

SQUASH

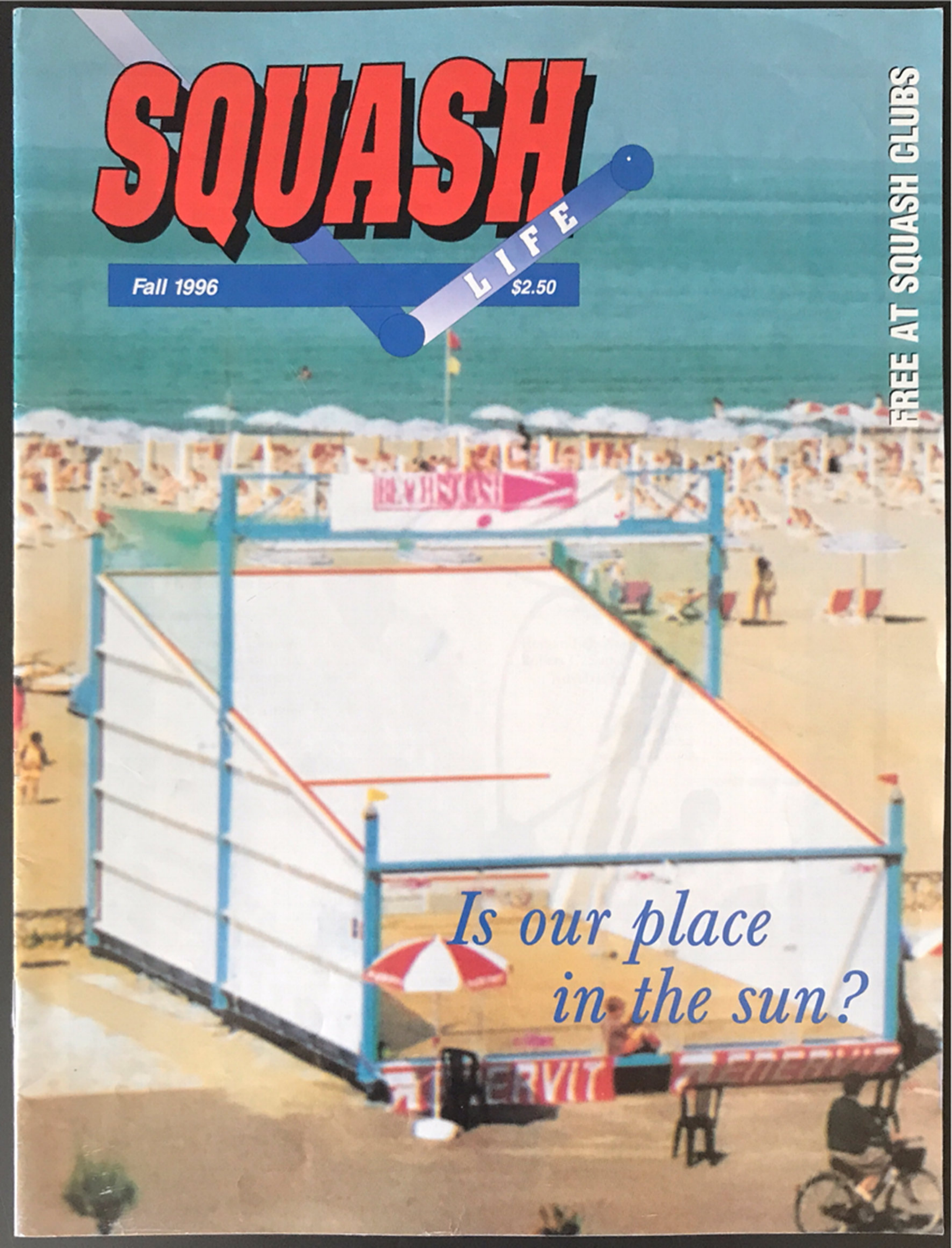
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SQUASH LIFE

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Sherry Funston	Managing Editor
Ann Gray	President
Chris Herbert	Vice President Technical
Bruce Wright	Vice President Finance
Gord Aitken	Vice President Regional Liaison
Jeff Deverill	Vice President Player Development

Mike Way	Contributing Editor
Geoff Sheppard	Contributing Editor

Roman Lehecka	Design and Composition
Robert G. Soper	Printer (Bowne of Toronto)
Advertising	Sherry Funston for Squash Ontario
	1185 Eglinton Avenue East
	North York ON M3C 3C6
	Telephone: (416) 426-7201
	Fax: (416) 426-7393

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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.

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

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VOLUME 21, NO. 4



Just when you thought there was nothing new under the sun...

by Sherry Funston

Beach Squash! Can't you see it? - the shores of Lakes Ontario, Simcoe and Huron dotted with squash courts, the sun bouncing off the plastic

ls - the lilting sounds of the waves g at the shores competing with the ck of a squash ball. And the boys a Playcon working away now attired in straw bermuda shorts and Bans. The sand and sea have certainly ked wonders for easing the waning bers of volleyball vers (not to mention scantily clad contes- s), but only mad s and Englishmen presumably go in the noonday sun. As if squash yers aren't balmy enough. Is this future of the game?

ile Beach Squash may "fly" in the re temperate climates of the editerranean, it does raise the inter- ing question of just where squash is ing in the future. There are over 15 llion squash players in the world, resented by some 110 countries. t look around you - it's not your agination. There are more gray ads in your club these days. As the ovince's population ages, it is likely at participation in vigorous activities ch as squash, will decline. You'll ll play, but you probably won't play often; however your competitive ges will still be there. That fact may ffect the long term health of the sport at perhaps it need not. Associations, ubs and squash professionals must ognize the greying of the *baby oomer generation* and begin to pro-

vide programming which is tailored to their changing needs.

The rigours of squash seem to parallel provincial and national trends associat- ed with the pursuit of higher levels of fitness. With the number of people who regularly participate in racquet sports, the question of whether such sports provide distinct cardiovascular

benefits is more rele- vant than ever. There is no doubt that squash, tennis and racquetball are all superb con-

ditioners of agility and co-ordination. But in the past, many researchers have doubted that these stop- and-go sports promoted cardiovascular fitness.

According to a recent article in the University of California, Berkeley Wellness Letter, researchers have found that the benefits of rac- quet sports can rival such aerobic exercises as running. Squash, quickened by the con- fined playing area, is more conducive to maintaining the kind of heart rates demanded for cardiovascular con- ditioning. It also pro- vides higher levels of caloric burn with num- bers falling between 600 - 800 per hour.

So, perhaps part of our future should be directing our attention, both from an association and club point of view, to *Generation X*- the fitness only mem- bers. We need to educate them that there is, in many cases, a better way in which to achieve and maintain their fit- ness level but in all cases, a much more fun and social way in which to do so. Why do we insist on keeping one of the best features of the game such a secret!

In a survey recently conducted by Statistics Canada, among the various reasons for not participating in sport, lack of time was the most often men- tioned by both men and women. A squash match, lasting approximately 40 minutes then, must be positioned positively to these time-conscious, leisure consumers. Again, a facet of

There is no doubt that squash, tennis and racquetball are all superb conditioners of agility and co-ordination.



A new attraction for Ontario Place?

squash which should be very appealing to *Generation X*.

Participation in organized school sport (other than physical education classes), increases the probability of participating regularly in sport as an adult, according to a 1992 Stats Can survey. The major thrust of Squash Ontario's marketing efforts over the past several years has been at the elementary and high school level. Since 1994, over 5,000 young people have been introduced to the game across the province - *our next generation*.

So there are trends that will influence the sport, both positively and negatively and we must accentuate the positive. We cannot let the future of the game be determined by circumstance rather than by the application of a strategic plan.

We cannot let the future of the game be determined by circumstance rather than by the application of a strategic plan

What drives squash in the country is the vibrancy of Ontario. There is no question but that the club owners, players, sponsors, squash professionals and Squash Ontario itself have an enormous influence on the state of the game in Canada and so it is fitting that all of these stakeholders should come together to begin planning a strategy

for squash which would focus on the long term health of the game. A three hour workshop was organized in September, the purpose of which was to gather input from these key stakeholders.

Facilitated by The JF Group, the workshop challenged participants to begin thinking about the most effective and appropriate methods through which the future of the game can be protected.

It would be ambitious to suggest that the event generated major solutions; however, it certainly was one of the

first occasions that a broad cross-section of the province's squash enthusiasts focused collective attention on problems facing the sport. The participants agreed that a common, focused response involving all stakeholders would be the most effective and appropriate mechanism through which the game will prosper. A number of task force teams will be charged with the responsibility of solving particular problems, barriers or issues associated with the future of the game. There is not one but several generational gaps which must be bridged if squash is to continue to thrive, not just in Ontario but in the rest of Canada.

So, present and future squash players in Ontario, if they are so inclined, will have to nurture their tans the old fashioned way and cottagers in Muskoka and Haliburton can rest easy, assured that they will not have to view their famous sunsets through the opaqueness of plastic. The challenge will be to ensure the sun continues to shine on squash - just not directly from above!

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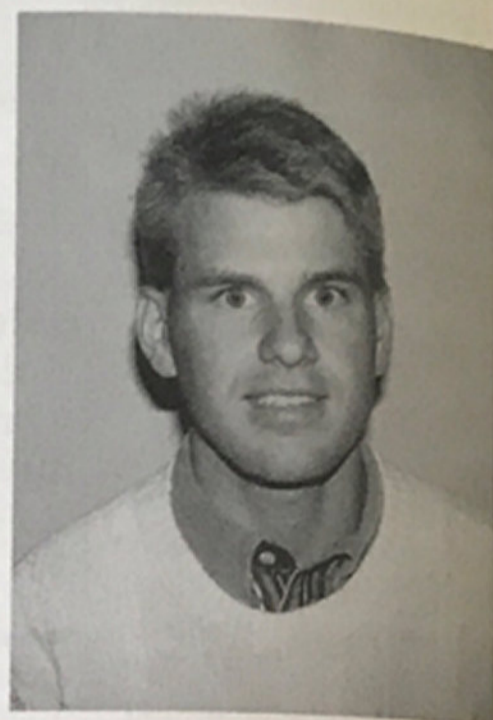


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Squash University Scene

Squash Ontario is pleased to introduce the newest department of Squash Life Magazine - University Scene. This department will be a regular feature of each issue of the magazine and will be written by Geoff Sheppard, our new Contributing Editor. Geoff is a High School teacher with the Halton Board of Education, and head coach of the McMaster University Varsity Squash Teams. He is a welcome new addition to Squash Ontario.



University Squash Link

By Geoff Sheppard

The LINK has finally entered publication. This is the first official column in Squash Life that deals solely with Men's and Women's university squash. As a former university player and six year coach in the university ranks, it has become apparent that our leagues NEED to become more identifiable to today's squash community. Junior players need to realize that education and squash provide a valuable avenue to follow. The parents of these players need to support the value of education after their children play junior squash. The support from Ontario University alumni will open more opportunities for the league that is steeped in years of tradition. And how about the fans of the game? Wouldn't they like to know and hear about great squash right next to home.

The mandate of this new department in Squash Life is to strengthen the bond between the above partners of the game. The first direction of the article will be to highlight the competition that exists in the seasonal play. Secondly, each university team will receive recognition through a profile representing their school. And lastly, a general discussion of the changing face

of the game will be promoted between the partners of the game.

To support this first article, a little background about the league is in order. There are two leagues which compete at the Ontario university level. The Ontario Women's Inter-University League is represented by McGill University in Montreal, McMaster University in Hamilton, Queen's University in Kingston, Ryerson University and the University of Toronto, both in downtown Toronto, and the University of Western Ontario in London. The Men's league adds a team from the University of Waterloo.

In the past, there have been teams representing Wilfred Laurier, the University of Guelph and Trent University. In competition, each university has six players competing in match play. In league competition, total matches are added together to decide league standings. For the team finals, only the top four teams play for gold, silver and bronze. An individual championship also determines gold, silver and bronze medalists.

The upcoming season is a special one, as two dominating teams of the past put up another defense of their titles. Remarkably, Jack Fairs and his men's

team from Western, will put their thirteen year old strangle hold on the championship on the line. Last year, a strong bottom three in their line up held off a vicious attack on their reign by the University of Toronto. But Western came through in semi final play, winning on total games. In the Women's league, Queen's University has dominated, capturing the last four Team Championships. Will this finally be the year that the teams who have been knocking on the door finally get their chance to take the coveted banner home to their schools? Time will tell in the upcoming issues.

League Schedule 1996/1997

O.U.A.A. Men

East: McGill, Queens, Ryerson, UofT
West: McMaster, Waterloo, Western

October 26	East Sectional 1 at Queen's University West Sectional 1 at Burlington Racquets
November 16	East Sectional 2 at University of Toronto West Sectional 2 at Waterloo University
January 18&19	East vs West cross-over at Ryerson

February 1&2 Individual Championships at University of Toronto

O.W.I.A.A. Women

Central: McGill, McMaster, Queen's, Ryerson, UofT, Western

October 19&20 Central Tournament 1 at Ryerson

November 2&3 Central Tournament 2 at Western

November 23&24 Individual Championships at Ryerson

January 25&26 Central Tournament 3 at McGill

February 8 1997 University Team Championships at Burlington Racquets Club, hosted by McMaster University

For only the second year in a row, a combined Team Championship is being held. Peter Ward, Club Professional and Donna Hayes, Manager of the Burlington Racquets Club, have been strong supporters of university competition. Their spectacular facility will once again host the Team Championships. The Jesters are new and very welcome supporters of the 1996/97 Championships. In conjunction with this year's Championships, a season-ending banquet will be held after the tournament, with presentations of all the formal awards. Please follow along in upcoming issues to find out about the university teams that participate in this competition. I hope I can invoke some new interest in a league that has great importance to squash in Ontario and to Squash Ontario. Just count how many club professionals are former university squash standouts!

Until next time, *squash it with education!* ☉

World University Championships Maastricht, Netherlands

by Denise Ferry

I must say that the level of squash was excellent for the most part. There were some individuals whose level of play was no where near the better ones but I think they all gained valuable experience watching and competing against those players. Canada's team, comprised of Ontario's Dan Vranesic, Manitoba's Anita Soni and Alberta's Kelly Patrick played excellent squash and were wonderful ambassadors for Canada. I felt very sorry that Squash Canada or the Canadian University Squash Federation did not see fit to give any financial help to them as all the other teams and most of the individual players were all funded as far as I could gather.

These are potentially the future champions of Canada (and possibly world

level players) and I feel we should encourage them wherever and whenever possible. Canada's team did very well to finish 5th in a very strong 10 team event.

They all deserve some extra commendation and or scholarship funds from Squash Canada and I hope they receive it. All three departed themselves exceptionally well and were a great asset to their home provinces, the game and to Squash Canada.

I do feel that in future, Canada should be sending more than three players. Nearly all the teams had alternates whom were rotated in and out as desired. Kelly was exhausted after the individuals and could not play to his potential when the teams began and we had a very tough draw for the first round. ☉

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ME
A
BREAK!**



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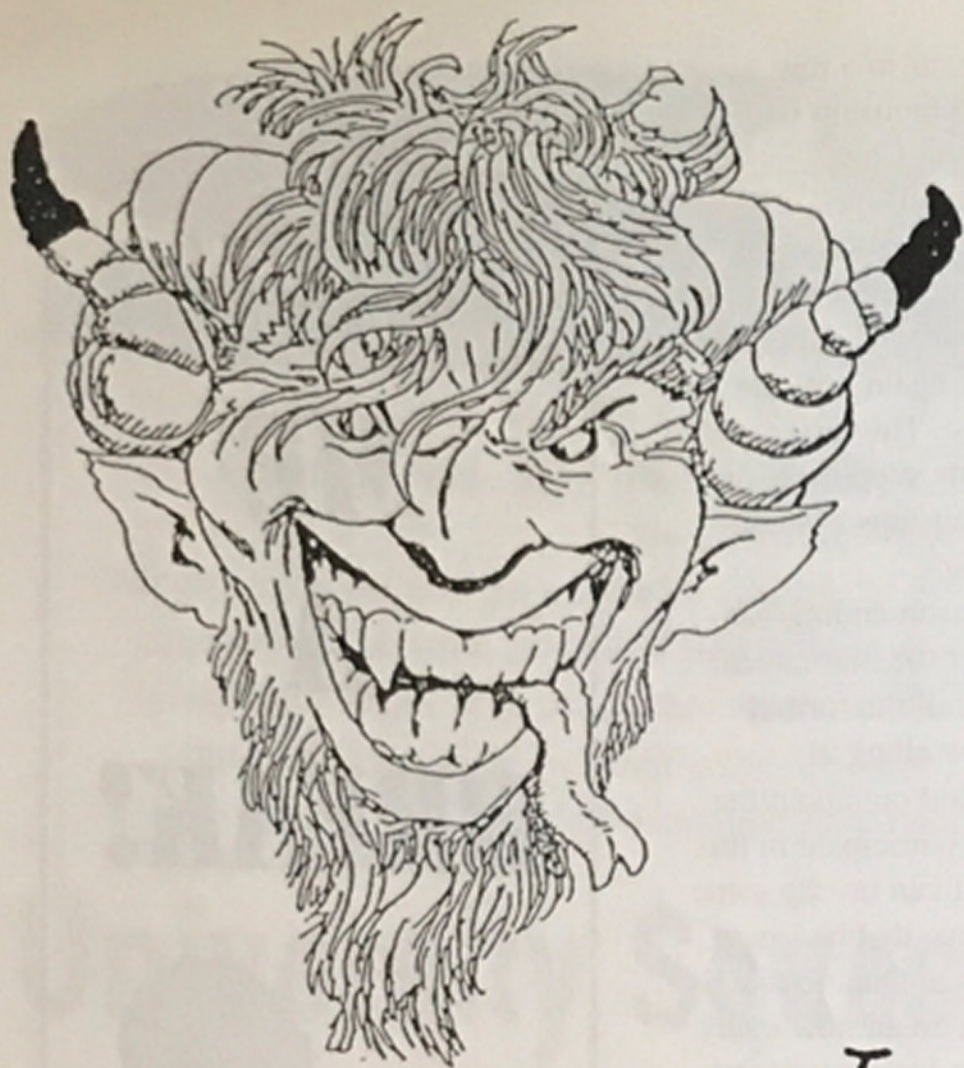
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CLUB NEWS

&

PROGRAMMES

FANSHAWE OPENS NEW SQUASH AND FITNESS FACILITY

Located on the campus of Fanshawe College, the centre is open to community and corporate members as well as Fanshawe students and staff. The facility is equipped with three glass-backed international squash courts, a state-of-the-art health club, a beautiful sun lit aerobics studio, a championship varsity gymnasium, the Fowler-Kennedy Sport Medicine Clinic, a massage therapy room, and a baby-sitting service.

This season will provide everyone with an opportunity to play at this new facility - club house leagues, socials, junior squash programmes, private and group lessons, clinics, student days, corporate evenings..... and the Fanshawe College Charity Squash Tournament in February.

When next in London, call Dave Clark at 519-452-4477 to arrange a visit.

WALLS OF SQUASH CHANGING AT FITNESS INSTITUTE MISSISSAUGA

The Fitness Institute Mississauga will soon be back on the squash scene in the west end of Metro. The original North American courts, built 25 years ago, came tumbling down as part of a million dollar enhancement programme started in September. Four new international courts are being built by Playcon to open in early November, just in time for the fall season.

General Manager, George Dickson says that much thought has been put

into this conversion project to satisfy racquets members (squash and tennis) at the club. A new tournament squash court with second level viewing on two sides, and enhanced tennis court viewing from a new players bar/lounge area will give the Fitness Mississauga the ability to promote the social element that is so much a part of racquet sports.

John Bassett has joined the Fitness Institute Mississauga as Racquets Director with coaching and programme experience in both squash and tennis. John is currently helping co-ordinate and promote the successful School Squash programme developed by Squash Ontario. Steven Wren who worked with Dickson in the past at Regency will be an associate teaching pro on a part time basis and involved in some special events.

The club will be hosting a grand opening celebration for the whole squash community once the courts and players lounge are completed. Watch for details.

STPA... COMING OF AGE

One of the major initiatives in Squash Ontario's Marketing Plan was to act as facilitator to bring the squash teaching professionals together as a group. Last fall, Squash Ontario invited over 60 squash professionals from across the province to an inaugural meeting; 12 of them accepted. From that rather inauspicious beginning, the STPA has made steady progress to the point where it was ready to hold its first Basic Coaching Workshop. In September, 29 squash professionals and programmers from across the province gathered at Club Meadowvale

to teach, discuss and learn from each other. Topics covered included successful programming ideas - how to keep your members happy and how to attract new ones, and the development of junior players, from beginner to elite.

The workshop, judging by the attendance and positive feedback, was a great success.

The STPA is dedicated to improving the quality of squash for players through improved and new teaching methods and by promoting the fitness aspects of the game.. Ask your pro if he or she is a member - no one is too good or too old to learn from their colleagues and it can only serve to enrich, not only a coach's enjoyment of the game but also his or her club members.

NEW MEMBERS OF SQUASH ONTARIO

Squash Ontario welcomes the following new members to the Association:

Curzons Skydome Club, Toronto
Wawa Community Centre, Wawa
Corolla Park Fitness Centre, Cambridge

PRO SHUFFLE

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



John Bassett is now the Racquets Director of Fitness West in Mississauga

Jim Hamilton is now the professional at Parkview Sports Club in Don Mills

James Hayes is now the professional at the Goodlife Club in Peterborough

Dominic Hughes has shuffled himself out of Ontario and gone over to the enemy - you'll now find him in Philadelphia

Jim Martel is now the professional at Glenway Country Club in Richmond Hill

Steve Millard is now the professional at Kitchener-Waterloo Racquet Club in Waterloo

Rob Roy is the new professional at C.G.'s Squash Club in North Bay

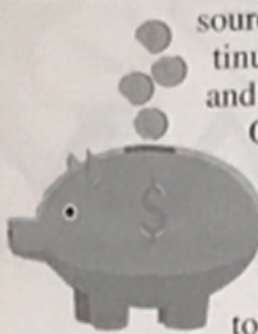
CANADA GAMES PROGRAMME OFF AND RUNNING

Squash Ontario is pleased to announce the appointments of Jim Paton, The Granite Club, and Jessica DiMauro, Pine Valley Racquets Club, as the 1996/1997 Canada Games coaches. In a departure from the past, both coaches will be evaluated on an annual basis and, based on their evaluations, re-appointed to the positions. This will ensure a continuity to the programme which has been lacking over the past 8 years and will provide an excellent opportunity for the players and coaches to work together over a three year period in preparation for the 1999 Canada Winter Games which are being held in February in Cornerbrook, Newfoundland.

The High Performance Committee has just completed its work on the selection criteria for the Canada Winter Games programme. A notice has been mailed to all juniors registered with Squash Ontario and copies may be obtained by contacting the Squash Ontario office.

SUPPORTING SQUASH IN ONTARIO

As governments continue to cut back funds to sport, provincial sport organizations have had to find new revenue sources in order to continue to provide services and benefits to members. One of these major sources is the corporate sector and Squash Ontario has been fortunate to forge excellent partnerships with several companies for the 1996/1997 season.



Black Knight will sponsor the 1996/1997 edition of complimentary score pads, the 1996/1997 Tour de Force and the Toronto & District Junior Mixed League.

HI-TEC will sponsor the 1996/1997 edition of complimentary draw sheets and co-sponsor the Player Registry

Programme.

MANTA will continue its sponsorship of the junior club programmes and will co-sponsor the Player Registry Programme.

Performance Athletic Wear will sponsor the Ontario Men's & Women's Teams and contribute toward the 1996/1997 provincial championships.

Dunlop will again be the Official Ball of Squash Ontario.

As a community, we must support those who support the game. Look around. Pay attention to who the tournament sponsors are. Note the ads in this publication. And do business with those businesses. Make sure you tell them that you appreciate their support. They need to know that their sponsorship is paying off.

Support the sponsors who support the sport!

While you were on summer vacation...



1999 PAN AMERICAN GAMES

Squash has been confirmed for inclusion in the 1999 Pan American Games which are being hosted by Winnipeg.

THE 1998 JUNIOR MEN'S WORLD CHAMPIONSHIPS

The 1998 Junior Men's World Championships were awarded to the United States and will be hosted at Princeton University in New Jersey.

CANADIAN WOMEN PLAY TO THEIR SEEDING, FINISHING 9TH AT WORLD CHAMPIONSHIPS

Canada staged a couple of comebacks to upset seventh-seeded Egypt 2-1 to advance to the ninth place match at the Women's World Championships. Melanie Jans of Toronto, lost her match 3-1 and 10 time Canadian champion Heather Wallace was thumped in the first two games of her match but rebounded for a 3-2 win in the deciding match. "Heather returned to a very basic and strategic game after she went down 0-2," said Squash Canada president Anne Smith. "The Egyptian player was lethal at the front of the court so Heather kept her shots deep. That frustrated the Egyptian and

she started to make mistakes. It was a great display of experienced play by Heather".

In the match against France for 9th place, Heather Wallace opened with a resounding 3-0 victory over France's number one player, Corrine Castets. Melanie Jans then clinched the victory with a 3-2 win over Isabelle Stoehr.

In the final, Australia beat England despite seeing former world open champion, Michelle Martin lose the opening encounter of the final. Liz Irving and Sara FitzGerald, new world champion, saved the day for Australia, both winning in straight games.

A SPECIAL THANK YOU

"The 1996 Hi-Tec Canadian Junior Closed Squash Championships were hosted recently at the very friendly Pine Valley Racquets Club in Woodbridge, Ontario.

On Friday, May 10th, a special tribute dinner in my honour was celebrated at the Hollywood Princess Banquet Centre. Thank you to all who attended and all who have supported my efforts for junior squash but were unable to attend. I wish to thank Squash Ontario, Murray Christison, Rob Brooks and the entire organizing committee for a most memorable occasion which will never be forgotten. Thank you all from the bottom of my heart. God bless you".

Jim Mason
Fun, Fitness and Friendship

AND SPEAKING OF TRIBUTES...

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 to one who has represented the ideals we all feel distinguishes the game - honour, integrity and fair play.

Recipients have traditionally been those who have made very significant contributions to the game of squash, not only in Ontario but also at a

national level. It is Squash Ontario's highest honour.

The 1996 recipient of the Special Achievement Award was presented to Rob Brooks of Pine Valley Racquets Club. One can speak of the many juniors Rob has coached to national titles and one can wax lyrical about the honour and prestige he has brought to Pine Valley, acknowledged now as one of the foremost junior clubs in the country. But those are self-evident. This soft-spoken and truly genuine man believes that squash is a preparation for life and that it is not the winning that is important,



Rob Brooks and Jim Mason

but the way in which you win - fairly, honestly and with humility. Not only does he believe this, he lives his life by it. Obviously, a career move to politics would not be in order!

Squash Ontario is proud to add Rob Brooks' name to its treasury of Special Achievement Award winners, one of which includes his friend and mentor, Jim

Mason.

CONGRATULATIONS TO BLACK KNIGHT

Nominated by Squash Ontario, Black Knight Enterprises Ltd. was awarded the Corporate Citation for outstanding contribution to squash by the Ministry of Citizenship, Culture and Recreation.

Thanks Allan Sklar and Fred Reid for your continuing and valuable support to squash in Ontario - it is very much appreciated.

Two New Honours for Ontario's Anne Smith

Anne Smith has been elected to the Executive of the World Squash Federation as a Vice President at the recent World Squash Federation annual meeting in Kuala Lumpur. A record 43 nations were represented. From 65 member nations in 1989, the W.S.F. now boasts 111 members representing 15 million players world wide.

In the same election, Susie Simcock of New Zealand became the first woman President of the W.S.F. The other two vice presidents are Hassan Musa (Pakistan) and Michael Corby (England).

While Anne was in Malaysia acting as manager for the Canadian Women's Team in the World Team Championships, she was honoured by the Province of Ontario. On October 18th, Anne was named recipient of the Special Achievement Award. She joins only 3 past winners from the squash community - Ian Stewart, Michael Easterbrook and Susan Swift.



Anne Smith

FROM THE REGIONS

Toronto & District Women's League by Elka Markus

Squash Ontario and Squash Canada recently conducted a survey on Women's and Girls' Participation in Squash. We received many comments as to why women and girls either did or did not participate in squash. Among other things we learned that women do enjoy learning the strategy behind the game; the cost of programmes is not considered a barrier to participation; that the club pro plays a key role in encouraging women and girls; and that there should be more articles in newsletters and magazines about women.

Elka Markus is one of the organizers for the Toronto & District Women's League as well as a competitive player. Squash Life asked her to write an article on women's squash participation, keying in on several areas and league in particular. This is the first part of a two part article and your comments are welcome.

In the midst of preparations for the beginning of the new Women's Toronto & District season, I was asked to write an article about the importance of the women's league. As a player and as one of the league organizers, my instinctive reaction was, "No problem, of course I can write an article like that". My only question was, "how long should it be?"

How important and necessary is league, I wondered. Club managers seem only vaguely aware that their members take part. The players themselves don't know who the organizers are and Squash Ontario's participation is limited to sanctioning the league and supplying the balls. Despite all that, like some natural force we can't control, the league continues year after year, summer and winter. How much do managers know about the league? How involved are the club pros? How involved should they be? Why do players participate in league? And do all of these questions apply to leagues in general or only to the women's league?

All of a sudden, I found myself in the position of having far more questions than answers and so I called a battery of people who agreed to lend a hand, among them club managers, squash division managers, club pros and players. Rather than providing you verbatim reports of my interviews, I've taken the liberty of condensing, paraphrasing and otherwise rearranging the things I heard. Rest assured that the change in form does not imply a change in content.

None of the people I interviewed thought it unusual that this article would deal solely with women. Women, much like juniors in the sport, are a minority, a group subject to a broad spectrum of limitations, time, money, conscience and culture and accordingly, they require special consideration. Every effort made in the advancement of women's participation in the sport is welcome, even this modest article. Just as a country invests in programmes designed to preserve its culture so that the culture becomes, in time, a natural part of that country, so too squash needs associations, clubs and entrepreneurs to preserve its own culture. They must promote the participation of women in the sport and create new programmes designed for the particular needs of women. Existing programmes must be improved towards this same end.

One of these programmes is, of course, the women's league. This programme must continue for the simple reason that women want it. It is the framework in which women feel comfortable, from both the competitive and social aspects. A woman playing a high calibre of squash serves as an inspiration to other women, more so than a man playing at the same level. Women are comfortable in the knowledge that there is a level playing field, at least when it comes to physical strength. This allows them the scope to seek improvement in their game without the potential despair when comparing themselves to men. Women bring onto the court a common mind-

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set, borne of their similar day to day experiences. This gender specific psyche is one that is difficult to share with men. Programmes designed especially for women allow them to concentrate on their own game and provide the personal attention they need.

IS LEAGUE GOOD FOR THE CLUB?

The league should be the crowning glory of each club. It can be the engine that drives the club programmes, but it can also send them crashing into a wall. A team in the league allows the club to plant its flag in new territory. It is a declaration of commitment to the members of the club and to the squash community. One of those I interviewed said, "The best thing league does for me is to show the members of my club the level of service and the level of squash they get in their club as compared to other clubs". This is pride. Club management should never forget that the level of service the club provides its members is a constant subject of discussion on league nights. Bad service equals bad publicity. Good service equals

good publicity. Excellent service equals revenue.

The degree of commitment of the club will show itself, when all is said and done, in the quality of its members. The commitment of the club to the league bears fruit in the commitment of its members to the club. The club's pride is the player's pride.

The degree of participation in league will grow if clubs provide incentives for their members to take part. This might be by way of discounts, social functions, gifts, etc. The incentive can be something as basic as showing support by being present at games. That reminds me. Where are the squash professionals at the women's league finals? I know you're there at the men's finals.

League participation should be a complement to the many other activities and services clubs offer to their women players. I hope it is superfluous to mention that it is service level which determines revenue. Even if it seems that only a small proportion of women

squash players compete in league, in the long run, the contribution of these players to the internal squash programmes of their clubs is immense.

Clubs can benefit significantly by participation in league. The demand for private lessons will increase; the pro shop will sell more; members' participation in internal programmes will increase; the amount of time members spend in the club will increase; juniors will take up the sport; the club atmosphere will be more convivial and lively; news will travel and new members will join; and bar revenues should increase.

Should we be looking at programmes outside of league? Yes, as I said earlier, league should simply be one service which clubs provide to their women members. What do clubs offer women by way of their internal programmes? In the Winter issue of Squash Life, I'll try, through the comments I received in my research, to answer two very important questions - What do clubs offer? and what do women want? ©

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COACHING CORNER

BY MIKE WAY



Squash Ontario is very pleased to welcome Mike Way as the new Contributing Editor for the Coaching Corner. Mike is the squash professional at the Fit for Life/Toronto Athletic Club and is also President of the Squash Teaching Professionals Association.

He is certified at Level 3, is a National Development Coach and is presently coaching Jonathon Power, Graham Ryding and Melanie Jans, amongst others.

Squash players the world over are making room for more beer. God bless 'em. We learned early that doubles tennis equated to only a 1/2 pint of shandy. So it's either squash - in 40 minutes - or 6 hours on the golf course. Since squash is also a thinking man's (naughty! - thinking person's) game - some have likened it to physical chess, though frequently a better analogy might be tiddlywinks - I thought we'd look at why a pint of Kilkenny goes down better after squash and is it possible to make room for more.

In order to achieve this lofty goal, it may be necessary to review how we approach the game and perhaps contemplate a game plan. (What? Like they do in darts? Precisely.)

Let's start with some truisms of squash and its players.

1. Squash is an attritional battle, i.e. fitness counts
2. Most attacking shots are not outright winners, i.e. they come back
3. Most unforced errors come from shots made to the front of the court - for example, drops and boasts
4. Most players try to hit the ball too hard most of the time
5. Many players tend to rush (nay - panic) once the ball is served

Let's look at 1 and 2. All players have a limited number of squash miles in their legs. This mileage factor is very important as you go up the ladder. Good 'A' players and professionals accept the fact that most of their attacking shots will be returned. If the mileage factor is tipped in their favour, the rallies will eventually shorten and they will hit winners sooner. Not every drop, boast or hard drive can win a rally.

If we can accept that statement, we can reduce our unforced errors (3). Thinking winner on short shots can be risky unless your opponent is way out of position, very tired and/or slow to the front. Allow a margin for error; think mileage; and listen for rasping lungs.

Trying to hit the ball too hard (4) is very common in squash. In the early days of a squash life, a 100 mph shot toward the 'T' position is often an outright winner. Thus was born the bash and dash mentality witnessed and cherished by your local pro.

As we improve, most players learn that some accuracy is required. However, overhitting, aiming too low on the front wall and sacrificing good length is often the norm. Golfers learn quickly that to "rip it" off the tee often results in a hook or slice. Our game may be a lot more forgiving, but by not forcing our drives, we will hit better length, conserve energy, and help prevent (5) - rushing.

Eliminating the "rush" aspect will greatly help your game. The mentality of power before or at the expense of accuracy, must be reversed to really improve. Moving quickly without rushing can be learned by most players. Help with technique and movement from your local professional (you'll find him at the bar) is a must for this ailment.

Now, let's take a look at the court from a tactical point of view and enter the realms of a thinking player and develop a plan. (see illustration)

As a starting point in any game plan, we know the importance of good length. When watching experienced players, we can see the mileage factor at work and as the rallies patiently unfold, attacking positions are taken advantage of when a ball fails to reach the back corners.

Some examples...

Mike	good length
Sherry	defensive boast
Mike	drop shot
	Score 1:0

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Mike good serve
 Sherry short, straight drive
 Mike attacking boast
 Score: 2:0

Mike weak serve
 Sherry pathetic crosscourt
 return
 Mike straight drive winner
 Score 3:0

At the end of that match, of course, Sherry enjoyed her Kilkenny more than I; not because she ran more but because she paid for it out of an ailing provincial grant.

So now, lets look at how we might improve today.

1. Hit your basic length drive at 75% - 85% of maximum power for more control. You will have to hit the ball higher on the front wall to maintain good length. This will also help eliminate the rush factor.
2. Only attack when the ball is "on", i.e. it's in an attacking zone, you're balanced and you can play the shot.
3. Think mileage first. Assume most attacking shots can be "got" or returned - especially in the early

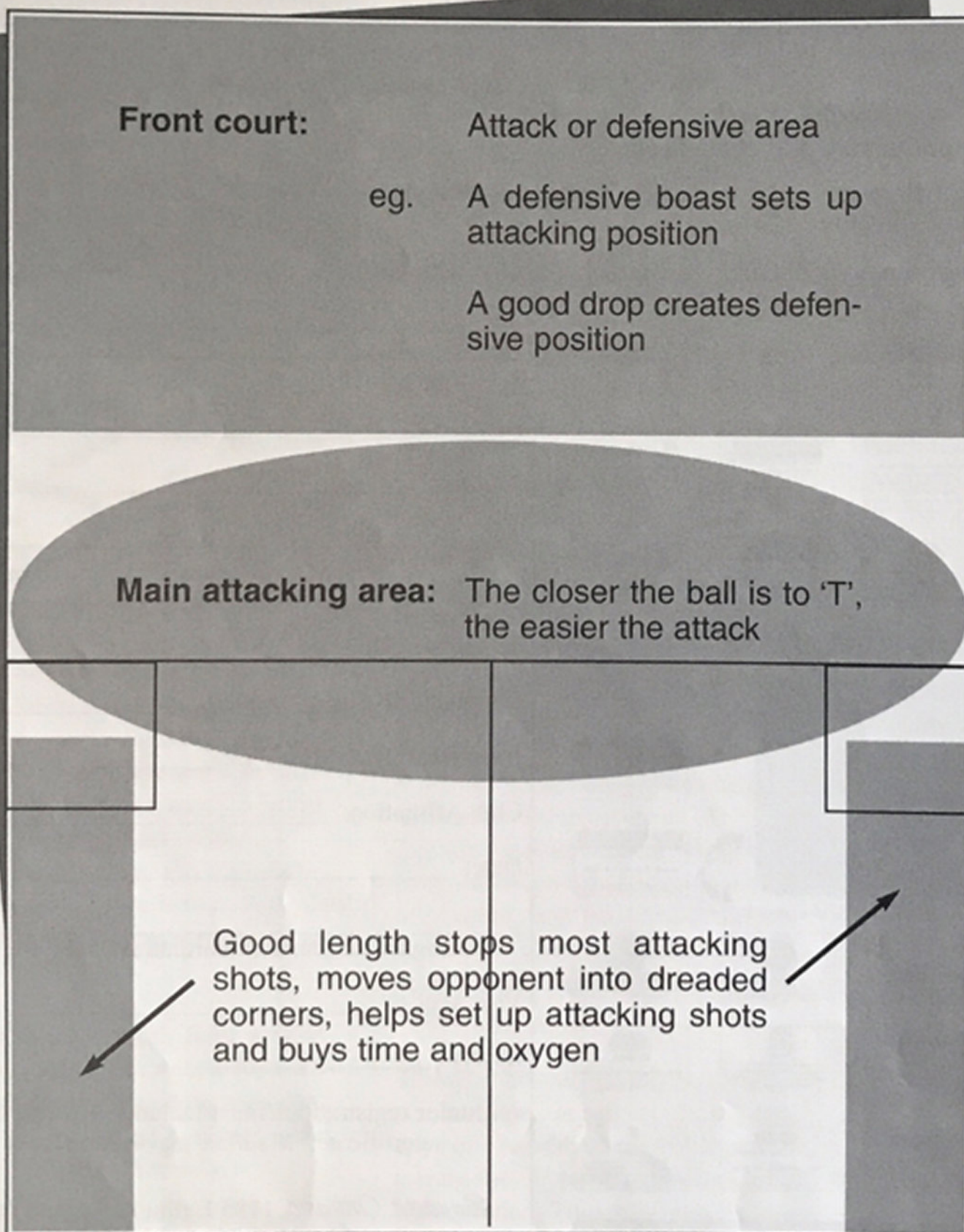
games.

4. Look at your practice games in a new light:

Against Stronger Players

Measure your success not only by the score but by how long the match lasts. If Hamish beats you each time 3/0 in 20 minutes, focus on cancelling his mid-court attacking zone by hitting the ball higher and wider. If you reduce the percentage he hits from there, the rally will extend; the match will extend; you may win more points; you will increase his mileage; the Kilkenny factor will improve.

Let's take a look at the court from a tactical point of view



Against Weaker Players

Practice the attacking shots you don't normally use. For example, if you always beat Ullly Uk Tuk with your favourite crosscourt drive when in the front court, force yourself to play a drop, a straight drive or an angle.

Against Players Your Own Level

Put the game plan to the test. Establish good length, attack only when "on" for you and play your favourite attacking shots. Don't think winner - focus on the mileage. These matches often create the most pressure, mental pressure. The very fact that you have a plan will occupy your mind and help alleviate those nerves.

Anyway, that's it for this issue. I haven't got a clue what the next one will be about, but hopefully something to whet your appetite. I'll drink to that! ©

POWER POWERS HIS WAY TO TOURNAMENT OF CHAMPIONS TITLE

Jonathon Power of Toronto defeated Craig Rowland of Australia 3-2 (15-4, 11-15, 15-11, 16-17, 15-19) to win the prestigious \$45,000 Tournament of Champions squash competition and complete a stunning performance at the event which featured 14 of the world's top 16 players.

"This is the highlight of my career, nothing even comes close," said Power, who pockets \$9,000 (U.S.) for the win. "It was a tough fight, but I came out firing and really wore Craig down."

The 22 year-old Canadian, currently ranked 16th internationally, advanced to the final with huge upset victories over the world's number two player, Rodney Eyles of Australia 3-0 (15-7, 17-15, 15-9) in the quarter final on Saturday and Peter Nicol of Scotland, ranked fourth, 3-1 (15-4, 15-7, 13-15, 15-13) in the semifinal on Sunday.

On Monday, Power and Rowland waged an epic battle which lasted over 80 minutes. In the fourth game, Power had match point at 16-16, but couldn't capitalize. But, the long game seemed to drain Rowland and Power surged to a 12-2 lead in the fifth game and held on for the win.

"I played an aggressive and attacking game. Craig ended up doing a lot of running and wound up on the wrong end of most rallies," said Power. "The way I had been playing all week, I was really confident going in and I thought I had the edge."

Rowland, ranked ninth in the world, had also pulled a big upset in the semi-final beating world champion Jansher Khan of Pakistan 3-0 (15-10, 15-7, 15-13).

At the U.S. Open last week, Power also beat the world's number-three

Brett Martin of Australia before being eliminated in the quarter final. Power and his Canadian team mates now begin preparations for the world open championships next month in Pakistan.

"This tournament has given me a lot of confidence for the worlds," said Power. "I know I can beat the tough guys."



Jonathon Power

Canada Games Squad Selected

Congratulations to the 1996/1997 Canada Games Development Squad:

Josh McDonald, Oshawa Goodlife Club; Kevin McLellan, Courtside Athletic Club; Andrew Jones, Pine Valley Racquets Club; Chris Hanebury, Pine Valley Racquets Club; Jamie Martel, Northfield Racquet Club; Justin Martel, Northfield Racquet Club; Robert Nigro, Canada Games Complex; Tim Nagel, R.C.Y.C.

Adriana DiMauro, Pine Valley Racquets Club; Runa Reta, Squash Gloucester; Chrissie Evans, Ajax Squash Club; Christy Quinney, Ajax Squash Club; Jacqui Inward, #1 Nautilus, Peterborough; Casey Diserio, Pine Valley Racquets Club; Tara Turner, Courtside Athletic Club; Kim Milne, Cedar Springs Health, Racquet & Sports Club

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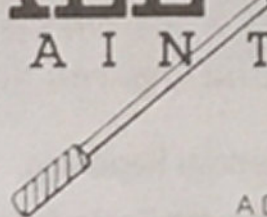


From left to right:
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 Bruce Wright
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As with any corporation, Squash Ontario convenes an Annual and General Meeting of Members and this year, it was held on Saturday, September 14th at the Valhalla Inn in Etobicoke.

A new Board of Directors was elected, four of whom were familiar faces. Ann Gray, Gord Aitken, Bruce Wright and Jeff Deverill will be joined by Chris Herbert of the Sports Clubs of Canada.

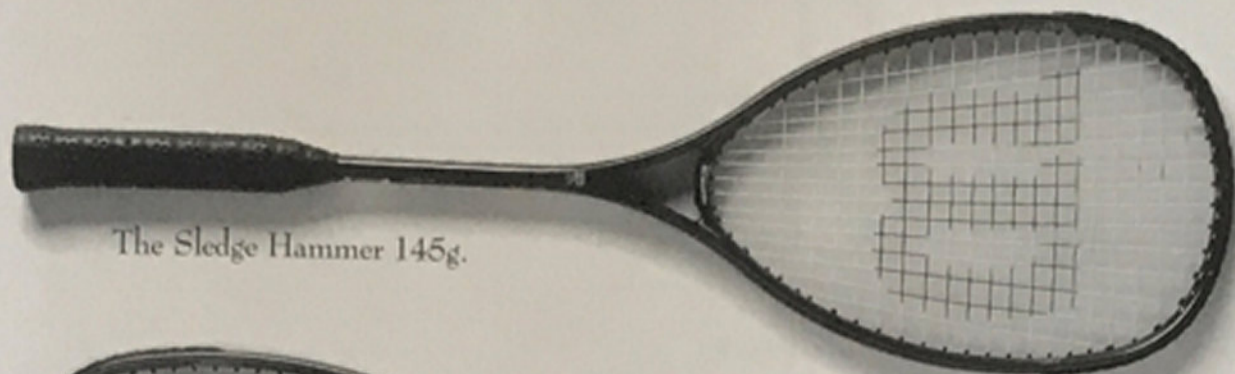
Squash Ontario said goodbye to Norma Graham who completed her 5 years on the Board of Directors. Her experience and sense of humour will be sorely missed. We also said goodbye to Lauren Doig who sat for the past year at the Board's request to monitor the implementation of the Marketing Plan and its many initiatives. She, too, will be greatly missed.

Following the Annual Meeting, the new Board itself met to elect its president and assign various portfolios.

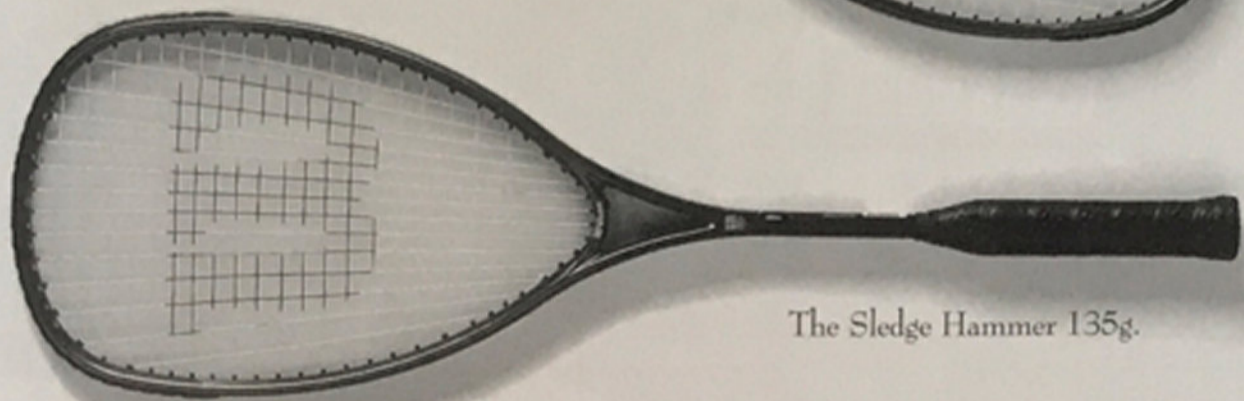
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