

SQUASH

Winter 2000

Life

Eye! Yi Eye!

The official magazine
of SQUASH ONTARIO



SQUASH *Life*

VOLUME 24
NUMBER 1

Peter Ward
PRESIDENT

Rob Brooks
VICE PRESIDENT

Dawn Sommerville-Picotte
VICE PRESIDENT

Mark Sachvie
VICE PRESIDENT

Chris Herbert
VICE PRESIDENT

ANN GRAY
PAST PRESIDENT

Sherry Funston
MANAGING EDITOR

Geoff Sheppard
CONTRIBUTING EDITOR

Barry Faguy
CONTRIBUTING EDITOR

Mike Way
CONTRIBUTING EDITOR

Mary McCosham
ART & DESIGN

Advertising

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

Printed by Dollco Printing

SQUASH *Life*

c/o SQUASH ONTARIO
1185 EGLINTON AVENUE EAST
TORONTO ON M3C 3C6
TELEPHONE: 416-426-7201
FAX: 416-426-7393

E-MAIL: sq.ont.sherry@sympatico.ca
www3.sympatico.ca/squash.ontario

Squash Life is published four times a year by Squash Ontario 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

w i n t e r 2 0 0 0

feature

6 Eye Yi Eye!

departments

4 court chatter

little snippets from the world of squash

11 the game's roots

Barrie's Best

14 official's call

pick up that clipboard!

16 university scene

handicapping the teams

18 coaching corner

counter strategy

22 the last word

editorial



Cover photo courtesy of Michael Easterbrook

WONDERFUL COACHING OPPORTUNITY

Any certified squash professionals interested in being the Coach of the Canadian Team at the XVI Maccabiah Games held on July 16 - 26, 2001 in Israel. You will be responsible for the men's, women's and junior teams. All expenses will be paid for a lifetime experience. Please contact Steve Belman at (416) 801-5629 for further information on how to apply.

WELCOME TWO NEW JUNIOR SPONSORS

The major sponsors of this year's Ontario Junior Open Squash Championships are The Citadel General Assurance Company, and Sheehan & Rosie Ltd. The Citadel is a world-wide insurer based in Switzerland, as a part of the Winterhur Insurance Group. Sheehan & Rosie Ltd. of St. Catharines, is a major 3rd generation insurancebroker with a staff of 25 people. In 1999 Sheehan & Rosie Ltd. merged with Robert Harder Insurance Inc., a long time supporter of junior squash in Ontario. Robert Harder is actively involved with squash tournaments as sponsor, organizer and referee. Stephen Harder competes. The new firm is actively involved in the community of the Niagara Region, supporting many charitable and sports organizations. These two companies are excited to be involved with Junior Squash in Ontario, and look forward to being part of the Championships. The Ontario Junior Championships are being hosted by White Oaks Racquet Club in Niagara-on-the-Lake on the weekend of March 31 to April 2nd.

BALL SALES UP

Dunlop has reported that sales of their brand of squash balls overall have increased 49% compared to last year. Since Dunlop controls about 90% of the total squash ball market worldwide, this is a fairly reliable measure of usage of squash balls. This sharp

increase in sales should be viewed as representing a real, significant increase in play of squash.

CONGRATULATIONS TO 2000 CANADA WINTER GAMES SQUAD

Squash Life salutes these amazing young athletes - *Miranda Ranieri, Marci Sier, Radhika Ahluwalia, Karlene Headley-Cooper, Neha Kumar, Jessica Senior, Christy Hanna, Neha Chawla, Brad Jones, Scott Brechin, Brian Ernst, Jordon Dobbs, Robin Clarke, Robert Hong, Colin West, and Ryan Osbourne.* Under the coaching expertise of Melanie Jans (Canada #1) and Bob Bowers, Squash Ontario's Canada Winter Games Squad has held 2 excellent training weekends with the last one, hosted by Mayfair Lakeshore, featuring a guest appearance by none other than Mike Way. Squads for the 2003 Canada Winter Games will be selected in June 2000, June 2001 and June 2002 with the Team selected in November 2002.

WARM UP FOR NATIONALS

Pine Valley Racquets Club will be hosting the 2000 Ontario Men's and Women's Masters Championships the weekend of March 24-26. Mark your calendar now because it will be a great warm up for the Senior Nationals in May. For information on entering, see your club bulletin board, call 416-7203, or go to Squash Ontario's website at www3.sympatico.ca/squash.ontario.

SENIOR NATIONALS IN TORONTOAT LAST!

For the first time in over a decade, the nationals are being held in Toronto and it promises to be one fantastic experience. Mayfair Lakeshore Racquet & Fitness Club, arguably the finest facility of its kind in Canada, is host. National titles will be vied for in the Men's and Women's open events, as

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

well as masters 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+ and 70+. And, as a new wrinkle, the Lakeshore will also be offering Masters' B, C and D events. Although winners will not be declared national champions, they will have had a fantastic opportunity to compete with the best!

So - you don't really want to play but you want to be part of this squash extravaganza? The Lakeshore needs volunteers - on the registration desk, shuttle drivers, etc. The 2000 Lakeshore Nationals are going to be the best ever, ever held - does that sound a bit over the top? Well, you can take this to the bank - participating as a player, official, or a volunteer - you're in for the time of your squash life! For more information, call the hotline at 416-466-0121. For tournament news and downloadable registration form contact: http://www.mayfairclubs.com/sq_tourn.htm

SQUASH WINS 2002 ASIAN GAMES NOMINATION

Following its successful first appearance in 1998 in Thailand, Squash will be included in the 2002 Asian Games in Pusan, Korea. The announcement was made HH Tunku Imran, the President of the Olympic Council of Malaysia and former President of the World Squash Federation (WSF), following a meeting of the Olympic Council of Asia. "I am absolutely delighted to hear that the OCA General Assembly meeting has approved the inclusion of Squash on the 2002 Asian Games programme for Pusan," said WSF President Susie Simcock. "This is really excellent news, and an important further step in our bid to have squash included in all the world's major multi-sport events." In squash's debut in the 13th Asian Games in Pattaya, Thailand, in December 1998, Zarak Jahan Khan won the men's gold medal in an all-Pakistani final against Amjad Khan, and 15-year-old Malaysian schoolgirl Nicol David won the women's gold medal, beating

Hong Kong's Rebecca Chiu in the final.

NEW FACE IN NIAGARA REGION

In late fall, Lezlie Murch, President and Owner of the Niagara Academy of Tennis announced that the Academy has taken over the St. Catharines Racquet Club. Although 'tennis' may be in its name, the Niagara Academy is committed to seeing squash thrive at the facility.

GOODLIFE CONTINUES TO EXPAND

Goodlife Clubs' David Patchell-Evans has added the Belleville Squash and Fitness Club to his ever-increasing roster of squash and fitness facilities.

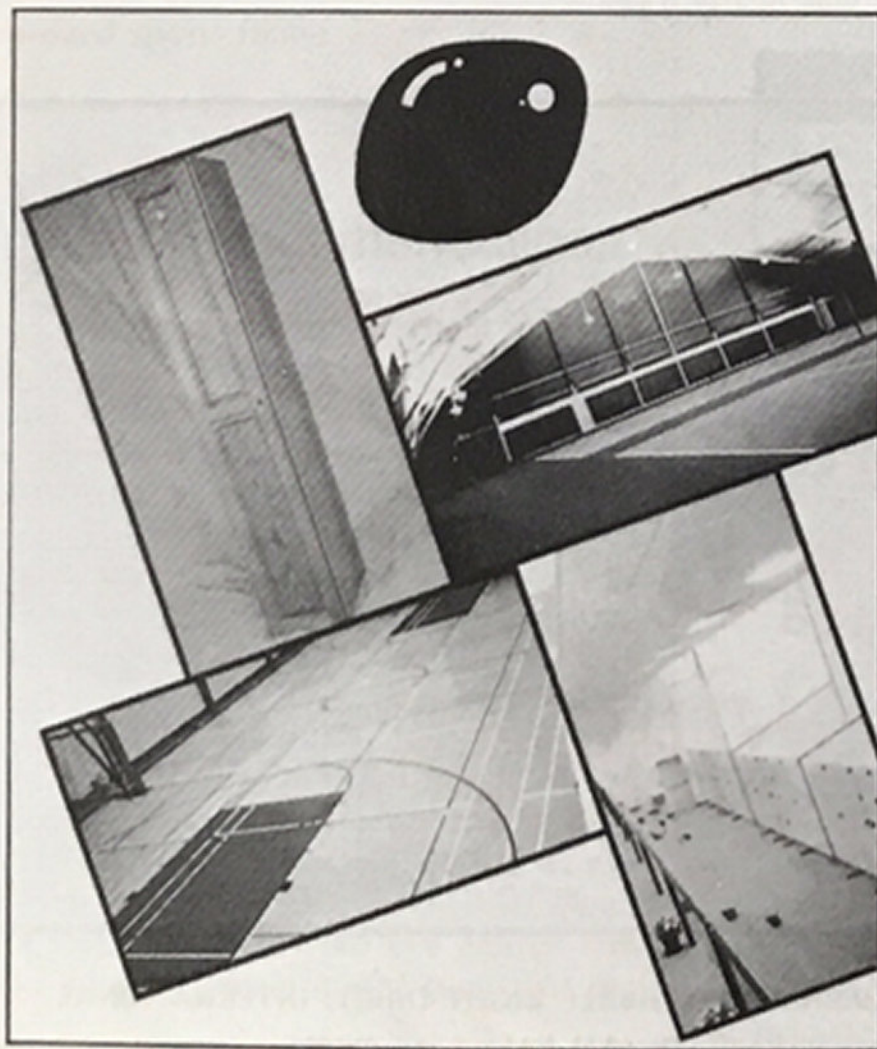
FITNESS INSTITUTES SALE IMMINENT

It would appear that Clive Caldwell, owner of the prestigious Adelaide and Cambridge Clubs

continued on page 20...

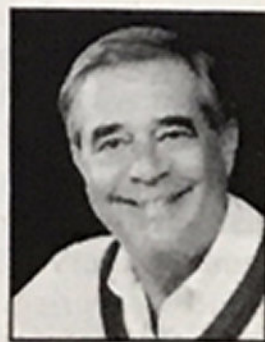
Playcon

Squash Court Specialists



- **WSF Accredited Court Panel**
- **Court Construction and Repairs**
- **Court Restoration and Relines**
- **Court Glass and Floors**
- **Court Conversions - Racquetball to Squash**
- **Aerobics and Gymnasium Flooring**
- **Weightroom Flooring**
- **Woodline Lockers**
- **Fabric Tennis Structures**

Contact Mike Taylor at Playcon for complete information:
275 Arnold Street
Kitchener ON N2H 6E8
Phone: (519) 743-8132
Fax: (519) 743-3551



e-mail: T@playcon.com • website: www.playcon.com

EYE INJURIES IN SQUASH

“MOST ARE PREVENTABLE”

by

Michael Easterbrook, MD, FRCS(C), FACS

This article reviews reports and mechanisms of injury in squash and suggests that almost all eye injuries in racquet sports are preventable.

Racquet and court sports are responsible for some 8% of sports-related eye injuries in the United States. The risk of eye injury for 100,000 playing sessions are as follows: squash 5.2%, badminton 3.6%, tennis 1.3%, and table tennis, 0.1%. The risk of an unprotected squash player suffering significant eye injury playing 3 days a week over 20 years is approximately 25%.

The squash ball, with a diameter of 1.75 in, is certainly capable of fitting within the orbit. An "A" player strikes the ball at up to 140 miles per hour. The racquet may strike the eye; in Canada, 40% of eye injuries occurring in squash are the result of injury by the racquet.

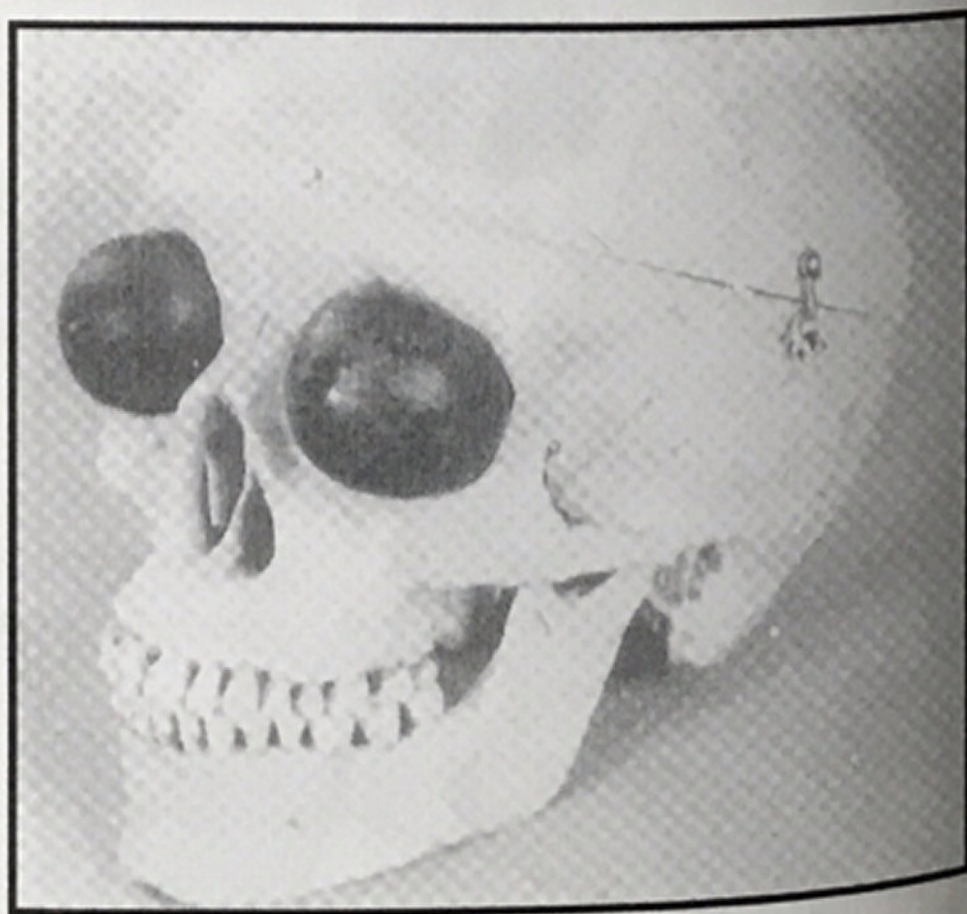
Eye injuries have been reported in most countries in the world where squash is played. In 1976, there were 25 reported squash-related eye injuries in New Zealand, with 2 eyes requiring enucleation and 50% of the injuries resulted in visual loss.

The main cause of eye injury in Britain was the player being hit by the ball. In Australia, however, the racquet was more common than the ball as the source of ocular injuries.

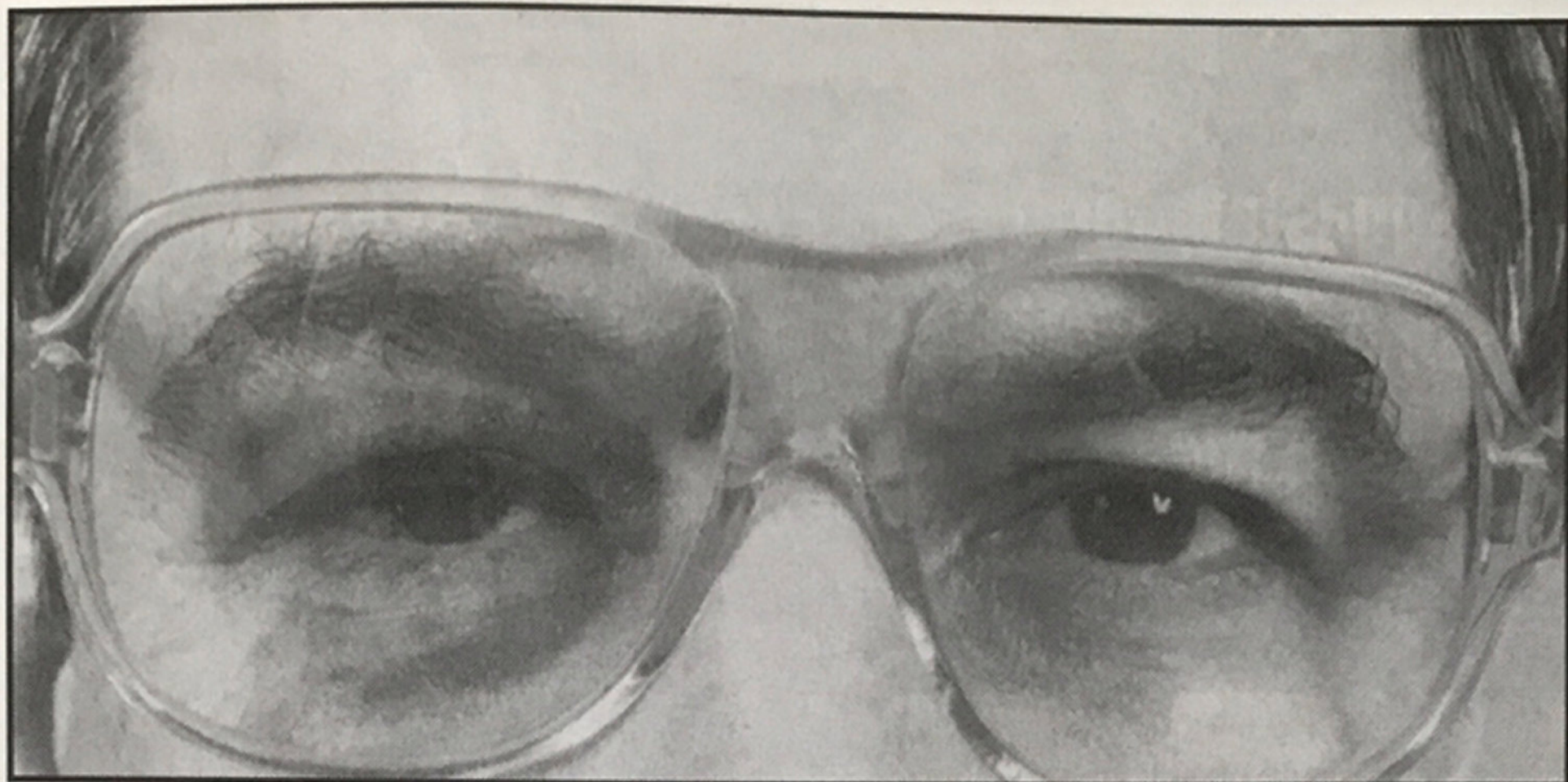
The Canadian Ophthalmological Society has been keeping track of eye injuries since 1982 and designed a questionnaire that was sent to squash clubs across Canada. An injured player is more likely to return the questionnaire than the patient's ophthalmologist. This questionnaire provided much useful information concerning experience and mechanisms of injury. They revealed that, amongst other things, the most experienced player is most at risk and that prescription glasses break.

Experience

There is a misconception among racquet sports players that the novice player is most likely to have an injury. The author's experience, along with others, suggest that the experienced player is actually more at risk. The novice player in squash often watches the front wall and not the ball. The experienced player never takes his or her eyes off the ball in order to anticipate the next shot. In our initial Canadian series, the mean playing experience of injured squash players was nearly 6 years.



AMERICAN HARDBALL RIGHT ORBIT; INTERNATIONAL YELLOW DOT SQUASH BALL LEFT ORBIT.



A DOUBLES SQUASH PLAYER WAS SAVED BY A POLYCARBONATE LENS IN A FRAME DESIGNED FOR RACQUET SPORTS. HE WAS STRUCK BY A DIRECT SHOT ON THE DOUBLES COURT.

Do Street Wear Glasses Contribute to Eye Injury?

Hardened safety glass and street wear CR39 plastic prescription lenses can certainly break if struck by a ball or racquet. In Canada, there have been 21 players who sustained serious ocular injury when their prescription glasses with hardened glass lenses or plastic lenses shattered. Players who are myopic wear lenses that are thin in the centre and are therefore at a greater risk of sustaining eye injury. Lenses must be made of polycarbonate and used in an approved sports frame.

Present Recommendations

There are a variety of excellent polycarbonate protectors designed for racquet sports available. Many of these have met the ASTM F803 standard for racquet sports. Examples include eye guards for juniors. Polycarbonate protectors can be hinged such that the protector can be raised between games, with flexible temples, fixed temple, or molded. One eye guard is available to wear over prescription glasses.

There is excellent protection on the market. In the author's 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. ©

Mark your calendar now because if it's May... It must be Mayfair!

MAYFAIR *Racquet & Fitness Clubs*

MAYFAIR LAKESHORE RACQUET & FITNESS CLUB

Host of the 2000 and 2001 Canadian Squash Championships

MAY 2000						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

and Official host of Squash Ontario's Toronto coaching courses

**Mayfair Lakeshore
Racquet & Fitness Club**

801 Lakeshore Boulevard East, Toronto ON M4M 1A9
416-466-3777

Join Squash Ontario and win even before you step on the court.

You'll be amazed at the rewards when you join Squash Ontario. Plus, you'll be doing a lot to help the sport since Squash Ontario is a non-profit organization and all net proceeds from memberships are re-invested directly into supporting squash programmes across the province, particularly youth programmes.

For just \$15.00, here's what you get when you join Squash Ontario

- ⊗ Subscription to Squash Life magazine
- ⊗ Annual Member Handbook
- ⊗ A 25% reduction on entry fee in all Provincial Championships
- ⊗ Access to Squash Ontario travel medical insurance and preferred life and disability insurance
- ⊗ Automatic enrollment in Squash Ontario's Sports Accident policy including:
 - \$10,000.00 accidental death
 - \$ 5,000.00 rehabilitation benefit
 - \$1,000.00 accidental dental
- ⊗ Access to exclusive Squash Ontario homeowners and automotive insurance plan (Some members have saved more than \$300.00 a year on their car insurance alone!)
- ⊗ \$25.00 redeemable coupon for Manta graphite racquets
- ⊗ \$5.00 redeemable coupon for Black Knight eyeguards
- ⊗ \$5.00 redeemable coupon for Hi-Tec shoes
- ⊗ Hi-Tec/Manta Score Membership Card for extra savings and discounts at many participating sponsors.



**YOU BUY OUR MEMBERSHIP,
AND WE'LL BUY YOURS**

Anyone purchasing a 1999-2000 Squash Ontario individual membership will be eligible to win their club membership (up to \$500.00). Draw will be made April 30, 2000 and winner will be notified.

M E M B E R S H I P A P P L I C A T I O N

- \$15.00 Receive all benefits except monthly mailings of tournament flyers
- \$25.00 Receive all benefits including monthly mailings of tournament flyers
- \$45.00 Family Package (3 or more)
- Please give me 3 years of my selected package for the price of 2

Method of payment Credit Card Enclosed Cheque
 Visa/MasterCard # _____ Expiry _____

Last Name _____ First Name _____

Mailing Address _____

City _____ Postal Code _____

Telephone (H) _____ (B) _____ E-mail _____

Club Affiliation _____ Birth Date (DD/MM/YY) _____

Juniors registering for the first time MUST include a copy of their birth certificate or passport to verify their age. Squash Ontario can now provide a tax receipt for all donations over and above your requested membership fee. Reg.charity # 889386868RR0001

- Yes, I want to contribute more to help Squash Ontario build its Lee Hanebury Junior Squash Fund.
 \$15.00 \$25.00 \$50.00 \$ _____

Thank you for your support of Squash Ontario.
 Send or fax your completed application to: **Squash Ontario**
 1185 Eglinton Ave., East, Toronto, ON M3C 3C6
 Tel: 416-426-7201 Fax: 416-426-7393
 E-mail: squash.ontario@sympatico.ca



DUNLOP LAUNCHES NEW SQUASH BALLS

- HERE'S WHY...

To open the Fall 1999 squash season, Dunlop launched a completely new range of squash balls. This move represented a \$1.7 million investment in a worldwide campaign to increase squash participation.

The international launch followed an exhaustive worldwide research and development program, run in partnership with the sports' international governing bodies for squash - World Squash Federation (WSF), Professional Squash Association (PSA) and Women's International Squash Players Association (WISPA).

With over 90% share of the worldwide squash ball market, Dunlop was in a unique position to introduce a new squash ball program, designed to stimulate participation levels worldwide.

Abandoning the existing and widely misunderstood range of coloured dot balls, Dunlop has introduced a new squash ball range which includes balls which are bigger and more playable, than the old single standard size ball, bringing more fun to the game.

The new squash ball range is based on a unique design concept exclusive to Dunlop, focused on extending the ball hang-time, which is the time taken for the ball to complete its bounce. This new concept has been applied to all

four ball types. This breakthrough means that players of lower skill levels have longer to hit the ball, making hand and eye co-ordination easier, allowing correct technique to be developed and rallies to be extended. These are vital ingredients to improving player enjoyment. The new Dunlop range features four new squash balls:

REVELATION PRO XX B

This is the traditional-sized black ball for professional play and remains the official ball of Squash Canada, Squash Ontario, the WSF, PSA, USSRA and WISPA. These endorsements ensure that Dunlop is the only ball used in all Canadian and international professional squash competitions. This ball was formally the Championship XX yellow dot ball. The new REVELATION PRO XX is identified by a double yellow dot.

REVELATION COMPETITION XT B

This is the traditional-sized ball for play at the club level, and has a similar performance to the REVELATION PRO XX, but has an increased 10% hang-time. The REVELATION COMPETITION XT is a black ball targeted to the average club player and is identified by a single yellow dot.

MAX PROGRESS B

This new ball is 6% larger than the REVELATION PRO XX and has instant bounce. This eliminates the need for warm-up. The black MAX PROGRESS has a 20% longer hang-time than the REVELATION PRO XX ball, making it ideal for improvers and recreational players.

MAX B

This new ball is blue and 12% larger than the REVELATION PRO XX. It also has a 40% greater hang-time. Exhaustive testing has proved this new ball to be the perfect starter ball, aimed at the beginner. This ball has instant bounce, which eliminates the need for warm-up. The new squash ball concept is designed to maximize enjoyment at all levels. Beginners and improvers will immediately be able to enjoy rallies and move on to the next ball according to the level of their game. All of the new squash balls, except the MAX, are sold both individually and in 3acks. The MAX is only sold individually. They are available now at your favourite retailer. All packaging is clearly marked with the endorsements of the WSF, PSA and WISPA. ●

THE BEST IS YET TO BE- MARCIA SIER

BY ROB BROOKS

An hour and a half north of Toronto in Squash Ontario's Huronia Region, is the city of Barrie. Statistics show that Barrie is the fastest growing city in Canada and within ten years will be a metropolis unrecognizable to most Barrie residents of 1984. But to a young girl born in Barrie in 1984 and a life-long resident, I feel the area's growth will not affect her learned value system that makes her such a unique person in the junior squash landscape. She combines the best of our past squash history with the endless possibilities of the future. I am talking of Marcia Sier.

Yes, Marcia of the beautiful backhand volley that brings her unsuspecting opponent to a bone startling stop in the 'T' and an abrupt change of direction back to the dusty rear corner, des-



THE "INFAMOUS" SCHWARTZ LIVING ROOM TOURNAMENT!

who love squash owe this special man.

Yes, Marcia Sier who remembers when 60 players requested billets for the Toronto &

Marcia of the beautiful backhand volley...

perately fishing for an irretrievable ball. Marcia, who has known Jim Mason since she was a wee baby, knows what a debt all juniors and parents



KARAKAL

The **SQUASH EQUIPMENT** *specialist*

- PU SUPER GRIP
- GROOVY
- XTC140 STRING
- KEVLAR STRING
- VIBS
- RACKETBALLS
- SOCKS
- WRISTBANDS
- MICROFIBRE
- COMPETITION SHIRTS
- POLO SHIRTS
- SQUASH RACKETS
- RACKETBALL R
- KUSHY
- GROOVY AIR
- TOURNAMENT
- POINT4
- KEVLAR
- RA
- JU
- TE
- SUPER
- GROOVY AIR
- STRING
- KEVLAR STRING
- VIBS
- RACKETBALL
- SOCKS
- WRISTBANDS
- MICROFIBRE
- COMPETITION S
- POLO SHIRTS
- SQUASH RACKET
- RACKETBALL

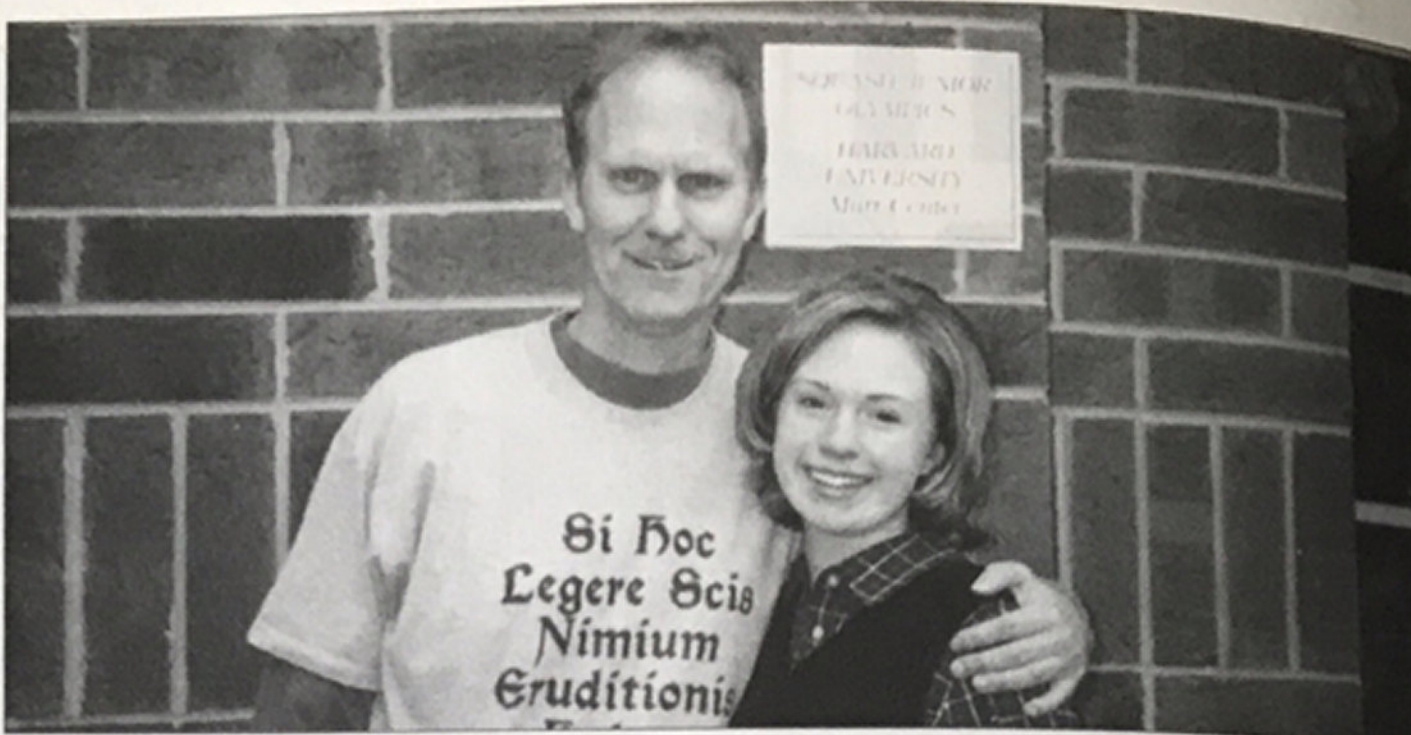
- JANSHER KHAN
- KEY
- XTC80 STRING
- GMMETS
- NON-SQUASH BALLS
- PU INSOLE
- SINGLE
- FORMANCE SKIRTS
- ESSORY STAND
- SHIRTS
- CLUB
- ON DAMPNER
- TENNIS RACKETS
- PU SUPER GRIP
- JANSHER KHAN
- HOKEY
- SUIT
- STRING
- NON
- POINT4
- XTC140
- XTC80 STRING
- GMMETS
- NON-SQUASH BALLS
- PU INSOLE
- SINGLE
- FORMANCE SKIRTS
- ESSORY STAND
- T SHIRT
- CLUB
- TON DAMPNER
- TENNIS RACKETS
- PU SUPER GRIP

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

District Junior Open because it is fun to meet new and old friends at tournaments. The social part of squash has always played an important part in keeping juniors playing the game. Yes, Marcia Sier who has played in every Canadian Junior Squash Championship since 1995, beginning in Montreal when she was in the fifth grade. Marcia remembers when 19 parents and children billeted at Howie and Rhonda Schwartz's home. At night, Marcia played in the infamous living room tournament where the fun quotient was high and the rules were simple: Daniel Schwartz must win!

What shaped Marcia's character and made her laughter and smile such an important part of the junior scene? As the daughter of Jim and Annie Sier, Marcia's love of people developed very early. Jim owns the Barrie Racquet Club (BRC) and is the squash professional. Little Marcia could be found at BRC walking into an aerobic class or socializing with members as soon as she could walk. With the Club a second home, and Jim, the professional, it was inevitable that Marcia and her brother Adam would gravitate to a squash court to begin pounding the little black ball. As Marcia grew older the love of competition and the natural enjoyment of meeting new people within the club started to shape her character and created such a strong attraction to squash.

Presently, Marcia confesses that she knows the club business like the back of her hand, not to be confused with her awesome backhand! With tournaments came travel and friendships with juniors throughout Canada. For Marcia, the act of playing squash and the social interaction with squash friends has an equal value. It couldn't be one without the other. Thus the billeting process became so important to Marcia. With such a heavy travel schedule coming from Barrie, Marcia needed to use her time wisely both to get good matches but also to satisfy her friendly nature. Marcia's Mom, Annie often greeted her with that unconditional hug after a difficult match and then Marcia would be back with her friends to discover the motto of family friend, Jim Mason who has made, "Fun, Fitness, and Friendship" famous words within the squash community. Marcia's presence on a variety of regional, provincial and national squads has provided her with many different coaching perspectives. Currently Marcia is a mem-



WITH FRIEND, MENTOR AND COACH, ROB BROOKS

ber of the Canadian Junior Girls' Squad and the Ontario Squad for the Canada Winter Games in 2003, and the Huronia Region Squad for the Ontario Winter Games in Sault Ste. Marie in March. She is also considering playing in the Maccabiah Games in 2001 in Israel. Dad both played and coached in the Maccabiah Games in his career.

Marcia is a hard working Grade 10 student in Barrie who enjoys all aspects of high school life. Academic studies, student council and sports keep her busy from morning to night. A run

with her Mom, squash with her Dad or throwing the football with her brother Adam to their pet Labrador, Martha - Marcia wants to experience every aspect of life. She is a young girl who loves her family and friends and yes, she does hit a beautiful backhand as well as know the squash club business like the back of her hand! In my mind, Marcia combines the best of the old with the best that is yet to come. "Fun, Fitness, and Friendship" - Marcia Sier makes Jim Mason proud. ©

POWER SQUASH Video Series with Mike Way

featuring Jonathon Power and Graham Ryding

All 3 videos : 99.95 + shipping & 15% tax
Individually : 39.95 + shipping & 15% tax

Mail cheque or money order to :
WON WAY SQUASH Inc.
P.O. Box 86045, Oakville, Ont.
L6H 5V6 Canada, 905 815-1164

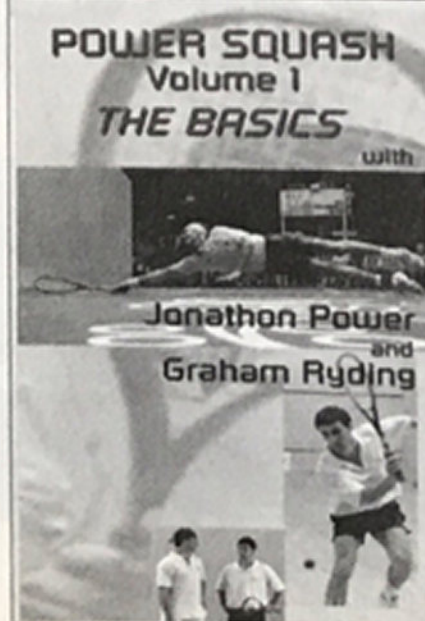
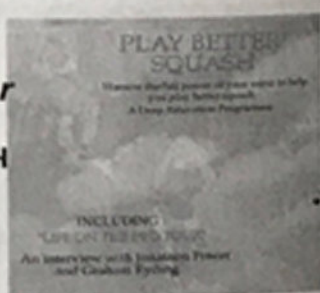
TOTALS :

3 Videos - \$ 124.95
1 Video - \$ 51.95
CD - \$ 19.19

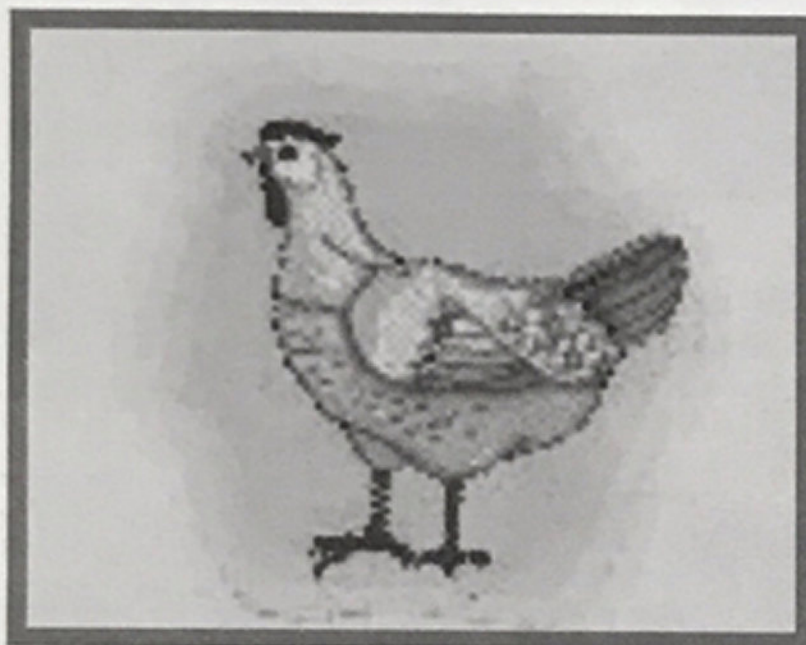
Also available:

Play Better Squash & Life On The Pro Tour

CD : 14.95 + tax/SH



GO ON! TAKE THE CLIPBOARD,



The title was used

to get your attention, but it certainly reflects, for a lot of people, a key reason for not refereeing squash. It may not be yours. Certainly, it's been heard a number of times, and it's a logical explanation for the reluctance many people feel to take the clipboard. There are also a number of other considerations which might explain the phenomenon among people in our squash community, from simple indifference, to feeling unprepared, being reluctant to make decisions, not wanting to be in a position of authority, wanting to avoid potentially confrontational situations - you name it. Generally, few people gravitate from the playing realm to the commitment level of involvement in officiating. We'd really like you to reconsider. Maybe the emphasis should be on the reasons WHY instead of the reasons WHY NOT. Maybe doing that might jostle some of you into a new road laced with adventure, challenge and excitement. HEY! Hang on now...officiating - exciting - challenging.all in the same sentence? You bet!

Okay, okay, it's not skydiving or bungee jumping, but it sure beats just sitting there. There is the sheer challenge of having to make correct decisions in a second or two, while correctly applying the rules and guidelines. This is indeed a fast paced

BY BARRY FAGLTY

CHICKEN!

game, with a great number of elements to take into consideration all in a very short period of time. There's a unique pleasure, whether it's appreciated by the players or not, in contributing to a fair outcome of a match. When you ref, you put yourself on the line. You are, in a small way, living life on the edge - but sitting in the best seat in the house while doing it!

There are as many reasons to take up officiating as there are referees. Have you ever spoken to an active referee...you know...the one you see around all the tournaments, doing all

There's a
unique pleasure,
whether it's
appreciated
by the players
or not,
in contributing
to a
fair outcome
of a
match.

the matches? You might get an awakening. Many simply started by taking the certification clinics to better learn the rules, and be better players. However, they soon discovered it was like eating chips. You can't stop at one. The rules are intriguing and their fair

application is a quest, and when you start on the path of officialdom, you've opened a door into a different world. Scenarios start popping up in your head - discussions with other referees often turn into captivating exchanges - things that were muddy now become clear - matches that were once feared are now sought - previously unseen actions on court are now apparent - confusion is replaced by concentration and confidence.

On top of that, you discover that you've entered a community of like-minded people, and the social dimension completes the experience. Travel to various events comes with time, and in due course, you'll likely discover people and parts of your country that would have otherwise remained hidden. It is indeed a wonderful avocation, enmeshed with and a perfect complement to the passion you have for squash. Your journey up through the levels of certification is filled with doubt - then replaced by confidence, shaded by fear - then coloured by courage, and punctuated by risk - now embraced.

"Reasons or Results!" - words a famous person of many accomplishments used for life. It meant that, in life, you either wind up with the results you wanted, or the reasons why you didn't achieve those results - in other words, the excuses. Say you wanted to lose 20 pounds - if you lose them, great but if you didn't, you come up with a good excuse as to why you didn't. Happy about that? Satisfying? Then multiply this by all the other excuses you have. That's mental thumb sucking. Oh! Officiating.let's cut out the excuses, eh? On the other hand, "eagles may soar...but weasels don't get sucked into jet engines!" ☺



Brad Dussiaume, in his own words

I was introduced to squash

by my brother Grant at the age of 23 and it shortly thereafter became somewhat of an obsession. In no time at all I was playing six to seven times a week and entering all tournaments in the north that I could. It is mainly my tournament participation that got me started down the road of officiating. Because of the large number of tournaments that I was playing in, I was required to do a fair amount of officiating. This never really felt comfortable because I knew there were a lot of subtleties to the rules that I did not know. In 1983 I attended a rules clinic which was followed shortly thereafter by an officiating clinic where I obtained a D-2 designation. Brian Drew was our Provincial Examiner at the time. Brian was an excellent teacher and mentor and helped me immensely in improving my officiating skills.

In the mid-eighties, we were very fortunate to have a Pro-Am event every year in Sault Ste-Marie organized by Ken O'Jeer. At this event, I was exposed to another level of squash I had not previously seen.

I had an opportunity to referee players such as Gary Waite, Jamie Crombie, Sabir Butt, Sushane Sony, Steve Lawton and Roy Ollier. I was quickly hooked into the drama and excitement that officiating at this level can bring. At these events I was upgraded to a C-1 and continued to try and improve my skills in hopes of getting a higher certification.

This goal was temporarily put on hold when I was transferred to Toronto in 1989 as I no longer had time for tournament participation. I was commuting from Sudbury to Toronto every weekend and had little time for anything else. Once back in Sudbury permanently, I started back into the officiating in the Northern tournaments but had little opportunity to travel to open events. In 1995 I travelled to the Canada Winter Games in Grand

tions in May where I finally managed to get my B-1 designation. Shortly thereafter, Brian Drew left Northern Ontario, which left a big hole in the officiating programme in the north. I was approached by Squash Ontario to see if I would be interested in becoming a Provincial Examiner to replace Brian. I agreed and at the 1999 Canada Winter Games in Corner Brook Nfld, I was tested for and given the position of PE for Northern Ontario. Since then, I have given rule and officiating clinics in a number of locations in Northern Ontario. I am working to raise the level of officiating in the North and to increase the number of officials in the North.

Besides officiating I do squash lessons twice a week for the YMCA junior program as well as adult lessons at Collège Boréal. Teaching has proved to be as rewarding as officiating and I really enjoy working with new players. I have also been on the Northern Ontario Squash Committee for over twenty years, first as the Ranking Chair and now as the Officiating Chair.

Squash officiating has been for me one of the most challenging and rewarding experiences of my life. To maintain the level of concentration and focus necessary to officiate players in the open categories takes dedication and practice. I have thoroughly enjoyed my experiences in officiating and have met some wonderful people across this great country of ours. I look forward to further challenges in officiating and aspire to becoming an A-1 and a National Examiner sometime in the future. ☉

I travelled
to the
Canada
Winter
Games...
one of the
highlights
of my
officiating career

Prairie Alberta. This was one of the highlights of my officiating career and I had a wonderful time. This was followed by my attendance at the Na-

NEW CENTURY BUT IS ANYTHING DIFFERENT?

BY GEOFF SHEPPARD

The powers of play have shown a balanced formula in an interesting half season report. The University of Western Men continue to dominate with consistent strength throughout their order and it is very unlikely that a challenge from any other school will come again this year. Chalk up 17 in a row. Once again, it is TEAM Silver and Bronze that are up for grabs. The final season cross over tournament in Waterloo will impact the rankings going into the finals. The individual men's medalist will likely be contested within Western's own line up. Erik Zarembo continues to improve and could face upstart Tim Loat of Western. The dark horse in the field could be former junior star, Tim Nagal from the University of Toronto.

The women's competition will provide the most exciting finish in years. There seems to be four legitimate contenders fighting for Gold. The balance of power across the field of play is challenged as the depth of a six person team can make the difference. The finishing positions of league play will dictate very interesting first round match ups. The entry of nationally ranked number 6 Stephanie Richardson to the University of Toronto has opened some eyes and put the Blues in a most admirable position. Western will only get stronger as the dual sport athletes rejoin the team make-up and strengthen the depth of their line-up in defence of their title. Queen's continues to bolster a balanced attack and have shown that winning the first two tournaments was not a fluke. McMaster should not be forgotten as they will offer a stronger second half team. With such parity, the stakes for the Individual Gold title has been raised with the addition of Toronto's new number one. McMaster's Nicole Carroll will look to defend with Western's Leah Bishop and Queen's Julia Hamilton adding zest to the challenge.

With only one team tournament left to contest, the standings read:

Men		
1.	Western	56
2.	Toronto	49
3.	Queen's	36
4.	McGill	32
5.	Brock	28
6.	Waterloo	23
7.	McMaster	5
8.	Ryerson	1

Women		
1.	Queen's	47
2.	Toronto	39
3.	Western	35
4.	McMaster	33
5.	Ryerson	16
6.	McGill	10

Watch for the results in the next issue. ☉



25TH ANNIVERSARY AND YEAR-END

SQUASH SALE!

PLUS MORE!

<u>Racquets</u>	<u>Reg</u>	<u>Sale</u>
Black Knight 8110 SuperLite	\$159.00	\$ 89.00
Wilson Pro Staff 160 P.H.S.	\$119.00	\$ 79.00
Head Ti-160	\$209.00	\$179.00

<u>Shoes</u>	<u>Reg</u>	<u>Sale</u>
Hi-Tech Adrenalin Pro-New	\$109.00	\$89.00
Wilson Triumph	\$ 69.95	\$49.00



RON SLOAN
Toronto's Racquet Specialist
 1491 Bayview Ave. (at Davisville)
 SINCE 1975 416-481-0067 M4G-3A8

Enter our draw for a Head Squash Racquet, no purchase necessary.
 Sale Ends Mar 4th

Toronto's Complete Pro Shop

YOUR TAX BREAK CAN GIVE KIDS A BREAK

Squash Ontario, through the Sport Alliance of Ontario, is now able to provide charitable tax receipting for donations to junior squash - registered charity #889386868RR0001. A fund has been established
The Lee Hanebury Junior Fund,
to provide long term support to junior squash in Ontario.

HOW WILL THE MONIES BE USED?

- * to sustain junior programmes across the province (Sudbury, Thunder Bay, London, Ottawa, Belleville)
- * to make coaching and court facilities available and more affordable to a broader group of young people
- * to introduce the game to greater numbers of schools and school children, including the creation of an Ontario High School Team Championship
- * to assist our highest level juniors receive advanced coaching and preparation for national competitions
- * to support Ontario's Canada Games programme
- * to support our Ontario Inter Games programme

HOW DO YOU GET YOUR TAX BREAK?

- Yes, I want to contribute more to help junior squash in Ontario.
 \$15.00 \$25.00 \$50.00 \$_____

Name: _____

Address: _____

_____ Postal Code _____

THANK YOU FOR SUPPORTING JUNIOR SQUASH PLAYERS

Mail, e-mail or fax your completed form to:

Squash Ontario
1185 Eglinton Avenue East
Toronto, ON M3C 3C6
Telephone: 416-426-7201
Fax: 416-426-7393

E-mail squash.ontario@sympatico.ca
To donate online go to
www3.sympatico.ca/squash.ontario



COUNTER STRATEGY, PART 1

BY MIKE WAY

What to do? What to do?

Most competitive players have heard the term "counter strategy" - some house league players also.....or was that just a dream? Unfortunately, very few apply such a thing.

So, first of all, what is it? Quite simply, its part of your game plan that makes it more difficult for your opponent to play shots or apply their game that hurts you - either literally by making you run too far or fast or chalks up more points through their winners or your errors.

Most players - no, not 51%, probably more in the region of 99.1%, play the same game no matter what the circumstances. Many try harder and harder in the face of adversity - an admirable thing that would make your papa proud. But if we could apply a little oxygen above the neck, or maybe take one of those new "smart" pills, we might have greater success.

Counter strategy is not complicated. It is always simple. It doesn't mean, when applied, that you always win; often you will. It means it will be more difficult for your opponent to win points or make you run. It will assist you in creating more attacking opportunities.

A counter strategy has to be within your capabilities. It is important to remember (1) you must develop your own basic game plan, i.e. play to your strengths, exploit your opponent's

weaknesses and (2) if you are under performing i.e. too nervous, solving that should be your first priority.

Let's now look at some specific strategies that will work for you.

1. What to do against pace.

Your opponent is hitting the ball hard and you're uncomfortable out there - being rushed - getting frustrated and making errors.

Solution:

Length first; focus on the back corners. If this doesn't work, play the opposite i.e. hit a few lobs to slow down the pace of the match. This will give you more time to get to the "T" to grab some O₂. Hard hitters like the ball low, so put it up high. You can still hit hard to attack - when you're balanced.

If you're an advanced player, you can try moving forward to take the ball a bit earlier, not necessarily to hit it hard but to get in front to stop him dictating. This last strategy is more difficult and requires good ball control and quick hands.

2. What to do against a good volleyer.

Solution:

You have 4 things to consider: is your straight length tight enough?; are your cross courts wide enough?; are you too readable, predictable from the back (maybe just hitting straight for example)? Have you tried hitting the ball higher and softer or lower and harder?

Low, hard drives are the toughest to deal with but you may lose accuracy

with the extra pace and it is a more tiring strategy. Remember, you won't be able to eliminate your opponent's volleying but if you reduce the percentage by even a small margin, it is possible to turn things around.

Rarely is a player strong in all aspects of the game and/or on both backhand and forehand. When attempting to turn a losing match, always build from length as well as adopting a counter strategy. And remember, it often takes a very small change in a game plan to actually turn a match around.

The difference between winning and losing in all sports is usually measured in the smallest ways, whether it be golf strokes, first services in tennis, track and field events, whatever. Having to employ a counter strategy and succeeding is extremely rewarding. Try and measure the success of counter strategy in ways other than victory or loss i.e. can you reduce the percentage of volleys? Can you extend the rallies and therefore the match? Can you take away your opponent's favourite attacking shot/position? By doing this you will be focusing more in the moment; you will feel engaged in the challenge; it will increase your powers of concentration; it will toughen you up; it will give you confidence and make you a smarter player. Above all even in the event of a loss, you will feel greater satisfaction having challenged yourself and not just gone through the motions or capitulated.

It is difficult for most athletes to relax and enjoy the moment of competition. But it is very possible, through mental training skills, practice and awareness,

to become a "challenger" when the chips are down.

In Part II, we will look at what to do against a good drop shot - a working boast - a lob.

Mike Way is the squash professional at the Toronto Racquet Club, home of the National Squash Training Centre. Players training with Mike include world number 1, Jonathan Power, Graham Ryding and a host of up and coming young Canadian players. ©

Breaking News

BRITISH COLUMBIA WINS NATIONAL MEN'S TEAM SQUASH CROWN

British Columbia won two medals including the gold at the Canadian men's team squash championships held at the Jericho Tennis Club. Ontario's team of Scott Kemp-Gee, Dennis Lynch and David Mosher finished out of the medal round.

MANITOBA STEALS CROWN FROM ONTARIO

Carolyn Russell of Winnipeg, Canada's number-two ranked player, won the title clinching match Sunday to help Manitoba defeat Ontario 3-0 at the Canadian women's team squash championships. Russell, a member of Canada's Pan Am Games champion team, defeated Canadian number-seven Stephanie Richardson of Toronto in the second match of the best-of-three final 3-0 (9-6, 9-3, 9-1). In a wildly exciting first match, Alana Miller of Winnipeg edged Seanna Keating of Toronto, Ontario, 3-2. In the fifth and deciding game, Miller nearly squandered an 8-0 lead. The third match in team play is played regardless of the score, and Danielle Parent of Winnipeg defeated Shauna Flath of Ottawa 1-1 (ret.)

Quebec defeated Alberta for the bronze medal 2-1. B.C., placed fifth, Ontario #2 was sixth, Newfoundland seventh, Nova Scotia eighth, Saskatchewan ninth and the Yukon 10th.

Squash Ontario congratulates members of its two women's teams, Stephanie Richardson, Seanna Keating, Shauna Flath, Nicole Carroll, Jodi Melville and Ruchika Kumar. ©



If you think one Insurance Broker can not satisfy all your insurance needs...

think again

Curtis Insurance Ltd.

Serving Canadians since 1945
and representing Canada's leading Insurers

In partnership with Squash Ontario and *infoLINK* we 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

Curtis Insurance Ltd.

75 The Donway West, Suite 605, Don Mills, M3C 2E9
416.447.4499, fax 416.447.4495, Watts 1.888.647.6730
John Boynton, President or Jamie Bentley

court chatter...

...continued from page 3

FITNESS INSTITUTES SALE IMMINENT cont....

is looking very seriously at purchasing the Fitness Institutes.

CANADIAN JUNIOR OPEN

Congratulations to Ontario's Shawn Delierre and Alisha Turner on winning the Canadian Open Under 19 and Under 13 titles respectively. The event, hosted by The Glenway Club in Newmarket, had an excellent international draw of over 200 Canadian, American and Mexican athletes as well as representation from Colombia and Barbados.

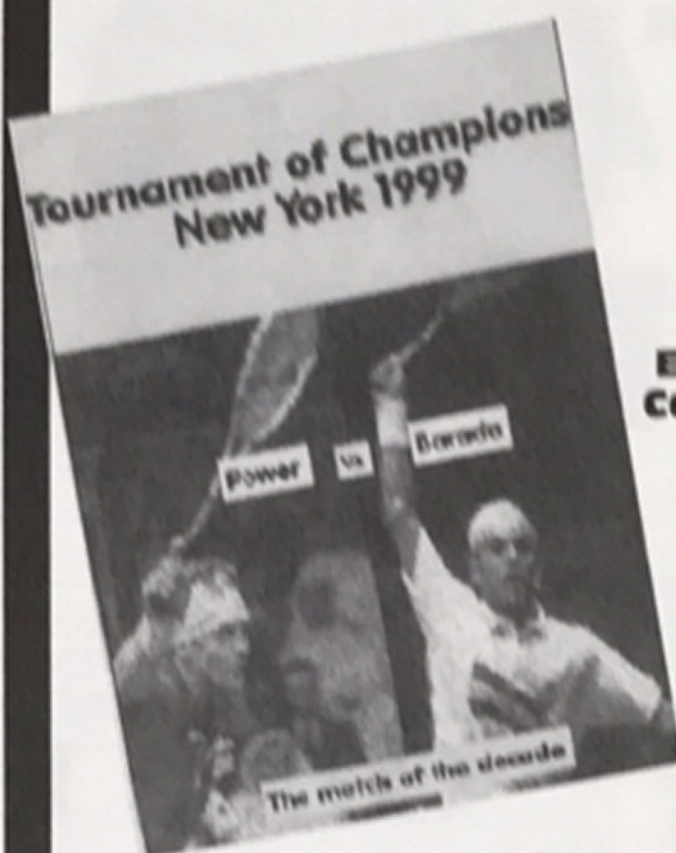
DEAD NIC DOUBLES Well done to Squash Ontario's president Peter Ward and his partner, Steve Bellman who captured the Dead Nic Men's Doubles title and congratulations to women's champions' Tammy Sangster and Jody Warden. The hardware in the mixed event went to Ted Ruse and his partner, Deanna Choy.

2000 WORLD DOUBLES Entries close March 10th for all events. For further information, contact the USSRA at 610-667-4006 or e-mail 2000world doubles@us-squash.org

FULL TIME SQUASH PROFESSIONAL WANTED

This premier, adult only, squash and fitness club is located in the centre of downtown Calgary. It boasts four international squash courts, a large fitness centre, aerobic studios and a 20 meter lap pool. This club is owned by Trizechahn and managed by Health Systems Group. The successful applicant must be certified at a minimum of Level II in the National Coaching Certification Program, and have D-4 Officiating Certification. A large amount of their time will be spent interacting with members, and they should be capable of effective programming and its successful implementation. The base salary and % of lesson revenue to be negotiated with successful applicant. Fax or send resumes, by Feb.29,2000.

Attention: Kathy Lundmark
Bankers Hal Club
Suite 402, 315 8th Avenue S.W
Calgary, Alberta T2P 4K1
Tel: 403 298-4758
Fax: 403 261-1039



Complete matches of THE TOURNAMENT OF CHAMPIONS 1999

from the round of 16 to the finals.

Filmed in a close-up manner by Jean Delierre (Squash Pro, Producer, Videographer). This method of filming gives viewers the impression of being right on court and inches away from the players as they battle for every point.

Jonathon Power Vs Ahmed Barada

Cost: \$44.75 (tax incl.) + shipping

Or, for the same price and from the same tournament, any of the following two matches featuring the best players in the world:

- J. Power Vs P. Nicol & A. Barada Vs P. Johnson
- S. Parke Vs D. Ryan & P. Nicol Vs D. Evans
- A. Barada Vs A. Gough & P. Johnson Vs D. Harris
- R. Eyles Vs D. Harris & P. Johnson Vs S. Boswell
- A. Gough Vs D. Jenson & A. Barada Vs O. Elborossy
- M. Heath Vs B. Davis & J. Power Vs R. Durbach
- J. Power Vs B. Davis & P. Nicol Vs S. Parke

SPECIAL OFFER FOR A LIMITED TIME ONLY

All of the above matches for \$260.00

to order contact Squash Ontario

Tel: 416-426-7201 or e-mail squash.ontario@sympatico.ca
www3.sympatico.ca/squash.ontario

HARNESSING THE ENERGY

Guy Bradbury is the General Manager of the Sport Alliance of Ontario which is a private, non-profit organization representing the sport and recreation movement in Ontario. It's mission is to lead the progressive development of sport in Ontario, and provide support and services to Ontario's sport and recreation community. Partners include over 100 Ontario sport and recreation organizations, including the Provincial Sport Organization Council, Parks and Recreation Ontario, Ontario Federation of School Athletic Associations, Ontario Colleges Athletic Association, Ontario University Athletic, and the Ontario Physical and Health Education Association. You can learn more about the Sport Alliance of Ontario at www.sportalliance.com

Somewhere amongst all the rhetoric

is the truth! The Federal Government's proposed bail out for the National Hockey League was opposed with such vehemence that the foundation of government's relationship with the taxpayer was shaken. Governments from time to time support industry initiatives for the betterment of that industry or even a community, but professional sport in Canada is perceived as a group of very wealthy individuals and not in the same light as other businesses. Now we know we, the public, can make a difference when it comes to changing government direction. The idea of support for professional sport is not going to go away as a result of the recent decision. The pro sport industry will just make its arguments more tangible to the general public. The employment factor, the tourism potential, the taxation spin off, the public good will, etc. will all be raised again. Other industries promote their benefits all the time. But to provide funding for a business in which the egos of the owners and players are more self-serving than the traditional consumer-related providers hits a nerve. Individuals are involved in professional sport to make money, and Rod Bryden should have done his calculations a little more carefully before taking the plunge as an NHL owner. The issue will arise again, and supporters of amateur sport need to be ready to respond.

There is cause for hope. An unexpected element in the debate was the number of people who suggested that if money was available for sport, it should be amateur sport. Both well-known and obscure Canadians pointed out that national team athletes live on allowances of \$ 450 per month

while NHL players and owners do quite a bit better. Howie Meeker, the ex-NHL player, coach and commentator spoke with passion about the needs for a true national, grassroots hockey program, which would provide opportunities for average players and not just the elite. This shows that amateur community sport is closer to the top of most people's mind than we sometimes think. There is an opportunity for the amateur sport community to make our views known.

This is a prime time for the amateur sport community to let politicians know that amateur sport is making a difference to the lives of Ontarians. We have tangible examples of this impact. We can show that sports such as squash play an important role in the healthy social, mental and physical development of Ontarians. Amateur sport enthusiasts have the right to feel good about what we heard from the general public, and what we can do in the future. Sport in Ontario has more than 2.0 million registered participants and more than 600,000 volunteers- a powerful lobby if we are able to harness the energy. When one person in the stands cheers for a great play, there is little impact. Just imagine what 2.0 million can do!

This is the time to congratulate the Prime Minister on reversing the planned bail out and to praise the Premier for not opening the Ontario treasury to pro teams. When you write, remember to point out the need for supporting amateur sport. Your letter will make a difference, especially at a time when public opinion is focussed on these issues. If you are on-line, you can contact the Prime Minister through his web site at <http://pm.gc.ca> and the Premier of Ontario at www.premier.gov.on.ca. Just by spending five minutes you can help persuade our elected leaders to put the money where it belongs - in community sport programs for Ontarians and all Canadians.

Guy Bradbury.