

# SQUASH

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life

## ON THE INSIDE

Nationals....Niagara.....Naturally!  
Cavalcade of Champions  
Regional Round Up  
.....and much more

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SQUASH ONTARIO



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Spring 2008

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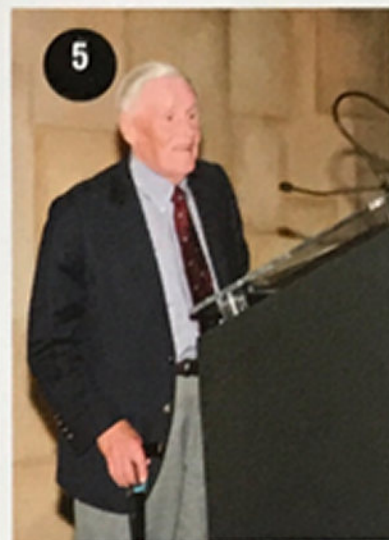
TORONTO & DISTRICT

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Cover Photo by Kyle Clapham



## SQUASH *Life*

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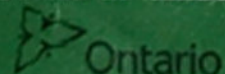
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Left: Robin Clarke (forefront) and Ian Power played superb squash, Top right: Newcomer, Alex Norman (left) was overwhelmed by Alana Miller in the Women's Championship, Bottom right: Hall of Famers Susan Swift and Ian Stewart, flank Squash Canada president, Joe Hattori

## WHY WHITE OAKS? WHY NOT!

### 2008 Canadian Championships a Fantastic Success

**H**ard to know where to begin, there were so many highlights to a remarkable 4 days in May. The Club at White Oaks and the White Oaks Resort & Conference Centre played host to over 235 players in the 2008 Canadian Championships. The beautiful Niagara Escarpment formed the backdrop to this event which was staged with the class and professionalism synonymous with White Oaks, Mark Sachvie and the staff of the facility.

Comment after comment from the players raved about the quality of the event - value for the entry fee was key

to Mark Sachvie and judging from all of the feedback, he achieved that goal in spades! More food - more water - more beer - free wine at the banquet. According to many, this was one of the best nationals in years.

One could start with welcoming back Jonathon Power to the Canadian squash competitive scene; or with the stunning upset of #3 seed Runa Reta by Ontario's own Stephanie Edmison; or the incredible run of little known Alex Norman to the women's final; or the many gold and silver medals captured by Ontario athletes. So many memories.

Jonathon Power of Montreal defeated top-seed and defending champion Shahier Razik of Toronto in the men's championship match on Saturday while Alana Miller of Winnipeg successfully defended her title in women's competition.

Power, the former world champion and tournament second-seed, scored a 11-5, 11-9, 9-11, 11-6 victory and avenged a loss in the 2006 national final.

"I want to win every time I go on the court, I can't get rid of that," said Power who retired from the pro circuit in 2000

and plays only for Canada at world championships and at nationals. "I didn't play too badly and I hung in there. I was surprised to win considering the long lay off. But I managed to control most of the play." Robin Clarke of Ottawa placed third.

In the women's final, Miller cruised to victory over 10th seed Alexandra Norman of Montreal 9-1, 9-2, 9-3. It's a third career national title for Miller. Norman produced an unexpected run to the championship final which included victories over the third-seed and seventh seed.

"I think Alexandra got a bit nervous playing in her first final," said Miller. "I saw her semifinal match and she played a lot tougher. I feel fortunate to have gotten through 3-0 because I know she can play better than that. I played pretty well, it's a good way for me to start a busy summer season."

Tara Mullins of Toronto defeated Laura Gemmell of Toronto 9-6, 9-1, 9-0 for third place.

The event was capped off with an unbelievable banquet on the Saturday evening. The award presentations took place following dinner.

A game is measured for greatness using a number of criteria but surely one is how it respects its past. On this evening, two people who have made an extraordinary contribution to squash in this country made the presentations to the champions. We welcomed Ian C. Stewart, founding chair of Squash Ontario, past chair of Squash Canada and the only Canadian (or North American) ever to hold the position of World Squash Federation chair. At his side was Susan Swift, who was absolutely key to the evolution of Squash Ontario, as she moved the association from 3 disparate entities to what it is today. And Susan was the first woman ever elected president of Squash Canada. Both of these remarkable people have been inducted into the Ontario Squash Hall of Fame. How fitting that these two people, to whom so many owe so much, were on hand that evening.

And in keeping with this theme of honouring the past, Squash Canada recognized three individuals who have, over the past decade, led national



Ian Stewart shares a memory of past Canadian Championships

teams in world competition - all of whom have announced their retirement. Marnie Baizley, Melanie Jans and Graham Ryding are names synonymous with class and style and they will be missed on the court.

The evening was capped off with the most gracious remarks of Alana Miller in her acceptance speech. She thanked both Marnie and Melanie for their support to her as a younger player and reminded them and everyone in

the audience of how important it is to have such motivating role models. And as those in the room watched as the torch was passed to the next generation, you had a sense that the game was in very good hands as Alana assured everyone that she would strive to present the same leadership and motivational qualities to the younger players following in her footsteps. All in all, a wonderful night for squash.

### Sponsors of the 2008 Canadian Squash Championships



### LOTS OF GOLD AND SILVER FOR ONTARIO ATHLETES

Women's A Champion: Kathy Carter/Finalist: Karlene Headley Cooper

Women's 40+ Champion: Julie Hisey

Women's 45+ Champion: Susan Douglas/Finalist: Kathy Cowper

Women's 55+ Finalist: Paulette Cogliati

Women's 65+ Finalist: Christine Kogan

Men's 35+ Champion: Patrick Ryding

Men's 40+ Champion: David Sly/Finalist: Scott McLachlan

Men's 50+ Finalist: Mike Bertin

Men's 55+ Finalist: Craig Hall

Men's 70+ Champion: Gordon Robertson/Finalist: Neil McLachlan

Men's A Champion: Adam Engel/Finalist: Jay Fleishman



## ASSOCIATION

## CHARTING A NEW COURSE



A work in progress

Ironically the person who had the most profound impact on the Strategic Planning session held by Squash Ontario in April wasn't even there! "Brad" this, "Brad" that – who the heck was this "Brad" person and what did he have to do with Squash Ontario? All would eventually be revealed.

In June 2006, Squash Ontario celebrated its 30th anniversary. Over the course of those 30 years, the game has seen tremendous growth – from less than 40 facilities to now, over 200. The racquet has changed – the rules have changed – the ball has changed.

There was a significant growth of new squash facilities in the province in the 1980s and into the early '90s and with that growth, the boundaries of the regions which were originally created to enable facilities and players to better interact with the parent body, were changed to accommodate the geography and location of these facilities. From 6 regions in 1978, Squash Ontario now has 9.

A framework or structure was developed to assist the regions in



Facilitator Marg Strus (What is Matt saying?)

developing, administering, promoting and in many cases, delivering the game and its programs to the clubs and players. This structure was effective in the first 30 years of Squash Ontario's existence because there was a plethora of committed, dedicated, and enthusiastic volunteers. Not for profit organizations are challenged by a number of issues. The volunteer of today is vastly different from the volunteer of 30 years ago. There is an overall decrease in volunteerism right across the board. This decrease in volunteers is being felt across the gamut of not for profit organizations because of the societal pressures on people today. We are challenged by the demands on our time professionally, personally and recreationally and while many people still believe in the ethos of volunteerism, it is becoming more and more difficult to find the time.

In those 3 decades, Squash Ontario grew into one of the most respected squash associations in North America but it has never been one to rest on its laurels. It is constantly examining its programs and the ways in which it communicates with its constituents and in 2007, the Board knew that the "times they were a changing".



It wasn't all work – Jim Rowland (T&D Men's League) and Jennifer Bennett (T&D Women's League).....together again for the very first time.



The "Red" Team – Back row, Matt Easingwood, Barb Cooper, Jennifer Bennett, Sherry Funston, team leader Lorraine Tétreault, front row (from left) Allan Sklar, Kathy Lamb, Vincent Taylor, Janice Lardner

The structure Squash Ontario put in place 30 years ago is no longer an effective communications, program delivery or representative tool for the association to service its constituents.

Technologies have grown exponentially over the past decade including more sophisticated software programs, communications, etc. These changes have had a profound impact on all aspects of squash, from how one arranges a squash game to how Squash Ontario calculates player rankings. Squash facilities themselves have evolved with the newer technologies, catering again to the time sensitive natures of their members – online court booking systems are now standard in clubs as opposed to innovations.

The Squash Ontario Board of Directors recognized that the Association needed to embrace and respond to these new technologies in order to continue to service its membership – both its clubs and its players.

A very comprehensive and compelling proposal was crafted and presented to the Ministry of Health Promotion. Fortunately for Squash Ontario, its

president, Lolly Gillen has remarkable sales ability and she put together a very convincing case to the Ministry which approved the initiative.

31 people came together at the Delta Meadowvale in late April, all of whom had a couple of things in common – but they were key! - a passion for the game and a commitment to see it grow and prosper. They represented every constituent of squash in Ontario – doubles, masters, juniors, clubs, officials, coaches, and volunteers and as sometimes happens, the universe unfolded as it should. These people, many of whom were strangers to each other, worked together to chart a new course for Squash Ontario and just as importantly, for squash in Ontario.

Every journey needs a captain and we were extremely fortunate to have Marg Strus of Strus & Associates, leading the weekend – to borrow a line from Walt Whitman – O' Captain, our Captain! She was cool under fire and brought us safely through some choppy waters.

We would like to recognize these wonderful individuals – they were tremendous – Gary Delavigne, Barry Farstad, Bob Shine, Brian Clarke, Simon Warder, Tom Porter, Johnny Wilson, Lorraine Tétreault, Michael Bertin, Tom Craig, Geoffrey Johnson, Lolly Gillen, Rob Brooks, Mark Sachvie, Eliot Frymire, Jennifer Bennett, Brenda Forbes, Jim Rowland, Marnie Baizley, Tammie Sangster, Vincent Taylor, Janice Lardner, Barbara Cooper, Matt Easingwood, Paul Ryan, Allan Sklar, Bill Malmo, Robbie Osher,

And so we begin an exciting new voyage for squash – changes in our regional structure, changes in our membership and changes in how we communicate with our membership.

After a sometimes grueling yet always exhilarating weekend, we were finally able to answer the question of, "who's Brad?" – "Brad" is every single person committed to growing this game whether at the club, regional or provincial level; whether they are a coach or an official; whether a club owner or a Board member – "Who's Brad?" – we all are!



The "Blue" Team – back row, Jim Rowland, Paul Ryan, Barry Farstad, team leader Tom Craig, Gary Delavigne, (front row, from left) Eliot Frimyre, Bill Malmo, Bob Shine



The "Power Blue" Team – Back row (Simon Warder, Brian Clarke, Tom Porter, Robbie Osher, Geoffrey Johnson, front row (from left) Johnny Wilson, Brenda Forbes



## Squash Ontario Annual Meeting

The annual meeting has been called by the Board of Directors for Saturday, June 7th at 9 a.m. and is being held at the Sport Alliance of Ontario, 1185 Eglinton Avenue East in Toronto. Everyone is welcome to attend.

At this meeting, the members will elect a new Board of Directors which is always an exciting time for the Association. But it is always a sad time too, as we traditionally say goodbye to members of the Board who have completed their terms. In this case, Squash Ontario and squash players from across the province will be saying goodbye and thank you to two very extraordinary people who have

given the last 6 years to keeping the game growing. Robbie Osher has been the VP Finance for the past 6 years and in his tenure, has kept a careful watch over the financial health of Squash Ontario. And Lolly Gillen has contributed in two different portfolios – for the first 4 years, she was the VP Marketing and under her auspices, a number of companies became partners of Squash Ontario. For the past 2 years, Lolly has served as President of the association and was instrumental in ensuring that the future of squash remains healthy through the strategic planning process just completed in April.

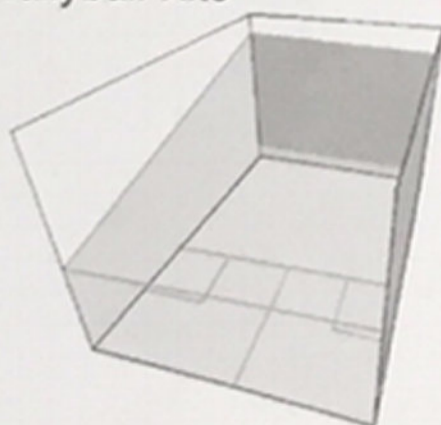
And we also say goodbye officially to Robbie Brooks who has actually served as part of the Board for almost 8 years – the last 3 as past president. His presence has always provided an environment of thoughtfulness and care to issues; he has mentored both Stephanie Hewitt in his presidency as well as Lolly; and he has given sound and sage advice in a number of instances.

All three of these people will be keenly missed.

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## Jennifer Birch-Jones Recognized by Ontario Government



Minister of Health Promotion (left) Margaret Best presenting Syl Apps Outstanding Achievement Award to our own Jennifer Birch-Jones at the recent Sport Awards.

The best in Ontario amateur sport was celebrated with the province's annual awards presented to 46 athletes, coaches, officials, volunteers and sponsors at the 2007 Ontario Sport Awards held at Toronto's Granite Club in April 2008.

The Ontario Sport Awards are the highest honours the province provides to recognize excellence. Award categories include athletes, coaches and teams of the year as well as corporate citations and special achievement and lifetime awards.

Jennifer Birch-Jones' squash career began as a player where she distinguished herself on the court. In 1991 she was selected to and represented Ontario at the Canadian Women's

Teams Championship in Yellowknife where she and her team mates brought back a gold medal for Ontario.

But her love of the game took her beyond the court to the clipboard and she expanded her knowledge of squash by becoming actively involved in officiating. As with everything Jennifer does, she dedicated herself to obtaining her A-1 status as a referee and at the same time, worked to strengthen the officiating system locally, provincially, nationally and internationally. She has refereed in national and international championships over the span of the past 15 years, including at the Pace International, a professional men's tour event.

Jennifer is a strong advocate for involvement in refereeing and it has provided her with many wonderful travel opportunities around the world including women's world championships and the European Squash Championships.

She is currently a member of the Squash Ontario Officiating Committee and was lead for both the Ontario and Squash Canada initiatives to increase the number of women referees in squash. Not content to rest on her laurels, she spearheaded the Ontario initiative to create and introduce the new junior rules clinic program and is currently working as part of a task force to create online officiating components.

Jennifer has been a member of the World Squash Federation's Discipline Committee and has served as chair of Squash Canada's national championships committee, Vice President High Performance for Squash Canada and has also served as a member of the Squash Canada Board of Directors. She has been a member at large of Commonwealth Games Canada since 1998 and was a member of the Canadian mission staff for the 2002 and 2006 Commonwealth Games.

Jennifer has over 16 years of experience in planning, performance measurement, and evaluation in both the federal government and the not-for-profit sectors.

## Annual Charity Golf Tournament - Mark your Calendar!

Squash Ontario will again be hosting its annual charity golf event to raise much needed funds for junior squash athletes in Ontario. The event is being held at the beautiful Oakridge Golf Club in the picturesque Port Perry area - just off Highway 7 between Lakeridge Road and Highway 12 on Friday, September 12th. The date is Friday, September 12th.

It will be a shotgun start at 1:00 p.m. and the

cost is \$130.00 per person. This includes a golf cart, use of practice facilities, dinner, taxes and a \$30.00 donation to the Lee Hanebury Junior Squash Fund.

Don't golf? Well then come for dinner - the cost is just \$50.00 per person and includes a \$20.00 donation to the Lee Hanebury Junior Squash Fund.

This event will be a special one as Squash Ontario will be marrying it with its annual Recognition Awards to outstanding volunteers, coaches, officials and the corporate sponsor. It promises to be a day to remember.

To register your team, please call Geoffrey Johnson at 416-426-7201.



# Ontario Ouations

## 2007 Ontario Closed Championships

Hosted by Mayfair Lakeshore Racquet & Fitness Club  
Sponsored by Black Knight

Men's Open Champion	Dane Sharp
Women's Open Champion	Laura Gemmell
Men's A Champion	Adam Engel
Women's A Champion	Elka Markus
Men's B Champion	James Keene
Women's B Champion	Jennifer Bennett
Men's C Champion	Patrick Clinton
Women's C Champion	Jillian Baker
Women's D Champion	Radka Hasenohriova
Men's E Champion	Eric Mercer



Toronto's own Graham Ryding (centre) was honoured with a Special Achievement Award for his contributions to squash provincially, nationally and internationally. Presenting (left) Dan Coldwell, VP Business Development, PACE Savings & Credit Union Ltd. and (right) John Nimick, EventEngine Promotions

## 2007 Ontario Doubles Championships

Hosted by Granite Club  
Sponsored by Dunlop Sport, adidas

Men's Open Champions	Josh McDonald, Chris Deratnay
Women's Open Champions	Jessica DiMauro, Stephanie Hewitt
Men's B Champions	Jeremy Thomson, Coulter Wright
Women's B Champions	Deb O'Neill, Cindy Hazell
Men's C Champions	Chris Wheeler, David Potter

## 2007 BMO Nesbitt Burns Ontario Junior Closed Championships

Hosted by Fabulous Fitness Racquet Club  
Sponsored by BMO Nesbitt Burns, John M Sekhar, Armour Valve, Jesters

Boy's Under 11 Champion	Carter Robitaille
Boys Under 13 Champion	Sean Sevilla-Vallejos
Boys Under 15 Champion	Tyler Osborne
Boys Under 17 Champion	Nick Sachvie
Boys Under 19 Champion	Fred Reid
Girls Under 11 Champion	Madlen O'Connor
Girls Under 13 Champion	Jillian Baker
Girls Under 15 Champion	Michelle Gemmell
Girls Under 17 Champion	Rebecca Lau
Girls Under 19 Champion	Samantha Cornett

## 2008 Ontario Veterans Doubles Championships

Hosted by Toronto Racquet Club and Royal Canadian Yacht Club  
Sponsored by Ridley Windows & Doors Inc., Curtis Insurance Ltd., Fogler, Rubinoff LLP, Steve Kaszas

Ontario 40+ Doubles Champions	Mike Costigan, Alan Hunt
Ontario 40+ Doubles Champions	Tammie Sangster, Michelle Ramsay
Ontario 50+ Doubles Champions	Anne Smith, Sandra Shaw
Ontario 55+ Doubles Champions	Victor Harding, Sean McDonough
Ontario 60+ Doubles Champions	Chris Wheeler, David Potter
Ontario 70+ Doubles Champions	Norm Lee, Ed Bracht

OVATIONS



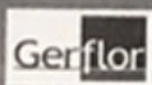
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michaeltaylor@advantagesport.com

## 2008 Ontario Mixed Doubles Championships

Hosted by Toronto Lawn Tennis Club  
Sponsored by Head  
Ontario 40+ Champions ..... Tammie Sangster, Greg Lloyd  
Ontario 50+ Champions ..... Lolly Gillen, Jay Gillespie  
Ontario B Champions ..... Helen Kay, Josh Ginou

## 2008 Ontario Head Silver Championships

Hosted by Fabulous Fitness Racquet Club  
Sponsored by Head, Jesters  
Boys Under 11 Champion ..... Husan Hamour  
Boys Under 13 Champion ..... Carter Robitaille  
Boys Under 15 Champion ..... William Wilson  
Boys Under 17 Champion ..... Muhammad Lugman  
Girls Under 13 Champion ..... Natalie Foote  
Girls Under 15 Champion ..... Emily Richmond  
Girls Under 17 Champion ..... Jazeen Hollings

## 2008 Ontario Open Championships

Hosted by Cedar Springs Health, Racquet & Sports Club  
Sponsored by Ridley Windows & Doors Inc., The Investors Group, Renfro Canada Inc. Black Knight, Chevron, Water Depot, R.I.C.H.E.S., XYZ Automation Inc.  
Women's Open Champion ..... Laura Gemmell  
Men's Open Champion ..... Dan Sibley

## 2008 Ontario Masters Championships

Hosted by Toronto Cricket, Skating & Curling Club  
Sponsored by Ridley Windows & Doors Inc.  
Men's 35+ Champion ..... Ian Sly  
Women's 35+ Champion ..... Julie Hisey  
Men's 40+ Champion ..... David Sly  
Men's 45+ Champion ..... Chris Sadler  
Women's 45+ Champion ..... Elka Markus  
Men's 50+ Champion ..... Mike Bertin  
Women's 50+ Champion ..... Valerie Quinn  
Men's 55+ Champion ..... Bob Hall  
Men's 60+ Champion ..... Paul Sinclair  
Men's 65+ Champion ..... Peter Hatcher  
Men's 75+ Champion ..... Doug Allen

## 2008 Ontario Winter Games

Hosted by CFB Borden Squash Club  
Gold Medalists ..... Toronto & District  
..... Alysha Mehta  
..... Jillian Baker  
..... Emily Bales  
..... Caitlin Klein  
..... Joe Hall  
..... Sebastien Reidelsheimer  
..... Owen Butler  
..... Patrick O'Sullivan  
Coaches: ..... Patrick Ryding, Anita Ozvald

## 2008 Junior Open Championships

Hosted by The Club at White Oaks  
Sponsored by Robert Harder Insurance Consulting, Jesters  
Boys Under 11 Champion ..... Ethan Shoihet  
Boys Under 13 Champion ..... Joe Hall  
Boys Under 15 Champion ..... Joshua Sekhar  
Boys Under 17 Champion ..... Albert Shoihet  
Boys Under 19 Champion ..... Kelly Shannon  
Girls Under 11 Champion ..... Sophie Mehta  
Girls Under 13 Champion ..... Alina D'Asti  
Girls Under 15 Champion ..... Keisha Jeffrey  
Girls Under 17 Champion ..... Michelle Gemmell  
Girls Under 19 Champion ..... Laura Gemmell

## 2007 - 2008 Ontario Championship Hosts

Barbara Cooper ..... Mayfair Lakeshore Racquet & Fitness Club  
Rob Brooks ..... Fabulous Fitness Racquet Club  
Jim Paton ..... Granite Club  
Keith Griffiths ..... Cedar Springs Health, Racquet & Sports Club

## 2007 - 2008 Ontario Championship Hosts

Mark Sachvie ..... The Club at White Oaks  
Andrew Thompson ..... Toronto Lawn Tennis Club  
Patrick Hartunian, Pat Richardson ..... Toronto Cricket, Skating & Curling Club  
Taylor Fawcett ..... Royal Canadian Yacht Club  
John Hickey ..... Toronto Racquet Club

## Ontario Athletes Who Won National Titles in 2007-2008

Canadian Open Doubles ..... Jessica DiMauro  
Canadian Open Doubles ..... Josh McDonald, Adrian Griffin  
Canadian 40+ Doubles ..... Laurie Krol, Cairn Meek  
Canadian 40+ Doubles ..... Mike Costigan  
Canadian 45+ Doubles ..... Jane Mitchell, Anne Brayley  
Canadian 45+ Doubles ..... Alan Hunt, Fred Reid  
Canadian 50+ Doubles ..... Cynthia Quigley, Lolly Gillen  
Canadian 55+ Doubles ..... Victor Harding, Sean McDonough  
Canadian 60+ Doubles ..... Tom Nederpel  
Canadian 65+ Doubles ..... Tony Swift  
Canadian 70+ Doubles ..... Ed Bracht, Norm Lee  
Canadian 75+ Doubles ..... Dave Brown, Sam Nisenboim  
Canadian Universities ..... Stephanie Edmison  
Canadian Junior Open ..... Tyler Osborne  
Canadian Junior Open ..... Brian Hong  
Canadian Junior Open ..... Laura Gemmell

## Ontario Athletes Who Won International Titles in 2007 - 2008

U.S. Doubles ..... Jessica DiMauro  
U.S. Doubles ..... Scott Stoneburgh  
U.S. Doubles ..... Mike Costigan, Alan Hunt  
U.S. Doubles ..... Barry Abelson  
U.S. Doubles ..... Sandra Shaw, Lolly Gillen  
U.S. Doubles ..... Anne Smith  
U.S. Junior Open ..... Laura Gemmell

## New Coaches

Intermediate Instructo ..... Richard Yendell  
Squash Instructor ..... Paul Shrubbs  
Coaching Foundations ..... Robert Cooley, Jason Erlick,  
..... Michael Fong, Joshua Brown,  
..... Joshua Ginou, Travis Gopaul,  
..... Dave Neil, Russell Nicholls,  
..... Patrick O'Sullivan  
Intermediate ..... Bruce Tubbe, Marci Sier Les Piasecki

## New Officials

Singles ..... Aslam Khan, Bruce Verge, Tim Kotilehti, Larry Howes, Richard Yendell, Joe Cutruzzola, Anthony Gagliano, Leah DesBarres, Hugh Siddeley, Stuart Bowland, Tim Spence, Steve Mackenzie, Guy Blier, Greg Booth, Andrew Machin, Paul Maier, Deborah O'Malley, Jennifer Martel, April Hau, Joshua Brown, Ben Guerin, Samia Hunaiti, Arcin Bozlurt  
Doubles ..... Emad Hanna, Carr Hatch, Rea Godbold, Michael Rea, Harold Hemstad, Les Bowman  
Officials Upgrades ..... Bill Malmo (B2), Simon Hall (C3), Stuart Bowland (C3), Hugh Siddley (D4), Joshua Brown (D4), Ed Fowler (B2), Murray Harper (B2), Aslam Khan (D4), Steve Flude (B1), Bruce Verge (D4), Leah DesBarres (D4), Larry Howes (D4), Richard Yendell (D4), Greg Booth (D4), Chris Pentleton (D4), Tim Kotilehti (D4), Emad Hanna - Provincial Doubles Referee

## Squash Ontario Valued Partners 2007 - 2008

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# NORTHERN ONTARIO

## Robin Clarke Welcomed Back to Sudbury

By Brian Clarke

Once again Sudbury played host to the Northern Ontario Squash Championships. The 3 day tournament was staged at the Sudbury Y and College Boreal. This year's event featured a very strong 12 person Men's Open draw with the number of registrants totaling 107.

The Open final on Sunday featured Robin Clarke playing Andrew McDougall. The first game was a long physical one with Robin managing to hold the balance of power. The second game saw Andrew jump out to a commanding 8-2 lead with both players working very hard. Robin fought off five game balls to take that game. Eager to finish his opponent off, Robin quickly won the third and final game of the match.

The Men's A final saw a battle between Jeff Munn and Jay Fleishman. It featured high quality rallies but in the end, Jeff prevailed.

The top women's division was won by Lynn Burke over Carla Grattolli.

We also ran a junior division to showcase the new crop of young players who have been brought together by Tracy Roett (YMCA squash professional) and Dave Starling (squash professional at the Howard Armstrong Centre). There were 11 players and Alex Cholowinski was the champion with Madison Eggert as the runner up. This entire group of young players has progressed tremendously this year and will be ready to attend some silver and gold events in 2009.

The Saturday night dinner and party at "Standing Room Only" was the highlight of the weekend. It was quite obvious that squash players love to party! Dave Sharp



Barrie Athletics Manager, Paul Ryan, welcoming a star-studded cast of characters.

and Andrew Jones were voted the top "open" dancers with Robin Clarke taking the air guitar contest title. Thanks to Dr. Dave Morris (Men's A player) for hosting and allowing us to dominate his bar for the night.

All in all, another great event and thanks to all the local volunteers and sponsors for making it happen. It takes tons of work to stage this event and without all the local passion for the game, it would be what it is. Hope to see you all next year.

## News from Ottawa

### A Good Season for the Goodlife in Ottawa

By Mikola Czich

Well things are winding down in the ODSA but as we wind down let me recap a few highlights from the season just finishing.

Firstly it was another fine season for the ODSA open city league with 36 teams playing weekly across 6 divisions at 12 clubs, spread around the greater Ottawa / Gatineau area. Many thanks to Dan Madge who was our CL coordinator for all his efforts. As far as teams who did well this season, Ottawa U 1 should be mentioned. They were new to CL this year, starting up in Div 5. By the end of the season they had surpassed all expectations and moved all the way up into Div 1. Truly well done! Looking at CL results after the division winners calculations were applied, it turned out to be a particularly good year for the QV-Goodlife club who captured 4 of 6 division championships. Well done Goodlife! Division champs are listed below:

- Div 1 Goodlife 1
- Div 2 Sporteque 1
- Div 3 Goodlife 4
- Div 4 OAC 4
- Div 5 Goodlife 6
- Div 6 Goodlife 7

The ODSA Cup was run again this past season by Brian Eldridge and in the end we had Johnny Wilson (OAC) claiming the cup in the A division. Word is that it is getting tougher for Johnny to dig deep to pull matches out in 5 gamers but he has not hinted at retirement yet!

We had a few successful friendly exchange team matches. A home and home event with B/C players against players from Montreal, as well as a visit to the Cascades club, hidden in the edge of the Gatineau hills. Both event were successful and enjoyed by participants.

Our juniors were represented us well at the Ontario Winter games and they came up just short of a medal by tie-breaker count-backs in both the semi final and the bronze medal matches they played in. I guess they will have to take the results and notch them to to experience.

On the edge of our region, in Hawkesbury, a revived club was starting to show plenty of activity. We hope to see a few more of them making the trip to the big city to take part in some if the Ottawa Open Tourneys.

All in all it was a good season. Some things will wind down during the summer but there will be some summer activities at some clubs. (Ask around.) Many thanks to members of the ODSA exec and those who made squash things happen at the various clubs around the area.

## SOUTHWEST

### Local Windsor Player Wins Big

Mark Porter of Windsor Squash & Fitness Club won the Michigan State Squash Championship, Open Division, at the Birmingham Athletic Club on April 23 by defeating Mark Eugeni, also of Windsor, 3-1 in the final round of play. Justin Warnock of Windsor placed in third position by defeating John Uffelman of Birmingham 3-1. The State Squash Championship is an annual event which attracts some of the best squash players in Michigan, Ohio and Ontario.

## WESTERN

The newly revitalized and ever exuberant Kitchener-Waterloo Racquet Club hosted the league finals for the Western Region. As is the tradition of this club, the social was every bit as successful as the on court squash! Oh, right – there was squash played.

Men's B KW defeated Stratford Country Club  
Men's C Goodlife defeated Elora  
Men's D Guelph Athletic Club defeated Elora



Goodlife Waterloo captures WR C Division



KWRC Winners of B Division

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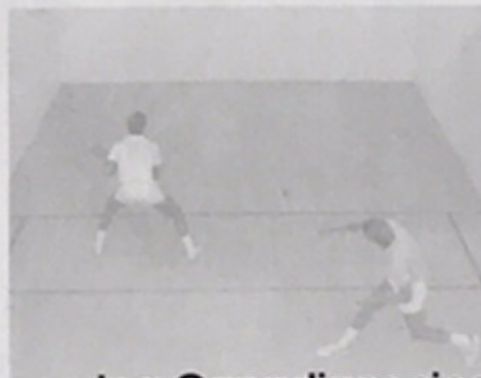
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# TORONTO & DISTRICT

## A Good Season for Toronto & District Women's League

By Brenda Forbes



Fabulous Fitness (Division A Champions)



Ontario Racquet Club (Division B Champions)

REGIONS

In the fall, we began our season with a "Mental Game" presentation and a Rules Clinic. As the season progressed, the women worked towards fulfilling their squash goals. With 43 teams in the division, there were a lot of women out there working on their squash game.

This year's season came to an exciting end as many of our division finalists finished by bumping out their opponents by our secondary determining score: games won. The finals proved to be an evening of great competition and friendship. Our E finalists Glenway and Fabulous Fitness battled it out on the courts with Fabulous Fitness taking the win. RCYC had a strong showing this

year in two divisions. In the D division, they were victorious over ORC, while the C team won against Glenway. The B players saw a great fight to the finish as ORC won in a close match up against Georgetown. Finally, in the A division Fabulous Fitness held their 3 year title by outplaying ORC. The matches were tough,



RCYC (Division C Champions)



RCYC (Division D Champions)



Fabulous Fitness (Division E Champions)

# TORONTO & DISTRICT

## A Good Season for Toronto & District Women's League (cont'd)

the spirit was high and the fans were cheering. Congratulations to all of our division finalists and to our division Champions! A big Thank You goes out to our referees that evening.

Our Lily D'Urzo Award is given annually to a player that exhibits great sportsmanship, passion for the sport and is supportive of other players. This year's recipient is Jean Gairdner from Fabulous Fitness. In Jean's name, a small contribution will be made to our Junior Program in Ontario. Congratulations Jean!

Our league is made possible by the fantastic players, captains, and the volunteers that run the league. On behalf of the players, I would like to express sincere thanks to our treasurer Rita Bloem, our conveners: Shannon Fisher, Carolyn Feather, Donna Thompson, Julie Clayton and Susan Bruce. A special thank you goes to Carolyn Moss and team for doing a fantastic job acting as our prize committee. Finally, I would like to thank Jennifer Bennett. Jennifer has acted as our T&D President for several years. Her dedication and enthusiasm for the league has been outstanding. Women's squash in Toronto is fortunate to have had such a remarkable person working on our behalf. Thank you Jennifer and we wish you all the best. She will continue to bring her passion and commitment to the game in Ontario.

We were very excited to announce the arrival of our website. Currently in its early stages, we welcome you to check it throughout the summer. Watch for updates in the league, registration forms and upcoming tournaments. Stay healthy and see you in the fall!

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# TORONTO & DISTRICT

## Toronto & District Men's League Finals

By Iain Robertson

Another great season of T&D squash came to an end on April 2nd at Mayfair Lakeshore where the finalists squared off for ultimate bragging rights at the 2007-2008 T&D Men's Winter League Finals.

As always, the numerous spectators were treated to a great night of on court action.

First up in the Premier division, the combined team of Toronto Athletic Club/The Cambridge Club faced off against the Racquet & Fitness. At the end of the contest the Racquet & Fitness team, comprised of David Sly, Scott Kemp-Gee, Kamran Naushahi, and Jay Fleishman, prevailed by the score of 4-1 over the team from Toronto Athletic Club/The Cambridge Club featuring: Dane Sharp, Josh McDonald, and Wissam Ali.

The large crowd in front of court 1 was treated to a highly entertaining and closely contested match in the "B" division final. This final came down to the last match in which Nick Sachvie of Cedar Springs defeated Jeff Munn of Barrie giving the title to the team from Cedar Springs consisting also of Yeshale Chetty, Andrew Silvestri, Mike Green, and Ashley Pretorius. The team from Barrie also included Sheldon Zimmerman, Paul McDivitt, Jacob Altenburg, and Chris Sadler.

In the "C" division final the team of Mike Sheehy, Vito Vessio, Aaron Rodrigues, Chris Robitaille, and Len Wells from Glendon dominated the proceedings with a convincing 5-0 win over the team from Goodlife McCaul. Although defeated, the Goodlife McCaul team were well represented

by Steve Russell, Jang Kim, Robert Lee, Allen Karakatsanis, and Greg Payne.

The "D" final was also won in convincing fashion. A great showing from Terry Stock, Carlos Diaz, Craig Ferrie, Horacio Caffereta, and Mark Shoom from the Dunfield Club saw them defeat their opponents from Parkway Athletic by the score of 5-0. The Parkway Athletic 2 team comprised of Dom Chung, Andrew Laidlaw, Mathias Yeh, Jamie Herman, and David Arblaster put of a good fight, but fell short on the night.

In the Masters "A" Division the runners-up from last years Winter final from Racquet & Fitness went one better this year winning 4 matches to 0 over Pickering. A well deserved congratulations goes out to the Winners from Racquet & Fitness; Mike Bertin, Walter Bentley, Mike Anselm, and Bob Hall. Pickering were well represented by Eric Dunn, Steve McInnis, Kevin Cahill, and Ian Parsons.

The Masters "B" team from Pickering consisting of Domenic Salvagna, Alan Cornish, Peter Reilly, and Raj Vadera met the same fate as their "A" team counterparts coming out on the losing end of their match losing 4 matches to 0 to a strong team from Club Meadowvale. Congratulations go out to the winning team of Charles Singh, Bill Guest, Rick Pitrowski, and David Ware.

The most closely contested match of the evening came in the Masters "C" final between Fabulous Fitness, consisting of Elka Markus, Joe Castaldi,

Bruno Rastelli, and Bob Mansbridge, and the Toronto Racquet Club, comprised of Malcolm Moore, Mike Pitre, Guy Hanchet, and Tom Bowman. This match came down to the wire and in the end with the #1's match, Malcolm Moore narrowly defeated Elka Markus 3-2 in games, giving the victory to the Toronto Racquet Club (9-8 in total games won). Congratulations to both teams in a hard fought match.

For a complete list of match results and photos please check out the T&D

Mens League website at [www.TandD.ca](http://www.TandD.ca).

The T&D league executive and players would like to thank our sponsor Dunlop. Seanna Keating 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 Barb Cooper, their squash professional, for providing their club and facilities as well as great food and refreshments for all competitors. We would also like to thank our volunteers including referees (Wayne Smith, Dave Howard, Stuart Bowland & Hugh Siddeley) and team captains who help in making the T&D a success.

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



Toronto Racquet Club (Masters C Champions)



Club Meadowvale (B Division Champions)

# TORONTO & DISTRICT



Cedar Springs (Division 1 Champions)



Dunfield Club (Division 3 Champions)



Cedar Springs (Masters B Champions)



Racquet & Fitness (Masters A Champions)



Racquet & Fitness (Premier Champions)



Glendon (Division 2 Champions)



## Jim Mason Fair Play Recipients



2008 Jim Mason Fair Play Award Recipients, Lauren Sachvie and Kimesh Chetty

"Fun, Fitness and Friendship" – these were the bywords of a remarkable man – Jim Mason. He spent almost his entire life spreading this gospel throughout the junior squash community. There can be no greater tribute to this wonderful man who believed more than anything in fair play, both on and off the court, than to name the Fair Play Awards in his honour.

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

Squash Ontario is very pleased to announce that Lauren Sachvie and Kimesh Chetty were the recipients of the 2008 Jim Mason Fair Play Awards.

## Black Knight Toronto & District Junior Mixed League Finals

Now completing its 14th year, this league has spawned many Ontario and Canadian champions over the course of its existence. While the emphasis is always on fun, healthy competition is involved – if not between the players, then certainly between the coaches! Squash Ontario is extremely grateful to Allan Sklar and Fred Reid for Black Knight's continued support of and commitment to this important junior program. It is a key component of the overall junior athlete development model.

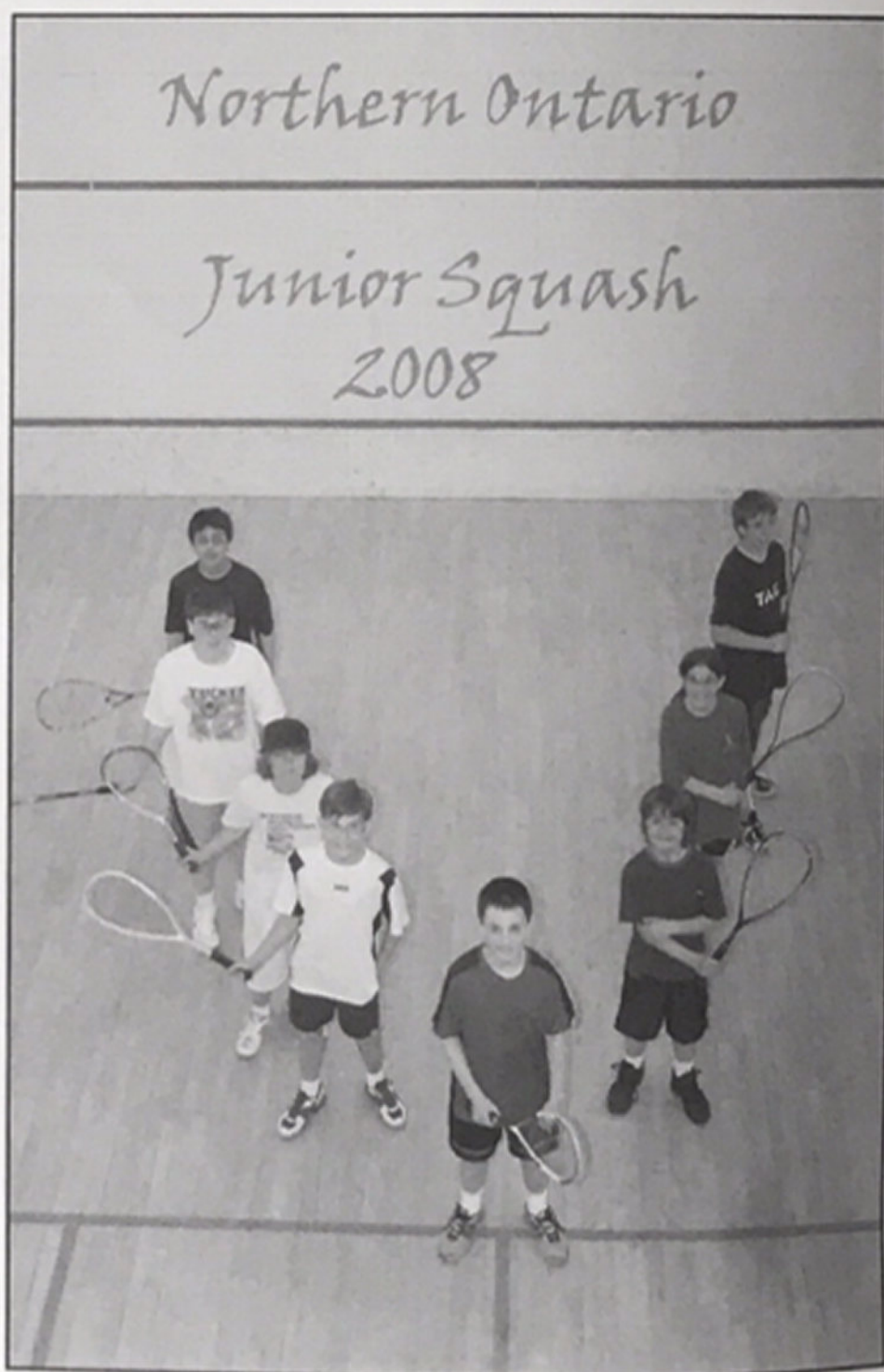
And we want to thank the clubs and coaches who also support this league:

Fabulous Fitness and coach, Rob Brooks  
 Glendon Squash Club and coach, Chris Robitaille  
 Badminton & Racquet Club and coach, Jamie Nicholls  
 Toronto Lawn Tennis Club and coach, Andrew Thompson  
 Ontario Racquet Club and coach, Ben Hatcher  
 Toronto Cricket, Skating & Curling Club and coach, Patrick Hartunian

We hope other clubs in the Toronto area will look at their current junior program curriculum and incorporate participation in this league for 2008/2009. It's a gentle but fun introduction for many juniors into competitive squash.

### 2008 Champions

Under 11 – Granite Club  
 Under 13 – Fabulous Fitness  
 Under 15 – Fabulous Fitness  
 Under 17 – Fabulous Fitness  
 Under 19 – Fabulous Fitness



Junior Squash Alive and Well in the North



# JUNIOR SQUASH

## 5-Peat for St. Francis



Fabulous Fitness Racquet Club in Concord once again hosted an incredibly successful Jim Mason Ontario High School Championship. Over 100 students participated and 25 different high schools from across the province.

The powerhouse from St. Francis High School in St. Catharines proved to be as dominant in 2008 as it has been over the past 4 years, taking the championship home to the Niagara region.

## Ontario Juniors Golden in Victoria

Over a decade ago, Squash Ontario brought together some pretty outstanding junior brains to review the current junior athlete development model and make some course corrections. It revamped programming completely, introducing the bronze, silver and gold events as key components and enhanced the Ontario Games and Canada Games areas. It undertook significant fund raising to enable Squash Ontario to provide additional funding for junior athletes and in the past two years, we have seen the results of this massive restructuring.

Beginning with 2 Gold Medals at the Canada Winter Games, our junior athletes continued to rack up titles. At the 2008 Canadian Junior Closed Championships, Ontario athletes captured 6 of 8 gold medals and 6 of 8 silver medals. Congratulations to:

- Girls Under 13 Champion: Alyssa Mehta; Finalist: Alina D'Asti
- Girls Under 15 Finalist: Michelle Gemmell
- Girls Under 17 Champion: Jennifer Pelletier
- Girls Under 19 Champion: Laura Gemmell; Finalist: Samantha Cornett
- Boys Under 13 Champion: Jake Beck; Finalist: Joe Hall
- Boys Under 15 Champion: Joshua Sekhar
- Boys Under 17 Champion: Nick Sachvie; Finalist: Arjun Gupta
- Boys Under 19 Finalist: Fred Reid

Each year, all provinces and territories nominate 4 athletes whom they think will place either first or second. Points are awarded and at the end of the event, the NCSRA Cup is awarded. Ontario nominate Michelle Gemmell, Laura Gemmell, Nick Sachvie and Joshua Sekhar and they did their stuff. For the second consecutive year, Ontario brings home the coveted NCSRA Cup.

**Another Successful Junior Jam  
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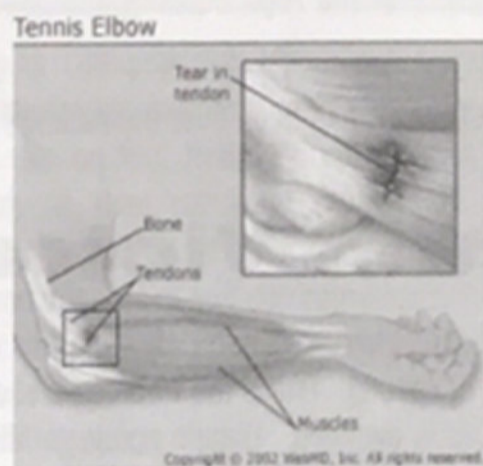
## Tennis Elbow in Squash Players??

By Lorie Forwell, MScPT



Elbow problems plague a lot of squash players. Many will see a physician and receive a diagnosis of 'tennis' elbow. How can that be if I am a squash player??

Tennis elbow is the common name for lateral epicondylitis. The epicondyle is the location at which the common extensor muscle attaches to the humerus (upper arm bone). Lateral refers to the outside of the elbow. On the medial, or inside, of the elbow, the common flexor muscle attaches. This pathology is commonly known as golfers elbow. And yes, squash players are also susceptible to that. Epicondylitis is the inflammation of that area.



There are three potential causes of lateral epicondylitis:

- 1) **Overuse:** This is a result of playing too many hard games, too close together with too much of one particular stroke (for example, right wall players in doubles playing a lot of forehand strokes). The muscle has to contract fast, hard and repetitively. If there is inadequate recovery time, the effect of the repetitive strain can accumulate into inflammation and pain. Rest, ice, stretching and occasionally an elbow brace can often effectively treat this problem.
- 2) **Sport Specific:** There are a number of sport specific causes for elbow pain. In the case of squash it is either your racquet or your technique. With respect to your racquet, you need a racquet that is properly weighted and strung to your ability and style of play. A squash pro or racquet rep would be the best persons to provide advice on this element. The grip of the racquet can also be a factor. If it is too big or too small that may produce a problem. Some players grip their racquet too tightly. This will add additional

stress to the common extensor muscle and therefore to its attachment to the bone. Then there is your stroke. Over-hitting the ball, inappropriate point of contact, and incorrect stroke mechanics are examples of technical causes of elbow pain. The advice of a squash professional is essential.

- 3) **Dysfunction at the base of support:** This is a mouthful to say that the source of the problem is not the elbow at all. Neck pain can refer to the elbow. An imbalance of strength at the shoulder can lead to more power coming from the elbow. Muscles controlling the shoulder blade provide an essential base of support for the entire upper extremity. Weakness or dysfunction in any of these areas can lead to elbow pain. This kind of elbow pain will return when you resume squash after a rest period that takes away the pain. In essence you have treated the inflammation with rest, but not effectively treated the cause of the inflammation. In this case it is important to seek advice from a trained health care professional, like a physiotherapist or physician. To extend the rest period or simply play less to control the pain, will not treat the problem. In addition, pain may present itself in other activities of daily living within weeks, months or years, because of the same source. The problem will be easiest to treat when relatively young. And most of these problems are treated with exercise, mobilization and modalities.

If an elbow problem gets out of hand, other options for treatment are cortisone shots and even surgery (although not common!).

One last word about elbow braces: Elbow braces may help with allowing you to stay on court and manage the pain. However they do not deal with the cause of the problem in most cases. The best course of treatment would be to seek out the cause and treat it. Use the brace to keep you playing in the interim. In very rare cases should an elbow brace be used forever!

*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.*