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SQUASH life

VOLUME 26 NUMBER 2

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WORLD DOUBLES SCORES BY PAT RICHARDSON IN EVERY CATEGORY

great tournament requires huge participation, fierce play, sparkling socials, detailed scheduling and committed sponsors. All of these aspects were well addressed in the presentation of the fifth World Squash Doubles Championships hosted by the Toronto Cricket, Skating and Curling Club April 22nd to 28th. Players came from as far away as San Francisco, Seattle, Colorado, Florida, Vancouver, Calgary, St. Louis and London, England seeking a recognized World Squash Federation title.

The week began on Monday and Tuesday evening with 33 teams playing the early round matches for the three mixed titles. On Wednesday the featured match was the open final. Defending champions Gary Waite (Toronto) and Jessie Chai (Boston) edged the new team of Leslie Freeman and Viktor Berg (Toronto) in a 5 game match displaying delicate play in all four corners, uncanny court coverage and withering pace from Viktor and Gary.

The men's and women's events began Thursday. The day's featured match was the pro-am final between John Kervin and Mike Pirnak (Mayfair Parkway) who defeated Tom Poor (Boston) and Scott Dulmage (Cambridge Club). Pro-am chair and tournament photographer Lolly Gillen introduced the pro-am as a fundraiser to support the open purse of \$20,000 U.S.

Friday was a monster to schedule, but, chilly weather helped the courts run close to time. Play ran from 10 a.m. to 7 p.m. all over the city, then players headed back to the Cricket Club galleries for the first round of the open event. No.1 ranked Damien Mudge (Australia) and Gary Waite en-



(L to R): Blair Horler, Clive Leach, WSF President Susie Simcock, Champions Damien Mudge and Gary Waite and WSF Vice President Jahangir Khan

countered their closest match of the tournament when they defeated Todd Binns (Australia) and Jeff Mulligan (U.S.) 9-15, 15-7, 15-14, 15-11 in front of a packed gallery. Activity then shifted to the social side with over 400 dinners being served in the Club's sports lounge and dancing continuing to 2 a.m. To help put Thursday and Friday socials in perspective, three kegs and ten kegs were consumed each evening respectively.

By Saturday most events were down to the semi-finals. Perhaps the tournament's most exciting match occurred at the end of the day on the lower court at the Cricket when 3rd seeded Blair Horler (New Zealand) and Clive Leach (U.K.) upset Willie Hosey (Ireland) and Viktor Berg, overcoming a two game deficit in a dramatic and contentious 2 hour, 10 minute match. Willie and Viktor scraped out the first game 15-14, then ran away with the second 15-9 and appeared to be on the brink of a 3-0 win. Blair and Clive reduced their errors, hit some timely winners in sharp contrast to the rugged pace of the match and held on to turn the tide and win in five. Willie was definitely the crowd's favourite and a pleasure to watch as he counter-punched and mixed the pace on a court of powerful young players.

The much anticipated Saturday evening festivities began with cocktails at members' homes around the Cricket pitch, then the 560 dinner guests dined in the elegantly tented curling rink and enjoyed the weekend's Mardi Gras theme. Chairman Meek kept the required speeches mercifully brief before the players found their second wind and danced until 2 a.m.

busy all Sunday with the thirteen finals. Demer Holleran (Philadelphia) and Alicia McConnell (Colorado) continued their domination of the women's game defeating Jessie Chai and Karen Jerome (Hamilton) in a three game final. Damien Mudge and Gary Waite showed why they have been the number one team this season when they defeated Blair Horler and

Clive Leach in a four game men's open final highlighted by blistering pace. Coaching tip: don't leave Damien in the front half of the court if you want to see the ball again.

The most dramatic match of the tournament had to be the men's 50+ final between Gord Anderson (Buffalo) & Mike Pierce (Philadelphia) and Victor Harding & Sean McDonough (Hamilton). After losing the fourth game by a point and leading in the fifth, Victor and Sean called no set and were the beneficiaries of a rare error from Gordon on the return of serve. Later, despite losing in five to Sam Nisenboim (Cricket) and Dave Brown (T.R.C.), world 70's tennis champion Lorne Main and Neil Desaulniers (Vancouver) entertained the crowd in the men's 70 final. Think about it - 20 players were in the men's 70+ event.

The presence of the World Squash Federation's management committee added distinction to both the matches and socials. President Susie Simcock and vice-presidents Jahangir Khan and Joyce Buckley joined organizing committee chair Ward Meek during the presentation of the men's and women's trophies and medals. Other notables playing included ten time Indian champion Yusuf Khan of Seattle and twelve time North American Open Champion Sharif Khan.

402 players made up 243 teams in 17 categories and played 300 matches at ten different clubs during the seven day event. That's the same as running the Canadian and U.S. Nationals at the same time! The size of the tournament was only possible with the generous support of the doubles clubs in Toronto.

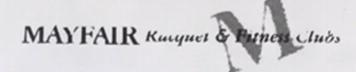
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Complete final results on next page...



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2002 WORLD SQUASH DOUBLES CHAMPIONSHIPS Toronto Cricket, Skating and Curling Club April 22-28, 2002

RESULTS

EVENT	CHAMPIONS	FINALISTS	FINAL SCORE
Men's Open	Gary Waite-Can Damien Mudge-Aus	Blair Horler-NZ Clive Leach-UK	15-13,15-10,12-15,15-6
Women's Open	Alicia McConnell-US Demer Holleran-US	Karen Jerome-Can Jessie Chai-US	17-16,15-6,15-11
Mixed Open	Jessie Chai-US Gary Waite-Can	Leslie Freeman-Can Viktor Berg-Can	15-11,15-9,11-15,8-15,15-7
Men's 30+	Pat Richardson-Can Alan Grant-US	Scott Leggat-Can Ward Meek-Can	16-13,15-7,15-10
Men's 40+	John Nimick-US Clive Caldwell-Can	Fred Reid-Can Alan Hunt-Can	15-8,15-11,15-10
Women's 40+	Lindsey Hermer-Bell-Can Susan Douglas-Can	Sandra Shaw-Can Nancy Bowden-Can	15-9,15-12,15-10
Mixed 40+	Barb Cooper-Can Victor Harding-Can	Susan Douglas-Can Graeme Duff-Can	16-14,15-11,9-15,16-13
Men's 45+	Derrick Neiderman-US Sandy Tierney-US	Graeme Duff-Can Jay Gillespie-Can	16-15,15-12,11-15,15-7
Women's 45+	Barb Cooper-Can Lolly Gillen-Can	Sara Luther-US Molly Downer-US	8-15,10-15,15-6,17-14,15-10
Men's 50+	Victor Harding-Can Sean McDonough-Can	Michael Pierce-US Gordon Anderson-US	6-15,15-12,15-11,16-17,15-14
Women's 50+	Wendy Berry-US Mac Brand-US	Joyce Davenport-US Sharon Schwarze-US	15-13,17-15,15-11
Mixed 50+	Molly Downer-US Malcolm Davidson-US	Jean DeMarco-Can Tony Ross-Can	15-4,15-10,15-12
Men's 55+	Tom Poor-US Len Bernheimer-US	David Hetherington-Can Michael Manley-Can	15-11,15-6,12-15,15-12
Men's 60+	Peter Hatcher-Can David Bogert-Can	Ralph Howe-US Dave O'Lauglin	15-13,13-15,11-15,15-11,15-8
Men's 65+	Eugene Perle-US Fred Bracher-US	Ed Bracht-Can Norm Lee-Can	15-18,17-16,15-9,15-9
Men's 70+	Dave Brown-Can Sam Nisenboim-Can	Neil Desaulniers-Can Lorne Main-Can	9-15,10-15,15-10,15-10,15-4





The mood was set on Thursday for a four day Mardi Gras at the World Doubles









Players came from as far away as San Francisco, Seattle, Colorado, Florida, Vancouver, Calgary, St. Louis and London, England







POWER TOUR BRONZE EVENTS

These one day, fun events were introduced two years ago. They are designed for beginner juniors and thanks to Dunlop and MacDonalds, they have been an enormous success again this year, with an increase of 138% in terms of participants. Over 600 new young people, between the ages of 8 and 18, were introduced to the game.

We thank the following clubs for running a Power Tour event and encourage all pros to run one next year. Squash Ontario, through the generosity of Dunlop, provides a t-shirt for each registrant and a Big Mac coupon. Nobody goes away empty-handed: Sudbury Y (2), Toronto Lawn Tennis Club, White Oaks Racquet Club (3), Dow Health & Fitness Centre, Granite, Goodlife Queensview (2), Pine Valley, Goodlife Galleria, Ottawa Athletic Club, Espanola (2), Sarnia Riding Club, Cedar Springs, Dowling and Huron Oaks.

DOW JUNIOR SQUASH SURVIVOR CHALLENGE

Looking for something innovative to do with your juniors? The Survivor Challenge is the brainchild of Sarnia's, Gary and Laurie Delavigne.

It involves dividing the juniors up into "tribes" and presenting them with a series of challenge events, all of which are squash-related. To begin the day, the tribes went off in search of a giant sized treasure chest which was filled with items the tribes would need to assist them in the day's events. These items included individual water bottles, Black Knight bandanas, string, tape, markets, bed sheets, a flag, etc. They then set up camp at the back of one of the courts and were required to come up with a tribal name and design a tribal flag.

Survivors All!

There were four events, all of which were great successes. For example, the third event involved tribe members dividing into pairs and alternating shots to the front wall. The object was to see who could have the maximum number of consecutive hits. Each pair's consecutive total were tallied.

A survivor theme lunch followed.

If you want more information on how the Survivor Challenge works, contact Gary at ghlr.delavigne@sympatico.ca

BLACK KNIGHT TORONTO & DISTRICT JUNIOR MIXED LEAGUE

Now completing it's tenth year, this league has spawned many provincial and national champions over the

course of the last decade. While the emphasis is always on fun, healthy competition is involved. Squash Ontario is extremely grateful to Allan Sklar and Fred Reid for Black Knight's continuing support of this important junior programme.

UNDER 19 CHAMPI-ONS: Pine Valley Racquet Club, Jeffrey Best, Matthew Chin, Jessica Senior, Gillian Chin

UNDER 17 CHAMPI-ONS: Granite Club, Colin West, Ryan Forester, David Kodama, Chrissie Arnold

UNDER 15 CHAMPIONS: Toronto Cricket, Skating & Curling Club, Brian Hong, Rebecca Hazell, Carly Hong, Greg Omand (injured Simon Tersigni)

> UNDER 13 CHAMPIONS: Granite Club, Amar Gupta, Arjun Gupta, Jennifer Gemmell, Laura Gemmell

> Squash Ontario and the Junior League provided a luncheon at Pine Valley Racquet Club at the finals on Sunday, April 14th for all players, coaches and parents. Black Knight provided the prizes for the league and made their new line of racquets available for the juniors to have a hit.

JIM MASON HIGH SCHOOL TEAMS CHAMPIONSHIP

This event reached a milestone in May when Pine Valley Racquet Club and Rob Brooks hosted eight teams from around the province. Each team consisted of five players - three boys and two girls.

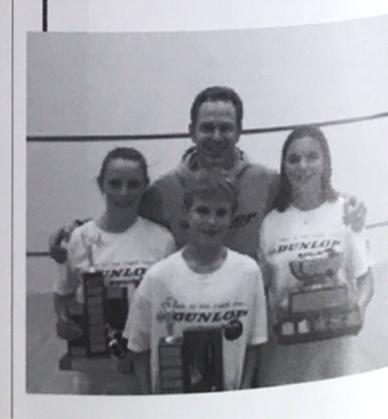
A.N. Myer Secondary School from St. Catharines won its third consecutive championship defeating Dunbarton High School from Pickering in the final. Congratulations to Mark Pasquini, Jessica Vyrostko, Michael Connolly, Cameron Ford, Joanna Lai and coach, Mike Pasquini.

Third place went to Crescent School who defeated Waterloo Collegiate 3.2 Crescent School, represented by Collegiate West, Alexander Braff, David Guera



The winning team from A.N. Myer with Jim Mason and Rob Brooks

Granite Club's Triple Crown - Canadian Champions
Stephanie Edmison, Colin West and Kimberly Watts
with coach Jim Paton



Sarah Haines and Caitlin McCabe, is Squash Ontario's newest member club and it certainly made its presence felt. The Jim Mason Ontario High School Teams Championship has grown significantly during A.N. Myer's three year reign as champions and this year, the players and coaches enjoyed a rare treat - meeting and talking to 91 year old Jim Mason. Many who have known Jim over the years will remember that an Ontario High School Teams Championship has been one of his dreams and Squash Ontario, along with sponsor Black Knight, is honoured to have played a role in making this dream a reality.

HELPING JUNIOR SQUASH

Many, many thanks to those who have contributed to the Lee Hanebury Junior Squash Fund. These needed and very valuable dollars go directly to Ontario junior squash players to assist them to travel to national championships, coaching, or building our grassroots programmes.

Thank you to: Sandra Shaw, John Hanna, Greg Raczkowski, Megan Raczkowski, Vincent Taylor, Casey Frans, Wayne Smith, Joanne Best, Rob Brooks, Scott Brechin, Howard Armitage, Linda Stewart, Ron Sloan, Andrew Osbourne, Byron Moffitt, Gordon Robertson, Janice Lardner, Anthony Clarke, Donna Schirle, Ian MacMillan, Richard Hui, Jim Evel, Enio Tersigni, Jim Paton, Supriya Gupta, Ian MacKellar, Jim Adam, Murray Jans, Rick Palmer, Peter Frost

This year, because of the generosity of these people, Squash Ontario was able to provide travel grants of \$250.00 to sixteen of our top junior players to help them defray the costs of going to Victoria to participate in the Canadian Junior Closed Championships.

Lee Hanebury Travel Grants were awarded to Colin West, Neha Kumar, Anna Roberts, Kim Watts, Lauren Sachvie, Jeffrey Lurie, Marci Sier, Scott Brechin, Jessica Senior, Robin Clarke, Chrissie Arnold, Brian Ernst, Stephanie Edmison, Chris Sachvie, Brian Hong and Asim Nanji.

You may contribute to the Lee Hanebury Junior Squash Fund and receive a tax receipt. For information, contact Sherry Funston at 416-426-7202 or sq.ont.sherry@sympatico.ca.

You can also go online at squashontario.com.



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Jodening Certificarte tree summer training camp

ow would you like to attend a free Summer Training Camp that is being run in your neighbourhood and with hours to fit in exactly with your work and personal life? This particular Training camp will help you to polish your on-court skills whilst learning new mental techniques that will enable you to become a much better allround player. Perhaps I should point out that this particular training camp takes place in your head! Most top sportsmen and women recognize that the power of the mind is crucial to optimize performance and it's as true on the squash court as it is on the golf course, football field, ice rink or athletics track. The techniques of creative visualization have improved greatly over recent years and sports psychologists can now offer specific guidelines to help make the most of such techniques.

But, this is nothing new - we're all world champions at visualizing! It's one of the ways we use to manage our lives. How else do we manage to get to the court on time? We have an internal (visual) map that directs us. When we choose something to eat off a menu how do we know what to select without testing it out in our heads first (a kind of sensory feast before the real thing!) So, when we think about playing an opponent what sort of things are you paying attention to how difficult the match will be or how well you're going to play? Since you're visualizing anyway you might as well make sure you're doing it in a way that benefits your game.

So, now you can make the most of the summer lay-off (yes - you can play squash when the temperature hits 100!) and become a better all-round mental tactician. Why do I say tactician? Because, when you rehearse your best plays to the point where they become automatic, you free up your unconscious mind to make the best use of its tactical prowess. Here's what Michael Jordan had to say about visualization: "I have used visualization techniques for as long as I can remember. I always visualized my success. It wasn't until later in my career that I realized that the technique is something most people have to learn. I had been practicing the principles naturally my entire life. I visualized how many points I was going to score, how I was going to score them, how I was going to play and break down my opponent. It's like I would watch this little game unfold in my mind. It didn't always play out exactly how I saw it but, most of the time it did. The process of seeing success before it had happened put me in a positive frame of mind and prepared me to play the game. Once the game started, I never thought about what was supposed to happen. Instincts took over. But, in a way, I knew I already had seen specific ways in which the game could unfold."

Sports psychology studies confirm Jordan's experience. One Australian psychological study showed basketball players improving their performance at free throws by 23% even without physical practice! Thus the power of the mind alone is sufficient to improve performance considerably.

When to do it! You can do this when you're at home, during breaks at work or on the subway or as a passenger in a car. But, please do NOT attempt these techniques while you're involved in any demanding mental activity - like driving a car!

How to make your own inspira-

tional training videos! The first step involves a little bit of personal research to discover what type of visualization has the strongest impact for you. Think back to the last game where, by your own standards, you played a great game of squash. As you think of this game make a mental check of the following: Are the pictures that come to mind in colour or black and white? Are they still or are they moving? Are they 3-dimensional (life-like) or 2-dimensional (flat like a photograph)? Are the images clear or are they fuzzy? Is there sound accompanying the images? When you look at this personal 'video' are you looking at yourself in the video or are you in your own body, so to speak, looking through your own eyes? And, how do you feel - what's the physiological feeling that accompanies these images? Do you feel excited... pleased...inspired...proud?

Filelas yponso

Now, keeping the content the same, experiment with those images (the colour, contrast, size, movement, sound, etc.) and find how you can make that 'video' become even more realistic and inspirational. Here's a few suggestions you might like to try. If your images are in black and white then change them to color; zoom in on the action - make it feel closer to you; if your images are static then add movement and experiment with the pace of the action. Are the feelings stronger when you speed the action up or slow it down? Check on the sharpness, the definition and the contrast of those images. Turn the sound up to see if that 'feels' better. Keep experimenting until you have created the ultimate personal video!

Now you know the techniques to make your own visualizations feel stronger and alive - you simply need

to employ the following steps.

WHAT DO YOU WANT TO IMPROVE?

Think about the part of your game that you'd most like to improve and practice seeing yourself playing a game of squash where you several times play this stroke successfully. You may like to do this first at normal speed and then gradually slow down the action so you can pay attention to the specifics of this stroke. But at the same time, pay attention to your body - notice how natural you look. You can even see how satisfied you are with having played the perfect stroke. After you've played this several times, then imagine yourself floating inside your body so that you become that player you are playing that stroke. Pay attention to how easily and effortlessly you move around the court - how your focus and attention is on the ball and every part of your movement is so natural. Notice the result of your stroke. That probably felt very satisfying but there are a few tips that we can add to add make the effect even stronger.

A MULTI-SENSORIAL VIDEO!

Now you need to check that you are maximizing your sensory experiences of each stroke. Run through the last exercise but ensure that you are utilizing as many senses as you can. You can SEE all the action as you play; you can HEAR the sounds around you in the court and you can FEEL your internal experiences. It's unlikely that your other two senses are involved when playing squash - unless perhaps you're prone to wearing strongsmelling after-shave or perfume on court.

HOW OFTEN SHOULD YOU DO THIS?

The good news is there is no limit to how often you can do this - the more the better. As long as you are fully engaged with your senses and always imagine a successful outcome - then you can be assured that you are training your mind to work for you. A couple of words of warning however, - don't engage too much in the world of fantasy and day-dreaming. They may be nice ways to spend your time but,

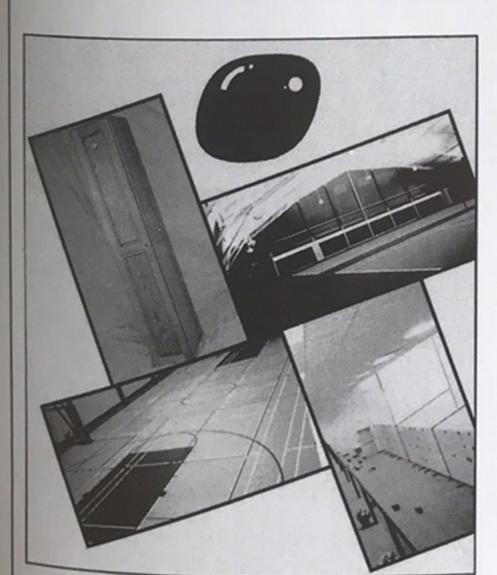
they shouldn't be confused with the kind of creative visualization that will improve your game of squash. It may be nice to imagine you've just beaten Jonathan Power 9-1, 9-1, 9-1 but, in the world of mental training you need to keep in touch with reality.

THE SECRET OF GOOD CREATIVE VISUALIZATION

Ken Way is a sports psychologist with over 20 years experience in the field and also has the dubious honour of being Mike Way's brother. He works with an English Premiership football club, a rugby club and many other top sportsmen and women including several top Australian, British and Canadian squash players.

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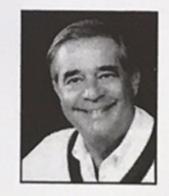
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"KW" 40 years young

The Kitchener-Waterloo Racquet Club, founded by R.G.R. Barney Lawrence and a small band of merry men, was founded in 1962. A house was purchased, two hardball courts installed and the club took off. As the years went by, a doubles court, then two soft ball courts were added. The "KW" has certainly kept up with the times.

Many, many events and squash tournaments have taken place over the years both on and off the courts!

On Saturday, April 20th, a "gala" event was held to celebrate the many accomplishments of the past and present members. Barry Abelson and his wife, Marian, toiled for many months, arranging the celebration and nothing was left to chance.

They were aided and abetted by many past and present members, too numerous to list. The

food and accompanying wines were superb as were the decorations. And, at every place setting, a crested, crystal wine goblet as a memento of the occasion. Another "KW" evening to remember!

Trent's Wilson awarded

J.P. Loosemore award

At its annual awards dinner, Ontario University Athletics (OUA) announced that Paul Wilson, the Director of Athletics at Trent University, has been named the 2001-2002 recipient of the J.P. Loosemore Award.

Paul is retiring on September 1, after serving for 36 years as the Director of Athletics at Trent University. He has filled multiple roles at the Peterborough school, shepherding the program to its current status as a strong member of Ontario University Athletics.

"He is the dean of intercollegiate athletics in Ontario," stated CIS President Judy McCrae. "Paul's sense of humour has helped the OUA through many difficult times."

Wilson has served as convenor for several OUA sports, including many years as the league's Rugby convenor. He served as President of the Ontario Universities Athletic Association from 1992 to 1994.

"For 36 years I have been privileged to be a part of the Canadian university sport scene," said Wilson on receiving the award. "I am truly honoured by this award and I thank my colleagues very much."

Wilson will receive the Thomas H.B. Symons Award for Excellence in Teaching from Trent University at



KW Gala guests (L to R): Audrey Leggat, Marg Brandreth, Ed Brandreth, Bert Keene, Byron Moffitt, Barney Lawrence, Pat Lawrence and Don Leggat

their Convocation on June 1st. He will also be inducted into the Peterborough Sports Hall of Fame on June 6th.

The J.P. Loosemore Award, the highest male award given by Ontario University Athletics, is presented to a man who has provided exemplary service to university sport in Ontario, and represents the best in university sport in terms of ethics, integrity and honesty.

Paul Wilson has been an ardent squash player and supporter of squash in Ontario for many, many years. We hope his retirement is only from Trent - we'd miss him dearly on the courts!

Ontario athletes

populate national teams

Jonathon Power, Graham Ryding, Shahier Razik, Melanie Jans and Margo Green will represent Canada at the Commonwealth Games this summer in Manchester, England.

And, the Junior Men's Team, which will be competing in Chennai, India, is almost an "all Ontario team," with Brad Jones, Robin Clarke, Brian Ernst and Matthew Serediak.

Congratulations and we wish them best of luck.

Melanie Jans elected to WISPA Board

Toronto's Melanie Jans has been elected to the Board of WISPA, joining president Sarah Fitz-Gerald, Linda Charman-Smith, Shabana Khan, Susan Morrison, Natalie Pohrer and Sue Wright. Melanie, currently ranked No.1 in Canada, is the resident squash professional at The Adelaide Club and is also one of Squash Ontario's Canada Winter Games coaches.

Nicol extends world ranking lead

but, Power stays at No.3

England's world champion Peter Nicol has extended his lead at the top of the new May Dunlop PSA Men's World Rankings, announced today (2nd May) by the Professional Squash Association (PSA) but, Canada's in-form Jonathon Power remains at No.3 behind Australia's world No.2 David Palmer.

[1]	Peter Nicol	ENG
[2]	David Palmer	AUS
[3]	Jonathon Power	CAN
[5]	Stewart Boswell	AUS
[4]	Thierry Lincou	FRA
[6]	John White	SCO
[8]	Chris Walker	ENG
[9]	Mark Chaloner	ENG
[10]	Lee Beachill	ENG
[7]	Ong Beng Hee	MAS
[11]	Martin Heath	SCO
[12]	Anthony Ricketts	AUS
[15]	Alex Gough	WAL
[13]	David Evans	WAL
[18]	Paul Price	AUS
[14]	Del Harris	ENG
[17]	Olli Tuominen	FIN
[25]	Amr Shabana	EGY
[16]	Paul Johnson	ENG
[19]	Karim Darwish	EGY
	[2] [3] [5] [4] [6] [8] [9] [10] [7] [11] [12] [15] [13] [18] [14] [17] [25] [16]	 [2] David Palmer [3] Jonathon Power [5] Stewart Boswell [4] Thierry Lincou [6] John White [8] Chris Walker [9] Mark Chaloner [10] Lee Beachill [7] Ong Beng Hee [11] Martin Heath [12] Anthony Ricketts [15] Alex Gough [13] David Evans [18] Paul Price [14] Del Harris [17] Olli Tuominen [25] Amr Shabana [16] Paul Johnson

Nicol, 29, from London, celebrates his fifth consecutive month as world No.1 after winning his second British Open title early last month. However, the former Scot lost for the third successive time this year to arch rival Jonathon Power in last week's semi-finals of the PSA Masters in Qatar. The Canadian went on to win the richest PSA Tour title this year - and claim his third trophy in 2002.