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*Rob Brooks with his two proteges,
Jessica DiMuro (L) and Melanie Jans (R)*

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VOLUME 19, NO. 2



Photo by G. Huhler

Jessica DiMauro

by Sherry Funston ●●●●●●●●

Canadians are, by their very nature, self effacing and reserved. None of this patriotic, flag raising, hand on the heart American nonsense for us. Oh no. Rather than boast of accomplishments for all the world to hear, our soft and muted voices are almost hushed in embarrassing tones of restraint.

Even within our own squash community, we are guilty of showing too little boast and too much modesty. At the risk of being labeled a Free Trade casualty, meet Melanie Jans and Jessica DiMauro, two of the brightest lights in women's squash today and, dare I say it?, they're Canadians! It is not necessarily their achievements on court which should give us all an overwhelming sense of pride, it is, I think, their behaviour and their attitude towards squash and life in general, which distinguishes them from many others.

The fabric of excellence in which these two are clothed has many common threads. Melanie was introduced to the game by her parents, Audrey and Murray Jans, at the age of 12. Feigning total dis-

interest in anything her parents wanted her to try, Melanie began her squash career by doing cartwheels on the court. But the inquisitiveness of her nature got the better of her and she finally got a grip on the game and the rest, as they say, is history.

Jessica was also introduced to the game by her parents, her Dad, Joe, in particular. She was just 4 years old when she began to accompany Joe to the squash club but she is the first to admit that it wasn't the allure of squash which drew her attention, more the promise of a bag of hickory sticks. Her mother, Rose, after doing some research, discovered that the cardiovascular benefits of squash could help Jessica in combating her childhood asthma and so she began to go on court with her Dad and as her asthma improved, so too did her game of squash.

Parents, more than any other people, have a very dramatic impact on their children, instilling in them, from an early age, a set of values which will guide their attitudes and actions throughout their lives. Both Audrey and Murray Jans and Rose and Joe DiMauro have been extremely supportive of their daughters'

careers, never pushing, always exhorting and the only question asked at the end of a match is, "did you do your best?" Neither set of parents tolerated whining theatrics and hence, Melanie and Jessica's behaviour on court today is a credit to their parents. You never see tantrums or hear profanities from either one of them on court. Wrangling with the referee in these two consists of a raised eyebrow and a soft-spoken question, and if that is not an example for all to follow, I don't know what is. Both Melanie and Jessica acknowledge the support from their parents and have an enormous respect for their values and that respect is reflected both on and off the court in the way in which each one lives and competes.

The commonalities extend into the more tangible evidence of success. Both have won Canadian Championships, both have won Provincial Championships, both have been selected to Provincial and National Squads and Teams and both have many more honours to win should they decide to go on in their squash careers.

We all are able to identify one or two people in our lives who have had an im-

Talk Pro

king oud

Photo by G. Huhler



Melanie Jans

impact on us, whether it was a teacher in public school, a professor in university or a coach in sport. Rob Brooks has been a mentor to both Melanie and Jessica for a long time and both attribute much of their success to Rob. In his quiet and unassuming way, he has inspired them and helped them understand that, "when you represent squash, you do so in a dignified and respectful manner". He too believes profoundly in doing one's best and so it is no wonder that, under the influence of their parents and Rob Brooks, Melanie and Jessica exemplify those values and qualities which many of us believe make squash unique among sports.

They are both gifted and talented athletes and could probably have excelled at just about any sport. For twenty year old Melanie Jans, it is the strategic variables in squash which keep her enthusiastic and committed. Like chess, squash is a thinking person's game and the challenge of staying two shots ahead of her opponent fires her imagination. She is extremely fit and, like the Energizer bunny, is still running long after her opponent's legs have turned to jelly. She is patient and diligent on court, often content to wait for her

opponent to make an unforced error rather than going for the shot. She admits to being a slow starter and that sometimes nerves get the better of her. But she is a hard worker with her eye, as Brooks says, "on tomorrow".

Seventeen year old Jessica DiMauro attacks squash as she does everything else, with zest and passion. "I love squash", she confesses, "everything about it is exciting!" She is a shot-maker and goes for the shots at every opportunity. Melanie's strengths are, in many ways, Jessica's weaknesses at the moment. Admits Jessica, "I need to be fitter and I know I need to develop some patience and I'm working on those aspects with Rob".

Both Melanie and Jessica are well rounded individuals. Jessica is an accomplished pianist and maintains a very high scholastic record. Melanie, now in second year of Phys. Ed at the University of Toronto, has a keen interest in all aspects of fitness and well being from the individual to the corporate world. Their congenial and outgoing personalities attract dozens of friends and supporters and both have managed to keep a sense of balance in their lives, successfully bridg-

ing the gap between being single-minded of purpose and the arrogance of self-absorption. At the moment, squash is, of course, a major part of their life but it is not their whole life. Family and friends have an important place. They are completely lacking in hubris, which given their many achievements, is refreshing.

Corporations are much more discriminating these days in terms of sponsoring athletes. Stung by the Ben Johnson affair and other incidents involving high profile athletes, image and professionalism, both on and off the court or on and off the field, are now important criteria for sponsorship. Being the best, is simply not good enough anymore. Even if Tonya Harding goes on to win the gold medal in the Olympics, her off ice actions and the controversy surrounding her will probably have cost her millions of dollars in endorsements. Black Knight recognized very early on that Melanie Jans possessed the essential qualities and portrayed exactly the type of image with which it wanted its name and products associated. Head and Oakley also recognized these same qualities in Jessica DiMauro and, according to her manager, Bruce Wright

of AIM Management, she is just about to sign an endorsement contract for Power Bars.

The mantle of success comes with responsibilities not the least of which is acting as a role model for young people and both Melanie and Jessica accept this role willingly. "It's not a burden", says Jans as she reminisced back to when she first began to play squash competitively and the awe she felt at seeing some of the older, more successful players. Now she and Jessica are held in that same awe and both make sure they take the time to speak to and encourage the younger players coming up the ladder. Both are now certified coaches and, on a freelance basis, give back to the game by coaching young people.

The immediate future for Jessica is the Canadian Junior Under 19 Championship in Kamloops this May. Last year, while leading her semi-final match with Johanna Thomas 1 game to 0, she was struck in the mouth by her opponent's racquet. Many believe that, were it not for this most unfortunate accident, Jessica would have beaten her older opponent and gone

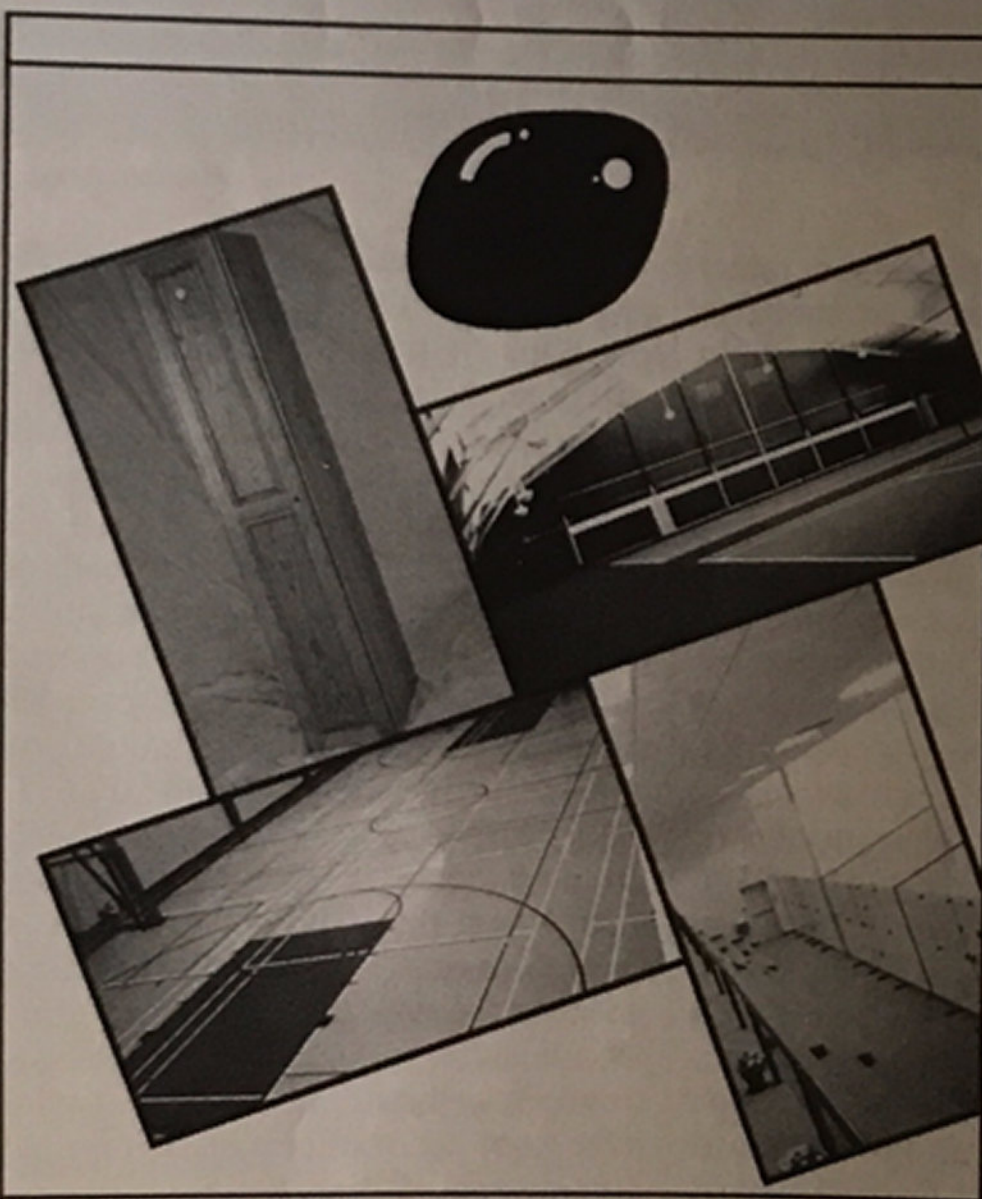
on to win the title. With two more years of junior age eligibility, Jessica could be a two-time winner of the Under 19, beginning in 1994. In the distant future, there is university and perhaps a position on the National Senior Women's Team.

Melanie's immediate goal is to do well at the Nationals which will result in her selection to the National Women's Team and a trip to the World Championships this October in Guernsey. She and her coach, Mike Way, are working hard on Melanie's tactical game and any victories over Melanie will be hard fought and legitimate ones.

Looming on everyone's horizon is a very large shadow in the person of Heather Wallace. Heather is indisputably the best woman squash player in Canada and presently ranks 8th in the world. Heather has set her sights on the World Championships and she may never have a better chance to realize her goal. The retirement of Susan Devoy and Robyn Lambourne together with her recent successes over higher ranked players, make this Heather's year to bring the world championship to Canada.

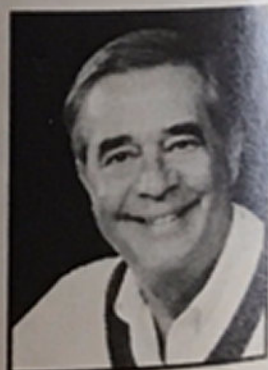
While the financial rewards in squash are paltry compared to those in tennis and golf, still it has other compensations. Melanie and Jessica have travelled more in their young years than many of us will in a lifetime and the experience they have gained in meeting new people and learning about other cultures will prove invaluable. They have represented Canada and Ontario on national teams and squads and have been wonderful ambassadors. There may be parents out there who are wondering, having read and heard stories about drug use and misbehaviour, if this is typical of the squash environment. The answer is, "no" and they should bear in mind that this environment spawned these two champions and many more. They rose, as does cream, to the top through a combination of talent and hard work and young players and old alike, could find no better examples to follow.

No overt flag raising. No vulgar displays of patriotism - after all, we're Canadians! But a touch of pride in these two young athletes is certainly in order.



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Letters to the Editor

An editorial should achieve several things. It should first raise awareness of an issue and it should, secondly, educate. A third goal may also be to elicit reaction and perhaps no other editorial has roused such a dichotomy of responses as the last editorial, "Missing in Action".

Unfortunately, telephone conversations cannot be published but several people took the time to put pen to paper and following are excerpts from those letters.

Dear Squash Life:

"I have read your recent editorial in Squash Life, and I fully agree.

I, too, find it disturbing with the way I have seen both parents and players acting at tournaments. As the parent of a boy who has been attending squash tournaments since he was seven, I have witnessed my share of unwarranted emotions by almost everyone involved with junior squash, including the over-reaction by many tournament organizers to very minor incidents at tournaments: i.e. kids just being kids and goofing around as they do at their own clubs or in their own homes. This is not to suggest that any of your comments are unwarranted, but I do think we all must watch out for over-reaction to the problems being encountered at tournaments.

My suggestion to you, and this applies to my own son as well, you should have in your by-laws the authority to suspend on a permanent basis any athlete who is found to be using alcohol or drugs at a tournament, no matter the circumstances. On the other hand, however, to just cut out any age group as was recently done in London, does as much damage as good. Weed out the bad apples and let the rest of the players have fun and be kids.

My message - please don't over-react, but act."

*Patrick McDougall
(Father of Jamie MacNeill-Nicholls)
Sault Ste. Marie*

Dear Squash Life:

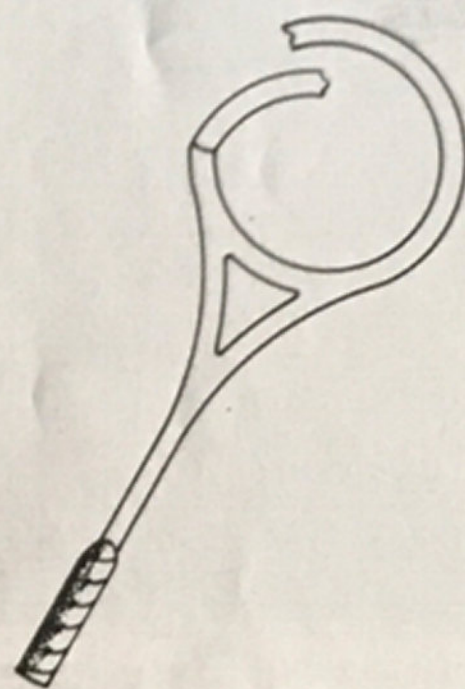
"Your recent editorial in Squash Life has compelled me to write. In general, I don't disagree with your article for there is a problem and it should be addressed. Drug and alcohol abuse is a concern to all parents, and we are all too aware of its affect on our youth. However, of the many junior events I have been involved with or attended, I can honestly say the incidents of abuse are isolated and the violators are a very small percentage of juniors who attend the tournaments. What your article did do was stimulate much conversation between parents and coaches. I was appalled to find out how many problems have occurred in the past at junior events. Maybe everyone has been silent for too long! I think the time has come to point a finger at the offenders and penalize them for their actions. This would serve as a deterrent provided the penalties are as severe as the crime.

What worries me about the article is its presentation, Re: Missing in Action, and the bold print message in the centre. This may cause a negative reaction in the parents of active junior tournament players, not to mention the many prospective kids who may be trying to convince their parents to send them to a future tournament.

In closing, let's recognize the overwhelming majority who go to junior tournaments for all the right reasons - competition, fun and friendship!

*Dana Matson
(Father of Angela and Kristina Matson)
Hanmer*

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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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WEATHER WATCH

Hurricane Heather Hits the Maritimes

By Denise Ferry ●●●●●●●●

Probably the hardest thing organizers have to do is to write articles and fill out reports after events are all finished. In this instance, I am no different than everyone else except this event brought so much pleasure to so many that it is almost a breeze to write.

Having a conversation with Squash Ontario's Executive Director, Sherry Funston is not that unusual for me but this particular one, last August, resulted in the beginning of Heather Wallace's visit to all our shores. I had mentioned how much I'd like to be able to bring some topnotch coaching to our province but that the costs were just too much for our budget. Sherry suggested that a tour by Heather would be an excellent stimulus to squash in the Maritimes and that Squash Canada's Patron's Endowment Fund might look favourably on such a proposal. At this stage of the game, I had no idea what I was getting myself into but "nothing ventured, nothing gained". After several conversations with Lolly Gillen-Hannah and a formal application to the Fund, it was agreed that some financial assistance would be made available for the tour.

I approached Dave Hubley in Nova Scotia, Alan Reed in New Brunswick and Peter Tam here in Newfoundland. Unfortunately, I could not find any one involved in a junior programme in Prince Edward Island at the time. All were as enthusiastic about the proposal as I was. A conversation and meeting with my contact at Air Atlantic, Mary Taylor-Ash, and I had a co-sponsor. Now, all that was left was to see if Heather was available and willing to participate. "Love to come". The dates were agreed upon and we had lift-off.

Heather left Ottawa early Monday morning on December 6th and her first stop was Fredericton, New Brunswick. Alan Reed met her and whisked her off to the "Y" squash facility. He has been

working hard to rebuild the young squash base in his province so that New Brunswick will have a full team complement for next year's Canada Games. Heather worked with five very keen kids for the next two days and Alan reports that their level of enthusiasm for the game must have escalated a hundred fold as a result of her work with them. Their enthusiasm spilled over into tournament results where, the very next weekend, all five improved their over all personal results.

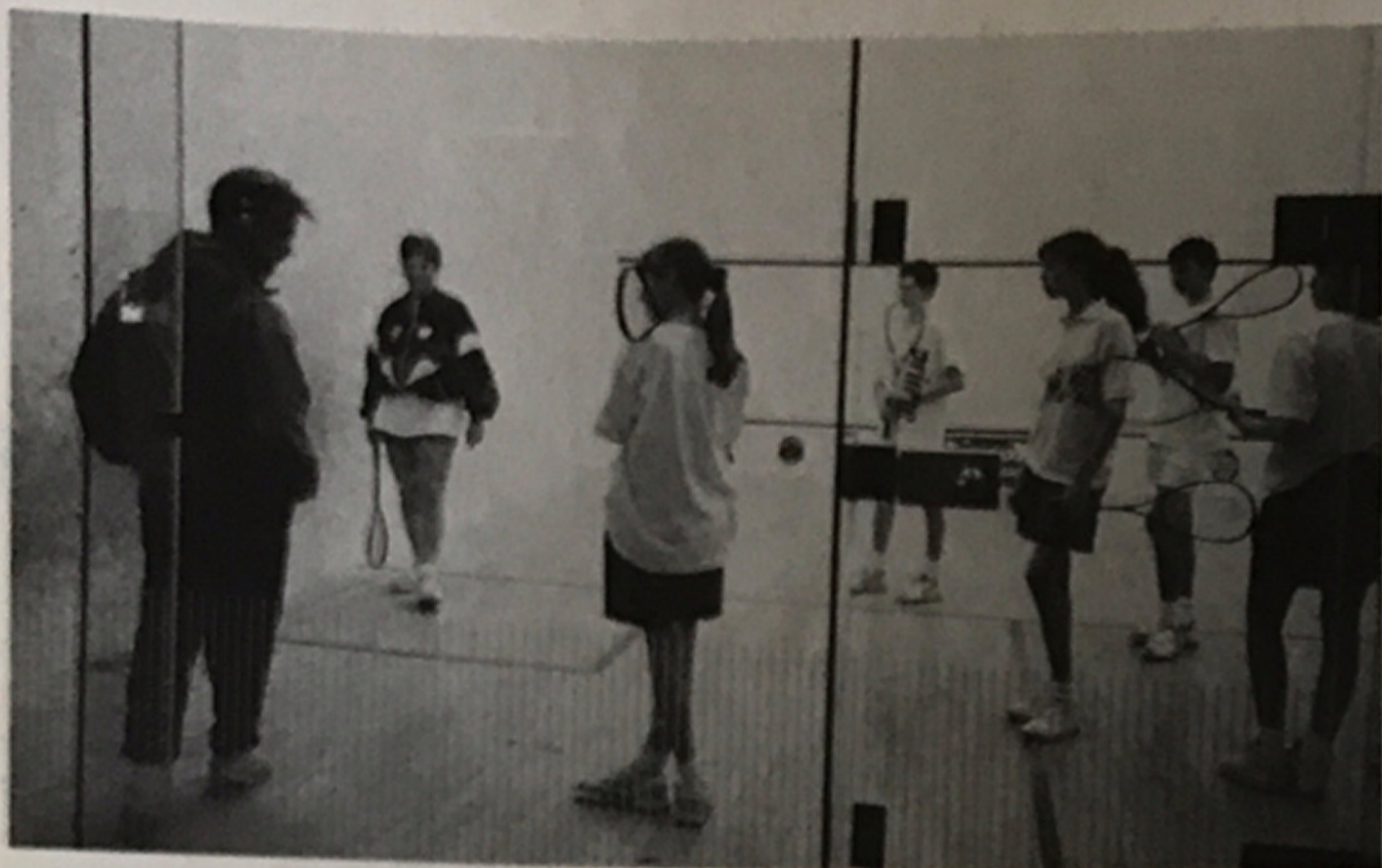
Tuesday evening, Heather left New Brunswick and headed for Halifax where she was greeted by Liz Bishop and Dave Hubley who took her straight to the Fenwick Squash Club. Here she met up with the thirteen hopefuls for the Nova Scotia Canada Games Team. On Wednesday, she had her day divided into two sections, dealing with half the junior squad in the morning and the other half in the afternoon. That evening she put the women's A players through their paces at the Tower at St. Mary's University. Once this work-

out was over, Heather sat around talking play strategy and participated in a discussion about women in squash. Not to let her get a chance to rest too much, she again had the juniors Thursday morning before Liz delivered her to the airport for the final leg of her odyssey.

Thursday night was my turn to pick up our guest and I had the good sense to take her to our local for a little Newfy hospitality. Early Friday morning, I took Heather to the Aquarena Squash Club where she met our older group of juniors. All had been granted release from school for the day by their parents to attend this clinic. Their enthusiasm for missing school was channeled to the game as Heather worked with them on shot selection, controlling game pace, tactics, strategy and other helpful tips. Allowing a break for supper, Heather then returned to another facility where she spent Friday night working with a younger group of Canada Games candidates. Early Saturday morning, Heather joined all the



Exhausted but exhilarated Newfoundland Canada Games' hopefuls.



Nova Scotia's Dave Hubley and Heather putting the juniors through their paces.

women A players at the pool deck of the Radisson Plaza Hotel for morning coffee and a chat about the game in general and told us some of her experiences while playing squash. By nine, all were on the courts at the Radisson for a morning of drills and tips from her. Lunch, with a few minutes to do some shopping, and then out to the airport for her departure.

When I began this venture I thought Heather would get to see a little of the Maritimes but really, except for the four walls of many squash courts, she didn't get to see as much as she might have hoped but we all loved having her and, since she said she'd love to come back to all three provinces and spend a little more time in each city, I guess we didn't kill her with the pace of these clinics.

No event of this magnitude is pulled off by the flick of a finger. Alan Reed would like to extend thanks to the "Y" squash facility and to the Sports Division of the government of New Brunswick for their help in Heather's visit to Fredericton.

Dave Hubley and Liz Bishop in Nova Scotia would like to extend their gratitude to the Fenwick Squash Club, the University of St. Mary's Tower Squash Club, and all the women who fed and drove Heather around Halifax.

Here in St. John's, I'd like to thank Liam Sneyd, Manager of the Radisson Plaza Hotel for the hospitality of the hotel and Barbara Murphy for the use of the courts; Al Green for his court; the City of St. John's and Peter Tam for the use of the Aquarena's courts; and all the parents for allowing their children to miss school to take advantage of this marvelous experience. Many, many thanks to SQUASH CANADA'S PATRON ENDOW-

MENT FUND and AIR ATLANTIC who made the whole tour possible. Last but by no means least, we thank HEATHER WALLACE for her patience, expertise, good humour, and stamina.

Editor's Note

The Patron Endowment Fund is administered by an Executive Committee in co-operation with its member provincial and territorial Working Board and Honorary Trustees, under the auspices of Squash Canada.

Its purpose is to provide financial support to squash in Canada and in particular to junior development at any level, regional or national programmes and undeveloped areas.

The Patron Endowment Fund is supported through donations from individuals interested in and committed to ensuring that the game of squash thrives in Canada. Although the administration centre of the Fund is located in Toronto, the Fund is nation-wide as evidenced by its financial support of Heather Wallace's tour of the Maritime provinces.

For further information, contact Lolly Gillen-Hannah at 416-481-5496.

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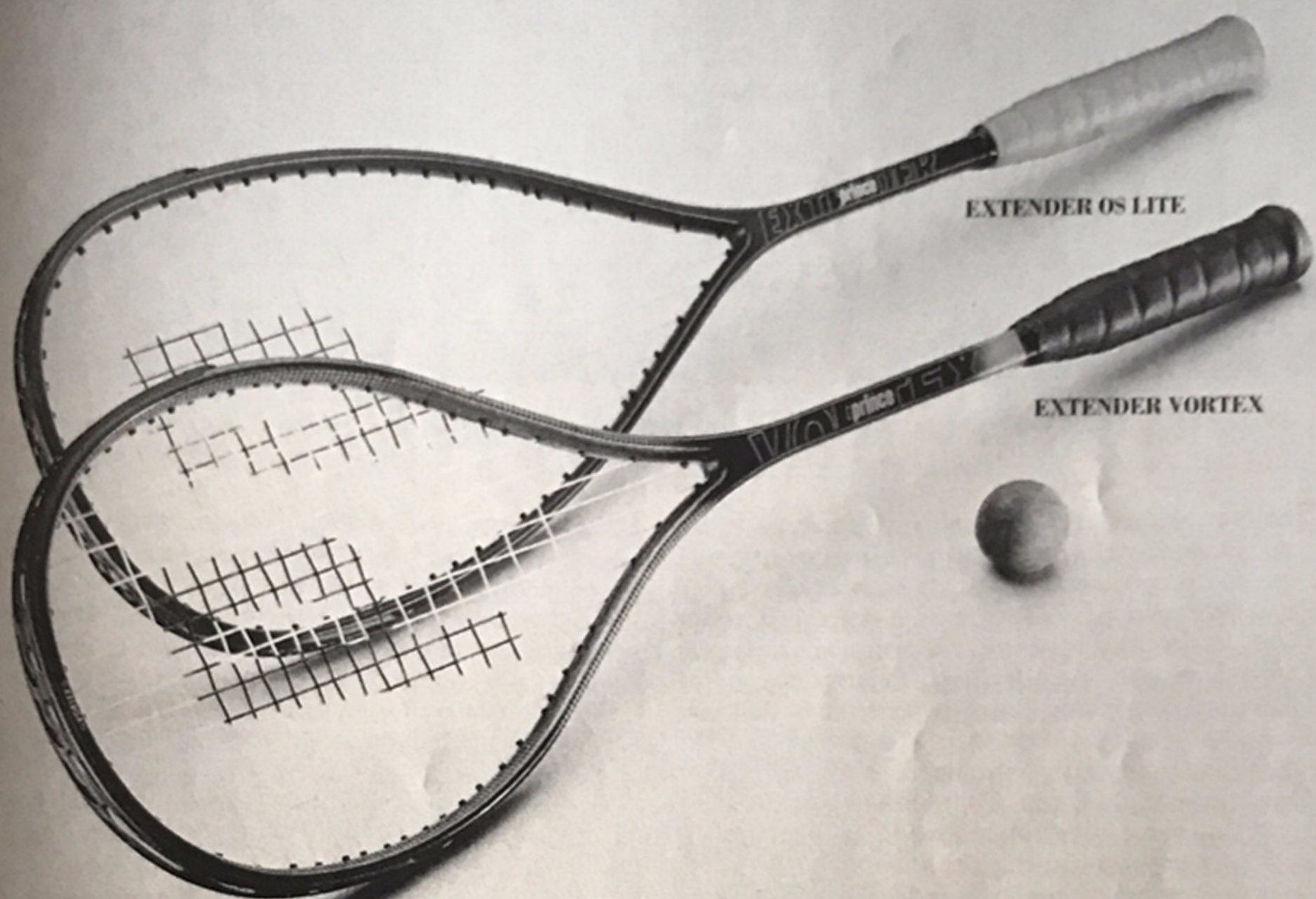
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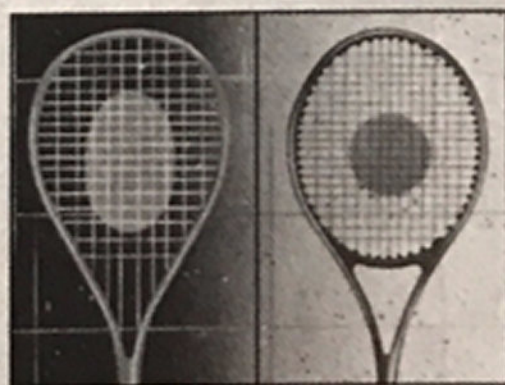


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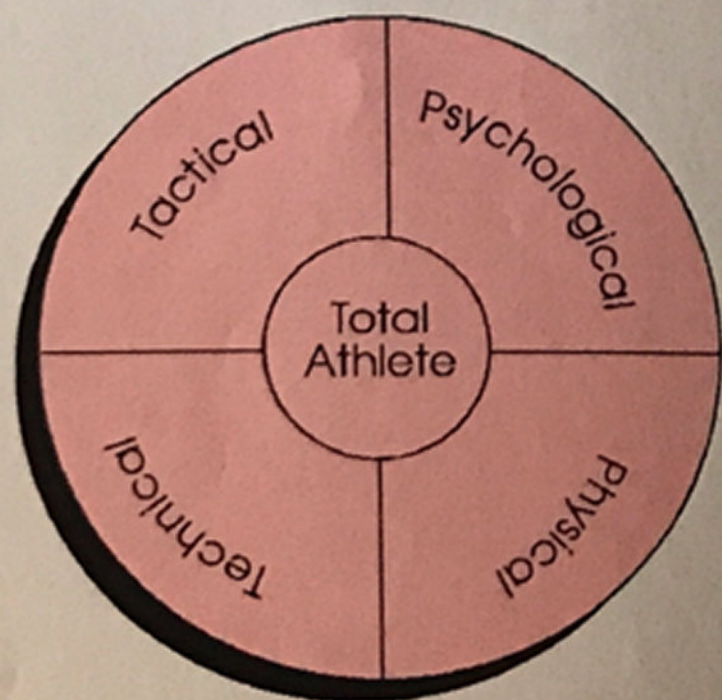
Gail Pimm is a level 3 Course Conductor who is currently enrolled in the Level 4 programme and is also a member of the National Coaching Committee. As well, she is a Certified Level 1 Theory Course Conductor. Gail is a former World Champion and past member of the National Women's Squash Team. She also acts as Squash Ontario's media technical consultant. 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", an educator's guide for teaching squash in school. For her contributions to squash as a coach, a player and as a volunteer, Gail has been presented with Squash Ontario's highest honour, the Special Achievement Award.

Brain Power

The four fundamentals of training; physical, technical, tactical and psychological should be incorporated in all athletic programmes. In my previous articles I have written how different types of fitness training are required for the game of squash, why strategies and tactics are used under certain conditions, and some technical pointers concerning shots. The logical progression from here therefore is to address some of the psychological aspects needed for squash.

The very nature of squash demands the player address the psychological part of the game. To begin with, squash is an extremely logical game, sometimes equated to chess in terms of manipulating the opponent, staying one move ahead of them or knowing what they are going to do next. Secondly, it is an individual sport. A player needs all the "brain power" he or she can get. A player has only himself or herself to rely on to solve strategical dilemmas, retrieve the ball every time, and to remain focused on the task at hand throughout the whole match. There are no teammates to spur you on, to lift your spirits.

And what about being enclosed in a small area close to one's opponent? That can certainly be stressful, especially when they are bigger than you. There are moments that you feel under pressure and still need to make quick decisions. Your brain must even continue to function after fatigue and oxygen depletion have slowed down your reflexes and clouded your judgement.



The major psychological skills to address are visualization, relaxation, positive affirmation or acceptance of the facts and concentration or focus of attention.

The two areas in the game where those skills become paramount are the pre-match **warm up off and on court** and in **between rallies** during the game.

We have all played our ultimate best at one time. Remember it. Think about it before you play. Remember winning, hitting the nicks, playing great length. I have two or three entire matches I love to reminisce about. However, it's not necessary to remember the games in their totality, just try to remember the things you do well out there. If you don't know what they are yet, ask a friend to tell you. Take a lesson and ask the professional to describe your strengths. Imagine you are playing, making shots without mistakes. Visualize the feeling of playing a perfect shot. Visualize the types of shots you are going to play today. Think about your drop in the front corner. What do you look like? Where are your feet? Imagine the feeling. Lotto 649. It's called visualization. We all did it as children. Daydreaming. Do it more often before your game, but about the game.

Focus on your breathing. Hear the air you breath in and out. Stretch. Slow down. I like to count to five before I begin a new serve or a new return of serve. Become smooth. Feel comfortable and relax. Remove the threat. Let down your guard to release the tension. Let out the tension. Forget. The art of allowing yourself to relax, if only for a short time in between the rallies, will allow you to focus again on the next point. Relax in between rallies. The rally is over. Cool out. Chill out. Coffee break time. Mental health day. Break time. It's time for a Mars Bar. When you can master the art of quick relaxation in between rallies, learn to use relaxation during rallies. Breath just before you make the next shot. Take a few breaths as you go into the back corner.

Think about something positive during the time you have in between rallies. Act positive. Even if you have to pretend, role play like an actor. For me, I turn my back to the opponent and smile. Re-energize yourself somehow with positive reinforcement. Think happy thoughts about your game. STOP those negative emotions with a smile. Say something to yourself a teammate would say to you if they could. Accept the decision of the last rally, and move on.

Finally, answer the following questions to yourself. What is the purpose of this game for me? What am I trying to do? Where do I want to hit the next shots? What is my game plan? Sooner or later you will discover, what you are out there for. For me, the words that help me focus are pressure and patience -PP! Whatever your answer, make it brief and make it your focus of attention. It's about the game of squash. Not the boss at work, not your wife and kids, not the bills to pay. Why am I here playing this game tonight? The situation in between points calls for a word or a phrase to lead you in the right direction, to put you back on the track. Remind your brain that it's playing squash. Remind yourself of the *raison d'être*.

To conclude, before you play, imagine the great parts of your game. In between rallies, learn how to relax, think positively and then focus back to the task at hand. Your brain has control over your body. Use it for what it's worth. ○

SQUASH Shots

A New Treatment for Squash Court Glass Walls

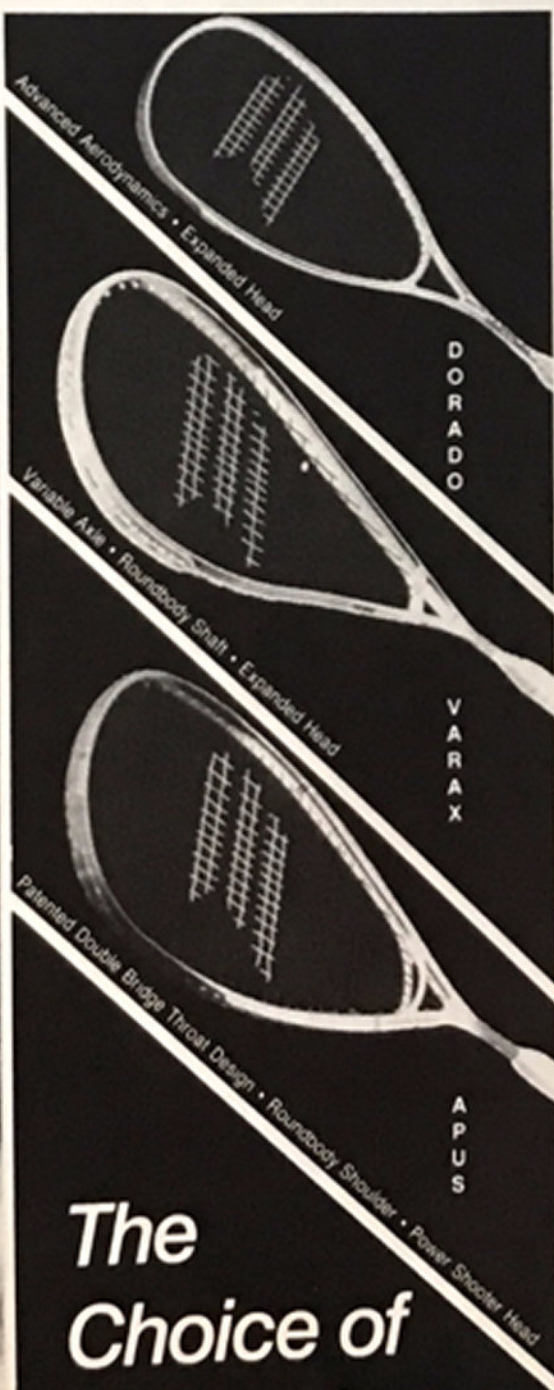
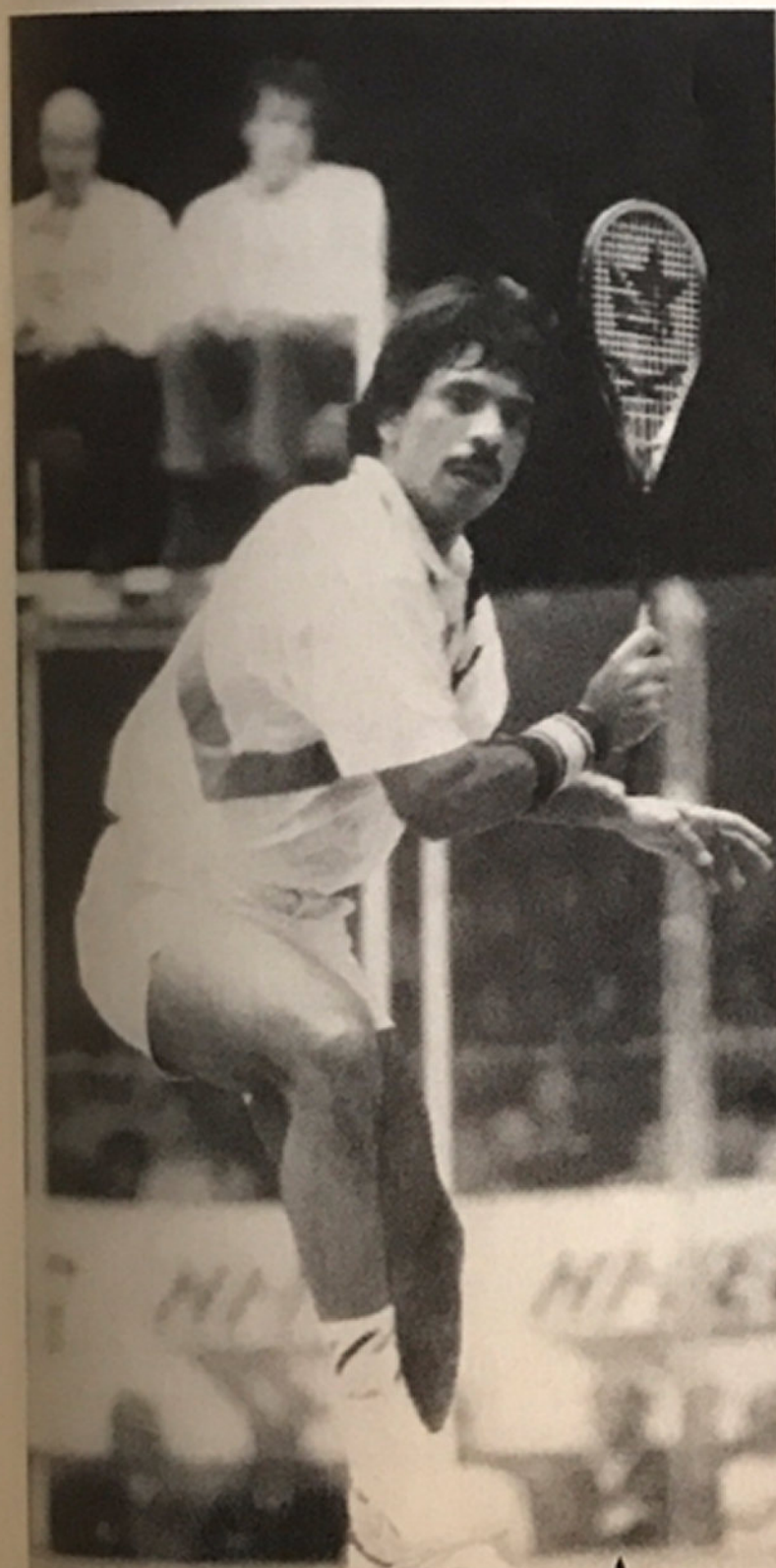
Since the advent of tempered glass backwalls on squash courts, sighting of the ball by the players has, too often, been a problem. Even with the use of white view lines on the glass, a player's concentration can be broken by losing sight of the

ball in the lounge or corridor behind the glass or by being disturbed by spectator movement.

With the application of the Playcon "Imago" Dual Vision Panels, the players will see a mainly white wall yet the spectators and officials can see the match clearly. This new development also allows owners and architects to design glass sidewalls into the courts as well. An example of this can be seen at the Family Fitness Club in Grande Prairie, Alberta who will host the squash events at the 1995 Canada Winter Games.

As the "Imago" panels are available in colours other than white and can carry printed advertising, club logos, etc., they can be used in other areas of the club such as bar/lounge windows or viewing windows looking into indoor tennis courts, gymnasiums, aerobics rooms, and swimming pools.

For more information, contact Michael Taylor at Playcon Recreation Inc., 275 Arnold Street, Kitchener, Ontario N2H 6E8. Telephone (519) 743-8132 or fax (519) 743-3551.



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ESTUSA ESTUSA

Just For Juniors

Preparations Continue for Canada Games Squad

by John Wright ●●●●●●●●

We are now midway through the season for the 1993/1994 Canada Winter Games Training Squad and already the programme has had a tremendous impact across the province. The Squad of 28 players has taken part in two weekend training camps incorporating sessions on team building, goal setting, mental training, physical training methods, drill formation, balance and enjoyment of the sport. One of the requirements for participating on the Squad is attendance at major junior tournaments with the result being over 100 entries in the Western Junior Open and Huronia Junior Open. The Northern Junior Open, held in North Bay, was also a great success and this event, with the Canada Games Squad, was used to launch another junior programme, the first to be run in that city.

Thanks to Bell, the Squad has been outfitted in uniforms, our training facilities sport Canada Games Squad banners and Squad members have the opportunity to attend the Quebec Junior Open Championships in March. Training is one thing but the opportunity to participate in an event as a Squad or Team makes the training all worthwhile and without Bell's financial support, none of this would be possible. The Squad appreciates and values the contributions made by Bell and the Ministry of Culture, Tourism and Recreation to this programme.

One of the most difficult aspects of being a provincial coach and only seeing players three weekends a year is to make the experience as valuable and as useful as possible. The important factor is to give players something to go home with and practice on their own. Any coach can ask players to do windsprints for thirty minutes, but it takes a special coach to give players the ability to develop their own sport specific training. Most coaches can tell athletes what goals they should set, but few can instill, in players, the value of

goal setting as well as the importance of continually evaluating and updating goals. All coaches can coach before and after matches, but only a select few understand the importance of teaching players how to analyze matches for themselves. Head coaches, Anne Green and Kevin Inouye, and assistant coaches, Jim Paton and David Phillips, are those coaches. With their varied expertise, they have given our athletes a well rounded training while trying to teach the often forgotten values of sport.

With only one year to go to the Canada Winter Games, the programme begins to move into high gear. As of June, those squad members having fulfilled their re-

quirements and having an Ontario ranking in accordance with the selection criteria, will be placed on the 1994/1995 Canada Games Squad. A selection tournament will be held, in June, to round out the Squad to 24 players. The team of 8 players and 4 alternates will be finalized in November 1994 following the Southwestern Junior Open and will be selected from the Ontario rankings as at 30 November 1994. All players hoping to participate in the Squad, or be selected to the Ontario Teams, must take part in the 1994 Ontario Junior Open Soft Ball Championships. The Canada Winter Games Team, comprised of 10 hard-working and deserving individuals, will train until February 1995 when they will travel to Grand Prairie, Alberta to defend Ontario's titles. ○

REDISCOVER THE TORONTO ATHLETIC CLUB

Most of you are familiar with the Toronto Athletic Club. Situated in the heart of downtown Toronto, the club has always had a laid back feeling to it - unique to downtown location. Over its fifteen year history, substantial investments have been made to continually improve upon the quality of squash and fitness facilities and programs offered to its loyal membership.

Mike Way our Squash Professional, and one of Canada's top coaches is listening to club members and planning new programs and events for squash players. So if you are looking for a fun, active squash membership, you need go no further. With 5 leagues and ladders to choose from our players spend plenty of time on court. Unrivaled in downtown, the club also "boasts" eight international courts providing players with the real McCoy!

Call 862-8124 today and ask for your FREE Squash Ontario guest pass.



16 Queen Street East
Toronto, Ontario
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(416) 862-8124



Search for "Squishy"

Meet 'Squishy', the mascot for our junior programme. He is hiding somewhere else in this issue of Squash Life and, if you can find him, send your name, address and the page number to Squash Life, c/o 1220 Squash Ontario, 1220 Sheppard Avenue East, Willowdale, M2K 2X1. All entries must be received in the Squash Ontario office no later than the 15th of March. A draw will be made and the lucky winner will receive a Black Knight BK-1175, the racquet of choice for the Squish-Squash programme.

The new Squish-Squash programme incorporates the Black Knight junior racquet and "squishy" ball to introduce the game of squash to young children at clubs and schools. Thanks to the support of Black Knight, Squash Ontario is able to make presentations to Boards of Education and offer racquets and balls on loan. This equipment is ideal for elementary schools to use in their gyms and follow up with field trips to local clubs. Ultimately, this promotes the game of squash to a market never before targeted, benefitting both squash and squash facilities in the long term.

The Squish-Squash racquets and balls are also available to clubs interested in testing their membership for interest in junior programming. Successful clubs are realizing that family oriented programming is the key to ensuring their future, as well as promoting their facility to local schools and, hopefully, future members.

The Dunfield Club, one of the Sports Clubs of Canada, hosted the first ever Squish-Squash Tournament in January as a highlight of its numerous programmes offered to all levels of squash players. The one day event saw age groupings of under 8, 10, and 12 and drew players from various clubs within Toronto and outlying areas. The Squish-Squash programme and equipment lends itself to future events throughout the province with the possibility for an under 6 age group. All this spells a bright future for schools, clubs and squash in general. ○

Heather McKay Bowl

A Tradition of Excellence

Jessica DiMauro of Woodbridge, Ontario and a member of the Pine Valley Racquets Club has been named the 1993 winner of the Heather McKay Bowl.

The trophy is awarded annually to the Ontario woman squash player showing significant improvement in playing ability based on provincial and national rankings. The winner will have exhibited a determination to succeed while demonstrating exemplary sportsmanship and deportment both on and off the court, qualities synonymous with Heather McKay. The winner will also have displayed the desire and capacity to contribute to the advancement of squash in Ontario.

During the 1992-1993 season Jessica, still of junior age, achieved a third place ranking in the Ontario open listing and maintained a high junior national position. She was a member of the Canadian

team in the World Junior Women's Squash Championship which finished in eighth position.

The Heather McKay Award, created in 1985, was established to recognize the 18-time world champion's contribution to women's squash in Ontario during her 12 years in Toronto. It is administered by a Board of Trustees comprised of Jim Adam, Barbara Savage and Penny Glover.

Previous winners include Gail Pimm, Nancy Cranbury, Melanie Jans and Joanna Thomas. Jessica's name will be engraved on the permanent trophy which is kept at the Toronto Cricket, Skating and Curling Club.

This year's presentation was made to Jessica at the conclusion of the Ontario Closed Championships, held at the Regency Racquets Club, in late November. ○

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Here's to the Winners

(Sanctioned event results only)

Ontario Men's & Women's Closed Championships

Hosted by Regency Racquets Club
Sponsored by AIM Management, Hi-Tec
Sports, Everfresh, Labatt's and
Rogers Cable 10

Men's Champion: Sabir Butt
Women's Champion: Barbara Cooper

Note: Based on rankings and participation in the Ontario Closed Championships, the following have been selected to represent Ontario at the Dunlop National Men's Team Championship in Saskatoon and the Dunlop National Women's Team Championship in Nanaimo:

Ontario Men's Team

Steve Wren (Captain and Manager)
Graham Ryding
Shane Adams
Sabir Butt was selected but declined

Ontario Women's Team

Lynn Miller (Captain and Manager)
Jessica DiMauro
Barbara Cooper
Melanie Jans was selected but declined

Granite Club Junior Soft Ball Open

Hosted by the Granite Club
Sponsored by Creative Incentives, Wilson
and adidas

Boys' Under 10 Champion: Geoff Platt
Boys' Under 12 Champion: Brad Hanebury
Girls' Under 12 Champion: Casey Disero
Boys' Under 14 Champion: Chris Hanebury
Girls' Under 14 Champion: Christy Quinnes

Pine Valley Women's Christmas Classic

Hosted by Pine Valley Racquets Club

Open Champion: Jessica DiMauro
B Champion: Adriana DiMauro
C Champion: Christine Horner
D Champion: Nancy McLean

Ontario Men's B Doubles Championship

Hosted by the Granite Club
Sponsored by Prince

Champions: Ted Ruse and Michael Pirnak

Huron Junior Open

Hosted by Barrie Racquets Club and
Orillia YMCA
Sponsored by ANG and Black Knight

Boy's Under 12 Champion: Justin Martel
Girls' Under 12 Champion: Casey Disero
Boy's Under 14 Champion: Chris Hanebury
Girls' Under 14 Champion: Runa Reta
Boy's Under 16 Champion: Jamie
MacNeill-Nicholls
Girls' Under 16 Champion: Nicole Carrol
Boys' Under 19 Champion: Erik Zaremba
Girls' Under 19 Champion: Nicole Carroll

Central Ontario Junior Open

Hosted by Royal Brock Spa & Sports Club,
Brockville

Girls' Under 12 Champion: Jacqui Inward
Boy's Under 12 Champion: Justin Martel
Girls' Under 14 Champion: Runa Reta
Boys' Under 14 Champion: Andrew Jones
Girls' Under 16 Champion: Adriana DiMauro
Boys' Under 16 Champion: David Phillips
Girls' Under 19 Champion: Danielle Therein
Boys' Under 19 Champion: Stacy Bell

**** AT PRESS TIME ****

Results of the 1994 Dunlop Canadian Men's Team Championship in Saskatoon

Ontario Finishes Second

- Winston Cabell (British Columbia) defeated Graham Ryding (Ontario)
- Andrew Lynn (British Columbia) defeated Steve Wren (Ontario)
- Shane Adams (Ontario) defeated John Fleury (British Columbia)

Results of the 1994 Dunlop Canadian Women's Team Championship in Nanaimo

Ontario Takes Title with Miller's Tie-Breaking Win

- Jessica DiMauro (Ontario) defeated Lesley Jewitt (Alberta)
- Kelsey Souchereau (Alberta) defeated Barbara Cooper (Ontario)
- Lynn Miller (Ontario) defeated Carol Hall (Alberta)

Congratulations to all the team members.

Presidents' Cup Women's Doubles Hosted by the London Squash Club

Champions: Sandra Shaw/Anne Smith

COMING ATTRACTIONS



Provincial Championships

Ontario Senior Men's Doubles Championships

Toronto Racquet Club
February 25-27, 1994

Ontario Women's Open & B Doubles Championships

Cedar Springs Athletic & Racquet Club,
Burlington
March 4-6, 1994

Ontario Men's Open Doubles Championship

Curzons Skydome Club, Toronto
March 4-6, 1994

Ontario Men's & Women's Open Championships

Royal Brock Sports Club, Brockville
March 18-20, 1994

Ontario Men's & Women's B, C, D Championships

Harbour Club, Belleville
March 18-20, 1994

Ontario Mixed Doubles Championships

Mayfair Lakeshore Racquet Club
March 25-27, 1994

Ontario Men's & Women's Masters Championships

Northfield Racquet Club, Waterloo
April 8-10, 1994

Ontario Junior Open Soft Ball Championships

White Oaks Tennis & Racquet Club, St.
Catharines
April 15-17, 1994

Hi-Tec

Ontario Junior Teams Championship

Northridge Club, Toronto
April 22-24, 1994

Canadian Championships

Canadian Doubles Championships

Vancouver, British Columbia

March 11-13, 1994

Canadian Mixed Doubles Championships

Toronto Cricket, Skating & Curling Club

April 15-17, 1994

Canadian Soft Ball Championships

Edmonton, Alberta

April 28-May 1, 1994

Canadian Junior Soft Ball Championships

Kamloops, British Columbia

May 5-8, 1994

fin Tour REPORT

Cedar Springs to Host Fin PSA Satellite

The Professional Squash Association is delighted to confirm the sanctioning of the \$2000 US Fin Tour 'Coldwell Banker' Satellite event on the 1994 PSA Banker' Satellite event on the 1994 PSA tour. Cedar Springs Racquet Club, in Burlington, has agreed to host the event April 7-10 1994. The tournament will also host both mens and womens A, B, C, and D divisions, sanctioned by Squash Ontario. The PSA looks forward to

working with Fin Racquets to ensure a tournament of the highest quality. This event will give Canadian players a chance to earn world ranking points. "Fin Racquets is committed to supporting squash at all levels" said Chuck DiCerbo, president of Fin Canada. "We plan to expand our calendar of events for the 1994-95 squash season". See you at Cedar Springs!



Bruce Wright, President of Aim Management.



Rob Brooks, Pine Valley Racquet Club Manager.

Pine Valley Racquets Club Hosts Fin Pro/Am

Pine Valley Racquets Club was the venue for the second stop of the \$25,000 Fin Racquets Pro/Am Tour. The action was fast paced and furious, and a good time was had by all—definitely an unqualified success! Rob Brooks and the entire staff at Pine Valley proved once again why their clubs reputation for excellence is so well deserved.

veteran, Roy Ollier, once again prove his mettle against younger competition, defeating Jeff Sneyd. Scott Stoneburg was fifth and John Frederick, a crowd favorite, grabbed sixth place. PVRC's Lester Brown was seventh while Shane Adams saw injury relegate him to eighth place.

A very talented Pro Division competed for a cash purse of \$2000. The finals saw Graham Ryding and Jeremy Fraiberg put on an outstanding display of quality shot making and great gets. Graham prevailed, and despite the 3-0 score, had his hands full with Jeremy. Third place saw a

The Amateur Division vied for over \$2000 in prizes, graciously provided by Fin Racquets. In the Mens A's Scott Mikalachki defeated Bill Guest in the finals. Andrew Fraser was third. In the Womens A's Jessica Dimauro beat Lynn Miller. Sharon Melville was third. The Men's B's saw Matthew Fusco defeating

Ray Koopman. Pat Forrest came in third. In the Womens B's Debbie Witham won over Stephanie Roth. Tracy Stewart was third.

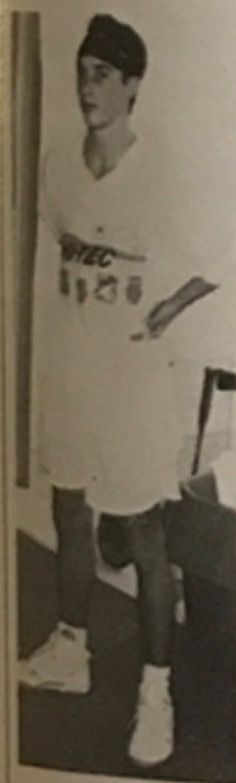
Future Tour Events

Up coming tournament venues include Ottawa Athletic Club, February 22-28. Barrie Racquets Club, March 4-6. Royal Brock Spa & Sports Club, March 24-27 and of course, the PSA Satellite event will be held at Cedar Springs April 7-10. More information contact Squash Ontario or Fin Racquets Canada at 1-800-36-36-FIN.

Fin Tour \$ 2,000 Pro Bonus Pool

POINTS STANDINGS

1.	Graham Ryding	160
2.	Roy Ollier	120
3.	Shane Adams	80
T 4.	Jeff Sneyd	70
T 4.	Jeremy Fraiberg	70
6.	Jim Geddes	50
T 7.	Scott Stoneburg	40
T 7.	David Sly	40
T 7.	Lester Brown	40
T10.	John Frederick	30
T10.	John Wilson	30



This guy's no bait... Meet 'the Shark' Graham Ryding

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Cedar Springs Athletic & Racquets Club

A Full Family Facility

If you like life, you'll love Cedar Springs", is a slogan that more than sums up how the members are feeling these days about another incredible expansion that will have enlarged Cedar Springs Athletic & Racquet Club to nearly 200,00 square feet.

The soon to be completed indoor aquatics facility will boast a 25 metre lap swimming pool, a zero-entry kiddies pool (0-18" of water) that will have a mushroom fountain and small kiddies slide to entertain our younger family members and a large 140' long waterslide with its own landing pool to occupy the older family members.

Located adjacent to the aquatics facility and visible through a glass dividing wall is the other half of the expansion, a hardwood floor gymnasium for basketball and volleyball. Joggers and walkers can use the cushioned indoor banked track that runs around the circumference of the gymnasium. Volleyball and basketball leagues will soon be organized much to the delight of enthusiastic members.

Cedar Springs Athletic & Racquet Club is by far the most complete facility of its kind in Burlington, if not southern Ontario. Our 12 indoor tennis courts host a wide variety of men's and women's round robins, flight ladders and social or competitive tournaments that are overseen by one of our six full time tennis pros.

If it's squash you're looking for Cedar Springs boasts a doubles court, and 4 international and 3 north american courts. Squash programmes are carefully designed to provide fun and challenging activities for players of all ages and levels.

Evaluations are provided to all new members who may then participate in house leagues, hi-point monthly flight ladders, day time leagues and social in-club tournaments. Cedar Springs also has men's and women's competitive squash teams in both the Toronto & District and Western leagues. Special events such as exhibitions, regional opens and junior tournaments are also scheduled.

Racquetball has a very active and enthusiastic section of members with very

Fitness staff at Cedar Springs are university graduates in kinesiology and qualified fitness appraisers, with the expertise to design a complete fitness programme for all members. Specialized fitness assessments are given free upon joining so the member and instructor can chart out the right course.

After working out, members may relax in the soothing saunas and whirlpools located in both of the well appointed men's and women's change rooms.

Cedar Springs is not just restricted to the indoors. Members and their guests may enjoy the summer months playing tennis on our outdoor clay courts. One may get involved in the many pick up games on our sand volleyball or basketball courts or, if you just wish to catch some sunshine, lounge around our heated pool which features a 90' waterslide and hot tub.

Cedar Springs' 20 years of success can be attributed to a three fold formula. It cultivates a quality image, relies on a well-oiled system of team

management, and responds quickly to change in the marketplace. The more facilities we have, the more reasons there are for people to use and continue to use the club. Next time you are in Burlington, feel free to call or drop in and tour our beautiful facilities. Telephone number is 905-632-4800.

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. We try to give preference to our newest members of Squash Ontario and, as well, offer this promotional space on a regional basis.

For more information, please contact Squash Ontario (416) 495-4140. ○



Squash? You must be joking!

similar programming to squash. So, no matter what your racquet is, Cedar Springs has the courts, instruction and programming to cater to all your needs.

Members looking for strength training, toning and cardiovascular programming can work out in our state of the art two storey fitness centre. The club pays attention to specific needs of certain groups in this area providing them with specialized environments with non-intimidating atmosphere.

These areas include a master men's (over 45) cardiovascular and fitness room, women's only fitness room, separate free weight room, co-ed aerobics, seniors aerobics and a youth fitness centre.

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Jansher Khan,
the world's No1
squash player



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