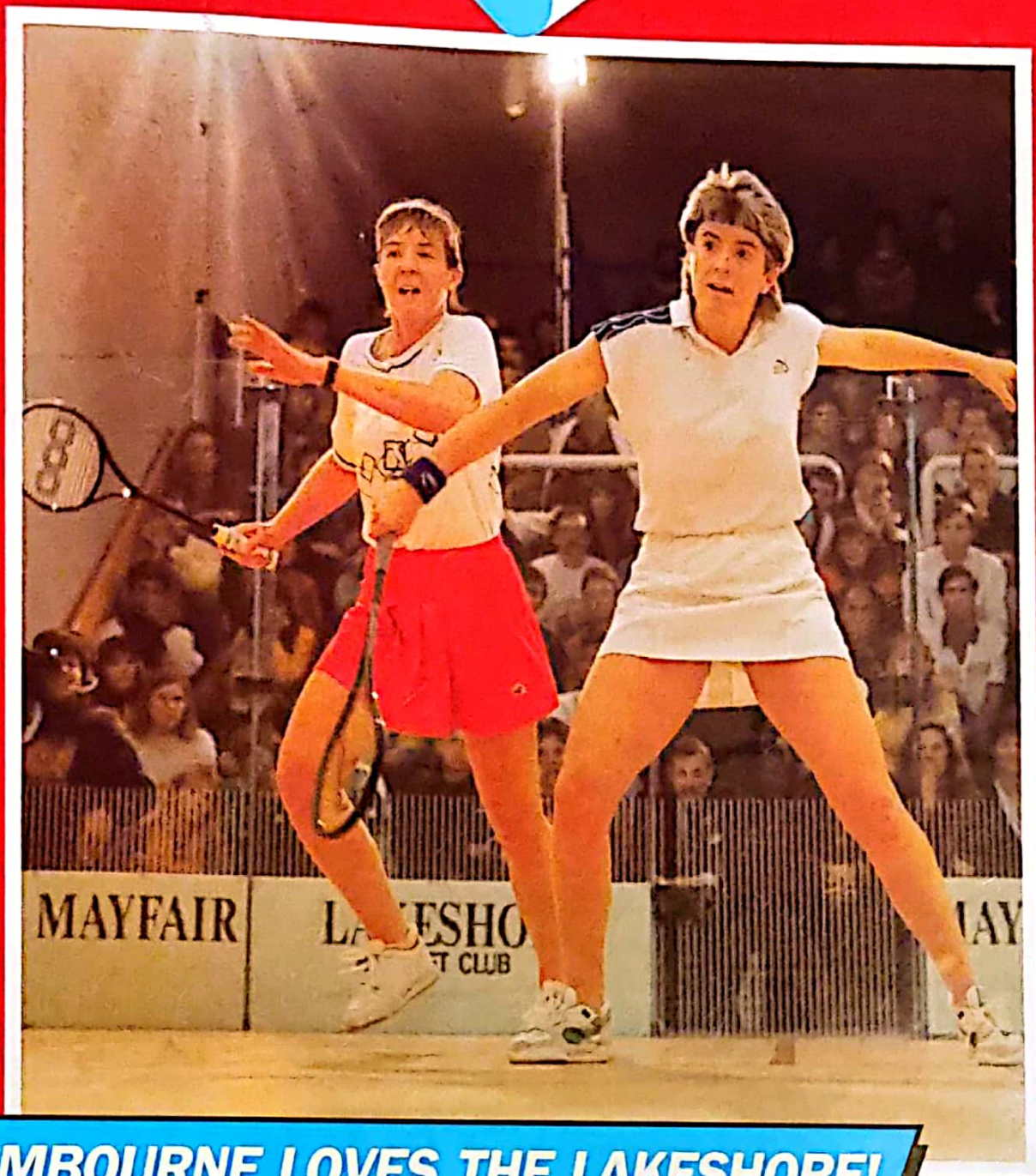


SQUASH

JANUARY/FEBRUARY 1991

\$2.50



FREE AT SQUASH CLUBS

**LAMBOURNE LOVES THE LAKESHORE!
TRAVISS TITLE GOES DOWN UNDER**

IT'S AMAZING HOW FAR
YOU CAN GO ON 3 TABLESPOONS!

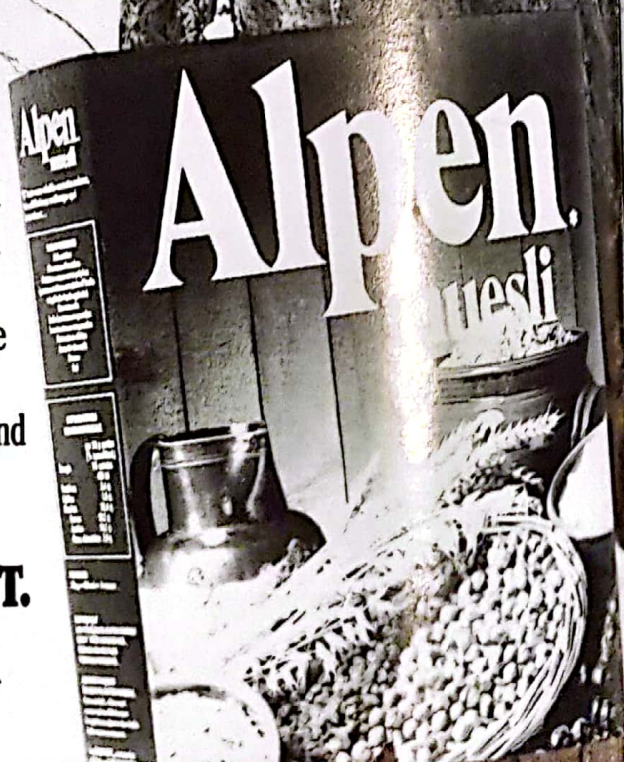


The concentrated energy of 3 tablespoons of Alpen muesli is all you need to start your day the traditional Swiss Alpine way.

Alpen muesli is a wholesome and delicious mixture of oat flakes, whole wheat flakes, roasted hazelnuts, raisins and brown sugar. Add a little milk or yogurt and you have the traditional high energy breakfast of the Swiss Alps.

**THE TRADITIONAL
SWISS POWER BREAKFAST.**

OFFICIAL BREAKFAST CEREAL OF THE CANADIAN FREESTYLE SKI TEAM.



SQUASH LIFE

JANUARY/FEBRUARY 1991

\$2.50

C O N T E N T S

- 5 *Australia Finally Has A Traviss Title*
- 13 *Lambourne Captures Triple Crown*
- 16 *Ontario Closed Championships*
- 19 *Coming Attractions*
- 20 *Here's To The Winners*

DEPARTMENTS

- 9 *Point....Counter Point*
- 12 *From The Board*
- 18 *From The Regions*
- 22 *Club Focus*



SHERRY FUNSTON MANAGING EDITOR
AL SCOTT PRESIDENT SQUASH ONTARIO
DIANA MOODY DIRECTORS, SQUASH ONTARIO
ED MITCHELL
LAUREN DOIG
JOE STEWART
ADRIAN COLES SENIOR CONTRIBUTING EDITORS
ROGER EADY
CHRISTIAN ENDEMANN
GEORGE SPELVIN
SUSAN DERBY

LINDA HENDERSON ADMINISTRATIVE ASSISTANT
STUDIO 57 DESIGN AND COMPOSITION
ROD HILLEN ART DIRECTOR
JERRY C. HOBBS PHOTOGRAPHER
BOWNE OF TORONTO INC. PRINTER
HARRY J. ALLEN JR. ADVERTISING SALES
for FRESH IDEAS MARKETING,
135 HEDDINGTON AVE.,
TORONTO, ONTARIO M6H 2K9
(416) 484-0060 FAX (416) 484-0061
LINOTEXT IMAGING OUTPUTTING SERVICES

SQUASH LIFE is published 5 times a year by Squash Ontario,
1220 Sheppard Avenue East, Willowdale, Ontario M2K 2X1. Telephone (416)495-4140 FAX (416)495-4310.
It is published to give voice to and promote squash in the province. We invite members of the sport community
to contribute articles on every aspect of squash, and welcome readers' comments on the contents of this magazine.
The contents of this publication may be reproduced or broadcast, provided credit is given to **SQUASH LIFE** and author.
The views expressed in **SQUASH LIFE** are not necessarily those of Squash Ontario.
Over 7,500 copies of **SQUASH LIFE** are distributed in bulk and on a complimentary basis to member facilities in the
province, as well as to a number of clubs and associations across Canada.

VOLUME 15, NO. 1

WILSON PROFILE



***NOW THE AWESOME POWER DESIGN OF A PROFILE
ENERGIZES THE SQUASH, BADMINTON,
RACQUETBALL COURTS OF CANADA.***

Wilson PROFILE • "LEADING TECHNOLOGY TO IMPROVE YOUR GAME!"

ROBYN LAMBOURNE TAKES MAYFAIR LAKESHORE INTERNATIONAL OPEN & TRAVISS TITLE HOME TO AUSTRALIA

By Christian Endemann •••••

Third-seeded Robyn Lambourne of Australia captured the Mayfair Lakeshore International Open Squash Championship in Toronto in early November after outlasting compatriot Liz Irving in a thrilling marathon which had a capacity crowd spellbound for almost two hours of see-saw competition. Lambourne prevailed by the slimmest of margins, 9-3, 4-9, 8-10, 9-5, 9-7.

The 26 year old Lambourne, who also notched more one-sided victories in the Calgary Women's International and the Canadian Open in Belleville, had her work cut out in the Lakeshore event. While the loss for the 25 year old Irving must have been heartbreaking, she was consoled by the enthusiastic response of the spectators who saw an exhibition of women's squash at its vintage best.

"Naturally, it's disappointing to lose but I am pleased that the quality of the match was so uniformly high. I know the men can sustain longer rallies and hit the ball harder but I think we proved in this match that women can offer more variation and change of pace which the average player can relate to more readily," Irving observed after the match.

Lambourne, a flamboyant shot-maker whose long reach makes her difficult to pass, also sports a strong boast and specializes in running her opponents around to exhaustion. After her bout of attrition against Ir-

ing, a flushed Lambourne conceded that her tactics almost backfired on her.

"I always seem to let Liz off the hook. She made some fantastic recoveries, beat me up front regularly and had me running much more than I wanted. I thought she would tire

much earlier but she was still strong at the end when the match was up for grabs", admitted Lambourne.

"Liz is a terrific competitor and pretty well had me on the ropes when she led 7-5 in the fifth game and I knew I had to bear down one



At 5-7, Robyn Lambourne summons the last vestiges of energy in a determined effort to win the elusive Mayfair Lakeshore Open.

last time to pull it out. The match was so even it was a pity there had to be a loser. What is important to all of us on the tour is that we sell the game effectively to spectators and sponsors and I believe we did okay in that department."

While Lambourne jumped out of the blocks quickly in game one and coasted home 9-3, Irving moved into a much higher gear in games two and three as she counter-punched effectively, outstaidied her rattled rival who started to berate herself, and took those two frames 9-4 and 10-8 respectively.

Irving, who at all times appeared to be the more composed of the two, was knocked back on her heels by a more aggressive Lambourne in game 4. Despite prolonged rallies which featured tactical lobs, blistering overheads and daring boasts offset by feathery drops, the eventual champion used what Irving called "those bloody long arms" to keep her opponent at bay and evened the contest two games apiece.

Lambourne came out blasting in game 5 and led 3-0 and 5-3 before the ever-patient Irving capitalized on weariness and unforced errors to



The famous Lambourne drop, catching Irving at the back of the court.

assume command at 7-5. But Lambourne summoned her energy for one final thrust and this time Irving wavered and lost the final four points of a riveting match.

In the semi finals, fourth-seeded Irving upset top ranked Lisa Opie of England in a devastating fashion, 9-2, 9-7, 9-6. Opie shrugged wistfully after the match.

"Everything she touched today

turned to gold. There isn't anyone on our tour who could have won even one game the way Liz played today. I was simply overwhelmed."

In the other half of the draw, another all-Aussie duel took place and Lambourne was a relatively easy winner over no. 5 seed, Michelle Martin. A sister of Rodney and Brett Martin, both top 10 competitors on the ISPA tour, the 23 year old shows much promise but does not yet have the counter-attacking weaponry to blunt Lambourne's arsenal when she is in full cry. The veteran romped by scores of 9-0, 9-3, 3-9, 9-3.

Canada's best hope, Heather Wallace of Ottawa, surpassed the expectations of her no. 9 seeding to reach the quarters after toppling Fiona Geaves of England (no. 8). Wallace subsequently lost to Irving in four tough games, 10-9, 8-10, 9-7, 9-5.

Wallace, 27, and coaching pro in Ottawa, was philosophical about her performance. "The way Liz has been playing, I should be encouraged by the tough match she gave me. In fact, I even had my chance to take that critical first game."

Martine LeMaitre, the no. 2 seed from England, re-injured her ankle in the quarter against Martin and was forced to rest after the second game. Nonetheless, the 28 year old veteran's enthusiasm for the game is as keen as ever.

"I have looked after myself pretty well over the years and I believe I can continue to compete successfully at my current level for at least another five years. It's been a tough grind for those of us who have been the pioneers of women's professional squash over the past decade but that hard

Complete Business Solutions For Sports Club Managers

from Chassels Computer Systems

Chassels will design a computer program customized for any sports club. It will provide operating and financial controls.

Such a program will provide not only mental comfort for managers but increase service to the membership.

The program will look after all of the month-to-month work such

as membership profiles, invoicing, monthly charges, NSF cheques, cheque writing, bank card slips, financial reports, mailing lists, cash receipts, facility usage, newsletters and much more!

Let the Chassels designed program eliminate many of the sports club managers' problems, and increase service to the club membership.

CHASSELS
COMPUTER SYSTEMS INC.

Authorized Reseller
PROGRESS
SOFTWARE

5405 Eglinton Avenue West, Suite 103
Etobicoke, Ontario M9C 5K6 (416) 626-8649 (626-UNIX)

work is beginning to pay dividends now and I want to reap some of the benefits before calling it a day."

There seems no question that women's squash is on the ascendancy worldwide. Alicia McConnell, 29 year old journeywoman from the United States, feels that the two paramount squash nations, Australia and England, may soon start to feel the heat from other countries.

"There are droves of young players emerging in Europe, Germany, France and Switzerland, along with the Scandinavians, who are actively promoting junior development and pouring money into their programmes.

"Unfortunately, squash still doesn't get the same grass roots support in the United States and Canada but the sponsorship will come out of the woodwork once it becomes obvious how much the women's game has improved over the last five years."

Tony Swift, Chairman of Canada's National Teams Committee, has watched women's squash for over 30 years and believes the improvement during the last decade has been dramatic and irreversible.

"Their performances here in Canada have not been a fluke. I only just

came back from the World Championships in Australia and the level of competition has been consistently high. I also think the women's game offers an alternative to the men's tour and that their goals can be complementary rather than adversarial.

The Mayfair Lakeshore International Open is held annually in honour of Judy Traviss who died of cancer while in the middle of forging the breakthrough of women's squash in Ontario. It celebrates the coming of age of this sport at the professional level on a global scale.

This year more than 10 nations were represented and only three of the top 10 competitors on the now firmly entrenched WISPA (Women's International Squash Players Association) tour were absent. The three week Canadian circuit was a resounding success and there are plans to move into the lucrative and largely untapped U.S. market as well.

Michelle Martin feels a compelling argument can be made for women's squash, not only as a source of spectator entertainment, but also as a viable marketing tool for large corporations who would like to reach the rapidly growing distaff group making

Squash Ontario would like to take this opportunity to thank the following for their support of the Mayfair Lakeshore International Women's Open (competing for the Judy Traviss title) We couldn't do it without you!

Host and major sponsor:

Mayfair Lakeshore Racquet Club
Ministry of Tourism and Recreation
Dexters: The After Sport Drink
Fin Racquets
Dunlop
Martini & Rossi
Upper Canada Brewing Company
Kellogg's Special K
Watson Painting & Decorating
Darling & Company Limited
Harkow Aggregates
Liquiterminals Ltd.
Realty World

and the people

Barbara Diggins, Tournament Chairman
Kevin Inouye, Assistant Tournament Chairman
Norma Graham, Tournament Referee
Paul Frost, General Manager, The Mayfair Group
Karen Soupcoff, Manager, Mayfair Lakeshore Racquet Club
Bryan Drew, Larry Christiansen, Alan Smith, Matthew Templar, Steve Rowe, David Tullis - The Officials

and....the terrific staff and members of the Mayfair Lakeshore Racquet Club

its weight felt as consumers.

"I don't think there is any question about the ability of both the men and women to co-exist at the professional level. We women just have some catching up to do and we'll be on our way."○

ANNUAL SQUASH SALE!

HI-TEC X 4 or HEAD RADIAL EXPRESS squash shoes

or **\$38⁹⁵**
without racquet
purchase

\$24⁹⁵

SUGGESTED
LIST PRICE
(UP TO) \$79⁹⁵

with any HEAD squash racquet purchase
(one pair per racquet)

HEAD GENESIS and ANTARIS are now available!

UP TO 40% OFF
**ALL TENNIS, BADMINTON
and SQUASH RACQUETS**



SALE ENDS



RON SLOAN RACQUET SPECIALIST

1491 Bayview Avenue, Toronto, Ontario M4N 3A8 Telephone (416) 481-0067

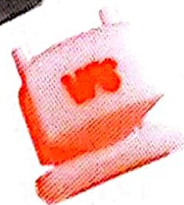
PLUG INTO



fin

Why play with fin racquets?

Have you ever experienced the pain of tennis elbow, tendinitis of the wrist or a sore shoulder from playing your favourite racquet sport. These injuries keep you off the court and more importantly can flare-up again unless you have the proper racquet. Fin racquets will keep you playing longer and without the discomfort of painful arm injuries.



Fin's
patented
VFS
plug

The fin design...

We put the plug into the racquet industry. The patented VFS rubber nylon plug, located in the throat of the split frame, allows the "moving arms" to absorb "shock" and deliver greater power and ball control.

Plug into a fin today.
The racquet that grounds the
from going into your arm...

SHOCK



fin

"PLUG IN THE POWER"

Distributed by: V.F.S. Sports Inc., 4889 Yonge St., Suite 200, Willowdale, Ontario M2N 5N4 (416) 395-1772

Rx FOR SUCCESS: Integrated Club Programs

By John Bonnar • • • • •

Ten years ago squash was a flourishing, thriving sport. Baby boomers, the overwhelming majority of players, had a lot more time and energy back then. Clubs were built with little, if any, fitness facilities. It was pay as you play. There was little staffing other than the squash professional who doubled as the manager. In fact, there were so many new players that clubs tried to push squash players into fitness to reduce demand on scarce court time.

In 1991, it is increasingly difficult to attract, retain and develop squash players. Baby boomers, now married with children, have a lot less time and energy. The squash player is doing more cross training and there is an increased emphasis on getting the fitness member interested in playing the game of squash. In general, more sports are available to athletes.

Squash players are key to the vitality of a club. Club owners cannot afford to turn their backs on the squash-playing members. Unfortunately, there is no magic formula for programming for the squash player. What works at one club isn't necessarily going to succeed at another club. Clubs cater to the needs of different types of members and, consequently, contrasting philosophies can still produce positive results.

I've seen what has happened to racquetball over the last seven or eight years," says Kell. "Racquetball exploded in North America and then declined rapidly." Racquetball courts were converted to squash courts and aerobic studios. "If clubs don't get involved with the development of the sport of squash, we'll end up like racquetball", adds Rob Brooks.

In Kell's view, it is important for his

It is rumoured that the formula for Coca-Cola is safely stashed in a vault somewhere, surrounded by a moat in which man-eating piranha swim lazily and hungrily, ever alert. The secret ingredients which go into Kentucky Fried Chicken and Swiss Chalet's famous sauce are said to be just as jealously guarded. But in the squash business, there is no patent on the formula for success. Each squash club is, in its own way, different from the rest in terms of philosophy, membership, programming, and direction and what works for one does not necessarily work for another. A large facility can offer members a plethora of programmes from aerobics to tennis but a smaller club can capitalize on the intimacy of its surroundings. The municipal club can become an extension of the community and the private club proffers a secluded respite.

Ontario is peppered with a variety of squash facilities, many of which have been and continue to be enormously successful in attracting new members and, perhaps more importantly, retaining them. Our Senior Contributing Editor, John Bonnar, in his quest for that elusive 'secret' formula, discussed the formula and many other things, with Jay Kell, Executive Vice President of The Sports Clubs of Canada, and Rob Brooks, owner and manager of the Pine Valley Racquets Club. Both have been involved in the sports business for a number of years. Jay, initially with the Toronto Squash Club, and Rob, with clubs in Montreal and Toronto, before finally taking the plunge and purchasing Pine Valley. Jay and Rob may approach problems in a different manner but there is no question that the end result for both spells 'success'.

clubs to play an active role in the development of squash. Their goal is to have 125 squash-playing members per court at each club. Brooks prefers to look at the big picture. He wants to develop squash by exposing the game to the general public. It's not important that they join his club. In the long run, he knows he will benefit if the sport of squash begins to boom again. "I want people to associate positive things with the word squash", states Brooks. "My role is to get everybody excited about the game".

Getting people excited about the game is no easy task. The demographics of society are changing. We have a greying population and must adapt to the over 40 squash player or risk losing that person to another sport.

Kell feels that the situation can be turned around with increased emphasis on programming. He

doesn't want his older players to get bored with squash and play another game. "The over 40 year old still thinks he's 34 or 35", declares Kell, "so we integrate him into our overall programme".

"The older person enjoys an 'open' club concept," adds Brooks. "because the mature person gets older in body but never in spirit." However, the fact remains that the Veterans section of the Metropolitan District Leagues is the least thriving division.

Pine Valley has 12 courts and 12 house leagues and 120 members. However, it is ranked 12th with 12 players out of a total membership of 450 players in the house league. The key to success is good competition and the focus is on having fun. Brooks says that if players enjoy themselves, they will

continue to renew their membership. It's tough to argue with his numbers; he must be right.

While most clubs highlight beginner or advanced players, Pine Valley concentrates on all levels. Every Saturday, Brooks runs three, 2 hour round robins for beginner, intermediate and advanced players. Match results are unimportant. The focus of these sessions is on developing the game of each player. Round robins are included in the price of a regular membership.

At Sports Clubs of Canada, each new member is assessed by the club professional. The member is given the names and telephone numbers of players to call for a game. In addition, each new member is given an evaluation to determine their level of fitness and recreational needs. A programme might include 2 games of squash and 2 workouts or 3 games of squash and 1 workout per week. The player is reassessed in 2 months, put in programmes and placed in leagues. "If the individual is active in their first 2 months, says Kell, "they'll feel a part of the club and stay with us for years."

Different philosophies have created two distinct, yet prosperous clubs. Sports Clubs of Canada is a fitness centre with squash courts. They've turned racquetball courts into aerobics studios and free weight rooms. Kell created cardio-energy centres with rowers, bikes, stairmasters and treadmills. Kell has carefully segmented each aspect of the fitness market. He wants to be the best at everything.

Brooks, on the other hand, wants to be the best at only one thing - racquet sports. Pine Valley has no aerobic programme. It maintains a minimal amount of weight training and cardiovascular equipment for the squash player who wishes to do off-court training. There are no fitness evaluations. It is solely a racquets club and the members know that the minute they walk in the door.

Pine Valley runs city tournaments at least once a month. Sports Clubs of Canada doesn't host Toronto & District events. "We've backed off due to the demand on court time", admits Kell, but we realize we have to attract new squash members. Kell has lost some members to other clubs with better teams.

And what about junior development?

Pine Valley has attracted a great

deal of attention with their junior programme. Two and one half years ago, Brooks started with 4 kids. Today, Pine Valley juniors can be found as finalists in almost every junior tournament in the province. Brooks claims there is no mystery to his success. He makes his club an exciting place for kids. The initial fleet of juniors were entered in tournaments outside the club. Everybody noticed their meteoric rise and wanted to be a part of that programme.

Brooks' first objective is to get his juniors into house league. Later on, he enters them in junior tournaments where he closely monitors their progress. Juniors are permitted to participate in T&D men's and women's leagues which is not the case at many clubs. His youngsters have fun, make friendships and grow (literally and figuratively) extremely fast.

Pine Valley employs a lot of juniors in the club. A 10 year old can see a top ranked junior like Jay Playter working behind the front desk, on

"We'll have to get more aggressive with our junior programmes"

the cover of Squash Life, in the provincial rankings and on the Men's T&D A team. In time, that 10 year old will come to believe he can attain similar status in a few years. "If we don't get them", says Brooks, "other sports will." The cost of a junior membership at Pine Valley is similar to other clubs but there are no restrictions on playing time.

"We have not been successful in our junior programme", admits Kell. His clubs have only 5 or 6 courts each and the senior members are not prepared to sacrifice court time for the sake of developing juniors. "Things are changing now", insists Kell, "and we'll have to get more aggressive with our junior programmes in the future". Kell has introduced a young adult membership for the 15-24 year old and schools utilize courts in physical education classes.

And are there special programmes for women?

Sports Clubs of Canada encourages

women to participate in all events but has no women-only programmes. "It's another area in which we could improve", says Kell. Pine Valley has no women-only programmes either yet the club has a lot of women players. "If you give us an adult male or female who has never played the game", declares Brooks, "you will see an unbelievable difference in their level of play within a one year period. When she participates in a tournament and someone asks: How did you improve so quickly? They respond: I learned to play at Pine Valley."

Pine Valley is committed to matching the amount of time and effort each member puts into their game. Brooks also stays in touch with his players to find out how they did at the tournament last week, to inform them of an upcoming tournament or simply to find out how they did in their house league match.

There's no secret to Brooks' success. "It's a lot of hard work and a lot of hours", says Brooks, "but we're in the people business; not just the squash business".

Brooks and Kell agree that members are more concerned with their own personal development than they are with the development of the sport as a whole. "The key thing is that the club is doing what the players want", states Brooks. "The member is there to meet their needs or goals", adds Kell, "so there big interest is in developing their skill level in squash".

And what should the clubs be doing for Squash Ontario?

We've underfocussed on the recreational player", says Kell, "and these are the majority of players at our clubs". "We have to service them properly in the future". It's a difficult task. The recreational player is not easy to target and it is very hard to meet his various needs. Squash needs more exposure at the club level. "If people in my club like squash, that's good for the overall game", says Brooks.

Even then, a secure future is not ensured by clubs taking an active role in the development of squash. "There are no guarantees in 1990", says Brooks, "but we cannot rest like the racquetball clubs did in the '80s".

"Our big fear is that we won't want to end up like racquetball", says Kell. According to Kell, club owners

have to be more proactive in the evolution of the sport. Opening a club with 10 squash courts will not bring members flocking to your doorstep. Clubs have to market themselves properly and introduce more people to the game. Kell feels you need at least 100-125 members per court to get a return on space. It's simple arithmetic. 40 people can fit into a 1400 sq.foot aerobics studio but only 2 people can play in a 700 sq. foot squash court. That's why clubs have greater fitness orientation today than they did in the mid to late '70s.

Managerial tactics may vary from club to club but it is the player who has the most influence on the direction of squash. "You cannot force things on the members", says Kell, "so you have to listen and act. The clubs or Squash Ontario cannot dictate a focus to the players. In Kell's view, Squash Ontario is very responsive to the demands of club owners and operators. The problem is that nobody is quite sure where the game is headed.

Brooks feels he can influence the focus of the sport but only in a subtle way. "If I send out players from my club who truly enjoy the sport," says Brooks, "we have a chance to influ-

ence the game". "People sense something different about our people and start to demand the same kinds of programmes in their club".

Perhaps the '90s will be the decade of innovation. House leagues, tournaments, and teams are not the only ways to meet the needs of the squash player. There is a recreational athlete looking for something else. Squash has always been positioned as a serious, physically demanding, competitive sport. It could also be positioned as a social sport. Fun programmes and a different scoring system might help promote the recreational side of the sport.

Unfortunately, Squash Ontario cannot always spend its funds in the best interests of the sport. "The ideal situation would be for the government to write Sherry Funston, Executive Director of Squash Ontario) a cheque and trust her to spend that money the best way", says Brooks. Squash Ontario does listen to managers but, in many instances, it has to adhere to strict funding guidelines.

The club is the communication link between Squash Ontario and the player.

Therefore, a club is obligated to

play a developing role. "We've been guilty", admits Kell. "We listen actively and respond to the players needs without going to Squash Ontario". Brooks feels there is an excellent communication network between the clubs and the provincial association. Regrettably, he cannot say the same for racquetball.

Pine Valley and The Sports Clubs of Canada are as different as night and day and yet both are successful operations. They are proof that different philosophies can yield excellent results and that the cookie-cutter approach to programming for the squash player will not work. Club owners must respond to the needs of their members and these needs will vary from club to club. A club, like a business, has its own unique culture. Some cultures are created while others evolve naturally. Managers have to identify the culture of their club and produce tailor made programmes. But, at the same time, they also have to realize that cultures will not remain static over time. The failure to recognize new trends and attitudes may result in the inability to react to and capitalize on the ever-changing and always-demanding needs of the squash player.◊

NEW

FROM ESTCA SQUASH

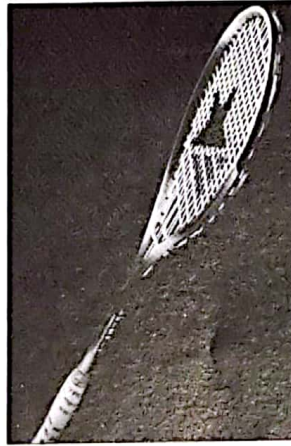
NOW AVAILABLE

Space age aramid fibers and widebody aerodynamics have been incorporated in creating Estca's new generation of Squash racquets. With expanded head, Kinetic Stabilizers at 3 and 9 o'clock positions of frame, shock absorber core and anatomic handle, each racquet is fine-tuned to perform as an extension of your arm.

**CALL
US FOR
NEAREST
DEALERS**



Arima
Widebody frame with extended **teardrop head** and extra long main strings for increased power, enhanced feel and greater maneuverability.
High modulus graphite
Firm
65 sq. in. supermid
190 g
Custom thermal bag



Stealth
Widebody frame with patented string-through throat bridge, extending the main strings to turn on more power and speed.
High modulus graphite
Firm
60 sq. in. supermid
190 g
Custom thermal bag



Metrotek
Widebody frame with variable internal beam geometry. Just the right blend of power and flex for all serious players.
Ceramic boron graphite
Medium Firm
50 sq. in. midsize
200 g
Custom thermal bag

Distributed in Canada by Liward Marketing Inc. 250 Shields Court, Unit 18, Markham, Ont. L3R 9W7 Phone (416) 477-7777

SQUASH LIFE JANUARY 1991

SQUASH ONTARIO ANNOUNCES NEW RECOGNITION PROGRAMME

By Joe Stewart
Vice President Marketing

In any organization, an all-too-common fault is the failure to acknowledge contributions. And, as the contributor usually gave to us with no expectation of future recognition, it is often possible for us to forget that we have forgotten to say 'thanks'.

Squash Ontario understands that this does not make such omissions cor-

rect, and at the Officers' Meeting of September 5, 1990, decided to institute a Provincial Recognition Programme. The programme is comprised of four classes of recognition:

Special Achievement Award

This is the most prestigious award presented by Squash Ontario. Since 1979, it has been awarded annually, at the discretion of the Board of Directors, to a volunteer who has made an outstanding contribution on behalf of

the game and Squash Ontario.

Past President Award

The contributions made by Squash Ontario Presidents are acknowledged with a gift, upon the completion of their final term.

Honorary Members

A tribute to recognize significant contributions (usually voluntary), to squash in Ontario. These awards are granted at the discretion of the Board, through nominations made by it and by other members of Squash Ontario. The selection process is co-ordinated by the immediate Past President (or a predecessor in his or her absence) in consultation with the regional executive committees.

Framed certificates conferring Honorary Member status are presented to each recipient. There is no limit as to how many Honorary Memberships may be granted each year; however, the Board is to be mindful that the award is for significant contributions.

The duration of an Honorary Membership is at the Board's discretion. According to the corporate By-Laws, the bestowing of an Honorary Membership, in and of itself, carries no rights to vote at any meeting.

Certificates of Appreciation

The fourth level of recognition is for those making important contributions to squash in Ontario, but not at the level of long, dedicated support required for Honorary Membership. Typical recipients of these certificates would be significant tournament sponsors and long-time advertisers in Squash Life or regional newsletters.

Selection is a Board decision. The selection process is co-ordinated by the Past President (or a predecessor in his or her absence), who will seek regional input.

Award nominations forms are being prepared and will be sent out to all the regional executive committees. However, any person in the Ontario squash community may nominate candidates for either Honorary Membership or a Certificate of Appreciation. Nominations should be addressed to Dr. Craig Hall, or to him in care of Squash Ontario, 1220 Sheppard Avenue East, Scarborough, Ontario M2K 2X1.

SQUASH, BY GOSH!

Mayfair Lakeshore Racquet Club
Venue for so much Squash!

Mayfair Lakeshore Women's International Open
(For The Judy Traviss Title) November 7-11.

Canadian Inter Provincial Team Championships
(Men's and Women's) January 24-27.

Toronto & District A, B, C, D Closed Tournament
(Men's and Women's) February 8-10.

Ontario Men's A Doubles Championships
March 1-3.

**MAYFAIR
LAKESHORE
RACQUET CLUB**



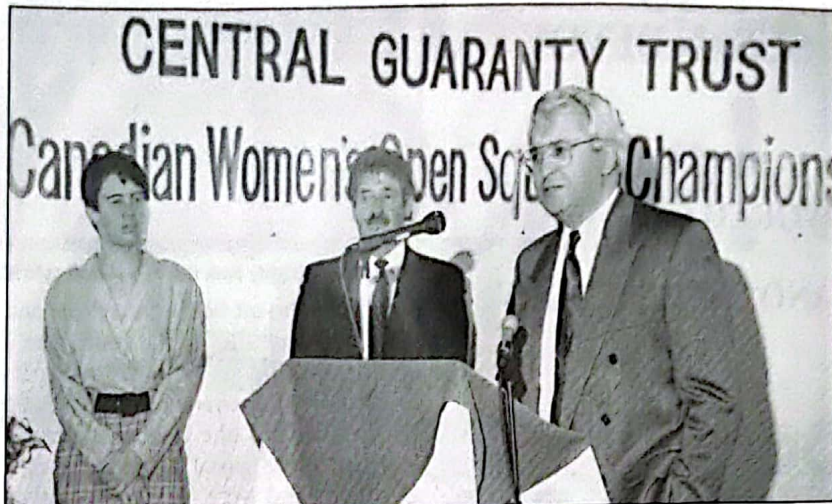
801 Lake Shore Boulevard East
Toronto, Ontario M4M 1A9
Telephone (416) 466-3777
Squash Desk (416) 466-3650

CANADIAN WOMEN'S OPEN

By Alan Smith •••••

A determined effort gave Robyn Lambourne of Australia her first Canadian title in the \$15,000 Central Guaranty Trust Canadian Women's Open at the Harbour Club in Belleville. The 9-0, 9-6, 9-0 destruction of fellow Australian Liz Irving also gave Lambourne a sweep of the three event Canadian WISPA mini-circuit for top international players. The victory was sweet for Lambourne who had been edged in the final of her two previous challenges for the Canadian Open title.

Although entries for the 1990 event were down from the previous year's record due to its proximity to the recently completed Women's World Championships, 23 international players, including six of the top ten in the world rankings, did return to this popular event along with 8



"And now, a word from our sponsor!" At right, Stephen Stewart, Vice President of Central Guaranty Trust with, middle, Norm Richards and Susan Dodge, Executive Director, Squash Canada.

previous weekend. In the first game, Opie played Fitzgerald's hitting game and was lucky to escape with the game 9-6, after being behind most of the way. Fitzgerald again jumped ahead in the second and was up 6-3 when Opie reverted to her infamous floating game to change the

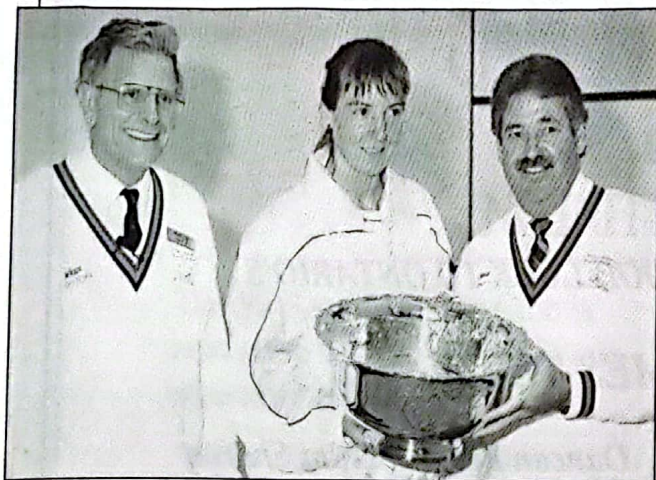
momentum. Fitzgerald made a string of errors to lose the game 6-9 and then the match, 6-9, 6-9, 2-9 in just 35 minutes. Liz Irving was in full control in her domination of England's Fiona Geaves, despite one lapse of concentration resulting in the loss of six straight points in the second game. She took the match 9-6, 9-6, 9-3. Heather Wallace

quickly took the first game against Martin with nine straight points but Martin recovered to stay even in the second before losing 6-9. The third was a great battle in which Martin had four match balls but failed to capitalize and emerged at the wrong end of a 0-9, 6-9, 9-10 score.

The final was all Lambourne as she returned the best that Irving had to offer and played nearly errorless squash - consistent length and superb retrieving. Except for a brief spell in the middle of the second game, Lambourne had total control and captured her first Canadian title in just over 30 minutes.

The tournament was again superbly orchestrated by Tournament Chairman, Willie Curry, host professional at The Harbour Club which has been the congenial host of the Championship for five of its six years of existence. Penny Glover undertook the unenviable task of Tournament Referee and kept everything well under control.

A fascinating sidelight to the Championships themselves was the use of the three official system. This was tried on an experimental basis for all of the Canadian 1990 events. Despite some initial problems with the system, which were quickly resolved by the referee/judges, the system was found to be a success. The Canadian Squash Association is now planning to use the system for all of its events in 1991.



First triple crown winner, Robyn Lambourne with Willie Curry (left) and Norm Richards of Central Guaranty Trust.

Canadians. Three-time Canadian Open champion Martine LeMoignan of England had also been entered but re-injured her leg the preceding weekend, leaving a gap in the bottom of the draw and gave Australia's Michelle Martin an easy route to the semi finals.

The quarter finals produced no surprises. Lisa Opie of England appeared to be back in form, after a spell of lacklustre matches, in her battle with Sarah Fitzgerald (Australia), who was determined to rebound from a disastrous performance the

gave a good effort against Lambourne but went down to defeat 5-9, 9-4, 1-9, 5-9. The remaining spot in the semi final was filled by Michelle Martine who had an easy victory over Claire Nitch.

In a repeat of their match the previous weekend, Irving again overwhelmed Opie by playing an aggressive attacking game and refusing to let Opie utilize her soft game. Irving continually frustrated Opie with tight, low drives and dead winners until Opie lost her focus and surrendered with hardly a fight in four games. Lambourne

CONGRATULATIONS TO SUSAN DEVOY

FIVE TIMES
WORLD CHAMPION
ANOTHER VICTORY
WITH



DISTRIBUTED BY: STELLAR CANADA
BJ5 SPORTING GOODS INC.
(416) 642-1110



Lisa Opie (right) took the 3/4 playoff over Michelle Martin by...a knock out?

judges, who sat below the referee and on opposite sides of the court, had a different, and sometimes, better perspective on interference calls, balls up or down and line calls. The players were used as appeal judges in the early rounds and were very co-operative. They were generally more compromising than the referees, preferring to be 'safe' with a "yes, let" call rather than giving more definitive "stroke" decisions so that delays were minimal.

The officials appreciated the reduced pressure and generally improved atmosphere. It also generated many lively discussions when decisions were overturned, by agree-

ment of the appeal judges, and regarding various scenarios that could, and sometimes did, arise.

The system will be used for additional events in Canada and feedback will be given to the International Squash Rackets Federation. There will undoubtedly be a positive recommendation from Squash Canada for this system with the proviso that various technical problems be resolved and that players will likely have to be used in the early rounds. Look for some heated debates on this proposal at the international level in the next few years.○

Playcon

Squash Court and Club Construction Specialists

CONGRATULATIONS AND GOOD LUCK TO ONTARIO'S

CANADA GAMES TEAM

Taras Klymenko Vicky Marrack Duncan Peake Tara Sharpe

Ian Power Jo Thomas Patrick Ryding Jan Wilson

AND GOOD LUCK TO ONTARIO'S MEN'S & WOMEN'S TEAMS
IN THE INTER-PROVINCIAL TEAM CHAMPIONSHIPS

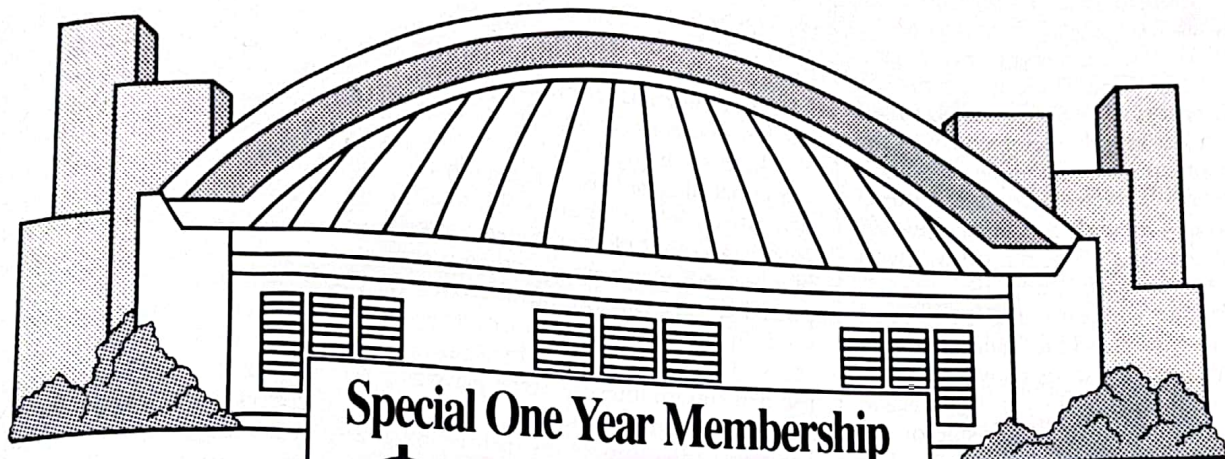
Melanie Jans Tara Sharpe Becky Rogers

Max Weithers Steve Wren Jonathon Power

PLAYCON RECREATIONAL EQUIPMENT LIMITED
275 Arnold Street, Kitchener, Ontario N2H 6E8
Phone (519) 743-8132 FAX (519) 743-3551



Keep fit under the Dome!



Special One Year Membership

\$950.

NO INITIATION FEE!

The SkyDome Fitness Club is now open with an exclusive one time only offer.

A one year full privilege membership is just \$950 for Toronto's finest fitness facility:

- 5,000 sq. ft. co-ed fitness area

- Most complete line of Life fitness equipment and free weights
- Aerobics and Aquabics
- International squash courts

Information and Tours
call 341-2582

SKYDOME FITNESS CLUB
TORONTO'S FINEST FITNESS FACILITY



ONTARIO CLOSED CHAMPIONSHIPS

They're How Old?

By Larry Christiansen • • • • •

An extremely strong field of squash players arrived at the Northfield-Doon Racquet Club on the December 1st weekend to vie for the Men's and Women's Ontario Closed Championship titles. The tournament saw the results of the efforts which have been put into the development of the junior squash programme by Squash Ontario as the women's final featured two of Canada's top female juniors and the men's 3/4 playoff was won by our top ranked under 19 male.

In the women's draw, top seed Lynn Miller of Pine Valley Racquet Club was taken out convincingly in the semi-finals by 17 year old Melanie Jans, while, on the other side of the draw, Cathy Covernton, the number 2 seed, went down even earlier, losing to Tara Sharpe of Peterborough 3-0 in the quarter final. Tara went on to defeat Becky Rogers of Barrie in the semi final, thus setting the stage for the youngest final ever in the Ontario Closed Championship.

Tara took the first game in the final by coming out very strong and very fast, catching Melanie a little flatfooted. The second game, though, was much different as Melanie cut down on her errors and took total control of the game, winning it convincingly 9-0. From that point, a composed Jans stroked her way to her first Ontario Closed Championship, taking the next two games 9-5, 9-1.

In the 3/4 playoff between Lynn Miller and Becky Rogers, Lynn appeared to be in complete control as she collected the first two games in very short order, 9-1, 9-2. Becky was not going to go down without a fight however, and came out very determined for the third game. Cutting down on her errors and playing good, controlled squash, she took the next two games by identical 9-2 scores. Lynn regained her composure in the fifth as both players battled for the final spot on the Ontario Team which will represent the province in the National Team Championships at the

end of January. Becky had the momentum and although Lynn battled back valiantly, Becky took the fifth 9-5.

Linda Henderson put on a gutsy performance taking fifth place with a 3-2 victory over Cathy Covernton while Vicki Quinn defeated Anne Keeler 3-0 to win the consolation.

Experience and composure were the big factors in the final outcome of the Men's Championship. The first semi-final matched last year's runner-up, Steve Wren against 17-year Jonathan Power. Having beaten Steve in a previous match up, Jonathan was poised to take out the number two seed. Steve, however, had different ideas. The match was decided after the first ten minutes, as Steve played aggressive, controlled squash, forcing Jonathan into numerous unforced errors. Jonathan, at this point, lost his concentration, getting into many uncalled for discussions with the referee. Things didn't get any better from that point and Steve won easily 10-9, 9-7, 9-0.

Things were much more entertaining in the other semi final which pitted the number 1 seed, Max Weithers, against number 4 seed, Steve Eastwood. Max won the first two games 9-7, 9-2 but in the third game, Steve came on very strong, forcing Max into numerous errors. The fourth game was a seeTMsaw battle but Max's experience saw him through as he won 10-9.

The final lived up to its expectations as both Weithers and Wren showed their great mobility and superb shot-making ability. Max didn't appear as if he was quite ready to play in the first game and Steve came out shooting, putting away many of Max's loose balls and forcing Max into many unforced errors. Steve won that game quite convincingly 9-2. The second and third games were a complete reversal of game one as Max gained stride and began forcing Steve into errors. Games two and three to Max. Steve came back strong in the fourth, winning it 9-6, and thus setting the stage for the fifth and deciding game. A very close fifth resulted in a well

earned 9-7 win for Max although Steve tried to prolong the match with some crafty discourse with the referee.

Jonathan Power took third place with a 3-1 win over Steve Eastwood and Michael Khan took fifth with a 3-2 defeat of Jay Gildenhuys.

All in all, an excellent weekend of squash and, for the first time, we were able to provide prize money for the winners as well as television coverage of the finals by Rogers Cable. This was solely due to the excellent sponsorship provided by Molsons and Black Knight along with the local support of Superior Sanitation and Grandview Lincoln-Mercury. The players were also treated to complementary beverages all weekend, courteously provided by Gatorade Sports.

The weekend would not have been a success without the help of Norma Graham who acted as Tournament Referee and the many volunteers (Len, Carolyn, Jacqui) and, of course, the referees who gave up their weekend to render their expertise. Thanks to Dave Brown, Fio Marin, Jay Niebel, Gord Robertson, Matthew Templar and Bob Wakfer.

The Northfield-Doon Racquet Club offers hearty congratulations to all the participants and wishes the Ontario Teams the best of luck in the National Team Championships. O

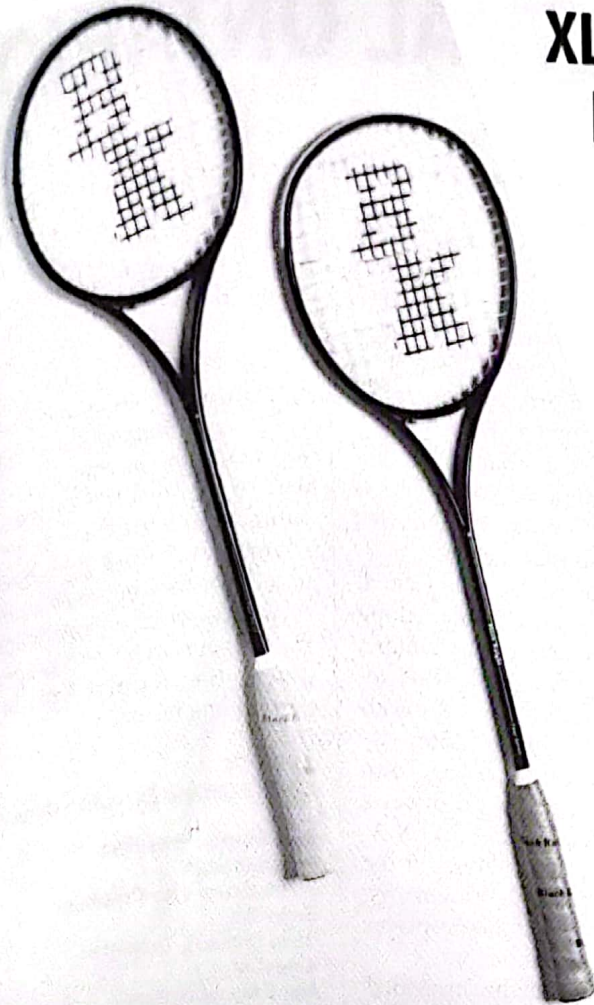
Inter-Provincial Team Championships

January 24 - 27, 1991
Mayfair Lakeshore
Racquet Club
Toronto, Ontario

Ontario Women's Team
Melanie Jans
Tara Sharpe
Becky Rogers
Ontario Men's Team
Max Weithers
Steve Wren
Jonathan Power

UNEARTHLY POWERS

XLR 5100 and MIRAGE 5000



- Frames so light, you'll hardly know they're there. Excellent for players who want to react quickly.

- Stiff frame (XLR 5100) to give control to power hitters, Medium flex (Mirage) to give power to control players.

- Tru Grip handle.

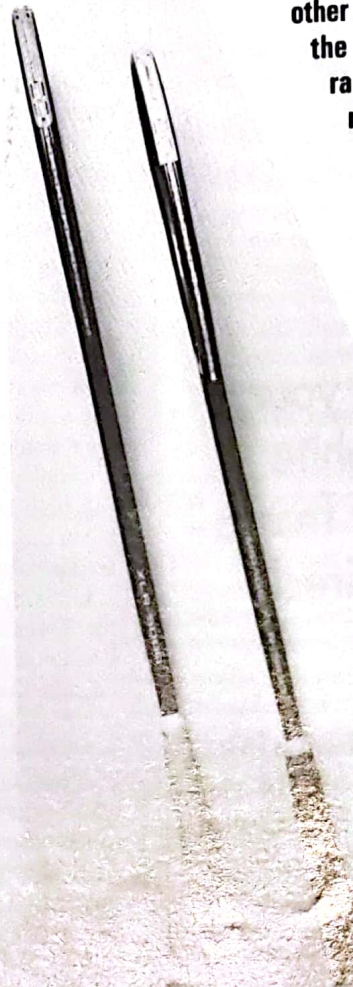
- Dual taper design positions stiffness and mass for maximum effect.

- All Black Knight squash racquets are unconditionally guaranteed for 45 days.

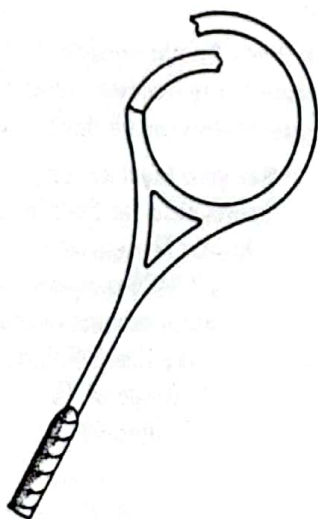
- See your favorite racquet sports shop for the Black Knight Mirage and XLR 5100 racquets or other racquets from the Black Knight range of 25 models.

Feel The Power!

**Black
Knight**



GIVE US A BREAK



Have your
graphite
racquet frame
repaired

Rylenn Enterprises
P.O. Box 52014
Old Oakville P.O. Outlet
Oakville, Ontario
L6J 7N5
(416) 847-7355

FROM THE REGIONS

CENTRAL ONTARIO

By Joe Stewart • • • • •

Over the past few years, quietly but steadily, great strides have been made in the squash world of Central Ontario. Here, in one of the most historic areas of Ontario - home of the United Empire Loyalists, Sir John A. Macdonald, Don Cherry, and Paul Wilson, a group of enthusiastic and committed volunteers is doing its best to make squash a vital part of the regional scene.

Squash activities offered in Central Ontario are second to none. Along with the comprehensive programmes provided through Squash Ontario, the Regional Executive has developed a variety of its own initiatives.

Under the guidance of John Faulkner, the regional produces a quality newsletter, the C.O.S.A. News, to keep players abreast of the latest in area squash developments, local tournaments, club and player profiles, playing tips and more.

The regional league has expanded over a few short years from six teams to 24 playing in two divisions that are each divided into East and West Conferences. The league has become very popular, and to meet future demand, a C Division may have to be added.

Competitive players in Central Ontario eagerly await each update of the regional rankings. The computerized system not only sparks curiosity and debate among players, but is a big help to tournament organizers when they are attempting to properly seed participants.

Growing out of a commitment by the Executive not to let the Charity Challenge die, Graham Gilley spearheaded the formation of a regional event. With the support of Black Knight, funds will continue to be raised by squash players for the Multiple Sclerosis Society. The executive is pleased to see other regions have accepted the Central Ontario challenge and it is anticipated teams from a number of regions will accept invitations to a finale at the Royal Brock Club in Brockville in February of 1991.

Carrying out these ambitious projects takes a dedicated executive and supportive clubs. The Central Ontario region has long been doubly blessed in this regard. Many area clubs regularly go out of their way to assist the executive in a variety of ways, be it by running a Rust Remover event or by donating meeting space for rules clinics or executive meetings.

As well, executive members continue to give of their time freely. Many travel long distances each month for meetings, not to mention their support of regional clinics and tournaments. The results speak volumes - their efforts have brought outstanding results.

1990/91

Central Ontario Executive Committee

Wes Shaver, President
Peterborough
Willie Curry, Vice President
Belleville
Dave Menard, Treasurer
Kingston
Ann Gray, Secretary
Belleville
John Faulkner, Newsletter Editor
Brockville
Susan Tunnicliffe, Officiating
Gananoque
Jim Sills, Rankings
Kingston
Graham Gilley, Juniors
Brockville
Nancy and Gary Wiggett-Orford
Tournaments Belleville
Cary Club, League Administrator
Kingston
Dawn Sommerville-Picotte, Womens
Programmes Brockville
Dan Murrell, Publicity
Belleville

Central Ontario is geographically one of the largest of Squash Ontario's seven regions. For this reason, it is always a challenge for the regional executive to meet the needs of all players in such a vast area. This group remains conscious of this though and is committed to always doing their best. Squash Ontario and all Central Ontario squash enthusiasts are fortunate to have such a wide group of volunteers. The present is in good hands and the future looks bright! O

COMING ATTRACTIONS

1991 INTER-PROVINCIAL TEAM CHAMPIONSHIPS

For the first time ever, the Inter-Provincial Team Championships will be held together. Hosting this cavalcade of stars is Mayfair Lakeshore Racquet Club, 801 Lakeshore Boulevard East in Toronto.

All provinces and territories will be sending three-man and three-women teams to compete in a pool event on the weekend of January 25 - 27, 1991. The Ontario Men's Team is a defending champion, having pulled a surprise upset last year in Montreal. The Women's Team will be looking to avenge its loss against Alberta in Yellowknife. Hopefully, a more temperate climate will produce the warm glow of victory.

Admission is absolutely free and this is an excellent opportunity to see some excellent squash. Come out and support your Ontario Teams.

For further information, contact Barbara Diggins at (416)495-4140.

Does Your Racquet Measure Up?

The following changes were approved by the International Squash Rackets Federation at its October 1990 annual meeting in Sydney, Australia. Please note that the specifications apply to all games of squash, the United States Squash Racquets Association, having cast an assenting vote.

Maximum length
685 mm (27 inches)

Maximum width measured at right angles to shaft
212 mm (8.36 inches)

Maximum depth across face
26 mm (0.98 inches)

Maximum weight
255 gm (9 oz.)

So, what has changed? The maximum depth across the face has changed from 20 mm (0.79 inches) to 26 mm (0.98 inches) and the specification for maximum width across the face has been deleted entirely.

CANADA WINTER GAMES

Squash will have its first foray into the Canada Winter Games which are being hosted by Charlottetown, Prince Edward Island from February 15-24, 1991.

Each province and territory began some 18 months ago to select and train their teams and Ontario is no exception. Squash Ontario is proud to announce the 1991 Ontario Canada Winter Games Team and its coaches:

Taras Klymenko (Hamilton)

Boys' Under 16

Vicky Marrack (Sault Ste Marie)

Girls' Under 16

Duncan Peake (Toronto)

Boys' Under 19

Ian Power (Toronto)

Boys' Under 16

Patrick Ryding (Oakville)

Boys' Under 19

Tara Sharpe (Peterborough)

Girls' Under 19

Jo Thomas (Ottawa)

Girls' Under 19

Jan Wilson (Sarnia)

Girls' Under 16

Susan Smeaton

Girls' Coach

John Power

Boys' Coach

Congratulations to all the juniors who have participated over these months and good luck to Team Ontario in Charlottetown. Thanks also to MasterCard for its financial support of the Canada Games programme.

ONTARIO WINTER GAMES

The format of the squash participation will change this year. The Winter Games will become a junior regional team championship with each of our seven regions selecting and training their best young athletes.

Hosting the event will be Jim Sier's Barrie Racquet Club in Barrie, Ontario. The OWG are being held on the weekend of March 8-10, 1991. O

20 YEARS AGO WE CHANGED THE LOOK OF AN ENTIRE GENERATION

HERE WE GO AGAIN INTRODUCING "THE NEW GENERATION"



- It began as a revolution and ended up making history. Now history is about to repeat itself. Nautilus, the leader in the fitness industry, is taking fitness into a new dimension.
- Into the "NEXT GENERATION" - Incorporating the smoothest, quietest, most durable line of equipment, ever developed.
- Space-efficient machines allow more room for workout stations and less waiting time for customers... Equipment that shields all moving parts, to not only increase safety, but significantly decrease maintenance.
- We have also taken our exclusive computerized cam technology to an even higher level, for a more efficient and productive workout. Plus we offer more sophisticated range limiters ever built.
- All in all, you'll find the "NEXT GENERATION" Nautilus... the best thing you can do for your health. Because you think about it, the Nautilus... the best thing you can do for your health.

NAUTILUS - CANADA

1000 SHEPPARD AVENUE EAST, SUITE 100, SCARBOROUGH, ONTARIO M1S 1T5

CALL 1-800-361-6666

Here's To The Winners!

Tenth Annual Spectacle Boutique

Hosted by Trent University & #1 Nautilus

Men's A Champion: Samir Bhatnagar

Finalist: Bob Stock

Men's B Champion: Paul Wilson

Finalist: Perri Domm

Men's C Champion: Jim Ross

Finalist: Jim Halls

Men's D Champion: Adolf Palatsky

Finalist: Colin Ainsworth

Women's A Champion: Nancy Sharpe

Finalist: Nancy Wiggett-Orford

Women's B Champion: Rosa Rinaldi

Finalist: Liz Gunn

Women's C Champion: Charlene Morton

Finalist: Charlene Bridger

And the big winner....The Multiple Sclerosis Society with a donation of \$2,500.00

Appleby Under 14 Team Tournament

Hosted by Appleby College

Champions: Toronto Cricket,

Skating & Curling Club

Finalists: White Oak Fitness Club

Third Place: Appleby College

Fourth Place: Hamilton Thistle Club

Parry Sound Open

Hosted by Jolly Roger Fitness

Men's A Champion: Fernando Pisano

Finalist: Mark Ducharme

Men's B Champion: Bill Beckevech

Finalist: Jay Niebel

Men's C Champion: Charlie Bogner

Finalist: Kelvin Johnson

Men's C Champion: John McFarlane

Finalist: Rick Guest

Women's A & B Champion: Lorie Trudeau

Finalist: Cathy Matson

Women's C Champion: Stacey Cruise

Finalist: Laurie Kerr

Women's D Champion: Heather Pearson

Finalist: Lisa Garner

Women's Novice Champion: Joanne Sacoucci

Finalist: Carol Guest

Cambridge Club Doubles Championship

Hosted by the Cambridge Club

Champions: Todd Binns and Tom Page

Finalists: Mark Talbott and Peter Briggs

Calgary Women's Open

Hosted by the Edgemont Club

Champion: Robyn Lambourne

Finalist: Sarah Fitzgerald

Southwestern Ontario Closed Championships

Hosted by #1 Nautilus, Sarnia

Women's A Champion: Sandra Shaw

Finalist: Nicole Garon

Men's A Champion: Jan Bisonnette

Finalist: Pete Curran

Men's B Champion: Tom Borecky

Finalist: Mike Withers

Men's C Champion: Doug McArthur

Finalist: Shaun Ryan

Ontario Men's C Doubles Championship

Hosted by the Kitchener-Waterloo

Racquet Club

Champions: Ian Dunbar and Greig Tollar

Finalists: Doug Maule and David Kuntz

Sudbury Y Open

Hosted by the Sudbury YMCA

Men's A Champion: Paul Maguire

Finalist: John Corelli

Men's B Champion: Gilles Chabut

Finalist: Dave Parks

Men's C Champion: Scott Lund

Finalist: Laird White

Men's D Champion: Alain Guenette

Finalist: Steve Savage

Men's Novice Champion: Brian Ransom

Finalist: Ken Manston

Men's 40+ Champion: Chuck Wallsten

Finalist: Ken Ojeer

Women's A Champion: Lori Zorzit

Finalist: Rachelle Niemela

Women's B Champion: Cindy Kempny

Finalist: Leah Lepage

Women's D Champion: Michelle Taillefer

Finalist: France Gelinas

Central Ontario Closed Championships

Hosted by #1 Nautilus, Peterborough

Men's A Champion: David Sly

Finalist: Ryan Bell

Women's A Champion: Tara Sharpe

Finalist: Nancy Sharpe

Hamilton Thistle Open

Hosted by Hamilton Thistle Club

Men's A Champion: Keith Durling

Finalist: Peter Tanz

Women's Open Champion: Alison Giachino

Finalist: Linda Henderson

Men's 35+ Champion: John Nelles

Finalist: Jim Martel

Men's 40+ Champion: Tom Nederpel

Finalist: Peter Hall

Men's 45+ Champion: Don Willard

Finalist: Tom Borecky

Men's Open Doubles Champions: Victor Harding and Scott McDonough

Finalists: Fred Reid and Alan Hunt

Men's Veterans Doubles Champions: Cass

Quinn and Gary Kritz

Finalists: Henry Board and Barney Lawrence

Cherry Hill Travel Mixed

Doubles Championship

Hosted by London Squash Club

Champions: Lindsay and Anne Smith

Finalists: Scott Michalachi and

Cathy Covernton

Creed Tin It

Hosted by Creed Fitness Centre

Men's A Champion: Paul Maguire

Finalist: Khaled El Sweify

Northfield-Doon Racquet Club Hallowe'en

Hosted by Northfield-Doon Racquet Club

Men's A Champion: Jamie Crombie

Finalist: Danny Marsh

BACON AND MAULE 'TAPE' THE COMPETITION TO THE WALL IN 3M INVITATIONAL DOUBLES

By Kevin Higgins

After going to extra points in their opening game of the 3M Invitational Doubles, Kevin Bacon and Peter Maule of the Toronto Racquet Club, withstood all challengers to claim the tournament prize of a handcarved Swedish crystal.

Hosted by the London Squash Club in mid-December, the tournament featured veteran tournament pairings and several new pairs of strong singles players. In the semi-finals, Kevin and Peter faced the fine young pairing of Scott Nash and Scott Coleman. However, the well honed doubles skills of the old generation were no match for the enthusiastic youngsters from Western University. They advanced without difficulty, albeit after many captivating rallies, to face the seasoned pair of Jim Shaw and Lindsay Smith of the host club. Jim and Lindsay, the current Ontario B Champions, elevated their game beyond the usual pace played at the club and employed a variety of tactics, tricks, and shots to combat the strong Toronto pair. Ultimately, they were unable to overcome the superior youth, speed and shot-making of Kevin and Peter.

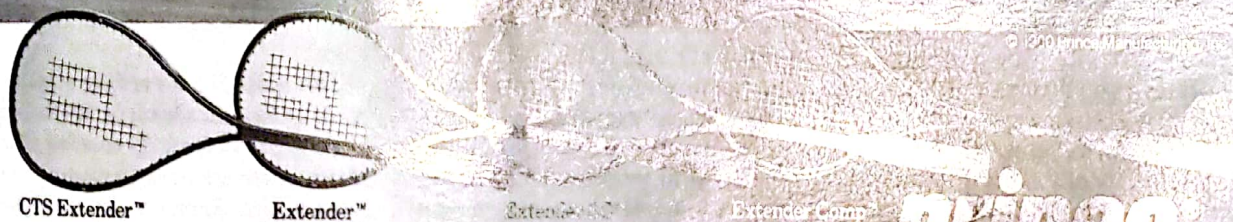
Doubles players should make a special note of this event as it is played on a fabulous glass court, for a terrific sponsor who entrant received a sundry bag of 3M products and a spiffy warm-up in front of knowledgeable and enthusiastic fans. London Squash Club thanks the sponsor, 3M, and the players; particularly those from out of town, for helping to conduct a terrific and fun tournament. O

Extending into the Zone.

Suddenly you totally control the game with the new Prince Extender™. The innovative, teardrop design increases the string bed and sweet spot for relentless power. You feel it instantly. Its lightweight, aerodynamic frame gives you the maneuverability that turns tough gets into winners. Point after point. More touch, more power, more racquet. It gives you unbounded confidence, taking you and your game one step further... "extending" you into a dimension we call the zone.



Mark Yulboit, World Handball Champion

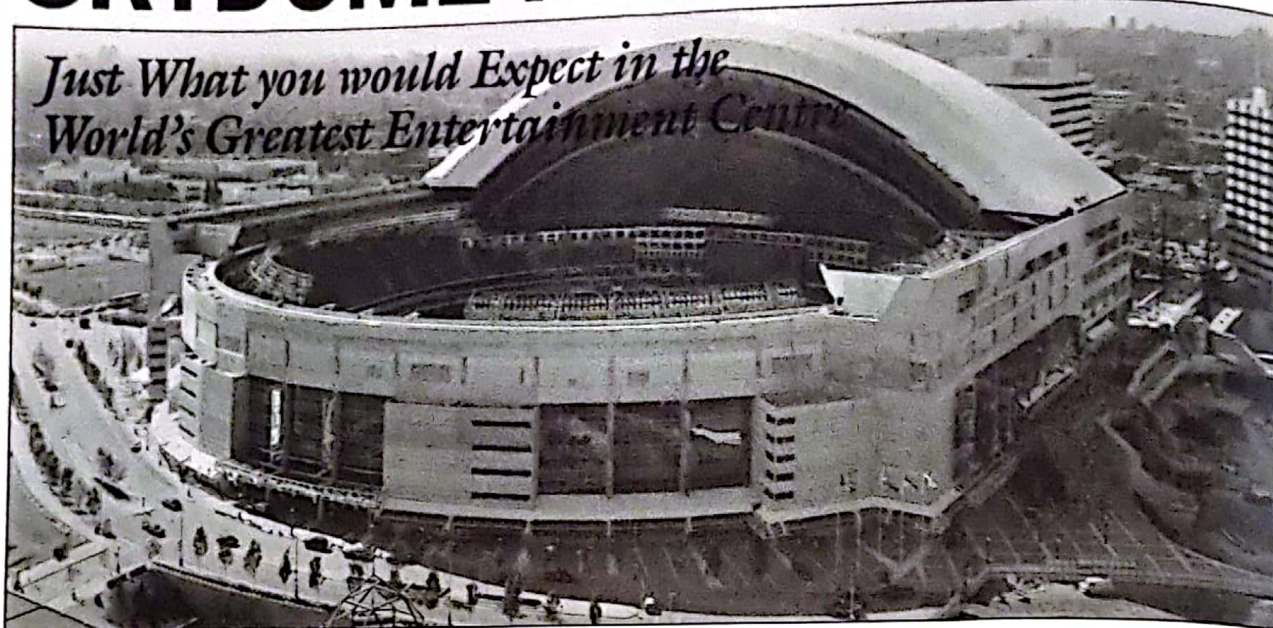


The new Prince Extender Series. Four distinct models for every level of play.

prince
Playing in the Zone™

SKYDOME FITNESS CLUB

*Just What you would Expect in the
World's Greatest Entertainment Centre*



The world's greatest entertainment centre!

Whether or not the SkyDome Fitness Club should have been built is not worth discussing. It exists, and is open for business, and as buildings go up around the stadium - some 8 million square feet of office and resident space is planned in the immediate area - it will grow in popularity.

The costs of building a complete facility like the SkyDome Fitness Club have escalated to the point where you will not see another club like this built in the foreseeable future.

Located in the northwest corner of the stadium, adjacent to the hotel, the club is easily reached from the street or when driving from the club's reserved underground parking. There is also direct access from the stadium during events. In fact, the club operates three private skyboxes for members and their guests. (next season's all-star game will be by lottery for members).

The club is over 50,000 square feet in size, with its Oasis pool acting as the focal point for the 5,000 sq.ft. fitness areas as well as the dining lounge and reception lobby. The pool area also features a co-ed sauna and whirlpool. Aquabics classes really liven up the area, although Argonaut football players use the pool a lot for rehabilitation.

The club was designed around our belief in executive fitness. People today have less leisure time than ever before. However, the need to stay

physically fit has never been more evident as seen in the increased medical benefits costs for companies. Toward the goal of improving and maintaining health and performance-related fitness, the club has assembled a hand-picked selection of equipment. On the floor you will find Nautilus, Cybex, Gravitrons, Star-Trec Treadmills, as well as the most complete line of Life Fitness equipment, including the computer integrated Lifecircuit and the only Liferacer network in the city.

We realize that it is people, not equipment, that keeps members coming back. In fact, everyone at SkyDome practices QSP (Quality, Service, People) every day. But nowhere is it more evident than in the fitness section which is under the overall direction of Allan Scott, one of the best known people in the fitness business. A competent team of fitness coordinators led by Diane Cooper personally oversee every programme.

After a comprehensive fitness evaluation, the OASES Certified personnel develop a programme of exercise within your time frame. That is only the beginning as they check your pulse, and find out when you plan to return for your next workout.

After your workout comes a real treat. A wet area where everything is just where you would have put it if you were designing the ultimate spa in your home. The steam room is adjacent to

the individual showers with shaving and make-up areas right there as well. In the spacious locker area, there are vanities, hair dryers and a host of amenities. There is even a secluded lounge where you can do your nails or read a magazine while you wait for your massage appointment.

Squash courts are squash courts, except when they are cooled by refrigeration to maintain the ideal playing temperature in the heat of summer. The glass backed courts provide viewing for spectators seated in the sports lounge. The squash professional, Taylor Fawcett, in addition to offering a wide variety of programmes and lessons, will also videotape your game to show you quickly to master those weak areas.

Just when you think you've done it all, the concierge at the front lobby informs you that there are seats available in the club's private skybox for tonight's Blue Jay game.

What does it cost to join? A lot? Guess again. The SkyDome Fitness Club is the least expensive full fitness facility in downtown Toronto - check it out!

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

This ain't no long neck, Bud!

EXTENDED HIGH BEAM BRIDGED CONSTRUCTION

INFINITY E.X.T. 62

The trend in squash racquet design to extend string length by creating an elongated head is forcing squash players to make some serious choices.

Though longer string length increases the sweet spot area and generally gives better control, the strain on the racquet's open throat can cause structural fatigue and premature breakage. Better performance at the expense of racquet durability. Some choice.

Squash players, serious about performance and reliability, should consider the new **Infinity E.X.T. 62** with exclusive Extended High Beam Bridged Construction.

The unique design makes the most of proven carbon fiber technology. The innovative bridge structure in the racquet head yields longer open throat length which, when coupled with Prince's "M" Net 62 string and exceptionally strong, powerful, and durable 100% Kevlar frame, provides the ultimate in performance and reliability. The bridge also adds structural support and reduces weight while reducing the harmful effects of stress.

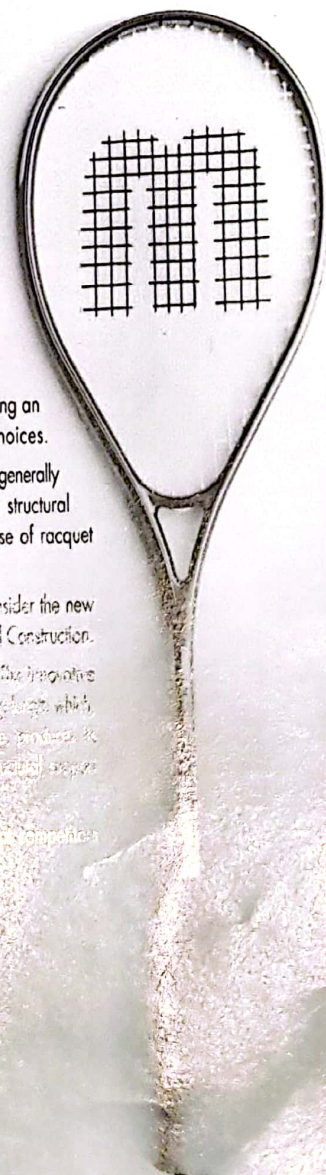
Just say you ain't got a long neck. Compare the old way with the new competition with the new Prince Infinity E.X.T. 62.

COMING THIS FALL

Prince racquets are the quality of your club's presence.

PRINCE

THE BRIDGES THE GAC



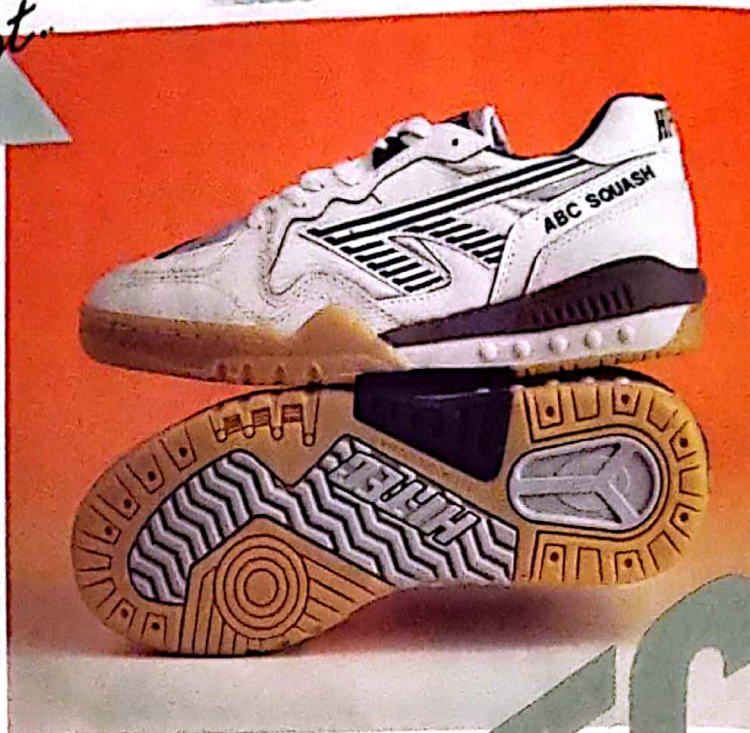


The Hi-Tec squash shoe range has been nominated as the official shoe range for

SQUASH
CANADA



The principal feature of the shoes is the Airball Cylinder* - "ABC" - a patented air-pressurized polyurethane-skin cylinder which is positioned in the midsole of the heel section (1) and (2). The "ABC" is replaceable and available in two different pressure ratings to satisfy individual requirements and body-weight ratios.



Ross Norman, Del Harris and Steve Wren

Head Office: 610 Kennedy
Road, Unit 5, Mississauga,
Ontario L5T 2J4
Tel: (416) 564-0414/516
Fax: (416) 564-0679
Vancouver Warehouse: 7830 Express Street
Burnaby, B.C. V5A 1T4
Tel: (604) 421-9161 Fax: (604) 421-5573