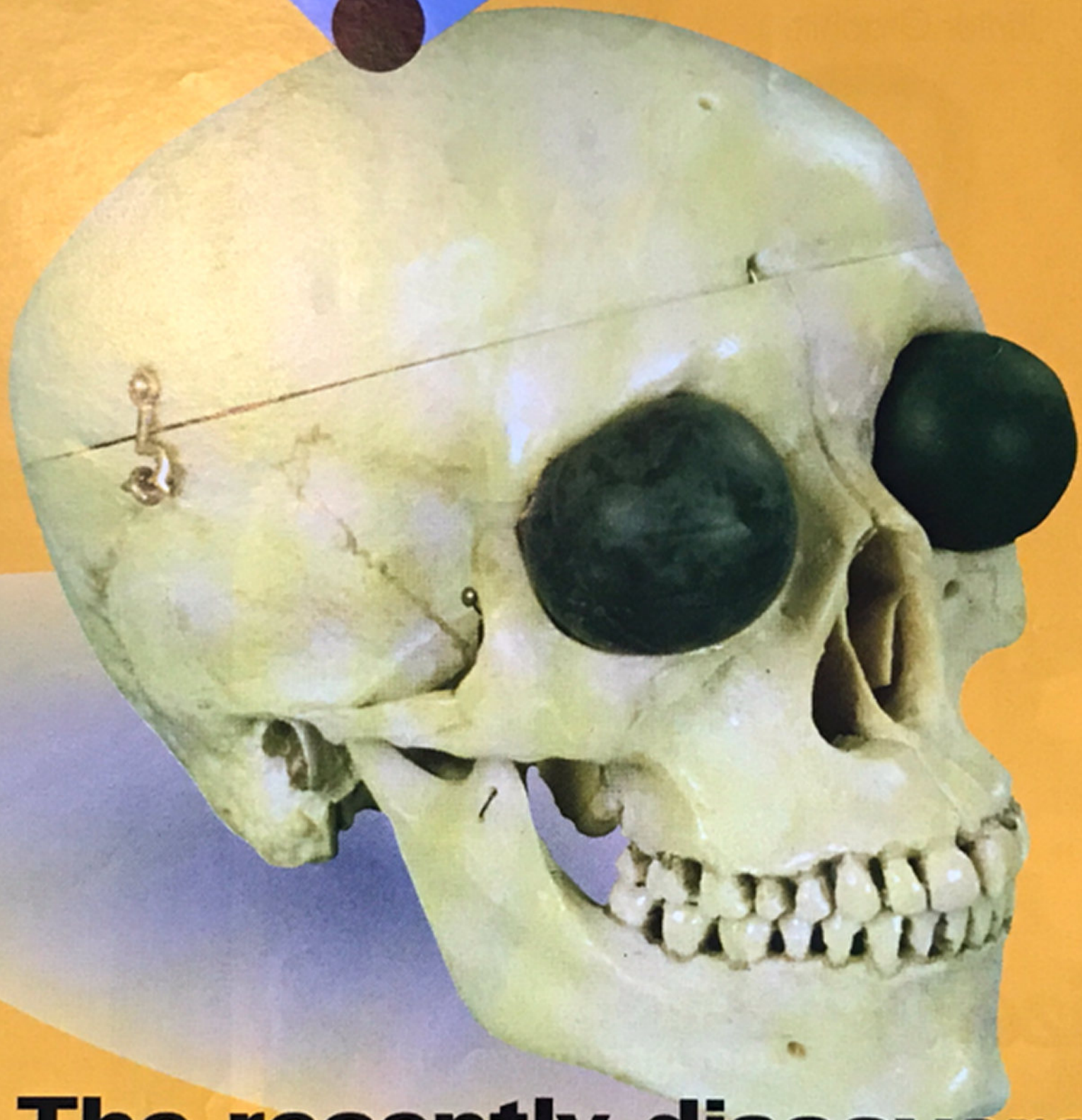


# SQUASH

Winter 1998

\$2.50

Life



**The recently discovered  
remains of a  
squash player...**

and how to make sure  
this doesn't happen to you

# New for '97 / '98 ...

**"Woodgrain"**  
Graphite 6500

**"Woodgrain"**  
Graphite 6500 Tennis

**"Magic Wand"**  
Junior Graphite



## ... Size Matters

#1100, 603 - 7th Avenue S.W.  
Calgary, AB T2P 2T5

Phone: (403) 777-1477 Fax: (403) 777-1470

email: [manta@nucleus.com](mailto:manta@nucleus.com)

web site: [www.nucleus.com/~manta](http://www.nucleus.com/~manta)

# MANTA®

# SQUASH *Life*

VOLUME 22  
NUMBER 4

**Sherry Funston**  
MANAGING EDITOR

**Ann Gray**  
PRESIDENT

**Chris Herbert**  
VICE PRESIDENT

**Peter Ward**  
VICE PRESIDENT

**Gord Aitken**  
VICE PRESIDENT

**Jeff Deverill**  
VICE PRESIDENT

**Mike Way**  
CONTRIBUTING EDITOR

**Geoff Sheppard**  
CONTRIBUTING EDITOR

**David Evans**  
CONTRIBUTING EDITOR

**Barry Faguy**  
CONTRIBUTING EDITOR

**Roman Lehecka**  
ART DIRECTOR

**Printed by Dolco Printing  
Advertising**

SHERRY FUNSTON FOR SQUASH ONTARIO  
1185 EGLINTON AVENUE EAST  
NORTH YORK ON M3C 3C6

Squash Life is published 4 times a year by Squash Ontario, 1185 Eglinton Avenue East, North York ON M3C 3C6 Telephone: 416-426-7201 Fax: 416-426-7393 E-mail: sq.ont.sherry@sympatico.ca URL: www3.sympatico.ca/squash.ontario

Squash Life is published to give voice to and promote squash in Ontario. 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 5,000 copies of Squash Life are distributed on a complimentary basis to 200 member facilities in the province and direct mailed to all Ontario players registered in infoLiNK as well as to a number of clubs and associations across Canada.

Printed in Canada 🍁

# contents

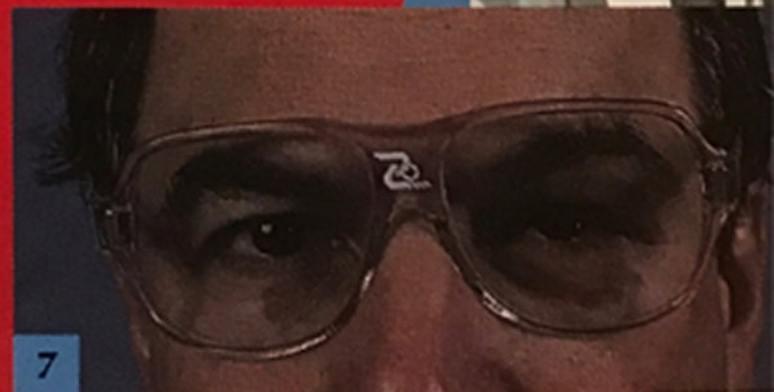
Winter 1998

## feature

- 7 **W**  **wear eyeguards?**

## departments

- 4 **court chatter**  
little snippets from the world of squash
- 9 **the game's roots**  
a personal look at one of Ontario's committed juniors
- 11 **coaching corner**  
tips and tricks from Mike Way
- 13 **official's call**  
the world of the squash official
- 15 **university scene**  
some surprise challenges for medal honours
- 16 **injury management**  
knee injuries and their treatment
- 18 **editorial**



## Devastating blow to Power's hopes

Jonathon Power moved up to a career best No. 3 in the last men's world squash rankings. The announcement by the Professional Squash Association put Power ahead of Australian Rodney Eyles and hot on the heels of world champion Jansher Khan of Pakistan and Scotland's Peter Nicol. But that may be as far as he goes for a while. In a two on two basketball game, Jonathon tore some tendons and is now in a cast. The Super Series in February and the Austrian Open in early March are definitely out. Hopefully, he'll be back in form for the British Open.

If all goes well with the healing, Jonathon will be competing in the following events up to the end of May: British Open, March 25 - April 5th; Canadian Closed Championships, Calgary, May 1-3rd; Al-Ahram International, Egypt May 21-27th.



## 1998 Nike World Masters Games

The Games will take place August 9-22 in Portland, Oregon. 25,000 athletes, along with 75,000 companions from over 100 countries, will join together in the state of Oregon for an extremely significant two weeks of sport. Twenty five Olympic sports, along with celebrations and festivals, will make these Games the largest international combined athletic and cultural event in the world.

Planned is a world-class squash competition with 500 athletes from around the world. Events will include men's doubles and singles competitions for both women and men. Competitors must be at least 30 years of age.

For instant athlete registration and confirmation, call 1-800-98-GAMES,

or visit the website at [www.worldmasters.org](http://www.worldmasters.org).

## Sports Clubs of Canada to open new club

"It's the one you've been waiting for", reads the slogan for the tenth and newest addition to the Toronto-based Sports Clubs of Canada (SCC) GROUP of clubs. The announcement of Club One at Square One has advanced SCC further west than ever before as they establish this brand new fitness and racquet facility inside the popular Square One, Mississauga shopping centre. Of special interest to squash players are three international squash courts housed within this impressive, soon-to-be-built 33,000 square foot club. Watch for presales starting in February at Squash One if you want in on the "ground floor". Club One will open its doors some time in August 1998 in the standard-setting tradition SCC is famous for.

## Squash Ontario appointments

Congratulations to Carolyn Russell who has been appointed chair of the High Performance Committee and to Jeff Sneyd who joins the committee representing men's soft ball.

Amongst other issues, the High Performance Committee determines selection criteria for both Canada Games and Ontario Teams, reviews and revises when applicable, prize money policies and works in concert with the Rankings & Competitions Committee to ensure that provincial championships are run under fair hosting standards, thus ensuring an enjoyable competitive experience for all athletes.

## Attention infoLiNK participants

We are pleased to advise that six new sponsors have been added to the programme. Discounts and special rates are now available at Bikini Village,

Bowlerama, VOXCOM, Floral Connections, Page Pass and All Purpose Real Estate.

## Hey! Watch for these...

**Canadian Men's and Women's Doubles Championships** being hosted by Cedar Springs Sportsclub on the weekend of March 6-8. Come out and see some of the finest doubles players in Canada compete in open and masters events.

**Canadian Mixed Doubles Championships** are being hosted by Toronto's Mayfair Lakeshore Racquet & Fitness Club on the weekend of April 3-5. Great doubles!

**Canadian Junior Closed Championships** are being hosted by White Oaks Tennis & Racquet Club in beautiful Niagara-on-the-Lake on the weekend of April 24-26. Your chance to see the future - don't miss it.

And the **World Men's and Women's Doubles Championships** are being hosted by the Toronto Cricket, Skating & Curling Club on April 24-26.

Wow! You want to see the best? Then come out and watch.

## Way to go, Max!

"Earlier this week, while I was going through the mail, I happened upon the monthly mail out from Squash Ontario. I have always enjoyed reading through the tournament flyers to see what other clubs in the province are doing tournament wise and to see the changes in venues and formats of some of the provincial events.

Then I read the poster, '\$10,000 DiaMed Ontario Open' hosted by the Racquet & Fitness Academy. It is really great to see the purses getting larger as squash gains more and more exposure through the talents of all our elite players. It was through speaking with Sherry Funston that I learned that it was the great marketing and fundraising skills of Max Weithers that brought forth a purse of such magnitude! Hats off - not only to Max but to all those in-

dividuals and teams of people who work hard to raise money and find sponsors to keep events like the Ontario Open and even the local tournaments alive. Hats off to all you sponsors - for without you, where would squash be?

This will surely draw a very competitive field in both the men's and women's events.

Max, here's hoping your efforts are greatly appreciated, that your event runs smoothly and most of all, that your sponsors are given that "big bang" for their buck that can only come from the competitors."

*D.M. Sommerville-Picotte  
General Manager*

*The Royal Brock Hotel, Spa & Sports Club, Brockville Ontario  
March 94,95, 96 Ontario Open Tournament Chair*

### Ontario Juniors in the U.S.

Congratulations to Ottawa's Runa Reta and Peterborough's Jacqui Inward for capturing the U.S. Junior Under 19 and Under 16 Championships respectively. Great showings were also posted by Josh McDonald, Adriana DiMauro, Courtney Power, Casey Diserio, Sean Hanna and Miranda Ranieri.

### World Squash Federation

At its annual meeting held in South Africa, the World Squash Federation banned the use of marijuana and said it would test for the drug at some tournaments. The group is also canvassing member nations about having coloured court walls and patterned floors.

### Did you know?

On December 2, 1942 the world's first controlled nuclear chain reaction was in a University of Chicago squash court that was located under the football stadium? Rumour has it, it was a north american court.



### Squash Ontario Website

Keep up to date on all activities, Toronto & District league results, etc. on [www3.sympatico.ca/squash.ontario](http://www3.sympatico.ca/squash.ontario)

### Seedings... Just who does those?

Seedings for junior regional opens are

done using the most current rankings list and are approved by the chair of the Junior Committee.

Women's soft ball seedings are done using the most current national and provincial rankings.

Men's soft ball seedings are done using the current national and provincial rankings and are approved by Dean Brown of the Rankings & Competitions Committee.

Doubles seedings are done Ward Meek and Karen Jerome of the Rankings & Competitions Committee using current and past tournament results.

### Coaching Kudos

Congratulations to Queensview's **Heather Wallace** and Mayfair Lakeshore's **Barbara Cooper** on completing their Level 4 coaching certification. And further congrats to Barbara who has almost completed her Level 5.

PU SUPER GRIP  
GROOVY  
XTC140 STRING  
KEVLAR STRING  
VIBS  
STRETCH  
RACKETBALLS  
SOCKS  
HEADBANDS  
WRISTBANDS  
MICROFIBRE  
COMPETITION SHIRTS  
POLO SHIRTS  
SQUASH RACKETS  
RACKETBALL RACKETS  
KUSHY  
GROOVY AIR  
TOURNAMENT  
POINT4  
KEVLAR



## KARAKAL

The SQUASH EQUIPMENT specialist

JANSHER KHAN  
KEY  
POINT4  
XTC80 STRING  
GUMMETS  
NON-SQUASH BALLS  
PU INSOLE  
SINGLE  
PERFORMANCE SKIRTS  
ESSORY STAND  
T SHIRTS  
CLUB  
TON DAMPNER  
TENNIS RACKETS  
PU SUPER GRIP

**Telephone KARAKAL on 613 839 2657 or Fax 613 839 0072 for more information**



### Ontario women take gold, bronze for the men

Congratulations to Heather Wallace, Carolyn Russell and Stephanie Richardson on successfully defending Ontario's title in the recent Canadian Women's Team Championships. Was it close? According to Carolyn Russell, "We made it to the finals after an 8 a.m. Sunday morning battle with Manitoba. The match was quite straightforward for me and Steph, however Heather had to put out everything to beat Marnie. When we got to the finals, I was up against Kelsey who is ranked higher than I am (and I had never beaten her). After an embarrassingly poor first two games, I figured out what to do and won in five. Heather was up against Lauren Wagner and started strong but it was very clear that there was nothing left. She lost 3-1. Stephanie should have won with ease; she won her first two games easily but couldn't hold on. It took 10 match balls in the 5th for Stephanie to finally take that game 9-5 and give Ontario the title. Everyone was on the edge of their seats.

Despite her loss, much credit must go to Heather as we could not have even come close to BC without her in the #1 spot.

"We all looked very sharp in our uniforms."

Because the Canadian Women's Team Championships were held in Ontario, the host province is permitted to enter a second team. Our congratulations to Nicole Carroll, Seanna Keating and Jody Melville.

The Men's team, unfortunately, continues to be stalled in third place. In this case, 3 times lucky was not to be, but our congratulations to Dan Vranesic, Max Weithers and Dean Brown.



## Let us squash your insurance rates

Minimum 15% off homeowners & auto insurance

"I saved \$200 on my car insurance"

- a satisfied infoLiNK customer

Curtis Insurance Ltd., in partnership with Squash Ontario and **infoLiNK**, are providing members with:

- **Sports Accident Policy with \$10,000 Accidental Death Cover and \$1000 Accidental Dental**
- **access to Squash Ontario Home and Auto Group Insurance Cover providing a 15% discount off our already low rates**
- **access to Squash Ontario travel medical insurance**

Your registration in **infoLiNK** will also provide you with:

- **3 issues of Squash Life and the annual Member Handbook mailed directly to your home**
- **Hi-Tec/Manta Score Card providing you with significant savings at many national retailers and businesses**
- **Monthly mailings of tournament flyers mailed directly to your home (available as an upgrade)**
- **but perhaps best of all, net proceeds from infoLiNK will be reinvested directly into squash programming in Ontario**

**To get all these benefits**, you simply have to contact Squash Ontario and ask for infoLiNK. For \$15.00 we will immediately activate all the infoLiNK features. Then, we will direct you to Curtis Insurance who is committed to finding you tremendous savings on your home, auto and travel insurance needs. If you don't believe us, just call Curtis Insurance to find out.

To register in infoLiNK, contact:

**Squash Ontario**

**1185 Eglinton Avenue East, North York ON M3C 3C6**

**Tel: 416-426-7201 or Fax: 416-426-7393**

**E-mail: [squash.ontario@sympatico.ca](mailto:squash.ontario@sympatico.ca)**

To realize your insurance savings and for all your insurance needs, contact:

**Curtis Insurance Ltd.**

**75 The Donway West, Suite 605, Don Mills ON M3C 2E9**

**416-447-4499, fax 416-447-4495, Watts 1-888-647-6730**

**John Boynton, President**

# Don't be a statistic

BY DR. MICHAEL EASTERBROOK

FEATURE

In 1997, the Australian and European Squash Associations and World Squash Federation made eye guards mandatory for juniors in all sanctioned tournaments effective January 1999. Most countries recognized the importance of eye guards for juniors but, to date, were reluctant to take such a step, given that in some countries, there are no eye guards, let alone ones that have passed any kind of standard.

This, then, is a major step forward for international squash and it is pertinent at this time to review the current status of eye protection. Almost 100% of eye injuries can be prevented in squash with the use of a polycarbonate eye protector designed for racquet sports.

What are some of the most commonly asked questions about eye guards?

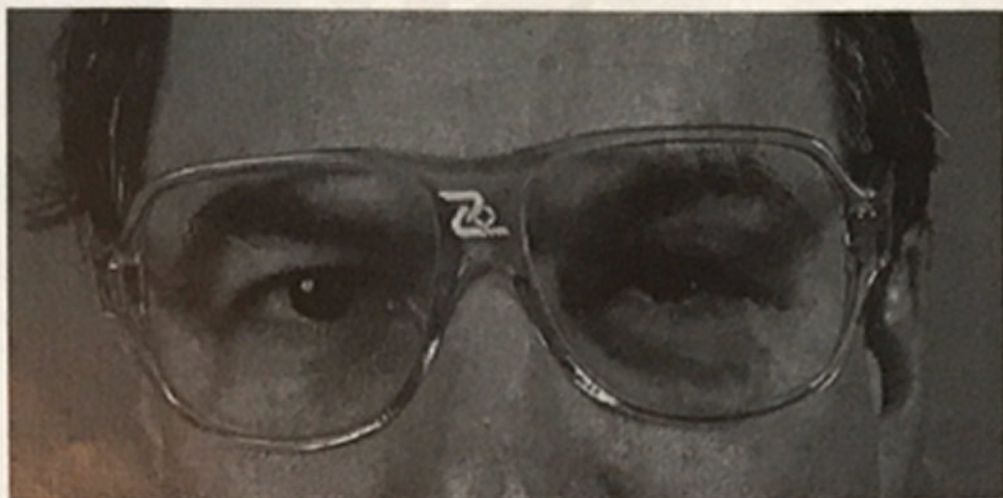
**Q:** I wear plastic prescription glasses; are these protective?

**A:** Often squash players feel that because their prescription glasses are CR 39 acrylic plastic, they are protected. The only protection against high impact missiles such as a squash ball is a polycarbonate lens. All present squash goggles designed for racquet sports are made of polycarbonate plastic. Polycarbonate is available now in all prescriptions although it is slightly more expensive than non polycarbonate lenses. The eye guards designed for racquets sports also include a posterior lip such that the lens should not come out of the lens posteriorly towards the eye during impact. We thought the lens frame with a hinge would not be strong enough, but in testing it does withstand a ball up to 90 mph in our experience.

There has never been a loss of an eye that I am aware of worldwide in a player wearing a polycarbonate lens in an eye guard designed for racquet sports.

**Q:** Do eye guards affect my peripheral vision?

**A:** Those players who do not wear prescription lenses sometimes complain that the wearing of an eye guard apparently restricts their peripheral vision. We suggest that players who do not wear prescription glasses wear their squash eye guards around the house and in normal activities for 24 - 48 hours. The apparent field restriction dis-



appears very quickly with use. As well as an excellent squash player uses a central vision, following the ball at times with minimal use of his or her peripheral vision.

**Q:** Are there Canadian Standards Association approved eye guards at the present time?

**A:** During the 1980's, preliminary standards for eye guards were proposed by CSA and many eye guards met the preliminary standard. At present the ASTM in the United States and CSA are combining to propose by the spring of 1998 a combined standard such that manufacturers will only have to test to one standard. The standard is based, as in the past, on a squash ball, the international soft ball being projected at 90 mph at different points on an eye guard on a head form. We know from clinical experience with CSA testing that good products in the market will pass the standard.

**Q:** In the absence of a CSA standard, what should a player wear in squash?

**A:** At present there are eye guards which meet the ASTM standard for eye protection in racquet sports. It is being proposed at the world level that any eye guard that meets a national standard for racquet sports should be approved for



**PHOENIX**  
Extreme Return  
Racquets and Accessories  
(905) 508-9908

tournament play and recreational use. An eye guard to be worn by a squash player should have as a minimum statement stated on the packaging in which the eye guard is sold stating that the eye guard meets at least the impact standard of ASTM.

An eye guard such as the Oakley which is an excellent eye guard for cycling, etc., is too flexible in my opinion and has not been tested as far as I know to the ASTM racquet sport standard, but only meets a sunglass standard, the ANSI standard. This standard has minimal impact requirements and should not be recommended as a standard for squash at this point.

**Q:** My eye guard fogs.

**A:** Almost all commercial eye guards at the present time have an anti-fog coat. It is necessary, particularly when playing a younger, fitter player, to wear 1 or 2 headbands and to remove the eye guard at the end of the game or when discussing a let with your opponent. In general in North America, fogging is a minimal problem under these conditions. The odd player does have difficulties, but sweat on the eye guard is as much of a problem as is fogging. There are also commercial anti-fog prepara-



tions that are available in most sport shops and at most opticians.

Any of us who have played for many years know a player who has either lost an eye or had a very close call with an injury, usually from the ball, but occasionally from a racquet. In the 1980s, in one six month period, ophthalmologists in Britain collected between 300 and 400 cases of eye injuries from squash. I believe it is true that the wider court is producing less injury; however, surveys in every country have shown that the most experienced player who is therefore watching the ball at all times is most at risk.

There is excellent protection on the market. In my opinion, almost all eye injuries in squash are preventable. Don't be a statistic - wear your eye guards and make sure they meet ASTM standards. ©

*Dr. Michael Easterbrook,  
F.R.C.S. (C) F.A.C.S.  
Eye Physician & Surgeon,  
Associate Professor, Department of  
Ophthalmology, University of Toronto*

**annual sale**

**up to**

**1/2**

**price**

**sale ends March 7**

**racquets by HEAD, WILSON, BLACK KNIGHT**

**shoes by HEAD, ASICS, HI-TEC**

**clothing by WILSON, FILA, LE COQ SPORTIF**

**RON SLOAN RACQUET SPECIALIST**

**1491 Bayview Ave., Toronto ON M4N 3A8**

**416.481.0067**

## Squash Canada announces revised eye guard policy

Effective January 1998, all juniors who are members in good standing of Squash Canada shall appropriately wear eye guards which are on Squash Canada's list of acceptable protective eyewear, in any Squash Canada sanctioned events and/or on-court activities for which they receive funding from Squash Canada or activities where they are members of a Canadian team or squad.

Sports eye Protectors which currently meet ASTM F803:

I. Plano protectors  
(for emmetropes or contact lens wearer)

**Black Knight**

Sight Guard, Turbo, Vista

**Leader Sports Products Inc.**  
New Yorker, Albany, Dallas, Optiva, Maximum

**R.A.D.**

Turbo, Feather

II. Protectors into which a 3 mm prescription polycarbonate spectacle lens may be inserted

**Liberty Optical Company**

Junior Rec Specs (S,L), All Pro Rec Specs (S,L), Sportgoggle 2, Sport-Lok (S,L), Pro Guard Rec Specs, Wrap 1,2

**Black Knight USA**

Action Eyes (original, S)

**Rem Optical**

Sports Goggle 1 (S,L,XL), Sports Goggle 2 (S,M,L,XL), Sports Goggle 3 (M)

**Eagle Eyeware Inc.**

REP 1 (S,L), REP 2

III. Plano goggle-type protectors  
(may be worn over streetwear spectacles)

**Leader Sports Products Inc.**  
Vision II



# tiny, but tough

BY RUTH ANN McBRIDE

Off the court, she's a congenial and outgoing eleven year old. On the court, she's a fierce competitor with razor sharp quickness and the ability to mentally and physically be one step and a half a swing ahead of her opposition, no matter who decides to do battle with her. She's Miranda Ranieri of Waterloo's Northfield Racquet Club and the Canadian Under 12 National Champion.

Miranda was introduced to squash when she was seven years old by her mother and father, Linda and Mike, who were avid squash players. Having already played tennis since the age of five, Miranda had already developed some racquet skills. When Miranda decided to concentrate seriously on squash at age eight, it was soon apparent that Miranda had the potential to develop into a great player.

At the National Championships in

Edmonton in May 1997, Miranda defeated Jennifer Blumberg of British Columbia 3-2 to win the Under 12 title in what may have been the match of the tournament. With games at two all and Miranda serving for the match at 8-2, it was Jennifer who rallied from behind to tie the match at 8 all. With match balls going back and forth, you could hear the gasps from the crowd that had gathered, and in the end, it was Miranda who won with a drop shot. For those who were in attendance, one could not help but be touched by these two young athletes who tried their hardest for every shot with a tremendous display of fair play. The victory culminated a season where she won all the major events she entered, including the Canadian Junior Open and the Philly



Miranda Ranieri

club  
management  
solutions



*Since 1984, our computer solutions have been making our clients more productive and competitive.*

*Here's just a hint of what our solutions can do for you...*

Activity Tracking	Financial Reporting
Corporate Billing	Marketing Tools & Reports
Electronic Banking	Member Picture ID
Facilities Utilization Reporting	Membership Monitoring

**CHASSELS**  
COMPUTER SYSTEMS INC.

Call Us.

1-800-663-8649 or 416-626-8649

5405 Eglinton Ave. West, Ste. 103, Toronto, ON M5C 5K6

Junior Open in Philadelphia. Most recently, Miranda defended her title once again and won the Canadian Junior Open in December having survived a tough semi final match against U.S. player Casey Riley and then enjoyed a rematch with Jennifer Blumberg in the final, winning 3-1. Following the Canadian Open, it was off to the U.S. Open where the number one seed Ranieri was this time defeated by the top U.S. player Casey Riley. Of the U.S. trip, Mike and Linda were very impressed with both the number of female competitors in the under 12 and under 14 categories as well as the growth and quality they have seen in the past year. And as for the loss in the U.S., the result has had a tremendous positive effect on Miranda as she is even more determined than ever. Miranda's success and pleasant personality have attracted many fans and supporters who are looking forward to witnessing a health rivalry between Miranda, Casey and Jennifer.

Miranda always wants to play squash. You will often times find her asking to come to the squash club even on Sundays when a tournament she has entered has just finished up. Her train-

ing partner is her 14 year old sister, Danielle. Being evenly matched, they push each other out there on the court. Her parents say, "we are very careful not to push her too hard, making sure she maintains her enthusiasm towards the game". They try to encourage good work ethics, proper attitude and fair play. Mike and Linda have instilled in their daughters a set of values which is evident in their behaviour on and off the court.

Miranda joined the Northfield junior programme in January 1996 with coaches Ralph Bentfeld and Ruth Ann McBride where she is involved in both group and individual sessions consisting of drills and conditioned games. Her six day a week all round training programme consists of drills with Mom, Dad and sister Danielle, competitive and fun matches in the junior round robin and the adult ladder. Fitness is a large part of her basis for squash and most recently she has started a just for juniors spinning class. Miranda is never phased by the size, strength or age of her opponents. Whether she is playing a 16 year old boy at the club or playing in the final of a women's championship, the outcome is always the same...win or lose, her opponents are left shaking their heads in amazement at her talent and determination on the court.

Miranda continues to develop the technical aspects of the game and has quickly developed into a mature player beyond her years with impressive court sense, fitness and the ability to play the right shot in the heat of competition. Her parents feel she is able to pick up most sports because she has the ability to listen and execute new instructions. And when asked if she ever feels pressure on the court, Miranda replies, "I sometimes get nervous before the big matches but when I am on the court, I always try to play one point at a time". And when the match is finished, its fun and friendship that is developing in these fine young athletes.

At present, Miranda is trying out for the 1999 Canada Winter Games Squad. She competes in most junior tournaments where she enjoys the competition, social aspects of the tournaments as well as a chance to make new friends. While playing in the girls under 16 category in junior events for more competitive matches, she also plays in

...win  
or lose,  
her  
opponents  
are left  
shaking their  
heads in  
amazement  
at her talent  
and  
determination

women's B and C events where she continues to improve with each tournament. Her immediate goal in squash this season is to improve her overall Ontario ranking by a couple of positions. And while she loves to play squash, she understands that school is her number one priority and that all activities are a distant second. Miranda excels in both English and French, having enrolled in the French immersion programme at age 5.

When Miranda is not playing squash, you'll find her at the track, on the field or in the gym. She joined the Kitchener-Waterloo Track and Field club at age 9 and competes in the 200m, 400m and 800m. She was also selected to the KW Minor Softball all star team and plans to try out for the KW all star soccer team next summer. Miranda is a gifted and talented athlete and could probably excel at just about any sport. But one thing is for sure, when she represents squash, she does so in a dignified and respectful manner and serves as an important and motivating female role

model for other young juniors. In many cases, girls become involved in sports to feel part of a group and to socialize but there is no denying the influence and impact female role models have in their decision to continue further involvement.

Miranda's ultimate goal is to obtain an athletic scholarship to pursue her dream of playing squash while obtaining a post secondary education. And although very modest, she did admit to hoping for a couple more national titles and a chance at the U.S. Open Championship. And if Miranda does not reach the goals she has set for herself, she and her parents feel that it has been tremendously valuable to be part of the process of this sport which has both build character and taught the importance of friendship. Of Miranda's future, it is very promising. I am convinced that if she continues to build her game, she has every chance of achieving her ultimate goal.

Miranda Ranieri is one of the brightest young talents in girls junior squash today. Although only 11, her results speak for themselves, however, it is her behaviour and attitude towards squash and life in general which distinguishes her as a champion. ©

# Big on Squash



Squash is big at The Sports Clubs of Canada™. Very big. And with the most club locations offering squash in and around Toronto, we share a passion for the sport with hundreds of our members. We invite you to join in the fun and the challenge of healthy competition:

## 1 month free!

*if you mention this ad when enrolling in a new, 12 month Racquet & Fitness Membership! Offer valid during 1998.*

**BLOOR PARK CLUB**  
Bloor St. E. & Yonge  
922-1262

**BLOOR VALLEY CLUB**  
555 Sherbourne St.  
961-4695

**DUNFIELD CLUB**  
110 Eglinton Ave. E.  
485-0343

**PARKVIEW CLUB**  
Eglinton E. at Leslie  
441-6163

**NORTHTRIDGE CLUB**  
5650 Yonge at Finch  
222-9500

**WELLINGTON CLUB**  
111 Wellington St. W.  
362-2582

**PLAZA CLUB\***  
Scotia Plaza 100 Yonge St.  
869-3900

**KING'S MILL CLUB\***  
Bloor St. W. & Islington  
231-3300

**VALLEYWOOD CLUB\***  
Leslie St. N. of Steeles  
905-882-7700

**New! OPEN SUMMER '98**

**CLUB ONE AT  
SQUARE ONE, MISSISSAUGA**  
100 City Centre Drive  
905-804-0707



\*Squash not available at these locations

# your championship season

BY MIKE WAY

**T**he months of March and April are busy with club championships as well as the regular crop of city tourneys and some provincial and national events. Squash pros are often asked about competition preparation very often by players who do not compete regularly in tournaments. So, for those of you out there with sticky palms, dreaming of holding a little plastic figurine aloft, or a silver one if you pay for it yourself, here is a list of "dos" and "do nots" as you enter your 11 day training schedule in order to reach peak performance!

1. **DO** pay attention to the mental aspect. i.e. controlling nerves and being focussed. 'Tournament tough' is a common term used by coaches; it's very real. The more matches you play, the less nerves interfere. An adrenaline boost before the match is necessary but it's a fine line between being 'up' for a game and so nervous that you have the tactical level of a blowfish and just end up bashing the merde (bilingual, yes)

**DO NOT** try to apply "Kasparov's 101 chess strategies and their relation to racquet sports"

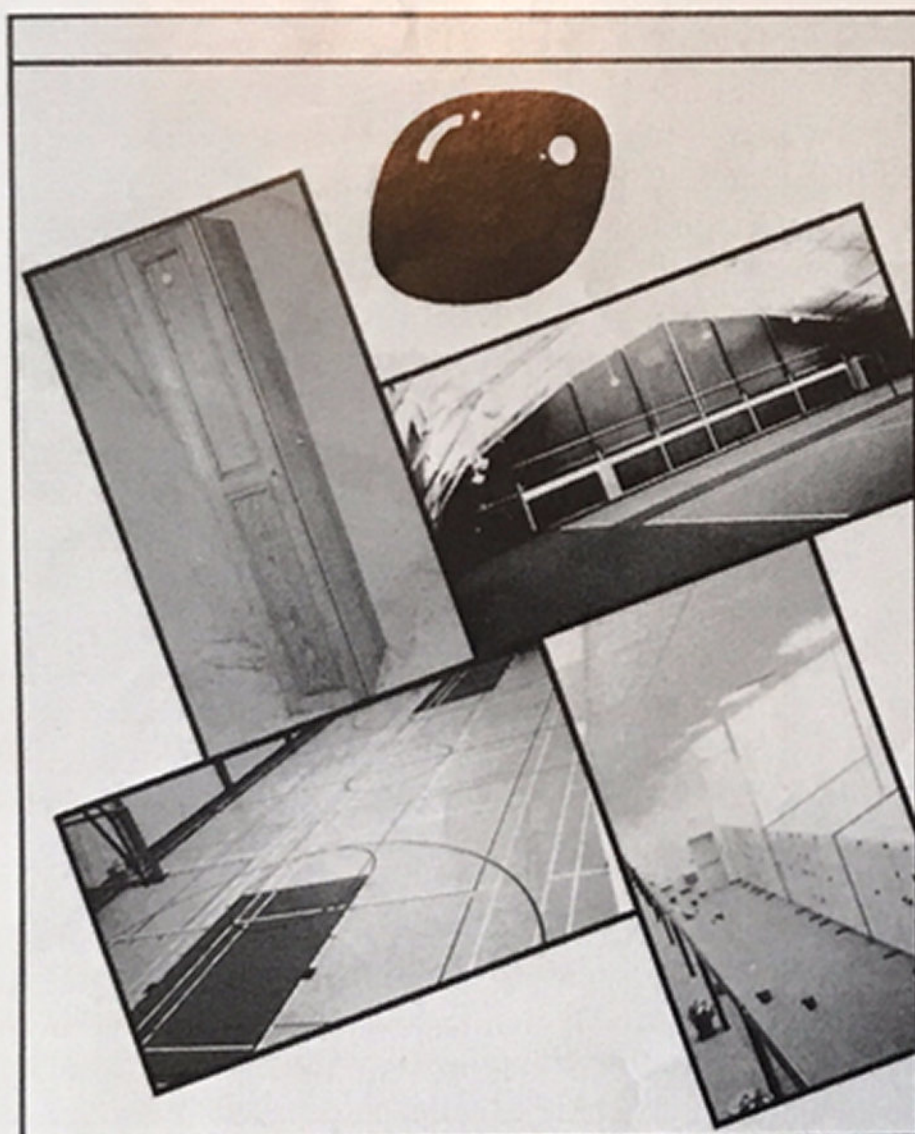
out of the ball. House league, city league, club tournaments all help you get used to stress situations.

Experienced tournament players will often use little mental tricks, sayings, quotes, to help them calm

down. Some pros use visualization (seeing themselves in their minds eye playing their best) and it really works for those who work at it. Whatever works for you, it's important to be pumped but calm.

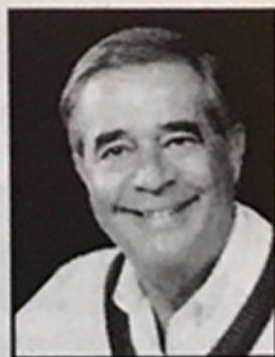
2. **DO** play some hard matches leading up to the event. **DO NOT** embark on a major training programme you saw on an Ironman show two weeks before match day.

If you train regularly and understand your body's limitations, experience tells you when to push or back off the workload and when to taper for an event. If you do not train regularly, a 10 day money back guarantee programme to a fitter, slimmer you, won't work. A few hard matches starting a couple of weeks before, easing off a few days prior, is the way to go.



- **WSF Accredited Court Panel**
- **Court Construction & Repairs**
  - Court Restorations
  - Court Glass & Floors
  - Court Conversions
- **Aerobics/Gymnasium Weightroom Flooring**
  - Woodline Lockers
  - Universal Fabric Tennis Structures

Contact Mike Taylor  
PLAYCON RECREATION, INC  
275 Arnold St., Kitchener,  
Ontario N2H 6E8  
Phone (519) 743-8132  
FAX (519) 743-3551



# Playcon

Squash Court  
and Club Construction Specialists

3. **DO** get regular sleep/rest the days before. **DO NOT** veg out on a prozac supplement diet.

Once again, we have a fine line of too much vs. too little. Ease off on the hard matches so you feel energized and ready to go, but too much inactivity will make you lethargic and you'll fatigue quicker. On the day of the match, the body works better on the second exercise session. Your morning ablutions do not count as the first!! Say you have a 7:00 pm match. A little exercise in the morning or at lunchtime will help you move better. By little exercise, I mean sticky brow - not puddles of sweat. Sitting all day will NOT give you more energy.

4. **DO** include good carbs in your diet. **DO NOT** think that stopping drinking Export (still haven't heard from Guinness so changing allegiance to Molson) will make a difference.

Eat your normal stuff (unless you are an Oprah fan, then keep away from beef) or if you're single then visit your mum regularly the week of the tournament. Brownie points without the brownies!

Energy levels can be increased by up to 25% if you replace depleted liquids or carbs as soon as you finish playing. Of course, the body doesn't usually want to do this - sometimes, it may want to get rid of some. But if you have a second or, heaven forbid, a third match in a day, this approach is worth trying.

5. **DO** have a game plan that YOU CAN execute. **DO NOT** try to apply "Kasparov's 101 Chess Strategies and their Relation to Racquet Sports".

Use the KISS method - keep it simple, stupid. If you know your opponent's game, so much the better. Try to have someone in your corner (Angelo Dundee) to help you keep away from "stupid". Yes, an aerobics instructor is an excellent choice or the club's massage therapist.

6. **DO** have regular sex. **DO NOT** abstain from it. **DO NOT** listen to the Italian soccer team coach. He's a crazy!



*Mike Way, squash professional at the Toronto Racquet Club, is a founding member and past president of the Squash Teaching Professionals Association. He is certified at level 3, is a national development coach and is presently coaching World Number 3, Jonathon Power, Graham Ryding, Melanie Jans, and Josh McDonald, amongst many others.*

# coaching achievement award

The Board of Directors is very pleased to announce its new Coaching Achievement Award to recognize a squash coach who has consistently exhibited, espoused and taught the principles of respect, integrity, and fair play and who portrays a positive role model both for the game of squash and for the coaching profession.

The selection criteria includes two areas: coaching credentials and coaching principles because they go hand in hand.

## Coaching Credentials

- Will be fully certified under the NCCP coaching programme and will have achieved at least a level 1 certification
- Will have continued to upgrade knowledge and education in the field of coaching
- Will have made a coaching contribution to the game of squash in Ontario either through programmes and/or athlete development (camps, clinics, articles and submissions, workshops) and/or volunteer contribution
- Is actively coaching squash and has been for a minimum of 3 years and is a resident in Ontario and has been for a minimum of 5 years.

## Coaching Principles and Ethics

The recipient of the Coaching Achievement Award will exhibit, espouse and teach:

1. **Respect** - for one's opponent, for the official, for oneself and for the game. We define respect as ensuring that no person is made to feel less worthy on the basis of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, age or skill level. Respect also includes interacting with athletes and other participants in a caring manner that is sensitive to their needs, for example, focusing criticism at the performance rather than the athlete personally.
2. **Integrity** - is honest, sincere and honourable in relationships with others. We define integrity as honouring all promises and commitments, knowing the rules, regulations and standards of the game of squash and supporting and abiding by them, and encouraging athletes to develop and maintain integrity in their relationships with others.
3. **Fair Play** - having absolute respect for the written rule, but also respect for the unwritten one. A coach who focuses on the positive aspects of sport - honest competition, self discipline, fun, personal growth, and challenge and achievement. And one to whom fair play means learning to win and lose with humility and grace.
4. **Role Model** - maintains the highest standards of personal conduct. As a role model, the squash coach encourages and supports athletes' efforts to be drug free; understands and appreciates the role of officials; refrains from abusive personal attacks on officials and other coaches, and generally projects an image favourable to squash and to the profession of coaching.

**Nominations** for the Squash Ontario Coaching Achievement Award may be submitted by players, coaches, regional executive members, Squash Ontario Board members, parents, and officials. All nominations must be received in writing by July 31st. In order to be considered, your nominee will epitomize and personify the values and standards of coaching excellence. Send your written nomination to Squash Ontario, 1185 Eglinton Ave. East, North York ON M3C 3C6. Be sure to include your name and telephone number with your submission.

The selection committee will be comprised of the Chair of the Squash Ontario Course Conductors' Committee, the Executive Director and the Vice President, Technical of Squash Ontario.

## rules n' regs

BY BARRY FAGUY

**H**ey! If you've got problems with some situations that occur around the court and can't quite figure out the correct decisions, read on. I'm going to outline for you a couple of standard situations and explain the correct outcomes in an effort to keep any player-referee conflicts to a minimum. Of course, in any situation, there is the element of judgement, but there are parts of the rules that are fundamental principles that have nothing to do with judgement, and everyone should be aware of at least that part. When everyone understands these principles, there could be peace and harmony in the world @#\$\$%%! (Yeah, right!).

### INJURY

This rule is one of the most complex we have, so we'll just go over the basic provisions. When there is an injury, the ref has to place it in one of three categories and advise the players of the provisions applicable.

1. Self inflicted: you caused your own injury. The ref, if satisfied that the injury is genuine, will allow you 3 minutes to recover; or longer if bleeding is involved and hasn't yet stopped. If, in the ref's opinion, the injury is not genuine, you must play on or concede the game.
2. Opponent inflicted: your injury was caused by your opponent's dangerous play. If you require time to recover, the ref awards you the match.
3. Contributed: this is the most common category because both players were involved and the ref is often uncertain who is at fault. You would initially be allowed one hour to recover, and this could be extended if the event schedule permitted it. BUT, do not confuse injury with illness or disability, such as nausea, asthma, cramps, dizziness, etc. If this occurs, you must play on or concede the game and take the 90-second interval to recover. You may only concede one game. Under no circumstances will play continue while there is bleeding!
4. Finally, if you foul the court such that play cannot continue (vomit, blood, pieces of lung, etc.,) you lose!

### GOING THE WRONG WAY

Another fairly frequent occurrence is that of the striker going the wrong way, then finding the opponent in the way and asking for a let. Many people say

that a let should not be given in these circumstances because the striker has created his/her own interference. The rules, however, make a distinction here. **True created interference**...occurs for no genuine reason...the striker is cheating...wanting to make an interference for ulterior motives such as needing to stop play because of fatigue, wanting to try what looks like a very tough shot, wanting to coax a stroke away out of an exaggerated swing, etc.

The correct decision here, when the ref feels the striker is being dishonest, is...NO LET.

**Being wrong footed** occurs as an honest mistake in direction and is generally easily seen as such by the ref. The striker is also frequently seen to be attempting to recover and get to the ball, whereas in true created interference, this is not the case since the intention is to cheat in the first place. In a wrong-footed situation, all three decisions are possible; if the striker couldn't retrieve the shot any way, NO LET. If the striker could have made a good return, YES LET. If the striker could have made a winning shot, STROKE.

As an example, we often see the incoming striker heading toward the left side wall near the front, with the backhand ready, (apologies to lefties!) antic-

ipating a drop to the left corner, but the shot was a boast which is now heading out towards the middle. The striker now swings around from backhand to forehand and finds the opponent in the way. The bottom line here is that there is nothing wrong with going the wrong way, but it must be for the right reason!

### Upcoming Certification Clinic

At Northfield Racquet Club in Waterloo on March 21, at 10:00 AM. To register by telephone, call Squash Ontario at 416-426-7201 and have your VISA number ready. We can confirm your registration immediately. To register by mail, simply send a cheque in the amount of \$35.00 to Squash Ontario, 1185 Eglinton Avenue East, North York, Ontario M3C 3C6. Please include your full address and telephone number. Registration includes a 6 hour clinic, exam and manual.

### Upgrading opportunities

Ontario Open Championships - March 13 - 15 at Racquet & Fitness Academy in Etobicoke. Call Squash Ontario at 416-426-7201 for further information.



**Once upon a time you needed this.**

**Today all you need are these**



**Black Knight Vista**



**Black Knight Turbo**

**Black Knight** eyeguards are the only official eyeguards of **SQUASH CANADA**



**Black Knight**



## spotlight on ontario officials



Meet Vicki du Tillieul. She is a member of the St. Catharines Tennis & Squash Club and has been playing squash for 15 years. She first got interested in officiating because, "The more I played and met people, the more I realized how many people did not know the rules". She became certified in 1990 and needs just a couple of more signatures for her B1 certification.

In order to obtain her required signatures, Vicki has refereed at many local and provincial tournaments. She represented Ontario at the Canada Winter Games in Grande Prairie in 1995 and will be very actively involved in the upcoming Canadian Junior Closed Championships which are being held in the Niagara Region at White Oaks Tennis & Racquet Club.

Vicki is the past president of the Niagara Squash Racquets Association, she coaches juniors at her present club and is still very active in the NSRA. She is also a member and on the Board of the St. Catharines Roadrunners and Walkers and is presently having slow but sure success in converting some of them to squash!

Vicki confesses that she secretly thrives on reffing and having "control" over big, burly ex-racquetball players, especially at the D level where they, of course, still know everything! She's organizing the Cabin Fever/Niagara Open during the first week of March and invites players to come on down!



What is

# info LiNK?

InfoLiNK was launched in September to help support some of the programmes Squash Ontario delivers to the players and clubs in the province. For many years, the government of Ontario through the Ministry of Citizenship, Culture and Recreation has financially supported all sports, from squash to figure skating, from rugby to ringette. But, as the provincial debt grew, so too did the funding cuts to sports, education, health and social services.

While cutting programmes was the path the government chose, it was not the one Squash Ontario chose. Many of our programmes are ones which directly impact on the quality of squash in Ontario. For example, have you ever attended a rules clinic? Did you have to pay to do so? No. Because, this is just one of the programmes which Squash Ontario delivers to the players in the province at no cost. Some regions make attendance at a rules clinic mandatory for league play offs. How, then, could Squash Ontario cut back on the number of clinics available to players? The net proceeds from your Infolink registration will go, not to the administration of the programme, but to the honoraria paid to the instructor - to the Dave Browns, Larry Jones', Moe Shehata's and the Penny Glovers. And it will cover their travel expenses as they drive from club to club to give these clinics.

Or, Canada Games. Have you or your child ever been selected for the Canada Games Squad or Team? Have you ever been a Canada Games coach or coached a regional team? These are programmes that are vital to the structure of squash in Ontario and yet, unfortunately, are the most vulnerable to funding cuts. Your InfoLiNK registration will go, again not to administration, but to honoraria for the coaches.

Many junior club programmes are supported financially by Squash Ontario. It is these programmes and others like them that produced Melanie Jans, Graham Ryding and Jonathon Power. InfoLiNK is a quid pro quo programme. In return for your registration, **you will receive benefits** such as direct delivery of Squash Life and the Annual Member Handbook among many others. Squash in Ontario needs your support - you are the link to a healthy future for the game.

**To support squash** and get your infoLiNK benefits, send \$15.00 to Squash Ontario. Monthly mailings of tournament flyers are an additional \$10.00 for a total of \$25.00.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Club affiliation: \_\_\_\_\_

Birthdate (DD/MM/YY): (\_\_\_\_/\_\_\_\_/\_\_\_\_)

**Squash Ontario's address, telephone & fax info. on page 3.**

# Ontario university league play in full swing

BY GEOFF SHEPPARD

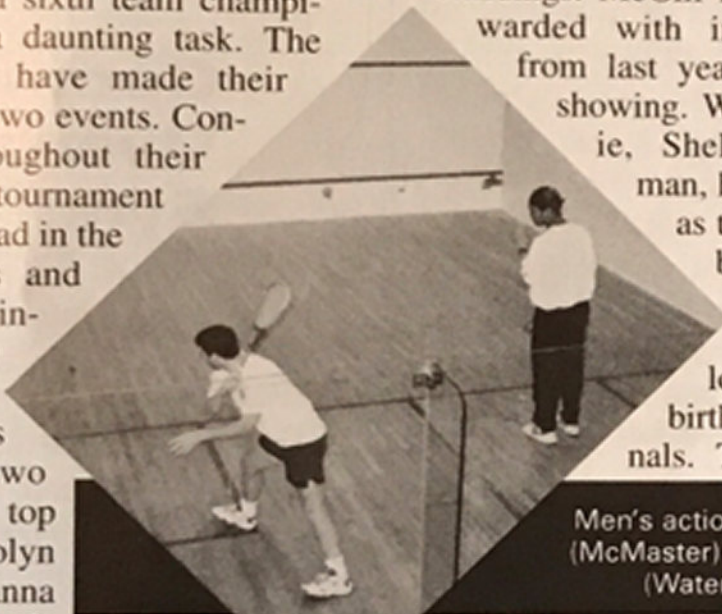
It did not take long to stir the demons of the long standing streaks in the university team squash play. As evident after two tournaments, there are several teams gunning to break the strangle holds and retake the coveted banners to new confines.

**Women's league play** started in the middle of October. Queen's University's pursuit of a sixth team championship will be a daunting task. The McGill Martlets have made their point in the first two events. Consistent play throughout their order in the first tournament put them well ahead in the league standings and gives them the inside track to the final four.

Queen's maintains an automatic two wins from their top two seeds of Carolyn Russell and Johanna Thomas, but needs strength from seeds 3-6 as the other teams have strengthened their bottom seeds. This year's surprise is the Western team that is growing in confidence. The addition of rookies Leanne Devos and Wendy Oliver to the top seeds moves three veteran players into the bottom order who will score important wins in match play. McMaster University had a sluggish first tournament. Top seeds, Nicole Carroll and Celine Metraux struggled in their play, but rebounded with big wins over the top two seeds from Western and McGill to put them back into medal contention. Both Toronto and Ryerson continue to show improvement but team depth is holding back their competitive success. U of T's athleticism was evident in a 4-2 upset win over McMaster. Ryerson's veteran second seed Kerris Turnbull won two key matches over Toronto and McMaster to demonstrate her improved play.

The **men's season** is quite interesting again this year. The University of Western Ontario has recruited a number of high ranking Canadian juniors to bolster depth to their line up and are the favourites to repeat as team champions.

The Brock Badgers have made an impressive showing in their first two tournaments in O.U.A. play, upsetting last year's bronze medalist McMaster in the second tournament. Queen's has benefitted from the addition of former Ontario junior Stacey Bell to their line up and consistently remain at the top of the standings. McGill looks to be rewarded with improved play from last year's sixth place showing. Waterloo's rookie, Sheldon Zimmerman, has fit in nicely as the second seed behind captain Luke Fraser, as Waterloo looks to regain a birth in the team finals. The University



Men's action. Paul Roscoe (McMaster) vs. Bryan Chin (Waterloo), #2 seeds

of Toronto and Ryerson's top seeds, Patrick Ryding and Don Lee respectively, are gunning to challenge University of Western's Peter Gildenhuis and Scott Michalachki for the individual hardware come February in London. McMaster has slipped a little this year as their team depth has been weakened by illness and injuries. The run for silver and bronze will create some tense matches at the cross over tournament in January as each match will be worth twice the points. Making the final four will be a welcome reward for all teams.

This year's **women's individual champion** has put her mark in the O.U.A. history books as a three time champion. Johanna Thomas from Queen's University retained her golden form with a 3-0 championship sweep of Sara Leckie from McGill. It was obvious that Johanna's veteran national and international play proved a solid foundation to defeat any challenging foes. The bronze medal match was a tough third match for Nicole Carroll of McMaster and Tara Mullins of McGill. After losing a 5 game match to Leckie, Carroll achieved her bronze medal by

outlasting Mullins 3-0.

The B draw found first year player Wendy Oliver of Toronto a winner over her veteran cohort from Western, Emma Wardle. The C draw was won by McMaster's French Engineering student, Anne Schott over the improving U of T player, Alex Brooks Hill.

The overall play across the league showcases definite progress by the players. Of interest were the words from a student onlooker who was watching the semi final play from the gallery. He whispered, "I am amazed how many hard hitting players there are in this competition." Jokingly, as he swallowed his ego, he said, "I better start practising if I even want to think about going on the court with these players. In fact, the only way you will probably find me on the same court is for lessons!"

The **season finals** are shaping up to be very competitive. There were more 3-3 ties in match play in both leagues between schools than ever before. A medal is not guaranteed. Each point and game will be very important in the end results. ©

## Team Standings

School	T1	T2	T3
McGill	25	22	47
Western	21	21	42
Queen's	19	19	38
McMaster	12	14	26
U of T	8	10	18
Ryerson	5	4	9

## East Region

School	T1	T2	Total
Queen's	15	11	26
McGill	10	12	22
U of T	8	11	19
Ryerson	3	2	5

## West Region

School	T1	T2	Total
Western	16	16	32
Waterloo	14	13	27
Brock	2	5	7
McMaster	4	2	6

## Knee Pain and Injuries

Squash players are prone to specific injuries due to the combination of high torsional and compressive forces on the joints and tissues during play and practice. Pain complaints arising from the knee occur from acute trauma, or from a cumulative effect of stresses applied over time. The latter becomes a problem when the tissues of the body fail to adapt to the stress painlessly.

### Common Acute Injuries

Ligament sprains - rating of severity of injuries is on a Grade 1 to 3 scale, Grade 1 being a minor strain, and Grade 3 being a complete and severe tear. The knee is supported by collateral ligaments on the inner and outer sides of the knee, and by the cruciate ligaments, crossing over each other inside the knee joint itself. The medial collateral ligament (on the inner side of the knee) is often injured, usually by a combination of twisting and lateral stress. Lateral collateral ligament injuries are less common. Signs of injury would include local swelling and soreness, and pain on twisting or lateral motion.

Injury to the anterior cruciate ligament is one of the more severe problems in the knee; this ligament is a primary stabilizer against rotation and shearing stress. Grade I injuries are often undetected and do not cause any long term problems, but partial and complete tears can result in instability, pain and swelling, or recurrent giving way of the knee.

Treatment of ligament injury is related to the severity of the tear; mild injuries may require only modified activ-



ity, primary self care, and gradual return to activity. More severe damage may require immobilization, followed by local treatment and rehabilitation. Stabilization by bracing or surgery may be indicated if instability is severe. Fortunately, severe injury in squash is rare.

Cartilage injuries - there are 2 types of cartilage in the joints of the body; all joints have a covering of cartilage over the bone ends, and certain joints have specialized inclusions of a different type of cartilage. In the knee, they are called the menisci. These structures sit between the cartilage covered ends of the bone of the thigh and lower leg and act to enhance shock absorbency and lubrication. The meniscus is crescent shaped and is attached at both ends to the tibia. Injury occurs in a similar manner to ligament damage, usually with torsional stresses. Signs of meniscal tears may include knee swelling, catching pain or locking, and limited motion.

Treatment again will include modified activity, and rehabilitation; some meniscal lesions cause a mechanical

blockage of knee movement, and require arthroscopy to resect or repair the portion of the torn cartilage.

Take note of any injury that causes knee joint swelling within two hours of injury; this indicates a serious problem within the joint and should be medically assessed and not ignored.

### Common Overuse Syndromes

Patellar tendonitis - this injury occurs with repetitive stress applied to the tendon connecting the kneecap to the shin bone; you may experience local discomfort, pain on lunging, squatting, and local swelling. This

can be a troubling and chronic injury. Self treatment should include local icing, good warm-up, and ensuring good quads flexibility. Injury treatment may include ultrasound, taping, and corrective exercise. An eccentric exercise protocol is very helpful for resolution of tendonitis problems. Poor biomechanical alignment by muscular or structural causes may be a factor (see patellofemoral syndrome).

Fat pad syndrome - less common, this condition occurs when the fatty tissues on either side and behind the patellar tendon becomes inflamed. More generalized soreness is found, but treatment is similar to above.

Patellofemoral syndrome (PFS) - the joint behind the kneecap can become irritated by high compressive forces, biomechanical problems, or by direct trauma. The patella sits in a shallow groove on the front of the femur, and this joint a common cause of pain. Symptoms include pain under or around the kneecap, aggravated by squatting, lunging or landing. Pain up on stairs is common. The position of the kneecap in the



groove is partly controlled by the muscles of the quads, and weakness of the inner quads can predispose to this problem. Excess foot pronation (flat feet) can be a factor, as it changes the rotational alignment of the leg and alters the tracking of the patella.

Treatment should comprise icing, modified activity and good flexibility of the quadriceps, calf and hamstring. Optimizing quads strength and balance will help. If biomechanical alignment is poor, and symptoms do not settle, orthotics may be helpful. See a sport medicine professional for help.

Iliotibial band (ITB) syndrome - The ITB is a tough band of connective tissue on the outside of the thigh. At the knee, a friction syndrome may develop where the band rubs over a prominence of bone. Symptoms may include pain and tenderness over the outside of the knee. If the ITB is less flexible than it should be, it will predispose to this problem. Treatment should include primary care, and stretching of the ITB.

Referred pain - all knee pain is not from the knee! The hip, low back and sacroiliac joints, as well as certain mus-

cles can refer pain to this area. Do not ignore pain symptoms, especially of a joint; while muscles will often hurt from hard training, joints should not. Adequate knowledge of your injury and simple intervention may be all that is needed to clear it up.

When pain develops without a specific injury, it is usually because the tissues have failed to adapt painlessly to the stresses applied to them. As such, the healing response is different from when you have an acute injury. One of the benefits of an acute injury (if there are any) is that the acute inflammation that occurs helps to heal the injury. This does not happen with a slow developing problem; as such, recovery is slower and these injuries tend to stick around. To enhance the healing process, ensure good general flexibility around the injured part, do not overtrain, and help yourself out with good cooldowns after play and practice.

Specific stretches for the knee that should be done either when injured or healthy include the hamstrings, quadriceps, hip flexors and calf muscles. When stretching the quads and hip flex-

ors, think about the position of the pelvis. Both these groups take attachment from the pelvis; ensure that you keep the back from arching and tuck your tail under to maximize the effectiveness of the stretch. Latest data finds that stretching a muscle 3-4 times, for 20-30 seconds hold, is all that is necessary for gaining and maintaining flexibility.

The above is a brief guide to some approaches to keep your knees healthy and you on the court. If you have any ongoing or acute pain that does not improve, see a qualified sport medicine professional for further assessment. ©

*David Evans is The National Team Physiotherapist for Squash Canada, and is a partner in East Toronto Physiotherapy & Sports Injury Clinic, in Toronto. His practice specializes in sports injury management, rehabilitation, and orthopaedic physiotherapy. He can be reached at Tel: (416) 691 3943, Email at dje@echo-on.net*

# **CEDAR SPRINGS**

## **HEALTH, RACQUET & SPORTS CLUB**

### **in Burlington, Ontario**

#### **Host of the...**

- 1998 Canadian Men's and Women's Doubles Championships
- 1998/97/96 Canadian Junior Open
- 1997 Ontario Men's B Doubles Championship • 1996 Ontario Men's Doubles Championship • 1995 Canadian Mixed Doubles Championships • 1995 Canadian Men's Open Championship • 1995/94 Ontario Women's Doubles

#### **Cedar Springs**

#### **SQUASH CENTRAL FOR SOUTHERN ONTARIO**

- 3 glass backed doubles courts, 6 international courts, 3 North American courts
- private squash lounge
- 2 squash professionals
- 20,000 square feet of fitness facilities
- banquet facilities
- one of Canada's largest sports clubs with over 200,000 square feet of racquet, fitness and social activities

**For more information, contact Cedar Springs at:**

Telephone: 905.632.4800

Fax: 905.681.0350

# The Right Stuff

**W**hen we're in the market for a new car, we religiously look under the hood and kick the tires, even take it for a test drive. And in this, the RRSP season, we all research carefully before investing our hard earned dollars in mutual funds. In fact, in almost every investment we make, we do our homework. But do we seek out a squash coach with the same care and concern? We should, because whether you're a recreational or elite player, your squash coach is one of the single most important components of your learning curve.

Squash Ontario initiated its Coaching Achievement Award not only to recognize outstanding coaches but also to provide parents and players with standards by which to measure a potential squash coach.

A coach's teaching credentials are, of course, important. A talented player does not a good squash coach make. Conversely, a good squash coach need not necessarily be an A player. Ask if they are Canadian certified. The Canadian Squash Coaching Certification Programme is recognized internationally as exceptional, so much so that many countries have either purchased it or are looking to purchase it. High praise, indeed. Ask about the coach's current involvement in squash. Is it limited solely to coaching within the club or do they actively participate in other provincial programmes such as Ontario Games or Canada Games - are they involved in the squash community or recluses in the confines of their own club world? Does giving to squash share centre stage with getting from squash?

Important criteria to be sure but they are only a part of the

equation and in order to complete your research, you'll need to go out and watch some of these coaches in both playing and teaching situations. Is respect a common thread through the lesson? Does he or she spend an equal amount of time with the lower level players as with the more skilled? In a match situation, is the coach's counsel directed at the player's performance or is it vitriolic in its criticism of the player? And don't stop there. When watching matches, single out players with whom you are impressed or not. Ask who coaches them.

Children seem to learn more from what we are (our behaviour) than from what we say. Many kids look up to the coach and may try to emulate his or her behaviour. By a coach's words and actions, kids will learn what is important - whether it is fair play, co-operation or winning at all costs. As a parent, you want the coach of your children to espouse the same values you teach at home. If that is not the case, keep looking.

"Ethics" may to some be a hopelessly outmoded value these days - they're wrong, of course. It is the cornerstone not just of sport but of life. If, for example, you hear a male coach making inappropriate remarks to a young female player, give him a wide berth. Chances are this is not an isolated occasion. Or if you see a coach berating an official, using offensive, demeaning or foul language, keep walking because these are not your values.

Look for a coach for whom fair play means more than just words on a paper. Sometime ago, an article appeared in *Sports Illustrated* entitled, "Too Many Spoilsports". The writer asked who killed sportsmanship? And went on to answer the question by asking, "if it was the basketball coach who when asked about running up the score against a weaker opponent, replied that humiliating somebody is the coach's job". Or, he asked, "Was it the football coach who taught his boys that picking up their opponents, dusting them off and saying "good play" was the equivalent of wearing heels and a skirt?"

The coach may not wish to be a role model but nevertheless is. The coach you're looking for is one who encourages and supports athletes' efforts to be drug free not one who condones it or looks the other way; who understands and appreciates the role of officials; who refrains from abusive personal attacks on officials and other coaches; and who generally projects an image favourable to squash and to the profession of coaching.

One is reminded of the story of the coach who watched one of his budding young athletes sniping and arguing in a big tennis tournament. He walked on the court, took the racquet out of the boy's hand and told him to get off the court. "But, coach, I can win this match" the boy pleaded. To which the coach replied, "I don't see how. You don't have a racquet".

Yup, your search is over.

*Sherry Austin*

If you think you can

**WIN**

you've got to **GETTAGRIP**

**super absorbent  
racquet grips**

Available at better pro shops across Ontario



**WE  
HAVE  
ALL THE  
COURTS  
COVERED**

**...IF YOU  
LIKE TO**

**COMPETE**

ADRENALIN PRO

LADY ADRENALIN



**GO PLACES SQUASH THINGS**



Hi-TEC Sports (Canada) Ltd.  
326 Watline Avenue, Mississauga, Ontario L4Z 1X2 Tel: (905) 568-1212 Fax: (905) 568-8448