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Spring 1994

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And Inside...

Achilles Tendon Rupture

It has become increasingly common in athletes in many sports but racquet sports players are especially vulnerable.

Can Achilles tendon rupture be prevented? You may be able to help answer that question.

Women's World Championships

At the moment, Australia's Michelle Martin appears invincible. Reigning world and British Open champion, she is fitter and playing better than ever. Who are the challengers to her crown? - England's Cassie Jackman... compatriot Liz Irving... or is Canada's Heather Wallace poised to meet her destiny?

Richard Eaton previews the upcoming Women's World Championships in October.

Eyeguards...Some Insightful Comments

Gail Pimm poses a number of questions from both a player's and coach's point of view. Are elite players at more or less risk? Do eyeguards put players at a disadvantage? As a coach, where does your responsibility lie?

And More.... Open Winners Provincials and Nationals

'Open' Season

Wallace and Crombie Class of the Field

Brockville - Jamie Crombie and Heather Wallace left absolutely no doubt in anyone's mind as to their intentions in the Ontario Open. Both came through their respective draws with ease, with Heather simply crushing all comers. Crombie meted out a similar fate to his opponents. For Jamie Crombie, it was his second successive Open title and for Heather Wallace, it was number five.

The Royal Brock Spa and Sports Club hosted over 40 of the top squash players in the country and the outcome was clearly a prelude to the upcoming Canadian Championships where both these champions will be challenged, Jamie in particular, as he will have to contend with the likes of Sabir Butt and Gary Waite.

Story on Page 4.

'94 British Open

Jansher 'Threpeats' and Martin Masterful

London - Jansher Khan and Michelle Martin defended their 1994 Hi-Tec British Open titles with astonishing ease before a capacity crowd of 3,000 at London's Wembley Conference Centre. They defeated, respectively, Brett Martin and Liz Irving.

Canada's Gary Waite, returning from an extended absence on study sabbatical at Harvard, played three impressive qualifying rounds be-

fore meeting no. 5 seed Rodney Eyles of Australia in the first round of the main draw. Eyles had to pull out all the stops to defeat the plucky Waite.

Eighth-seeded Heather Wallace, reached the second round but in the round of 16, came up against her recent nemesis, South Africa's Clare Nitch and lost in a very tough 5 setter.

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Open Champion, Jamie Crombie

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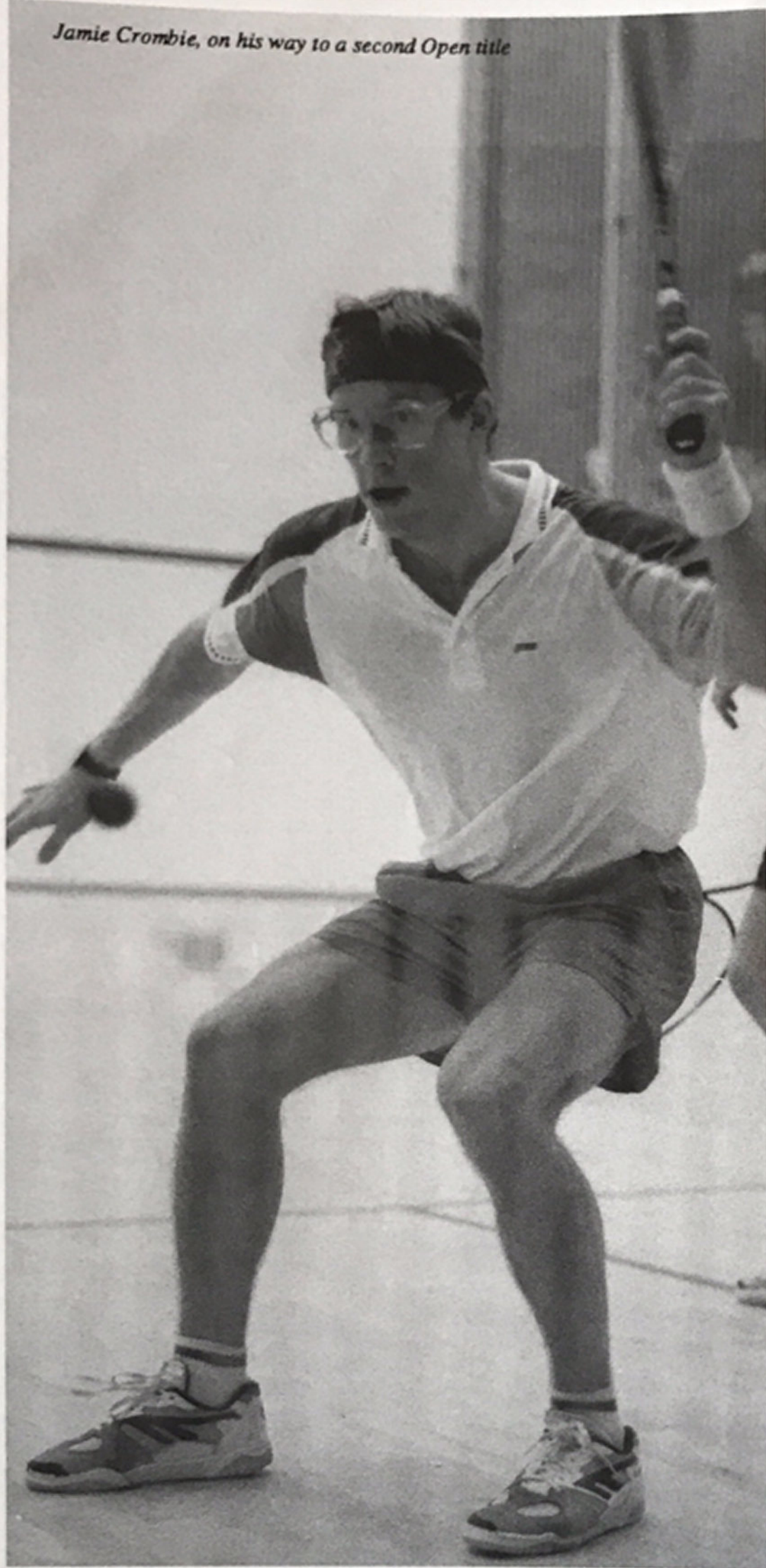
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VOLUME 19, NO. 3

Jamie Crombie, on his way to a second Open title



By Ron Smith ●●●●●
(Brockville Recorder and Times)

For Heather Wallace, it was an opportunity to work on aspects of her game.

For Jamie Crombie, it was a test of his concentration. Wallace and Crombie lived up to their billing as the No. 1 seeds in the Diet Pepsi Ontario Open in Brockville.

Wallace eased past unknown Carla Venter by 3-0 in the women's final for her fifth straight Ontario title at the Royal Brock and Crombie followed by defending his crown for the first time by

Wallace Perfectly P

Jamie C

persevering over bad-boy Jonathon Power by a similar 3-0 margin in the men's event.

Wallace, the Canadian women's champion since 1987 and ranked No. 8 in the world, was expected to win handily and she did just that. She triumphed by scores of 9-4, 9-0, 9-2.

"I wanted to try to volley as much as possible and make her run," explained the 31-year old Wallace, who calls Ottawa home when she's not commuting from tournament to tournament around the world. "I was looking for a bit of a long match. Carla was good to do that against," continued Wallace. "She rallied and didn't make as many mistakes as the Canadian girls."

Venter, a 23-year old former tennis player from South Africa, was playing in her first ever squash tournament in Canada. Working as an assistant pro at a squash club in Boston, Venter is ranked No. 49 in the world.

Without much being known about her, Venter came in and knocked off the tournament's No. 2 seed, Melanie Jans, in the opening match and then rolled through to the final against Wallace. She knew she was in tough against Wallace after having played and lost to her in a tournament in San Francisco recently.

**After the classy women's final,
the spectators saw a match of a
different flavour between
Crombie and Power.**

"She was totally in control. It was hard for me to even get the ball. All I was really doing was getting it back," shrugged Venter with a grin. "As soon as I didn't hit good length, she put it away. She was totally in control".

Wallace had Venter constantly running from front to back and side to side throughout the match. Venter hustled and made some good shots of her own but there wasn't a doubt Wallace was the better player.

"She had little time to prepare for the shots and I didn't give her much time to set up," noted Wallace. "She was on defence most of the time and she had little opportunity to attack the ball."

Wallace reached the finals with easy 3-0 wins over Robin Morrison in the quarter-finals and Barbara Cooper in the semi-finals. Venter topped Anita Soni by 3-0 in the semis.

Venter wasn't disappointed with the loss. Playing squash for only seven years, she chalked it up as experience against a better opponent.

Unpredictable In Taking Fifth Straight Open Crombie Makes it Two in a Row

For Wallace, who wants to make it into the top five in the world this year, it is off to the British Open. From there, she has tournaments in Europe, back to Canada for the nationals, Asia, Australia, back to Europe and then the World Championships in October.

After the classy and well-played women's final, the more than 80 spectators saw a match of a different flavour between Crombie and Power. Crombie prevailed 9-3, 9-4 and 9-6 over the same opponent he'd beaten in the Quebec Open final a week before.

The 28-year old Crombie did it again by outhustling his 20 year old adversary and not getting caught up in the younger player's boorish ranting and raving at the three man officiating crew. "He's got really good shots," praised Crombie, No. 2 in Canada and No. 36 in the world, of Power. "It's just a matter of keeping the pressure on, keeping him working and taking advantage of his lapses."

Crombie won the first two games in which it seemed like Power was appealing every call. In the third game, Power concentrated on playing Crombie instead of the referees and broke away to a 5-0 lead. Crombie didn't panic. "You have to take it one point at a time. You can't think you're down five points. That's too big a margin. You just try to win one point, then try to win the next", he explained.

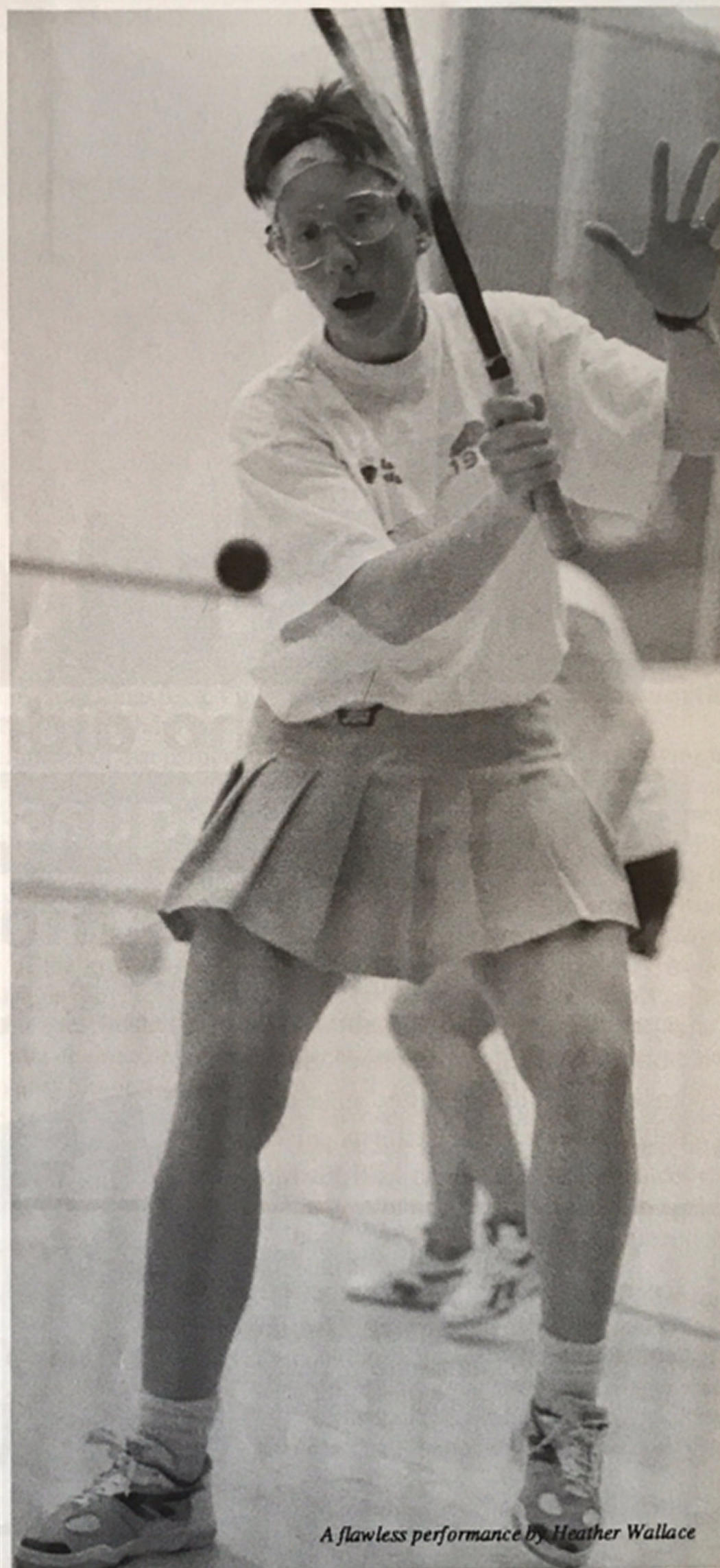
Crombie felt the turning point in the third and final game came at 5-2. Power became unhinged at the referee's call. "He got upset and gave up two points in a row. Basically that was the turning point. If he hangs tough, it's tough for me. Instead, he lost his focus and, all of a sudden, it's a game again," continued Crombie. "When that happens, I just try to focus that much harder."

While Power was stomping and glaring and muttering to himself, Crombie ran off eight straight points to take an 8-5 lead. Power inched closer with a well positioned drop shot but Crombie finished the game with a drop shot of his own.

Crombie had blanked Graham Ryding 3-0 in the semi finals while Power upset No. 2 seed Willie Hosey 3-0 in his semi final.

Tournament organizer Dawn Sommerville-Picotte praised Diet Pepsi for stepping in as the major sponsor on short notice after an original corporate booster backed out. Sommerville-Picotte is interested in hosting the Opens again next year and hopes that Diet-Pepsi will be back as the major sponsor.

Other sponsors of the tournament included Molson, Blackburn Financial of Brockville, Proctor and Gamble of Brockville, BioLab Canada of Toronto, Doug Kenny and Stu Williams of Re/Max Brockville Realty, Shorewood Packaging of Brockville, Henderson Printing, Howard Travel, Brock Telecom of Brockville, Aquarius Pools of Brockville and the Royal Brock Hotel and Spa. ○



A flawless performance by Heather Wallace



Guess who didn't wear their Leader Squash Eyeguards this morning!

Murphy's Law strikes the morning of the annual report photo shoot. Poor John. He bought himself "protective" glasses, you know, the flimsy hinged glasses. He felt great wearing them on the court, until a 90 mph ball hit him in the eye.

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

Eyeguards

One Coach's Opinion...One Player's View

It was brought to my attention that a Task Force was struck by Squash Canada to consider the issue of players on junior national teams wearing eyeguards in international play. The recommendations of the Task Force were presented at the January Squash Canada Semi-Annual meeting at which time there was much debate over this issue and many arguments put forward. I feel very strongly about this topic and, therefore, would like to share my thoughts with you.

Sport has always been exciting to play and to watch and much of what makes it that way is the element of chance or risks involved with the activity. Perhaps this element of uncertainty is one of the aspects that draws so many competitors of varying levels of ability and spectators, and keeps them interested. Although over the years the advances in technology, knowledge and equipment have decreased unlikely events from happening, there is still a large component of chance

involved and, as a result, unforeseen events continue to occur.

In most cases these unanticipated events that happen to athletes or teams are humiliating or, at worst, painful. In Kurt Browning's case, very disappointing. However, in some cases, unexpected incidents have even proven fatal. None of us wants to be reminded of that particular tragedy for the Austrian women's downhill. But her accident can have a positive outcome if we learn from it that even elite athletes are **not** immune to the perils of their sport or to the risks of injuries occurring to them.

Probably one of the greatest risks involved in squash is physical injury, particularly to the eye. But many elite players believe that their expertise exempts them from miss hits or wild swings that might cause an eye injury. Statistics would show otherwise. In fact, at the elite levels, the ball is travelling much faster and the racquets are moving with more

velocity. In addition, elite players spend more time on the court compared with recreational players and therefore increase their chances of impairment. Furthermore, junior players, even elite junior players, have less experience and expertise than senior players and are at an even greater risk.

A number of players feel that having to wear eyeguards puts them at a disadvantage as other players in other countries may not be required to wear them. But how would a player feel after having to retire early from a match or possibly from their future career as a professional player because they sustained an injury to the eye? Furthermore, how might his or her teammates feel knowing that the injury might have been prevented if the proper precautions had been taken?

Or even worse. How would a coach feel taking an athlete to a hospital after being hit in the eye? Finally, think of the feelings of that parent whose child arrives home early from an overseas tournament with an injury to the eye.

It is difficult to understand how this disadvantage that players feel they have could justify the risk to the eye. It would seem logical to me that protecting oneself with eyeguards would be an advantage over one's opponent. One less injury to worry about.

This issue or debate is not dissimilar to the one regarding the use of steroids or

Even elite players are not immune to the perils of their sport

other performance-enhancing drugs. In some sports, Canadian athletes have felt pressured to use steroids because other athletes were, and if they did not, they would be at a disadvantage.

"Even knowing the adverse effects that steroids will have on my body, I must continue to use the drugs in order to compete on a level playing field with my opponents". How unfortunate it would be for everyone if the International Olympic Committee had decided that the athletes were justified in their feelings that since everyone was doing it, it should be accepted. Instead it took the opportunity to educate the athletic population about the adverse effects and through testing has eliminated much of the abuse.

Several coaches are of the opinion that the parents of junior team members be given the opportunity to take responsibility for any libel that would be brought against them if their son or daughter sustained an injury to the eye from not wearing protective eyeguards. To do this a waiver must be signed by the parents or legal guardians. The need for a waiver

Safety at any cost is an important aspect of an athlete's participation in sport

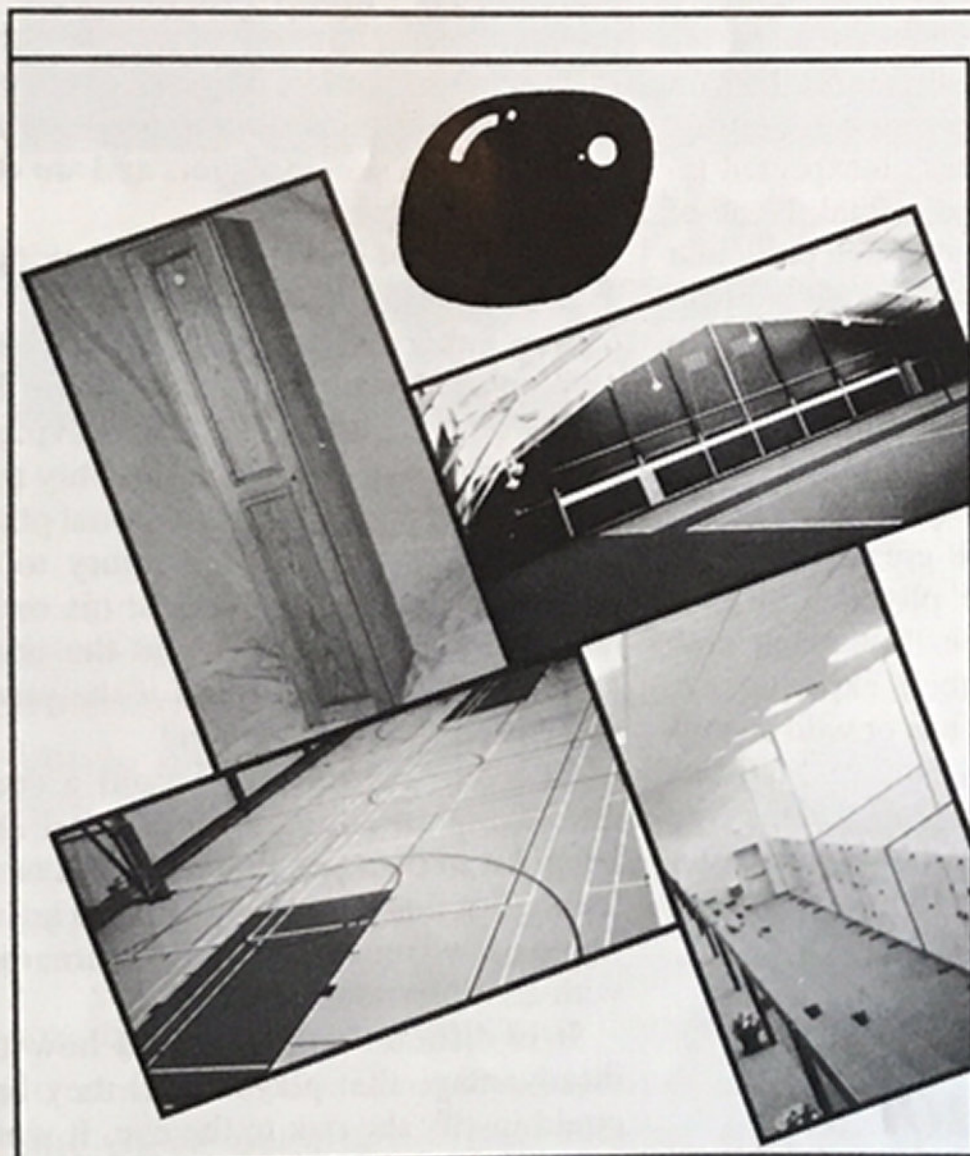
suggests in itself that there is a definite chance of an injury occurring.

Coaches must not assume that parents have the training or background information of the inherent risk of the sport in order to make informed decisions. Coaches who have progressed through the National Coaching Certification Programme and Squash Canada's Technical squash levels learn that **safety** at any cost is an important aspect of the athlete's participation in sports. As a result, it is the coach's job to make educated decisions and insist that the proper equipment be used for the safety of the athletes. Anything less, the coach would not be doing his or her job.

Over the years the professional world of sport has seen countless additions and

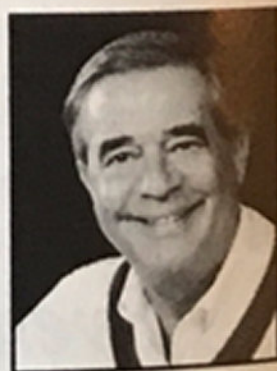
improvements to equipment. There has been definite movement toward athlete safety in all sports, not a movement away from it. Squash Canada has the ideal opportunity here to take the initiative and a leadership role and continue to enforce the eyeguard policy for its junior players. As a result, maybe other countries will follow suit. Squash Canada will move toward a "player/athlete centred" organization through enforcing the eyeguard policy not by eliminating it. This policy demonstrates a real interest in the player's overall wellbeing and not just in the athlete's performance.

Finally, the question has been asked, "what is best for squash in Canada?" The answer, to me, is quite simple - making the game as safe as possible. ○



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The Spirit of the Games!

By Chris Hanebury ●●●●●

*"I seek fear, to master it;
Weariness, to test my mettle;
Hardship, to conquer it,
Glory, to share it with my brothers;
And I shall compete loyally."*

This is the motto of the Canada Games. We were given it at the first training camp and we had to memorize it for the third camp.

There were three training camps with 28 participating athletes and four coaches. The head coaches are Anne Green and Kevin Inouye. The assistant coaches are Jim Paton and Dave Phillips.

The first training camp was held at Mayfair Lakeshore. We started thinking like a team instead of individuals. To help us do this, they put us on teams for the weekend which was a lot of fun. We also were shown how to evaluate ourselves with charts.

The second training camp was held at Pine Valley. We again worked on teamwork. They made it fun by giving us fake money so we could buy points. We also were given a piece of paper with ten different shots and ideas. We each had the same shots and ideas on the piece of paper but each paper would have them in a different order. You'd have to play someone and for each rally you would have to follow the sheet. Pine Valley had great food. At this camp they gave us a Canada Games t-shirt and sweat shirt which we got because of Bell. Bell gave us a lot of money to help buy these clothes and to help us go to Montreal for the Quebec Championships.

The third training camp was held at Mayfair Lakeshore. This weekend we had someone come in and talk to us about drug doping. I almost fell asleep but I must admit some of it was interesting. The girls got to talk to an Olympic Champion, Tanya Roberts. I don't know why the boys didn't, but they didn't. All the juniors got to hit with some men and women so we could get an idea of how we stand. On the

Sunday of this training camp, we went into teams and played different teams. You could also get bonus points for refereeing or charting a match. In the middle of all this we were interrupted by a big scream. Everyone dropped what they were doing and ran to see what it was. Canada had just scored in the finals of the Olympics against Sweden. Nobody went back on court until it was over. At the end of the day the coaches gave prizes for the top three teams. For each team member who got third, they had a chocolate doughnut tied on a piece of string, representing a bronze medal. You got the same thing for second except it was a vanilla doughnut representing a silver medal and the first place team got a butterscotch doughnut representing a gold medal.

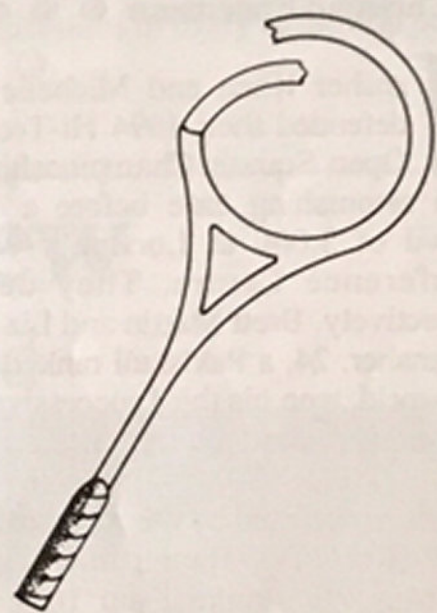
To finish off the three camps, we all went to Montreal. Kevin and Jim took the train with us. It was a lot of fun. It was great to have the coaches there to coach you. There were a lot of questions raised at this tournament. Like, who had the pointiest shoes, Kevin or Jim? Even though Dave Phillips wasn't there, we already knew he had the corniest jokes.

Overall it was lots of fun to be on the squad. I learned a lot and hope to be on the next squad and then be chosen for the Canada Games team. The only thing I would change would be the qualifying system. For the younger people on the team to qualify, they must play up an age category and therefore give up their ranking in their own age category which could affect sponsorship.

Thanks to Bell and to the people in the government who gave us money to make this possible and to the coaches for making this a fun, learning experience.

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Worldly

1994 British Open Squash Championships

by Christian Endemann ●●●●●

Jansher Khan and Michelle Martin defended their 1994 Hi-Tec British Open Squash Championships titles with astonishing ease before a capacity crowd of 3,000 at London's Wembley Conference Centre. They defeated, respectively, Brett Martin and Liz Irving.

Jansher, 24, a Pakistani ranked no. 1 in the world, won his third successive title by thrashing Australia's top player and no. 2 seed 9-0, 9-1, 9-10, 9-1. The men's draw had been depleted by the retirement of former two-time Open runner-up Chris Dittmar and perennial top 10 tour rogue Tristan Nancarrow.

Michelle Martin, 26-year-old sister of Brett, 31, routed compatriot Irving in less than 30 minutes, 9-1, 9-5, 9-3. She thereby avenged her defeat to Irving in this year's Leeks Classic final and reaffirmed her position as the paramount player on the women's circuit. Martin has only lost three matches in the last 18 months - all to arch-rival Irving.

Brett was simply out-hustled by the fleet-footed Jansher who became somewhat complacent when leading 2-0 in games and 7-3: "I was sure I was going to win the third game before Brett hit some good shots. I didn't let myself make the same mistake in game four and played hard the whole time."

Brett conceded that Jansher had started so rapidly he had little chance to recover: "When he won those first two games so quickly, I figured he had to be a little winded because he was doing a lot of work at the same time. But I couldn't keep up the good work in the last game after my comeback. He's hard to figure out."

Unlike her brother, Michelle Martin started off like Jansher and admitted afterward that she was quite happy with her form: "I hit the ball tightly and with good length. I felt quick and believe I'm playing at the top of my game right now."

Irving agreed with Michelle's assessment: "My semi final match was tough but I felt well rested. Michelle was playing very well and I felt the big difference was that I was a step slower getting to the ball. But I'll be back."

Canada was not well represented and fared accordingly. Among the men, Gary Waite, returning from an extended absence on study sabbatical at Harvard, played three impressive qualifying rounds before meeting no. 5 seed Rodney Eyles of Australia in the first round of the main draw. Eyles had to pull out all the stops to defeat the plucky Waite, whose ranking had slipped from an all time high of no. 12 to no 37 during his hiatus in academe.

The scores were 9-3, 4-9, 9-7, 9-7 in an hour long battle in which Waite clawed his way back from a 7-1 deficit in game 4 to trail 8-7 before running out of steam.

Waite was philosophical about his setback: "I hit the ball well and certainly had my chances in game three when I led 7-2, but he pulled out some great winners. Rodney is very consistent and I played my best squash at the wrong moments. Otherwise, I'm fairly satisfied and feel good about my chances for the rest of the season - whenever I can take time off from my studies and play hooky in places like New York and Bermuda."

The only other Canadian male competitor in the Open was Chris Stevens, who lost to Englishman Mark Chaloner 9-2, 10-8, 9-2. Stevens, 21, said he enjoyed his Open experience and predicted it would stand

him in good stead in the upcoming Canadian Nationals in Calgary.

Eighth-seeded Heather Wallace, reached the second round with a 9-4, 9-7, 3-9, 9-6 victory over England's Linda Charman. In the round of 16 she came a cropper against her recent nemesis, South Africa's Clare Nitch, who had beaten her in February at the Leeks Classic in three games.

This time Nitch, the no. 10 seed, recovered from a disastrous start and came back to wear down the 31-year-old Wallace, who was giving away a decade to her young opponent, by scores of 0-9, 1-9, 9-3, 9-6, 9-5.

Wallace, who has been ranked as high as no. 4 in her career, said she will be defending her Canadian title in Calgary later this month. She conceded she had run out of gas, being plagued by a nagging back injury since January, and was going to rest before Calgary.

"Clare has been playing very well and I am now one of the senior citizens on the women's tour. It gets tougher as you get older and I will have to assess my future as a professional after the World Championships in Guernsey in October and the Pan-American Games in Argentina in March next year.

In terms of media coverage, the sensation of the tournament was a first round match played by no. 16 seed Aussie Anthony Hill and Mir Zaman Gul of Pakistan. After roaring into a 7-0 lead in game five, Hill was approached menacingly by Gul who then head-butted his opponent. Hill fell backwards on the floor.

While no apparent blood was spilled, Gul was immediately disqualified. Tour photographer Stephen Line captured the incident on camera. The following day,

Matters

London newspapers played the so-called blue-blood sport outrage to the hilt, particularly the notorious tabloids. The matter was immediately referred to a disciplinary hearing of the Professional Squash Association which indicated it would render a decision by the end of April. Gul had been suspended by the PSA for a year in late 1991 as a result of another incident.

The Open drew competitors from all over the world to compete in the main events as well as a host of senior categories which attracted many former open champions and contenders. The ambience is very participation-oriented despite the obvious involvement of corporations such as Hi-Tec, a sports equipment manufacturer

which completed its ninth year as principal sponsor.

More Canadians should make an effort to compete in and attend a championship that has no peer as a gathering point for squash aficionados of every stripe and persuasion. ○

World Open Preview

Aussies on Top of the World

by Richard Eaton ●●●●●
Squash Correspondent
The Sunday Times, London

Michelle Martin said she was sorry to see Susan Devoy retire. She must have been the only leading player who was. The Australian believed she was becoming good enough to have had a chance of beating the leading New Zealander. Few people paid attention to those remarks at the time.

Now, having acquired two British Open titles, a World Open title and a husband, and having unloaded a manager, Martin is poised to do more than extend her reign as the new queen of squash. She can go on to become one of its greats.

Since Devoy quit in Vancouver in October 1992, Martin has become much slimmer, quicker and fitter. She has yet to lose a game in the British Open. She won the World Open almost as easily in Johannesburg last year. She has acquired stability in her private life and strength of purpose in her profession. Is she now good enough to have beaten Devoy?

On occasions, perhaps yes. Certainly those remarks back in Vancouver look less far-fetched now. And certainly she should

be the overwhelming favourite for the next World Open, on the little channel island of Guernsey (in the British Isles) in October.

It may not make the tournament any the less interesting because of that. The build-up of character and ability of an outstanding player is always intriguing to see, and Martin has developed conspicuously as a person.

"After what has happened to Rodney in his private life, a lot has changed in our family," Michelle said. "Rodney and I are closer." For the uninitiated, Rodney's marriage to Danielle Drady, the former world number two, has been followed by a separation.

The point about this is not to gossip, but to explain how the world number one is more independent and tougher. Her squash has become the same. Her achievements on court will make more of her publicity for her, and her racquet will do more of the talking. The eloquence of this has only been muted on brief occasions in the past 18 months.

The most notable have been created by Liz Irving, her Australian compatriot, who beat her in Cardiff both last year and this. Irving too has improved since the retirement of Devoy. She has worked to lose weight and maintain her speed at a late



stage in her career. But her uncertain temperament remains, particularly in big finals.

Both in the World Open and this year's British Open finals Irving was a disappointment to herself. At her best she is probably Martin's most dangerous rival, but will she be at her best when it matters?

Sarah Fitz-Gerald also has the ability to bring down the champion but appears to lack self-belief. Her work with W.I.S.P.A. may also adversely affect her mental state. She may be getting over prolonged fitness problems and looked fresher and stronger in the last British Open. She also gave Martin her hardest match of the tournament. This could happen again if she gets her preparation right.

The English rivals to the Australians have fallen back. None has more so than Cassie Jackman, billed as a possible successor to Devoy in Canada two years ago, but who has yet failed to deliver.

Homesickness, personal problems, lack of physical fitness, lack of balance with her stroke preparation - all these have been given as reasons for the under-achievement of an excellent talent. Jackman lost to Sabine Schoene in the World Open and to Martine Le Moignan in the last British Open. There is still time for things to come right for the 22-year-old. But there is (at the time of writing at least) little sign of it yet.

Schoene, the most successful German ever, has also been disappointing since the biggest triumph of her career, a semi-final in the World Open in Johannesburg. On that occasion she was not far from beating Irving as well and reaching the final. But Sabine has yet to reacquire the momentum that carried her to the South African sensation.

Le Moignan, however, after speaking of retirement, is now talking of a comeback. At 31 she wants to play in the World Open in her home town of St. Peter Port, where the good people of Guernsey will enjoy being insular in her favour and where the former world champion will enjoy their support.

The elegantly languorous left-hander has lost a little of her mobility to the front, though she still has many of the ingredients of power and unorthodox deception that make her dangerous. She could be a threat to most players on her day, without being a serious candidate for the title.

Le Moignan also now says she is prepared to play for England again, despite her row with manager Alex Cowie after the

disastrous defeat to Donna Newton in Vancouver. She may be needed, for the other Guernsey player Lisa Opie announced her retirement on court at Wembley in April. In the absence of the former British Open champion it is hard to see any country taking the world team title away from Australia.

England's new number one Suzanne Horner is, however, enjoying an Indian Summer. At 31 she has never played better. The medical experts said that after a knee operation she would never play squash at the same level again, but her Yorkshire cussedness proved them wonderfully wrong.

She is still one of the game's best movers, but is now a more willing volleyer. She has also improved her ability to strike a solid backhand drive and is less inhibited with her drops. She could beat anyone, except perhaps Martin.

Heather Wallace? Still a good player. Still a fighter. But recently not as physically strong as she was. The grant she had to build her up for the 1992

World Open undoubtedly helped make her as good a player as at any time since she was in the world's top four in the mid-eighties. Without a similar preparation it will be difficult for her to progress any further than the quarter-finals, though there is no question she has both ability and experience.

At the British Open Heather won the first two games from South Africa's Claire Nitch and was beaten in five. What's more the Canadian won the first two games for the loss on only one point, which showed what she can do when she is firing on all cylinders. But will she have enough petrol in the tank? Only if she has the time and the money to put it there. ○



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All of Ontario is invited to join in
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Living', from May 27 to June 5. Muskoka
ActiveFest '94 is over seventy-five events
and activities offering participants a variety
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recreation skill such as squash, tennis or
golf, enter as a family team in an orienteering
exercise or simply join friends, old
and new, on a half-day hike.

The central idea behind Muskoka ActiveFest '94 is to offer active living opportunities regardless of abilities. For more information, call 1-800-661-2459.

Second Annual Combo Sport Charity Games

Hosted by the Barrie Racquets Club and
Centennial Beach in Barrie
July 15 - 17, 1994

Featuring Men's and Women's squash
events, team beach volleyball and a "radical
outdoor challenge"

For more information, contact Fernando
Pisano at (705) 737-3721.

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Award winners will be guests of 3M at
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Deadline for nominations is May 1,
1994.

To discuss nomination guidelines,
please contact Squash Ontario.



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The Quest for Gold in Argentina

Squash has been accepted into the Pan
American Games, and will stage its inaugural
competition in the upcoming
Games in Mar del Plata, Argentina in
March 1995. This will be the first time
squash has been part of a major games and
winning gold medals at these Games is the
number 1 priority of Squash Canada. As
the strongest squash playing nation in the
Pan American region, this goal is certainly
within reach. In fact, it is quite conceivable
that Canada could sweep the Men's and
Women's Individual and Team events with
Heather Wallace and Gary Waite leading the
way.

The competition will involve both an
individual and team event with each
participating country fielding teams of three
players for the team event. The importance
of Canada doing well in the Games cannot
be minimized. Gold medal performances
can result in significant exposure for
squash which can be parlayed into a
growth cycle such as we experienced a
decade ago. Increased numbers of people
playing squash can have a profound economic
impact on our clubs.

National squad and team members will
all be participating in fund raising projects
and we encourage the squash community
to get behind our 'quest for gold'.

Anne Smith Honoured by U.S.S.R.A.

For only the second time in its history, the United States Squash Racquets Association has paid tribute to a Canadian by presenting the W. Stewart Brauns, Jr. Award. The 1993/94 recipient was our own Anne Smith, President of Squash Canada.

The Brauns Award is presented annually to the person or persons who make substantial administrative contributions to the game of squash racquets and the award is made in memory of W. Stewart Brauns, Jr., a past President of the U.S.S.R.A. and an extremely dedicated administrator of the game of squash.

Alan L. Fox, President of the U.S.S.R.A. presented the Brauns Award to Anne in Denver during the recent Lapham-Grant matches.

Anne Smith's playing credentials are well known but she has also made enormous contributions to squash in the administration end, both in Scotland and in her adopted country, Canada. She



served as a President of Squash Ontario from 1985-1987 and then the lofty heights of Ottawa beckoned her and she served as Vice President of Squash Canada from 1987-1989. Not content with that form of masochism, she stood for and was elected

to the Presidency of Squash Canada in 1989.

Anne also serves as a Canadian Olympic Committee Director, is a member of the World Squash Federation Competitions Committee as well as serving as chair of the W.S.F. Medical and Sport Science Committee. In 1991, she became Regional Vice President for the Pan American Region on the W.S.F. Executive.

In her real life, Anne is Director of University of Western Ontario's Regional Bone Marrow Transplant Programme, is interim head of Medical Oncology at London Regional Cancer Centre, is Deputy Medical Director of the London Red Cross Blood Service....and the list goes on.

There is an old saying that, "if you want a job done, give it to a busy person". Anne Smith is living proof of that adage. Congratulations, Doctor Smith! ○

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Squash Professional

The Rideau Tennis and Squash Club is a member-owned facility with six international squash courts and an active squash membership of 175. The Rideau is located on the banks of the Rideau River, five minutes from downtown Ottawa.

The Rideau Tennis and Squash Club is actively seeking applications for a full time squash professional. The successful candidate will have experience in organizing various activities such as in-club house leagues, ladders, tournaments and socials. She/he shall provide instruction at all levels including private/semi private lessons and clinics. A minimum requirement of National Level 1 certification is a must. Qualified candidates should direct their resume along with salary expectations to:

Bente Nielsen
Squash Director
Rideau Tennis and Squash Club
1 Donald Street
Ottawa, Ontario
K1K 4E6

Can Achilles Tendon Rupture be Prevented?

Be Part of the Answer

By Dr. Andrew Lata ●●●●●

Achilles tendon rupture has become increasingly common in athletes in many sports. Racquet sports players are especially vulnerable, and in particular, there has been a marked increase in this devastating injury among squash players, both at the recreational and competitive levels of play.

The Achilles tendon can be injured to varying degrees, all the way from mild chronic tendonitis to complete and sudden complete tear (rupture). This latter injury, the acute rupture, is the one that has become common on the squash court, and is an injury that requires many months for full recovery.

Achilles tendon rupture in squash players seems to occur most commonly in players above 30 years of age, particularly in the group of competitive players in their mid-30's. Contrary to popular opinion (and out-dated medical literature), it may be more common in fairly well-conditioned athletes and not in the poorly trained "weekend warrior". It has also been erroneously stated that most ruptures occur early in a match in persons who have failed to stretch their tendons properly (achieved by flexing the ankle with a bent knee) before going on court. This is not true in this subgroup of players; the majority of tendon ruptures seem to occur in the 4th or 5th game at times of maximal exertion, a time when the Achilles tendon has been already stretched many times during play.

Acute tendon rupture has a characteristic presentation. Typically, a squash player is in the midst of a rally, often stretching the tendon during a change of direction and feels a "thump" or sudden pain in the calf. Almost invariably, the player attributes this to being hit in the leg by the ball or the opponent's racquet. The player falls to the ground and is unable to weight bear as there is no strength in the forefoot to stand. If the tear is complete, there is unusually little or no pain. The foot can still be flexed downward, but weakly, this is due to the continued integ-

rity of the small plantaris muscle. Sometimes, a gap can be felt through the disrupted tendon. This occurs when the rupture has occurred just above the insertion at the heel where the Achilles tendon can be easily felt. Sometimes no gap can be seen or felt. This happens when a complete tear occurs higher in the calf at the musculotendinous junction where overlying tissues prevent palpation of the tear, and, in cases where bleeding causes a hematoma over the tendon obscuring the underlying gap.

Full recovery from this injury can only be achieved with early diagnosis and proper treatment. Various factors are considered before a decision to do surgery with subsequent casting or casting alone is chosen. Unfortunately, the healing process is long; the cast usually remains on (with or without surgery) for a period

Many victims of acute tendon rupture have no warning symptoms

of 8-10 weeks. This is followed by gradual increased weight bearing, first with crutches and then with a cane. Physiotherapy is usually instituted at this time. A gradual return to athletics is encouraged at 5-6 months. Usually the patient is able to return to squash in 9-12 months after the injury. Most people obtain a good result with no or minimal residual stiffness and loss of power.

Much is not yet known about the Achilles tendon rupture. For instance, does the rupture occur in a completely normal tendon when stressed beyond tolerable levels, or do tears occur in abnormal tendons which have weakened due to chronic inflammation due to overuse? Certainly, many victims of acute tendon rupture have no warning symptoms whatsoever. The possibility of subclinical inflammation remains however. It seems likely that decreased blood flow during marked exertion plays a role because most tears

occur in the relatively poorly supplied area of the tendon an inch or two above the heel. This may make this area of the tendon "brittle".

Are there preventative measures which would decrease the likelihood of this injury? Is there any equipment modification which could decrease the incidence of Achilles tendon tear?

Magnetic Resonance Imaging (MRI), a new technique for visualizing the soft tissues of the body enables us, for the first time, to clearly visualize the Achilles tendon and surrounding tissues without surgery. Briefly, MRI uses magnetic gradients to energize body tissues. Subsequently, radiofrequency pulses are applied, and the obtained signals can be used to obtain tissue contrast, and, by computer analysis, an image is produced. The scanning procedure is safe and completely non-invasive and requires approximately 20 minutes.

MRI has been widely used in a number of sports injuries including Achilles tendon rupture. I am currently doing a study of tendon rupture in squash players in the Toronto area in conjunction with St. Michael's Hospital Department of Radiology and the Toronto Athletic Club. I would like to try and answer the questions already mentioned and, ultimately obtain information which would decrease the incidence of this devastating injury. Initially, I need information from as many squash players as possible who have suffered medically documented complete or partial tears of the Achilles tendon. Torn muscles, muscle sprains, stretched tendons, and other less serious injuries don't count. It doesn't matter how long ago the injury was providing you can remember some details of the event. I have provided Squash Life Magazine with a questionnaire which can be obtained by telephoning (416) 495-4140.

All information will be treated confidentially and hopefully something useful will come of this. Thank you for your co-operation. ○



Here's to the Winners

(Sanctioned event results only)

Ontario Senior Doubles Championships

Hosted by Toronto Racquet Club
Sponsored by Nesbitt Thompson/
Molson Breweries

40+ Champions:	Victor Harding/ Sean McDonough
50+ Champions:	David Bogert/ Peter Hatcher
60+ Champions:	David Brown/ Sam Nisenboim
65+ Champions:	Ken Lane/Don Leggatt

Ontario Men's Open Doubles Championship

Hosted by Curzon's Skydome Club
Sponsored by Black Knight
Champions: Taylor Fawcett/Paul Deratnay

Ontario Women's Open and B Doubles Championships

Hosted by Cedar Springs Athletic &
Racquet Club
Sponsored by Williams Distinctive
Gems, Prince, Leader, Ray-Ban
Open Champions: Jane Mitchell-Frost/
Barbara Cooper
B Champions: Barb Burton/Cindy Burns

Ontario Men's & Women's Open Championships

Hosted by Royal Brock Spa & Sports
Club
Sponsored by Diet Pepsi
Men's Champion: Jamie Crombie
Women's Champion: Heather Wallace

Ontario Men's & Women's B, C, D Championships

Hosted by The Harbour Club
Sponsored by Estca, Biz-Tech,
Mid-Way Toyota,
Seaway Answering Services

Men's B Champion:	Martin Landale
Men's C Champion:	Stephen Dunslow
Men's D Champion:	Mike Stewart
Women's D Champion:	Pam Grills

North American Junior Doubles Championships

Hosted by Toronto Racquet Club
Under 16 Champions: Preston Quick/
Addison West
Under 19 Champions: Preston Quick/
Addison West

Ottawa & District Junior Open

Hosted by Queensview Athletic Club
Sponsored by
Bank of Montreal, Bell, Karakal
Boys' Under 12 Champion: Justin Martel
Boys' Under 14 Champion: Chris Hanebury
Girls' Under 14 Champion: Christy Quinney
Boys' Under 16 Champion: David Phillips
Girls' Under 16 Champion: Nicole Carroll
Boys' Under 19 Champion: Shahier Razik
Girls' Under 19 Champion: Marnie Baizley

Courtside Doon Junior Open

Hosted by Courtside Doon Racquet Club
Sponsored by: Tiger Brand Knitting,
Pointfore, Hi-Tec
Boys' Under 10 Champion: Sean Hanna
Boys' Under 12 Champion: Chris Spavin
Boys' Under 14 Champion: Chris Hanebury
Girls' Under 14 Champion: Tara Turner
Boys' Under 16 Champion: Drew Turner
Boys' Under 19 Champion: Taras Klymenko
Girls' Under 19 Champion: Kelly Vickers

Central Ontario True Heart Open

Hosted by #1 Nautilus, Peterborough
Sponsored: Paulmac's Pet Food and
proceeds to Heart & Stroke Foundation
Women's A Champion: Tara Sharpe
Women's B Champion: Sharon Metcalfe
Men's B Champion: Chris Hechel
Women's C Champion: Kata Vukovic
Men's C Champion: Mike Bernstein
Women's D Champion: Maggie MacKay
Men's D Champion: Dan Cloutier

Country Squire Open

Hosted by Country Squire Squash &
Health Club
Sponsored by: Investors Group, Hardy's
Bulk Food, OLCO Gas Bar
Men's A Champion: Ben Uliana
Men's B Champion: Brian Dennisoiu
Men's C Champion: Larry Showler
Men's D Champion: Ken Pearce
Women's Pool A Champion: Jane Borys
Women's Pool B Champion: Elizabeth Small

Toronto & District Closed Championships

Hosted by Mayfair Lakeshore Racquet
Club
Sponsored by: Black Knight, Hi-Tec,
Gritstone Beer
Men's A Champion: Scott Mikalachki
Men's B Champion: Scott Kemp-Fee
Men's C Champion: Thang Le
Men's D Champion: Thang Le
Men's E Champion: Scott Woodside
Women's A Champion: Barbara Cooper
Women's B Champion: Laurie Krol
Women's C Champion: Ann Pecaric
Women's D Champion: Cathy Lambert
Women's E Champion: Mary McAvoy

Canadian Hardball Championships

Hosted by Toronto Lawn Tennis Club
Men's Open Champion: Michael Leckie
Men's +35 Champion: Jay Gillespie
Men's +40 Champion: Paul Dunning
Men's +45 Champion: Jim Berline
Men's +50 Champion: Tony Swift
Men's +55 Champion: Charles Kingsley
Men's +60 Champion: Alan Cherry
Men's +65 Champion: Don Leggat
Women's +45 Champion: Barbara Cooper

Maple Leaf Racquet Club

Make Mine a Perrier!

"Do all squash players really wear skirts and drink perrier?" This has become a standard joke at Maple Leaf Racquet Club in Windsor ever since the introduction of squash one year ago. Maple Leaf was, at one time, the largest racquetball facility in the country with 22 racquetball courts. It now boasts four state-of-the-art squash courts.

As evolution progressed with the passing of time, so too did the need to introduce squash into this once racquetball-dominated facility. The squash courts were initially greeted with scoffing and the odd snide comment but now, we are finding many of the racquetball die-hards slowly making their way down the hall to the squash courts they once despised. Once they have played the game they, sometimes grudgingly, admit they like it. The two games complement each other and consequently, all the courts are busy.

The squash courts have attracted many new members who have provided a welcome new dimension in socializing - a pleasant mix of the new and the old - the beer and the perrier.

Tuesday evenings are given over to organized squash round robins and the numbers are growing each week. This exciting sport is certainly beginning to catch everyone's eye and the club is now looking at developing and

introducing programmes to cater to squash fever!

Maple Leaf is also home to Windsor's largest and most progressive fitness facility. The latest in technology together with a new approach to fitness with service has made LIFESTYLE'S FAMILY FITNESS an overnight success with its members. You will find over 15,000 square feet of workout area all surrounded by beautiful landscape, making your fitness experience a welcome respite from a busy day.

And, once you've played your squash or racquetball match or completed your fitness regime, you can retire to the warm and friendly atmosphere of BUCKBOARD WILLIE'S. Located on the second level, this unique gathering place, fashioned from a century barn from one of the local farms, transports you back in time to the days when life was slower and less hectic. The original hayloft complete with a real bird's nest completes the authentic 'down home' feeling.

The game of squash may be new to Maple Leaf Racquet Club but it is definitely here to stay. If you are in the area, please plan to visit us. One of our friendly staff will be glad to take you on a tour of the facility. You are more than welcome at Maple Leaf, whether your game is squash or racquetball or whether your favourite refreshment is per-

rier or beer! Telephone (519) 735-5660 to arrange your tour.

This space is reserved for member clubs of Squash Ontario on a complimentary basis. We invite clubs to participate by sending in an 800 word article along with a black and white photograph

to Squash Life. We try to give preference to our newest members of Squash Ontario and, as well, offer this promotional space on a regional basis.

For more information, please contact Squash Ontario (416) 495-4140. ○



fin

Tour REPORT

Ottawa Athletic Club: A Success!

The Ottawa Athletic Club was the sight of the fourth stop on the Fin Canadian Pro/Am Squash Tour held February 23-27. The action was non-stop as pro's and amateurs vied for over \$3000 in cash and prizes. Special thanks to Carla Jensen and all the staff at the Ottawa Athletic Club for putting together a first class event. The Pro finals saw Graham Ryding defeat Jonathon Power three straight. Third place was earned by Steve Wren who beat David Sly in a well played match. Jeff Snyder was fifth while sixth place went to John Wilson. Jay Gildenhys defeated brother Peter for seventh and eighth place respectively. The Amateur division vied for over \$2000 in prizes. In the men's B's Phil Wyatt defeated Boyd McCleary. Men's C's, John-Michelle Malt defeated Ken Simpson. Men's D, Pierre Cleroux defeated Gavin Wood. Men's E, James Dale defeated Morteza Doroudian. In the Ladies open division, Caroline Russel beat Jennifer Birch-Jones. Ladies A, Barb Robinson defeated Sue Dodge. Ladies B, Daniel Theries defeated Tracy Stewart. Ladies C, Melissa Reyes defeated Pauline Reader. Ladies D, Donna Richardson defeated Charlene Trust. Ladies E, Fransy

Sasfasano defeated Jane Mitchel.

Barrie Racquets Club Fields Strong Pro Div.

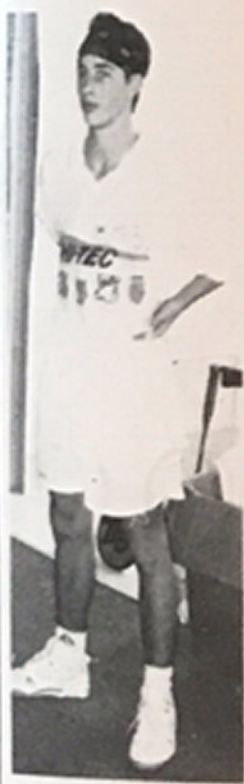
The fifth stop of the Fin Canadian Pro/Am Squash Tour was held at Barrie Racquets Club, March 4-6. Jim Sier and the entire staff helped make this tournament an unqualified success! The most talented Pro division to date, competed for a cash purse of \$3000. Graham Ryding once again proved to be too tough for Jonathon Power, three games straight for the second week in a row. Third place went to Steve Wren who defeated fourth place finisher Shane Adams, 3-1. The ever improving John Wilson, placed fifth while beating Peter Gildenhys who was sixth, 3-1. Duncan Stewart performed well on his way to a seventh place finish over Jeff Deverill who placed eighth. Scott Mikalachki defeated friendly rival Jim Geddes in an entertaining match for ninth and tenth place respectively. The womens Pro event saw a very entertaining fast paced match. Melanie Jans prevailed over the fast charging Jessica DiMauro in three straight. Women's A event was won by Anne Green who defeated Paula Baker, 3-0. Women's B was won by Karen Lewis over Sam White,

3-2. Women's C winner was Nora Malcolm who prevailed 3-1 over Carole Sypes. Other Men's results: A division was won by Grant Frazier, 3-2 over Ray Coopman. Men's B winner was Bill Chen who defeated Paul Dickey, 3-2. Men's C was won by Blair Burns, 3-2 over runner up Steve Taylor.

A Phenominal Year for Squash

The 1993-94 season saw renewed excitement and vigour in the game of squash, and we hope Fin Racquets was at least partially responsible. We are committed to supporting squash at all levels, sponsoring tournaments, demo nights, junior and elite players, and of course the Fin Canadian Pro/Am Squash Tour. We extend our special thanks to all those who participated in this year's Tour without player support and interest, the Tour is meaningless. Due to the phenomenal growth of the Fin squash program, the 1994-95 Tour is scheduled to include six PSA sanctioned events. These will give Canadian players a chance to compete against players from around the world for ranking points. Event details will be published in the Squash Ontario Handbook next season. Good Luck!

Fin Tour \$ 2,000 Pro Bonus Pool



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

TOUR STANDINGS

1.	Graham Ryding	320
2.	Jonathon Power	140
3.	Shane Adams	130
T 4.	Steve Wren	120
T 4.	Roy Ollier	120
6.	John Wilson	110
7.	Jeff Snyder	100
8.	David Sly	90
9.	Jeremy Fraiberg	70
10.	Jim Geddes	50
T11.	Scott Stoneburg	40
T11.	Peter Gildenhys	40
T11.	Lester Brown	40
14.	John Frederick	30
T15.	Jay Gildenhys	20
T15.	Duncan Stewart	20
17.	Jeff Deverill	10



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