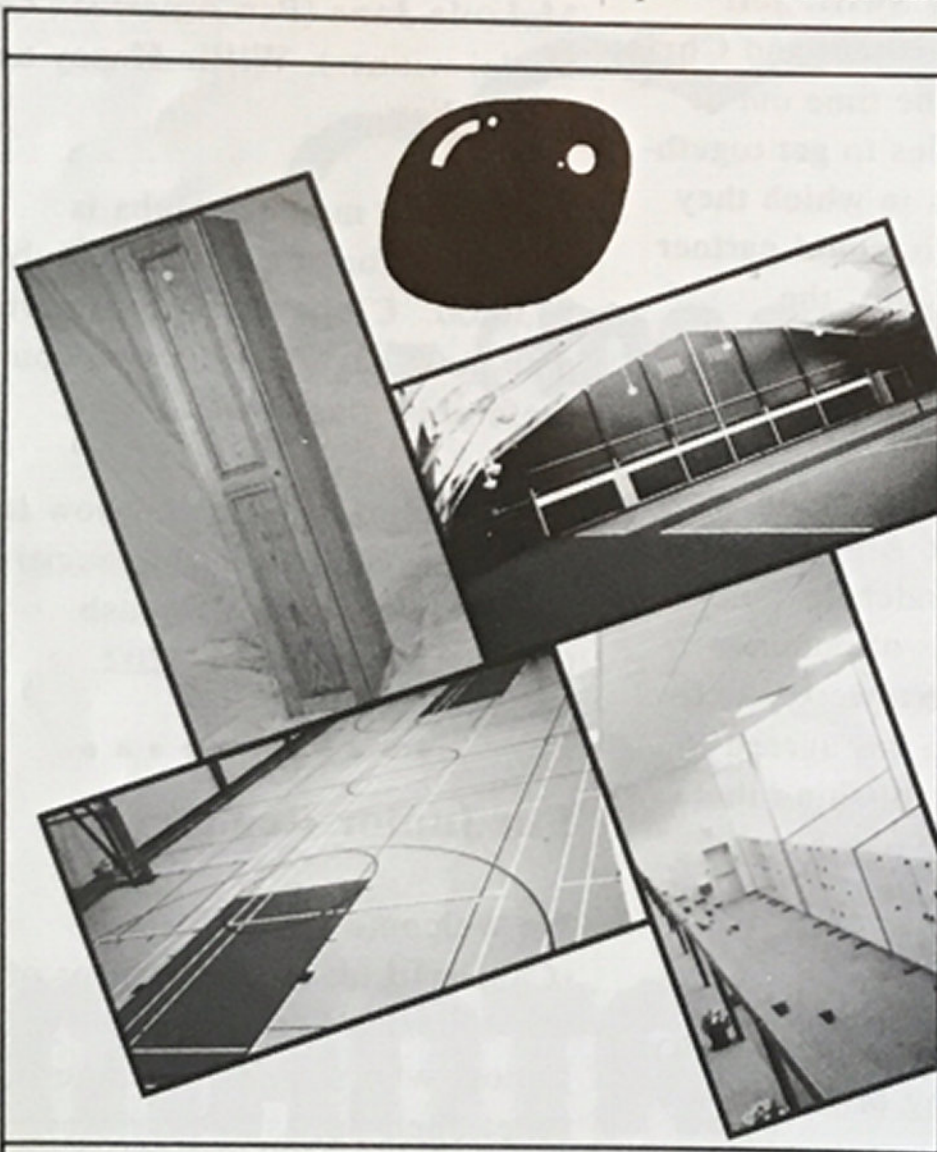
.....
**'Squish Squash' /
School Squash Programme**

Both programmes are being sponsored this year by Black Knight. 'Squish Squash' is a game designed to introduce squash in a gym or playground setting at the elementary school level. The racquet is shorter and lighter making

it more manageable for young children. The ball is larger, softer and travels much slower.

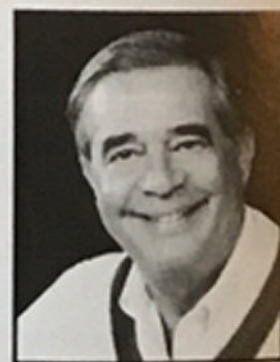
The School Squash programme targets elementary and high schools by introducing squash into schools - schools to neighbouring clubs - and clubs to the benefits of school squash. These students are future members.

Squash racquets, balls and eye-guards are available on loan from Squash Ontario for a minimal refundable deposit. Squash Ontario has a number of qualified instructors (and we are looking for more!) available to teach squash to students and to teachers. Contact Squash Ontario at (416) 426-7203 for more information. ○



- **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

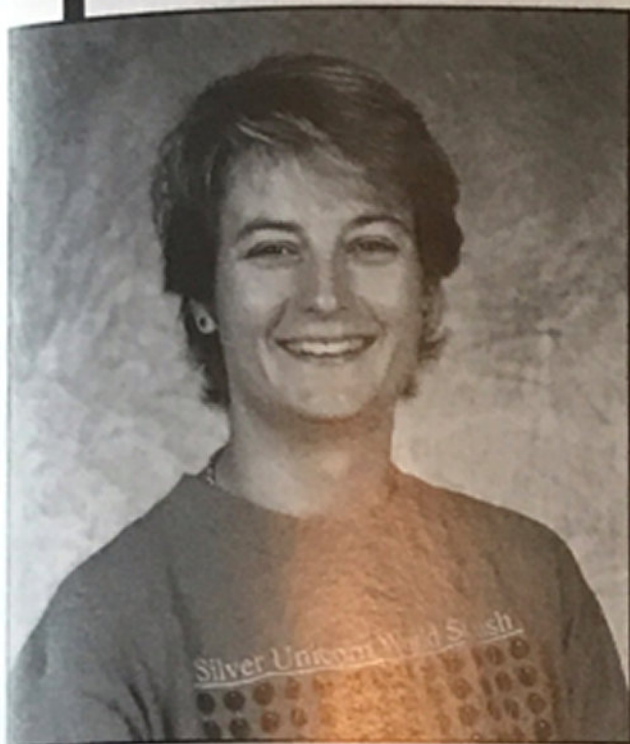


Playcon

**Squash Court
and Club Construction Specialists**

Coaching Corner

Nutrition for the Athlete



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 the Ministry of Citizenship, Culture and Recreation's prestigious F.A.M.E. programme. She also acts as Squash Ontario's media 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 schools. For her contributions to squash as a player, a coach and as a volunteer, Gail was been presented with Squash Ontario's highest honour, the Special Achievement Award.

From an athlete's point of view, the amount of food intake and the type of food consumed, can directly affect one's performance and possibly prevent injury. Exercise places a number of nutritional stresses on the body. Knowing how to compensate through your diet can counteract these stresses and even improve athletic performance. At the least, it may reduce the chance of long term damage to the body.

The body requires sufficient hydration, carbohydrates, fats and proteins to function under normal circumstances. Regular exercise and competitions can place a number of nutritional demands on the body that are replaced by consuming a normal diet. In addition, women in particular are susceptible to mineral and vitamin deficiencies. The extent of these nutritional demands depends on the amount and intensity of the exercise, the age of the competitor, the time of the month (in a woman's case) and even the time of the day exercise takes place.

• Hydration •

One of the most important as well as abundant substances in our bodies is water. In fact, water makes up an average of 65-75% of our bodies. Water is responsible for temperature regulation, dissolving some of the carbon dioxide that is carried from the cells to the lungs to be exhaled, carrying nutrients into and wastes out of our bodies, and in chemical reactions that break down the nutrients needed for energy.

Sweating and ventilation cause fluid losses during exercise. If these fluids are not replaced, performance suffers and over the long run, organs can be affected drasti-

cally. Athletes should drink water regularly during exercise, about 100-200 ml every 15 minutes. Any more than this and the body cannot absorb it. However, as water is not toxic, more than less is better, as the extra is simply eliminated. In addition, consume water in the morning to replace what is excreted over night. Take water 1-2 hours before exercise to help prepare the body for exercise.

Since sweat consists mainly of water and not salts, adding salt to water is not recommended. Only under extreme temperature conditions should one consider adding salt. In fact, adding salt to water slows down the absorption rate of the water into the cells.

If you can, drink bottled water, mineral or even carbonated water. For athletes travelling to other countries, this is particularly advocated in order to reduce the chance of stomach problems or infections.

Air travel and car travel often result in dehydration. The air in planes and cars has a low humidity level. To avoid dehydration during travel, bring your own bottled water or drink fruit juices or clear carbonated drinks. Colas contain caffeine, a diuretic, which increases water elimination. As well, avoid alcoholic beverages as these too have a dehydrating effect. In addition, limit your salt intake in foods.

• Carbohydrates •

A large and diverse group of organic compounds found in the body are known as carbohydrates. These are more commonly known as starches and sugars and can be found in past and fruit to mention a couple. Carbohydrates perform a number of essential functions in the body. The principal function

for athletes is to provide a readily available source of energy to do work. (In this case, work refers to the muscles working to hit the ball or to run).

At least 60-70% of the diet for a squash player should consist of carbohydrates. This provides enough energy for performance. As well, it builds up the energy reserves. When there are not enough carbohydrates consumed, the energy reserves kept in the liver, muscles and the blood, become depleted and performance suffers. This is because the energy is no longer readily available, thus forcing the body to use more oxygen to metabolize other nutrients to provide the energy required.

An easy way to ensure enough energy for the upcoming competition is to maintain the same diet up until a few days before the competition and then gradually increase the amount of carbohydrates until the match time. In combination with a decrease of exercise a few days before the

competition, this should allow your body to store reserves in preparation for the long weekend.

A heavy training schedule or competition schedule with daily sessions of intense work can provide a huge challenge to carbohydrate stores. However, it is not only how much you eat but when you eat that affects the body's ability to store energy.

A recent study shows that athletes who eat 10-15 minutes directly after intense exercise store significantly more muscle glycogen than when they waited 2 hours after the fact to eat the same meal. So, at long weekend competitions, eat as soon as you can after your match if only small amounts over a period of time to replace the lost energy reserves.

Although this is the ideal, it is not always practical or convenient to eat right after the match. Your competition venue may not provide adequate food stuffs, you may feel sick at the thought of food so soon, or its just not the right time.

Always have a light snack and fruit juices with you in case of emergencies. Fruit juices which are somewhat complex carbohydrates, can provide extra energy without feeling the discomfort from eating a meal. However, athletes must be cautioned on consuming simple carbohydrates in between matches such as a chocolate bar, or soft drinks which are simple carbohydrates. This can have the opposite effect to providing energy because it causes an insulin reaction which then lowers blood sugar level and therefore lowers the amount of quick energy available to the muscles at a time when it should be plentiful. Muffins, nutritional bars, fruit or light sandwiches are a good alternative.

A more drastic way to load up on energy reserves for a long competition of 2-3 days is called "**Carbohydrate Loading**". If you've never done this before, do not wait until you have a major tournament to try it out. Practice

TITAN RECREATIONAL WAREHOUSE UNSQUASHABLE™

FOR ALL OF THE PEOPLE WHO ARE LOOKING FOR
"UNSQUASHABLE" SQUASH RACKETS AND CAN NOT FIND THEM, WE NOW
HAVE THE COMPLETELY NEW REVAMPED LINE OF UNSQUASHABLE
SQUASH RACKETS FOR THE 1995-1996 SEASON

12 STYLES OF **"UNSQUASHABLE"** SQUASH RACKETS
STARTING WITH OUR PRICE POINT ALL ALUMINUM RACKET TO THE TOP OF THE LINE
MODEL 901 STAG SYSTEM MADE OF HIGH MODULUS GRAPHITE/BORON WITH
TECHNIFIBRE 225 COMPETITION STRINGING
STARTING AT \$39.99 TO \$229.99
NOW ON SALE FOR 20% OFF THE ABOVE MENTIONED PRICES

WE ALSO CARRY THE COMPLETE LINE OF **WILSON** SQUASH
RACKETS AT COMPETITIVE PRICES

ADDRESS
UNIT #19 - 2140 WINSTON PARK DRIVE
OAKVILLE, ONTARIO, L6H 5V5
TEL: (905) 829 4017
HOURS: MONDAY TO FRIDAY 10:00 AM TO 5:00 PM

it like you would a tactic before the event.

Children should not use this technique, neither should adults with heart or metabolic disorders.

There are three known methods. Here is one moderate example. There are two components to this method - one is the **exercise component** and the other is the **dietary component**.

1. Exercise component

The athlete, 4 days before the competition, must **totally** exhaust themselves (crawling off the court) in the same mode, technique and intensity required during competition so that the energy reserves are completely depleted. Then the athlete performs only moderate, light intensity exercise leading up to the competition.

2. Dietary component

After the exercise component, 80-85% of the athlete's diet should then consist of carbohydrates. Limited fats and proteins are consumed. The complete depletion of the reserves allows for a super-compensation to occur in the muscles' ability to store reserves in the form of glycogen. (Up to a 250% increase in glycogen can be stored!).

• Fats •

Fats are concentrated energy and contain about two times as much energy per gram compared with carbohydrates. However, in general fats are 10-12% less efficient than carbohydrates as body fuels and, as a result, a large amount of a fat calorie is wasted and not available for the body to use as energy.

The body also digests fats more slowly. It can take about 4 hours to digest a meal high in fats. In addition, it can also slow down the absorption of other nutrients into the body. For this reason,

pre-competition meals should be low in fats.

Although excess fat can hamper an athlete's performance, some fat storage is required for health. Of the total body weight, 5-7% is needed for essential body functioning. Athletes who approach this percentage or who are lower from either extreme training or diet restrictions may have his or her health adversely affected in the long run. Women who train intensively for marathons often lose their ability to menstruate if their body fat content drops below 5%. This is because fats help to provide nourishment required for the unborn child.

• Proteins •

Proteins are also required during exercise and contribute 5-15% of the energy spent during exercise. Proteins have always been emphasized because of their role in repairing and building tissue. Meats have therefore been a required element in the athlete's diet. In spite of the increased demand for protein from the extra stress of exercise on the body, the average Canadian diet is sufficient for this nutrient and few, if any athletes will require supplements.

Excess consumption may stress the kidneys and contribute to water loss as the body tries to eliminate the unwanted extra protein.

• Minerals and Vitamins •

Many athletes use mineral and vitamin supplements, even though there is no evidence to suggest they improve performance. In fact, athletes need to exercise caution about some vitamins as certain fat soluble vitamins - A, D, E, K - can be toxic if the body is forced to store excess amounts of them.

Many athletes however, may be deficient in iron. Iron is important to athletes because it helps transport oxygen in the blood cells.

There are a number of reasons athletes may be deficient - (1) they are not getting enough in their diet; (2) they are failing to absorb enough iron due to the trauma of exercise; or (3) they are menstruating (young women are particularly susceptible to iron deficiency for this reason).

Although iron supplementation reverses a deficiency an athlete may have, it has not been shown to make any difference in athletes whose iron status is normal. Furthermore, if tests show there is an iron deficiency, dietary sources of iron are preferable to supplementation as the body absorbs them better.

In short, be sure to eat 2-3 hours before any match if possible to give the body enough time to metabolize the food and provide energy. Eat as soon after as possible to replenish lost energy. Do not change your diet drastically before an important match unless you have tried it before. Drink water regularly before exercise and after. Maintain a low fat diet and a higher concentration of pastas and fruits. Eat several light meals during the day. Eat light dinners early in the evening, and have your heavy foodstuffs at lunch. Do not eat the same foods all the time. Change your diet and keep in the frame work of 65-75% carbohydrates, 10-15% fats and 5-10% proteins. If possible, get your vitamins from real food, not pills.



If you have questions for Gail on any aspect of coaching...tactics, strategy, mental preparation, equipment, 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.

INTRODUCING SPORTPRO

After much input from players and in response to their stated need and desire for a ranking system that is fair, that utilizes head-to-head match results and that is as inclusive as possible, Squash Ontario is pleased to announce that it has converted to **SPORTPRO** for the 1995/1996 squash season.

In making this conversion, rankings from the previous system as of the end of last season were used as a starting point. Initialization for the first published set of rankings (now in the clubs) included only those people who had participated in a least one (1) provincially sanctioned event in the 1994/1995 season.

SPORTPRO - How it works

The Squash Ontario rankings are now established on the basis of head-to-head match results from any A or B tournament sanctioned by Squash Ontario and held in the Province of Ontario. Each match is processed individually. Each player has a point rating which is adjusted based on results against other provincially ranked players. A number of points, proportionate to the rating difference between the two players, is added to the winner's rating and subtracted from the loser's rating. Provided that a player is not excluded due to Insufficient Data, a player's point rating relative to other players determines a player's provincial ranking.

Defaults

The treatment of defaults is currently under review and we will be providing more information in the near future.

New Players

New players enter the system by playing in tournaments involving other ranked players. To become fully rated and thus be ranked in Ontario, a new player must accumulate a series of wins and/or losses against other fully rated players. A special new player algorithm is used to recalculate the new player's rating after each match until they have registered sufficient results to allow **SPORTPRO** to assign a credible rating. During this period, they are considered provisionally rated and are listed under Insufficient Data with a status of "P" next to their point rating. Results involving provisionally rated players do not affect the ratings of fully rated players.

Inactive Players

Players who do not register any results over a period of time are flagged as "inactive" and flagged with an "I" status on the Insufficient Data list. The period of time may vary during the season and could range from 60 - 120 days. This is currently under review and details will be published in due course. Inactive players are currently required to register 3 results against other fully rated players to become activated. Results involving inactive players do not affect the ratings of fully rated players, only the inactive player.

Insufficient Data

To be ranked in Ontario, players must conform to certain activity levels during the season. These activity levels may require players to accumulate a certain number of tournaments, matches, or interactions at certain points in the sea-

son ("interactions" are matches with other closely ranked players). The appropriate activity levels are under discussion and will be made know shortly. Players excluded by reason of these criteria will appear on the Insufficient Data list along with inactive and provisionally rated players.

Ranking Lists

Squash Ontario will publish the rankings on a quarterly basis. However, the most recent computer printed ranking lists are available at any time from Squash Ontario.

Tournament chairs are encouraged to contact Squash Ontario for the most current rankings in order to seed their draws as accurately and as fairly as possible.

Tournament chairs are also encouraged to submit completed, legible draw sheets immediately after the conclusion of their event. In this way, the rankings will always be current.

Junior Tournament Weighting

In order to continue Squash Ontario's policy of encouraging play in all regions of the province, the junior tournaments have been weighted as one, two or three star events. **Regional Junior Opens** are weighted as two star events, the **Provincial Championships** are weighted as a three star event and **all others** as one star events.

National Compatibility

Squash Canada has also converted to **SPORTPRO** and all sanctioned tournament results from Ontario events will be forwarded on to Squash Canada for inclusion in the national rankings.

Initial Soft Ball Rankings

.....
as at 15 October 1995

Boys' Under 10

- (1) Aaron Henry
Pine Valley Racquets Club
- (2) Adam Sier
Barrie Racquets Club
- (3) Ryan Austin
Granite Club
- (4) Trevor Bodough
King Street Fitness
- (5) Alexander Braff
Pine Valley Racquets Club
- (6) Drew Kuraitis
King Street Fitness
- (7) Ned Thomas
Queensview Racquet Club
- (8) Brock Darling
Club Meadowvale

Boys' Under 12

- (1) Sean Hanna
King Street Fitness
- (2) Adam Bickell
Pine Valley Racquets Club
- (3) Scott Brechin
Cedar Springs Athletic Club
- (4) Brad Jones
Northfield Racquet Club
- (5) Richard Turner
Club Meadowvale
- (6) Jonathan Turner
Club Meadowvale
- (7) Daniel Gowland
Orangeville Squash Club
- (8) Richard Lipscombe
R.C.Y.C.
- (9) Zachary Schwartz
Nautilus Plus - Cavendish
- (10) Shane Son Kee
Pine Valley Racquets Club

Boys' Under 14

- (1) Justin Martel
Courtside Racquet Club
- (2) Sanjeev Chada
North York YMCA
- (3) Chris Spavin
Pine Valley Racquets Club
- (4) Sean Hanna
King Street Fitness
- (5) Richard Spavin
Pine Valley Racquets Club
- (6) Danny McLellan
Courtside Racquet Club
- (7) Alex Carter
R.C.Y.C.
- (8) Gregory Hutner
Pine Valley Racquets Club

- (9) Andrei Prokopiw
Town & Country Racquets Club
- (10) Joshua Nagel
R.C.Y.C.

Boys' Under 16

- (1) Carl Baglio
Valhalla Goodlife Squash Club
- (2) Kevin McLellan
Courtside Racquet Club
- (3) Andrew Jones
Pine Valley Racquets Club
- (4) Jamie Martel
Courtside Racquet Club
- (5) Tim Nagel
R.C.Y.C.
- (6) Simon Bieber
Pine Valley Racquets Club
- (7) Justin Martel
Courtside Racquet Club
- (8) Brett Harris
Harbour Club
- (9) Luca Rastelli
Pine Valley Racquets Club
- (10) Ben Danic
Queensview Athletic Club

Boys' Under 19

- (1) Shahier Razik
Pine Valley Racquets Club
- (2) Erik Zaremba
The Match Point
- (3) Richard Yendell
Sault Ste. Marie Y
- (4) Stacey Bell
Harbour Club
- (5) Charles Braff
Pine Valley Racquets Club
- (6) Chad Dommasch
White Oaks Racquet Club
- (7) Nathan Drew
Locker Room Squash Club
- (8) Drew Turner
Courtside Racquet Club
- (9) Justin Hostick
White Oaks Racquet Club
- (10) Carl Baglio
Valhalla Goodlife Squash Club

Girls' Under 12

- (1) Casey DiSerio *
Pine Valley Racquets Club
- (2) Ruchika Kumar
Cedar Springs Athletic Club
- (3) Marci Sier
Barrie Racquets Club

- (4) Chloe Lennox
Granite Club
- (5) Alisha Turner
Club Meadowvale
- (6) Samantha Armstrong
R.C.Y.C.

Girls' Under 14

- (1) Jacqui Inward
#1 Nautilus, Peterborough
- (2) Casey DiSerio
Pine Valley Racquets Club
- (3) Ruchika Kumar
Cedar Springs Athletic Club
- (4) Marci Sier
Barrie Racquets Club
- (5) Samantha Gowland
Orangeville Squash Club
- (6) Chloe Lennox
Granite Club
- (7) Ashley Alton
Peterborough Y
- (8) Miranda Bankuti
Club Meadowvale
- (9) Alisha Turner
Club Meadowvale
- (10) Samantha Armstrong
R.C.Y.C.

Girls' Under 16

- (1) Adriana DiMauro
Pine Valley Racquets Club
- (2) Runa Reta
Squash Gloucester
- (3) Chrissie Evans
Ajax Squash Club
- (4) Tara Turner
Courtside Racquet Club
- (5) Jacqui Inward
#1 Nautilus, Peterborough
- (6) Kristina Matson
Valley East Squash Club
- (7) Casey DiSerio
Pine Valley Racquets Club
- (8) Adrienne Bieber
Pine Valley Racquets Club
- (9) Andrea Turrin
Pine Valley Racquets Club
- (10) Jennifer Duffy
T.C.S. & C.C.

Girls' Under 19

- (1) Nicole Carroll
Pickering Squash Club
- (2) Adriana DiMauro
Pine Valley Racquets Club

- (3) Runa Reta
Squash Gloucester
- (4) Angela Matson
Valley East Squash Club
- (5) Wendy Oliver
Pine Valley Racquets Club
- (6) Chrissie Evans
Ajax Squash Club
- (7) Tara Turner
Courtside Racquet Club
- (8) Jackie Inward
#1 Nautilus, Peterborough
- (9) Kristina Matson
Valley East Squash Club
- (10) Casey DiSerio
Pine Valley Racquets Club

• Please note that only players listed on the 1995/1996 Junior Registry are eligible to be ranked.

* Soon to be reclassified due to floating age date.

Women's Soft Ball Rankings

- (1) Heather Wallace
Queensview Athletic Club
- (2) Melanie Jans
Toronto Athletic Club
- (3) Barbara Cooper
Mayfair Lakeshore Fitness Club
- (4) Carolyn Russell
Queen's University
- (5) Jo Thomas
Queensview Athletic Club

- (6) Jessica DiMauro
Pine Valley Racquets Club
- (7) Lynn Miller
Parkway Racquet Club
- (8) Cathy Covernton
Toronto Athletic Club
- (9) Christine Anderson
University of Western Ontario
- (10) Jennifer Birch-Jones
RA Squash Club

Men's Soft Ball Rankings

- (1) Gary Waite
Fitness Institute
- (2) Graham Ryding
Toronto Athletic Club
- (3) Jonathon Power
R.C.Y.C.
- (4) Jamie Crombie
Toronto Athletic Club
- (5) Willie Hosey
Mayfair Parkway Fitness Club
- (6) Shane Adams
Valhalla Goodlife Club
- (7) Dominic Hughes
King Street Fitness
- (8) Max Weithers
Curzons
- (9) Chris Stevens
R.C.Y.C.
- (10) Steve Wren
Dixie Squash Club

1st
Ever!!!

Canadian Open

Junior Squash Championships

February 1 - 4, 1996

Hosted by

*Cedar Springs Health,
Racquet & Sports Club*

&

Burlington Racquets Club

For more information, please contact Tournament Director, Dana Castle at:

Telephone 905-4800 x229
Fax 905-681-0350



club
management
solutions



Since 1984, our computer solutions have been making our clients more productive and competitive.

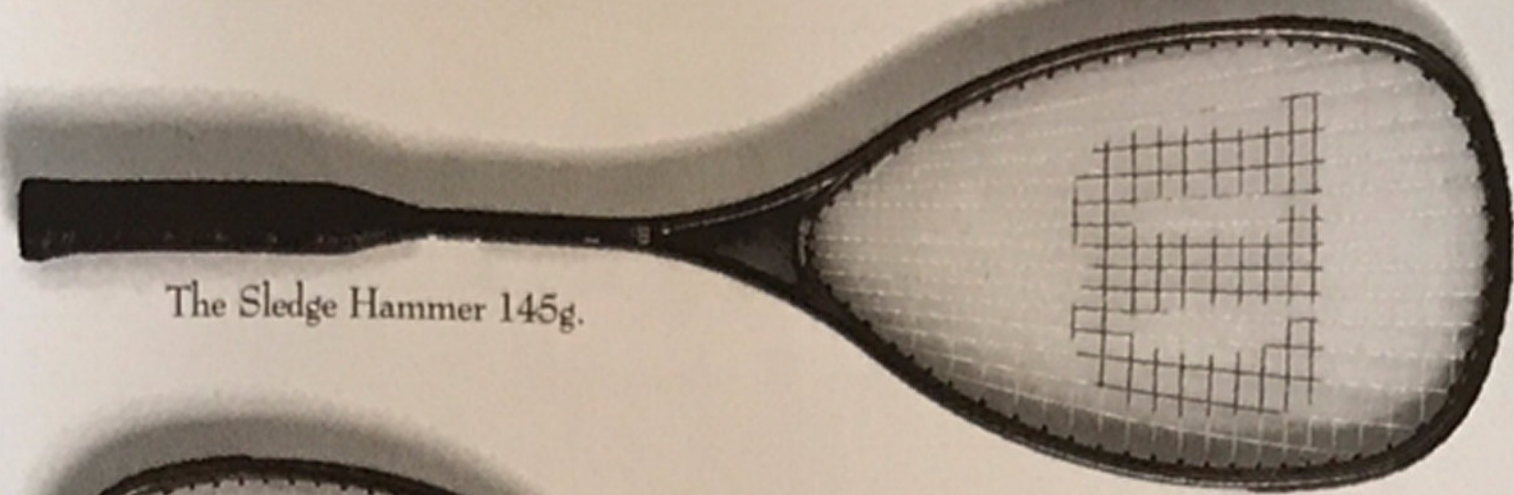
Here's just a hint of what our solutions can do for you...

| | |
|----------------------------------|---------------------------|
| Activity Tracking | Financial Reporting |
| Corporate Billing | Marketing Tools & Reports |
| Electronic Banking | Member Picture ID |
| Facilities Utilization Reporting | Membership Monitoring |

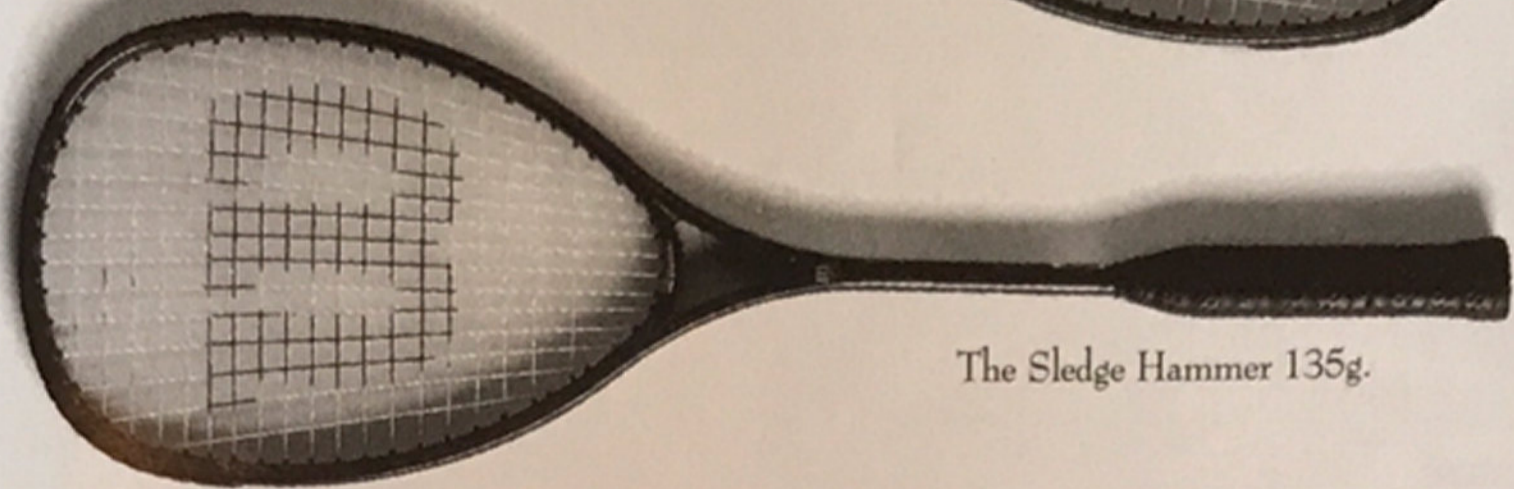
CHASSELS
COMPUTER SYSTEMS INC.

Call Us.

1-800-663-8649 or 416-626-8649
5405 Eglinton Ave. West, Ste. 103, Toronto, ON M5C 5K6



The Sledge Hammer 145g.



The Sledge Hammer 135g.

**A patent that puts the weight
where you need it most.**

How a simple idea is revolutionizing squash.

It's basic. It's rudimentary. It's downright primitive.
It's also so sophisticated that it takes three patents of
quantum physics to protect it. Hammer Technology.
A science based on one of the oldest tools known to man.

Super light + head heavy = Ultimate Game Improvement.

The new Wilson Sledge Hammer series provides the ultimate
in racquet lightness with a higher and larger sweet spot.
The results: mis-hits become hits, forehands and backhands land
in the backcourt and touch shots become unreturnable.

Every day, scores of squash players are switching to a
Wilson Sledge Hammer. To them, it's their "Weapon" they say,
their "Saviour". To us, it is simply the tool of their trade.

Official racquet of
SQUASH
CANADA

Wilson.

The Right Equipment Makes The Difference

RECSPECS[®]

your best defence



1965
on the ball



1995
in your face

THE GAME IS CHANGING

RECSPECS[®]

your best defence

**For more information about RECSPEC[®],
contact your local eye care professional.**