

SQUASH

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Life



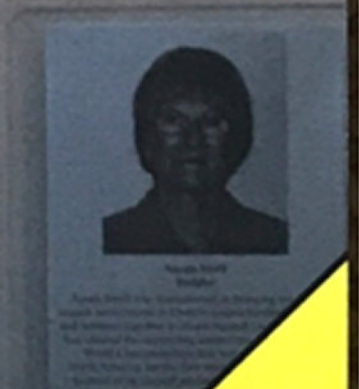
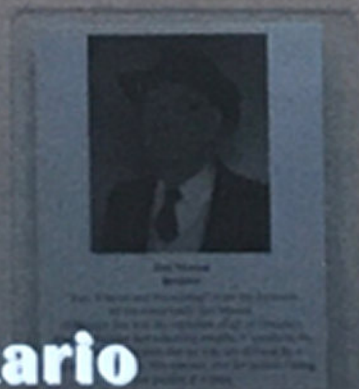
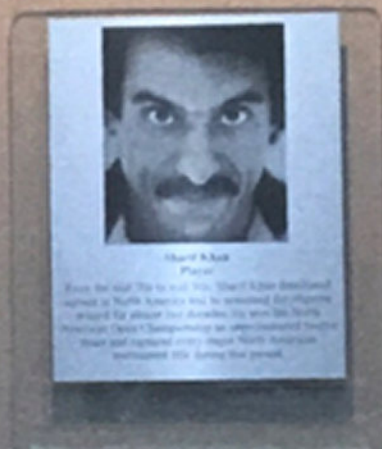
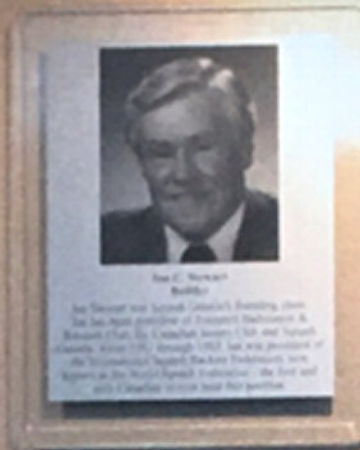
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Spring 2007

Volume 33, Number 1



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SQUASH Life

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ONTARIO SQUASH HALL OF FAME

Now, It's Official!

AN HISTORIC DAY FOR Squash Ontario



Ribbon cutting ceremony: (from left) Lolly Gillen, Mark Sachvie, the Honourable Jim Bradley, Vicki Mason, Sharif Khan, Ian Stewart, Susan Swift and Jack Fairs

"The torch has been passed to a new generation", a phrase made memorable by President John F. Kennedy in his inaugural address. The opening of the Ontario Squash Hall of Fame, the only hall of fame in Canada, devoted solely to squash, saw the squash torch passed from those who built the game into the young hands who are now the stewards of the game.

The Ontario Squash Hall of Fame was created by the Squash Ontario Board of Directors in 2005 to promote a greater awareness of the history of squash in Ontario by recognizing individuals for their outstanding achievements and exceptional contributions to the game; and to preserve the heritage of the game. The first induction and dinner was held at the prestigious Badminton & Racquet Club in 2005.



The Honourable James Bradley bringing greetings from the Premier

When Squash Ontario created the Ontario Squash Hall of Fame, its vision was to install the Hall in a permanent home and after an extensive request for proposals program with our member facilities, the Board unanimously endorsed the selection of The Club at White Oaks. White Oaks, under Racquets Director Mark Sachvie, has been a long time and passionate supporter of squash in Ontario and of Squash Ontario. Mark's dedication and zeal is matched only by the professionalism and attention to detail of the Wakil family who own this extraordinary facility. The Hall of Fame has found a wonderful home.

Planning for the opening began with the appointment of the Ontario Squash Hall of Fame Board of Governors. In making these appointments, Squash Ontario sought to have as many "decades" represented as possible. We thank Gail Pimm, Scott Dulmage, Anne Smith and Vincent Taylor for accepting their appointments. Chairing the Board is Rob Brooks.

Squash Ontario was committed to ensuring that the Hall would be designed to the highest standards and the search began for a company which could create innovative....yeh even spectacular signage. Our thanks to Behrends Bronze and in particular to

Steve Douglas, who worked hand in glove with us until we all felt that the plans would do full justice to the dream. The heritage sign, the newly designed Ontario Squash Hall of Fame logo and the framed photographs of the five inductees are of exceptional quality and style and complement the professional environment of White Oaks itself. The Hall is dignified without being stuffy; it is respectful of the history of the game without being boring; and it is a living, breathing entity of which every squash player in Ontario can and should be proud.

Making the day a special one required the contribution and efforts of a number of people, not the least of whom was Lolly Gillen, President of Squash Ontario. Her love of the game is matched only by her extraordinary attention to detail. Nothing was left to chance. She along with Mark Sachvie and Rob Brooks poured over old (pardon me, vintage) photographs, begged, pleaded and cajoled squash clubs to give up heritage trophies, pulled apart storage boxes to find early samples of rule books, Squash Ontario yearbooks and Squash Life magazines. We also thank Jim Paton, a collector of period squash racquets. He donated a number from his collection. White Oaks donated a

beautiful walnut trophy case which is now the repository of this memorabilia.

Squash Ontario and the Ontario Squash Hall of Fame Board of Governors welcomed the Honourable Jim Bradley, Minister of Tourism and MPP for the riding who brought greetings and congratulations from the Premier and from Health Promotions Minister, Jim Watson. Minister Bradley, along with the five inductees, officially cut the ribbon and the Hall became a reality.

But the day really belonged to our five inductees and they received a warm welcome as well they should. Ian Stewart, Susan Swift, Jack Fairs, Sharif Khan and Vicki Mason (accepting for her father, Jim) were the first visitors to the Hall of Fame. They were followed by about 100 people, all of whom enjoyed their stroll through memory lane.

Thanks to Jay Gillespie who collared Minister Bradley, we are now engaged in the process of having an Ontario Squash Hall of Fame sign on the QEW Niagara. Who ever said doubles players don't have the gift of gab?

We have also created a Founders' Wall for the Hall. Upkeep and enhancements will be necessary to



Chair of Board of Governors, Rob Brooks

ensure that the environment is maintained in a professional manner; and there are plans to introduce many more features such as interactive programs. Anyone wishing to contribute to the Ontario Squash Hall of Fame may do so and receive a tax receipt for that donation. For more information please contact Squash Ontario at 416-426-7202.

The second inauguration ceremony and dinner will be held on Friday, September 28th, 2007 at the Badminton & Racquet Club in Toronto. At that time, a new group of inductees will be introduced, having gone through the nomination process. For information, please contact Squash Ontario at 416-426-7202.

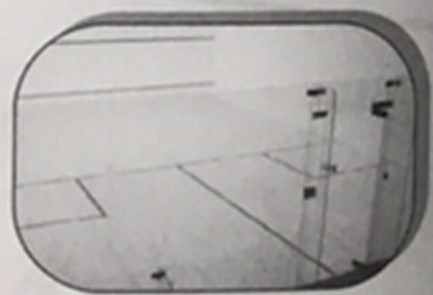
In 2008, The Club at White Oaks will host the Canadian Senior Soft Ball Championships and between now and then, it will host a number of junior events. We hope and encourage every player, every parent, every coach, every official and every volunteer to come out and tour the Ontario Squash Hall of Fame. We think it lives up to its billing - a home for cherished memories of squash in Ontario and a gateway from our past to our future.



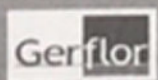
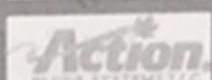
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"We are Family"

Photos by Christina Wilby

Borrowing from Sister Sledge, the Ontario squash family came together on an historic Saturday in June to celebrate the game and the people who are its stewards. The day was electric which may seem an odd way to describe meetings but they were just the appetizers. The Board of Directors welcomed everyone to the annual and general meeting of members. There were some new faces at the table - Caleb Quinlin representing London area, Richard Yendell from Sault Ste. Marie, Ian Glew, newly elected Vice President of Central Ontario and Morteza Droudrian, the "chancellor of the exchequer" for Ottawa and District.

We also welcomed the presence of Ian C. Stewart, founding chair of Squash Ontario. It is always gratifying when past presidents retain their interest in the association.

The day was historic for a number of reasons not the least of which was convening the annual meeting at the beautiful White Oaks Conference Resort and Spa in Niagara on the Lake. Only once in Squash Ontario's 30 year history has the annual meeting moved out of Toronto. And what a spectacular setting for the day and we would be remiss if we did not say how beautiful this hotel is and what superb staff they have. They treated us like family from the moment we walked in the door.



2007-2008 Squash Ontario Board of Directors. From left, Mike Bertin, Tom Craig, Robbie Osher, Lolly Gillen, Taylor Fawcett, Rob Brooks. (Absent Lorraine Tetreault)

A new Board of Directors was elected by the members and we congratulate Lolly Gillen, President, Taylor Fawcett, Tom Craig, Mike Bertin, Lorraine Tetreault and Robbie Osher. These six people, along with past president Rob Brooks, will steer the ship of state for the next season.



Outstanding Achievement Recipients



Tom Craig (left) with Bob Mundy

Following the annual meeting, our officials, doubles and masters committees and regional representatives broke into small mini-annual meetings where they reviewed the season and planned for the next. Squash players across the province are the beneficiaries as these very dedicated and committed volunteers who put their hearts and souls into ensuring that squash is played safely, that there are competitive opportunities for doubles and masters players, and that all of Squash Ontario's programs reach out and touch towns and cities wherever there are squash courts.

Traditionally, we carry the family theme through to our annual awards but this year was truly, truly special. The Outstanding Achievement Awards are presented to

individuals who have made significant contributions to the game in Ontario. The Board reviews all of the nominations and is constantly gratified as to the unbelievable commitment and dedication of Ontario squash volunteers. We recognized Bob Mundy whose inspiration for the Caveat Tournament raised thousands of dollars for victims of violence. And we recognized Rita Bloem, Susan Bruce and Julie Clayton, three people who have been instrumental (and continue to be) in making the Women's Toronto & District league tick.

All of us followed the daily exploits of our Canada Games team this past March in Whitehorse. Our team of absolutely outstanding athletes met the opposition head on and "took what was theirs" which meant two gold medals. We honoured these athletes and the two coaches who worked with them, trained them and prepared them over 4 years for this moment



Toronto Trio (from left) Susan Bruce, Rita Bloem & Julie Clayton.



"We are Family" (cont'd)

in time. Squash Ontario saluted Chris and Nick Sachvie, Carly and Brian Hong, Colin West, Samantha Cornett, Rebecca Hazell and Laura Gemmell along with coaches, Mark Sachvie and Nicole Pirko. We also recognized and thanked David Saad, the Sportalliance mission staff assigned to the Ontario squash team in Whitehorse. It would appear that he adopted the team and they adopted him.

But we also recognized the wonderful parents of these athletes - these are the people who spend their weekends driving to tournaments and spending a good part of their lives hanging out at squash courts. Thank you to Sharon and Don West, Robert and Cynthia Gemmell, Mark and Cindy Sachvie, Joanne and Peter Hong, and Janice Lardner and Jack Cornett and Cindy and Richard Hazell.

More? You mean there's more to these celebrations? Oh yes. Squash Ontario is so very much aware of how important the corporate sector is to the success of its programs. And each year, it selects a recipient for the Corporate Achievement Award. This year, it was presented to Jeff Bardsley and Head. Head has been a long time supporter of squash in Ontario and Squash Ontario. We are able to enhance the promotional value of our Officiating program through Head's support and this past season, Head and Squash Ontario signed a two year agreement to sponsor our Junior Silver Events. Head's partnership allows us to keep entry fees down, thus making participation much more accessible to young people right across the province.

Squash Ontario places great stock in coaching and in 1998, the Board created the Coaching Achievement Award to recognize outstanding coaches in Ontario. It is presented to a 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 of squash and for the coaching profession. This year, we recognized John Wilson, coach and squash professional at the Ottawa Athletic Club. Johnny Wilson landed in Ottawa several years ago and from



Paul Wilson (left) and Robbie Osher. Paul accepted the Coaching Achievement Award on behalf of his son, Johnny

that moment on, squash at the Ottawa Athletic Club got a kick start. He has done an amazing

job of encouraging junior squash players in the city and travels with his contingent to as many out of town tournaments as his schedule permits.

He has coached the Ottawa & District Winter Games and Ontario Junior Teams and has run several Head Silver events on behalf of Squash Ontario.

But the true essence of a coach is not necessarily on court - Johnny is selfless, thoughtful and caring - he has been described as one of the "gentle giants" of squash coaches.

Johnny Wilson exemplifies all of the attributes Squash Ontario looks for in selecting its Coaching Achievement recipient.

Squash Ontario Annual Charity Golf Classic

Once again, the north course of beautiful Angus Glen will be the site for the Squash Ontario Annual Charity Classic with all proceeds going to junior squash.

The date: Saturday, August 25th
1:30 p.m. shotgun start.

The cost \$150.00 per person
which includes a 3 course dinner
and a \$15.00 donation to the Lee Hanebury
Junior Squash Fund.

A live and silent auction have been planed.

Registration is posted on the Squash Ontario website (squashontario.com). Limited spaces are available for this event - its one you don't want to miss.





ASSOCIATION

"We are Family" (cont'd)

Squash Ontario's most prestigious award, the Special Achievement Award, was created back in 1979. "Special" - because it looks for volunteers for have made significant contributions to the game at the local, regional, national and international levels. It is awarded at the Board's discretion and because the criteria are so rigorous, there are years when it is not presented at all. Not so in 2007. Squash Ontario has been blessed over the years with people who meet these very demanding criteria and one such person is Peter Ward. Peter came to Canada from England a number of years ago and thankfully landed in Ontario. He was a squash professional at Burlington Racquet & Fitness Club and Club Meadowvale. His coaching and playing abilities along with his enthusiastic personality, quickly identified him as someone whom Squash Ontario would like to be involved in administering and growing the game. He sat on our High Performance Committee and then chaired it and as a natural progression, joined the Board of Directors where he was the first and only person to be president for 4 years. A bear for punishment, Peter allowed his name to stand for

president of Squash Canada and in that capacity, he guided that association over a two year period.

Peter is the type of volunteer every not for profit association desperately wants - committed to the cause - enthusiastic about the product - and actually does what he says he's going to do. He exudes honesty and integrity and Squash Ontario and Squash Canada have been incredibly fortunate to have someone of his character represent us at the world level.

Sometimes, some very few times, the planets align and crowd together into the smallest space of a starry night. On June 2nd, this rare phenomenon occurred and all who attended were witness to it. Squash Ontario is acknowledged by many to be the leading squash association in Canada. If this is true, then it is due in no small measure to the family of volunteers, coaches, officials and sponsors who are committed to the continued success and health of the organization.

Honours for Squash

On April 26th, the Government of Ontario, through the Sport Alliance, held its annual Sport Awards Banquet, this year at the Granite Club in Toronto. Over 300 people attended representing some 60 different sports.

The Sport Awards honour Ontario athletes, coaches and volunteers who have made significant contributions to their sports. Two of the major categories for recognition are the Sly Apps Award which honours volunteers and the Corporate Citation which recognizes and honours the corporate sponsors who keep the wheels of sport moving.

Squash Ontario nominated Larry Smith of PACE Savings & Credit Union Ltd. Larry Smith, President of Pace Savings & Credit Union Ltd., is a man who loves the game of squash and he has translated that love into

a 6 year continuous commitment to the game in several ways. First, Pace provides financial support to Squash Ontario to enhance and deliver many of our programs - for example, our Ontario Championships. And secondly, he and Pace have hosted the Pace Canadian Squash Classic for the last 4 years and his financial contribution has raised this event to Super Series status. The event is the most prestigious squash event hosted in Canada and we're so



Corporate Citation Recipient, Larry Smith

pleased that it happens to be hosted right here in Toronto.

Also honoured that evening with a Syl Apps award was Penny Glover. Penny Glover's contributions to the game of squash in Ontario and in Canada have spanned over 3 decades. She began her squash career on the court and chalked up a number of Ontario and Canadian



Syl Apps Recipient, Penny Glover with Minister Jim Watson

women's championship titles. But the lure of the clipboard beckoned her and she turned her attention almost exclusively to officiating. She started at the bottom of the rung as a lowly D1 and in a few short years, attained her provincial examiner status to be followed by national examiner status. Referees in squash are not paid and as a result, the hundreds and hundreds of hours Penny has devoted to officiating squash matches were out of a love and passion for the game.

Penny is currently the chair of Squash Ontario's Officiating Committee but has also served on the national officiating committee as Ontario's representative and as its chair.

There is an old saying that, if you give all you can, it can never be too little. Penny Glover epitomizes this adage - she not only gives of her time to officiating but mentors up and coming players and officials.

T and D Men's Finals Night

By Iain Robertson

REGIONS

Braggings rights were up for grabs as dozens of squash competitors squared off at this year's edition of the T and D Men's Winter League Finals on April 28th.

Held at Mayfair Lakeshore, spectators were treated to a thrilling match on court 1 as the two "B" finalists went head to head in one of the closest results of the night. Fitness Institute West won the first two matches but Wellington battled back to tie the match at two all. In the fifth and deciding match Mike Pirmak, of Fitness Institute West, defeated Yuvraj Kakkar 3-2 to bring the victory home to the delight of his team mates; Mark Ducharme, Mike Sanchez, Charles Singh and Mike Kosobucki. It was a great effort by the runners-up from Wellington; Yuvraj Kakkar, Ziyad Rahim, Dave Harris, Dave Brook and Kevin Duggan.

In the "C" division the team from Club Meadowvale, consisting of Usman Suhrwardy, Omar Khan, Tim Calder, Marc Belliveau, and Colin Harris, dominated the proceedings and ran out a convincing 5-0 win over the team from Toronto Athletic. The Toronto Athletic team, comprised of Kate Patrick, Allan Colquhoun, Mike Denuzzo, Walt Zanel, Mark Huttram, battled hard but in the end fell short.

University of Toronto Scarborough found themselves up against the team from Good Life-Valhalla in the battle for supremacy of the "D" division. The team from Uof T Scarborough, comprised of Larry Lus, Joe Butchey, Rob Novorolsky, Roger Tieche, and Clark Miller started brightly winning the first match. However, in the end the team from Good Life-Valhalla proved too strong and won the remaining matches.

Congratulations go out to the eventual 4-1 winners: Greg Tully, Rob Borda, Jeff Kalbfleisch, Jesse Riley, and Neal Bach.

In the Masters "A" division the team from Glenway started out strong and won the first 3 matches putting chances of a win out of reach for the eventual

runners-up from Racquet and Fitness. A well-deserved congratulation goes out to the winners Scott Mortimer, Kevin Lowe, Hugh Baker, and Frank Jarko. Although defeated, the team of Racquet and Fitness were well represented by Mike Bertin, Bob Hall, Paul Sinclair, and David Briand.

In the Masters "B" final the team from Racquet and Fitness, consisting of Brian Penny, Bob Philp, Brian Witt, and Kesh Gelda, fell to the same fate as their counterparts had in the Masters "A" final losing to a strong Cedar Springs team. A great showing from Greg Brechin, Paul Webb, Greg Rae, and Graham Oakley from Cedars Springs saw them defeat their opponents 4 matches to 1.

The closest match of the night came in the Masters "C" final where Club Meadowvale narrowly defeated the Fit City team of Richard Lee, Terry O'Brien, Peter Dwyer, and Reed Bodwell. The match was tied at 2 a piece but Club Meadowvale held the advantage in games won by a margin of 8-6. Congratulations go out to the winning team of Dave Ware, Ken Turner, Rick Pietrowski, and Marvin Cleal. For a complete list of match results please check out the T and D Mens League website at TandD.ca.

The T and D league executive and players would like to thank our sponsor Dunlop. Steve Hall and Dunlop supplied all the prizes for finals night and continue to support the operation of this great league. A special thank you also goes out to Mayfair Lakeshore and Nicole Pirko, their squash professional, for providing their club and facilities as well as great food and refreshments for the finalists. We would also like to thank our volunteers including referees and team captains who help in making the T and D a continued success.

Finally, the league would not operate without the fine work of our volunteer executive that includes Gordon Robertson, Dave Tullis, John Varley, Jim Rowland, and Bill Sears. See you at summer finals.....



Glenway Masters A Champions



Cedar Springs Masters B Champions



Club Meadowvale Masters C Champions



Club Meadowvale C Champions



Valhalla D Champions



Glenway Masters A Champions

T & D WOMEN'S FINALS

By Jennifer Bennett

Fun, exercise, competition and comradere, that's what squash is all about. After an especially close race throughout the season, it is no surprise that the finals night came down to the wire. The Toronto district women's squash (TDWSA) season culminated on March 27th at Mayfair Lakeshore. Players, fans, coaches, referees and squash enthusiasts from the GTA and beyond gathered for a dynamic evening of squash.

With close to 40 teams in 5 divisions, 10 teams faced off competing for the title in each of their divisions. The results were as follows:

DIV.	WINNING TEAM	FINALIST
A	FABULOUS FITNESS	U OF T
B	PARKVIEW	TORONTO ATHLETIC CLUB
C	DUNFIELD	PICKERING
D	FABULOUS FITNESS	ORC
E	PICKERING	GOODLIFE MCCAUL

Congratulations to all players in all divisions for your fine play and sportsmanship. A sincere thanks to Carolyn Moss, Heather Aspinwall and Julie Smith all who worked tirelessly in taking photos and creating memorable keepsakes of the evening for the players.

A special thank you to the referees from Squash Ontario, the men's league and the women's league who graciously volunteered their time to officiate all these great matches. Thank you to: Moe Shehata, Graeme Spicer, Norm Brie, Blair Burns, Verna Dalgleish, Paul Reimer, Nicolas Reimer, Les Homme, Adrian Thatcher, and Mustafa Salemwalla. This is another sign of how fortunate the squash community is to have such fine people donate their time.

While we remember the matches played along the way, what stands out more are the people that we meet. It is in this spirit that the Lily D'Urzo Award is given to a squash player who exhibits a love for the game and exhibits outstanding qualities of true sportsmanship. This year, the league recognized and honoured Tricia Rostron with the Lily D'Urzo Award. Tricia is a member of Ontario Racquet Club (ORC), and plays on the ORC D team. Tricia is a person who not only loves squash, she loves to share it, she is enthusiastic about playing, welcoming to newcomers and encouraging to experienced players. Tricia demonstrates determination and passion both on and off the court, whether it be in her own club, other clubs, or leagues. The essence of the Lily D'Urzo award,

lives on through people like Tricia.

While the finals night is the pinnacle of the season, squash players enjoy the ride to the finals! So, I would like to thank some key people, without whom there would not be a league...or at least not as great of a league! Carolyn Feather, Shannan Fisher, Donna Thompson, Susan Bruce, and Julie Clayton are the convenors for each of the divisions (A to E) and Rita Bloem, treasurer. A hearty "Thank you"! As convenors, they are the contact person for all captains in their division. They are master communicators, excel wizards, statisticians and above all extremely dedicated to the women's squash league. These 6 exceptional ladies are the heart and soul behind the smooth running of the league. On behalf of the players in the league, I would like to thank them for the ongoing support and commitment. I know the convenors depend on the captains to maintain the momentum with their teams and the captains do a terrific job, so a hearty thank you to the 38 captains that the league is fortunate to have.

I will close with a thought that a man by the name of George F. Will shared: "Sports serve society by providing vivid examples of excellence" ~ how true and fortunate we are!



A Champions - Fabulous Fitness



B Champions - Parkview



C Champions - Dunfield



D Champions - Fabulous Fitness



E Champions - PICKERING



Tricia Rostron - 2007 Lily D'UrzoRecipient

Ontario Ovations

Ontario Closed Championships

Hosted by Mayfair Lakeshore Racquet & Fitness Club

Sponsored by Black Knight, Teresa Miolla (Royal LePage), Prem Malik, Squash Ontario

Men's Open	Michael Bertin
Men's B	William Malmø
Men's C	Michael Badali
Men's D	Greg Sweeney
Women's Open	Katie Patrick
Women's A	Helen Kay
Women's B	Michelle Gemmell
Women's C	Liz McSorley
Women's E	Krista Surgudson

BMO Nesbitt Burns Ontario Junior Closed Championships

Hosted by Fabulous Fitness Racquet Club

Sponsored by BMO Nesbitt Burns, John Sekhar, Armour Valve, Jesters, Squash Ontario

Boys Under 11	Joshua Hollings
Boys Under 13	Joshua Sekhar
Boys Under 15	Adam Engel
Boys Under 17	Nick Sachvie
Boys Under 19	Tyler Hamilton
Girls Under 11	Erica Jewett
Girls Under 13	Jillian Baker
Girls Under 15	Michelle Gemmell
Girls Under 17	Samantha Cornett
Girls Under 19	Rebecca Hazell

Ontario B Doubles Championships

Hosted by the Badminton & Racquet Club

Sponsored by Second Skin, Squash Ontario
Men...James Bereford and Jeremy Thompson

Ontario Mixed Doubles Championships

Hosted by the Granite Club

Sponsored by Dunlop Sport, Mix99.9FM, adidas, Squash Ontario

Open	Leslie Freemant and James Hewitt
40+	Michelle Ramsey and Jim Paton
50+	Lolly Gillen and Jay Gillespie
B	Leslie Slater and Robert Pugsley

Ontario Veterans Doubles Championships

Hosted by London Squash Racquets Club and Toronto Racquet Club

Sponsored by Downtown Partners, The Beerstore, Medcom Canada, Marsan Food, Squash Ontario

Women's 40/50+	Robbin Morrison and Leslie Freeman
Men's 40+	Allan Grant and Taylor Fawcett
Men's 50+	Jay Gillespie and Graeme Duff
Men's 55+	Victor Harding and Sean McDonough
Men's 60+	Tony Swift and Molson Robertson
Men's 70+	Norm Lee and Ed Bracht

Ontario Open Doubles Championships

Hosted by the Granite Club

Sponsored by Dunlop Sport, Scotiabank Group, adidas, Squash Ontario

Men's	Scott Dulmage and Richard Thomson
Women's	Marnie Baizley and Stephanie Hewitt

Ontario Men's Open Singles and Masters Championships

Hosted by The Club at White Oaks

Sponsored by NAYA, The Club at White Oaks, Squash Ontario

Men's	Robin Clarke
Men's 35+	David Sly
Men's 40+	Trent Haase
Men's 45+	Bill Lam
Men's 50+	Mike Bertin
Men's 55+	Craig Hall
Men's 60+	Jim Samways
Women's 40+	Susan Douglas
Women's 50+	Cate Mee

Jesters/Harder Ontario Junior Open Championships

Hosted by The Club at White Oaks

Sponsored by Robert Harder Insurance Consulting, Jesters, The Club at White Oaks, Squash Ontario

Boys Under 11	Joshua Hollings
Boys Under 13	Cole Osborne
Boys Under 15	Adam Engel
Boys Under 17	Brian Hong
Boys Under 19	Andres Vargas
Girls Under 11	Alyssa Mehta
Girls Under 13	Jillian Baker
Girls Under 15	Sarah Todd
Girls Under 17	Micaala Seth
Girls Under 19	Samantha Cornett

Ontario Junior Teams Championships

Hosted by Cedar Springs Health, Racquet & Spa

Champions	Toronto & District
Finalists	Western Ontario

Ontario High School Championships

Hosted by Fabulous Fitness Racquet Club

Sponsored by Black Knight, Jesters, Squash Ontario

Ontario Athletes who are National Champions

Canada Games Gold Medalists

Samantha Cornett, Laura Gemmell, Rebecca Hazell, Canada Games Gold Medalist, Carly Hong, Brian Hong, Chris Sachvie, Nick Sachvie, Colin West,

Canadian Champions

Stephanie Hewitt	Women's Open Doubles
Lindsay Hermer-Bell	Women's 40+ Doubles
Leslie Freeman	Women's 40+ Doubles
Anne Smith	Women's 50+ Doubles
Sandra Shaw	Women's 50+ Doubles
Scott Stoneburgh	Men's Open Doubles
Rob Wheeler	Men's 40+ Doubles
Paul Zander	Men's 40+ Doubles
Allan Hunt	Men's 45+ Doubles
Fred Reid	Men's 45+ Doubles
Jay Gillespie	Men's 50+ Doubles
Graeme Duff	Men's 50+ Doubles
Lindsay Smith	Men's 55+ Doubles
Craig Hall	Men's 55+ Doubles
Molson Robertson	60+ Doubles
Tony Swift	60+ Doubles
Ed Bracht	70+ Doubles
Norm Lee	70+ Doubles
Vincent Taylor	65+ Singles
Shahier Razik	Men's Open Singles
Laura Gemmell	Girls Under 19
Colin West	Boys Under 19
Cole Osborne	Boys Under 13
Adam Engel	Boys Under 15
Brian Hong	Boys Under 17
Michelle Gemmell	Girls Under 13
Samantha Cornett	Girls Under 19
Laura Gemmell	Women's Teams
Katie Patrick	Women's Teams
Tara Mullins	Women's Teams
Stephanie Edmison	University
Jessica DiMauro	Open Mixed
Scott Dulmage	Open Mixed
Lindsay Hermer-Bell	40+ Mixed
Taylor Fawcett	40+ Mixed

Ontario Ovations

Ontario Athletes who are National Champions

Canadian Champions (Cont'd)

Lolly Gillen.....	50+ Mixed
Jay Gillespie.....	50+ Mixed
Anne Smith.....	55+ Mixed
Molson Robertson.....	55+ Mixed

Ontario Athletes who are International Champions

Jay Gillespie.....	U.S. 50+ Doubles
Victor Harding.....	U.S. 55+ Doubles
Sean McDonough.....	U.S. 55+ Doubles
Sandra Shaw.....	U.S. 50+ Doubles
Lolly Gillen.....	U.S. 50+ Doubles
Howie Rober.....	U.S. 75+ Doubles
Bud Whittaker.....	U.S. 75+ Doubles
Barry Abelson.....	U.S. 70+ Doubles
Peter Holland.....	U.S. 70+ Doubles

2006-2007 Ontario Championship Hosts

Nicole Pirko.....	Mayfair Lakeshore Racquet & Fitness Club
Jim Paton.....	Granite Club
Mark Sachvie.....	The Club at White Oaks
Matt Easingwood.....	The Club at White Oaks
Cindy Sachvie.....	The Club at White Oaks
Sandra Shaw.....	London Squash Racquets Club
Sam Nisenboim.....	Toronto Racquet Club
Rob Brooks.....	Fabulous Fitness Racquet Club

New Coaches

New Coaching Foundations Coaches

Tracey Roett, Tristan Brooks, Farin Brooks,
Brian Clarke, Rick Lachapelle, Kerry McKinley,
David Starling.

New Intermediate Coaches

Rob Borda, Brad Dussiaume, Richard Yendell,
Megan Northey, Brandon De Mon Trichard,
Marc Bennet

New Level 3 Practical Coaches

Keith Griffiths

New Officials

Blair Burns, Greg Hart. Bill Malmo upgraded to
B2, Wayne Smith upgraded to A1.



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JUNIOR SQUASH

Jim Mason Fair Play Recipients

"Fun, Fitness and Friendship". These words were the message that Jim Mason brought to the junior squash community his entire life as he spread the joy of the game of squash to Ontario, Canada and the world during his lifetime. There can be no greater tribute to this wonderful man who believed more than anything in fair play, than to name the Fair Play Awards in his honour.

Nominations are sought from the junior squash community, from parents and coaches and officials. Each nomination is reviewed by the Junior Advisory Committee and it selects the recipients.

Squash Ontario is pleased to announce that Jennifer Gemmell, Samantha Cornett and Thomas Spettigue were the recipients of the 2007 Jim Mason Fair Play Awards.



Black Knight Toronto & District Junior Mixed League Finals

Now completing its 13th year, this league has spawned many provincial and national champions over the course of its existence. While the emphasis is always on fun, healthy competition is involved - if not between the players, certainly between the coaches! Squash Ontario is extremely grateful to Allan Sklar and Fred Red for Black Knight's continued support of and commitment to this important junior program.

And we want to thank the clubs who also support this league - Rob Brooks (Fabulous Fitness), Ben Hatcher (Ontario Racquet Club), Jim Paton (Granite Club), Patrick Hartunian (Toronto Cricket, Skating & Curling Club), Andrew Thompson, Toronto Lawn Tennis Club, Chris Robitaille (Glendon Squash Club), Jamie Nicholls (Badminton & Racquet Club). And to the winners, belong the spoils. Congratulations to:

Under 11 - Granite Club

Under 13 - Fabulous Fitness Racquet Club

Under 15 - Fabulous Fitness Racquet Club

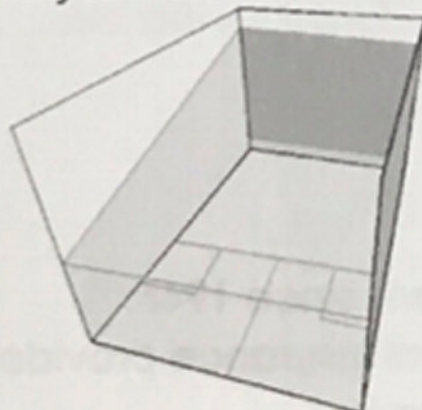
Under 17 - Fabulous Fitness Racquet Club

Under 19 - Toronto Cricket, Skating & Curling Club

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JUNIOR SQUASH

Ontario Takes Gold at Canada Games



CANADA GAMES GOLD

(from left) Coach Mark Sachvie, Rebecca Hazell, Colin West, Brian Hong, Nick Sachvie, Chris Sachvie, Carly Hong, Samantha Cornett, Laura Gemmell and Coach Nicole Pirko

Triple Gold - Squash Champions All Around

by Steve Rush, Varsity Squash Coach for St. Andrew's College, Aurora, Ontario

All three S.A.C. Squash teams: Varsity, U16 and U14 were champions this season, with the Varsity Squash team capturing the gold championships at the CISAA independent school league finals. The depth of the squash program at St. Andrew's College was proven this year by the style in which all three teams won their championships. While other teams had a strong player or two, St. Andrew's squash program had depth. Our players could compete at the #1 and #2 ranks, but dominated in the lower ranks. All three teams were undefeated in league play this season and entered into their finals as confident favourites.

On February 28th, the Varsity team competed at the Mayfair Lakeshore Club with its huge 13 court facility. In round robin play S.A.C. finished the top team though our #4, Sean Eng, suffered a strained hamstring. We then faced Trinity College School for a head to head best 5 out of 9 matches. In the round robin, we had actually lost to TCS 5 matches to 4 so we knew it would be a tough final. While Sean insisted on playing his match, it was clear we had to win 5 of 8 matches. The team felt confident that Devon Bean at #2, Chanmoon at #6, Andrew Chong at #7 and Raafeh Rahim at #8 could win four matches, and it would be up to the other four to win one more. Iker Lanzagorta played courageously at #1 and had the serve at 10-10 in the first game, but lost 11-10 and then the match. Michael Choi at #3 kept his match close but could not sustain a lead and lost 2-0. After losing the first game, Warren Lau at #9 started to play better and pushed his opponent into the back of the court, waiting for his opportunities to attack and then playing the winner. Almost everyone was watching at this point and the cheers were going back and forth as each team urged on their man. Warren took the next two games, the match and the championship for the team. In the final match of the day, Justin Oh #5, played attacking squash but eventually was defeated 2-1. As one would expect, our toughest match of the year was clearly this final show down with S.A.C. winning 5 matches to 4.

It was an exhausting day of squash as players played 18 games in the round robin for the chance to play in the best 2 out of 3 final. A season of drills, challenge matches, league play, tournaments and lots of after-study squash had paid off. The team was able to go the distance in 21 games in one day and with one player out to injury.

This unprecedented success across all three teams deserves to be celebrated, as it won't happen again anytime soon. Champions leave nothing to chance, and these competitors are champions.

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Lorie Forwell is Director of Physiotherapy, Fowler Kennedy Sport Medicine Clinic in London, Ontario. Lorie is an Adjunct Instructor at the Faculty of Health Sciences at the University of Western Ontario. She obtained her BScPT from McGill University in 1984 and her MScPT in 1994 from Western University

Ball Therapy... a fad that has stuck! WHY?????

By Lorie Forwell, MScPT

Gym balls or physio balls seem to now be a staple in many workout facilities. There are 'ball classes' and more and more personal trainers, fitness consultants and kinesiologists use balls as part of the plethora of exercises in their armamentarium. But why is this technique so popular? And why has it outlasted other fads that have gone the way of Tai Bo, jazzercise and pole dancing?

Core stability is probably the number one application of ball exercises. Core stability refers to the strength, control and function of the muscles of the core. Those muscles are your abdominal muscles and back muscles. You have 4 abdominal muscles: rectus abdominus, internal obliques, external oblique and transversus abdominus. Similarly you have a number of muscles in your back: erector spinae, multifidus and quadratus lumborum; just to name a few. Different exercises can isolate different sets of muscles and it is important to address those muscles that are weak. As all these muscles work together, if there is a stronger muscle it can be more easily recruited and dominate a given movement. In that instance, that muscle will continue to get stronger and the other muscles will strengthen in a lesser manner, if at all.

So how does the ball help? Exercise can incorporate balls with sitting or lying on them. In this way, instead of a nice stable base of support, you have a mobile base of support. This requires that you contract a series of muscles to create a balanced force couple that will prevent you from falling from the ball. If one muscle dominates, that force couple will not be balanced and the exercise will be much more difficult. As the body will always take the path of least resistance, you will reflexively correct that balance. With concentration and repetition, you can teach your muscles to do exactly what is required.

Once you start the exercise, it can be progressed by decreasing the support i.e. sitting on the ball with two feet on the floor, to one foot on the floor (see figure 1).

Continued on page 18

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