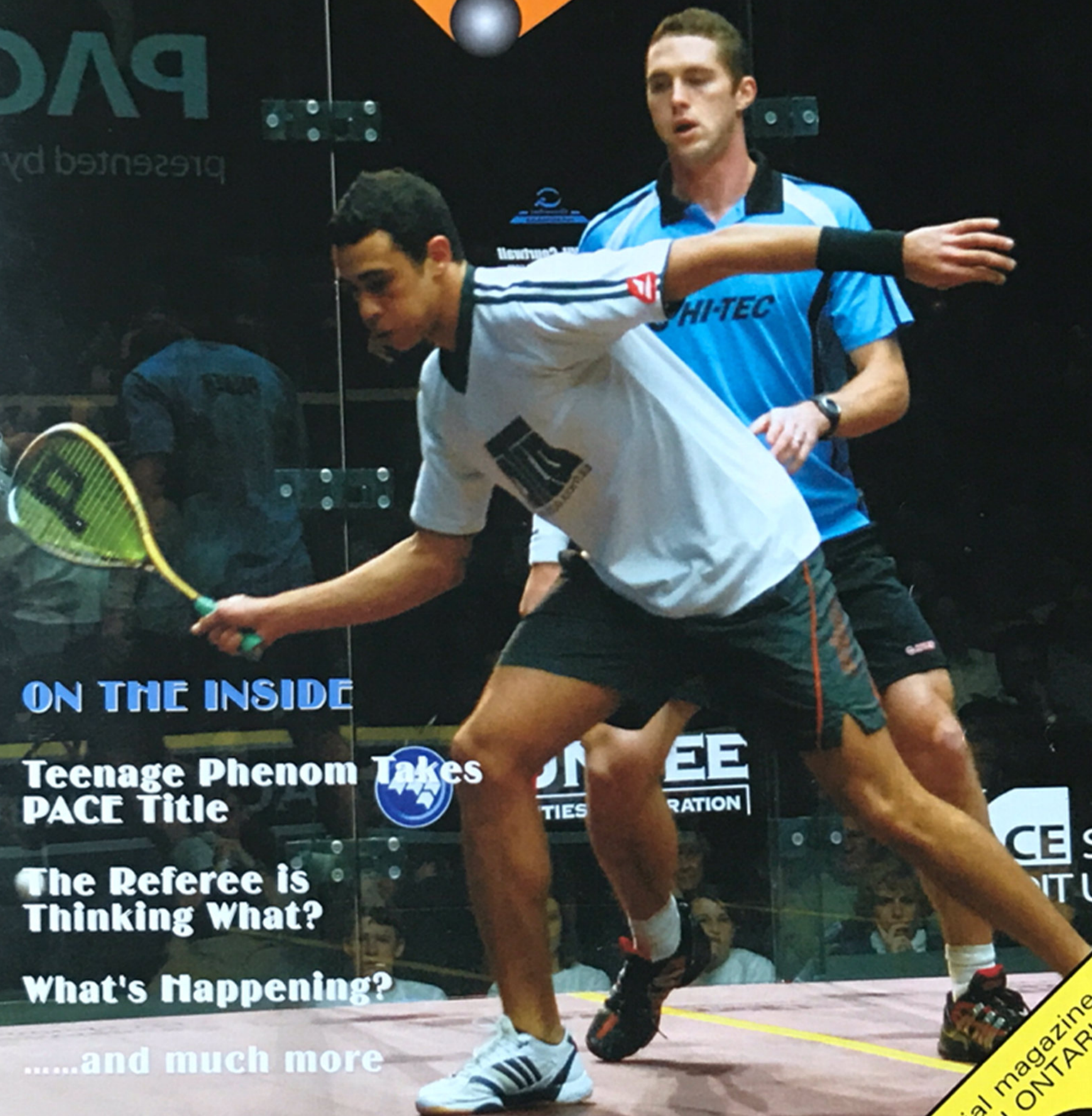


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Life



ON THE INSIDE

Teenage Phenom Takes
PACE Title



The Referee is
Thinking What?

What's Happening?

.....and much more

The official magazine of
SQUASH ONTARIO



contents

Winter 2007

Volume 32, Number 3



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feature

- 4 A Frenetic PACE in Toronto
A Star is Born**

departments

- 7 Events
Upcoming Tournaments**
- 8 Association
What's Happening with Squash Ontario**
- 12 Regions
A Spotlight on the North**
- 14 Rules
Interference Line of Thinking**
- 14 Coaching
The Joy of Coaching**
- 16 Sport Injury
Hamstrung by a Hamstring?**



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PACE | **canadian squash classic**
 presented by Dundee Securities Corporation



A STAR IS BORN

Egypt's Ramy Ashour Takes Toronto by Storm

An international flavor permeated all elements of the 7th annual PACE Canadian Squash Classic, presented by Dundee Securities, at the John Bassett Theatre in the Metro Toronto Convention Centre. And the 3000 plus fans who attended were never disappointed, as they were treated to the most spectacular squash ever played on Canadian soil.

Advancing to Super Series status with a 32 player draw for 2007, the PACE Canadian Squash Classic attracted the top

ranked players in the world. Entering its fourth year as title sponsor, PACE Savings & Credit Union continued to drive the tournament's expansion, enabling increased prize money of over \$90,000 for the first time in Canadian Squash history. Noticeable among the acknowledged kingpins of the sport was a new legion of young elite players, led by the almost invincible teenage superstar 19-year-old Ramy Ashour from Egypt.

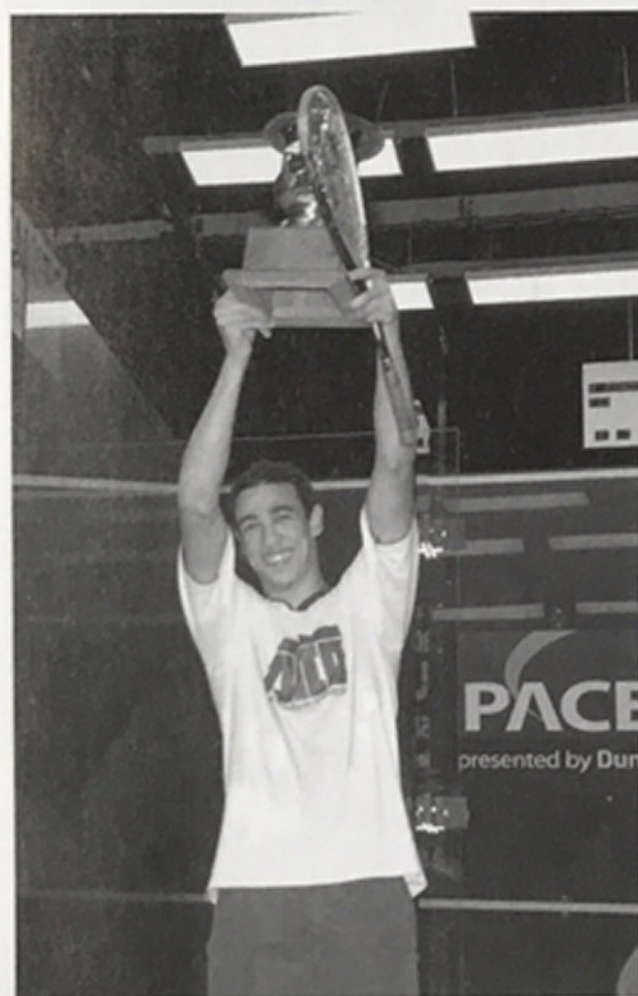
Clearly, squash has turned a new page in its sports history,

with fresh young challengers prepared to wreck havoc with the established order.

A hotbed of squash aficionados, Toronto fans were treated to a virtual United Nations of talent, with Egypt and Australia clearly the masters of the game. Their national players dominated the quarter and semi-finals of the tournament, where it finally came down to Australian veteran David Palmer, reigning World Open Champion and world #2 versus the young Egyptian superstar Ramy Ashour, who literally leapt onto the world senior stage during the last six months.

But as John Nimick, president of tournament organizer "Event Engine" acknowledged, "Squash at this level is more than just pure sport. It becomes a full action-packed evening with the ambiance and staging of the theatre providing the perfect backdrop for sports-entertainment at the elite level".

And while the mighty matches were certainly the daily centerpieces of the 2007 PACE Canadian Squash Classic, it was the subtle international nuances that distinguished this tournament from other comparable world ranked events.



A popular victory and champion, Ramy Ashour



Ashour stretched but never challenged by Palmer

It began with a special acknowledgment to Britain's immense contribution to the world of squash which preceded Wednesday's quarter-final matches with Michael Moon, senior representative for the British Consulate General in Canada, and Britain's #7 world-ranked James Willstrop accepting the honors.

On Thursday evening, Egypt's Ambassador to Canada 'His Excellency Dr. Mahmoud El-Saeed' was joined by the powerhouse Egyptian team including the brothers Ashour, Karim Darwish, Wael El-Hindi and world #1 Amr Shabana. Midway thru the evening, representatives of both the Australian Consulate and the Trade Commission were recognized with David Palmer, Anthony Ricketts and Stewart Boswell taking the salute with their national representatives on the main stage.

One suspects the event organizers had either a crystal ball or incredible good luck in their pre-planning, as both the semi-final and final matches were the exclusive enclave of the consistently powerful Egyptian and Australian players.

National flags carried by squash kids during stage presentations and themed cuisine depicting these countries,

served in the Tom's Place lounge, continued the international flavor throughout each evening of the tournament.

Juggling the dynamics of pre-taped television coverage (produced for the first time ever in high-definition for TSN) and an 850 plus live audience each evening is always a challenge for event organizers. The solution was to create live "television" each evening for the attending audience with TSN host Victor Rauter and color commentator Martin Heath, a former world ranked player, providing instant color and presentations after each match. They were joined by special guest Jonathon Power, who provided his unique insight about the individual players and matches played each evening. A legend in the sport, Power was equally unabashed in his commentary for both the live and tv audiences.

Leveraging the daily tv highlights, Telimage Productions (under the guidance of veteran producer Jean De Lierre) captured all the action and special moments on giant tv screens suspended from each side of the stage. Combining the assets of multiple tv camera locations with big screen live coverage gave the audience unlimited viewing and perspective from the comfort of their

plush theatre-style seats. For those who missed or want to revisit the tournament action, sixty minutes of primetime television coverage will be carried on TSN Saturday March 17 at 1:00 p.m.

Closing evening received special treatment with a tribute to the great Canadian Jonathon Power who was recently inducted into the Canadian Sports Hall of Fame. Joined by



A tribute to Jonathon and Sita (now proud parents of baby girl, Parker)

his very pregnant wife Sita (who was literally moments away from delivery), the highlights of Jonathon's career were captured on a filmed tribute created by Debra Tessier. Following the tribute, the legendary Sharif Khan presented a special 'platinum record' to Jonathon in recognition of his incredible contribution to not only the world of squash, but his past successes and unwavering support of the PACE Canadian Squash Classic.

Throughout the entire tournament, Jonathon was omnipresent. He jokingly kidded that he'd probably done more tv, radio & newspaper interviews during the 2007 PACE Canadian Squash Classic, than he ever did when he was playing. Clearly his new role, as a sport ambassador, suits him well.

Following Friday's finale, PACE Savings & Credit Union President and CEO Larry Smith was joined by MPP Frank Klees for a cheque presentation to John Blanchard, President of Prostate Cancer Research Foundation, bringing the total to over \$50,000 for the tournaments recipient charity.

Dunlop, an official sponsor of the tournament, graciously invited the entire audience attending the final to a post-final champagne reception to meet Jonathon and the other finalists at the Classic. On hand for the occasion were Canada's Graham Ryding, David Palmer, Amr Shabana, Ramy Ashour and France's Gregory Gaultier.

Earlier that evening, Patrick Ryding (brother of Graham Ryding) won the first ever Pro-Teaching Championship against the Cambridge Club's Josh MacDonald. Resident pro for Newmarket's Glenway Club, Ryding dispatched MacDonald, winning three of four games in the 33 minute match. A well-earned victory, Ryding faced squash professionals from the major squash clubs across Ontario and Quebec. The competitive edge must be somehow linked to the genes.

In one of the most astonishing finals seen for years, Ramy Ashour of Egypt played brilliantly to steam roll over the world number two, David Palmer of Australia. Ashour was armour-plated in his attacks and Palmer could find no chink in the armour. Ashour had an answer for everything Palmer offered and most of those answers found the ball nestled in the nick for an outright winner.

Ashour's reading of the game and his blinding speed were simply too much for the 29 year old Australian who has been in the world's top ten for nearly seven years. The brilliant young Egyptian ran away to win the first game 11-7 in under ten minutes and then raced through the second 11-3 in under eight minutes. It was almost a humiliation for Palmer and he could do nothing to stem the tide as Ashour washed over him 11-4 in the third game to finish the 31 minute whitewash.

"He picked me to pieces," Palmer said of his opponent. "I thought I started well and then hit a couple of errors and lost it. I tried changing the game, but that didn't work either."

Ramy was his usual bubbling self: "It was a good day for me - I always try to enjoy myself. I play every match as though it is the last match of my life," said squash's most impressive new star.



Terrific group of helpers....thank you

UPCOMING EVENTS

ONTARIO CHAMPIONSHIPS

Please note that all registrations are through Squash Ontario at www.squashontario.com

EVENT	LOCATION	DATE
Ontario Men's and Women's Open Doubles Championships	Granite Club, Toronto	February 23 - 25
Ontario Open and Age Categories Soft Ball Championships	The Club at White Oaks, Niagara on the Lake	March 2 - 4
Ontario Mixed Open, 40+, 50+, and B Doubles Championships	Granite Club, Toronto	March 23 - 25
Jester/Harder Ontario Junior Open Championship	The Club at White Oaks, Niagara on the Lake	April 6 - 8

CANADIAN CHAMPIONSHIPS

Please note that all registrations are through www.squash.ca

EVENT	LOCATION	DATE
University and College Squash Championships	University of Toronto	March 9 - 11
Canadian Doubles Championships	Mayfair Parkway Racquet & Fitness Club, Markham	March 9 - 11
Canadian Junior Closed Championships	McGill University, Montreal	April 26 - 29
Canadian Senior Closed Championships	Glencoe Club, Calgary	May 2 - 5

SPECIAL EVENTS

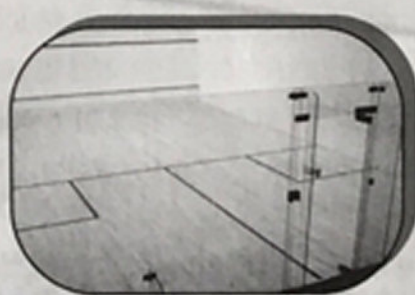
EVENT	LOCATION	DATE
The Art of Coaching Conference Registration: squashontario.com	The Club at White Oaks, Niagara on the Lake	March 16 - 18
Official Opening Ontario Squash Hall of Fame Details to be announced	The Club at White Oaks, Niagara on the Lake	Saturday, April 7th



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ASSOCIATION

ASSOCIATION

Annual Meeting

The Squash Ontario Board of Directors has set the date of Saturday, June 2nd for the 2007 Annual and General Meeting of Members. It will be held at the Sportalliance, 1185 Eglinton Avenue East in Toronto.

The annual meeting is a wonderful opportunity for the Squash Ontario family to gather - all of the regional presidents are in attendance and our individual standing committees (High Performance, Doubles, Masters and Officials) hold their own mini-annual meetings.

The day is also given over to recognizing the outstanding contributions many of our volunteers make on behalf of both the game and Squash Ontario. In addition, we also spotlight the coach of the year with the Black Knight Coaching Achievement Award.

The Board has also named the Nominating Committee for 2007 - 2008 which is tasked with an almost impossible feat - to find people to replace Lolly Gillen and Robbie Osher, both of whom have served their full five year terms on the Board. Squash Ontario is losing two extraordinary people who have given so much of their time to the Association and to the game - it would be very difficult to measure their contributions.

The Nominating Committee is chaired by Rob Brooks, past president of Squash Ontario. Anyone who is interested in becoming involved at the Board level is encouraged to contact Rob at 905-760-2220. Ideally, we are looking for people who have a very broad knowledge of the game at the local, regional and provincial level.

Ontario Squash Hall of Fame

As many will remember, the inaugural induction ceremony and dinner took place in 2005 at the Badminton & Racquet Club in Toronto. Our first inductees were Ian C. Stewart, Susan Swift, Sharif Khan, Jim Mason and Jack Fairs. It was the goal of the Squash Ontario Board of Directors to establish a physical Ontario Squash Hall of Fame and it tendered out the venue to all of our squash facilities. The Board awarded the location to The Club at White Oaks.

Plans are well underway for the official opening of the Hall which is planned for Saturday, April 7th. The Ontario Squash Hall of Fame Board of Governors (Rob Brooks, Anne Smith, Scott Dulmage, Gail Pimm and Vincent Taylor) felt it was important to hold the opening in conjunction with a major squash event. The Jesters/Harder Ontario Junior Open was a perfect vehicle.

Please watch the Squash Ontario website (www.squashontario.com) for further details.

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Trillium's Progress

By Matt Easingwood

Squash Ontario's 'Squash-Fit to Play' program has been out in Ontario visiting clubs to conduct junior clinics and meet with the local coaches. Program coordinator Matthew Easingwood, and assistant coach Tim Loat are visiting clubs throughout Ontario to conduct free junior clinics and meet with the local coaches and programmers.

So far this season, the 'Squash-Fit to Play' program has visited the Peterborough Goodlife, the Northumberland YMCA, the Georgetown Racquet Club, the Sunshine Club in Orillia, the Kingston YMCA, the Oshawa Civic Auditorium, and the Northfield Club in Waterloo.

Part of this project involves bringing high-performance juniors in to play an exhibition match and help train the local young squash players. Helping bridge the gap between beginners and advanced players, the local juniors get to meet and train with some of Ontario's best juniors such as: Albert Shoihet, Ethan Shoihet, Andrew Silvestri, Owen Butler, Jennifer Pelletier, and Patrick Morkus. Truly a great success!!



Matt Easingwood (top left) and Tim Loat (top Right) with "Fit To Play" Orillia Juniors Photo Credit: Lacey Sheppy, Orillia Packet & Times

This season, 'Squash-Fit to play' has also increased its funding for clubs to place our professionally designed advertisements in their local newspapers. Clubs who participate in the newspaper program also receive free HEAD Inc. racquets and eye guards.

The program has several other valuable resources for the clubs:

- ! Subsidies for coaches to take NCCP courses
- ! Financial support and free HEAD Inc. equipment for new junior programs
- ! Free posters to promote club junior programs
- ! 'The Club Guide to Junior Squash' handbook with lots of drills, games, and programming tips for successful junior squash programs.

TO LEARN MORE VISIT OUR WEBSITE: www.playsquash.ca and contact Matthew Easingwood at measingwood@squashontario.com

Ontario Men's Teams

Unfortunately, our Men's teams did not fare as well as the distaff side at the Canadian Men's Teams Championship. As Ontario was hosting at the beautifully renovated The Club at White Oaks, we were able to select two teams. Ontario Team #1 included Dane Sharp, Chad Dommasch and Bertrand Tissot. Jamie Nicholls, Sanjeev Chada and Andrew Jones made up Ontario Team # 2. Both teams finished out of the medal round.

Ontario Women's Team "Golden"



Good As Gold - (from left) Laura Gemmell, Katie Patrick and Tara Mullins

The Ontario Women's Team, comprised of Katie Patrick, Tara Mullins and Laura Gemmell, traveled to Vancouver in mid-January to represent this province at the Canadian Women's Teams Championship. They came up against very stiff opposition from the Western provinces. The team beat Alberta in the semi-finals 2/1 and took the title with a similar score over British Columbia in the final.

Western Canadian Masters Teams



Team Ontario, Western Canadian Masters Team Event

Again Ontario teams came up short of the gold medal. This was Ontario's first year hosting the event and it followed at The Club at White Oaks on the heels of the Canadian Men's Teams. Unfortunately, only 6 teams were in the draw with British Columbia opting not to send a representative; two teams from Alberta, two teams from Ontario and one team each from Manitoba and Saskatchewan. Manitoba was just too strong and took home the honours this year.

We congratulate all members of Teams Ontario - Eric Dunn, Elka Markus, Eliot Frymire, Jane Hicks, Wayne Pye, Lisa Coates, Gaetan Godin, Elka Markus, Mike Bertin, Julie Walker, Viola Hennessy, Robert DeValk, Barbara Byrne, and Royal Metcalfe.

Squash Ontario wishes to thank Fila Canada for sponsoring all of our teams. While in most cases, we did not win the battle on the court, we certainly did off court!

Quest for Gold

The Quest for Gold Ontario Athlete Assistance Program 2006/2007 (OAAP) is funded by the Provincial Government of Ontario, through the Ministry of Health Promotion. The Program will provide direct financial assistance to Ontario athletes through an "Ontario Card" designation. The intent of the OAAP is to provide funding to individual athletes based on their demonstrated commitment to high performance sport, allowing them to pursue athletic excellence at the highest levels of national and international competition.

Members of the Selection Committee were appointed by the Board of Directors and included chair, Rob Brooks, Marnie Baizley, Katie Patrick

and Nicole Pirko. The Committee identified a funding gap for Ontario junior high performance players who are on national junior squads or espoir squads but who may not be receiving financial assistance. It set out very clear and concise selection criteria which was approved by the Ministry of Health Promotion and in January, announced the 8 athletes who met the criteria. We congratulate:

Samantha Cornett, Rebecca Hazell, Tyler Hamilton, Brian Hong, Carly Hong, Jennifer Pelletier, Fred Reid, and Nick Sachvie

Please note that Laura Gemmell and Jennifer Gemmell were also selected for an Ontario Card but declined selection.

Yukon Gold Rush!

Whitehorse is at Historic Mile 918 (current kilometrepost calibration is kilometre 1,425.3) of the Alaska Highway and is the former terminus of the White Pass and Yukon Route Railway from Skagway, Alaska (although the rails are still there, the train only goes as far as Carcross now). At the head of navigation on the Yukon River, the city was an important supply and stage centre during the Klondike Gold Rush. It has been the territorial capital since 1953, when the seat was moved from Dawson City after the construction of the Klondike Highway. Whitehorse is in the mountain climate region, the tundra soil region, the arctic vegetation region, and the boreal cordillera ecozone.

The city gets its name from the White Horse rapids, which were said to

look like the mane of a white horse. The rapids have disappeared under Schwatka Lake behind a hydroelectric dam, which was completed in 1958.

Nowadays Whitehorse is a government town, and it is the home of the main campus of Yukon College. A \$45 million (CAD) multiplex centre has been built for the Canada Winter Games in 2007. Whitehorse also previously hosted the 1972, 1980, 1986, 1992 and 2000 Arctic Winter Games.

What a magic time for all the young athletes who will be travelling to this historic part of Canada to compete in the Canada Winter Games.

Coaches Mark Sachvie and Nicole Pirko have been readying our team for their trip to the Yukon. Members of the team participated in a number of major warm up events over the past several months including the Canadian and U.S. Junior Opens and the British and Scottish Junior Opens. TEAM ONTARIO IS READY!

The team, comprised of Samantha Cornett (Dunrobin), Laura Gemmell (Toronto), Carly Hong (Toronto), Brian Hong (Toronto), Chris Sachvie (St. Catharines), Nick Sachvie (St. Catharines) and Colin West (Toronto) will join hundreds of their peers from 11 different sports when they compete in the 2nd week of the 2007 Canada Winter Games.

2006 Squash Ontario Golf Tournament

The beautiful Angus Glen Golf Club (home of the 2007 Canadian Open), will once again host the Squash Ontario Golf Tournament to raise funds for junior squash. The date is Saturday, August 25th and the cost \$150.00 per entrant. \$15.00 of each registration fee goes directly to junior squash development in Ontario.

Watch the Squash Ontario website (www.squashontario.com) for further details.



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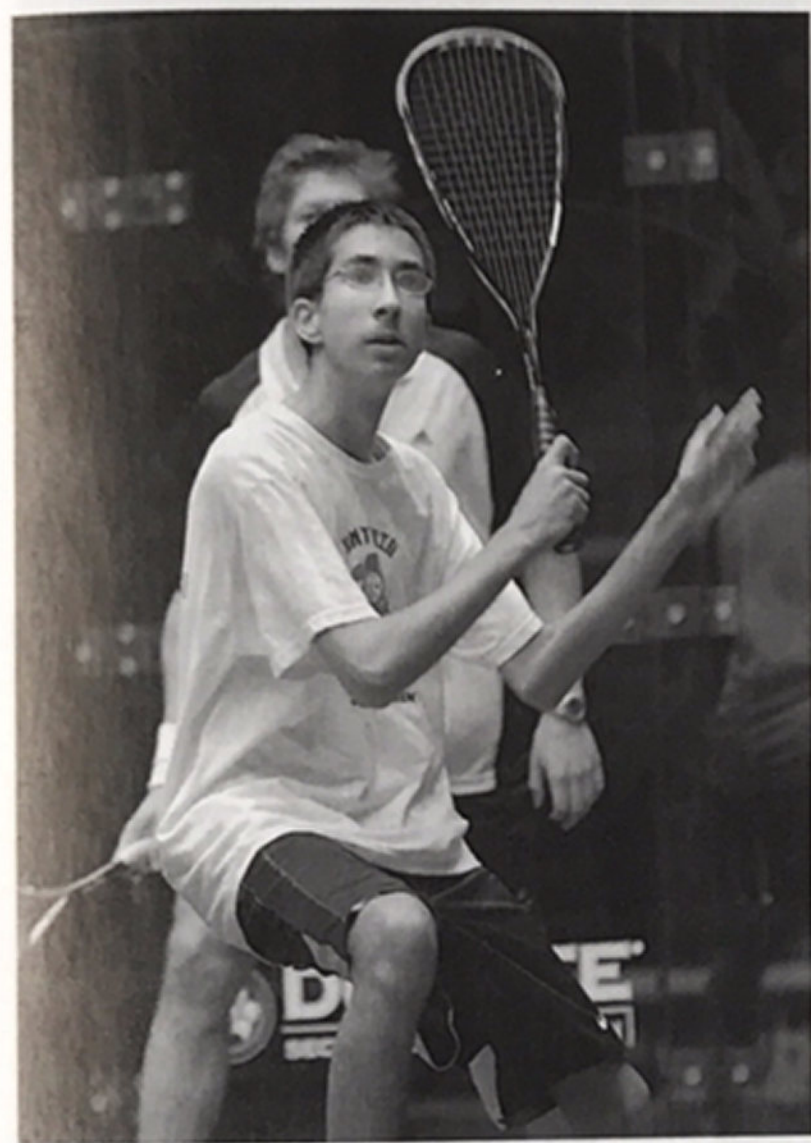


JANUARY JUNIOR JAM

By Liz Shaugnessy

Young Royan Sovig of Markham had no idea that his participation at the Junior Jamboree for youth squash players, held during the internationally ranked PACE Canadian Squash Classic Jan.8-12th in Toronto, would deliver the opportunity of a lifetime for the budding squash enthusiast. Sovig won the opportunity to play with the legend of the sport, former world #1 Jonathon Power.

Over 80 kids from across the GTA participated at the "Junior Jam", held on Sunday, January 8 at the Mayfair Racquet & Fitness Club, which brought together the top 12 world ranked players to coach young Toronto & area squash enthusiasts. The professional squash players, in town for the first Super Series event of the year, graciously gave up



A thrill of a lifetime for Rohan Sovig, hitting with idol Jonathan Power. Photos David Barry



their time for the kids on Sunday afternoon.

Fifteen-year-old Unionville resident Royan pulled the lucky number and the opportunity to play one-on-one with the great Jonathon Power, recently inducted into the Sports Hall of Fame, on the international all glass court on Friday afternoon of the PACE Canadian Squash Classic Final.

Rohan began playing recreational squash at age 7 with his parents Graham & Nira, but quickly grew beyond their abilities. By 10 years of age, he was playing competitively, under the guidance of Rob Brooks at the Fabulous Fitness Club in Concord. Brooks, a past president of the provincial association "Squash Ontario", has spear-headed a number of youth programs and tournaments, including his club's twenty participants in the Junior Jamboree.

In a curious twist of fate, Rohan's club "Fabulous Fitness" is the same club where young Jonathon Power and his family played squash together in the late '80's and early '90's.

For Rohan, it was the opportunity of a lifetime and confirmed his participation in the sport he loves. Asked if he was entertaining a professional commitment to the sport, he quickly answered, "I'll always play squash as it helps me stay fit and fresh mentally. However, I've chosen to pursue a career as an urban planner", said the methodical young Markham resident.

Jim Mason Fair Play Awards

Fair play - integrity, fairness and respect - these are the principles of fair play. It means showing respect for the rules - for the officials and their decisions - and respect for your opponent. It incorporates the concepts of friendship, fun and playing within the right spirit. It is, in fact more a way of thinking than a way of behaving.

Jim Mason, a long, long time advocate for and supporter of junior squash in Ontario not only believed in these principles but practiced them on a daily basis. He instilled these principles in the thousands of young lives he touched both on and off the court.

Many years ago, to honour Jim Mason, the Squash Ontario Board of Directors created the Jim Mason Fair Play Awards. One junior boy and one junior girl are selected annually as nominated by their peers, coaches, officials, administrators or parents.

Do you know a junior girl or boy whom you think is deserving of a Jim Mason Fair Play award? If so, please write a short nomination including specific examples of when or how your nominee personified the principles of fair play and fax it to 416-426-7393. Nominations must be received by March 15th and the recipients will be announced at the 2007 Ontario Junior Open Championships, April 6 - 8 in St. Catharines.

northern exposure

By Richard Yendell

In April 2006, Squash Ontario applied to the Ministry of Health Promotion for a grant to conduct junior skills development camps at squash facilities outside of the greater metropolitan Toronto area. One of the goals of these camps is to provide coaching at facilities where perhaps no trained coach is on staff or available. The program is extensive and once we knew we were receiving the grant, we knew we needed someone committed and capable of directing the program. We are fortunate to have found Richard Yendell who is not only a fine player but is also absolutely passionate about growing squash in the province.

Reviving and revitalizing the regions is not the job for one person. It takes everyone within each individual region working together to promote and build the game of squash from the ground up. That starts with the development of grassroots junior programming that can grow and survive year after year.

In Northern Ontario momentum is slowly building. Sault Ste. Marie recently hosted the second stop on the Active 2010 Skills Development Tour. Jamie Nichols and I, coached a group of 20 junior players. It was only recently that they have had access to high performance coaching or an opportunity to witness the performance level of U15 junior boys James Keene of Toronto and Mike McCue of Sudbury.

James was shocked to hear that we don't have T&D league here in the Sault. 'So who do you play?'... 'good question' I responded. The camp has sparked increased interest in the junior program with a number of players now wanting to compete at the next level of Squash Ontario's junior development model. The Active 2010 program will provide funding assistance for juniors participating in the camps as well as their coach to travel to a sanctioned Silver event this season. The camps not only look to help with player development and identification across Ontario but also to help mentor some of the local coaches and provide more resources for them to continue with their junior programs.

In December Andrew Jones and I started the Active 2010 program with a camp at Windsor Squash and Fitness, a club currently seeking a squash professional and well known for its



Sault-Ste Marie hosts the Active2010 Program (Top middle, Jamie Nichols, far right, Program Coordinator Richard Yendaell)

great staff and hospitality. Brian Porter, the general manager of the club, was ecstatic about the opportunity to expose his junior program to some high-performance coaching which is lacking in his region:

"I truly believe that as a direct result of this clinic, we will see an improved level of play, more interest in sanctioned events and increased registration for our winter session."

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northern exposure

Continued



Jamie Nicholls and future squash stars

This is a great program and it will be very effective in increasing participation in Squash outside of the GTA. Richard and Andrew injected some much needed excitement into our Juniors and their parents. They made them realize that squash is a thriving game and that there is much to strive for."

Brian Porter, General Manager

Recently, in Espanola, 9 new coaches completed their Level 1 coaching foundations course. Coaches who help coach and organize junior squash programs can receive a \$100 bursary to complete this course through the Active 2010 program. This will mean that new junior programs can now begin in Espanola and Sudbury as we continue to build towards a regional junior program for next season and a Northern Ontario regional squash team at the 2008 Ontario Winter Games.

The Active 2010 development program continues in North Bay at the YMCA on February 23-25. Future camp dates are being targeted in Northwestern Ontario, Huronia Region, Northern Ontario, Southwestern Ontario and Central Ontario.

If you have any questions about how you can host an Active 2010 event or you are a high-performance junior player or coach and want to get involved to help grow the sport of squash in the outer regions of Ontario please contact Richard Yendell 705-943-5433.



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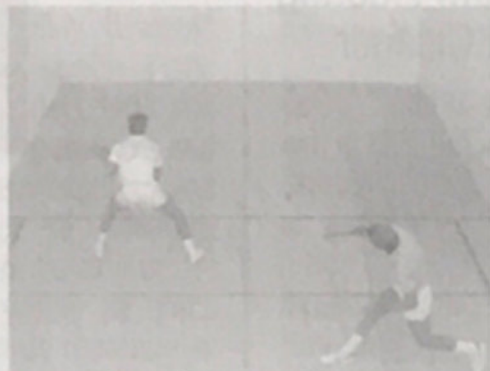
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THE INTERFERENCE LINE OF THINKING

Perhaps one of the most contentious rules in squash, is the infamous Rule 12. Refereeing is a thankless but necessary task. Knowing the rules and using the correct calls is expected of referees, but the really difficult part is making decisions when one of the players appeals for a let. Following is a summary of the thought process a referee should go through when ask, "Let Please'.....

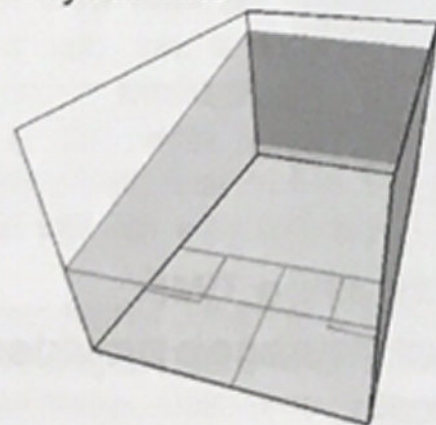
The Question	The Answer
1. Did interference occur?	The striker has 4 basic rights, and interference has occurred if the opponent fails to provide him with any of these, even if he has made every effort to do so: Unobstructed direct access to the ball after completion of a reasonable follow through A fair view of the ball on its rebound from the front wall Freedom to hit the ball with a reasonable swing Freedom to play the ball directly to the front wall If no interference has occurred, or the interference was so minimal that the player's view of and free to get to and play the ball were not affected, then its NO LET, OTHERWISE MOVE ON TO # 2
2. Could the obstructed player have reached the ball and made a good return? And was he making every effort to do so?	If either answer is NO, then its NO LET, OTHERWISE MOVE ON TO # 3
3. Did the obstructed player move past the point of interference and play on? Or create the interference in moving to the ball?	If the answer to either question is YES, then its NO LET, otherwise move on to # 4
4. Did the obstructing player make every effort to avoid the interference?	If he didn't, then it's a STROKE , otherwise move on to # 5
5. Did the interference prevent the player's reasonable swing?	If YES, then it's a STROKE to the player, otherwise move on to # 6
6. Could the obstructed player play a winning return?	If YES, then it's a STROKE , otherwise, its just a LET unless # 7 applies
7. Would the obstructed player have struck the opponent with the ball going directly to the front wall or, if going to a side wall, would it have been a winning return?	If either answer is YES, then it's a STROKE to the player

Remember that the above is a simplification - read the rules thoroughly
The over riding principle of the rules is to ensure a fair result for both players

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COACHING CORNER

The Art of Coaching - Professional Development for Coaches

Squash Ontario with the financial support of the Canadian Sport Centre-Ontario, is pleased to present a unique and perhaps once in a lifetime professional development opportunity for all coaches.

The Art of Coaching conference is being hosted by The Club at White Oaks from March 16 - 18. The Club at White Oaks is located at 253 Taylor Road in Niagara on the Lake. The cost is \$250.00 plus gst and includes meals on Friday night, Saturday lunch plus 3 coaching sessions.

With the assistance of Mike Way, the conference presenters include Shawn Moxham, Coach of David Palmer, Mike Way, Natalie Grainer, U.S. Junior Women's coach, Melanie Jans, Level 3 and Canada Games coach, Mark Devoy, Coach Cornell University and Mark Sachvie, Canada Games coach. Also on the program will be Jonathon Power, Graham Ryding and Marnie Baizley. Never has there been such an array of coaching talent all in one place in Canada.

You may register online at squashontario.com

Quest for Gold Apprentice Program

Through the Quest for Gold program, Squash Ontario has been able to access funds to initiate an apprentice coaching program. In this year, Jamie Nicholls, will apprentice with Master Coach, Mark Sachvie. As part of Jamie's commitment to the program, he will complete his level 3 certification while coaching alongside Mark at the Battle of the Border and the Junior Closed Championships.

Squash Ontario's goal is to prepare Jamie to advance his coaching goals to include the 2011 Canada Winter Games.

Coaching Foundations Course Mayfair Lakeshore Racquet & Fitness Club, Toronto March 16 - 18, 2007

To register:
Squash Ontario 416-426-7201

THE JOY OF COACHING

By Kathy Lundmark

The dedication Kathy Lundmark has shown to the sport of squash and her efforts in coaching development is immeasurable. In her 30 years of involvement, she was one of the founding members of the Alberta Squash Association, head coach of the Squash Alberta's Junior Development Program and was a National Coaching Certification Program course conductor for both squash and tennis. Kathy took a particular interest in increasing the number of women in the sport and is always trying to find new ways to increase people's enjoyment of squash. She is almost single handedly responsible for the complete re-write of the national coaching certification program as it transitions to the new CBET.

There are a myriad of reasons why people get involved in coaching - you're a decent player but feel you'd like to give something back to the game and you could do so by teaching kids the fundamentals; you find you like helping out coaching the kids at your club; you're a teacher in the school system with little squash experience but would like to add an introduction to squash component into your physical education unit; you're an excellent player who would like to make a part time or even a full time career out of coaching the sport you love; or maybe injury now prevents you from playing but you still itch to get on the court; but best of all.....COACHING IS FUN!

As a coach, particularly with young people just learning the game, you can ensure that

they get the right start in squash - by making his or her experience fun and enjoyable. What a kick it is to see a child progress from their first tentative attempts to hit the ball to actually keeping a rally going. You were there.

And when a junior traveled to their first silver event - nervous, scared, full of doubts - you were there - to calm the waters, still the butterflies and provide the words of encouragement.

Your role as a coach is not simply to teach a child squash; your role is really far more important than that. It is to expose each individual child to the excitement of participating - to give them a positive initial exposure not just to squash but to sport in general.

With coaching comes responsibility. It would be no exaggeration to say that a coach is one of the most important role models kids will have. They will look to you for guidance and instruction but they'll also be watching and listening to how you react to different situations. As a coach, you can be one of the most influential people in a young person's life. Many players attribute a large measure of their success in life to the things they learned on the squash court, or ball field or cricket pitch - not about how to hit a cross court but about perseverance, work ethic, having a



Teaching the basics

positive attitude and sportsmanship.

It would be hard to describe the sheer joy of knowing that you have empowered young people to go out and face the stiffest opposition, whether it is on the court or in life, with confidence, grace and humility.

As a coach, you can make a difference.

So.....have we caught your interest? Then we encourage you to sign up for the next Coaching Foundations Course. This course is an exciting, informative experience that takes place, for the most part, on the court, experimenting and understanding the fundamentals of basic strokes, and the strategies and tactics of the game. The goals are fun, fitness, fundamentals, and performance.

Squash Ontario is very pleased to introduce the newest department to Squash Life - Sport Injury - as a result of the survey completed by our readers this past summer.

It is a pleasure to introduce Lorie Forwell, Director of Physiotherapy, Fowler Kennedy Sport Medicine Clinic in London, Ontario. Lorie is an Adjunct Instructor at the Faculty of Health Sciences at the University of Western Ontario. She obtained her BScPT from McGill University in 1984 and her MScPT in 1994 from Western University.

HAMSTRUNG BY A HAMSTRING???

By Lorie Forwell, MScPT

The hamstring muscle is one muscle in the body that is the cause of much evil. If it is tight, it can alter the function of the lower leg, knee, hip, pelvis and back. If it is weak it will not protect the joints. If it is too strong, it can create muscle imbalances. So how do I know? and what do I do?

A lot of athletes will know if they have tight hamstrings because they will feel tightness at the back of their thigh when they try to touch their toes. Most people will not realize if they are too strong or too weak. To be sure, a thorough assessment by a registered physiotherapist is the best way to start.

The hamstring muscle starts at the pelvis, crosses the hip joint, runs down the back of your thigh, crosses the knee joint and inserts into each of two bones in your lower leg, figure 1. Because of the extent of its excursion, the hamstring can play havoc with a number of muscles and joints along the way.

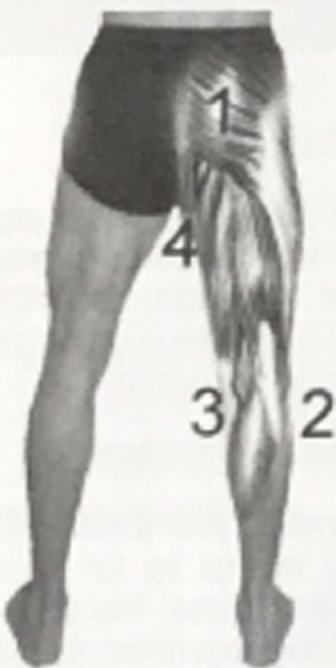


Figure 1: Muscles on the back of the leg: 1- gluteals, 2-lateral hamstrings insertion, 3-medial hamstrings insertion, 4-hamstring muscle belly

Continued on Page 18

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HAMSTRUNG BY A HAMSTRING???

Continued

The feeling of tightness at the back of the thigh when touching toes is often indicative of hamstring tightness. However it is very common to stretch the hamstrings ineffectively. One common stretch is seen in figure 2.



Figure 2

Although you will feel a stretch in the back of your thigh, you will also give a significant stretch to your back, which may or may not be good. If you keep your back straight, it will more likely

isolate your hamstring muscle. A better stretch to isolate your hamstring muscle is shown in figure 3. Be sure to keep your back straight with your shoulders slightly in front of your hips as you slowly straighten your knee. If you cannot straighten your knee all the way without slouching, then your hamstrings are

tight. That is your starting point. With repetitive stretches you will eventually be able to straighten your knee all the way. If you slouch you are cheating!! Try it with a slouch and see the difference.

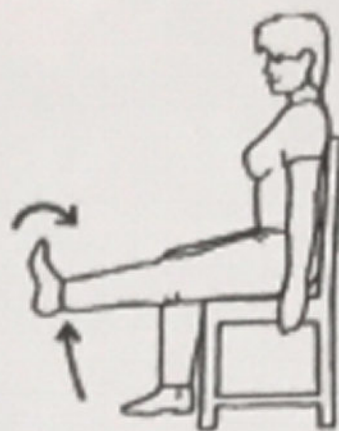


Figure 3

The strength of the muscle is another story. If weak or slow to contract, the hamstring muscle will not work to stabilize or protect the joints that it moves. This is more likely if you have previously injured the muscle or your back. More commonly we will see a hamstring muscle that gets carried away and does more work than it should. One example, common in runners, is hip extension. Hip extension occurs when your leg goes out behind you as in full stride. Your gluteal

muscles in your buttock and your hamstrings should share this job. If the hamstrings dominate, the gluteals will slack off and gradually weaken. This will affect the way the gluteal muscles stabilize the pelvis and therefore the base of support for your back. This domino effect can also run down the leg to affect the control of the lower leg.

In squash players it is the lunge. In the situation where the player takes the long step or lunge to the front court, he/she will need their gluteal muscles and hamstrings to control the hip and pelvis to efficiently get back to the 'T'. If the hamstrings are inefficient, the pelvis will tilt backwards and place excessive stress on the back. Repetition of this poor recruitment will eventually result in back pain.

The beauty of the hamstring is that it is ultimately trainable. If functioning inefficiently this muscle can be easily trained to function properly as long as the problem is thoroughly assessed and the athlete understands the objective and mechanics of the correct exercise. If in doubt, check it out!!

**Plan Now.
Enjoy Later.**



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