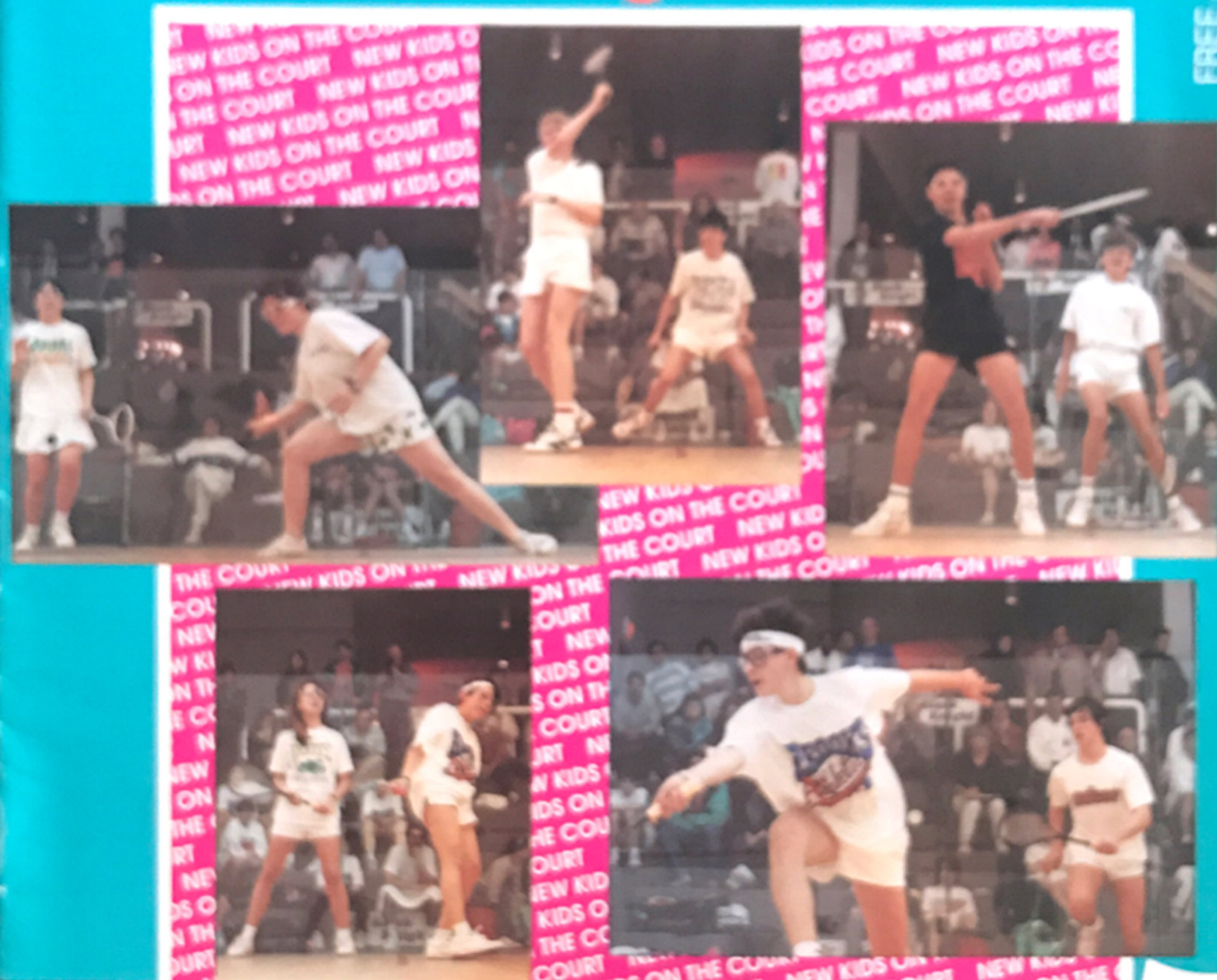


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VOLUME 14, NO. 3

BLACK KNIGHT TORONTO & DISTRICT JUNIOR MIXED LEAGUE

The Young and the Restless

By Sherry Funston

The younger generation shall come knocking at my door. In a few years time, many of the players, both male and female, presently at the top of the ranking list, will be hearing those knocks. Oh, they may try to bar the door for a while but, eventually, they'll have to open it and when they do, the face and the faces of squash in Ontario will be younger, with a lean and hungry look.

The Black Knight Toronto & District Junior Mixed League was unveiled this year with five teams competing in the Under 16 Division and four in the Under 14. This was an experiment - instead of test tubes and beakers in a laboratory, there were budding young squash players and racquets on squash courts and, for those of us who participated, we looked and we have seen the future.

As in any experiment, the chemistry must be just right in order to achieve the desired results. First, we needed a sponsor who was committed to junior squash and we found one in Black Knight Enterprises. Fred Reid and Alan Sklar provided one of the most important ingredients in our formula - the dollars necessary to get the project off the ground. Next, we added the support of squash professionals, Pat Gamey of the Granite Club, Pat Richardson of the Toronto Cricket, Skating & Curling Club, Barbara Diggins of Mayfair Lakeshore, Wendy Wontner of Mayfair East, Andrew Slater of the Royal Canadian Yacht Club and Rob Brooks of Pine Valley. We stirred well but something was still missing. Ah, yes, we'll add just a pinch of parents because the recipe needs the dedication of the Pat Fludes, the Seymour Baschs, the Joe and Rose Di-

Mauros, the Brian Chaputs and the many other moms and dads who drove the teams to their matches each Saturday afternoon. Last, but certainly not least, we blended in the enthusiasm of the juniors and, on March 19th, we knew that the experiment was a success.

The league began back in October with each division playing home and away matches in two sessions with the play offs scheduled for March 19th at Mayfair Lakeshore Racquet Club. Notices of the league went out to all clubs in the Toronto area in early September and although we only had a total of nine teams, it was a beginning. "Mixed...Does that mean we have to include a girl?" An often-asked question to which we replied, "yes". For one club professional, that stipulation was just too much and the club consequently did not enter a team. The term 'junior' does not designate boy but rather boys and girls and for anyone concerned about the future of women's squash in this province, it should be evident that we must place as much emphasis on attracting girls into the game as we do boys. Consequently, the 'mixed' stipulation.

The league was run on a similar basis to the Toronto & District Men's and Women's leagues, with team captains sending in result cards to Squash Ontario who, for this first season, played the role of league statistician. Bi-monthly results were circulated to all league participants as well as to all clubs in the city. Mayfair East took the early lead in the Under 14 Division and never really relinquished it during the season. Anchored by Elie Basch and Brian Rappaport, and completed by the guest appearances of the Har-tunian brothers, Eric and Patrick and young

Jemille Chu, the team put in consistently fine performances and ended the inaugural season in first place. In the Under 16 Division, Pine Valley Racquets Club ran away from the rest of the pack. Such a strong contingent of juniors from this club! Watch for the names of Matthew Fusco, Andrew Braff, Robbie Lisi and Jessica DiMauro in the next couple of years. All of them are contenders for spots on Ontario's Canada Games Teams for 1991 but, more importantly, they are future holders of Ontario and Canadian titles.

In order to keep as many of the juniors involved, the play offs were set up for teams 1 and 2 to play and teams 3 and 4 in each division. Mayfair Lakeshore Racquet Club graciously consented to host this first-ever Black Knight Toronto & District Junior Mixed League play off evening and it was a smashing success. We expected the 32 competitors and a few interested parents. What we got was much more than that. Each team seemed to bring along its own fan club and all four courts were packed with cheering juniors and parents, rooting on their teams to victory.

In the Under 14 Division, Mayfair East with its team of Elie Basch, Eric Hartunian, Brian Rappaport and Jemille Chu were challenged by Pierce Crosbie, Keith Condliffe, and Katie Easterbrook of the Royal Canadian Yacht Club. Unfortunately, the R.C.Y.C.'s num-

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Black Knight Under 14 Junior Team
Winners Mayfair East Racquet Club
with coach, Wendy Wontner

ber 3 player was unable to compete and thus the team had a considerable hurdle in already being down one match before play began. Mayfair East lived up to the reputation it had established over the season with each player winning their respective match 3-0 to take the overall title.

In the Under 16 Division, Pine Valley was challenged by the Granite Club. Jessica DiMauro wasted no time in defeating Marika Brose 3-0 and Robbie Lisi followed suit with a duplicate score over Mike Miksurka. Andrew Braff was ready for Graydon



FROM MINOR LEAGUE TO MAJOR LEAGUE

By Rob Brooks

With the successful completion of the first year of the Toronto & District Junior Mixed Squash League, junior squash seems to be enjoying renewed interest and enthusiasm, as clubs around the city analyze the results of the Junior League and prepare for its second year in the Fall of 1990. The League's first year saw five teams entered in the Under 16 division and four teams in the Under 14 division. Early indications for the League's second season show evidence that both divisions will field ten teams and that the formation of an Under 19 division is a strong possibility. This phenomenal growth shows that the Toronto and District Mixed Junior League has unified and given direction to a sleeping giant within Toronto; the junior squash

player.

Squash clubs in Toronto and its environs will be

faced with some interesting decisions in the immediate future as they decide



A Brooks' protege, Jessica DiMauro

to what degree they want to become involved in commitment to junior squash. If clubs do make commitment to junior squash, how will that affect their ability to attract additional members and how will the two co-exist?

Pine Valley Racquet Club was one of the charter member clubs in the Toronto and District Junior Mixed Squash League and perhaps some of our experiences might prove beneficial to clubs considering a commitment to junior squash. First, we decided we did want to make a commitment to junior squash. We wanted to encourage our members to sign up their children as members and introduce them to a sport that they will play the rest of their lives. Second, we made a commitment to squash in general. It was our goal to create a squash instructional programme that would improve every club

Joyner allowing him only 7 points in the entire match. The highlight of the evening was the final match between the Granite's Michael Pirnak and Pine Valley's, Matthew Fusco with Michael coming out on top by scores of 9-3, 9-5, 9-3. Both played some very exciting squash, much to the delight of the packed gallery. However, Pirnak's win was not enough to wrest the overall title away from Pine Valley.

In the Under 14 play off for third and fourth, the Toronto Cricket team of Scott Hurley, Wil Byrick, Jamie Nicholls and Joanna Harvey fought off the challenge of the Lakeshore contingent of Jeremy Flude, Colin Gross, James Salmon, and Colette

"We'll find a girl if it kills us!", vowed one private boys' school coach.

Chaput to take third place. Over on court four, the two Mayfairs were battling it out for third and fourth spot in the Under 16 Division with

the East team of Marcus Chen, Warren Gomes, Byron Lamarque, and Jennifer Matthews defeating the Lakeshore group of Chris Brown, Michael Flude, Jamie Richardson, and Tricia Finlay.

Who enjoyed the evening more? It's a toss up between the juniors and the parents!

Afterwards, everyone was treated by Black Knight to wings and chips and the prize presentations were made. Winners received racquets, finalists received t-shirts and third and fourth competitors received socks, all compliments of Black Knight.

The 1990 Fall season will, hopefully, see a doubling of the number of teams playing in the league and we

member's level of play. From the forty year old first time player to the thirty year old T&D veteran player who wants to move from T&D C level to B. We felt we had to get the fundamentals of the game of squash out to all ages and all levels of play at our club. Having made this commitment in our minds, we set about establishing an instructional programme which, over time, would accomplish our goal. We vowed to be patient.

We patterned our programme after a major league baseball franchise before the emergence of free agency. A baseball club used to go out and sign a youngster and then train him to play the game through their own minor league system. A player moved from the rookie league to A, AA, AAA, and then the major leagues. Players had to earn their stripes; and when a player at the top level faltered, a player stood trained and waiting in the wings to take his place.

Instructional round robins of two hours in length are offered to all club members every Saturday as part of their membership at no additional

cost. The morning session is for beginners. This enables the novice player to get started on the right foot with proper habits and strokes. This is open to juniors and adults. What is important is their calibre of play, not their age. Mid day on Saturday, we offer an intermediate round robin for two hours for players not quite ready for T&D level competitive play, but nonetheless, competent players. Late Saturday afternoon, we hold our advanced training session for the T&D level player, akin to extra batting practice for a major league player. We also put in round robins Thursday morning and evening but open these to all levels of play. These final two round robins allow us to work closely with more individuals and it also allows levels to mix, so a beginner can get on the court with an intermediate player. This gives the players a look at the different levels they are striving to attain.

The emphasis in the instructional round robins is on improving one's game, not winning. But we did want to test our players competitively so we organized the house league

for all calibres of play, where winning would be important. Our house league grew from 50 players to 250 and has never dipped below 200 participants, even in the summer session. House league matches teach our players to perform under pressure and work on their mental maturity as well as their skill development. All matches are refereed and players learn the etiquette of the game. They learn to lose with grace and win with humility and understanding. All these abilities are essential for all players and certainly for juniors as they work their way into the fabric of the club. Every fifteen weeks, the house league begins anew so levels can be adjusted according to performance and new players can join in.

It is out of this squash programme, begun in 1987, that Pine Valley was able to produce four championship teams in 1990; the Under 16 Junior Team, the Men's T&D B and D Teams and our Women's T&D D Team. The number one player on our men's B team was an 18 year old junior who had never played squash three years ago. The number two

player on our women's D team was an adult who started squash one year ago. The number four player on our women's D team was a thirteen year old girl who also played on our Junior Championship Under 16 team and has been playing squash for just one year.

A commitment to junior squash can bring tremendous satisfaction to a club and all of its members and does not have to be undertaken as a project separate and exclusive of a general commitment to excellence in squash among the entire membership body. Some of the most interesting house league matches at Pine Valley occur between juniors and adults. A twelve year old battles a 40 year old with both players playing to their maximum level. Each player has a match ball as twenty people view the drama referred by a fellow member. There are no losers in a match like this. Only winners. And the big winner is the game of squash.

The growth of squash looks more solid with the entrance on the Toronto scene of the Mixed Junior Squash League.○

The league's greatest achievement will not be the future titles these juniors may win; it will be how they win and, more importantly, how they lost.

will initiate an Under 19 Division for those juniors who can no longer, through age, compete in the Under 16s. We have already had enquiries from a number of clubs, including the boys' private schools who have vowed to "find a girl if it kills us"!

The goal of any sport governing body is to ensure that the sport, whether it be basketball or squash, continues to grow and thrive and so it, therefore, must provide an environment in which this can happen. Without wanting to sound trite, there



is truth in the statement that whatever we sow, we shall also reap and the seeds which we have sown with the Toronto & District Junior Mixed League will hopefully provide a bountiful harvest of young squash players in the future, some of whom may go on to greater glory competing for this province and, perhaps for Canada. But the greatest achievement of all will be if, through their league participation, they have learned to temper the love of winning

Black Knight Under 16 Junior Team Winners. Pine Valley Racquets Club with captain, Rose DiMauro

with the generosity of the spirit. If we, as administrators, squash professionals, and parents, have learned that the single most important ingredient in our formula is **fun** and if we have managed to convey this significant piece of information to all the competitors, then we can safely say the experiment was a success.○

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FROM THE REGIONS

Southwestern Ontario League Finals

Women's Division

Winners: London Squash Club
Finalists:
Stratford Golf & Country Club

Men's A Division

Winners: #1 Nautilus (Sarnia)
Finalists: London Squash Club

Men's B Division

Winners: #1 Nautilus (London)
Finalists: Fitness Forum

Men's C Division

Winners: Chatham Squash Club
Finalists:
Stratford Golf & Country Club

Men's D Division

Winners:
Town & Country Racquet Club
Finalists: Fitness Forum

Thanks to #1 Nautilus in Sarnia for hosting the finals

NORTHERN ONTARIO

Rising Star Shines in Cambrian Open

by Stephanie Todd

Cathy Fiddes, a Fitness and Leisure Management student at Cambrian College, has proven that practice almost makes perfect. Cathy, during her student work placement at the Athletics Centre, had the opportunity

to work with the Junior Squash Programme coach, Dana Matson. Working with the programme honed Cathy's squash skills. Her natural athletic ability combined with her laid-back personality, put her within reach of the winner's circle in the two tournaments she has played to date.

At her first tournament, the Mar-



Cambrian's Cathy Fiddes

ini Challenge in the Soo, she lost to Cindy Kempny in the Novice division. Cathy wanted an opportunity to play Cindy again. She could only do that by entering the Women's C division in the Cambrian Open in February.

Although she jumped two divisions, Cathy's opponents wished she hadn't - including the number one seed, Michelle Taillefer of Sault Ste. Marie. Cathy's determination and skill got her to the finals and Cindy Kempny!

The final was like a re-run of the Soo match, with Cathy going down 3-1. Losing in the final did not bother the 21 year-old Cambrian student. "It's just the fact I went that far", she said, "it's an accomplishment".

Cathy's sights are set for the Northern Closed Championships. She is staying in the Women's C but her plans are to reach for the A division. With more practice and

tournament play, we, here at Cambrian, believe that Ms. Fiddes will reach her goal in the very near future.

First place finishers in other divisions at the Cambrian Open were Keith Denis, Men's A; Darryl Saari, Men's B; Terry Coffey, Men's C; Jack Sivazlian, Men's D; Marty Pettenuzzo, Men's Novice; Richard Fleming, Men's 40+; Patti Coadi, Women's A; Rachelle Niemela, Women's B; and Cindy Kempny, Women's C. With 80 competitors, it was an uphill battle for all players. Congratulations and thank you to all who participated.

NORTHWESTERN ONTARIO

Continental North Squash Challenge

Men's AA Winner: Bill Krezonoski

Finalist: Snehal Lakhani

Men's A Winner: David Holder

Finalist: Mark Norton

Men's B Winner: Neil Hache

Finalist: Dave Bazaluk

Men's C Winner: Dave Zatulsky

Finalist: Gerry Mikalauskas

Men's D Winner: Donny Paglaro

Finalist: John Woronkenych

Junior Men's Winner:

Colin Drombolls

Finalist: Derek Oger

Women's AA Winner: Tracy Harris

Finalist: Donna Allan

Women's A+B Winner:

Helen Rapino

Finalist: Cindy Zulliani

Women's C Winner: Sally Freeman

Finalist: Darcy Ross

Junior Women's Winner:

Jennifer Milne

Finalist: Anne Kjerulk

League Wind Up

For the second successive year, Mayfair Lakeshore Racquet Club hosted the Toronto & District Women's League Finals and once again, the evening was filled with some very exciting matches. Topping it off was the tremendous fan support, particularly from Pine Valley which seems to have its own travelling fan club.

The TORONTO ATHLETIC CLUB was out to prove that its elevation to the A league was no mistake and successfully defeated defending



A Winners: Toronto Athletic Club

Deborah Cameron, and Liz Kroeker.
In the B Division, MAYFAIR

Hutchinson, Jane Peckham, and Barb Romke. Well done to the finalists, Catharine Fournier, Terry Bourczon, Helen Ferley, Goldine Cupit, and Barb Leckie.

The ONTARIO RACQUETS CLUB, who had to default their 5th position, still managed to claim the C Division title, narrowly defeating Club Markham, whose average age is 43! Congratulations to Carol Barich, Judy Hoogland, Deena Ryding and Pat Madge. And again, well done to Wendy Houts, Marlene Allott, Gail Tedford, Barb Peters, and Joan Kool.

The title for the D Division proved to be a real nail-biter, with PINE VALLEY RACQUETS CLUB emerging victorious over the Granite Club. Michelle Squarciotta of Pine Valley fought back in three of her games, and it was that match that gave her team the championship. Congratulations to the winners, Yvonne Schaller, Michelle Squarciotta, Laurie Cunningham, Jessica DiMauro, and Helen Bonneyman. Pine Valley, by the way, has the distinction of having the oldest league player (no names) and the youngest league player - obviously, an unbeatable combination! Well done to the finalists Sandy Manjurs, Terri Bolger, Michelle Young, Holle Watts, and Kathleen Crawford.

Many thanks to the referees for the evening - Margo Armstrong, Chris Doyle, Anita Nador, Ina Halket, Marion van Gansewinkel, and Robin Kingsmill. Accolades are in order for Robin, the League's Play-Off Co-Ordinator, who organized the finals and secured the referees.

A special thank you to Fairlie Taylor and Nancy Burns who did a superb job in arranging prizes for the evening. They tapped the resources of



B Winners: Mayfair Lakeshore Racquet Club

champion and host club Mayfair Lakeshore for the top honours. Congratulations to Karen Wilson, Doreen MacManaman, Helen Kay, Sue Douglas and Ann Savage. Good effort to Barbara Diggins, Leslie Freeman, Lindsay Hermer-Bell,

LAKESHORE defeated the Toronto Cricket, Skating and Curling Club 4-1. This was an occasion when youth and skill was able to overcome age and treachery and congratulations to the winning team of Brenda Hoffman, Trish Wardrop, Diane



C Winners: Ontario Racquet Club

KEY 590, CFRB 1010, 104.5 CHUMFM, 102.1 CFNY, 680 CFTR, The Granite Club, CILQ-Q107, Partners Club, 99.9CKFM.

The Toronto & District Women's Squash Association gratefully acknowledges Mayfair Lakeshore for hosting the finals and providing the

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CHIN Radio
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Richmond Hill Squash Club
CKEY (KEY 590) Radio
Active Tire & Auto Centre
Caryl Baker Visage
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Len Duckworth's
Fish and Chips
Pickering Squash Club
CHRY (FM 105.5) Radio
Valhalla Squash Club
Ontario Racquets Club
CIUT (89.5 FM) Radio
The Skyline Club
Toronto Lawn Tennis Club
Club Markham
CFRB (AM 1010) Radio
Pine Valley Racquets Club
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DEBTOR'S PRISON
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The first game of racquets was played against a single wall within the Debtor's Prisons of England prior to 1800. The most famous Debtor's Prison was the "Fleet" referred to by Charles Dickens in the "Pickwick Papers".



RACQUETS—A GAME FOR EX-ATHLETES (12" x 16")

The English game of racquets made its way to New York as early as 1793 and maintained a feeble and fitful existence until more than a 100 years later when the New York Racquet Club gave it a permanent home. This print depicts the clothing of the period and a player in various positions of readiness to serve and receive the serve.



SQUASH RACQUETS AT HARROW
(9" x 12")

The Harrow School in England is credited with the invention of the game of squash racquets. In the late 1800's, while waiting to enter the hard racquets court, the boys playing in the courtyard of the Headmaster's house invented a soft "squashy" ball to avoid breaking windows.

THE BELVEDERE RACQUETS COURT
(16" x 12")

The single wall version of racquets quickly expanded outside of the Debtor's Prison and was most popular in the early 1800's in Ireland. This print depicts a 45' high wall and four men are playing within a designated area 45' x 60' long.



THE CHAMPIONSHIP COURT OF THE NEW YORK RACQUET CLUB
(12" x 9")

By the early part of this century, racquets and squash racquets were becoming firmly established as the excellent games they are now known to be. This print illustrates active play being observed by several interested observers in the gallery.



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food and Karen Soupcoff, Manager of Mayfair Lakeshore, for supplying the wine for the evening. Many thanks to Barbara Diggins for help-

The Top 25!

- (1) B.Diggins
Mayfair Lakeshore 3200 pts
- ✓ (2) S.Harvey
Mayfair Parkway 2700 pts
- ✓ (3) L.Begg
Pine Valley 2640 pts
- (4) L.Henderson
Applewood 2596 pts
- ✓ (5) C.Covernton
Mayfair Parkway 2528 pts
- ✓ (6) A.Nador
Curzons 2477 pts
- (7) M.Jans
Georgetown 2451 pts
- ✓ (8) K.Wilson
Toronto Athletic 2422 pts
- ✓ (9) S.Smeaton
Adelaide 2361 pts
- (10) R.Castellino
Granite 2346 pts
- (11) V.Gleeson
Ajax 2345 pts
- ✓ (12) D.MacManaman
Toronto Athletic 2329 pts
- (13) C.Reid
Granite 2300 pts
- (14) P.Wedd
Dunfield 2278 pts
- ✓ (15) C.Stewart
Curzons 2134 pts
- (16) L.Hermer-Bell
Mayfair Lakeshore 2109 pts
- ✓ (17) H.Kay
Toronto Athletic 2096 pts
- ✓ (18) S.Douglas
Toronto Athletic 2032 pts
- ✓ (19) L.Freeman
Mayfair Lakeshore 1980 pts
- ✓ (20) L.Ferguson
Dunfield 1950 pts
- ✓ (21) J.Smith
Dunfield 1940 pts
- (22) P.Gollish
Mayfair Parkway 1924 pts
- (23) J.Samis
Adelaide 1902 pts
- ✓ (24) R.Kingsmill
Curzons 1981 pts
- ✓ (25) N.Sharpe
Ajax 1963 pts

A complete list will be mailed to all Toronto and District Clubs shortly.

ing to co-ordinate the finals and a special thanks to Dexters, The After Sport Drink, Toronto & District's major sponsor for the league this year.

Annual Awards Banquet An Outstanding Success!

By Diana Moody

Maybe it is true that history does repeat itself. The Toronto & District Women's Squash League held its annual awards banquet Thursday, April 19th at Ontario Place. Last year, 140 league players attended - would we, in fact, see history repeat itself? Indeed yes! Word obviously got around about how much fun we had and this year, over 160 players appeared - some to collect

their loot; some to cheer on their colleagues; and all to have a good time.

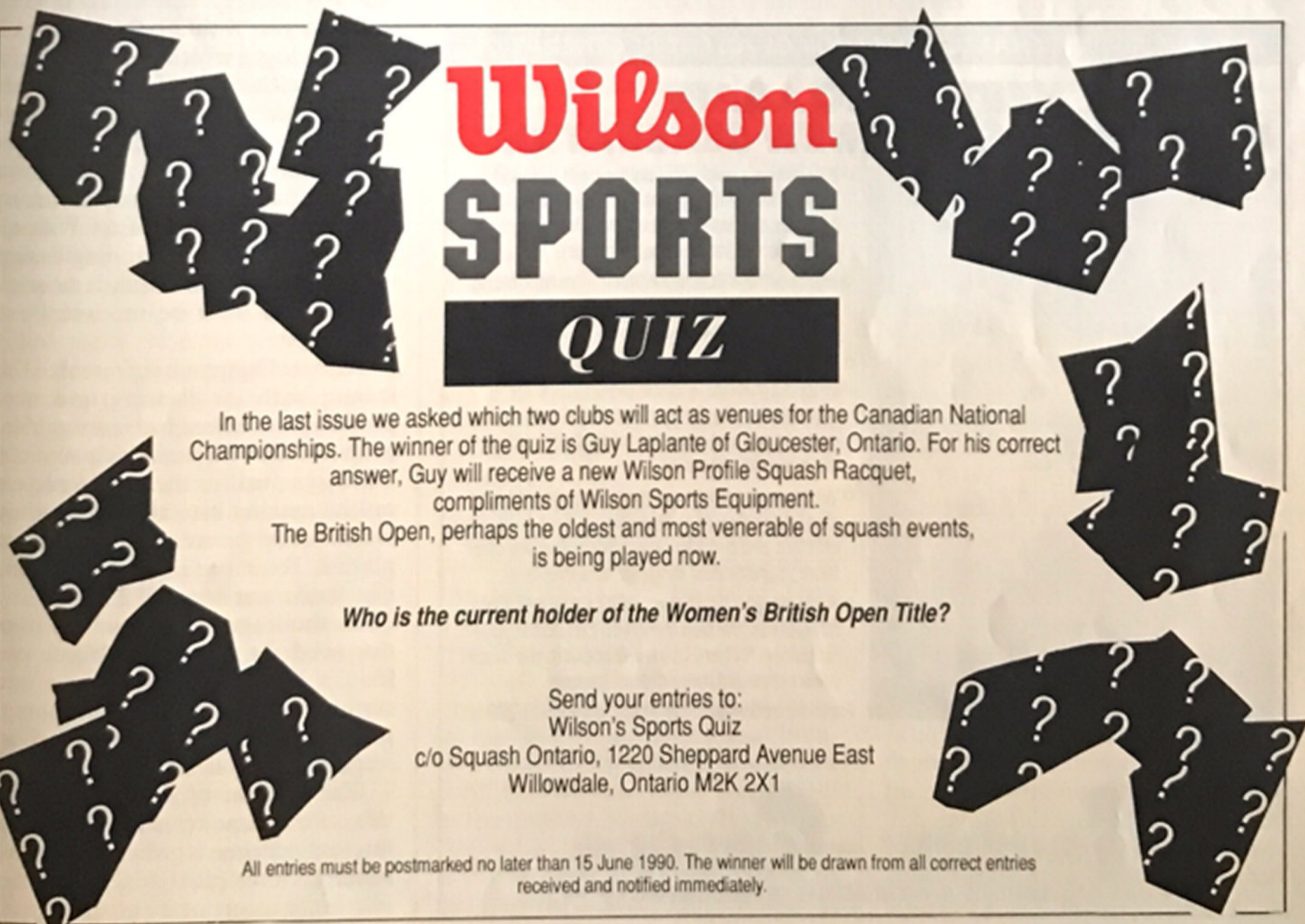
Special thanks to Ellen Parker, Dianne Boulanger and Sherry Graham of the Kettle Creek Canvas Co, for orchestrating an entertaining fashion show, featuring nine of the league players and three male models. Gilbey Canada generously provided the wine which was enjoyed by all. Thank you Michelle D'Angelo of the Callitheke Co. who has been a major sponsor and supporter of our squash league this year through Dexters: The After Sport Drink. With her assistance, the first-ever league schedule was published. Michelle also provided Dexters at several of our tournaments as well as at the finals night. This year at the banquet, Callitheke provided a new sparkling fruit beverage, AQUA LIBRA - very tasty! The league is most grateful to Michelle for her un-failing support.



1990 winner of the Lily D'Urzo Award for sportsmanship is Fairlie Taylor

In addition to the league awards which were presented to the winners and finalists, the Lilly D'Urzo Award was also presented. It goes each year to the player who displays friendship, fairness, and courtesy in the game of squash and nominations are received from league players. This year, the award went to Fairlie Taylor, who is also the number one promoter of the banquet.

Orchestrating an evening such as the awards banquet is no small task and many, many thanks must go to Fairlie Taylor and Nancy Burns who



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SPORTS

QUIZ

In the last issue we asked which two clubs will act as venues for the Canadian National Championships. The winner of the quiz is Guy Laplante of Gloucester, Ontario. For his correct answer, Guy will receive a new Wilson Profile Squash Racquet, compliments of Wilson Sports Equipment.

The British Open, perhaps the oldest and most venerable of squash events, is being played now.

Who is the current holder of the Women's British Open Title?

Send your entries to:
Wilson's Sports Quiz
c/o Squash Ontario, 1220 Sheppard Avenue East
Willowdale, Ontario M2K 2X1

All entries must be postmarked no later than 15 June 1990. The winner will be drawn from all correct entries received and notified immediately.

OTTAWA & DISTRICT

PHOTOS BY JOHN BOULAY



Heather Wallace, right, picking up her Cameron Open cheque

Sabir Butt, left, receiving winner's cheque from tournament sponsor, Brian Cameron



not only worked to secure all the many door prizes but also spent hours decorating the room. I would be much remiss if I did not also thank the rest of my Executive Committee, Robin Kingsmill, Ina Halket, and

Debbie MacKinnon, all of whom added their assistance during the evening.

The league has come a very long way over the past two years - we now publish a schedule; we implemented

a ranking and classification system; and we have established a 'mini tournament circuit'. We can't afford to rest on our laurels - there are new fields to conquer. First and foremost, we need a new logo to go along with our new image. This is an opportunity to you would-be designers to create a logo which you feel is in keeping with the leadership role the Toronto & District Women's Association has now established for itself. Designs should be sent to TDWSA, in care of Squash Ontario, 1220 Sheppard Avenue East, Willowdale, M2K 2X1. The winning design will receive a Henkel squash racquet. Submissions must be received by 1 June 1990.

Barbara Diggins has presented the league with an exciting and new proposition - elite squad training! She proposes that we establish a summer training squad for the top 16 players on the ranking list - the opportunity would only be available to league players. For more information, contact Barbara at 466-3777.

As the league grows, so too does our need for volunteers. If you can lend a hand, particularly over the summer months in terms of planning, please let us know. We need you - the league needs you....help!

The number of people attending this year's banquet shows that the interest in league is growing. We have some exciting plans for the future-plan to be a part of them. ○

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ONTARIO OPEN CHAMPIONSHIPS

Larmer and Wallace Take Top Honours

Just about everything was new at the 1990 Ontario Open, except, perhaps, for some of the faces. Queensview Racquets Club was a new venue for these events and Cool-Lix Frozen Yogurt, which sponsored the Women's Open, and Corel, which sponsored the Men's Open, were also welcome new additions to the squash scene.

The Cool-Lix Women's Open attracted most of Canada's top players, and the tournament produced some exciting play and results. All matches went as expected until the quarter finals. To no one's surprise, number one seed, Heather Wallace, had no trouble with Nancy Cranbury, defeating her 3-0. Lori Coleman, the Open's number 3 seed, easily beat Anita Nador while Shelley Harvey, moved past Jennifer Birch-Jones with equal ease. The biggest upset of the event came during the match between number 2 seed, Gail Pimm and Carla Jensen. Carla won the first game fairly easily 9-4. Gail, after a somewhat slow start, tightened up her game and, with Carla's length falling short, won the second game 9-3. The match, at this stage, started to heat up physically with both players starting to crowd each other and both very slow in clearing off the ball. This resulted in numerous lets and quite a bit of pushing. Carla maintained her concentration and stuck to her game plan of hitting deep length, forcing Gail into the corners, and then pulling her short with wide boasts and very accurate drops. A rather sluggish Gail could not quite answer Carla's strategy and lost the third game 7-9. In the fourth game, Carla continued with her accuracy and Gail seemed to become frustrated, both with herself and the referee and eventually lost the game 6-9 and the match 3-1. All credit must go to Carla who kept her concentration and did not allow the

stoppages due to let calls affect her. She played a perfect tactical game to defeat a somewhat unfit Gail who seems to be lacking match practice.

The semi finals the following morning provided another close match, this time between Shelly Harvey and Carla Jensen. Carla tried to apply the same winning strategy she used in her victory over Gail Pimm, but Shelley, who is very fit, had no difficulty in covering the court to counteract most of Carla's shots. However, Carla does not give in easily and tied the game scores at 2 all, after being 2-1 down and 7-2 down in the fourth game. In the fifth game, Carla tired and Shelley produced some fine front court play to win 9-2 and take the match 3-2. In the second semi, Heather Wallace easily beat Lori Coleman, who never seemed to get into the match, 3-0.

To no one's surprise, Queensview's Heather Wallace beat Shelley Harvey 3-0 to earn her first Cool-Lix Ontario Open Title.

The Corel Men's Open attracted a huge entry but, unfortunately, just days before the tournament started, some of the top seeds withdrew, leaving Phil Larmer from Australia (and now living in Saskatchewan) as the number one seed. Jamie Crombie was seeded 2.

There were many close matches in the Men's Open. Michael Khan pushed Phil Larmer to five games in the last 16, while unseeded Dave Thomas of Toronto, the dark horse in the tournament, was advancing through his rounds relatively unnoticed. On his way to the semi finals, he knocked out number 5 seed Brendan Clarke of Montreal 3-1; and then John Frederick, number 7 seed, 3-0 in the quarters. However, his run was stopped in the semis by Phil Larmer 3-0, who never gave Dave a chance to get into the match. Phil's finesse at

the front of the court and his high floated lobs were just too accurate for Dave.

On the other side of the draw, Michael Bacher advanced fairly easily to the semi finals. His toughest match was against young Graham Ryding where he was pushed to four games. Jamie Crombie advanced to the semis without dropping a game, but here he met his match in Bacher. Michael used his racquet as if it was a wand, and the ball rolled from the nick in all parts of the court, leaving Jamie continually shaking his head in disbelief. But, as with all shot-makers, not every shot hits the nick, and the tin starts to interfere. This indeed happened to Michael who did not want to get into long rallies with Jamie. Jamie won the next 2 games, only to be outplayed yet again in the fourth to tie the match at 2 games all. In the fifth, Michael tired; his shots clipped the tin and Jamie added a few hard hit nicks of his own to win the game 9-3.

The final between Phil and Jamie produced some exciting squash. The first game was very close with Jamie keeping the lead for most of the game. A packed gallery was treated to incredible athleticism from both players as they retrieved near impossible shots. Jamie created many openings to win the first game, only to put the ball into the tin each time, giving Phil the chance to stay in the game. Jamie led 7-5, but Phil's consistency over turned that lead to win the game 9-7. Phil found his rhythm in the second game, continually using a high lob to Jamie's backhand to force an opening. Crombie had great difficulty returning this shot and it was from here that Phil was able to make his points, winning the second game 9-2. In the third game, Jamie started to handle Phil's lobs with more ease, volleying them to length rather than trying to attack them and this got him

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back into the match. However, again the tin was Jamie's downfall and Phil won the match 3-0 - his first Corel Ontario Open. This was a match which had power, finesse, touch, and great retrieving from both players and was really much closer than the score indicates.

It was great to see some of Canada's best juniors competing in both the men's and women's events, with Graham Ryding, still Under 16, finishing 6th in the men's event. He is certainly an exciting prospect for the future.

Local Queensview players may not have triumphed on the squash court, but they certainly did in the draw prizes. A trip for two to Florida, donated by Queensview Athletic Club, was won by member Nigel Thain and a \$500.00 gift certificate, donated by Preston-Lieff Glass, was won by member Lynne Noel. Most players seemed to enjoy Ottawa as a venue and a trip to experience Hull's night life was not missed.

Thanks again to the sponsors Corel and Cool-Lix with Cool-Lix already committed to sponsor next year's Women's Ontario Open here at Queensview. ○

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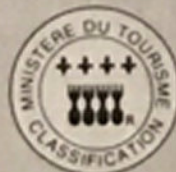
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Finalists: Lolly Gillen and
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Finalists:
Fred Reid and Alan Hunt
Men's 40+ Champions:
John Boynton and
David Hetherington
Finalists: Richard Rice and
Spike Gonzales

Men's 50+ Champions: Yusef Khan
and Mohabulla Khan
Finalists: Tom Jones and Don Mills
Men's 55+ Champions:
Charles Stehle and Alan Weaver
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Finalist: Diana Dainty
Women's 40+ Champion: Kate Mee
Finalist: Nancy Sharpe
Men's 30+ Champion: Eric Cole
Finalist: Jan Bissonette
Men's 35+ Champion: Roy Ollier
Men's 35+ Finalist: Norm Platt
Men's 40+ Champion:
Dennis Goodfellow
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Boys' Under 12 Champion:
Ryan Haider
Finalist: Stephen White
Boys' Under 14 Champion:
Ian Power
Finalist: Lucas Watson
Boys' Under 16 Champion:
Matthew Fusco
Finalist: Andrew Braff
Boys' Under 19 Champion:
Jay Playter
Finalist: Matthew Fusco

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Toronto & District Junior Open

Hosted by Ajax Squash Club
Tournament Chairman: Joe Brown
Girls' Under 12 Champion:

Courtay Power
Finalist: Tracy Fisher
Girls' Under 14 Champion:
Jan Wilson
Finalist: Danielle Clark
Girls' Under 16 Champion:
Tara Sharpe
Finalist: Jo Thomas
Girls' Under 19 Champion:
Melanie Jans
Finalist: Tara Sharpe
Boys' Under 12 Champion:
Justin Mather
Finalist: Dave Phillips
Boys' Under 14 Champion:
Ian Power
Finalist: Taras Klymenko
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C.G.'S FITNESS CLUB

North Bay's Comfort Zone

By Rick DeMeulles

Last week, two hundred and fifty members celebrated C.G.'s Squash and Fitness Centre's first anniversary. It was an important landmark for the club that seemed doomed from the start - stonewalled by obstinate councilmen, and ravaged by fire and flood. When it first opened last March, there was speculation in the community as to whether North Bay could support a first class centre such as this.

The anniversary party was thrown by owner Cam Gray - complete with complimentary food and drinks - in appreciation for the members' support over the last year. It was a rare Saturday at the club, with members strolling through the restaurant and lounge rather than bouncing off the walls of the three glass-backed courts or stretching their endurance to the borders of their personal limits in the high-tech training room.

When asked why he had conceived of such a club, Gray answered in his usual cherubic and enthusiastic manner, "I wanted to develop a wellness centre; a place where members could enjoy themselves and increase their odds of living a longer life by regularly working out." At C.G.'s, there is plenty of opportunity for members to work out. Within the 18,000 square feet are three international squash courts, an aerobic room with a cushioned floor, polaris weight machines, and a variety of computerized cardiovascular equipment that do everything for you but the actual work.

Although the equipment and facilities are state of the art, Gray says that the club's fitness culture has been designed for the average rather than the exceptional person. The staff help to ensure that the atmosphere is anything but intimidating. All members have the option of having their fitness level evaluated and are given a personal training programme, at no extra cost. For the new members, there are



One of the many "member comfort zones" of C.G.'s Fitness Club

beginner squash lessons and introductory aerobic classes. There is a wide range of programmes, designed to accommodate the needs of persons of differing fitness requirements and goals. As one member put it, "I seem to have found my fitness comfort zone."

On the other hand, the programmes can be as challenging as the individual wants. There are both high and low impact classes, and specialized sessions for those who want to push themselves to the limit.

The squash programme can accommodate even the most rabid of the 180 squash players. The club hosted three sanctioned tournaments last year, including the Ontario Winter Games, and supports an active squash ladder and houseleague which runs two nights a week. For those who are looking to improve their skills, there are also clinics. Last January, Gregg Zaff and Kenton Jernigan, respectively ranked fourth and fifth in the hardball game, graced the courts of C.G.'s with a dazzling display of squash and rhetoric. The pros offered a clinic the next morning for those club members with enough confidence, and personal delusions, to walk on the court with them.

The combination of fitness classes and squash ensure that there is sufficient high level challenge for even the most dedicated enthusiast. For the apres-pain crowd, there is a co-ed whirlpool, sauna, and, for those who

have really gone where no one has gone before, there are the healing hands of a registered massage therapist. The last stop for this play-till-you-drop crowd is usually the lounge where they can be seen immobilized on the rattan furniture, concocting strange and exotic new lies of the shot that might have turned the match around!

Over the last year, C.G.'s has matured. It has overcome the growing pains of inevitable staff turnover, surmounted near tragedy when fire broke out only two weeks before the grand opening, and has proved to the people of North Bay that the city can support, and deserves, a first class squash and fitness club. The members themselves have undergone an evolution. They have become a tightly knit group. Undivided by preference of sport or level of fitness, they congregate for charity fund raisers, kids' Christmas parties, and any excuse for a good time.

It is apparent that within the first year of operation, both C.G.'s and its members have found their "comfort zone".○

This space is reserved for member clubs of Squash Ontario. We invite clubs to participate by sending in a short article and black and white photograph to Squash Life. Reprints are available at minimal cost. For more information, please contact Squash Ontario, (416)495-4140.

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