

# SQUASH

Winter 1999

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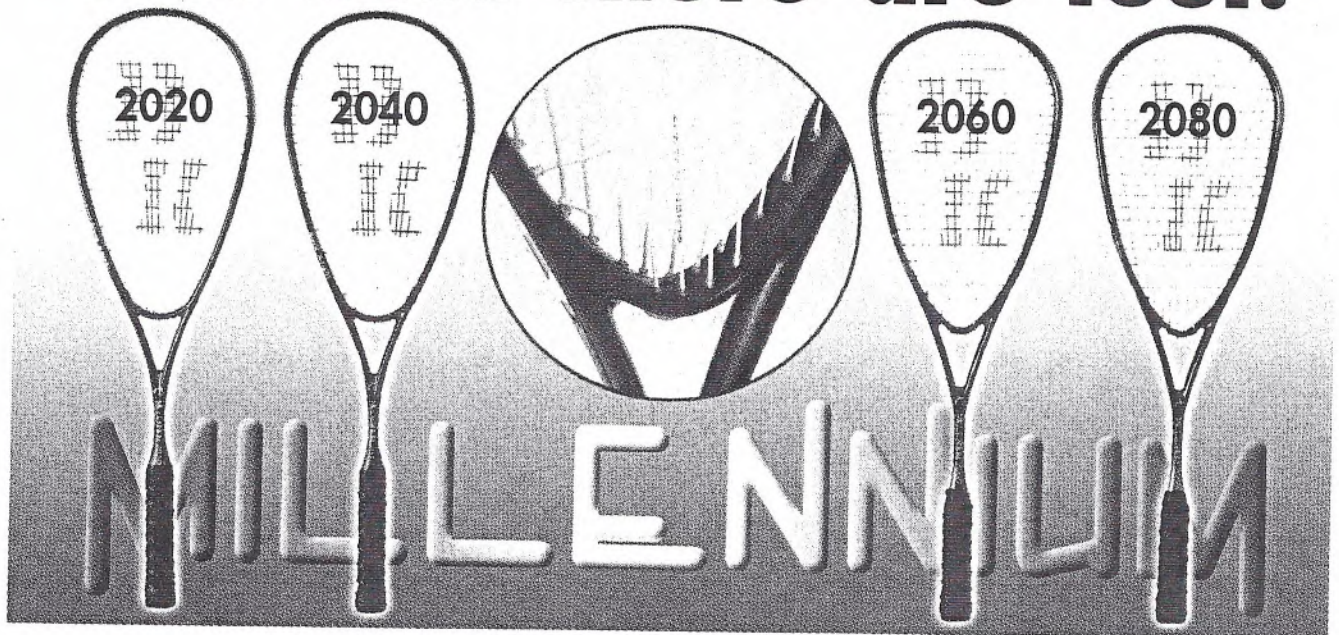
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# SQUASH *Life*

VOLUME 23  
NUMBER 1

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1185 EGLINTON AVENUE EAST  
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Printed by Dolco Printing

Squash Life is published 4 times a year by Squash Ontario, 1185 Eglinton Avenue East, North York ON M3C 3C6  
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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.

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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 🍁

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editorial



## Jonathon Power wins thriller for Tournament of Champions Crown

NEW YORK -- World champion Jonathon Power of Toronto defeated Ahmed Barada of Egypt 15-12, 13-15, 16-17, 15-7, 15-13 in the final Thursday to win the \$70,000 Tournament of Champions squash tournament played on an all glass court at Grand Central Station.

Power, 24, pockets \$14,000 U.S., for the win in a match that was much more difficult than he anticipated. Power blew leads in both the second and third games and squandered five game balls alone in the third. But fortunately for Power the long games wore out Barada, ranked third in the world just behind Power.

"There might have been a little over confidence on my part," said Power, who had beaten Barada in their five previous meetings including both times in straight games last year. "It was a really physical battle. I had an off day and I got nervous when things heated up. He played much better than I had ever seen him and he dominated at times. I wasn't ready for it."

In the second game, Power led 12-8 only to see Barada rally for the win. Then in the third game, the Canadian held a 14-12 advantage and blew two game balls before Barada tied the match at 14-14. Leading 16-14, Power again missed three opportunities to end the match. That's when the match was at its most intense with plenty of physical play and arguing with the referee, much to the delight of the 1,000 spectators that packed the grandstand.

The same scenario appeared to be re-occurring in the fifth game as Power saw a 14-11 lead dwindle to 14-13. But, an excellent drop shot by Power on match point ended the highly-entertaining 90 minute battle.

Despite winning the world title last month and beating the number one and three players in the world at this event, Power still won't be #1 in the world rankings. The ranking system is based on points and Power, who missed several weeks of action last year due to injury, still won't have enough to dislodge current number one Peter Nicol of Scotland.

## British Open postponed

A DELAY in finalizing sponsorship commitments has led to the postponement of the 1999 British Open. The event was scheduled to be stage in Birmingham from March 24-28.

"It is increasingly clear to us that sponsors are more attracted to events held in the second half of the year," said Chief Executive Stuart Courtney. "We are considering revised dates in the autumn with both the PSA and WISPA and are confident that this historic championship will be rescheduled later in the year," Courtney added.

Canelling the British Open??? That's like canelling Wimbledon!

## Another honour for Power

THE CANADIAN CENTRE FOR ETHICS in Sport named Jonathon Power the Athlete of the Month in December. He will be given an airline ticket good for anywhere in the world Canadian Airline flies.

Jonathon joins an illustrious list of past winners, including Donovan Bailey, Bruny Surin, Shae Lynn Bourne and Viktor Kraatz.

## From streetcars to squash stars in 75 years

IN 1924, SEVERAL PEOPLE got together, pooled their money and purchased an old TTC streetcar storage building on St. Clair Avenue in Toronto. They laid down a floor over the streetcar tracks, painted some lines, put up some nets, and there you have it...the storied beginning of the Badminton & Racquet Club.

The B&R is currently celebrating its 75th anniversary and what better way than to host the 1999 Canadian National Doubles Championships.

Did you know that the first ever doubles squash court in Ontario was built in 1957 at the B&R? Since that time, the club has been the home of many great doubles players.

We invite you to the 1999 Canadian Doubles Championships. The "nationals" is an exciting weekend of fast paced squash. Matches begin on

March 4th and will continue until Sunday, March 7th. Players from across the country and the United States will take part in this prestigious event. Divisions include Men's open, 40+, 45+, 50+, 55+, 60+ and 70+ and Women's open, 40+, and 50+.

In addition to the national titles, there is a men's B division which will allow those who would like to participate in a national tournament but not at the national level.

And, what would a squash tournament be without social activities? The weekend will provide a variety of social events. In all - a memorable weekend.

Entry forms are available from your club professional or from the B&R pro shop. Just telephone 921-3348. Any questions may be directed to club professional, Eric Baldwin, at 416-921-2159, ext. 250.

## Corporate Fitness

SINCE NOVEMBER, the new court at Telnet in Brockville has been available for play. They have already established a challenge ladder and may, in future, consider entering teams in the city league. All of this from a company with 15 employees.

Telnet is a rather successful firm in the communications industry who, in their new plant, have provided a court, a climbing wall, a fitness area and next summer, a tennis court for their small group of employees.

## COSA presents It's Most Distinguished Person Award

PETER JOHNS, A PAST WINNER of Central Ontario Region's most prestigious award, presented Cathy Wood with her honour this past fall. Cathy has been an outstanding contributor to the health and well-being of the Central Ontario Squash Association.

## Sault Ste. Marie to host 2000 Ontario Winter Games

FOR THE MILLENNIUM YEAR, Sault Ste. Marie has been awarded the

2000 Ontario Winter Games. It was a very close competition among the Soo, Kitchener and Barrie/Orrillia/Base Borden for the Winter Games.

Congratulations to the Soo - squash looks forward to it's trip north.

### Wilson serious about squash

WILSON RACQUET SPORTS CANADA has announced that it has signed to a 3 year agreement two of the most exciting players on the international tour - Toronto's Graham Ryding and Kelly Patrick.

Wilson also announced that it has signed a 3 year agreement with the National Training Centre in Toronto. Mike Way, the internationally known coach of the current world champion, Jonathon Power and also of Graham and Kelly, leads the training centre. "We are thrilled to be part of an exciting new venture in squash," explained Doug Coombs, the International Marketing Manager for Squash. "Mike's obvious coaching skills and knowledge of the sport will be a great asset for Wilson.

### RCYC to host '99 North American Junior Men's Team Championship

TORONTO'S Royal Canadian Yacht Club has been awarded the 1999 North American Junior Men's Team Championship by Squash Canada. The second bi-annual event will be held on June 24-27, 1999.

One of the goals of the World Squash Federation is to have each region in the world hold its own senior and junior championships. The Pan American region decided to move in this direction by holding a Junior Men's Championship in the year when the Junior Women's World Championships are being held and reversed for the following year. This affords elite junior national squad members the opportunity to compete at the international level in off world championship years.

For more information, contact Tournament Chair, Dana Castle at 416-967-7245 ext. 358.

### Looking for squash coaches

THE TORONTO LAWN TENNIS CLUB is seeking applications for the full time position of squash professional, effective 1 September 1999.

The squash professional will be responsible for developing and organizing the entire squash operation at the Lawn on our 3 new international glass back walled courts. The successful applicant is expected to have strong communication, interpersonal and organization skills as well as appropriate coaching experience and qualifications.

Resumes with references should be faxed to Tony Swift, Sports Manager at 416-922-8408.

The Windsor Squash & Fitness Club, a premier squash facility in south-western Ontario, is seeking an individual immediately with excellent management and teaching skills to organize, develop and administer its expanding squash programme. This full time position requires that the candidate be able to organize and ad-

minister leagues and tournaments, manage and develop an active junior programme, conduct regular beginner clinics, and set and achieve objectives to further expand our squash membership.

An attractive compensation and benefit package is available. Send resume and references to Sam Tissot, Windsor Squash & Fitness Club, 2475 McDougall Street, Windsor, Ontario N9E 4B2.

### Toronto Lawn goes international

THE BOARD OF THE TORONTO LAWN Tennis Club has approved the renovation of its 4 north american courts into 3 international courts. Work is scheduled to begin within the next few weeks and should be ready for play in September.

### Ontario Teams selected

THROUGH NEW SELECTION CRITERIA developed (Continued on page 15) ▶



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# The end of a journey

BY JESSICA DIMAURO AND JIM PATON

Confucius said that the longest journey begins with but a single step. For sixteen young athletes and two coaches, the journey to Corner Brook, Newfoundland and the 1999 Canada Winter Games began almost four years ago.

Squash entered the Canada Games in 1991 and it was a golden beginning with both the boys and girls teams winning gold medals. In

1995, we took home a gold and a bronze. The Canada Games programme was having a very significant impact on junior development across the country and it was no longer a foregone conclusion that Ontario was the "team to beat". Alberta, British Columbia and Manitoba all fielded strong and talented teams.

Squash Ontario's High Performance Committee made

some significant changes to the programme - perhaps the most important one was selecting the coaches for the entire four year term of the programme. This allowed us to work consistently with all of our potential young athletes on a 3½ year squad basis and then, after the actual team selection, to work with the eight players who were successful in being named to the team. There is nothing quite like the bonding which takes place between the coach and players - it is integral to the success of the team and we would certainly recommend to Squash Ontario that it continue to name its coaches on a four year basis.

Before we go any farther, we must tell you who will be representing the Province of Ontario and Squash Ontario at the

1999 Canada Winter Games.

The top 16 ranked juniors in their perspective age categories began their training camps in 1996. The camps were held two to three times per season and consisted on comprehensive physical, psychological, technical and tactical training combined with social interaction and team bonding. Our mission statement included coaching a successful training squad programme with respect, integrity and professionalism while creating lifetime experiences for our athletes and coaches. As well as these intense weekend long training camps, our dedicated juniors travelled across the country, gaining ranking points and experience at many sanctioned squash tournaments. In fact, our juniors averaged ten to twelve tournaments per season! Thank you so much parents!

After three years of camps and tournament competitions and evaluation, our top eight players were chosen by the High Performance Committee on December 1st to represent Ontario in Corner Brook at the Canada Winter Games. The players are the top ranked girls under 19 and under 16 and boys under 19 and 16 (2 of each) who met the Ontario team criteria.

The excitement really set in however, when our athletes were presented with their beautiful Team Ontario travelling uniforms, courtesy of the Province of Ontario.

And what awaits our team in Corner Brook? Over 6,000 local volunteers have been planning and working for more than three years to welcome over 3500 athletes to the Games. Squash will compete in the first week of the Games along with Curling, Hockey, Judo, Synchronized Swimming, Gymnastics, Fencing, Skiing, Ringette and Table Tennis. Perhaps the most exciting adventure for us will be our participation in the Opening Ceremonies which are scheduled for Saturday, February 20th.

TSN/RDS will be televising over 50



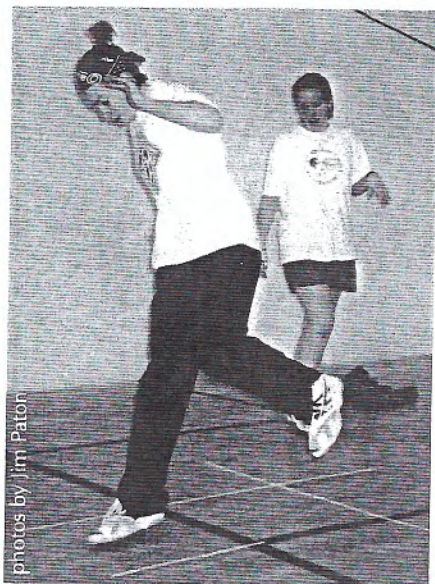
Photo by Danny Paolucci

## Our team with their coaches:

(from L to R) Robert Nigro, Greg Hutner, Chrissie Evans, coaches Jim Paton and Jessica DiMauro, Casey DiSerio, William Cheng and Andrew Jones. Not in photo, Ruchika Kumar and Jacqui Inward.

hours from the Games beginning with Opening Ceremonies on February 20th at 12:30 p.m. EST.

A long journey is always made easier if you have help along the way and we would like to take this opportunity to thank the following people - our physical training guru, Bob Bowers, our mental training expert, Tim Ba-

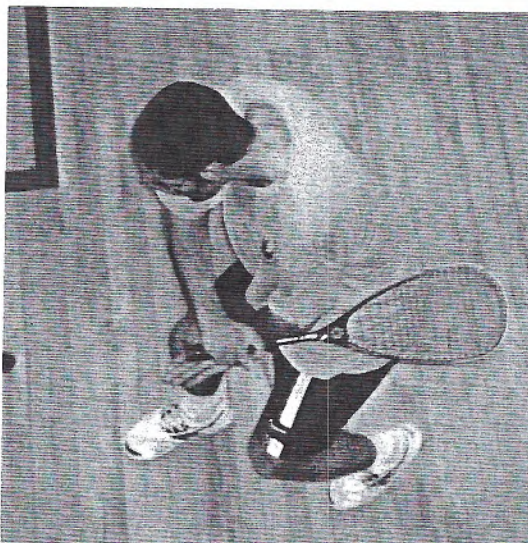


photos by Jim Paton

con, the management and head squash professional, Willie Hosey, of Mayfair Parkway Racquet Club and the Granite Club, the High Performance and Junior Committees of Squash Ontario, the Board of Directors of Squash Ontario, all of the squash professionals who have hosted junior events over the past 4 years, Mark Deratney of Dunlop/Slazenger, Randy Blomme of Blomme Sports Group (sponsor of our playing uniforms), a very big thank you to Danny Paolucci of Phoenix who outfitted the entire team with Speed-Pro eyeguards, the Ministry of Citizenship, Culture & Recreation in Ontario, the parents of our training squad and team members, all of the athletes who participated in the programme and last, but not least, the gracious host people of Corner Brook, Newfoundland.

The philosophy underlying the Canada Games, and what has and will ensue from them, may be found in the slogan used when the Games got off to their official start at Quebec City - "united through sport". Perhaps through our young athletes, we can do what the politicians don't seem able to do.

The Canada Winter Games were conceived as a major competitive vehicle which would bring together

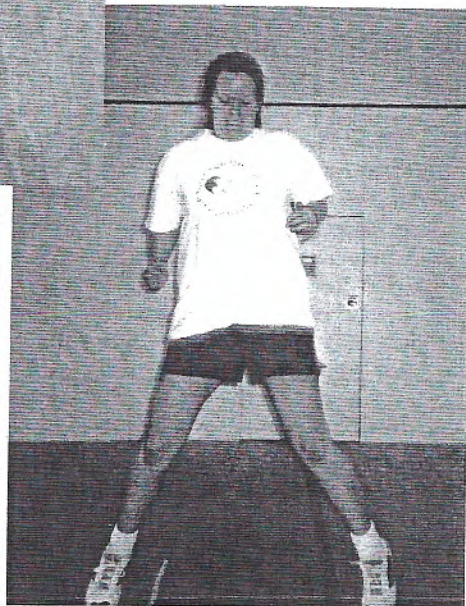


**Team members  
in training**

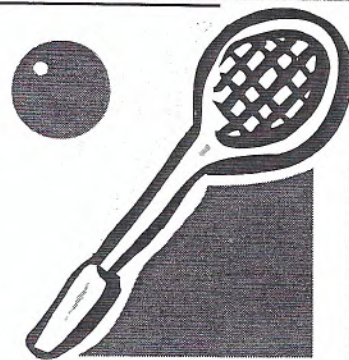
(from L to R): Marci Sier (one of our alternates), Andrew Jones and Chrissie Evans.

**Alberta, look out!**

athletes from across the country in a multi-sport environment. The concept of the Games places more importance upon participation than upon the calibre of competition and the winning of laurels. As coaches, we are extremely proud to have been a part of this great experience and we are truly proud to be representing Ontario and Squash Ontario as the Games. So, regardless of the outcome, junior squash in Ontario, thanks to the Canada Games programme, is "doing fine in '99". ©



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**WELLINGTON CLUB**  
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**VALLEYWOOD CLUB\***  
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\*Squash not available at these locations



# Northern exposure

BY "COLLABORATORS ANONYMOUS" (AKA PARENTS, COACHES AND TRAINER)

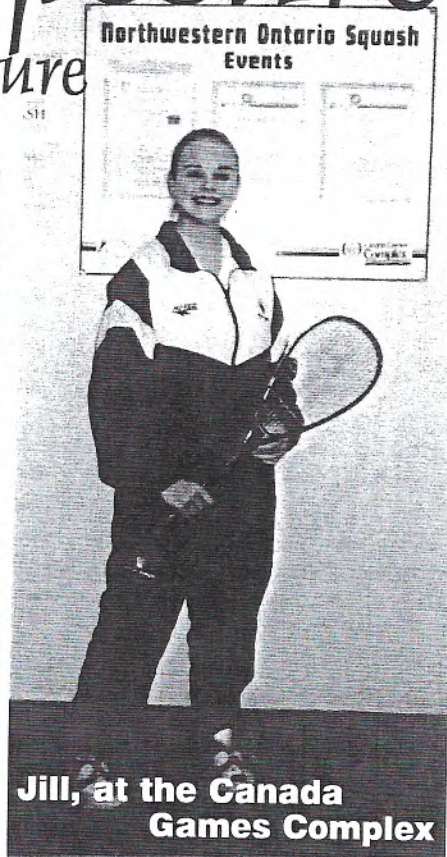
## - a promising future

"Jill Skogberg, 16, from the Canada Games Complex, Thunder Bay, Ontario, now playing on court 2". You turn and say, "who's that?" or "where in the @\$## is Thunder Bay?" Well, we hope to clear up a few questions here and now. Jill is a 5'4" blonde haired, blue eyed bundle of dynamite who is always ready to explode onto the court. Secondly, Thunder Bay, Ontario is the largest city in the northwest region of Ontario, 1400 km from Toronto. You still don't know where that is? At the other end of Lake Superior, only 700 km from Winnipeg. So much for the geography lesson - we are here to get to know Jill Skogberg.

Jill is 16 years old, almost always smiling and prepared to play anyone just so she can play the game. She carries with her a happy carefree attitude

toward the game of squash which she exudes both on and off the court. When Jill is not practising, training or playing squash, she can be found hanging out with her friends. Her interests are as diverse as she is. From skating outside on the public rinks, to skiing, sledding, playing volleyball, shooting pool and swimming at the Complex, Jill keeps herself very active. She also maintains a solid 85% plus average at St. Ignatius High School. She is working her way through grade 11, with aspirations of a college or university degree. After school, Jill works as hard as she plays. Only when her homework is finished does Jill get to play or train for squash.

Jill is in her seventh year of playing squash at the Canada Games Complex in Thunder Bay, four of those years have been played at a competi-



**Jill, at the Canada Games Complex**

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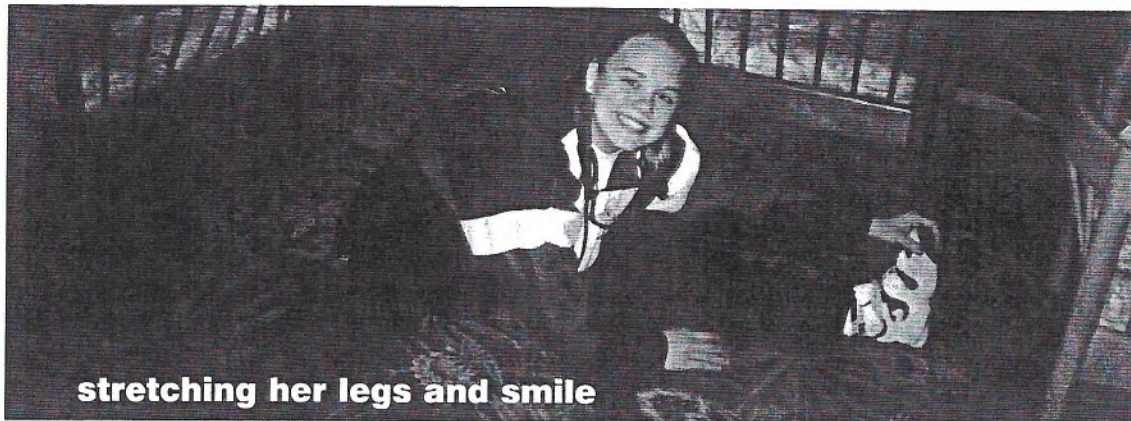
tive level. She was introduced to the game one day during a PA day from school. She liked the game immediately. During her first year or two, she gained confidence in her stroke ability and her court awareness under the guidance and tutelage of her coach, Bob Shine.

Phase two turned out to be good for her. After winning a few local tournaments, she then faced some of the talent from Manitoba and Southern Ontario. She competed hard and placed respectably in a few of these tournaments. These placings only inspired her to try harder.

Jill faced an uphill battle as the only girl in the Thunder Bay Junior Squash Club at her level. She always ends up playing against the boys and the men in the club as there are no other girls in her division. Needless to say, her determination has gradually brought her up the ranks to the point where she recently placed second in a local men's C level tournament.

After phase two of playing competitive squash, Jill acquired a personal coach, Rory Hygaard. He has significantly helped to raise her skill lev-





**stretching her legs and smile**

el. Recently Jill acquired a conditioning coach, Warren Nieckarz, to help elevate her physical conditioning and thus taking her game to yet another level. All of her coaches volunteer their time as Jill aspires to become one of the top ranked juniors at her age level in Ontario. At the end of the 97-98 season, she set her goal to be in the top ten in her age group by the end of the following year. She was moving from the girl's under 16 age group to the under 19. Knowing the amount of hard work and dedication required to attain this feat only strengthened her resolve to achieve her goal. In November, after returning from the Niagara Region Junior Open, her ranking rose from 125 to 8 in under 19 - not bad for a 16 year old. She still has two more years to compete at this level. The hard work is starting to pay off and Jill has now set her sights on being in the top five by the end of this season.

Now in grade 11 and maintaining an honours average, Jill hopes that someday squash might help her gain a spot on a varsity team and possibly a scholarship to a university. She would like to obtain a degree in speech pathology. Jill, being the perfectionist in her school studies, shows the same intensity on the court. She has always liked working with people and children in particular. Through babysitting and coaching new, younger squash players on the weekends, she shows promise. She is a positive influence as a future leader and as a role model to the younger players in the club. Jill has a great zest for life and brings much warmth and many smiles to all those she meets.

Being from Thunder Bay creates a lot of logistic, monetary, and travel problems, some of which are lessened by the volunteer co-operation of all the players' parents at the many fund raising events being held twice

monthly. The Thunder Bay team has to travel many hours by plane, van or car, and often a combination of all these to compete in enough sanctioned tournaments so that the players can get the required points for provincial rankings. It makes it very difficult for a team of 8-12 players, a coach and a manager to travel to all these functions. Besides the distance, seasonal changes, arranging accommodations and ground travel, the accomplishments of our juniors have proven to be even more impressive. Jill's ranking and the emergence of Thunder Bay's former, and recently transplanted, Rob Nigro, show that there is some serious squash talent

hidden in the far north.

Black Knight came through this year with a full sponsorship for Jill, donating all her equipment. A HUGE THANK YOU TO BLACK KNIGHT. The Thunder Bay Junior Squash Association and the fund raising done by the parent

volunteers help to defray the cost of travel, court rental (at home) and other expenses the Thunder Bay Junior Team incurs (some \$20,000-\$25,000 per season) while trying to compete in Southern Ontario. THANK YOU ALL!!

We started with a lesson on geography and ended with a lecture on the trials and tribulations of squash in Thunder Bay. Somewhere in between, we hope we introduced you to the up and coming junior squash talent by the name of Jill Skogberg. She has the personality, dedication and resolve to attain all of her goals, both in sport and in education. Best of luck, Jill! ©

SWING  
INTO '99

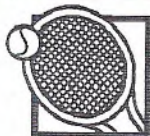
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Squash Ontario's School Squash programme is in desperate need of equipment. What is junk for you is probably still ideal for our programme.

The School Squash programme lends racquets and eyeguards to schools throughout the province. Recently, we are running low on stock and are hoping you can help us.

If you have any old racquets or eyeguards collecting dust, please consider donating them to the School Squash programme. To do so, give your old equipment to your squash pro or contact Squash Ontario and we will find a way to get it from you.

**Your junk may still have some life left in it!**

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# Jim Mason JUNIOR FAIR PLAY AWARD

Over the past several years, the Boards of Directors of Squash Ontario have placed a great deal of emphasis on recognizing and honouring outstanding achievements and contributions by individuals. It annually presents its own Special Achievement Award and in 1998, initiated two new programmes - one recognizing outstanding achievement by a region and one recognizing outstanding contributions by an individual in the coaching field.

Squash Ontario takes great pleasure in introducing its newest recognition programme, the **Jim Mason Junior Fair Play Award**. The name, Jim Mason, is synonymous with junior squash in Ontario and the Board feels it is indeed fitting that this newest award should be in his honour.

One junior boy and one junior girl will be honoured each year and will be presented with a **\$250.00 bursary**. Nominations can be made by coaches, officials, players, regional executives, or Board members.

**What is, "fair play"?** Integrity, fairness and respect - these are the principles of fair play. It means show-

ing respect for the rules - respect for the officials and their decisions - and respect for your opponent.

But, fair play is much more than playing within the rules. It incorporates the concepts of friendship, respect for others and always playing within the right spirit. It is, in fact, more a way of thinking than a way of behaving.

**Do you know a young junior boy or girl who fits this description?**

Why do you think this young person should be considered?

Was there a special instance when he or she exemplified fair play?

**Nomination forms** will also be distributed to all juniors registered with Squash Ontario as well as at the Ontario Junior Soft Ball Championships and the Toronto & District Junior Open.

Nominations should be sent to: Executive Director, Squash Ontario, 1185 Eglinton Avenue East, North York ON M3C 3C6 / faxed to 416-426-7393 / e-mailed to sq.ont.sherry@sympatico.ca

All nominations must be received no later than 15 April 1999 to be considered.



## READ A GOOD BOOK

\$20.00 each. Order your copy from Squash Ontario today! 416-426-7201

**250 Practices for Squash Players & Coaches:** This is a valuable practice guide for any and all squash players! It is also ideal for coaches giving individual, semi-private and group lessons for all levels. Includes conditioned games, fitness drills, drills for all shots and notes on what should be accomplished and how to practice efficiently and effectively.

**Junior Squash Drills & Skills:** This booklet is a collection of ideas from Jim's years of teaching squash to juniors. The objective is to share ideas that will help you create a high activity, fast and fun learning environment for juniors age four and up. Jim Paton is the head Squash Professional at the Granite Club and has been teaching squash since 1982.

# Oh oh! Those pesky Mustangs are still in control

BY  
GEOFF  
SHEPPARD

The season is half way over, and the purple and silver machine is once again showing the dominance in Ontario University Squash. This year both Men's and Women's squash teams from the University of Western Ontario will finish as the first seed going into the University Team Championships on February 6 at Burlington Racquet Club. The Mustang Men continue to show dominance with the depth of their team as they strive for their storied 16th straight University Team Championship. The real story this year is the possibility of Western ending the Queen's Golden Gaels six year reign as Women's Team Champions. The addition of Leah Bishop as the number 1 seed has strengthened the depth of the Mustang Women.

Overall, there has been movement by a couple teams this year to challenge for the final four. In the Men's League, four teams are within six points of each other as they vie for the last three spots, with each school

hoping to miss Western in the first round. The newest strength in the league has surfaced from the third year team from Brock University.

Former junior ranked player Chad Dommasch leads the Badgers as they seek to reach their first final four. The women's league has seen a real strengthening of every team. With more Canadian Junior female players moving into the Ontario University ranks, overall league play has improved. The Queen's Gaels still holds two trump cards with World University Games Bronze medallist, Carolyn Russell and league returnee Tracie Fisher as a formidable one-two


Men	University	Seed	Women	University
Luke Fraser	Waterloo	1	Carolyn Russell	Queen's
Chad Dommasch	Brock	2	Tara Mullins	McGill
Peter Gildenhuys	Toronto	3	Nicole Carroll	McMaster
Tim Loat	Western	4	Leah Bishop	Western
Erik Zaremba	Western	5	Tracie Fisher	Queen's
Jonathan Dale	Western	6	Leanne Devos	Western
Ted Fleming/ Sheldon Zimmerman	Queen's/Waterloo	7	Tiffany Foster	Western

<FIGURE 1>

### The standings after two tournaments are as follows:


Men	Points	Standings	Women	Points
Western Ontario	37	1	Western Ontario	54
Queen's	29	2	Queen's	37
Waterloo	28	3	McGill	37
Toronto	26	4	Toronto	29
Brock	23	5	McMaster	20
McGill	15	6	Ryerson	3
McMaster	11	7		
Ryerson	0	8		

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punch.

The most competitive area of the O.U.A. will be the Individual Championships on January 30-31. With the influx of such great talent around the league, it seems the individual gold medallist could come from one of a number of schools. From a ranking system I have compiled, here are the top seven seeds vying for individual gold. (see figure 1)

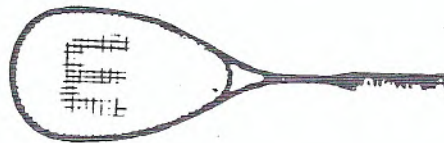
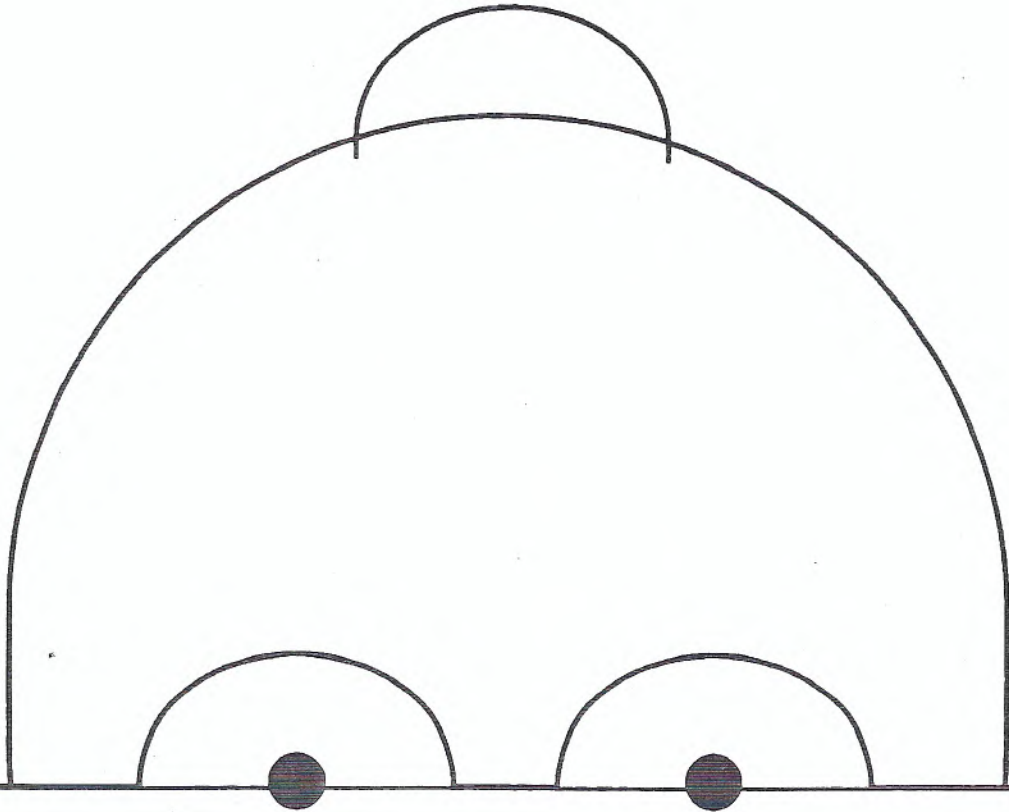
Despite the standings and the seeding of players, it will be up to the individual players to make their final say going into both Championships.

Good luck to all. Here is hoping that you get that nic just in time.

### OUA Individual Results

Ryerson hosted the OUA Individual Championships at the end of January. Luke Fraser of Waterloo took the gold medal, defeating Western's Richard Yendell and Chad Dommasch of Brock took home bronze when he beat Queen's Rob Evans.

McMaster's Nicole Carroll won the gold in the women's event with a win over Western's Leah Bishop and Leanne Devos of Western won bronze, defeating Queen's Tracie Fisher. ©



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BY ELI BAY

# Blow Away GAME TENSION!

**Y**our inability to control your reactions to the stresses of an important match (or business deal) can be a definite handicap. Your ability to control your internal states can provide you with the winner's edge. Your ability to control the state of your mind, your emotional reactions and your body tension is the key to athletic success. Those who have learned how to regulate their internal states and stay loose, mentally focused and emotionally calm have a distinct edge over those who are tossed and turned by raging emotions, physical tightness and racing thoughts. The ability to regulate these mind body states can be easily learned and, with practice, can be honed to a fairly sophisticated level.

Contrary to the current medical model that we've all been taught, the mind and the body are indeed connected. Emotional stress leads to physical tension and physical tension leads to mental and emotional stress. You cannot be emotionally stressed and revved up without your muscles becoming tight, your breathing becoming shallow and rapid, your body's digestive processes slowing down, and your emotions becoming unpredictable. Everything is connected systemically and everything affects everything else. Tense shoulder muscles send a message to your brain that your shoulders are alert to a threat and your brain reacts by sending a message to all body muscles to gear up for trouble and be ready to fight or run. Shallow chest breathing keeps all parts of your body mind aroused and tight. Worrisome thoughts keep your muscles tight and constricted, strain your emotions and befuddle your thought processes. This is important to understand if you wish to improve your game.

You, of course, want to be "up" for

your match but, keeping the anxiety from taking over and "frying" you is the key to effective play. As Aldous Huxley once wrote, "The secret of efficiency in all things, from the trivial to the important, is to combine two seemingly incompatible states, a state of maximum activity and a state of maximum relaxation." Most of us have the "activity" part down real well but the "relaxation" part is still elusive to most of us.

The very same integrated reactions that work against us can be turned and used in our favour. Targeting a

**DO NOT UNDERESTIMATE THE POWER OF CONSCIOUS BREATHING. IT IS PROFOUNDLY EFFECTIVE AND MUST BE EXPERIENCED TO FULLY APPRECIATE ITS IMMENSE VALUE.**

specific system for stress-control can have an effect on the entire body mind. Consciously regulating your respiratory system, for example, can have a dramatic systemic effect on your muscles, your digestion, your thought processes, your ability to concentrate, your level of optimism, your energy level, your anger levels, and it can even affect your ability to throw off colds and influenza which

tend to strike just before the big match (right?).

Appreciate that breathing is a link between your body and your mind. By making a conscious choice to breathe slowly and deeply, you can deliberately effect the flow of hormones throughout your body and change your heart rate, brain waves, muscle tension, blood lactate, skin resistance, blood sugar levels, blood pressure, endorphins and other neuropeptide, as well as countless other mechanisms of the body mind.

Do not underestimate the power of conscious breathing. It is profoundly effective and must be experienced to fully appreciate its immense value. It can be used anywhere and no one need know that you are applying the technique. Some have described it as "the secret in my pocket." Many have described its effects as "life changing" as it is a practical technique that brings about measurable changes in one's total reactions to pressure and stress.

The secret is to breathe slowly and deeply. By deep, I mean down into the bottom third of the lungs, performing what might be called "tummy" or diaphragmatic breathing. In the best of times, most adults breathe into the top two-thirds of their lungs, or chest breathe. Under stress, their breathing becomes even shallower and more rapid. To break out of this stress state, one should begin to inhale through the nose, not the mouth, and consciously guide the air down into the bottom part of your lungs so your tummy rises and falls with each breathe. You don't want your chest to move before your stomach as you breathe in.

Some people have no difficulty



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performing this breathing the first time. Others need to focus on this breathing for just a few minutes before it "kicks in." Some folks, often women who have spent their entire lives holding their stomachs in for appearances sake, may have to work at this deep breathing for a couple of weeks or more before their breathing apparatus normalizes.

At home, lying in bed the night before a big match or when you return from a frazzling day at work, there are few techniques that you can do without professional training that could be more beneficial to you than setting aside 15-30 minutes to unwind through this type of deep breathing.

Your objective is to consciously and slowly guide the air down to the bottom part of your lungs, first filling your tummy, then letting the air push out your ribs, and then filling your chest until you cannot comfortably take in any more air. Then slowly let it out through your nose or mouth. Your objective is to slow your breathing to less than five breaths a minute. With just a little practice it is not un-

common for people to slow their breathing to just two or three breaths, down from the normal eleven to twenty breathes a minute.

Each time that you exhale, focus on letting go of the physical tightness in your body muscles. By doing this you will discover chronically tight muscles of which you have been unconscious. Sometimes this takes on the nature of an "aha" experience.

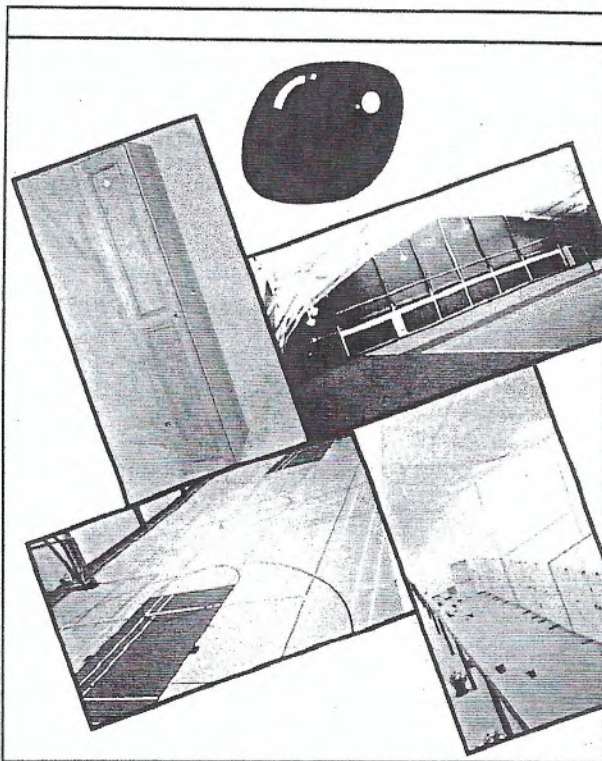
With such practice, your body awareness of such phenomena becomes fairly sophisticated and can provide you with a rare ability to mentally scan your body, detect, and then consciously release the excess tension before it drains your energy and prevents you from the fluidity of movement and rapid reaction time.

A variation of this exercise, done with your eyes open and with less focus on your inner experience, can be done while driving or walking. Some find it easier to keep their focus on their driving by inhaling to say a count of four (or more), holding their breath to a count of four, exhaling to a count of four, resting for a count of four, and then starting the

cycle over again. They are able to stay focused upon their driving and arrive at their destination relaxed and revitalized.

Obviously, the most effective way to control the reactions of your body mind is to receive expert training in various modalities of self-regulation - muscle relaxation, mind focusing, awareness training and discovering, through your direct experience, the subtleties of your own being. But, just about everyone can discover the benefits of controlled breathing almost immediately if they give themselves the permission to perform it. It's simple enough to learn by reading. But, as the old saying goes, "The ball is now in your court." Experiment and discover for yourself why top performers in many sports consider practical stress-control a "must" for peak performance. ©

Eli Bay is the Director of The Relaxation Response Institute in Toronto and a pioneer in teaching the art and science of self-regulation. An instructional audio tape of the above breathing exercise (Empowered Breathing) is available for \$12.95. For tape or course information please call (416) 932-2784.



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(Continued from page 5) by Squash Ontario's High Performance Committee, the men's and women's teams were named recently for competition in the Canadian Team Championships. Congratulations to Shahier Razik, Josh McDonald and John Wilson. Unfortunately, neither Shahier nor Josh were available and their places were taken by Max Weithers and Neil Sweeney.

The Women's Team of Carolyn Russell, Stephanie Richardson and Nancy Cranbury was also named. Carolyn declined her invitation and will compete for her home province of Manitoba. So, the team representing Ontario in Calgary is Stephanie, Nancy and Seanna Keating.

---

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THESE ARE BEING HOSTED BY the Edmont Club in Calgary. Registration deadline is April 7th at 5:00 pm MST. To register or for more information, contact Jonathan Hill at 403-239-4048 or fax 403-241-0995.

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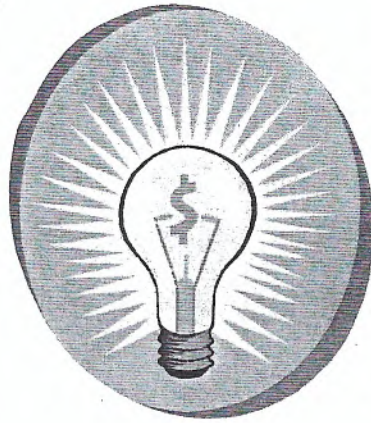
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# Less stress in between

**C**OACHING PLAYERS between games is more an art than a science. It involves a myriad of things. Think of the facts that affect different players: court conditions, nerves, fatigue, strategy and tactics, referees, equipment, opponent, parents, gallery, nutrition, alcohol, (never played with a hangover?) ...the list goes on. You, (coach, parent, friend, bystander) can make a difference.

Here is a list of dos and don'ts for coaching between games:

1. **DON'T** crowd the players when they first come off the court. Sit down - if they wish - towel, drink, oxygen. 90 seconds is long enough - so give them breathing space first.

One or two people is enough to listen to - four or five gets a little silly.

2. **DON'T** say too much. Long winded sentences get lost and forgotten. Less is more.

3. **TRY** to find something good about the last game. Even in the most dire circumstances, there should be something positive to tell your charge.

4. **GIVE** a maximum of three things to concentrate on. You may say more but, three final instructions are enough. Use words, phrases, bullets just before they go back on as part of those instructions - again - not long sentences. Repeat instructions at least one.

5. **CONCENTRATE** first on playing well. Counter strategy is important and may help a player consumed by nerves, but a player's under performance should be addressed first. A good coach who really knows his athlete may combine the two. Keep it simple.

You should have a counter strategy in your mind. If you know their opponent, of course, and they're in for a tough match that will all have been discussed beforehand.

6. **LEARN** to say things in different ways. For example, instead of "hit better length" - try, "get the ball past the T," or "get the ball past your opponent," or "get the ball past the service box", or "make the ball hit the back wall." Using the same old generic terms loses impact or maybe faith in you if it sounds like it's coming straight out of a coaching manual.

7. **CHANGE** your tone and/or passion according to the player and or situation. Your job is to reduce stress or to fire up your player to keep them positive and focussed. There is no one way

to do this. Good coaches who know their charges know exactly how to accomplish that.

8. **IF** the player is pissed off - maybe at the referee, use a distraction ploy or agree and sympathize first, then distract. For example, drink and then a positive comment about the last game. Stay calm. Reduce their stress; then back to the task; be positive.

9. **DON'T** get emotionally involved. For example, don't react to bad refereeing decisions or obnoxious opponent. Why not? First, your job is to keep your player focussed and calm. Second, you look stupid.

10. **IF** there is friction between you and the player (father/son or daughter), discuss it...change it...get somebody else. Don't perpetuate it. Remember, a happy player plays better and comes back keener.

11. **GO OVER** your checklist - towel, water, grips, between games seating, spare shirts and racquets; this is really pre-match preparation but, worth mentioning here.

12. **TOWARDS** the end of matches

when players are very often suffering from fatigue, it is important to focus on the basics (that may vary from player to player but will always include good length). It is also helpful to then point out the tiring indicators that their opponent is showing. And, of course, if their opponent is still looking strong, lie at all costs!

In summary, keep positive, be brief, repeat instructions, focus on playing well and counter-strategy, and keep calm.

Good coaches are psychologists first. This comes mostly from experience and learning from other coaches and talking things over with your players. What do they like to hear? What don't they like to hear? Be flexible and adapt to the individual's needs. They are relying on you to lift them up, dust 'em down and send them back out there. ©

Mike Way is the squash professional at the Toronto Racquet Club, home of the National Squash Training Centre. Players training with Mike include world champion Jonathon Power, Graham Ryding, Melanie Jans, Stephanie Richardson and a host of up and coming Canadian players.

Mike Way will be holding several camps this summer. For information, call him at 416-922-3665.

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**J**ONATHAN POWER - CANADIAN - WORLD CHAMPION and soon to be World Number 1! A dream come true. It all started in a little 5,000 watt radio station in...wait...wrong dream. It all began almost 30 years ago when the first soft ball court in Canada was built in Toronto. It was to herald an unprecedented ten year building spree not seen before nor since. And, it was accompanied by heady dreams of quickly overtaking the major world squash powers of England, Australia and Pakistan.

Coinciding with this growth, governments at both the national and provincial levels, began to fund sport. This injection of funds only served to fuel our dreams of becoming a dominant power in world squash.

And so, we set off in pursuit of our dreams, often with teams comprised of expatriate Brits and Pakistanis. And guess what, we got our proverbial butts kicked. Obviously this dream was going to take a little more time.

So, instead of travelling across the ocean, we simply looked across it and decided to try to entice some of the best international coaches to Canada. And they came and why not? Canada was taking its first faltering soft ball steps - this was fertile and, candidly, lucrative territory and for the likes of Tony Swift, a great challenge. He was the first, but he was quickly followed by Mike Way, Ian and Beryl Paton, Barb Cooper and Howard Broun to name just a few and they brought their expertise and experience with them. With their help, we developed an exceptional coaching programme through which literally hundreds and hundreds of Canadian coaches have developed.

And, court construction continued and the government

kept allocating funds to squash - each government particularly enamored of junior programmes. But, despite all of this, our results were disappointing. What our teams needed was international competition. It was time to cross that ocean again. There is an old (but true) saying that you "dance with the partner who brung you." When you take the money, you pay the price and government then and still has very definite ideas as to where it wants it's dollars spent. Far be it for squash people to tell government bureaucrats what would be most helpful to develop our athletes. So, no, sorry, you can't use our dollars for that - nope, sorry - that is not one of our priority areas - un uh - we want you to spend it here, not there.

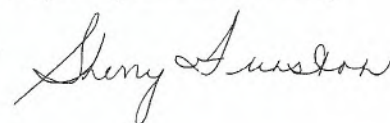
And so, after almost 30 years, Canada has a world champion in Jonathon Power and he is to be congratulated, more so because he has had to do so much of it on his own. In a recent article on Jonathon in Saturday Night Magazine, according to the author, "the Powers lived on a complicated system of debt juggling - continually borrowing, working credit-card floats, taking out loans to pay off interest on other loans, all to finance the development of their kids' squash." It shouldn't have been this way and it shouldn't be this way now - but it was and still is. Oh, to have the money to be able to fund tours for our athletes to Australia, England and New Zealand - to be able to give them continued international competition instead of a trip once a year - much of which they must pay for themselves. Think what results we might achieve if we had the dollars to hold four or five team training camps a year instead of one.


If an Association is reliant on government for more than 30% of its budget, it will never have the autonomy to direct its own affairs - to take control of its destiny - to chase its dream.

Some would argue that most players just want to play their weekly league match and don't give two hoots about whether Canada wins a world championship. I don't believe that - not judging by the many calls, faxes and emails we received over the past year - all wanting to know how Jonathon was doing - following his exploits match by match.

Thirty years - a long time to wait for a dream to come true and we got there by riding Jonathon's coattails. Hopefully, in the future, squash in Canada will be the master of its own destiny so that many of our young stars will not have to wait so long to realize their dream - when you're young, who's got the time?

All of Canada congratulates you, Jonathon. Proud of your success? Absolutely! Responsible? Not really.



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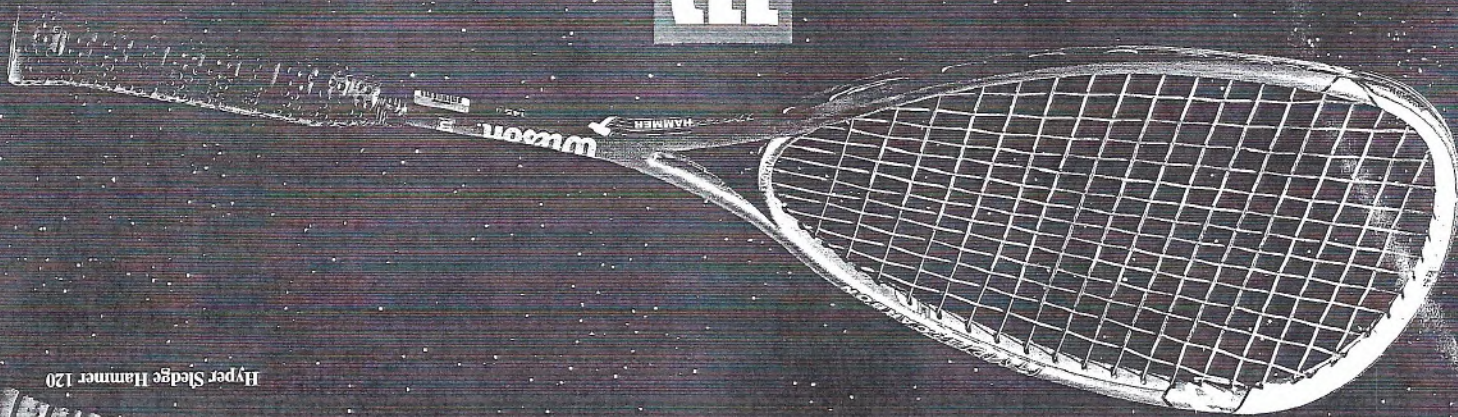
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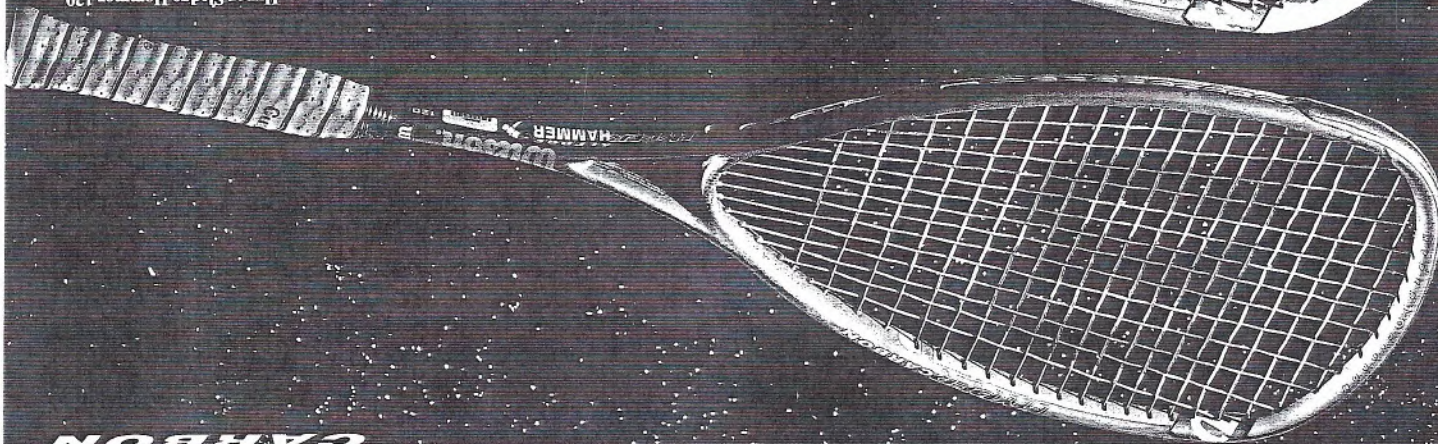
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