SQUASH LIFE

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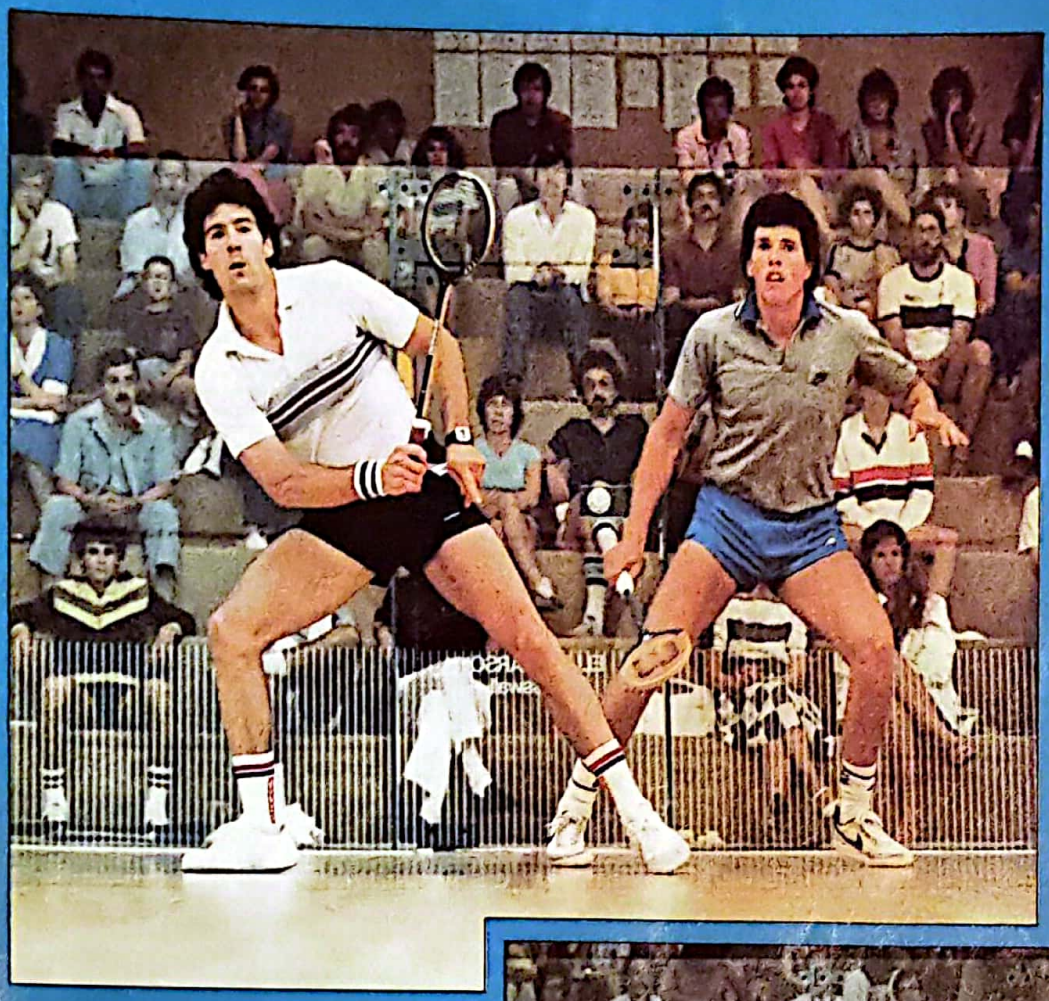
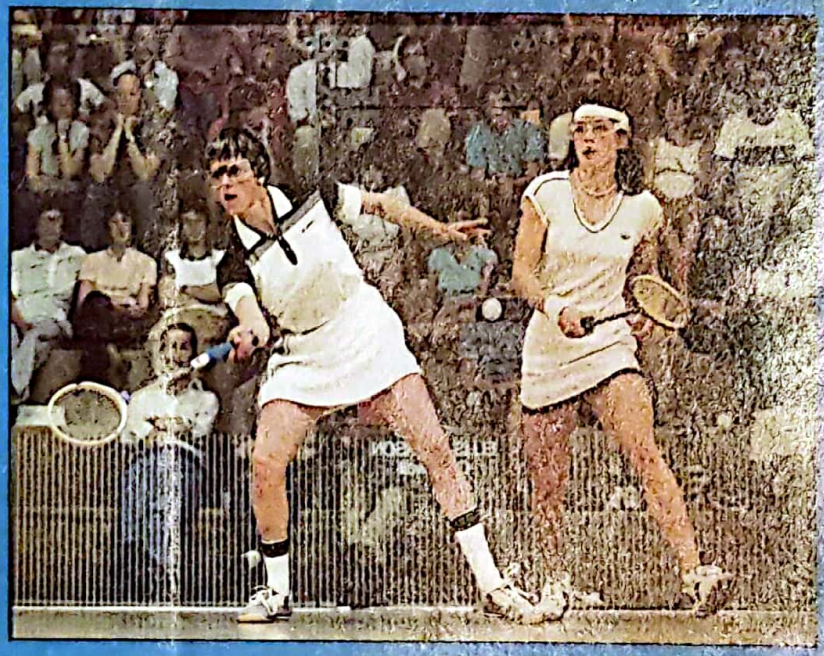


Myers's Rum Charity Classic



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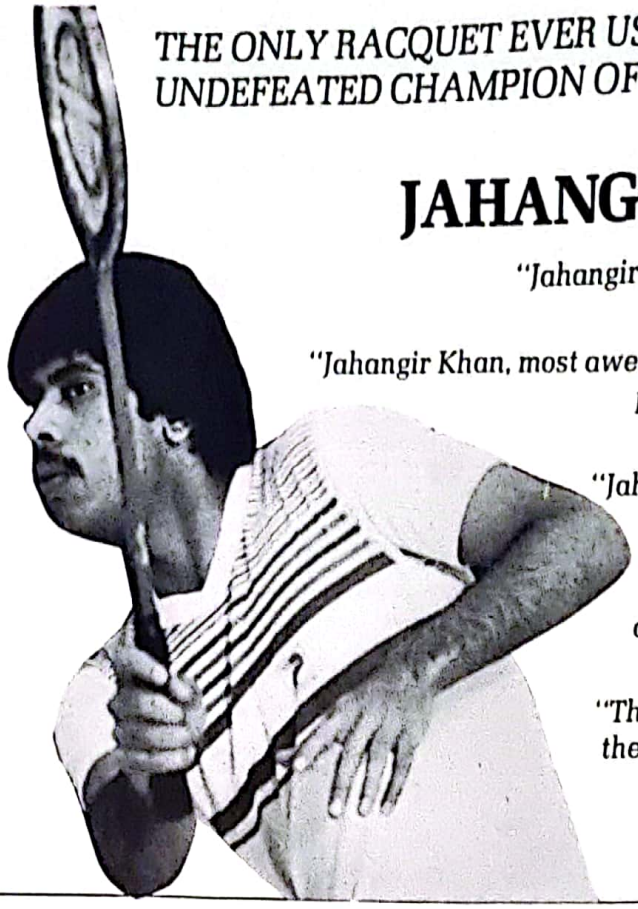

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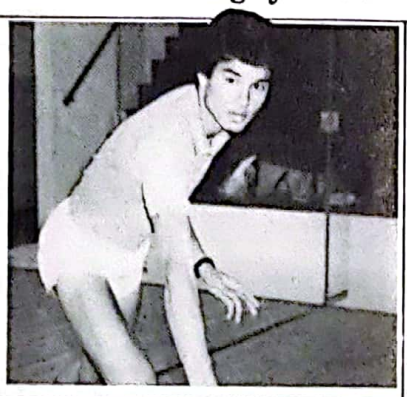

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SQUASH LIFE

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Over 7,500 copies of SQUASH LIFE are distributed in bulk and on a complimentary basis to every squash facility in the province, as
to a number of clubs and associations across Canada.

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CARLSBERG LIGHT

GOOD BEER

CRACK OPEN A COLD ONE

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EDITORIAL

A Class ACT

This year's Charity Classic is over and while it is still fresh, it is perhaps prudent to reflect back on the past 10 months.

During the course of this programme, it was a little like playing the old game of "Button, button, who's got the button"? In a matter of days we went from supporting the Ontario Heart Foundation to being told by that same Foundation that they had received a more lucrative proposal from another group to run our event! In other words, "Thanks for the memories". So Squash Ontario withdrew in what it felt was the best interests of the event, the charity and the players.

Six weeks later we were informed that a sponsor could not be found and the Charity Classic was a 'no go'. Rather than see an excellent grassroots programme die, Squash Ontario, perhaps against its better judgement, agreed to step in and run it. Obviously, at such a late date, the timing of the regional and provincial championships had to be pushed back and, without a major sponsor, the entry fee had to be raised.

With this background, the chances of a successful event were not bright. We needed two ingredients to have any hope of pulling it off and, fortunately, we found them.

Over 3,000 players and 55 clubs responded to the challenge and make no mistake about it, it was a challenge! For 120 regional winners it meant travelling to Toronto in June, when they could have been out enjoying the sun. For many clubs it meant reshuffling club events in order to support the Charity Classic. The co-operation we received from so many people helped to offset the profound disappointment suffered at the hands of others. Looking back, the boorish and petty behaviour of some is laughable, but at the time was not funny and certainly not appreciated.

Squash Ontario had proposed to run a 'no frills' event but with the excellent assistance of our sponsors, all competitors were treated to one of the best events we have ever run. Myers's Rum, recognizing the importance of this event to the players, stepped in to ensure that all regional and provincial winners were amply rewarded and feted for their efforts. Not only did they underwrite the costs of all the awards, they also threw the winners an excellent barbeque and dance on the Saturday of the provincial championships. Harvey Woods continued its unfailing support of squash in the province by doubling its donation of t-shirts to 4,000 and Dunlop, another perennial sponsor, shared the load again. Each regional winner received a commemorative racquet head cover which was filled with a number of little 'goodies'. CP Air and Wintario again provided financial support in order to add incentive for participation. Joining the ranks of sponsors this year were Unsquashable Canada and Stellar. The Jahangir Khan exhibition was a much sought-after reward and could not have been offered without the support of Unsquashable Canada. Each provincial winner came away with a Stellar racquet as a memento of an excellent weekend of fun and squash.

There is perhaps a valuable lesson to be learned from this year's Charity Classic. People working together for a common goal can turn certain disaster into unqualified success. The unselfish support from our sponsors, some of the fiercest competitors in the marketplace but staunch allies in a good cause, and the generosity of our players and clubs proved to be an unbeatable combination. Class will tell. With one or two exceptions, it did. The 1983 Charity Classic was indeed a class act.●

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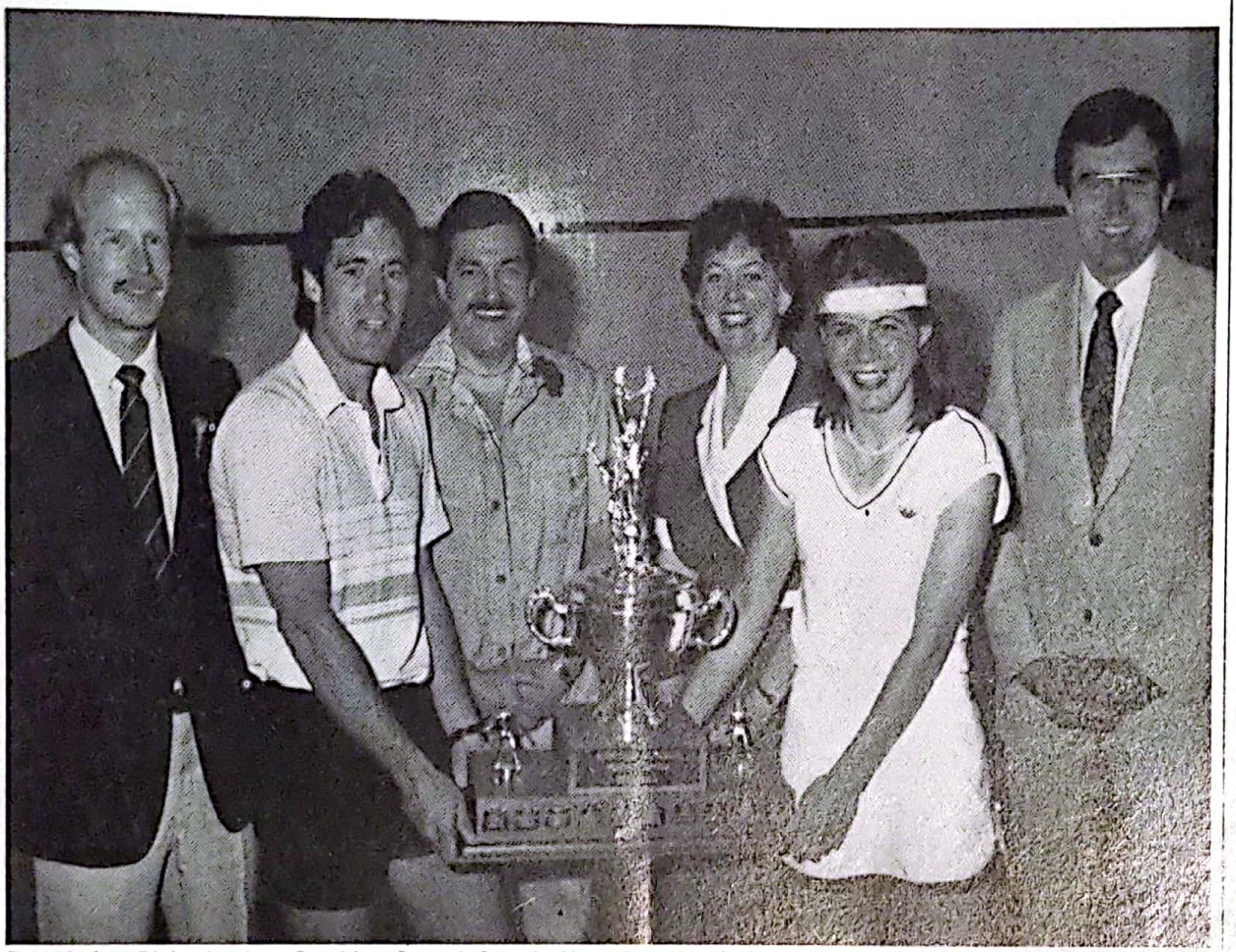
MYERS'S

CHARITY CLASSIC

THE INCREDIBLE JOURNEY

by **Sherry Funston**



From Left to Right: Jon Lett, President Squash Ontario, Norm Platt, Men's Champion, Roland Théroux, Director, Marketing Services Myers's Rum, Sharon Core, Product Manager Myers's Rum, Diana Edge, Women's Champion, Chuck Miller, Ontario Sales Manager Myers's Rum.

The 120 regional champions who converged on Mayfair Parkway Racquet Club in mid-June proved the truth in that old axiom, "Where there's a will, there's a way". The 'off again-on again' Charity Classic drew to a very successful conclusion on centre court when 16 winners came forward to receive the Alan McBratney Charity Cup.

The easiest part of giving birth is the conception - from that point on the days to delivery can be fraught with nausea, euphoria, morning sickness and excitement, but not necessarily in that order!

Most squash players know when and why the charity event was conceived, but for those who don't, suffice to say that its purpose was and is to promote and foster play at the grassroots level. Its other goal is to raise needed research funds for charity and in our case, the recipients to date have been the Ontario Heart Foundation, and this year, the Multiple Sclerosis Society, Ontario Division. It has in its five year history, raised nearly $100,000 for charity, and has seen over 18[illegible]

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MYERS'S

ULTRA LIGHT TASTE. MYERS'S WHITE RUM.

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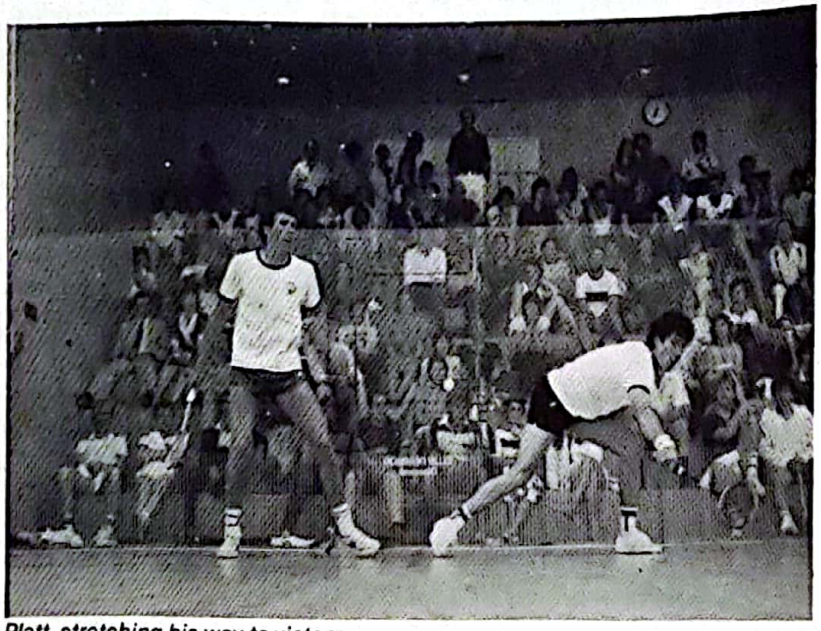

Platt, stretching his way to victory.

people participate. The Charity Classic has an enviable record and one of which every squash player in Ontario can be justifiably proud.

MORNING SICKNESS

Like the famous Santa Claus parade, planning for the annual Charity Classic begins immediately following the conclusion of the one before. Plans for this year's event were well underway when the first signs of nausea occurred. Squash Ontario was advised that the Ontario Heart Foundation had received a proposal from another group to run our event. They promised increased participation, more incentives for the players and double the contribution to the Foundation. It's difficult to compete with an offer like that, so in the best interests of all concerned, Squash Ontario, somewhat reluctantly, stepped back. It was not, however, the end of the story; merely the beginning of a chapter.

In a matter of 2 months the Classic changed hands three times and in mid-October, Squash Ontario, under pressure from our regions and many of our clubs, decided to attempt to run this year's event.

It was a long and bumpy road from November through to June, but with the excellent assistance of many sponsors, the event was an outstanding success. Myers's Rum, with its financial support and sincere commitment to the Charity Classic, made that road a little shorter and less bumpy. Harvey Woods, CP Air and Dunlop, perennial sponsors of the Charity Classic, again backed us to the hilt. Adding their names to an illustrious list of sponsors this year were Stellar and Unsquashable Canada. Teamwork was the key to success and all of us working together, brought the Fifth Annual Charity Classic to a fitting and remarkable conclusion.

THE PLAY'S THE THING

One of the most unique aspects of the Charity Classic is that it pits region against region. In the beginning, Toronto and District garnered the majority of the titles but this has not been the case over the past several years. The regions are becoming stronger and stronger and the calibre of player competing in the provincial championships is a reflection of this. Of the 16 titles up for grabs, half were won by players outside the Toronto area. This augers well for the future of squash in Ontario.

Coming out of retirement to compete in the Women's A Event was past Canadian champion Nancy Ballantyne. Facing her was Canadian Junior champion and member of the Canadian Women's Team Diana Edge of Ottawa. It was a classic case of youth versus experience. Diana blew past Nancy 9-0 in the first game, but Ballantyne fought back valiantly to take the second game 9-7. The third game was just as tight, with Diana prevailing 9-6. In the fourth and final game, Nancy simply ran out of steam. Her lack of play over the past few months took its toll and Diana stormed by her 9-3. Billie Hutton of North Western Ontario, won the consolation of the Women's A.

The Men's A event was an exciting and closely contested match between Toronto's Norm Platt and Ottawa's Jeff Sneyd. Platt took the first game 10-9, but Sneyd evened the match at 1-1 by taking the second game 9-7. The third game was the turning point, lasting well over 20 minutes. Platt finally pulled it out, winning 10-8. That was the end as far as Sneyd was concerned. Exhausted, he put up no fight at all in the fourth game, and Platt took it easily 9-0. Ashif Tejani of Western Ontario had a tough time of it in the consolation final, eventually beating Tony O'Dell 9-6, 7-9, 9-3, 10-9.

CASH ON DELIVERY

Does the end justify the means? Not always, but certainly in the case of the Fifth Annual Charity Classic it did. Over 3,000 players and 60 clubs took up the challenge and proved once again that victory can be snatched from the jaws of defeat. The Multiple Sclerosis Society will have over $22,000 needed research dollars to carry on its fight against this debilitating disease and hopefully, due to fund-raising efforts such as the Charity Classic, we will see a cure for M.S. in our lifetime.

In retrospect, the weekend of the Provincial Championships was a fitting ending to what was a most remarkable 10 months. None of it could have been accomplished without the help and support of the players, the clubs and the sponsors. Without the excellent facilities of Mayfair Parkway Racquet Club, the event would have had to be run at two different venues. The co-operation we received from Paul Frost and MaryAnne Vinton was exceptional, and we are most grateful. Without Bill Warren, Stephen Rowe and David Tullis, officiating would have been a problem, but together and with the help of the players, every one of the 160 odd matches was at least marked. The Parkway Inn and its staff went out of their way to ensure that the accommodations and barbeque dance were first class, and each competitor came away with memories of a weekend filled with fun and lots of squash.

Plans are already underway for the Sixth Annual event, which will likely culminate in March, 1984. Hopefully, the response will be just as great for next year and, in the meantime, we thank each and every one who participated, whether as a player, an official or a sponsor.

Our theme this year was, "M.S. is the problem, be part of the answer". Thanks to everyone who responded by answering the call.

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MAIN EVENT CHAMPIONS

Men's A
Norm Platt (T&D W)
Men's B
Steve Blackadder (T&D E)
Men's C
Sajid Butt (T&D W)
Men's D
Tony Carcasole (T&D E)
Men's Novice
Chris Holtzheuser (T&D W)
Men's Veteran's
David Wilson (O&D)
Boys' Under 19
Max Weithers (T&D W)
Boys' Under 16
Sabir Butt (T&D W)

Women's A
Diana Edge (O&D)
Women's B
Louise Roy (WO)
Women's C
Judy Napper (WO)
Women's D
Anne Dowhaniuk (NO)
Women's Novice
Eva Acciaroli (WO)
Women's Junior Veterans
Pat Marks (O&D)
Girls Under 19
Sadia Butt (T&D W)
Girls Under 16
Cathy Green (O&D)

THE CLUB WINS MYERS'S RUM CORPORATE AWARD

One of the most unique features of the Charity Classic is that the event appeals to and is focussed on the grassroots contingent of players rather than the competitive player.

Each year one of our goals is to encourage as many players and clubs to participate as possible, and with the help of Myers's Rum and Unsquashable Canada, we were able to offer an outstanding incentive to players and clubs alike.

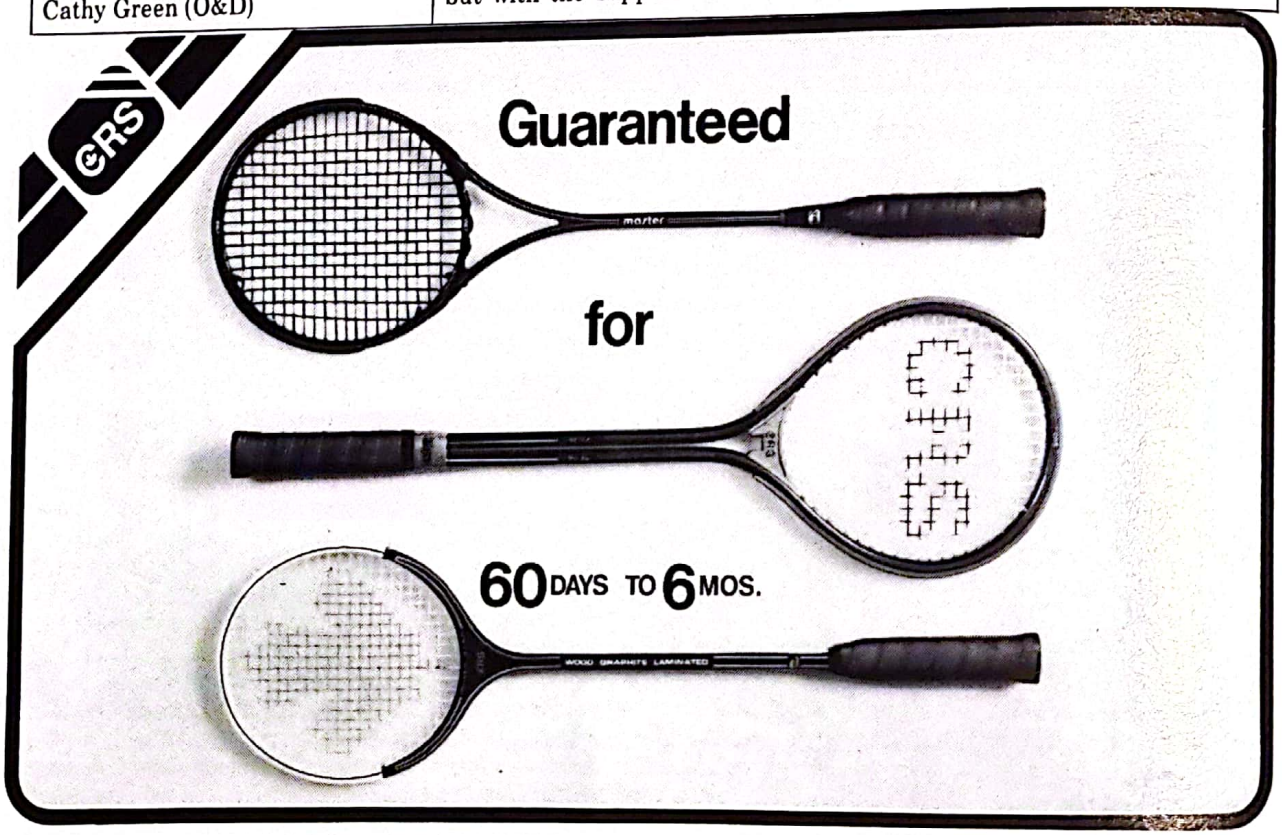
An exhibition by world champion Jahangir Khan does not come cheap, but with the support of these two corporate sponsors we were able to add a new wrinkle to the 1983 Charity Classic.

The free exhibition would go to the club donating the most amount of money to the M.S. Society based on the number of courts. In this way, the smallest club in the province had an excellent chance of winning Jahangir Khan for an evening.

The Club in Oakville has always been one of our biggest supporters in the charity event, and it did not disappoint us this year. The total donation from The Club was just over $4,600, and working with the formula, this was 77 players per court. Following closely on its heels was White Oaks Tennis and Racquet Club, Scarborough Racquetsports Centre and Kingston Tennis World.

The exhibition took place on May 4, and was played to a packed gallery. Jahangir took on both Rich Armstrong and Steve Rowe, both A players at The Club. Afterwards, he and his cousin, Rahmat Kan, showed us what the game was all about, much to the delight of the audience.

The Myers's Rum Corporate Award was a welcome addition to the Charity Classic this year and helped make the entire event an outstanding success.



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United States Enters New Era in Squash

by **Ian C. Stewart**

In the March/April 1983 issue of Squash Life, there was an editorial proclaiming that the hardball game of squash was virtually dead in Canada. In the May/June issue, several people have taken the editor to task, pointing out in no uncertain terms, that the funeral for the hardball game was premature. I personally, have taken considerable interest in the arguments, pro and con, for several reasons: Firstly, I had the dubious honour of being accused by the Chairman of Squash Ontario of having written said editorial. This I completely deny. Secondly, and I have reminded the readers of this magazine on more than one occasion, the I.S.R.F. recognizes both games of squash equally and I, from long experience and personal preference, would rather play the hardball game. I guess this is probably a sign of age.

Since the aforementioned editorial was written, two events have taken place which, in my opinion, will undoubtedly change the course of world squash. I think that whoever wrote that editorial must be a clairvoyant because, although at the time I agreed with those who felt the editorial was ill-timed and premature, had I known about these two events, I might have felt differently. First of all, on April 14th, a meeting was held in Derby (England) attended by representatives of the S.R.A., W.S.R.A., I.S.R.F., I.S.P.A. and a group of soft ball promoters from around the world. The soft ball promoters were particularly concerned that the soft ball game was having problems attracting both sponsors and television because the matches at the championship level were far too long and far too dull. They had come to the conclusion that changes had to be made in the rules of the international game in order to make it more appealing to the masses. Three changes were suggested:

(1) changing to American scoring
(2) lowering the tin
(3) changing the ball

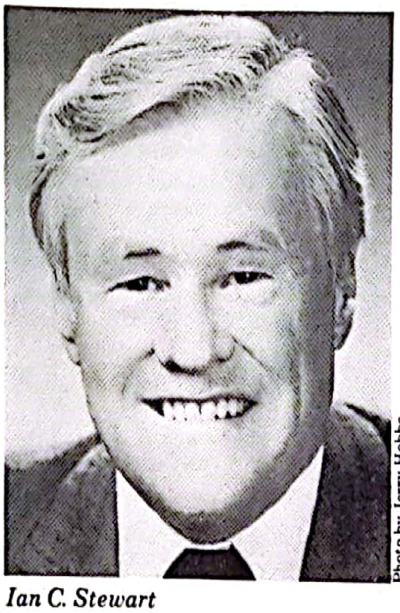

Photo by Jerry Hobbs

Ian C. Stewart

It's rather funny that I made exactly these suggestions to a squash dinner in Belfast two years ago and was accused of being radical. Times have changed! If one or all of these changes were made, they would be the first major changes in the soft ball game in over 50 years, and they are long overdue. No game is perfect. As the physical strengths of men and women improve with each generation, games must be changed in order to keep pace. What has happened to the soft ball game of squash is that the fit champion can get everything back and the recent final of an open tournament in England lasted 2¾ hours and only went 4 games. Television will no longer buy that sort of marathon, and consequently, sponsors lose interest. If these three changes go into effect in the next year, then the soft ball game will become more like the current hardball game as played in North America.

The second significant happening took place on Monday, May 2, in New York. At that time the United States Squash Racquets Association adopted the Merco yellow dot soft ball as the official summer ball and also adopted an official soft ball season running from May 1 to August 31. This is identical to the situation which happened in Canada in the mid 1970s, and I believe, as happened in Canada, that it won't be too many years before soft ball will be played year-round in the United States. Soft ball has always been played unofficially in the summer in the United States with American rules, American scoring, in an American court. Now, however, it will be played using international rules, international scoring, but still played in the narrower court. An official ranking list will be published and there will be a National Championship at the end of the season. This is planned in early September of 1983 in Baltimore.

What a change these two unrelated instances have made on the thinking of most of us. Those of us who have been through the slow change from hardball to soft ball in Canada, will undoubtedly see the same change take place in the United States. Because of the longer tradition of the hardball game in the U.S., the change will be considerably slower but it will happen, and it will be aided by the suggested changes in the soft ball game. I guess those changes will make it far more palatable to our American friends.

Now, for a few predictions of my own—I visualize a tremendous growth in the game of soft ball in the United States. Over the last 10 years, the game has grown fifteen-fold in Canada, while it has only doubled in the United States. I have always put this down to Canada's changing the ball. I predict that the United States will have close to 10,000 squash courts by the end of this century, that there will be more people playing soft ball than hardball year-round in the United States, and that the Lapham Cup matches will still be played between Canada and the United States, but will be played with the soft ball.

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Principles of Squash Strategy

by **Professor John R. Fairs**

Squash is a battle between two contestants, and as a result, the general principles which govern the resolution of conflict in any sphere of life (e.g., war) are also applicable to the game of squash.

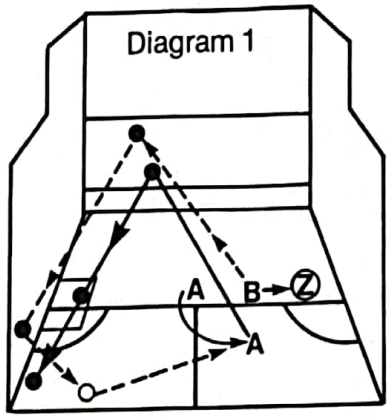
For example, the following principles of military strategy are of major importance in squash:

1. The contestant operates to increase his own freedom of action and decrease that of the opponent.
2. The contestant strives to position or manoeuvre to maximize his choices or possibilities of action while at the same time inhibiting those available to the opponent.
3. The contestant operates to upset the opponent's balance or equilibrium before attacking.
4. The attack is usually concentrated to take advantage of the limited mobility of the opponent.

Let us now examine each of the above principles and look at their operation within the context of the game of squash.

The Principle of Freedom of Action

It is fair to say that the primary condition for winning in war and sport is the capacity of the contestant to apply superior force at the decisive time and place. In squash, for example, the aim of the game is to score points by making the ball bounce twice before it is struck by the opponent or by forcing him to make a faulty return. To accomplish this goal, it is usually necessary for the player to be in a position of advantage (e.g., space advantage) which permits him to direct an attacking shot at the vulnerable point of the disadvantaged opponent. Such a situation is shown in Diagram 1 where player B - by hitting an errant crosscourt shot - forces himself to assume a position of spatial disadvantage at Ⓩ while at the same time, it allows player A to hit a shot from the high point-producing centre court area. In this situation, player A has freedom of action and the capacity to attack. On the other hand, player B has little freedom of action and is condemned to a vulnerable defensive position.



The result of this situation is that player A can exploit player B's cramped position by hitting an attacking shot down the opposite sidewall. Clearly, player A's freedom to return a ball from the T area of the court - coupled with player B's restricted sidecourt position - gives player A a decisive superiority in play. Here, in this play situation we have a classic example of a gain in space providing the contestant with the necessary condition for winning: namely, the capacity to apply superior force at the decisive time and place.

The fact that a gain in space leads to energetic attack is simply a matter of freedom of action. Player A's spatial superiority increases his capacity to take offensive action, whereas player B's spatial inferiority restricts it. This leads to a major principle of conflict or contest strategy: a contestant must operate to maintain his freedom of action while at the same time make sure that such freedom is denied to, or restricted with respect to, one's opponent.

One does not have to go far into the literature of military strategy to find recognition of the strategic importance of freedom of action. To the point here is the comment by former French NATO general Andre Beaufre that the key issue determining the outcome of any conflict situation is the "struggle for freedom of action, each side trying to preserve freedom of action for itself and deny it to the enemy."(1) From this statement it is clear that for Beaufre, the goal of the contestant in any conflict situation is to gain freedom of action and to deprive the opponent of his freedom of action. To put it differently, each contestant is trying to create space for himself and to deny space to one's opponent. If one has space - one has freedom to operate, to act, to attack; by contrast, if one is denied space, one is cramped, immobilized, and vulnerable to attack. This play situation is clearly exemplified, of course, by comparing the freedom of action of players A and B in Diagram 1. The fact that winning is synonymous with freedom of action makes its attainment the dominant rule of squash strategy.

The Principle of Positioning or Manoeuvring - The Struggle for the [illegible]

So much for the strategic importance of freedom of action. The important problem of the contestant is **how** to attain freedom of action for himself and deny it to the opponent. He does so according to Beaufre, by gaining the initiative and by preventing the opponent from achieving it. Beaufre calls attention to this aspect of strategy in these words;

> *It will be seen that all (types of action) are aimed ultimately at* **freedom of action,** *the object being either to gain it, regain it or deprive*

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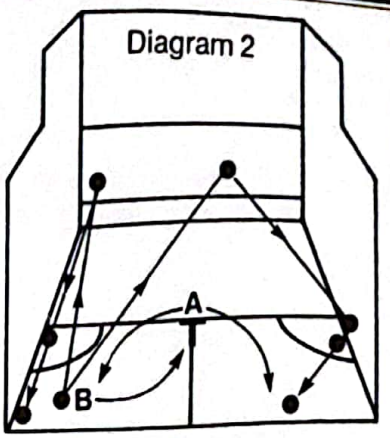
the enemy of it. It will also be clear that to ensure freedom of action it is essential to retain the **initiative which is a fundamental factor in manoeuvre.**(2)

At this point, the term "initiative" ought to be defined. According to **Webster's Dictionary,** initiative is the right or power to introduce a new course of action (e.g., attack). A contestant has the initiative when one has an advantage (e.g., space) over one's opponent and has the freedom to undertake offensive action. At the same time, the opponent is forced on the defensive and must react to the attacker. The initiative can take different forms. If, for example, the advantage of the initiative puts the attacker in a winning position, it is decisive in nature. Such a situation is illustrated in Diagram 1. At other times, the initiative may be temporary in nature. For example, in squash, the server has the initiative at the beginning of each point through advantage of making the first shot. However, this advantage is often neutralized by the service receiver by forcing the server to move into the backcourt with a deep return along the wall. Gaining the initiative can be achieved by such means as time pressure (e.g., volleying), deception, and power. Another common method, which is well illustrated in Diagram 1, is through a gain in space which increases a contestant's freedom of action and restricts that of the opponent. In fact, it seems to me that more points are won by exploiting space advantages than by any other single means.(3) Obviously, before a contestant can exploit space, he must first create it. In squash, as in most sports, a contestant creates space by manoeuvring the opponent. Bread-and-butter tactics are to move the opponent off the T by hitting wall-hugging, played-to-a-length alley shots and wide crosscourts. Since both players, needless to say, have the same objective in mind, there is an ongoing clash between the players' tactical manoeuvring systems. In squash, this fight is commonly known as the struggle for the T.

Diagram 2 illustrates the manoeuvring systems in action.

The objective of each manoeuvring system is the same; namely, to use wall-hugging, hit-to-a-length drives to force a weak return to the centre court area. The deep game achieves its objective by using (1)



the nearness of the backwall and/or side wall to interfere with the ball-hitting mechanics of his opponent, and (2) depth to force an off-balanced return. The midcourt return gives the occupant of the T the spatial advantage - the freedom of action - he needs in order to attack. A typical example of how a gain in space puts the occupant of the T in a point-winning situation is shown in Diagram 3.

As Diagram 3 indicates, player B has made an errant shot while trying to move player A off the T. The error has a two-way effect; namely, it relegates player B to cramped position

continued on page 15

NOTHING IS MORE OFF THE WALL THAN A FLIMSY PAIR OF SQUASH SHOES.

In squash, the opponent isn't the only one that gets run into the ground. That's why the toughest shoe in squash is now even tougher. From staggered eyelets to hi-rise toe guard the new Tuffs TP is the toughest thing on two feet. TP. A shoe designed to play tough, and live to tell about it. Nine other styles for men and women.

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ANNUAL GENERAL MEETING

Smooth Sailing for Ship O'State

Like every corporation, Squash Ontario is required by its constitution, to hold an annual meeting of members. Voting members of the corporation are regional delegates who have been elected by member clubs. Each region, with the exception of South Western Ontario, sent representatives to hear the financial report, elect the new Board of Directors and to generally question the officers on the events of the past year and hear plans for the upcoming season.

Bob Green, right, presenting Special Achievement Award to Jim Kenward.

The recession took its toll on everyone, but through a rigid adherence to cost controls, Squash Ontario was able to finish the year in a fairly stable financial position. None of the programmes suffered through these tightened fiscal policies and, therefore, we were able to fulfill our Ministry mandate successfully.

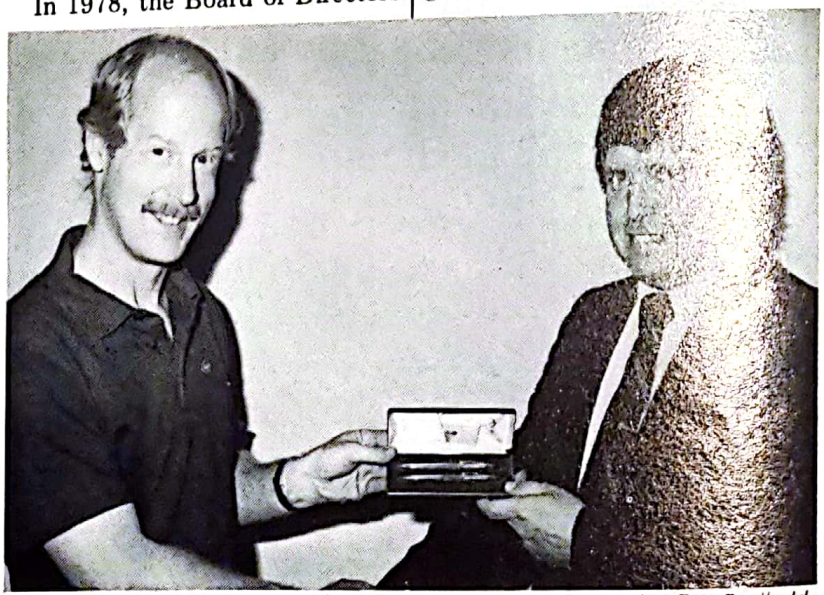
Stepping down from the Board this year was Rea Godbold, who completed 3 very successful years as a director, Vice President and President. Rea obviously is a bear for punishment and has subsequently been elected treasurer of the Canadian Squash Racquets Association.

The Board of Directors for 1983-84 is comprised of President Jon Lett, Vice President Barbara Savage, Director Bob Green, Director Bob Smart and Director Mike Guerreiro. They face an exciting and challenging year.

In 1978, the Board of Directors initiated its Special Achievement Award. This award is presented at its discretion to a volunteer who has made an outstanding contribution to the game of squash in Ontario. This year's recipient was Jim Kenward of Ottawa. Jim has spent tireless hours toiling on behalf of squash and his name is now added to an illustrious list of past winners which includes Jim Mason, Sheila Smith, Ian Stewart and Ed Clinton.

The future of squash in Ontario is very bright indeed. Despite the economic conditions of the past 18 months, new clubs continued to be built and/or expanded. We have seen over 100 new courts built and almost 50 conversions from racquetball to squash. Open squash has presented some problems but by and large, it has added to the quality of many events. The Charity Classic, after a somewhat precarious start, finished with a flourish and will be repeated again next year.

Squash Ontario is looking forward to next season and is anxious to work for and with the players and clubs to ensure that the game maintains its growth rate and popularity.



A moment in history. New president, Jon Lett (left) bids farewell to Rea Godbold.

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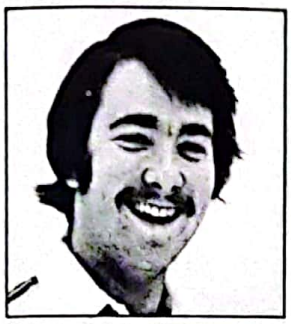
Top Mark in Fitness

Who is the most physically fit professional squash player on the North American World Professional Squash Association (WPSA) tour? According to the results of a fitness contest held at The Skyline Club, it is Mark Alger, 22, of Seattle.



Mark Alger

During the recent Molson Canadian Pro Championships, the top 32 squash players in North America were asked to take a fitness test. This was the first time ever that professional squash players were tested as a group for overall fitness. The 15 players who participated were tested in eight separate categories.

Some interesting trends emerge from the test results. All players tested showed little variance in agility, power, muscular endurance and % body fat. This indicates that fitness in these areas is characteristic of this group.

Seventy-five percent of the players tested had less than 10% body fat. Ideal body fat for the normal fit Canadian adult male is 13%.

Strength scores show the greatest variation, ranging from 35 to 75 on a standard scale of 0 to 100. As there is no relationship formed between strength and player rankings it would suggest that strength does not pertain directly to the game at this level.

Cardiovascular endurance (VO2) had a large range of scores, although not as drastic as strength. Players tested who were ranked in the top ten had a VO2 similar to marathon runners. Mark Talbott, 22, the North American squash champion, placed fifth in the contest, but in the categories most related to squash, including VO2, he scored significantly higher than the other contestants. Talbott's cardiovascular test showed he is able to transfer 5.4 litres of oxygen per minute into his muscles. To reach this high endurance level Talbott plays squash three hours and runs six to ten miles daily.

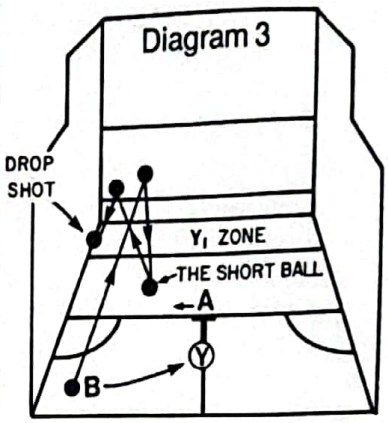
During the squash season, approximately two thirds of the players train five days or more per week. All use squash as their main form of training with 70% of the players playing over 8 hours of squash per week; compared to the 35% in the off season.

Ralph Gardiner, president of The Skyline Club and himself a keen squash player, states "off-court training for squash players should include running, court drills or skipping for cardiovascular endurance and calisthenics for flexibility and agility. These areas are the most important for squash. Over 50% of the squash players we test do not have desirable scores in these categories. Canadians in general have high strength ratings and low endurance - the opposite of what a squash player needs."

Mark Alger scored the highest in the most categories in the contest and was awarded a $750.00 cash prize donated by The Skyline Club, Power Shoes and Molson Breweries.●

continued from page 13

(Y) in the backcourt and provides player A with a space advantage in the frontcourt (Zone Y1). Player A responds to his space advantage with a point-winning drop shot.



It should be amply clear at this point that the struggle for space is the very foundation of squash strategy. As Diagram 3 illustrates, the outcomes of gain in space for player A are an increase in freedom of action and mobility, the possession of the initiative, and the capacity to attack. By contrast, player B's cramped position at (Y) results in a decrease in freedom of action and mobility, the loss of the initiative, and the need to defend. One of the best ways (see Diagram 2) to gain a space advantage is to continually move your opponent off the T by hitting wall-hugging, played-to-a-length alley shots and wide crosscourts. Stated in another way, a player maximizes his possibilities to attack and inhibits those available to the opponent through strategic control of the T.●

FOOTNOTES AND REFERENCES

1. *Andre Beaufre,* **An Introduction to Strategy,** *(New York: Frederick A. Praeger, [illegible]) p. 35.*

2. **Ibid.,** *p. 36.*

3. *For further discussion [illegible] R. Fabs. "Control of [illegible] Capacity to Attack [illegible] No. 6, (November [illegible]) 13.*

4. *There are many causes of [illegible] takes besides [illegible] strength. Some are caused by [illegible] pressure, power, incorrect [illegible] egy, faulty technique, and so on.*

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Dennis Goodfellow is a Certified Level III Coach. He is the professional at the Ajax Recreation Centre, coach of the Ontario Junior Soft Ball Teams and is currently Vice President of the Canadian Professional Squash Association.

Now That I'm Here! What Do I Do?

Let us examine what is a problem area for most club players, and seemingly endless aggravation for even much better competitors. The rally is progressing on schedule with good length, both cross court and down the wall, and suddenly you find yourself in the front of the court, scampering forward for the ball. Now you can immediately stop and ask your opponent why he did such a thing, call time out, or even better, trip and twist your ankle so you can have a good long time to analyze the situation. Nevertheless, it is going to happen time and time again. Finding yourself up in the front half of the court is an occurrance that must be dealt with quickly and with proper intent. The question of "How did I get here?" is a very important one. Most of us find that our forward position in the court is due to two factors: (1) our opponent's boast, (2) a drop shot; **The Boast;** recognize the type of boast it is and deal with it immediately. Two types: offensive and defensive. **Defensive:** This is generally a boast delivered after a good length and usually ends up at the front wall a little higher than he would like it. Now is the time for a soft drop shot angled neatly into the side wall to make your opponent cover as much of the court as possible in retrieving your shot. **Offensive:** Now you find yourself at the front wall for a different reason. He put you there; on purpose; with probably a good low attacking boast. This stroke must be dealt with in a much more defensive way, usually with a good length and plenty of height so as to be sure to capture the "T". Don't ever think that after a good attacking boast you can reach the ball before your opponent reaches a good high "T" position ready to drive your drop shot for a winner.

A simple boast and length drill might produce the results sought after if no cheating on your position is done and time is taken to read your partner's stroke. ●

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A Black Tie Affair

Rob Caldwell Open

by **Paul King**

Seven years ago, Rob Caldwell had a problem.

Rob, 37, is the dashing bachelor investment dealer from Kitchener, Ontario who dates such ladies as Maggie Trudeau's sister Rosalind, and canoes with Gord Lightfoot each year in the Arctic. Rob also has some heavy duty clients.

And back in 1976, Rob decided to host a soiree for those clients and some pals. But "the usual cocktail cliche" was hardly Rob's style. It posed a problem. What Rob loves most are pretty girls, parties—and squash. Nirvana, for him, would be all three at once.

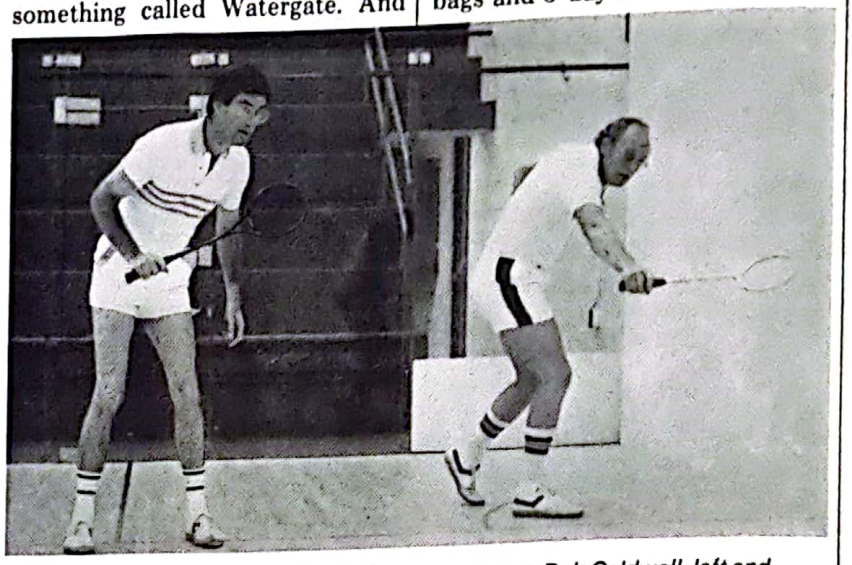
And, eureka! The problem was solved.

That's when he threw his first Rob Caldwell Open. It was held at the Cambridge Club, with trophies for the winners. And afterwards, the wives and girlfriends came for bubbly and fine victuals. And each year the tournament, and guest list, grew.

On the last day of April this year, Rob's buddies flew in from Halifax, Vancouver, Detroit and New York, for the 7th Annual Rob Caldwell Open. They were doctors and lawyers, presidents and professors—and at least a dozen chairmen. They ranged from Michigan's K.P. Knudsen, son of former Ford Motor President Bunkie Knudsen, to Hugh W. Sloan Jr., the former Richard Nixon aide who suddenly shot to fame with something called Watergate. And then there were Peter Peachey and Robert Harrison, presidents respectively of Valhalla Inns and the Montreal Board of Trade. And E.G. Bradley and Fred R. Hart, V.P.'s of John Labatt Ltd. and American Express.

Hardly small fry, this gaggle of guests.

Nearly 50 of them gathered at the Cambridge Club at noon to swack through a gruelling four-hour round robin. Clive Porter of Cambridge emerged the champ. But even the runners-up got jogging suits, gym bags and 3-day hotel weekends for two—donated by Labatt's Bradley, Valhalla's Peachey, and Ontario Lottery Corp. president Norm Morris.



Event host, Rob Caldwell, left and winner, Clive Porter.

Then the gang crammed a balcony to watch four of the world's top doubles champs, all from Toronto, blast it out: Gordon Anderson, Victor Harding, Bill MacDonell and Aziz Khan. Caldwell had hired them to show his pals how the game should be played. They did. "Grammit," murmured an awed observer, "those guys don't even sweat."

At 7 p.m., the showered and athletes lined up at the bar. Suddenly the all-male sanctity of the Cambridge Club was filled with ye gods, females! Women attendent in gowns, poured in to join their afternoon heroes.

The tradition-shaking celebration continued for an hour, till a skirl of bagpipes signalled the new wave. Then, with a kilted piper leading the procession, the mob of 125, bearing balloons, poured from the Sheraton Hotel and paraded past gaping cabbies to First Canadian Place on Adelaide.

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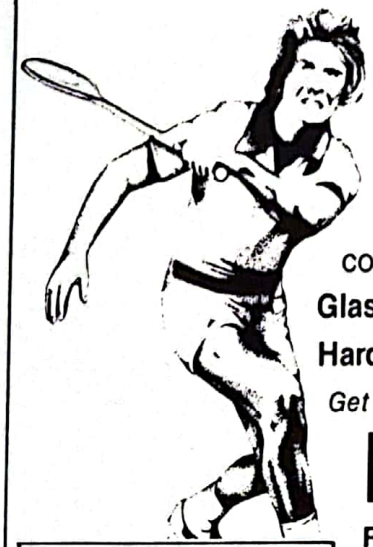

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down three flights of basement stairs to the bowels of the candlelit Adelaide Club. Caldwell told his guests they could sit where they liked. Bankers from Long Island joined barristers from Winnipeg. Strangers soon became friends.

The banquet began. The piper played. A frozen-faced Human Robot jerked woodenly around the room. Friends made speeches, told terrible jokes. It went on till 2 a.m.

And Rob Caldwell was ecstatic. His 7th Annual Open had cost him a cool $10,000. But next year, he swears, will be bigger still. ●

MYERS'S RUM International

Jahangir Adds Another Jewel to Crown

by **Norm Platt**

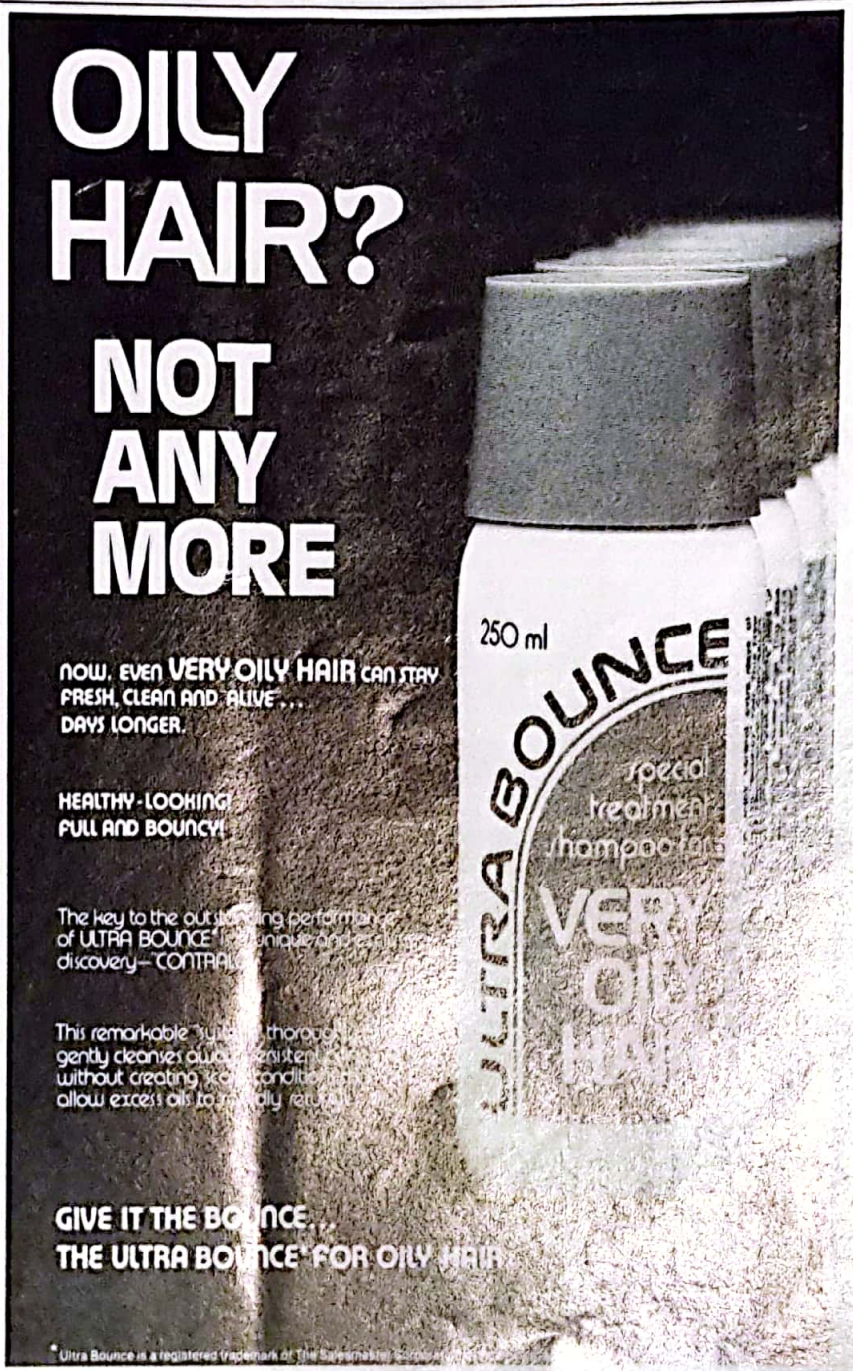
It has been scarcely two years since Jahangir Khan assumed the throne from a crippled Geoff Hunt. Today Jahangir, only 20, is the unquestioned ruler of squash in the world; even a two hour and forty-five minute match against the ultra-fit Egyptian Gamal Awad, hasn't threatened his reign. Without sounding redundant, it's best to describe Jahangir as the best squash player ever. He doesn't lack anything in his game save a better command of the English language. Hashim Khan had the same problem (with English) when he started, but soon developed with time, a comfortable and appealing rapport with his audiences.

At the Myers's Rum International, Jahangir left all of the talking to his opponent in the final, Dean Williams. These days, when anyone plays Jahangir, they don't realistically expect to win. But they all try dearly, and for the effort every one of Khan's victims pays an enormous oxygen debt back to their bodies.

For Dean Williams, who did more acrobatics than he wanted, the "wall" struck after a thrilling thirty-five minute first game. Dean compromised nothing to bring the score even to 7-7 from 5-7 in the first game. But a rash of peculiar stroke calls against Williams caused him to ask of the referees, "What have I done to you?" Dean Williams is a phenomenal athlete blessed with heaps of talent and charisma, but short on Khan's dedication and discipline. And as exciting as Williams is with all of his deception, cross-court nicks and unbelievable retrieving, Jahangir is still that much better.

The entire final lasted just under an hour, with Jahangir defeating Williams handily 9-7, 9-1, 9-0. One consolation to the spectators was Dean's bantering with the referees, to the crowd, and at himself. In the final game, as it became evident Jahangir would win easily, Williams muttered, "Bloody hell, you're going to pieces." If Dean wasn't so talented with his squash, people would think he was ready for the rubber room the way he carries on with his talking. Perhaps that's the effect Jahangir has on his opponents.

This tournament, with total prize money of $10,000.00, coincided with the Fifth Annual Charity Classic. In addition to winning this tournament and $2,000.00, Jahangir had captured the Mennen Cup ($13,000.00) and the Mennen Warm-up (Trust General) in Montreal. ●



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THE RACQUET AND FITNESS ACADEMY

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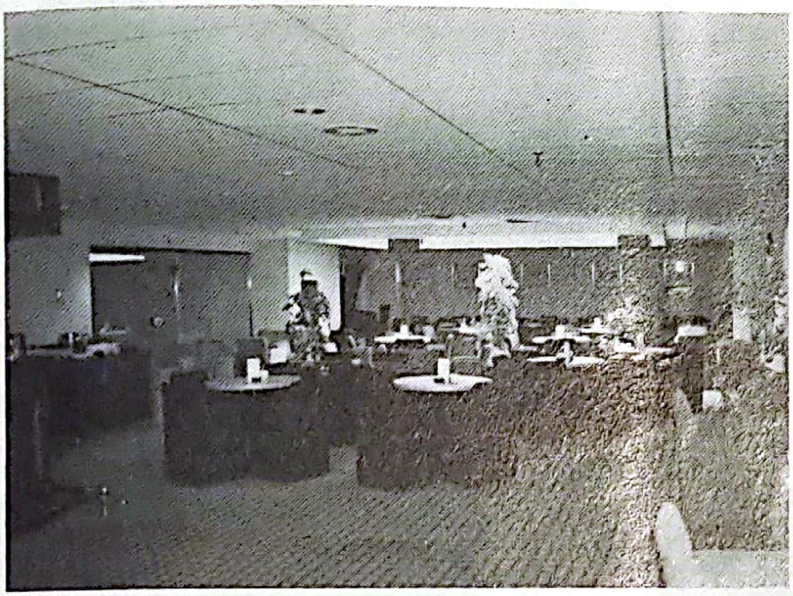
The academy is located at 401 The West Mall in Etobicoke. The glass atrium entrance is a quick introduction to the luxurious facility.

As you walk through the club, the most prevalent feature is the space and comfort built into the facility. The lounge, which runs almost the entire length of the club, is surrounded by six racquetball courts and seven international squash courts. The lounge serves lunch and dinner daily as well as offering a soup, salad and sandwich bar all day long.

Also located on the main floor is our gym, which is equipped with the newest in exercise equipment. Our Polaris equipment is comfortable to use, safe and efficient. This is the first time Polaris equipment has been introduced to Canada! Our well-trained fitness staff will guide you through an extensive and thorough fitness test. After which, they will design and demonstrate a personalized program tailored to suit your needs.

The second floor contains two large and spacious change-rooms, each equipped with saunas and whirlpools. Also upstairs, one can find our Fitness Testing room, a tanning bed, two viewing galleries, challenge ladder boards and a warm-up area. The warm-up area is also used for our aerobic fitness classes.



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This large, elegant, physical environment breeds a social atmosphere that is not to be outdone. To help nurture this social feeling, the Academy hosts many parties, tournaments, drop-in round robins, pub nights, happy hours, movie nights, as well as houseleagues and challenge ladders.

The combination of nice surroundings, friendly staff and social activities makes it a club well worth belonging to. If you are in the neighbourhood, feel free to drop in for a tour, our luncheon special or a drink, and let the Academy be your **host!**●

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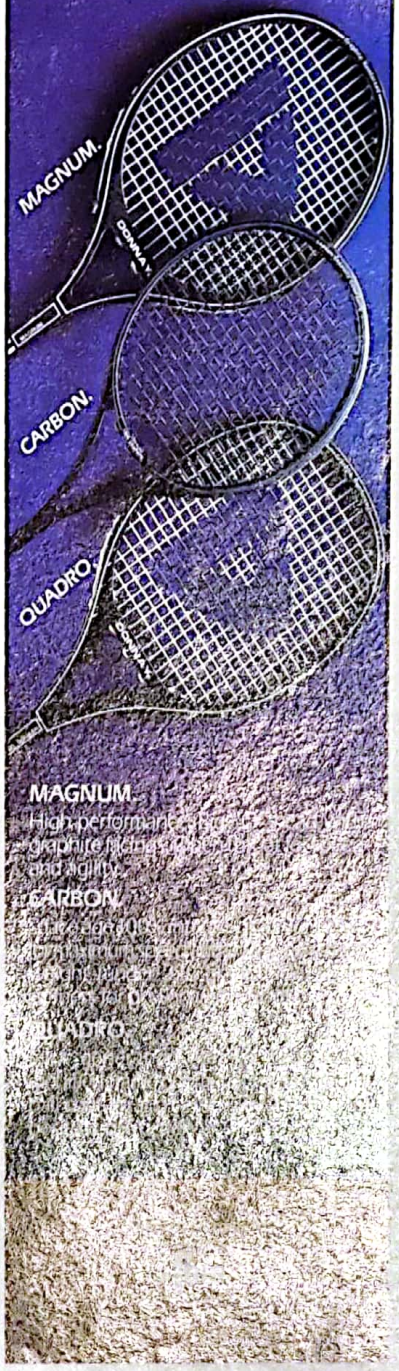

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Canadian Junior

AN EVENT TO REMEMBER

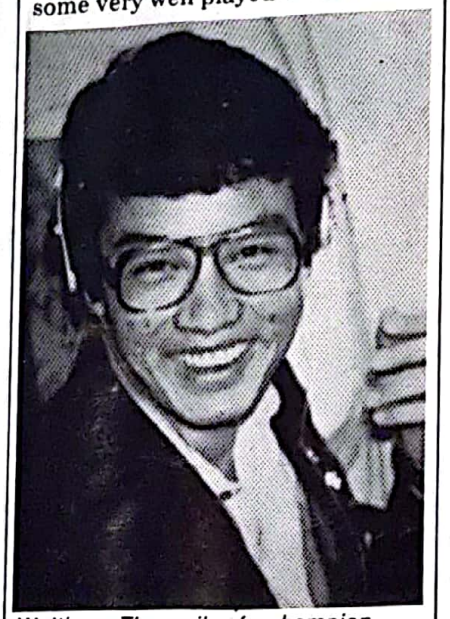
by Dennis Goodfellow

There have been tournaments in the past both junior and senior, but the recently completed Canadian Junior Soft Ball Championships will certainly go down as an event to remember. The Winnipeg Winter Club handled the chore of the 145 entry tournament with a sophisticated network of committees and volunteers who held nothing back in the way of food and entertainment for both players and adults. During their non-playing time the kids had the run of the building which included bowling and swimming, and thus no one was heard to complain of the long days of play.

As we boarded the plane on Thursday, May 5, it was apparent that the 70 entrants from Ontario which, by the way, is the largest movement of bodies en mass to any one event, would comprise almost half of the total draw in all 8 categories.

In the girls under 12, Margot Green from Ottawa, took first place honours while not losing a game the whole weekend in this round robin event. Alexis Hooker of Winnipeg was runner-up. Lori Coleman from Ontario, giving way to her opponent's 18" height advantage, dropped the deciding match to Alberta's Kelsey Lundmark in girls under 14 round robin. Alberta also captured the girls under 16 event with Jennifer Beck's 3-0 performance over Cairn Meek from Ontario. Cairn had an extremely satisfying tournament, moving from a second place Ontario finish to a second ranked national position. The seedings in the girls under 19 category held true to form, with Diana Edge of Ontario defeating Sadia Butt of Ontario in the finals, and Imrana Butt placing third.

In boys under 12, Greg Clements of British Columbia, showed an abundance of potential for future years as he defeated Tom Kehler 3-0 in the finals, with Winston Cabel defeating Dean Brown for third and fourth positions. Ric Hartunian from Ontario may be one of the smallest players in this event for boys under 14, but his skills, both physical and mental, in defeating Jon Hooker of Winnipeg, were quite evident. Ric took Jon's tremendous power game and countered it with some very well played short strokes



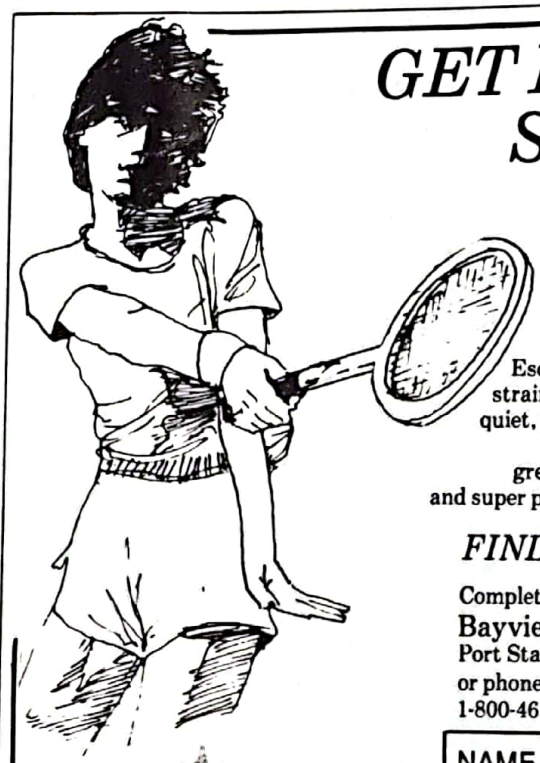
Weithers: The smile of a champion.

that seemed to have Jon scurrying to the front wall during the entire match. The two Butt brothers - Sabir, age 13 and Sajid, age 15, gave the crowd quite a display of squash in the boys under 16 finals, with the elder Butt coming out on top 3 games to 2. Trevor Thom of B.C. defeated Mike Hooker of Manitoba for the second time in this draw for the third place spot.

A Just End to a Long Junior Career!

Maxim Weithers of Ontario, competing in his last event as a junior and playing like no one has seen him play in the past, captured the boys under 19 crown, proving that he is the best junior in the country. Max, coming off a long weekend of squash in the Open held the week before in Calgary, never let up on his opponents the whole weekend while his bullet-like volleying seem to have most of his competition wondering how he could be so fast. It was a chronological fitting end to a great under 19 event with Max first, Bruce Bicknell with one more junior year second, and Gary Waite of Sarnia, with two more years in the junior ranks, third.

Many thanks go out to the Winter Club, Charley Booth, Phil Green, and especially Dick Hooker, who made every effort to ensure that all the adults were rewarded with a most pleasant affair.●



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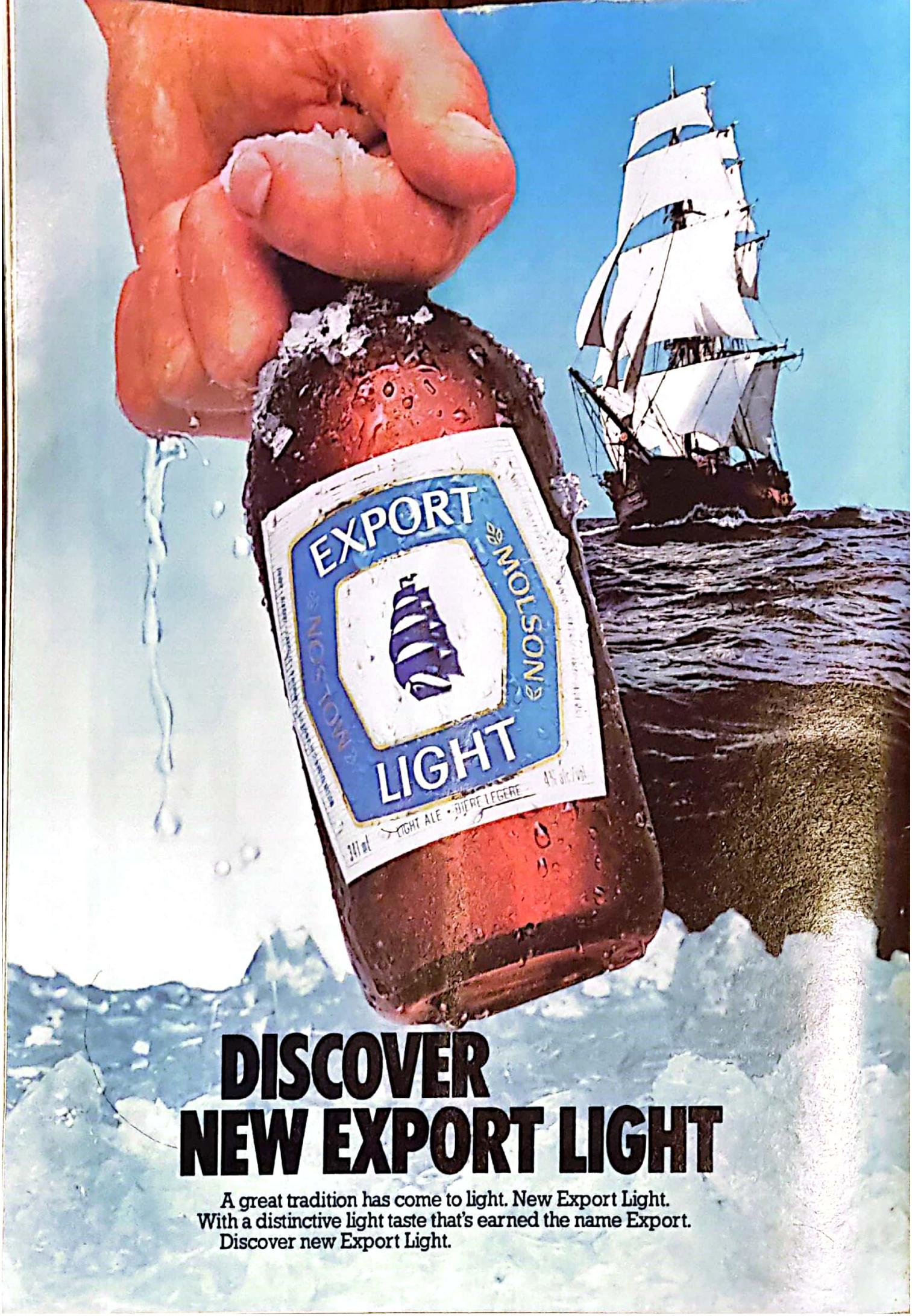

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