

# SQUASH

Fall 1998

Life

## Ryding High

The official magazine  
of SQUASH ONTARIO



# SQUASH *Life*

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NUMBER 6

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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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Cover photo, featuring Graham Ryding taken by Simon Hanlon

## Dateline: Kuala Lumpur

SCOTLAND'S WORLD NO 1 Peter Nicol finally achieved the victory over Jonathon Power which had eluded him for more than two years, when he defeated 'our boy' 3/9 9/2 9/1 2/9 9/2 in the men's singles final of the Commonwealth Games. The win gave Scotland its first gold medal of the Kuala Lumpur Games.

This was a 79 minute final of classic squash confrontation - the fifth game of which, remarkably, was screened live on national BBC television in Britain. Even here in Canada, we had live court side reports on CBC radio.

Said Nicol of his win, "It is a great personal win for me both as part of my career and in my ongoing battle with Jonathon, but it must help to put squash on the map as a major sport also."

## Canadian Team off to Germany

ONTARIO'S HEATHER WALLACE and Melanie Jans join Marnie Baizley (now training in Toronto) and Lauren Wagner on the team which will compete in the 12th Women's World Team Championship in Stuttgart, Germany in mid-November. Hopes are high that the team will do better than an 8th place finish and we wish them luck.

## Canadian Honours at World Masters



PORTLAND, OREGON PLAYED HOST TO

the Nike World Masters this summer and Canadian and particularly, Ontarians brought home top honours.

Congratulations to gold medal winners, Barb Cooper 45+, Steve Lawton 40+, Henry Thiessen 55+, David Hetherington and Mike Manley 50+ doubles and Alan Cherry 60+ doubles. Silver medalists included Lolly Gillen and Catherine Fournier in the doubles, Pat Richardson 40+ doubles and Sharif Khan in the 50+ doubles.

## New Twist to 1999 Canadian Championships

THE EDMONTON RACQUET CLUB hosting committee has proposed to Squash Canada that a Men's and Women's B,C,D Championship be added to the tournament agenda. This was approved. While the event winners will not be designated as "Canadian Champions", there will be significant prestige for the winners. The true purpose is to give 96 players who would normally not compete at the Nationals, an opportunity to do so in a competition with their peers.

The B, C and D draws are limited to 16. Anyone in Ontario who is interested in participating must submit their application to Squash Ontario, 1185 Eglinton Avenue East, North York, Ontario M3C 3C6 or fax to 416-426-7393. Preference will be given to those players who have participated and done well in the Ontario B, C, D Championships. Applications must be received no later than 31 March 1999.

## Squash is growing in Sudbury

THIS YEAR, the Sudbury Family YMCA celebrates 61 years of programmes and service in the Sudbury community. Today, it is over 2,000 members strong and the 50 year-old, obsolete facility is being replaced with a model that will respond to the changing community needs and demands.

## New YMCA in Sudbury



The new YMCA Centre for Life will be a unique, state of the art 90,000 square foot complex, strategically located in downtown Sudbury. And, the squash community of Sudbury will welcome four brand new international squash courts.

## Racquetball, racquetball ...What to do with those courts!

By Mike Taylor, Sales Manager  
Playcon Recreation Inc.

"Dear Sherry:  
Well, here it is, the third version of squash doubles we have all been looking for!

Dr. Charles Pierce is in research in Lincoln, Nebraska and occasionally lectures at the University of Nebraska. He does this so he can use their courts! He is an experienced player having played at M.B.S.C. for a number of years and is returning to the club this year for the Smith-Chapman.

Charles and a group of friends have developed, "Nebraska Double" which is squash doubles as we know it, played on a 20' by 40' racquetball court using the blue dot soft ball and a 19" tin (marked by tape). They are looking into taping wall game lines similar to those used on a 25' by 50' doubles court. He tells me the game is competitive and great fun as the blue dot ball is a bit slower than the hardball, giving the player more time to 'get out of the way'!

At some point more information will be available on Nebraska Doubles. In the meantime, you might keep this version of the game in mind for those who are wondering what to do with their racquetball courts and are not quite ready to spend the money to convert them to singles squash. I can find about 40 clubs from the Squash Ontario list who may find

this game to be of interest."

---

### Pros on the Move

DANA CASTLE is now at Royal Canadian Yacht Club • John Power is head coach at Dartmouth University in New Hampshire • Ramon Chan-A-Sue is the new pro at Cedar Springs • Melanie Jans is the pro at Bloor Park • Dale Crowley takes over the pro job at Harbour Club • Leslie Forsbrey is the new pro at Goodlife Galleria • Willie Curry is handling the reins at Copperfields Fitness Centre • and Shauna Flath is a welcome new addition to the Ottawa squash community as she takes over the pro job at the Ottawa Athletic Club

---

### New Members for Squash Ontario

WE WELCOME the Agincourt Squash & Fitness Club, College Boreal in Sault Ste. Marie, Lucknow Squash Club and Woodstock YMCA.

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### New way to register for '99 Provincial Championships

PLEASE NOTE that ALL ENTRIES for Provincial Championships will now go through the Squash Ontario office - NOT through the hosting club. A special registration line has been set up and can be accessed at 416-426-7203.

Squash Ontario is committed to ensuring that each of its Provincial Championships offer not just an exhilarating competitive experience but also value for that experience. The position of Provincial Competitions Co-Ordinator has been developed and is being filled by Stephanie Richardson. Stephanie will be working directly with each chair of every Provincial Championship to ensure that all components of the Hosting Standards are followed. In this way, players will be assured of consistency in implementation and delivery of policies.



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# Building a better athlete

BY DERICK FINKLE



photos by Simon Hambley

Hoping to provide the training centre with a marketing programme that might be drawn upon to subsidize coaching and training costs, a group of squash

**I**n the fall of 1992, a young Melanie Jans was playing squash at the now defunct Toronto Athletic Club and asked Mike Way, the club's squash pro, if he could give her a few tips. A few months later, junior squash sensations Jonathon Power and Graham Ryding also came along and asked for some advice. Before he knew it, Way was working with some of the top players in the country, planning training sessions that were becoming more and more frequent.

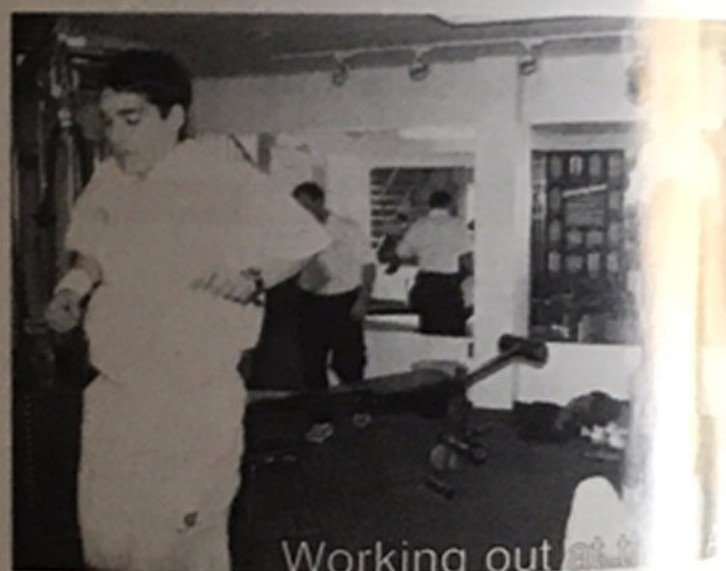
Bob Bowers came on board after meeting Way at a coaching course, a man Way describes as a "walking fitness and training encyclopaedia." Back at the Toronto Athletic Club, where Way was still working with the same group of elite players, Bowers agreed to help oversee their fitness

world ranking of 33. Also, a national championship winner, Graham Ryding would steadily rise to number 16 in the world. In the fall of 1996, Jonathon Power would merely become the first North American to win a topflight international event at the Tournament of Champions in New York. Since that victory, he's won six more titles and led the Canadian team to an unprecedented second place finish at the 1997 world championships in Malaysia. He is presently making a charge to jump two spots in the rankings to become the first number 1 player in the world from Canada.

In 1997, when Mike Way was named the new squash professional at the Toronto Racquet Club, the oldest squash club in North America, he brought along with him the players and coaches that had become the National Training Centre, which Squash Canada had asked him to set up a few years earlier as a pilot project. The TRC had now become an important training centre for a new batch of upcoming players such as Kelly Patrick (number three in Canada, top 60 in the world), Shahier Razik,

Victor Berg, as well as juniors Josh McDonald, Rob Nigro and Carl Baglio. Despite the fact that the TRC is an all-male club, it also welcomed Marnie Baizley, Canadian number three, and the sixth ranked Stephanie Richardson to use the facilities.

players who wanted to put something back into the game drew up an action plan, formed a board of directors and registered, "The National Squash Training Centre" as a company. The



Working out

Centre's first corporate sponsor, Wilson Sports Equipment, inked a three-year deal this summer. "The National Training Centre, through Mike's leadership, can only do great things for the sport," says Doug Coombs, Wilson's marketing manager.

A patron's register was also started at the TRC and is beginning to gain momentum. "The TRC has always encouraged and helped young players," says Mike Manley, a board member for the Centre. "Not only are we delighted to open our doors to these athletes but the club feels very strongly about supporting and furthering our efforts to date."

Players at the Centre receive a tremendous amount of individual attention from Way. Video analysis and the trusty old ball machine are used regularly when working on tech-



Coach Way, with his protégés

regimen. Over the next five years, the players under Way and Bowers would single-handedly take the sport of squash to a level it had never before reached in Canada.

Melanie Jans would become the Canadian women's champion with a

nique. Practice matches are sometimes filmed and reviewed but most sessions are comprised of drills and conditioned games. "All players must be motivated and organized," says Way. "A big part of our job is actually helping the players get a little more structure in their lives, and they are encouraged to keep log books, although this tends to be a work-in-progress!" Sometimes a



Line dancing?

sport psychologist is brought in and Eli Bay, of the Relaxation Response Centre, helps the athletes in their mental training by teaching them how to relax in stressful situations. Way, "it is an extraordinary course and a prerequisite for any athlete wanting to improve their mental skills."



basic drop shot. But before the first one was hit, he just gives me this look as though he's testing me, and says, 'Which way do you want me to hit it?' He then proceeded to hit four different drop shots with four different strokes. So, I'm left standing there thinking, 'Who is learning from whom?'"

On a number of occasions, Way has been asked what the criteria is for joining the Centre. He says it is fairly simple. Players must have achieved a fairly high level in the game, be self-motivated and have a good work ethic. The Centre does not solicit players, for it has been Way's experience thus far that the good players tend to want to group in one location.

Way is quick to point out that the

players at the Centre come from all over Canada, from Vancouver (Berg), Alberta (Patrick), Manitoba (Ryding, Baizley), from Thunder Bay (Nigro) and Ottawa (Richardson). It has even attracted a top player from the United States and one from Columbia. Now, with more stability and structure, the Centre will become more visible, particularly in the Toronto area, and, hopefully, Ontario.

The support of the Toronto Racquet Club and the drive of the Centre's new board of directors auger well for the future of squash. The efforts of Bowers and Way played a significant role in the excellent showing of our men's national team at the World Championships last year. With the United States pouring money and energy into their squash programme, it won't be long before we have major competition on our doorstep at the senior level. The National Training Centre has established a foundation upon which a broader and stronger programme can be built for all of our potential champions in the future.

Graham Ryding says the players get out of the Centre what they put into it. "Mike is readily available for the on-court stuff, whether someone is having a major problem with something or just tuning up for a tournament. Bob Bowers goes out of his way to accommodate us and his sessions are always changing for individual needs, but within a strong structure. He is the guy behind the scenes keeping us healthy and tournament ready."

Melanie Jans finds the TRC's central location convenient, even if it is a small, all-male club. "Marnie, Stephanie and I always have a chuckle about training at a men-only club, but the members have been fantastic and we do have a separate shower upstairs!" Jans says. "I think the main reason the Centre works is the enthusiasm of Mike and Bob, as well as the players. It is evident to all of us that Mike is passionate about the game and wants to see the athletes enjoying life as well as improving their squash."

Way and Bowers are firm believers in keeping an open mind about new ideas, methods and innovations in your sport. Such innovations often come from coaches, but not always. "I remember one of my early sessions with Jonathon," recalls Way. "He was always known for his short game, but I felt it needed a little consistency, so we started working on a nice, simple,

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**F**ALL IS typically the time many businesses hold their annual meeting of members. For Squash Ontario, it is a little like Thanksgiving - all the family coming home for the holiday and like so many families, we have our fair share of sibling rivalries, reminiscences and animated discussions about the future. And again, as in so many families, our uniqueness is in our diversity. But there is one common thread which brings everyone together and that is a passion for the game of squash.

Squash Ontario is not some faceless entity and it is at the annual meeting when the association assumes many faces - when east meets west and north meets south.

We welcomed volunteers from right across the province representing almost 200 squash facilities and nine regional executives. For those who wonder how leagues are administered or junior programmes designed and implemented, you need look no further than the volunteers, coaches and officials who work, sometimes long,



Your new Board (l to r): Maggie Steyn, Dawn Sommerville-Picotte, Jeff Deverill, Chris Herbert, Ann Gray and Peter Ward

long hours to make sure that your squash experience is a good one - whether its a league match or a provincial championship.

The Squash Ontario family continues to grow and attract new, committed people and so we welcomed Roy Inward, Steve Calcott, Ramon Chan-A-Sue and Sheila Danic to the junior committee and Dave Howard, Brad Dussiaume, Bob Wakfer, Vicki duTilleul and Jill Taylor to the officiating committee. And, back by popular demand came Bruce Wright, a past member of the Board of Directors but known in his other life as a dedi-

cated and committed official.

We were pleased to welcome two members of our standing committees - Carolyn Russell, the chair of the High Performance Committee and Rob Brooks of the Rankings & Competitions Committee.

Each of Squash Ontario's regions is administered by a volunteer executive and the region is then represented at the annual meeting by the president. New presidents, Penny Glover (Ottawa) and Ruth Ann McBride (Western) joined their colleagues Dave Parks, Shawn Donohue, Wes Shaver, Elka Markus, Leslie Forsbrey and Brad Fisher.

A family gathering almost always includes some form of social activity and Squash Ontario's family is no exception. With many thanks to Jim Hamilton of The Parkview Club, who hosted the group both on and off the court. The friendly camaraderie set the tone for the meeting the next day.

Saturday morning, the family came together as a group to discuss the future of squash in Ontario and then individual meetings of the Officiating, Junior and Regional Presidents took place. After a great lunch, the more formal Annual and General Meeting of Members followed.

Squash Ontario is governed by a volunteer Board of Directors, elected annually. The Board is responsible for the overall management of the Association and meets on a regular basis throughout the year. It deals with everything from the mundane to the serious to sometimes even the ridiculous.

This year, Ann Gray and Gord Aitken stepped down from the Board and their presence will be sorely missed. As President, Ann guided Squash Ontario over some pretty

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rocky shoals these past couple of years and a bear for punishment, she has agreed to sit on Squash Canada's Board of Directors as Vice President, Finance. Gord Aitken's soft spoken and thoughtful manner and his absolute



Coaching Achievement Award to Mark Sachvie

commitment to squash and to Squash Ontario served squash players well over the past three years.

As we said goodbye to two family members, we welcomed two new ones in Dawn Sommerville-Picotte and Maggie Steyn. Dawn hails from Brockville where she is the general manager of the Royal Brock Spa and Sports Club and Maggie is a business systems analyst with Moore Document Solutions. She plays her squash in the Niagara region.

Dawn and Maggie will join new President, Peter Ward, Chris Herbert and Jeff Deverill on the Board and Ann Gray will sit, not only as past president but also chair of the 1999-2000 Nominating Committee. This is a dynamic new Board, bubbling with ideas to grow the game of squash in Ontario.

The past Board of Directors achieved an enormous number of goals but is perhaps most proud of the introduction of two new volunteer awards. The first is the Regional Achievement Award. Without the many volunteers working at the regional level, many programmes for players, such as league and tournaments, simply wouldn't be delivered. The Regional Achievement Award will be presented each year, at the Board's discretion, to a region which has made an outstanding contribution to squash - a contribution which has benefitted players, coaches, referees and volunteers.

The Board reviewed all of the nominations and there were some exceptional ones - Central Ontario, Huronia, and Ottawa & District - but this year, the inaugural award was presented by Gord Aitken to Niagara Region. Accepting on behalf of the region was Maggie Steyn.

The second award which the Board introduced this year is one near and

dear to Ann Gray's heart. Early in her tenure on the Board, she dedicated herself to identifying and recognizing outstanding coaches in Ontario. Thus was born the Coaching Achievement Award. The selection criteria looks relatively simple - a

squash coach who has consistently exhibited, espoused and taught the principles of respect, integrity and fair play and who portrays a positive role model both for the game and for the coaching profession. Nominations were open to anyone and we received three very excellent ones - for Rob Brooks, of Pine Valley Racquets Club, Jim Paton of the Granite Club and Mark Sachvie, of White Oaks Racquet & Fitness Club. And the winner was.....Mark Sachvie - a man who epitomizes and lives the selection criteria.

These are the people of Squash Ontario - these and many more right

across the province. They run the leagues, they organize the tourna-



Regional Achievement Award accepted by Maggie Steyn, President, Niagara Region

ments, they run junior programmes, they officiate the matches but more than anything else, they keep the game energized. It's a large family and it is continuing to grow and we all owe them a huge debt of gratitude. ©

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# INTRODUCING SPORTSBEAT

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 SportsBeat for the 1998/1999 season. This decision was taken based on the recommendation of a task force which consisted of Stephanie Richardson, Ruth Ann McBride, Peter Ward and Roman Lehecka. The task force, having reviewed other programmes, concluded that SportsBeat meets all of the criteria considered essential in a ranking programme. SportsBeat is now the official ranking programme of Squash Ontario.

The SportsBeat ranking programme calculates the rank movement of players based upon strength of play, not just win/loss. Strength of play is determined by evaluating the final outcome of the match and factoring it against the logical outcome of the match when considering the skill levels (i.e. the ranking values) of the competitors before the match.

The ranking value spread, the higher ranked player's value minus the lower ranked player's value, is a major determining factor. This ranking value spread shows the relative difference in strength of the players.

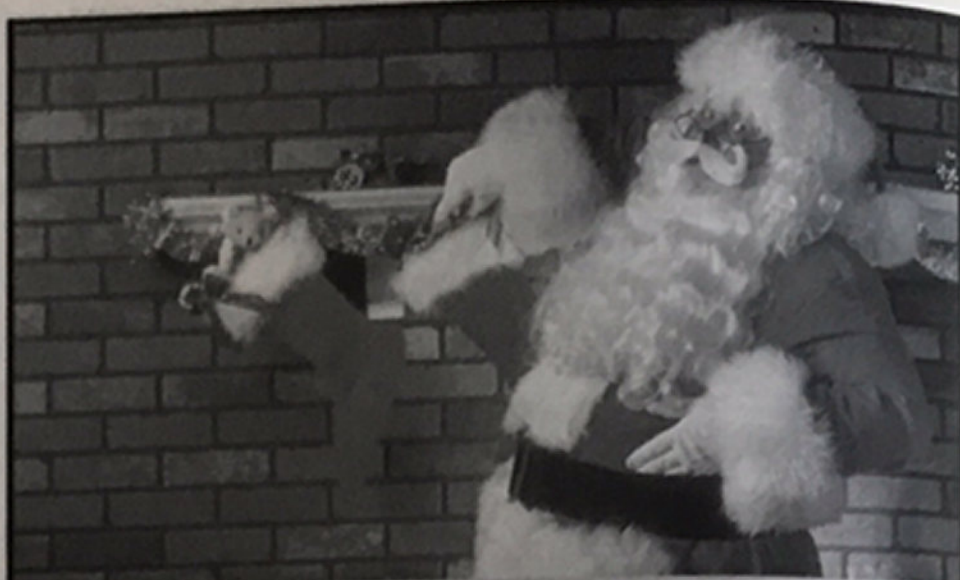
SportsBeat takes into account 5 criteria:

1. Who won and who lost. (The whole idea of the ranking programme is to advance winners).
2. The difference in ranking points between the two players. In other words, the difference in strength between these players. If this difference is negative, then the programme knows that it is an upset win.
3. The number of games played to win the match (3, 4 or 5). This ranking system will award more ranking points to the winner of a match won in 4 games versus 5 games.
4. The weighting of the tournament as determined by criteria set by the Rankings & Competitions Committee.
5. The winning player's current ranking standing with respect to the Mean of the Ranked Players. A player will move up the ranking less rapidly the further above this point he/she is.

The SportsBeat programme considers "upset wins" where a much weaker player wins the match. In this case, the weaker player earns considerable points towards the ranking points of the higher ranked opponent, but does not necessarily overtake that player. This approach before 'overtaking' feature recognizes vagaries of the day in players having a weak moment, coming off an injury, etc.

Seedings for all events should be based strictly on the most recent computer rankings available from both Squash Ontario and Squash Canada with preference given first to national rankings.

Current rankings may be checked through the Squash Ontario office or on its website [www3.symphatico.ca/squash.ontario](http://www3.symphatico.ca/squash.ontario).



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# Junior Scene

No programme has had a more profound impact on the development of junior squash in this country and certainly in Ontario than the Canada Winter Games. It has been the spark that has ignited the imaginations of junior players, coaches and administrators alike and its reappearance every fourth year, like Halley's Comet, is eagerly awaited.

Initiated in 1967, the Canada Games has grown into an event that spotlights talented young athletes, some going on to Olympic Games, other satisfied with the accomplishments many can only dream about.

Since their inception, the Games have showcased some 40,000 athletes and have been the driving force for over 150,000 players engaged in try-outs and qualifying events. From a budget of \$800,000 in 1967, the Games have blossomed into a multi-million dollar project, creating new facilities and opportunities for smaller communities in every province in the country.

Squash entered the Games in 1991 when Charlottetown, Prince Edward Island hosted. Our entrance was golden, as our Ontario athletes and coaches brought home gold medals.

The Canada Winter Games have been the catalyst for many new programmes both in Ontario and throughout Canada. The need for a full complement of girls' teams has forced provinces to implement specific programmes for girls and women in the sport of squash. Coaching certification has become an important facet of provincial programming as Level 3 coaches are required for the Games.

The Games have become the current top rung on our player development model. As a province, it is our job to develop players to a national level and this can only come through numbers, coaching and adequate competition.

Over the last three years, a number of young athletes have been involved in our Canada Games programme. Coached by Jessica DiMauro and Jim Paton, the squads have worked very hard. Alas, many are called but few are chosen. On December 1st of this year, after having participated in at least two of the first three junior re-

gional opens, the High Performance Committee, operating under the published selection criteria, will select the Canada Winter Games Team. It will be comprised of 8 athletes, 2 girls and 2 boys under 19 and 2 girls and 2 boys under 16. They, along with Jim and Jessica, and all of Team Ontario, will travel to Corner Brook, Newfoundland to compete in the Games. And, the team will go in style, thanks to Randy Blomme and Blomme Sports Group. Randy is sponsoring the Canada Winter Games off court uniforms - so it stands to reason that Ontario will not only take home gold on court but will win the battle of the uniforms!

Present squad members include Casey DiSerio, Lindsay Wiseman, Tara Turner, William Cheng, Kevin McLellan, Danny McLellan, Marcia Sier, Jacqui Inward, Chrissie Evans, Andrew Jones, Jamie Martel, Robert Nigro, Miranda Ranieri, Sean Hanna, Greg Hutner, Ruchika Kumar.

The Canada Winter Games were conceived as a major competitive ve-

hicle which would bring together athletes from across the country in a multi-sport environment. The concept of the Games places more importance upon participation than upon the calibre of competition and the winning of laurels.

The philosophy underlying the Canada Games, and what has and will ensue from them, may be found in the slogan used when the Games got off to their official start at Quebec City - "Unity through Sport." Perhaps, through our young athletes, we can do what the politicians don't seem able to do!

## USSRA JUNIOR OLYMPIC OPEN

Dates: December 18-21 (Friday through Monday). Depending upon the size of the entry, it may be necessary to begin first round play as early as 8:00 am on Friday, December 18. The tournament is being held at the Harvard Squash-Murr Centre in Boston.

Racquet fee is \$50.00 US, payable to the U.S.S.R.A. Entries must be received no later than Nov. 20, 1998. For further information, you can call the USSRA at 610-667-4006. ©

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## ON A ROLL

Hot off Canada's successful representation at the recent World University Games, it bodes well to know that a growing area of squash recognition in Ontario is university play. Five time team champion from Queen's University, Carolyn Russell achieved bronze twice in individual and team play at this international event. Committing to educational and athletic pursuits, Carolyn is another representative of the successful squash programmes available to student athletes in Ontario. Last year, University of Toronto was represented at this international even by all-star and OUA champion, Dan Vranesic.

The upcoming season in Ontario University Athletics squash will put some long standing streaks on the line. Western men, headed by decorated coach Jack Fairs, return to etch their mark on the record books as they aim for their 16th straight team championship. This presently is the longest standing university championship in Canada and North American record books are being checked to find a challenger. The continued infusion of strong recruits at Western gives all indications that their record of domination will continue.

University women's play should be

where the real battle ground will be challenged. The past four years have seen the level of play improve dramatically across the league as each team garners improved depth of players. Queen's is looking for their seventh consecutive title, but Western, McGill and McMaster are closing in and look to be ready to answer Queen's challenge.

The 1998-99 schedule has been set. The team championship occurs on February 6th. McMaster University will host this growing event for the fifth consecutive time at the beautiful squash facilities of Burlington Racquets Club. Two major changes in this year's schedule are a newly combined Men's & Women's Individual Championship at Ryerson and the shifting of the Men's cross-over tournament to November.

## OUA Women's Play

October 17-18 Tournament I @ University of Toronto; November 7-8 Tournament II @ Western (hosted by Town & Country Squash Club); January 16-17 Tournament III @ Ryerson University; January 30-31 Individual Finals @ Ryerson University; February 6 Team Finals @ McMaster (hosted by Burlington Racquets Club)

## OUA Men's Play

October 23-24 West I @ McMaster (hosted by Hamilton Thistle Club); November 14-15 Crossover @ Waterloo (hosted by Northfield Racquet Club); January 15-16 West II @ Western (hosted by Town & Country Squash Club); January 30-31 Individual Finals @ Ryerson University; February 6 Team Finals @ McMaster (hosted by Burlington Racquets Club)

You'll note the support university squash is receiving from the squash community and we're extremely grateful to them. Clubs such as Burlington Racquets, Town & Country, Northfield and Hamilton Thistle, recognize that future members of their clubs almost certainly will come from the university population and what better way to introduce a club to potential new members?

Not to be outdone, this year Ryerson will host its first-ever provincial championship when it welcomes over 150 juniors to its facilities to compete in the Ontario Junior Squash Championships.

Presently, the final team tournament has been functioning without a sponsor. With over 120 athletes, coaches and guests of honour in attendance at the concluding banquet at McMaster, there is an excellent opportunity to tie into the university market of student athletes. If you represent an interested party and would like to receive a promotional package for this tournament, please contact me by e-mail [sheppard@mcmaster.ca](mailto:sheppard@mcmaster.ca)

Also, any support of coaching time, product endorsements or financial assistance are always welcome at all competing universities. Please contact the athletic department of your alma mater to find out how you can direct your assistance. The cost of a post secondary education is on the rise and any help will continue the growth of a viable educational experience for tomorrow's student athlete.

## University Rankings

This year, in an effort to encourage and promote university squash, Squash Ontario will results from the aforementioned university tournaments in its rankings. We hope that this will act as a stimulus to increase participation of university students, both at the varsity level and also in city, regional and provincial championships. ©

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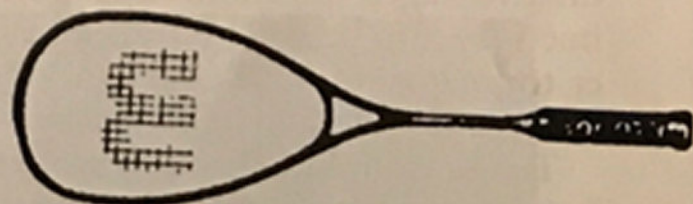
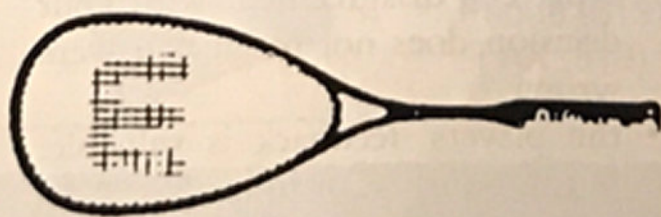
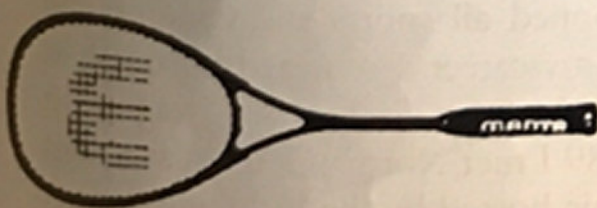
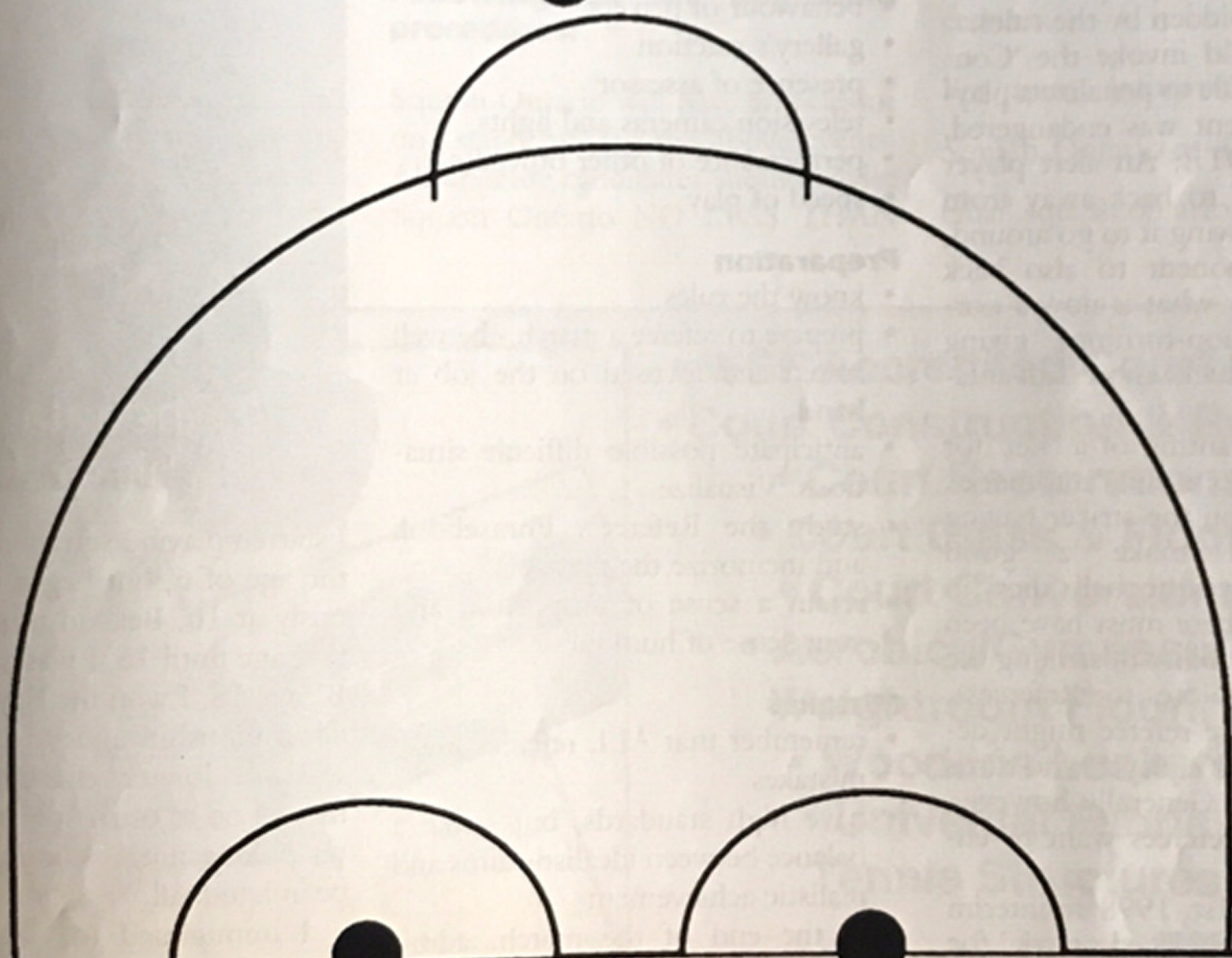
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## Turning

by Barry Faguy

Turning is a phenomenon that occurs relatively frequently. Be sure to pay close attention to the wording here. Turning occurs when the striker hits the ball on a side of the body opposite to that which it passed on its way from the front wall (eg. you hit the ball on your forehand side after it passed you on your backhand side). The striker doesn't have to turn the body and follow the ball around...but usually does. The ball doesn't have to hit the side wall or back wall...but usually does.

If turning occurs, and the opponent is hit with the ball, it's always a LET. Players should avoid hitting the ball in such situations unless they are sure there is no danger to the opponent. It is not illegal to hit such a shot, although many people feel that it should be forbidden by the rules.

A referee could invoke the 'Conduct on Court' rule to penalize a player if the opponent was endangered. **TACTICAL NOTE:** An alert player would be better to back away from the ball, not allowing it to go around, forcing the opponent to also back away to clear for what is now a normal situation (non-turning), giving the striker a much more advantageous position.

Finally, the granting of a 'Let' for 'Turning' is by no means 'automatic'. It is dependent on the striker having been able to make a good return...sometimes the ball 'dies' in the back. Also, there must have been a reasonable possibility of striking the opponent (9.2 Note to Referees), and a more severe referee might decide a 'No Let' for a player who turns and doesn't hit it! Generally, however, this is rare and referees want to encourage safe play.

As of January 1st, 1998 an interim guideline has been placed on trial for PSA Tournaments (ONLY) wherein a referee may decide a 'No Let' to the striker if the act of turning could have been avoided. This was instituted because of apparent widespread abuse by some players to create this situation rather than place themselves in a disadvantaged position. The guideline may also be tried in various other tournaments and may be included in the 2001 revision of the rules.

The bottom line here is that if you have to turn, don't endanger your opponent!

Barry Faguy is a member of the National Officiating Executive Committee, a national examiner, an A-1 referee, a WSF international referee, and editor of the National Officiating Newsletter.

## Stress Management for Referees

by Graham Waters



### Sources of Stress

- importance of the event
- behaviour of players
- gallery's reaction
- presence of assessor
- television cameras and lights
- performance of other official(s)
- speed of play

### Preparation

- know the rules
- prepare to referee a match - be well rested and focused on the job at hand
- anticipate possible difficult situations. Visualize
- study the Referee's Phrasebook and memorize the phrases
- retain a sense of proportion and your sense of humour

### Mistakes

- remember that ALL referees make mistakes
- have high standards, but strike a balance between idealistic aims and realistic achievement
- at the end of the match, admit your mistakes and learn from them

### Reaction from Players and Gallery

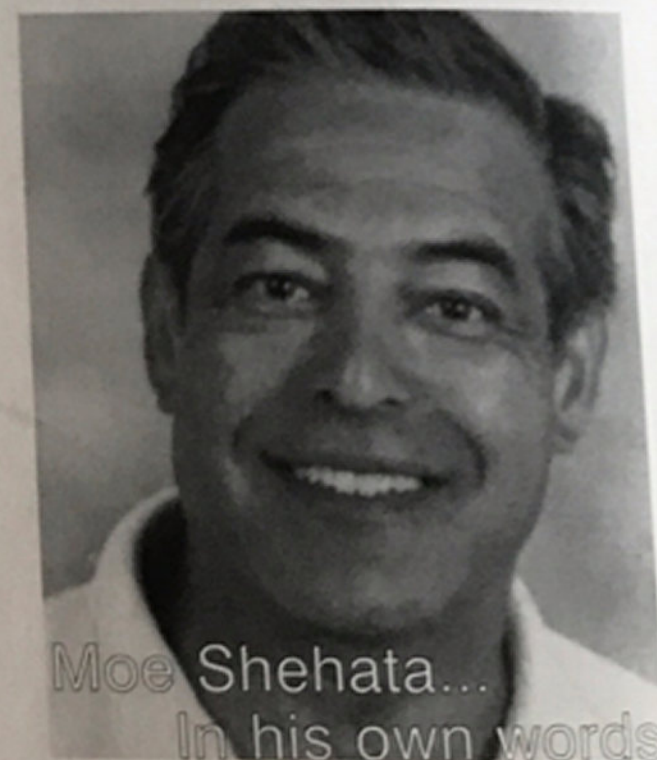
- a player's disagreement with your decision does not mean you were wrong
- the players' feedback is valuable, but not during, or immediately after, a match (especially a loss)
- constructive feedback and positive reinforcement from other referees is extremely valuable

- crowd reaction is rarely based on a sound knowledge of the rules

### Effective Relaxation Techniques

- deep breathing exercises
- tensing neck and shoulder muscles and then relaxing
- use breaks in play to "not concentrate"
- avoid refereeing when tired
- take breaks - don't be a hero
- fatigue leads to impaired judgement

## Spotlight on Ontario Officials



Moe Shehata...  
In his own words

I started playing squash in England at the age of 6, but began playing seriously at 10. Bear in mind that from that age until 25, I was a sports bum. By age 18, I won the Egyptian Junior Championship under 18, and squash was no longer challenging. So, I moved on to other sports such as water polo, sailing, shooting and European handball.

I immigrated to Canada when I was 25 and for the next decade, dropped all sports and concentrated on my career. I returned to squash at the Toronto & District League. In 1989 I met Norma Graham at a rules clinic hosted by the Pickering Squash Club, where I was the president. Norma inspired me to become an official and in 1990 I attended a certification clinic given by Dave Tullis. By mid season I passed my written and practical test and became a D4 official. It didn't take long to become a C2 but

it did take a while to attain B1 status. In the meantime, I joined Squash Ontario's Officiating Committee and am presently serving as the Chair.

I have since become a provincial instructor/examiner while attending every major tournament looking for all the AI signatures I could get. After about twelve signatures that counted and six years later, I received my AI+ in an international match between Toni Weeks (#15 in the world) and Melanie Jans (#58). The assessor was Graham Waters. In the same year, I became a national examiner.

I am currently working on my international referee status. I have completed all the basic requirements and hope to be nominated at the end of this year.

I find lots of satisfaction in giving back to squash some of what I received from it all these years, and especially explaining the interpretations of the rules and their implications. So, next time you see me, please feel free to stop and ask me about the rules.

## UPGRADING OPPORTUNITIES 1998-1999

Canadian Junior Open December 11-13 Glenway	D&C
Toronto & District Closed January 29-31 Mayfair Lakeshore	D,C,B
Ontario Open March 12-14 White Oaks	B&A
Ontario Junior Open March 5-7 Ryerson	D,C,B
Ontario Masters March 26-28 Pine Valley	D,C,B

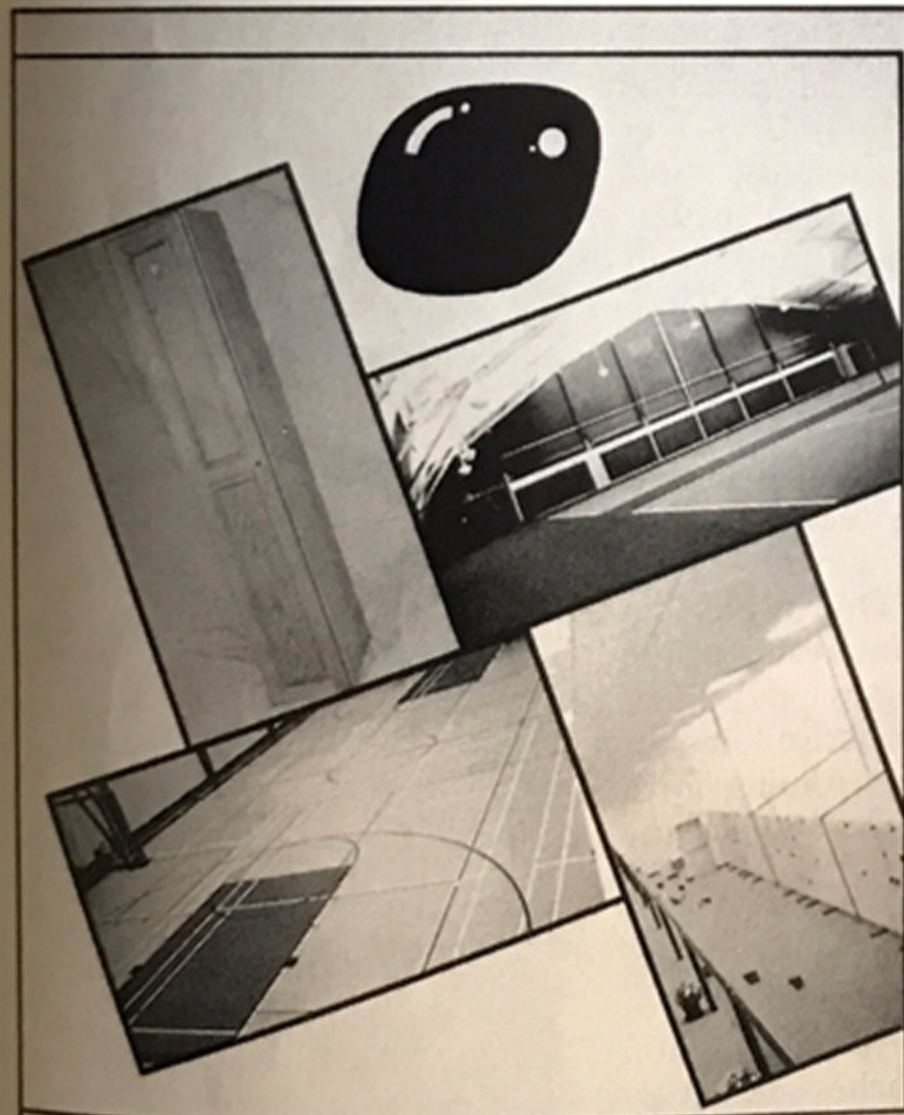
### Following are the upgrading procedures:

Squash Ontario will have an assessor on "stand by" for the above events. All upgrade candidates should advise Squash Ontario NO LESS THAN

ONE WEEK PRIOR TO THE EVENT, of their interest in being assessed, and make a refundable \$25.00 deposit. This deposit will be refunded when the candidate shows up at the tournament. Squash Ontario now accepts both VISA and MasterCard. Squash Ontario requires a minimum of five candidates in order to assign an assessor.

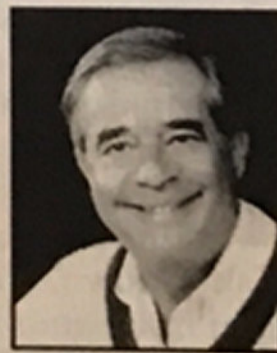
Please note that in the last few seasons, only two or three candidates register. Therefore, no assessor was assigned. However, on the day of the tournament, some candidates just "showed up", expecting to be upgraded. They were naturally disappointed and frustrated with the programme. To minimize this occurrence and maximize upgrading opportunities, please encourage interested candidates to follow these procedures.

For more information, please call Squash Ontario at 416-426-7201 or email [squash.ontario@sympatico.ca](mailto:squash.ontario@sympatico.ca).



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# The secret of endurance

BY ELI BAY

Society at the end of the twentieth century is challenging all of us to get our acts together and learn how to cope with the newly emerging world that is taking shape around us. One of our great challenges is to achieve a sense of balance in a rapidly changing society that is demanding so much of us. We are expected to work our fifty to sixty or more hours a week, spend quality time with our children, nurture our relationships, perform our ceaseless household duties, commute, deal with day-care, stay fit, improve ourselves, surf the net, read, do church, community or volunteer work, and on and on and on. And, that's just before lunch. This is, of course, above and beyond the perfectionist demands we place upon ourselves.

Technology was going to save us. Remember "The Leisure Society" we were promised just a few years ago. Machines were going to free us. In reality, today we are, on average, working an entire month (in hours) a year more than we did in 1973. And, most of us are feeling really stretched. Drained. Pressured. Harassed. Living beyond or very nearly beyond our margins. Out of balance.

Stress accumulates over time, gradually straining every organ and system in the body until imbalance and breakdown occur. That is why we need to shut down. There is a profound need to let go of the stress and pressure, to get out of our own way and let our body, mind and emotions the space to properly rest well enough to naturally repair, recuperate and rejuvenate. The issue is balance. You can't burn the proverbial candle at both ends without becoming im-

balanced.

Both traditional teachings and the findings in modern medical science advise us to invest a little time each day allowing our body and mind to properly let go "of the world"; to go inside and release the tension in our tight bodies, quiet our incessantly active minds, and calm the emotional expressway within. We consciously intervene to break out of the cycle in which stress chronically strains every organ and system in the body.

A variety of simple but effective methods are available to achieve this relaxing and revitalizing state. Deep



muscle relaxation, breathing techniques, meditatively focusing the mind on sounds, images or words, sound and light machines, self-hypnosis, biofeedback, floatation tanks, massage, all induce a state in which the mind becomes alert and calm and the body becomes relaxed and at peace. It is a "zero" state in which the mindbody systems release the stress and strain. One just lets go of the chronically tense reaction, the braced body - and relaxes - and allows the healing and recuperative forces of the body to mobilize, coming forth to correct the imbalances and heal the breakdowns.

Everyone needs this relief from stress. If deep release is not regularly achieved, the strain eventually produces unpleasant results: common symptoms like headaches and sleeping problems; serious problems like arthritis and asthma; life-threatening diseases such as heart disease and cancer. As the Latin poet Ovid once wrote, "If you can't rest, you won't endure." It's time that we moderns began to take that advice to heart. ©

Squash Life is very pleased to welcome Eli Bay as a contributing editor. Eli is presently working with Mike Way and the athletes at the National Training Centre.

Eli Bay is a captivating presenter of success and survival skills who offers a proven, practical strategy for coping with 21st Century stress and change. He is especially effective in teaching simple techniques which immediately shut down stress in the body and mind and provide much needed rest, recuperation and revitalization. Eli does this within a context filled with insight and understanding about keeping balanced and at our best while coping with unprecedented change.

Eli has been teaching his breathing and mind-focusing techniques to professional and business audiences for two decades. His methods help people develop greater resilience to stress and change, to trigger their healing and recuperative powers, improve their memory, concentration and creativity, and improve their flexibility, job satisfaction and productivity. Audiences float out. His client list includes organizations like American Express, IBM, Motorola, Aetna Insurance, Bell Canada, Price-Waterhouse, The National Association of Wholesaler-Distributors (NAW), Northern Telecom, CIBC and MPI.

His work is recommended in several books including "Superlearning2000," "Stress for Success" and "Healthier Workers." His best selling instructional tapes are sold by Nightingale-Conant, TVOntario, Superlearning Corp.

Eli is the founder and president of The Relaxation Response Institute in Toronto, Ontario, Canada, which he founded in 1978.

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# "I gave

**S**ometimes the most innocuous project will lead, not down the original path but, off on a new one altogether or one that is too seldom travelled. It's rather like looking for something in a desk drawer and hours later, you've cleaned it out completely. In this case, it was indeed a project which needed (and received!) valuable input from volunteers. One could not help but marvel at the depth of commitment and appreciate the role of the volunteer.

After many years of governments taking on more and more of the social responsibilities once borne by private citizens, the pendulum has now swung back to the voluntary sector. In order to reduce the ballooning deficits of the last several decades, governments right across the country cut deep and often into publicly funded services and the need for volunteers became greater than ever.

The question of 'why' people volunteer their time is fundamental to the success of the system and the answers, for there are many of them, are a microcosm of the human psyche. When asked, volunteers usually cite the satisfaction they derive from helping others.

Volunteers today place less emphasis on the charitable motivation and more on their own personal needs for self-expression and self-development. Fortunately, squash is peopled with these individuals. The many amateur coaches who conduct our junior programmes each Saturday morning are a case in point. Do they do it because they love the game? Or, are they doing it because it makes them feel good and helps them develop and grow as a person? Probably a combination of both. These dual motivations

provide a healthy and wholesome atmosphere for learning - both for the teacher and the pupil.

Volunteers have been called the "lifeblood" of non-profit organizations. That fact is neither trite nor patronizing. It is quite simply, true. Players who participate, for example, in regional leagues, tootle off to their weekly match without a thought as to how the schedule came into being. Well, it did so because some poor soul spent countless hours working on it; then working on it again when a team dropped out, and then working on it yet again because one team was late getting an entry in. These are the unsung heroes of Squash Ontario.

The project referred to earlier is the introduction of a new Squash Ontario individual membership and the people involved - the volunteer Board of Directors and our regional executive committees. Like so many of you who volunteer, they juggle job, family and leisure with their volunteer commitment to the association and now they need your help. No, they won't be out selling chocolate covered almonds or cookies. And, they won't be standing outside your local liquor store, hat in hand. They will, however, be out in the clubs asking you to support the programmes of Squash Ontario - the tournaments, the leagues, Canada Games, the rules clinics - by becoming a member of the Squash Ontario Infolink programme. And, they have more than a vested interest in the success of the Infolink programme. Not only will your support, as a player, a coach or an official, help to keep all of the programming in tact and thriving, a percentage of Infolink registrations will be turned back to the regions so that they, too, can continue to deliver their own quality programmes.

You may think, because you don't compete in tournaments or participate in a regional league, that Squash Ontario doesn't somehow touch your squash life. Nothing could be further from the truth. It regulates the game to ensure that racquets, balls and courts are all standardized; it teaches the rules of the game so that players not only enjoy their match but play in a safe environment; it develops policies to provide a drug-free and harassment-free environment for young squash players; it trains coaches and officials as well as athletes; it introduces squash as a lifetime sport into elementary and high schools...and the list goes on. And, it is the volunteers at all levels - club, city, region and province, who make these programmes happen. And, be forewarned - these volunteers are dedicated and committed to advancing the game in the province and they are not likely to accept, "I gave 'at the office!" ©

*Sherry Austin*

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