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WINTER 1993

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## 1993 Ontario Teams

Steve  
Wren

Doreen  
McManaman

Lynn  
Miller

Jonathon  
Power

Melanie  
Jans

Graham  
Ryding

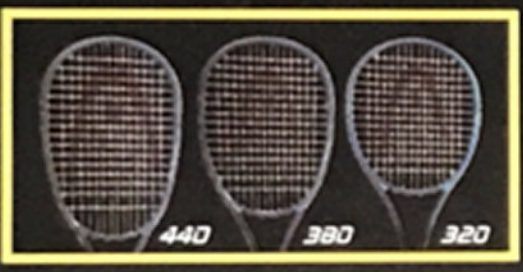
*East Meets West In Finals Showdown*



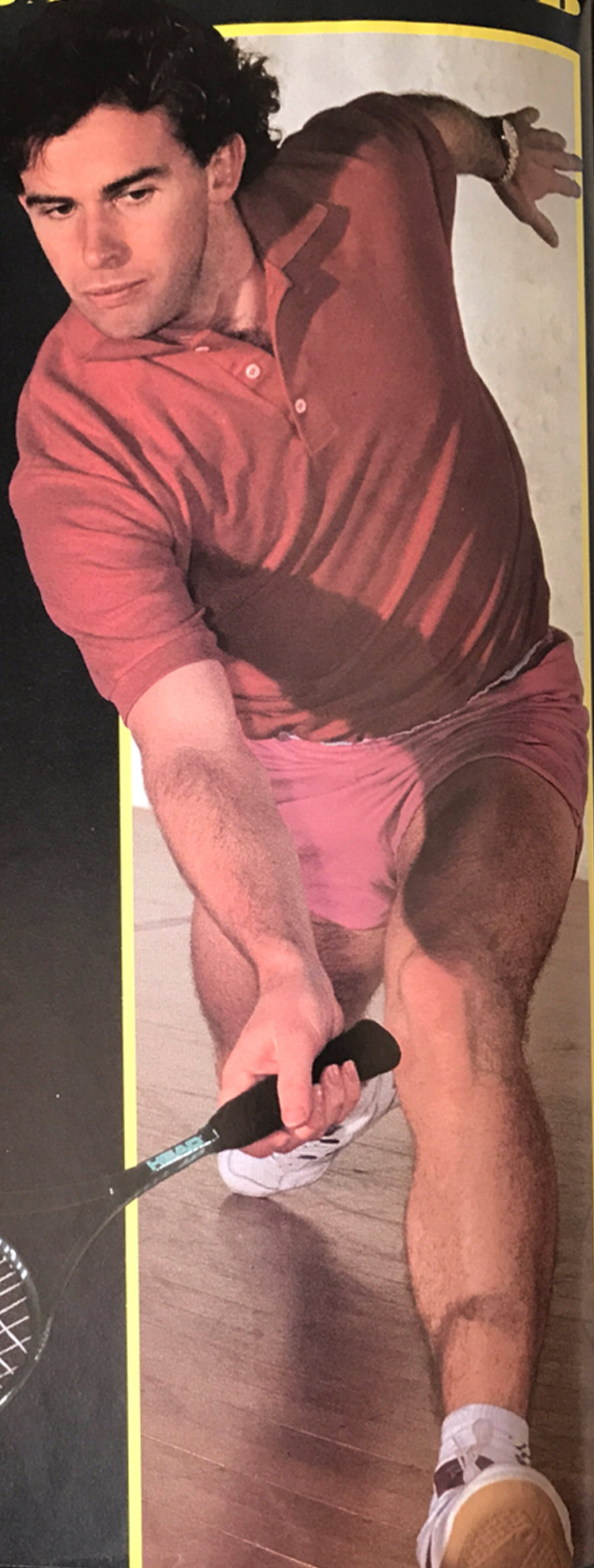
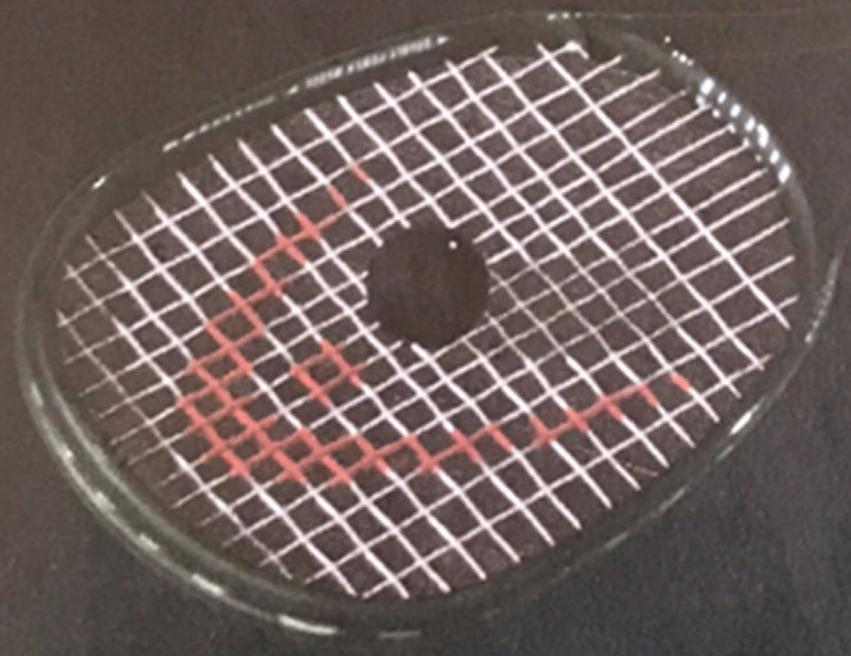


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# SQUASH LIFE

WINTER 1993

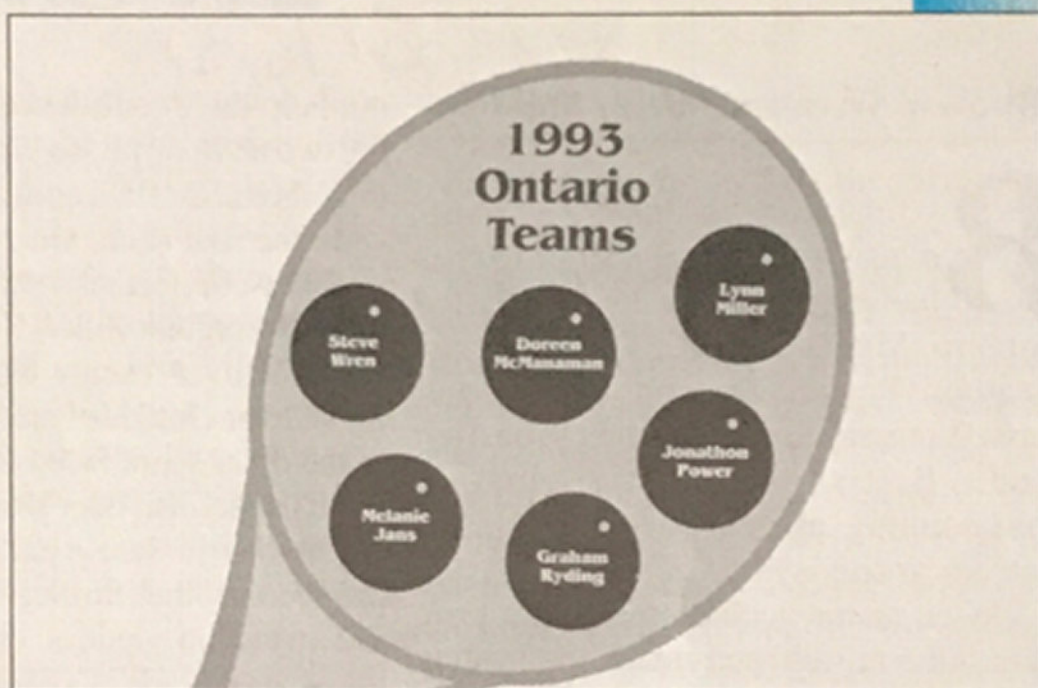
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VOLUME 18, NO. 1



# National Team

## Alberta Reclaims B.C. Upsets Ontario

By Steve Wren and Sherry Funston

**B**y finals time on Sunday morning, a busy schedule for all provinces had finally taken its toll on the Ontario Men's Team. The team of Jonathon Power, Graham Ryding and Steve Wren, favourites on paper to best top seed, British Columbia, lost a disappointing and lacklustre final two matches to one.

Eleven teams, including an extra team from Alberta (allowed under the hosting guidelines) began pool play as the sun rose on Friday morning. Ontario's opening 3-0 win over New Brunswick warmed the team up for a crucial match against our old rival, Manitoba. The winner of the match would win the pool and draw the easier semi final on Saturday afternoon. Graham played an errorless match to comfortably beat Bob Ballinger 3-0. Jonathon began a tight match against ever present Gene Turk whose persistence and tenacity began to grate on Jonathon's patience. Gene steadily outplayed his opponent and evened the tie with a 3-1 win. The deciding match between Steve and Sushane Soni went the distance and the standing room only crowd was treated to some exceptional squash, culminating in a 9-6 win in the fifth for Ontario.

Our following matches with the North West Territories on Friday evening, then Saskatchewan and Newfoundland on Saturday morning were comfortable 3 match wins. However, unnecessary time was spent on the court as we dropped several individual games along the way.

In the other pool, British Columbia was winning expectedly to claim the top spot and a semi final berth against the 1992 defending champions, Manitoba. However, losses from Winston Cabell to Rob Wilson, Kelly Patrick and Keith Boyle did

not help their confidence. Alberta's number two team surprised the seedings, taking the other semi final spot against Ontario.

In the first semi, Ontario won all three matches comfortably with Jonathon winning over giant-killer Rob Wilson, 3-0, Graham over Danny Shannon 3-1, and Steve over Douglas Parent 3-0. Manitoba, in the other semi, faced the task of matching its upset win over British Columbia in Yellowknife last year. Sushane Soni dropped another thriller 3-2, after leading 7-2 over Jim Geddes in the fifth game.

### Ontario Men's Team

#### vs New Brunswick

Jonathon Power beat Mark Lalonde 3-0  
Graham Ryding beat Barry Ward 3-0  
Steve Wren beat David Ross 3-0

#### vs Manitoba

Jonathon Power lost to Gene Turk 1-3  
Graham Ryding beat Bob Ballinger 3-0  
Steve Wren beat Sushane Soni 3-2

#### vs North West Territories

Jonathon Power beat Jim Mazerolle 3-1  
Graham Ryding beat Hugh Richardson 3-1  
Steve Wren beat Roger Armstrong 3-0

#### vs Saskatchewan

Jonathon Power beat Kevin Tell 3-1  
Graham Ryding beat Fenton Bernhardt 3-1  
Steve Wren beat Alan Fern 3-0

#### vs Newfoundland

Jonathon Power beat David Fedar 3-0  
Graham Ryding beat Gerry Cribson 3-0  
Steve Wren beat Derick Mercer 3-0

#### vs Alberta #2

Jonathon Power beat Rob Wilson 3-0  
Graham Ryding beat Danny Shannon 3-2  
Steve Wren beat Douglas Parent 3-0

#### vs British Columbia (Final)

Jonathon Power lost to Winston Cabell 0-3  
Graham Ryding lost to Andrew Lynn 1-3  
Steve Wren beat Jim Geddes 3-0

Gene Turk then rekindled Manitoba's hopes by beating a below par Winston Cabell, 3-0. At one match all, Bob Ballinger took on Andrew Lynn and in almost an exact repetition of last year's final, he went down two games only to claw his way back to even the match at two all. Again down 2-7 in the fifth, Bob recharged but this year was not his moment and he lost the comeback 9-6 in the fifth. British Columbia had squeaked into the final against Ontario.

British Columbia prepared themselves better for the early start to the final on Sunday morning. Expecting a win from Jonathon over Winston, Ontario required one good effort from either Graham or Steve to win the title. Graham faced Andrew Lynn to begin the tie. Andrew's determination was greater than Graham's energy and the former won the match 3-1 very convincingly. The two number ones were now set to face each other. Both young men are members of the National Junior Team which recently finished third at the Junior World Championships. Jonathon, ranked number 6 was expected to dispatch his team mate Winston Cabell quite handily. Winston had not won one significant match all weekend. Cabell must have been as surprised as everyone to find himself in a position to take at least one important win from the tournament. No games were particularly close and Winston gratefully took the deciding match handed to him by Jonathon's lack of motivation. Although the tie was clearly decided with Power's loss, Steve Wren acquitted the Ontario team well in a 3-0 win over Jim Geddes, keeping his unbeaten string in tack.

Ontario's Women's Team also found itself in the final on Sunday morning but their path was much more dramatic than was the Men's. We were seeded 4th, behind Alberta, British Columbia and



# Championships

## Womens' Title While rio In Men's Final

Manitoba but team members Melanie Jans, Lynn Miller and Doreen McManaman remained completely undaunted by the task ahead.

The first tie was against Alberta #1, captained by National Team member Sandy McBean. Both Lynn and Doreen were playing in their first inter-provincial championship and although the tie was lost 2-1, nerves did not play a part. Doreen acquitted herself well against Canadian ranked #11 Robyn Prentice and Lynn made Kelsey Lundmark work for her win. Melanie, after dropping the first game to Sandy McBean, came back very strongly, showing McBean just 10 points in the next three games.

The Alberta #2 team was very strong as well. In the first game, Lynn easily disposed of Leslie Jewitt and Doreen pulled off a big upset, defeating Shauna Flath in five. But there was another upset in the making as Melanie lost a very tough five game set to Lori Styner.

All team members won 3-0 matches in their tie with Nova Scotia and then went on to face #1 seeded, British Columbia. Lynn Miller played perhaps the match of her life as she defeated Sandra Skillings 3-2. Melanie then secured the tie with an easy win over Joyce Maycock although with Joyce, nothing is ever easy. She is a relentless retriever and just when you think you've got the point won, Joyce somehow manages to shove the ball back at you. Melanie's win took some pressure off Doreen who lost in three very tough games to Karyn Tromblay.

The upset win over British Columbia catapulted the Ontario Team into the final against Alberta's number one team. Doreen took on Robyn Prentice who, according to Lynn Miller, hits the ball harder than any woman playing squash today. Doreen's deft touch was no match for the cannonading shots of Prentice and she went

down to defeat 3-0. Melanie and Sandy McBean then took to the court. In their first meeting, Melanie lost the first game to McBean but she showed no quarter this time, allowing McBean just eight points in the three games. With the tie now at 1-1, the pressure was all on Lynn Miller. She stayed with her opponent, Kelsey Lundmark, in the first game, losing a squeaker 10-8 but the rigorous schedule of the weekend along with the inevitable emotional letdown after her win against

Skillings in the semi-finals, took their toll. Lundmark closed out the match quickly, giving Alberta the tie and the championship.

As two juniors were on the Men's Team, Squash Ontario appointed Ed Mitchell as manager. Of the Women's Team, Ed had nothing but praise, saying, "The women's team conducted themselves in a very professional manner throughout the competition. Lynn Miller's play in her match against Sandra Skillings was especially noteworthy although any of the team members would serve as excellent role models for any squash player to emulate." According to Ed, the team was deserving of its second place finish and with a few Ontario bounces, could have won it all.

It was disappointing for the Men's Team to be beaten by British Columbia as it has been a number of years since the title has been won by Ontario. Ed was particularly complimentary about the play of Steve Wren whom, he said, "gave 100% effort in all his matches culminating in his sterling performance against Jim Geddes in the final."

High compliments were paid by the Teams to the Glencoe Club and Arthur Hough for staging such a first class event. Compliments and thanks are also extended on behalf of the players and Squash Ontario to Ed Mitchell for his support and patience.

Next year, the men will compete in Saskatoon and the women will travel to Nanaimo. Perhaps the coveted Waterford Trophy will come back home. Said Lynn Miller, "I was realistically expecting this to be my first and perhaps last chance at the Provincial Team, but on reflection, maybe I was being a little hasty. We all played well and had the desire to fight, even against all those 'wee' youngsters! Who knows what next year will bring."

○

### Ontario Women's Team

#### vs Alberta #1

Doreen McManaman lost to Robyn Prentice 0-3

Lynn Miller lost to Kelsey Lundmark 0-3  
Melanie Jans beat Sandy McBean 3-1

#### vs Alberta #2

Lynn Miller beat Leslie Jewitt 3-0  
Doreen McManaman beat Shauna Flath 3-2  
Melanie Jans lost to Lori Styner 2-3

#### vs Nova Scotia

Doreen McManaman beat Kathy Mullane 3-0  
Lynn Miller beat Kim Spencer 3-0  
Melanie Jans beat Leslie Shakespeare 3-0

#### vs British Columbia

Lynn Miller beat Sandra Skillings 3-2  
Melanie Jans beat Joyce Maycock 3-0  
Doreen McManaman lost to Karyn Tromblay 0-3

#### vs Alberta #1 (Final)

Doreen McManaman lost to Robyn Prentice 0-3  
Melanie Jans beat Sandy McBean 3-0  
Lynn Miller lost to Kelsey Lundmark 0-3





## Guess who didn't wear their Leader Squash Eyeguards this morning!

Murphy's Law strikes the morning of the annual report photo shoot. Poor John. He bought himself "protective" glasses, you know, the flimsy hinged glasses. He felt great wearing them on the court, until a 90 mph ball hit him in the eye.

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## Coaching Corner



*Gail Pimm is a level 3 Course Conductor who is currently enrolled in the Level 4 programme and is also a member of the National Coaching Committee. As well, she is a Certified Level 1 Theory Course Conductor. Gail is the present World 30+ Champion, a recipient of Squash Ontario's Special Achievement Award and a past member of the National Women's Squash Team. As an author, she has, along with Doctors Norm Gledhill and Caroline Davies, written a paper on "The Study of the Factors Affecting Attrition of Females in Competitive Squash" and "The Squash Instructor," a Teacher's Guide for Teaching Squash in Schools.*

## The Impact of the Environment and Facilities on the Game of Squash

**F**or the naive player, one squash court is simply the same as any other court. However, the experienced player knows that this is far from reality. There are simply no two squash courts that are identical. In order to maximize your performance, it is important to understand the types of variables that can affect a court's "performance" and then have suitable coping strategies to accommodate these factors.

But how many different walls or ceilings or floors can a squash court have? And, if there are so many differences from court to court, how can one adapt to these changes during a match?

Take, for instance, the walls. The walls are either cement or wood paneling. Wood panelling walls keep the ball lively even in colder temperatures and tend to be less true with respect to the impact of the ball. Cement walls, on the other hand, tend to absorb the ball's energy and slow the ball down, especially in colder temperatures. However, these walls have more consistency to them and, therefore, the ball will keep its flight path longer.

"Lively" courts are suited more to strategies that involve patience, long rallies and retrieving. Slower courts favour a player whose game plans use lobbing, dropping, working boasts and shorter rallies.

In some cases even the colour of the wall can affect a game plan. It is more difficult to see a ball travelling along the side wall when the wall is darkened from the ball marks. Straight drives, therefore,

may prove to be more difficult to return than cross-court drives.

When a court has a glass back wall, it is always wise to check the colour of the carpet or floor behind it. With dark colours the ball is extremely difficult to retrieve out of the back corners.

Weather changes, rain or high humidity can create condensation on the wall.

If you are unfortunate enough to be playing on a court that is sweating, cut out any lobs or boasts and concentrate on hitting the ball hard and low. This is very effective because the ball picks up the moisture off the walls and when it bounces tends to skid or react in an unsuspecting way. Lobs, when they strike the front wall, tend to carry on upwards

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into the roof and with boasts, the ball does not grip and ends up in the middle of the court.

When was the last time you had a look at the ceiling of your court? High ceilings are great for using high lobs to move your opponent to the back of the court. If your courts have high ceilings, use them! With those high ceilings, are there lights that either blind you or are they so bad you can not see the ball? Once again, the ceilings should not be overlooked.

I once played at a club in New York only to realize that the ceiling above us was the floor of a restaurant. My game plan didn't change initially until coffee started dripping from the ceiling half way through the game. At that point, I started playing the ball into that area of the court because I knew that my opponent only drank tea.

Temperature has a profound impact on the court's performance. In warmer temperatures, drops tend to stay up longer, and accuracy is needed to put the ball away. Warmer temperatures suit players who are willing to play longer

points and execute a wider variety of shots. The danger in these courts is to play negatively - to play defensively or not take any risks. Players who are successful in warmer courts are capable of changing the pace, and playing aggressively with the understanding that a point will usually be won on the opponent's error.

Very cold courts make a retrieving game very hard to play as the ball tends to die more quickly, favouring a shot player rather than the one who relies on fitness. Colder temperatures promote the lobbing and dropping game plan along with straight drives. Cross court drives will hang in the air longer from the cold. British players perform very well at home but sometimes find it hard to adapt their games in the Far East or down in the Islands.

Under normal conditions, court temperature is usually regulated, but in tournament situations, the environment changes from day to day. For example, the more spectators, the warmer the air.

In addition, the time of the match during the day may affect the temperature of the court. Matches in the morning are usually shorter compared with those played at night or in the mid afternoon.

In larger, multi-activity clubs, courts are sometimes found close to a swimming pool. This will definitely increase the court's temperature just as proximity to a skating rink will lower it.

Finally, the altitude will affect the ball's characteristics. Higher altitudes cause the ball to go quicker compared to sea level courts.

Calgary is 4000 ft. above sea level. Any player who has played there will tell you not only that they run out of steam faster but that the ball will just not lay down and die.

A player who knows the court or who has an understanding of the various factors that can affect a court's performance, will have a better chance of winning as long as they can adapt their game plans to the environment. ○

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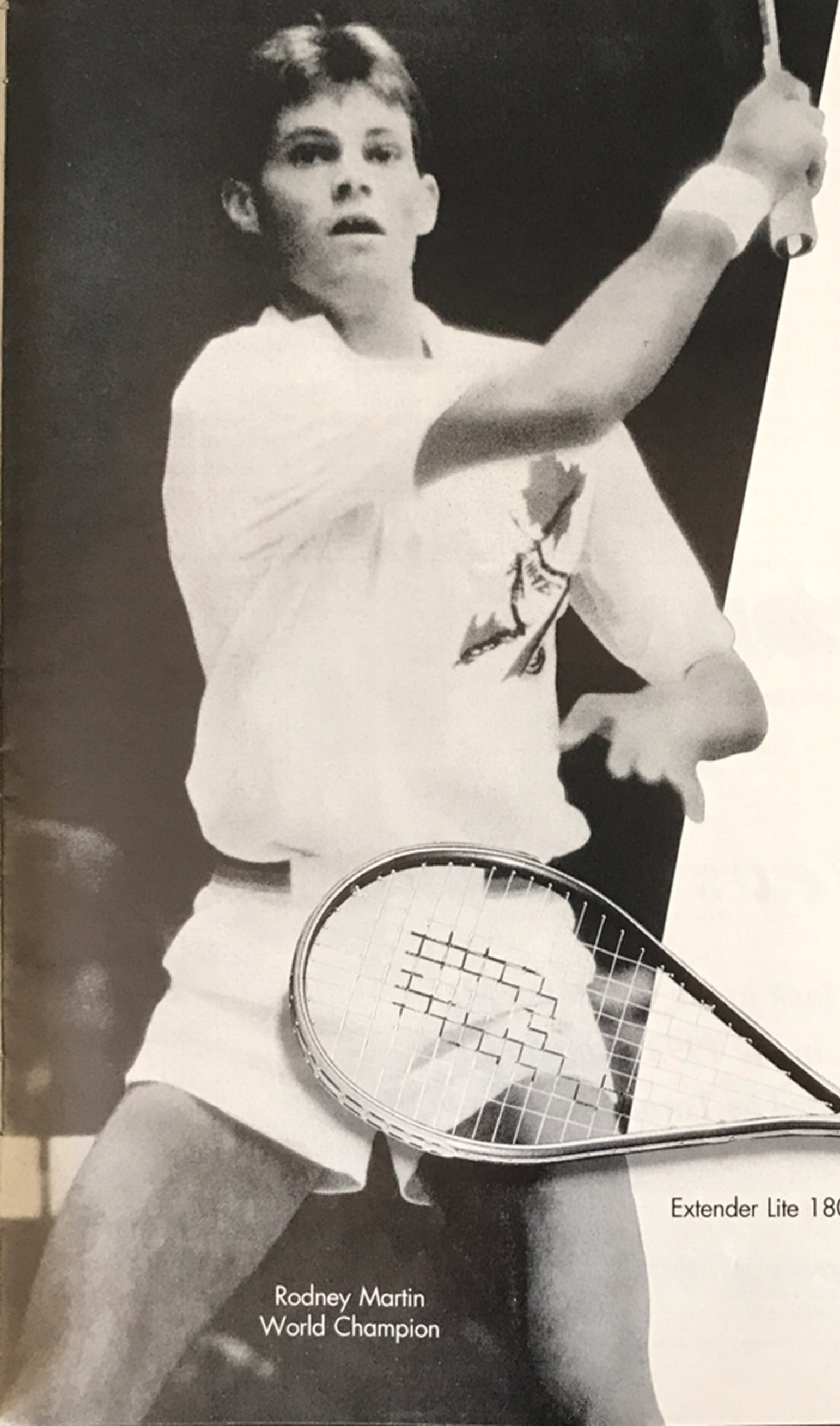


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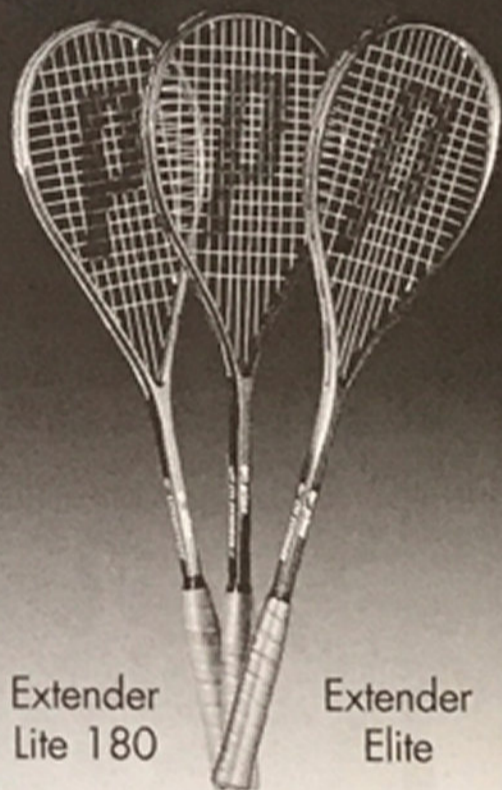
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# 1995 Canada Winter Games

No programme has had a more profound impact on the development of junior squash in this country than the acceptance of squash into the 1991 Canada Winter Games. It was the spark that lit the imaginations of junior players, coaches and administrators alike and its reappearance every fourth year, like Haley's Comet, is eagerly awaited.

Our first experience in Canada Games was an enormously successful one with both the boys' and girls' teams capturing the coveted gold medals. But it was also a learning experience as well and we believe we have learned our lessons well.

Selection criteria for both coaches and squad and team members must be fair,

unbiased and well publicized. In 1991, the Board of Directors moved to strike a High Performance Committee and appointed members who were not only successful competitive players, but also highly respected by their peers. It is chaired by Steve Wren and has as members Shane Adams, Melanie Jans, Patrick Ryding, Jessica DiMauro and, representing the coaching aspect, Level 3 coach Anne Green.

One of the mandates given to the High Performance Committee was the development of Canada Games squad, team and coaches selection criteria. As the Committee is completely removed from any bias (perceived or real) of people with vested interests, the Board feels

very comfortable in approving its recommendations.

The Canada Winter Games coaches (2) will be selected from applications in June 1993. Applications will be accepted from those candidates with Level 3 Technical or higher.

A squad of 24 players will be selected as follows:

- (a) 12 players will be selected based on the Squash Ontario year-end rankings, with participation in the 1993 Ontario Junior Soft Ball Championships being **mandatory**. These 12 players will be comprised of the top 3 boys and top 3 girls aged 16 and under and the top 3 boys and top 3 girls aged 13 and under based on the age eligibility date of 15 May 1993. These 12 players will be

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automatically placed on the Canada Winter Games Squad and **will not** be required to participate in the Squad Selection Tournament.

(b) 12 players will be selected based on results at a Squad Selection Tournament to be held in September 1993. This tournament will be open to all eligible players in Ontario and will encompass 4 draws; boys 16 and under, girls 16 and under, boys 13 and under and girls 13 and under, with the top 3 finishers in each draw being placed on the Canada Winter Games Squad.

At all time, best efforts will be made to keep equal numbers of boys and girls in each category on the Canada Winter Games Squad.

All junior players meeting the age eligibility requirement, who are members in good standing of a Squash Ontario member club, are eligible to participate in the Canada Winter Games programme, **with the exception of current National Team members.**

Selections will be made by the High Performance Committee with approval by the Board of Directors of Squash Ontario.

The Canada Winter Games were conceived as a major competitive vehicle which would bring together athletes from all provinces and territories in a multi-sport environment. In bringing together athletes from all parts of the country, the Canada Games provide an opportunity to measure the development of amateur sport, to assess the training methods used by Canadian athletes and, hopefully, to foster an incentive to improve. The concept of the Games places more importance upon participation than upon the calibre of competition and the winning of laurels.

The philosophy underlying the Canada Games, and what has and will ensue from them, may be found in the slogan used when the Games got off to their official start at Quebec City: "Unity Through Sport." Perhaps, through our junior athletes, we can do what the politicians could not! ○

## F.A.M.E. The Name of the Game

Anne Smith



In 1986, the Ministry of Tourism and Recreation, in an effort to encourage greater female participation in sport, unveiled its F.A.M.E. (Female Athletes Motivating Excellence) programme. It is comprised of successful Ontario female athletes, retired competitors, sport administrators, and media representatives who have joined together to create a province-wide Speaker's Bureau. By means of presentation opportunities in schools, with youth groups, sport clubs and recreation agen-

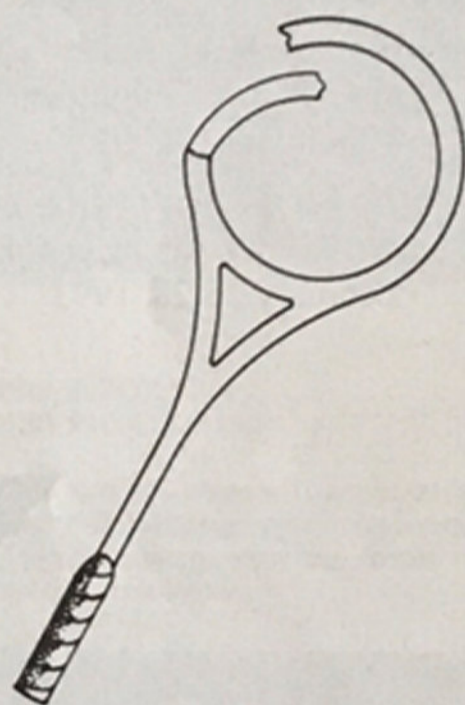
cies, F.A.M.E. speakers serve as role models for young people.

Squash Ontario is very pleased to announce that its nomination of Anne Smith has been accepted by the Ministry and she joins Gail Pimm who has recently been re-activated, as squash's representative to the programme. Anne's qualifications are exceptional. As a player, she has represented Scotland internationally and she has won numerous provincial and national titles in soft ball, hardball and doubles. As a volunteer administrator, Anne has been president of Squash Ontario; is currently president of Squash Canada and sits on the Executive of the World Squash Federation.

In her real life, Anne is a physician specializing in haematology and oncology in her home town of London, Ontario.

There are few women more eminently qualified to serve as a role model to aspiring young female athletes and Squash Ontario is proud to have Anne Smith speak on behalf of squash in this province. ○

# GIVE US A BREAK

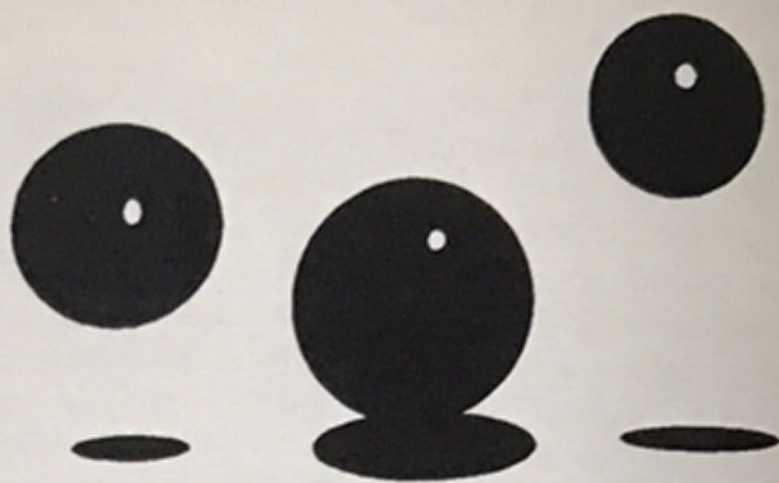


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# COMING ATTRACTIONS



## Provincial Championships

**Ontario Men's Open Doubles**  
Skydome Fitness Club, Toronto  
March 5-7, 1993

**Ontario Women's Open and B Doubles**

Burlington Racquet Club, Burlington  
March 5-7, 1993

**Ontario Men's Senior Doubles**  
Toronto Racquet Club, Toronto  
February 26-28, 1993

**Ontario Winter Games**  
Maximum Fitness and Parkway Inn,  
Cornwall  
March 12-14, 1993

**Ontario Men's & Women's Open**  
Queensview Racquet Club  
March 19-21, 1993

**Ontario Men's & Women's B, C, D**  
Northfield Doon Racquet Club,  
Waterloo  
March 19-21, 1993

**Ontario Senior Mixed Doubles**  
Mayfair Lakeshore Racquet Club,  
Toronto  
March 26-28, 1993

**Ontario Open Masters**  
Mayfair Parkway Racquet Club,  
Markham  
April 2-4, 1993

**Ontario Junior Open Soft Ball**  
White Oaks Tennis & Racquet Club,  
St. Catharines  
April 16-18, 1993



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## Canadian Championships

**Canadian Men's & Womens Doubles**  
Toronto Cricket, Skating & Curling  
Club, Toronto  
March 12-14, 1993

**Canadian Mixed Doubles**  
Vancouver Lawn Tennis Club, British  
Columbia  
April 16-18, 1993

## Coaching Clinics

**Level 2**  
Rideau Tennis & Squash Club, Ottawa  
March 12-14, 1993

## Officiating / Upgrading Opportunities

**Ontario Winter Games**  
Cornwall, March 12-14, 1993

**Ontario Open**  
Ottawa, March 19-21, 1993

**Ontario Masters**  
Markham, April 2-4, 1993

**Ontario Junior Soft Ball**  
St. Catharines, April 16-18, 1993  
Contact Squash Ontario for registra-  
tion details.

## Schools

As part of its continuing commitment to junior squash, Victor is proud to sponsor the Central Ontario High School Teams Tournament which is being hosted by Copperfields Squash & Nautilus in Trenton, Ontario, February 27, 1993. Victor is also, along with Dunlop and Hi-Tec, an official sponsor of our school squash programme. All have been instrumental in helping Squash Ontario to introduce the game of squash to a whole new generation.

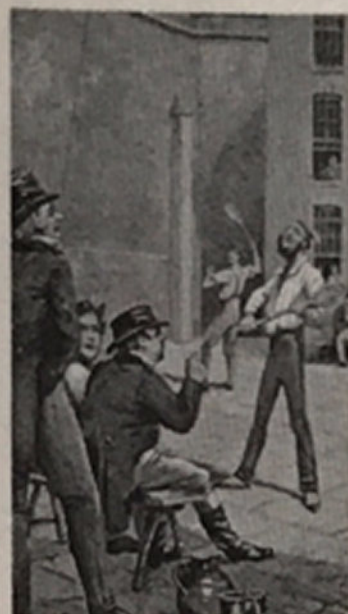
## Junior Doubles!

For the first time ever, two Ontario Junior Doubles teams will participate in the United States National Junior Doubles event in Delaware. This has been made possible through the generosity of the Toronto Racquet Club which will be sponsoring the team of Kevin Lynch and Markus Templer and the P.S.A. through the Alex Doucas Fund which will be sponsoring the team of Mike Pirnak and Taras Klymenko.

# Unique tournament prizes!

*This unusual collection of sporting prints  
is yours for the ordering.*

Five historical prints depicting the development of the game of racquets and squash racquets, are now available for the first time in a limited edition. You may order your portfolio and prints in black and white or hand-colored.



**DEBTOR'S PRISON**  
(9" x 12")

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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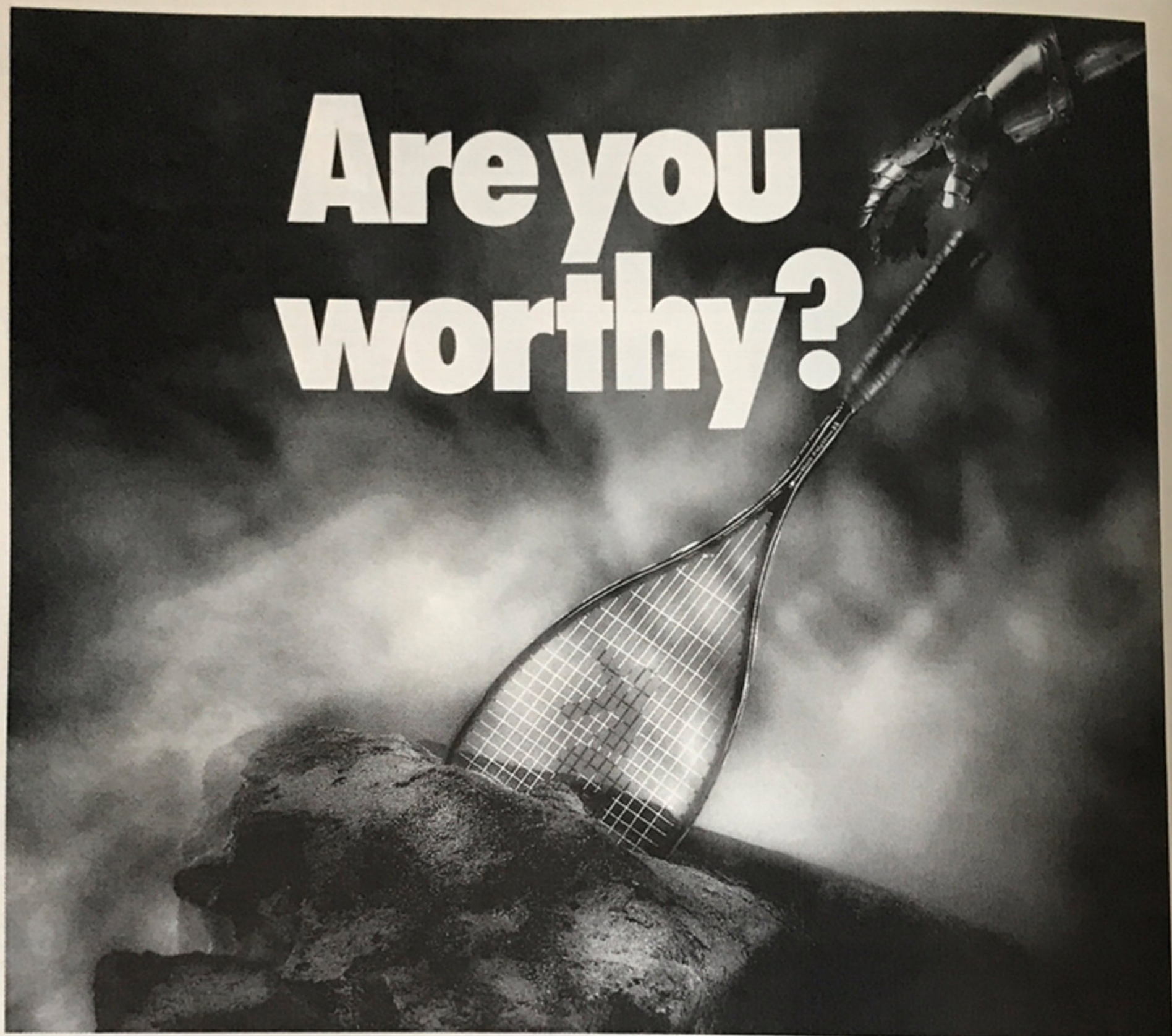
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# Hi-Tec Ontario Closed

by Steve Wren ●●●●●●●●

For the second time in four years Regency Racquets & Fitness Club played host to the Ontario Closed Championships. The men's draw of 45 featured some of the finest players in the province today, including World Junior finalist, Jonathon Power. The women's draw was a considerable disappointment in terms of numbers with just 9 competing for the Closed title. However, those few were led by Melanie Jans who represented Canada on the National Team in the recent Women's World Championships.

From the outset, it appeared clear that the top seeds of Jonathon Power (Pine Valley) and Melanie Jans (Georgetown) were odds-on favourites to prevail. They have both raised their standards dramatically through international competition. Jonathon's path to the final was untroubled but Melanie had to withstand an aggressive 5 game semi-final with Mayfair Lakeshore's Gail Pimm which, occasionally, had the ingredients of a hockey match. Doreen MacManaman (Toronto Athletic) ousted higher ranked Lynn Miller from Pine Valley in a 5 game first round match. Doreen's next opponent was Barbara Diggins from Mayfair Lakeshore and she was to see only six points as she went down to defeat in 3 games.

In the women's final, Barbara gave herself every chance to upset the rankings. After leading 2 games to 1, she was just 2 points away from clinching the title, but Melanie's tenacity and youth shone through. Melanie stole the fourth game 9-7 and survived a long fifth game, winning it and her second Ontario Closed championship.

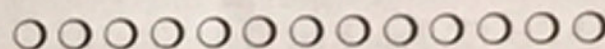
In the men's draw, attention was drawn to the outsiders who may throw a spanner into the predictable quarter final match ups. But, it was not to be as all

seeds came through to the semis although Kingston's Roy Ollier gave young Patrick Ryding a bit of a scare, taking him to 5.

Patrick and Jonathon squared off in one semi final with Jonathon allowing him just a handful of points. Steve Wren faced the younger Ryding, Graham and played a very aggressive first game, winning it 9-4. Graham is constantly improving and it takes a great deal of solid and consistent squash to keep him out of a match. He gained the initiative and took the next three games with only some resistance from his opponent.

The Championships were in every way a success and only made possible with the contributions of many parties.

Once again Hi-Tec Sports (Canada) Ltd. provided title sponsorship along with co-sponsors Wilson Sports Equipment, The Station at Port Elgin (Andy Hess), Shoelaces and Dreams Prof Shop, Aim Management Group, David Andrew Clothiers, Kraft General Foods, Labatts, Shirley Foot and Regency Racquets And Fitness Club. Television coverage was provided by Rogers Community 10 (Brampton) who produced a three hour programme of all play offs and finals play. Also a big thanks to the members and staff of Regency for providing help to make this event such a great success.



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<b>BEFORE</b>	<b>Don — age 27</b>	<b>AFTER</b>										
	<table border="1"> <tr> <td><b>Before</b></td> <td><b>After*</b></td> </tr> <tr> <td>Body weight: 194 lbs.</td> <td>Body weight: 175 lbs.</td> </tr> <tr> <td>% Body fat: 11.5%</td> <td>% Body fat: 6%</td> </tr> <tr> <td>Waist: 33 inches</td> <td>Waist: 31 inches</td> </tr> <tr> <td>Arms: 12.5 inches</td> <td>Arms: 15.5 inches</td> </tr> <tr> <td>Chest: 40.5 inches</td> <td>Chest: 44.5 inches</td> </tr> </table>		<b>Before</b>	<b>After*</b>	Body weight: 194 lbs.	Body weight: 175 lbs.	% Body fat: 11.5%	% Body fat: 6%	Waist: 33 inches	Waist: 31 inches	Arms: 12.5 inches	Arms: 15.5 inches
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Waist: 33 inches	Waist: 31 inches											
Arms: 12.5 inches	Arms: 15.5 inches											
Chest: 40.5 inches	Chest: 44.5 inches											

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Here's to the  
**Winners**

**Ontario Men's C Doubles**

Hosted by Cedar Springs Racquet Club  
Champions: Norm Crook and  
Mike Donnelly

Finalists: Ed Crymble and Jamie Allen  
Sponsored by Williams Distinctive Gems

**Ontario Men's B Doubles**

Hosted by London Squash Club  
Champions: Don Benson and  
Bob Bowder

Finalists: Ivan Hunt and Jim Paton  
Sponsored by MacDougall, MacDougall  
& MacTier Inc  
Hi-Tec, East Side Mamo's

**Ontario Mixed Doubles**

Hosted by Burlington Racquets Club  
Champions: Alan Hunt and  
Barbara Diggins

Finalists: Victor Harding and  
Lolly Gillen

**Jahangir Khan High School  
Challenge**

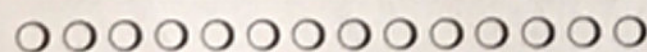
There is a new highschool squash  
champion!

On Sunday, January 24th, the  
Belleville Centennial Secondary School  
successfully challenged Nepean High  
School in Ottawa. The Belleville team  
scored a 4-2 victory.

**Unitel Canadian Men's Open**

Champion: Phillip Whitlock  
(England)

Finalist: Tony Hands  
(England)



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# Reading Riches

## Squash Rules for Squash Players

This book was written by Rod Symington who is a National Officiating Examiner for Squash Canada. He has taught squash rules clinics all over North America, including Los Angeles and Dallas. As a Referee, he has participated in many major international events, such as the Women's World Open and has been Championship Referee for such major tournaments as the U.S. Open and the Canadian National Championships.

This book presents the basic Rules of Squash in as simple language as possible for the **average player**. The book introduces some new concepts in understanding the rules on Lets and Strokes, concepts which will help you to arrive at the right decision, whether you

are playing a friendly game or if you have to officiate.

Cost: \$5.00 includes taxes and handling.

## The Squash Instructor

The Squash Instructor Manual was researched, developed and written by Gail Pimm who translated her coaching experience into a practical and fun guide to beginning squash.

The Manual is designed to help educators and volunteers who want to introduce children and young adolescents to the game of squash. The overall focus of the manual is on the development of basic squash skills in an atmosphere of safety, fun, fitness, and friendship.

Cost: \$5.00

## Squash Life Magazine Subscription

Squash Life endeavours to cover all aspects of the game, both here in Ontario and in Canada. It is distributed in bulk and on a complimentary basis to all member squash facilities but copies are limited. Don't be disappointed. Send in your subscription request and have your own personal copy delivered to your home or office.

Cost: \$15.00.

All cheques should be made payable to Squash Ontario and mailed to 1220 Sheppard Avenue East, Willowdale, Ontario M2K 2X1. ○

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# Barrie Racquets & Fitness Club

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Just one hour north of metropolitan Toronto is Barrie, one of the fastest growing cities in Ontario. It is nestled snugly at the tip of Kempenfelt Bay on Lake Simcoe and provides a wonderful mix of country and city. But the calm of the country is belied by the hub of activity at the Barrie Racquets & Fitness Club which offers the denizens and travelling squash enthusiasts a friendly and first rate facility.

The members enjoy the use of four international squash courts and one north american, two climate controlled indoor tennis courts, a well equipped weight room and cardio gym and exceptionally fine fitness and racquet programmes. Jenny's Cafe is a gathering point for everyone, offering a tempting variety of healthy sandwiches and mouth-watering daily specials for the hungry sports fans. In the warm and comfortable surroundings, matches are replayed and future challenges issued.

Squash and tennis programmes are carefully designed to provide fun and challenging activities for players of all ages and levels, with houseleagues, hi-point monthly ladders, daytime leagues, monthly in-club tournaments, and games services for new members. Special events such as exhibition matches, pro-am events, regional opens and junior tournaments are mixed with social events and are enjoyed by members and visitors alike. Professional instruction is available by the club's highly qualified and experienced squash and tennis professionals, Anne Green and Eric Bojesen, both of whom believe in a client centred approach in teaching.

The Barrie Racquets & Fitness Club has a solid reputation for developing squash in the community through the schools and has a strong contingent of junior

players. In fact, competition at the club is keen and includes a large number of men's A and B players. And we boast our very own world squash champion in Beccy Rodgers, a Barrie area native, who took the world by storm last October and walked off with the Women's 35+ World Championship. In winning her title, Beccy defeated all opponents without dropping a single game!

Owner and manager, Jim Sier, has been in the club industry for 18 years, having learned the business as a player and as an apprentice, working with England's Michael Corby and our own Sharif Khan. He has applied his trade in many clubs in North America and Europe and is a firm believer that a successful club today must provide a clean and well maintained facility, up to date equipment, and a diverse array of programmes to suit all members, young and old. An essential key to success according to Jim is to provide quality service in a personal and professional manner. Says Jim, "Our club atmosphere reflects a warm, friendly staff and happy members who see the club as a place to relax and socialize as well as stay healthy." Keeping up with current fitness and recreational trends has helped Jim maintain a healthy, stable club, able to succeed even in tough economic times. The club staff works as a team to provide the best service in town - on and off the courts and in and out of the gym.

So remember, if you are travelling through or visiting the friendly city of Barrie and can't go without your daily fix of squash (or tennis) or if you just want to work out, please drop in and

pay us a visit - make our home your home!



"Welcome Home"

*This space is reserved for member clubs of Squash Ontario. We invite clubs to participate by sending in an 800 word article along with a 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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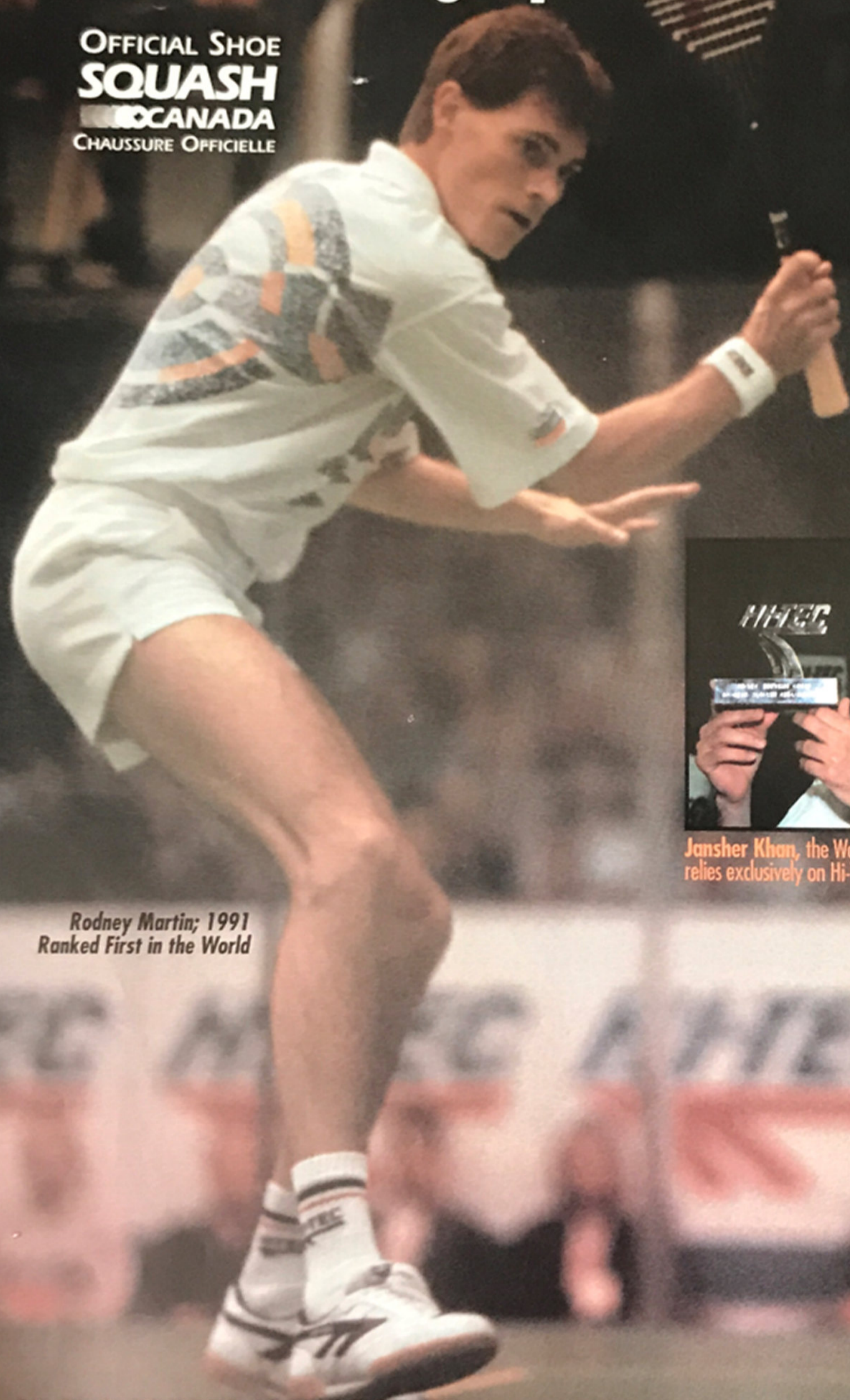
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