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Life

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ON THE INSIDE

Masters of the Universe
Symptoms of a Bulging Disc
Barrie Athletic goes International
.....and much more

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SQUASH ONTARIO



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Winter 2008

Volume 34, Number 1



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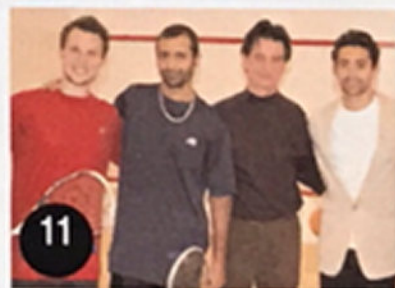
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SQUASH *Life*

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Team Ontario - From left John Frederick, Stephanie Bazins, Julie Hisey, Elka Markus, Mike Bertin. Top row Chris Sadler and David Sly

A MASTER STROKE

By David Sly

*Master * noun: A skilled practitioner of a particular skill or activity; * adjective: having great skill or proficiency.*

There are few opportunities in Canada to be involved in a high calibre Masters event, fewer still to be part of a team in what is undeniably an individual sport.

The weekend of January 18-20, Squash Manitoba and the Winnipeg Squash Racquets Club hosted the Western Canadian Masters team Championships. Manitoba in fact went to extra lengths to create a home court advantage, freezing all and sundry with sparkling sunny days and -46 degree wind chills.

This tournament is an annual event, attracting players from British Columbia to Ontario representing their province to determine Masters Team superiority. The ambiance is indeed friendly, yet does not dilute the fact teams are there to play hard.

Team Ontario arrived well dressed by Fila, motivated, with a no win no beer policy in effect.

Teams consist of seven players, four men (1 each 40+, 45+, 50+, 55+) and three women (35+, 40+, 45+). Order of play is determined not by age but by level of play; David Sly, Captain Mike Bertin, Chris Sadler, the undeniably unique John Frederick, Julie Hisey, Elka Markus and Stephanie Bazins earned selection to represent Ontario this year.

It should be noted as surely many will wonder; -46 wind chills did not keep John Frederick from his daily trot!

Alberta and Manitoba were represented by two teams each, British Columbia,

Saskatchewan and Ontario completed the seven team draw. Ontario was pooled with Saskatchewan, Manitoba B and the top Alberta team. The winners of each pool would play for the title.

Team Ontario began the tournament against Saskatchewan a match that ended six matches to one in our favor; Mike Bertin losing in the fifth game the only loss.



Waiting is half the battle



Sudoku fanatic, Elka Markus

The second fixture vs Manitoba 2 saw more drama by the Captain as Mike lost another close and difficult match in the fifth game. Ultimately, the team cruised to a 5-2 Victory.

The final pool match against Alberta proved far more dramatic, the winner moving onto the final to play Manitoba 1 for first place.

Mike Bertin, hobbled somewhat with a heel injury played his guts out, yet once again fell a few points short in the fifth game. Stephanie was in tough, ran very hard but dropped a 3-0 decision - first matches complete and Ontario was down 2-0.

Julie Hisey collected Ontario's first win by defeating Clare Fern 3-1 in an all out slugfest, on the men's court John Frederick was being dismantled by Martin Giuffre. After four matches Ontario was in the position it must win the final three matches.

Elka Markus kept Ontario alive winning her match, David Sly dismissed Brad Styner leaving Chris Sadler's result to determine team fate.

It was an epic match. Surely the team would have preferred a blowout 3-0

match to send us through to the final, in reality the result was completely opposite. Chris was matched against a wily, more experienced Tom Bedore.

With half the team cheering Chris on, the other half too terrified to watch, Chris battled to the position of being up 7-3 in the fifth. From there, Bedore concocted a miraculous series of shots to win 9-7 and seal the match for Alberta. Neither player had anything

left, it was all left on the court.

It was an incredible finale, for the quality of play, the drama of the result and the emotions of both victors and the defeated.

In individual squash you have the advantage of only following your match, of being responsible for your own results. On a seven person team you feel the pain and glory of your teammates as they fight and struggle,

Continued on Page 6

Masters

Masters is one of the fastest growing segments in squash today. As the "baby boomers" age they have not lost their zest and enthusiasm for the competitive aspects of squash. Ten years ago, Squash Ontario offered Ontario singles Championships in age categories up to 60+. Today, we offer a 65+, 70+ and 75+ in both singles and doubles.

But masters squash is not just recognized by Squash Ontario but by Squash Canada and in fact, by most squash associations around the world.

Upcoming Ontario, National and World Masters Championships

2008 Ridley Windows & Doors Ontario Open Masters

Toronto Cricket, Skating & Curling Club, Toronto

March 28 - 30

To enter: squashontario.com

2008 Canadian Squash Championships

The Club at White Oaks, Niagara on the Lake

April 30 - May 3rd

To enter: squash.ca

9th World Masters Squash Championships

Christchurch, New Zealand

19 - 25 October 2008

For information: <http://www.worldmasterssquash.com/index.php>

World Masters Games

Sydney, Australia

10 - 18 October 2009

For information: <http://www.2009worldmasters.com/Squash/default.aspx>

Why Masters Play

Ontario leads the way with Masters events throughout the squash season. These tournaments promote the friendly, social and competitive environment of our great game. Masters squash allows you to maintain physical fitness and meets many needs of the squash enthusiast, male and female - you can play masters squash and experience the competitive thrill of try to make Ontario's Western Canadian Masters Team, compete against players at your own level, or just kick back and meet new people and or re-acquaint yourself with old friends, in what is always a positive and fun setting.

Mike Bertin



A family affair; photo credit: Jonathan Borland

win or lose. It's a dynamic that draws individuals together as a team, very rare in squash, yet very satisfying.

Having lost, Ontario was relegated to the 3/4 Playoff Sunday morning; Ontario did as any squash team would, started using bottle openers and sampling the insides of those newly opened bottles. The no win no drinking mantra was shattered, but hell did we have fun!

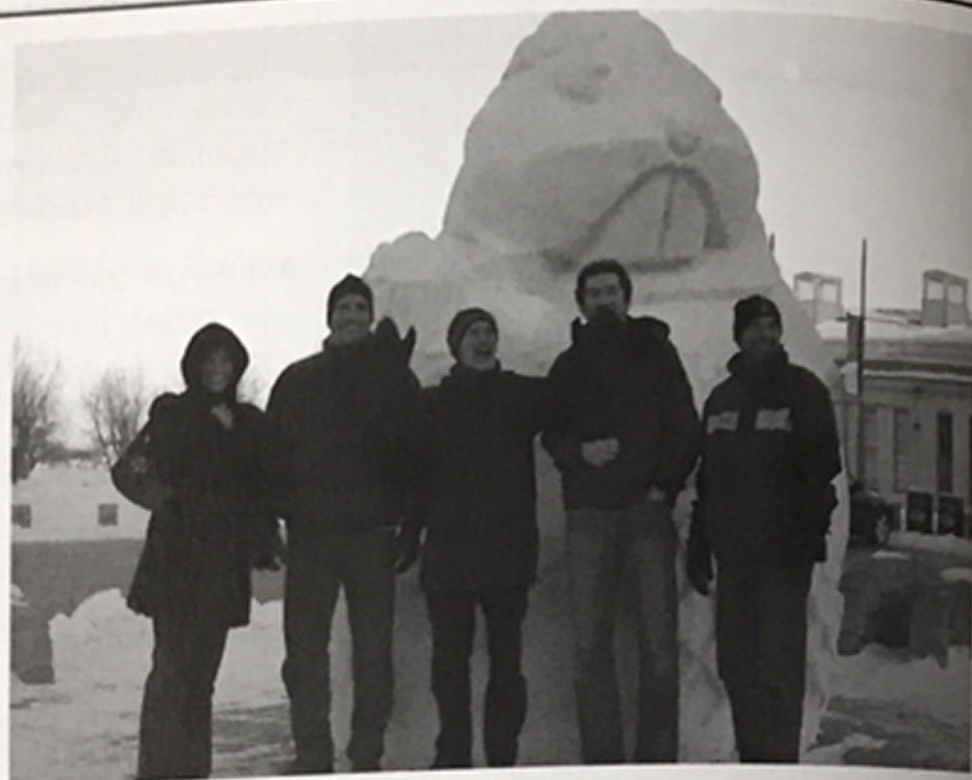
Sunday morning at 9:30am, our final

match against BC - Masters squash before 11am should be illegal in this country. However, all seven players from both teams braved the lack of sleep and excessive liquid carbo loading the night before to battle it out for third place. Mike won in less than five games no less and Ontario cruised to a third place finish defeating BC 5-2.

Ontario has never won this event and it was evident that the team was happy to have played hard, happy for the wins

but was also hungry to win this event for the first time (Saskatchewan hosts next season).

There are rumblings of creating an Eastern Canadian Masters and I hope that both the powers that be and the players realize that any tournament of this format is an asset to squash and to any player's resume. The camaraderie, the competition and the event as a whole make this a wonderful addition to the Masters calendar.



MASTERS' RESULTS

Ontario Veterans Doubles Championships, Hosted by Toronto Racquet Club and Royal Canadian Yacht Club.

Men's 70+	Champions: Ed Bracht and Norm Lee Finalists: Peter Holland and Norm Seagram Consolation: John Wildman and Basil Hall Finalists: Bob Mason and Dave Brown	Men' 40+	Champions: Mike Costigan and Al Hunt Finalists: Namsoo Oh and Greg Lloyd Consolation: Andy Lata and Paul Lechtzier Finalists: Blair Finlayson and Chris Todd
Men's 60+	Champions: Dave Potter and Chris Wheeler Finalists: John Omand and Steve McIntyre Consolation: Rea odbold and Peter Sevitt Finalists: Mike Rae and Peter Willkie	Women's 40+	Champions: Michele Ramsay and Tammie Sangster Finalists: Robbin Morrison and Leslie Freeman Third: Cairn Meek and Laurie Krol Fourth: Sue Underwood and Anne Brayley Consolation: Leslie Slater and Sandy Gregus Finalists: Helen Kay and Sharon Munday
Men's 55+	Champions: Victor Harding and San McDonough Finalists: Brian Murray and Tim Bovaird Third: Craig Hall and Lindsay Smith Fourth: Carlo Esposito and Ted Clarke 3-1 over Carlo Esposito & Ted Clarke Consolation: John Hirst and Steve Von Buttler Finalists: John Robichaud and David Van Wely	Women's 50+	Champions: Anne Smith and Sandra Shaw Finalists: Sibylle Witt and Jennifer Brown Third: Jane Mitchell and Lolly Gillen Fourth: Cathy Tuckwell and Nancy Bowden Consolation: Cindy Hazell and Deb O'Neil Finalists: Heather Ferrier and Kathleen McLean



The Experience of a Lifetime

By Leah DesBarres

Every province sent their top 3 women to participate in the Canadian Women's Teams Championship which was hosted by the Moncton Squash Club. What a time we had. To be selected to Team Ontario, I finished 8th at the Ontario Closed Championships but luckily for me, the 1st - 3rd and 5th - 6th placed finishers declined their selection so there I was - with Stephanie Edmison and Rebecca Hazell, 19 and 20 years old respectively. I appointed myself the "mama bear" of the team!

Our team was seeded third behind BC and Alberta and Ontario won the event the previous year so we knew we were going to have some tough squash ahead of us.

We arrived Thursday in the early evening and fortunately the 4 ft of snow they had 2 weeks previous had all melted away. The tournament was extremely well organized and the volunteers, club members and spectators treated us like royalty. We were pretty much famous for the weekend so that was lots of fun!

New Brunswick has very few women squash players which is sad and none of a high caliber so the "ooohhs" and "aahhhs and applause as we played - all the teams played - was much appreciated.

We ended up finishing 2nd in our pool after a disappointing loss to BC on Friday but we were too worried because we would still have a chance to play for the gold medal if we could beat the team that finished 1st in the other pool which was Quebec. The winner of the Ontario/Quebec match would go on to play for the gold; the losers would play for bronze.

I had to play first (no pressure) then Steph and then Rebecca. My opponent was a retrieving specialist! I had seen her play in the morning and she got to everything. I was very nervous in the warm up, so much so that I thought I might throw up! With our team the most friendly and sociable, we had a lot of cheerleaders for our matches.

My match went 70 minutes; I was down 2-1 and completely exhausted. Steph and Becca were trying to pump me up in between the 3rd and 4th games but all I was thinking was that I didn't think I was going to be able to run anymore. Had I been playing as an individual in a singles tournament, I might have thrown in the towel at that point. The blister on my foot was very painful but looking into the eyes of my teammates, I knew how important this match was and I knew that I had to figure out a way to at least take this match to a 5th and deciding game.

I am not sure how but I managed to come back from 2-1 down to pull out a 3-2 victory. The crowd gave us my first-ever standing ovation which literally brought tears to my eyes. My teammates ran to hug me



Congratulations Team Ontario. From left to right, Stephanie Edmison, Rebecca Hazell and Leah DesBarres (photo by Tom Hurlburt)

when I stepped off the court and this was one of the most amazing sport moments of my life!

Unfortunately we lost a tough battle in the next two matches so our team loss to Quebec put us in the bronze medal match the next day. We played Manitoba and beat them 3-0.

The people at the Moncton Squash Club were unbelievably hospitable and made the weekend so incredible. I've made some new friends and have been given a lifetime invitation to return to the club anytime to play.

I want to thank Squash Ontario for this wonderful experience. They covered our team airfare, the accommodations, the entry fee and thanks to its' partnership with Fila, outfitted us with a Team Ontario uniform. I may never get to experience an event like this again, as a player but the experience and the people whom I met will never be forgotten.



4th Place Finish for Men's Team

While the Women's Team was competing in Moncton, the Men's Team, Dane Sharp, Chad Dommasch and Andrew Jones traveled to Winnipeg for the Canadian Men's Teams Championship.

Quebec came from behind to defeat Manitoba 2-1. Mike Reid of Montreal lost the first match to Evan Mancer. David Phillips of Beaconsfield, Que., tied the match at 1-1 defeating Josh Struthers and Jason DeLierre of Brossard, Que., beat Trevor Borland in the deciding match. All three Manitobans are from Winnipeg.

"I felt some pressure in my match," said Phillips. "Josh is a player that knows me well and he had the crowd right behind him. I won 3-0 but it was a tough match that lasted more than 40 minutes."

In the bronze medal match, Alberta took Ontario 2-1. Ian Laycock of Calgary won the third and deciding match over Andrew Jones of Georgetown, Ont. Gray Witcher gave Alberta a 1-0 lead defeating Chad Dommasch before Dane Sharp of Ajax, Ont., tied it at 1-1 with a victory over Joe Forster of Edmonton.

Manitoba #2 finished fifth, Saskatchewan sixth, B.C., seventh, Northwest Territories eighth and Nova Scotia ninth.

March Break Camps

The Club at White Oaks

March 10 - 14

Camp Philosophy... will be of interest to top junior squash athletes who wish to train together in an environment which fosters high performance growth and education.

Registration is limited to 18 players (13 to 18 years of age); 12 boys and 6 girls

Skill level: player must be a high level player capable of doing complex drilling

Coaches: March Sachvie, Level 3 Coach; Mark Devoy, Cornell University Men's Team Coach, Julie Devoy, Cornell University Women's Team Coach

Registration Fee: \$700.00 plus gst or \$400.00 plus gst for commuters only
Fee includes 4 nights at White Oaks with Monday lunch and dinner, Tuesday, Wednesday and Thursday breakfast, lunch and dinner and Friday, breakfast and lunch.

The camp will offer a high level training environment; two sessions of drilling and match play each day.

To register: email Mark Sachvie at msachvie@whiteoaksresort.com or telephone 905-688-6800.

Oakville Camp

March 10 - 13

Coaches: Mike Way, Natalie Granger, U.S. #1 and World ranked # 3 and Dan Sibley

March 17 - 20

Coaches: Mike Way and Robin Clarke, Men's National Team

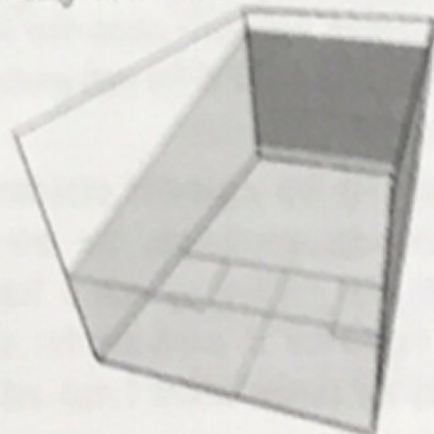
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Junior Doubles....Double the Fun!!!!

By Jessica DiMauro

Saturday February 2nd marked the second annual Granite Junior Doubles Tournament. With 34 entrants, we had one Girls combined Under 11/Under 13/Under 15 division, a Boys combined Under 13/Under 15 division as well as a Boys combined Under 11/Under 13 division. Our youngest competitors, at only nine years old, were the Granite Club's Jack Boynton and Fabulous Fitness' Alexander Riedelsheimer and these kids were great! Some of the kids signed up with their partners, while some left it up to Rob Brooks and myself to pair them up with a terrific match. All the teams got along wonderfully and left with a smile on their face.



From left, Sophie Mehta, Maddie O'Connor, Jessica DiMauro, Alysha and Natasha Anzik.

The entire day was filled with Fun and Friendship. With Michelle Gemmell and Jillian Baker acting as deejay's there was no shortage of entertainment. Some of the team pairings included older kids, matched up with younger ones in order to even out the ability levels. In fact the Boys Under 13/Under 15 division was a closely contested, four team round robin where Willie Wilson and Sebastian Riedelsheimer barely came out in first place with a two-way tie for second place finishing just below the winners. In the seven team Boys Under 13/Under 11 draw, the number one seeds, Matthew Robb and Carter Robitaille prevailed over Vince Commisso and Adam Beck. Just before the finals Adam Beck said that what he liked most about playing doubles was that he "got to play squash with new people". Carter echoed his sentiments saying that it "was

fun being part of a team and trying something new".

The six team Girls draw was split into two round robins. Younger and older girls alike were both paired up and paired against each other. In a great final, Michelle Gemmell and Ailsa Agnew came out on top of Jillian Baker and Rachel Gilbert O'Neil. Best dressed for the tournament would have to be Natasha and Alysha Anzik who showed up with amazing "Team Anzik" outfits that matched all the way down to their socks! Sophie Mehta and Maddie O'Connor also looked terrific with their coordinated clothes and experienced court coverage.

Every team played three matches throughout the tournament. The kids improved so much from the start of the day to the end. The more they played and understood the game, the more they appreciated it and had tons of fun!!!! Junior doubles is a great game. Different from singles, but fun all the same. It's nice to be part of a team in a sport you love so I hope that kids will continue to play at their own clubs and encourage their friends to come out and play with them. Junior doubles is quite big in the United States because they have been promoting tournaments for years now. If you build it, they will come. I hope the pros and parents will keep playing with their kids. As Tammie Sangster said of her daughter Madison, "I'm grooming my own personal left waller"!!!!

I truly appreciate some of the older or more experienced players reaching out to the younger athletes and being supportive both as partners and opponents. The camaraderie and excitement could be felt from wherever you were in the Granite Club Squash Lounge.

I would like to thank the Granite Club for hosting the event, Harrow for providing all of our prizes including 6 racquets that were given away in a raffle at the end of the day and Rob Brooks (my own coach as a youngster), for helping me to encourage kids to sign up and try something new.

Thanks to everyone for playing. I hope to see you all in the tournament next year where I aim to grow the draw to include an Under 17 division as well.

Until next year, don't forget, junior doubles, DOUBLE THE FUN!!!!



Budding Doubles Players



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Ridley has been an invaluable supporter of doubles squash for many, many years at both the Ontario, National and World levels. Now the company is extending its reach into the singles world and is the title sponsor for the 2008 Ontario Masters Championships and a presenting sponsor of the 2008 Ontario Open Championships.

For information on Ridley products, please go to www.ridley-windows.com



We also welcome CAA as our official automobile company. With its partnership, Squash Ontario members will now reap the benefits of a reduced annual rate for CAA coverage.

A CAA membership provides access to a complete package of Automotive, Travel, and Insurance products and services. From Roadside Assistance to savings to various publications and online newsletters, there's something for just about everyone.

For more information, please go to www.caasco.ca

JUNIOR SQUASH THANKS THE JESTERS

By Mike Hobart



4 tired guys – 100s of lucky juniors.

On a snowy Friday in February, many, many doubles players battled the snow and traffic on the QEW to converge on Cedar Springs Racquet Club to play for junior squash. I would like to acknowledge the incredible efforts of the organizing committee for the Mackay Doubles Tournament – well done! About \$15,000 was raised from the silent auction to support junior squash in Ontario. They make us all proud to be Jesters.

The committee members comprised Frank MacKay Jr., Bob Mundy, Doug Jury, Cass Quinn, Rick Freeman and Tom Nederpel. A job well done! Thanks also to everyone who

played, attended and supported this event.

The money raised will be used to sponsor a variety of junior squash initiatives this year which include:

- 5 gold junior tournaments
- 7 silver junior tournaments
- Ontario Junior-Open
- Ontario Junior Closed
- University Squash Championships (individual and team)
- Ontario junior doubles
- Jim Mason High School tournament
- Individual sponsorships to worthy junior players.

"Fast Eddie" Junior Bronze

By Jim Paton

This tournament began in 2002 and is our premier junior event in memory of former Granite Club employee Edward O'Brien.

Eddie passed away in October 2001 at the age of 31 from kidney cancer.

As an athlete in soccer and racquet sports, he competed as he lived his life, with finesse, friendship and complete love and respect for the game. He inspired many junior players as a coach, but also as person with a terminal illness who did not allow it to control him physically or emotionally.

He will be best remembered for the relationships he formed and the impact he had on people. Before and after his illness, he lived life with strength, grace and dignity.



'Fast Eddie' Would be Proud

A Hotbed of Squash

By Brian Clarke

While most people would not consider Northern Ontario a hotbed of squash, the game has amassed quite a large following in these "higher latitudes" of Ontario. There are competitive leagues and tournaments, recreational ladders and fundraising "Calcutta" events. Northern Ontario has hundreds of devoted squash players eager to hit the courts and help grow the game in communities across the North.

One of the most exciting aspects about Northern squash is the array of competitive tournaments and leagues that run throughout the season. The Sudbury Intercity league is home to 8 teams and 46 players of all levels. The league plays a full slate of matches every two weeks, and there are playoffs at the end of the year. Brad Dussiaume and Lynn Burke run this league and everyone enjoys both the competitive and social aspects of the league nights. There is a waiting list of people hoping to be included in next year's league. Northern Ontario also hosts multiple tournaments throughout the squash season, beginning with the Sudbury City Open in November, followed by the North Bay Open in February. The season culminates with the Northern Ontario Championships, which has been gaining notoriety for years and is a favourite of many Southern Ontario players. Held in mid-April, this tournament features an "Open Draw" all the way through D. It has seen the likes of Shahier Razik and Robin Clarke take the title in the past two years. This tournament has featured a very strong female event with the numbers growing each year.

Another popular event on the calendar is the

Calcutta fundraising tournament, held in Sudbury during the winter. The event begins with the handicapping of all players followed by an auction where fellow players can "buy" someone who they feel has a chance of winning the tournament. The unpredictable nature of handicapping leads to numerous exciting matches and good times had by all, not to mention plenty of money raised to support local squash. Last year the Sudbury "Squash Association" purchased a new ball machine

Another sign that squash is booming up North is the appearance of the first "squash pro" in Northern Ontario. Tracy Roett, a former junior on the Barbados National Squash Team, was hired as the squash pro at the local YMCA. She is a recent graduate from Laurentian University in sports psychology and is running a successful junior program, a beginner's night, a ladies night, in-house ladder, and organizes other squash related special events. She can always be found giving a lesson, which no doubt leads to more players at the grass roots level.

No discussion about Northern squash would be complete without mentioning the names Brian Clarke, Brad Dussiaume and David Starling. Brian, a local orthodontist, has devoted thousands of hours to all aspects of squash in Sudbury. He organizes the Northern Open, gives countless lessons and otherwise contributes to squash in every way. Brad Dussiaume can also always be seen conducting a lesson. Brad is a national A1 referee; he is also the President of the Sudbury Intercity league for 2007-8. David Starling has initiated and

leads a successful junior program in Valley East, just outside of Sudbury. The program now has dozens of recreational players, and some eager to get their first taste of tournament play at a junior event sometime soon.

Speaking of competitive juniors, the North has some promising young prospects coming through the ranks. Michael McCue is currently ranked number 2 in Canada in Boys' Under 15 and recently played in the prestigious British Junior Open. Michael plays and practices on the courts of the Sudbury YMCA. Jacob Starling, 12, of Hanmer, recently played in his first silver event. The youngest Northern junior, Madison Eggert of North Bay, is in his second season on the Ontario junior circuit. Along with the juniors, there are several senior players who make trips across Ontario to play in tournaments throughout the season, playing in almost every category. Sudbury had 14 players of various levels attend the "Ontario Closed" at Toronto Mayfair in the fall.

In conclusion, squash in Northern Ontario is booming right now, and growing at a rate not seen for years. From recreational juniors to competitive seniors, there is a place for everyone to enjoy their squash, and that is really what this sport is all about.

If you ever find yourself passing through Northern Ontario, call ahead and we will get you "a hit". Also try one of our tournaments, you will not be disappointed. See you in the "NORTH"

HURONIA

World Class Squash Coming to Barrie

By Lucas Watson

For the second year in a row, Barrie Athletic Club general manager Paul Ryan has put together a world-class sporting event, which will bring the very best squash players in the world to Barrie. The two-day event, being held at the Barrie Athletic Club on Bryne Drive on February 22nd and 23rd, will feature Amr Shabana of Egypt, Ramy Ashour, also of Egypt, and Gregory Gaultier of France, ranked numbers one, two and



Barrie Athletics Manager, Paul Ryan, welcoming a star-studded cast of characters.

three respectively on the PSA (Professional Squash Association) world tour. Joining the powerhouse trio will be Canada's highest-ranked player, Shahir Razik, currently slotted at 21st in the world and climbing, Ramy Ashour's brother, Hisham Mohd Ashour, now ranked 22nd, the Czech Republics premiere player, Jan Koukal (ranked 57 by PSA), Ontario Champion, Robin Clarke of Ottawa (ranked 79 by PSA), and coming out of semi-retirement, Graham Ryding of Toronto, whose career peaked at number two in Canada behind former world champion Jonathan Power, and number fourteen worldwide.

The event, made possible by the sponsorship of Nexgen Lasers, was so successful last year that Nexgen has decided to "up the ante" by providing a more substantial purse (in excess of \$30, 000), one that is comparable to those offered at many major PSA tournaments worldwide. In the squash world, attracting this caliber of squash to the BAC is equivalent to having an NHL all-star team suit up at the Barrie Molson Center. When asked what attracts such high-quality athletes, Ryan said, "it's just a great experience. They enjoy the atmosphere at the Club; they appreciate the great squash community in Barrie, and just seem to really enjoy themselves. Unlike a typical PSA event, there's a little less pressure, and it's certainly a more casual environment." That's not to say the players will not be competing seriously. "While they do receive compensation for appearing, there's some good money up for grabs," Ryan said. The players will receive the red-carpet treatment, including limo service from Toronto, good food and accommodation, as well as sincere appreciation from a knowledgeable squash fans. "It's a great opportunity to get acquainted with the sport, and to take part in an incredibly rare world-class event," said Ryan. "We're lucky to have them." Tickets for the event are limited, and are available at the Barrie Athletic Club 705-722-4792



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SOUTHWESTERN

Windsor Setting the Standard for Health and Fitness

The opening of the Jackson Park Health Centre this past fall has ushered in a new concept of providing fitness, health and wellness and medical services under one roof.

Originally constructed in 1973 the fitness club and indoor tennis facility located at 2475 McDougall Street in Windsor was purchased by Tom and Marcy Porter in 1994. The building was reconstructed shortly after to house Wheels Roller Skating. As the roller skating business dwindled, the Porters began an active effort to find an alternative function for the building that would be not only compatible with but also complementary to the existing health club. A decision was made in December 2005 to proceed with the construction of the Jackson Park Health Centre. The unique idea of combining the existing squash courts and Fitness Centre with commercial medical offices and services provides clients with the convenience of a one-stop shop for health and wellness.



Tom Porter is an avid squash player who has involved his entire family in the project with sons Brian and David managing the fitness centre while daughter Erin helps clients with their fitness program. Another son Mark instructs squash classes while Marcy Porter assists with women's squash programs and club tournaments.

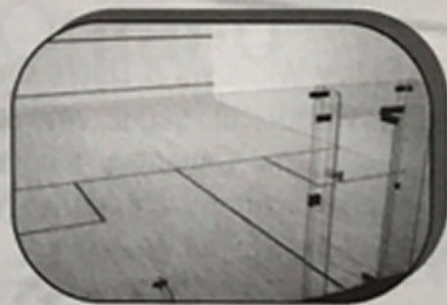
With the completion of the facility the Jackson Park Health Centre is sure to set the standard for health and wellness destinations in the city of Windsor and quite possibly in Ontario.

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RIDLEY WINDOWS & DOORS 2008 ONTARIO OPEN MASTERS CHAMPIONSHIPS March 28 - 30, 2008

The Toronto Cricket, Skating & Club has a deservedly enviable reputation for hosting memorable tournaments. Numerous Canadian Doubles, World Doubles, and Marianne Caldwell events have featured squash doubles of the highest calibre and first class social events. Many junior singles Gold and Silver events have received praise and recognition for top-quality organization and play.

However, somewhat surprisingly, for at least the past 25 years, the Club has never hosted a major Senior Singles tournament. This is about to change as we are proud to host the Ridley Windows & Doors Ontario Open Masters Singles Championships from March 28th - 30th, 2008. Squash Ontario awarded the event to us and we are expecting to attract upwards of 150 of the top singles players in the province, competing in age group categories 35+, 40+, 45+, ... up to 75+ for Men and 35+ to 65+ for Women. Chris Wheeler is acting as Chair of an enthusiastic committee determined to deliver on the commitment to organize a top-class tournament in the Cricket tradition.....so.....Mark the date in your calendars.

Cost for participation in the tournament should certainly be viewed as a bargain. A \$45 entry fee for play (plus Squash Ontario fee for non-members), includes a player package, Friday beer night and a Saturday dinner and party, at minimal or zero extra cost. Look for posters soon for the event, and sign-up info is on the Squash Ontario website at www.squashontario.com. We are delighted that Ridley Windows & Doors, who have been so generous over the years in their support for doubles squash, have agreed to be lead sponsors of the tournament.

The Ridley Windows & Doors Ontario Open Masters are a wonderful segue into and warm up for the.....The Canadian Singles Championships. There are open categories for all masters players....Men's and Women's:

35+	40+
45+	50+
55+	60+
65+	70+

We know there's an event for you!



White Oaks Canadian Singles Championships April 30 - May 2, 2008

The nationals are coming, the nationals are coming! And the 2008 version will be like no other. They are being hosted by The Club at White Oaks in beautiful Niagara on the Lake. Tournament chair, Mark Sachvie and his extraordinary members are renowned for their hospitality. This promises to be the biggest event of the squash season - it is not to be missed!

Events are being offered in Men's and Women's 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, and 70+... see - an event for everyone. And at the same time, the crème de la crème of our open players will be on centre stage.

The social package is just as robust as the squash will be, featuring Tuesday night, "Kill the Keg and Pizza Part", Thursday night wine and cheese, Saturday night banquet with a live band and live entertainment on Wednesday, Thursday and Friday.

To enter: www.squash.ca

Book your rooms now at the White Oaks Resort and Conference Centre. Go online at www.whiteoaksresort.com - passcode: squash or call 1-800-263-5766

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UPCOMING ONTARIO CHAMPIONSHIPS

2008 Investors Group Ontario Open Soft Ball Championships

Presented by Ridley Windows & Doors
February 22 - 24

Host Club: Cedar Springs Health, Racquet and
Sports Club, Burlington
To Register: squashontario.com

2008 Ontario Head Silver Championships

March 14 - 16
Host Club: Fabulous Fitness Racquet Club,
Concord
To Register: squashontario.com

2008 Jesters/Harder Ontario Junior Open Championships

March 21 - 23
Host Club: The Club at White Oaks, Niagara-
on-the-Lake
To Register: squashontario.com

2008 Ridley Windows & Doors Inc. Ontario Masters Championships

March 28 - 30
Host Club: Toronto Cricket, Skating & Curling
Club
To Register: squashontario.com

2008 Ontario High School Championships

April 11 - 12
Host Club: Fabulous Fitness Racquet Club,
Concord
To Register: squashontario.com

UPCOMING NATIONAL CHAMPIONSHIPS

2008 Canadian Doubles Championships

March 7 - 9
Toronto Lawn, Toronto Racquet, Badminton &
Racquet, Cambridge Club, Toronto
To Register: squashcanada.ca

2008 Canadian University Championships

March 7 - 9
University of Toronto, Toronto
To Register: squashcanada.ca

2008 Canadian Mixed Doubles Championships

April 11 - 13
Toronto Cricket, Skating & Curling Club,
Toronto
To Register: squashcanada.ca

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Did you SQUASH your disc??

By Lorie Forwell, MScPT

Low back pain is a common complaint among squash players. The problems could be related to muscle, joint, ligament..... or often disc.

The disc in your low back (lumbar spine) is like a jelly donut sandwiched between two bones (vertebrae). On either side of the spine at the level of the disc, a nerve exits from the spinal canal through a channel (foramen). If there is any encroachment on that foramen, you could put pressure on the nerve. This may result in pain, numbness or loss of reflexes in the leg on that side. One thing that can cause that encroachment is a bulging disc.

We have all heard about 'slipped' discs. The truth is that discs do not 'slip', they bulge. Like the jelly donut the disc has an outer portion, the

dough, which is called the annulus. The nucleus of the disc is the 'jelly'. If there is a tear in the annulus, the nucleus can bulge in that direction. If that bulge is straight backwards, it can put pressure on the spinal cord. If it bulges backwards to one side, it may put pressure on one of the nerves (Figure 1). It is unusual for a disc to bulge forward, but if it did, there is little trouble it can cause.

Herniated disc
pretruding



(Figure 1)

How does the annulus tear?? The most common cause of damage to the annulus is postural. The normal curve of the lumbar spine should be slightly forward (Figure 2). When bending over, as if to touch your toes, this will first flatten the curve, then reverse it. This position allows the front of the vertebrae to approximate and the backs of the vertebrae to separate. If this flexion curve is sustained, the fibres at the back of the annulus can be stretched and weakened, allowing the disc to bulge into the weakened fibres. As the fibres continue to weaken and the disc continues to bulge, it is the beginning of a vicious cycle. It is just a matter of time until there is enough bulge to pressure the nerve.



(Figure 2)



(Figure 3)

Squash players spend a lot of time in flexion: running forward, pursuing the drop shot in the front corner, digging a deep shot out of a back corner, etc. In addition, this flexion is coupled with twisting (rotation) and a forceful muscle contraction (which happens with a power swing and contact) that will also add stress to the weakened fibres of the annulus. The cumulative stress of squash may be enough to create a symptomatic bulge. Poor sitting posture can also allow the lumbar spine to sit in a sustained flexed position (Figure 3). Add this stress to the stresses of squash and the picture is even more likely.

Symptoms of a bulging disc include: back pain (central or to one side), pain down the leg (to buttock, knee, ankle or foot), loss/change of reflexes in that leg, or weakness of that leg. If the bulge is moderate, sitting may be uncomfortable, but standing and walking less uncomfortable. If severe, standing and walking may also be uncomfortable.

The symptoms occur because of pressure on the nerve. Since there are other structures that can also put pressure on the nerve, a thorough assessment by a health professional is important.

Treatment of disc pathology will depend upon how far the disc is bulging. If the bulge is mild, rest alone may improve the pain; but will not likely reduce the disc to its best position. If the disc is not reduced, the next incident need not be great to cause similar symptoms. Exercises prescribed by a physiotherapist can be very beneficial. These exercises must follow a complete assessment. The exercises that will improve pain caused by a disc bulge are exactly opposite to those that may best if the pain is caused by an irritated joint. Close supervision in the early stages of treatment is important. Positioning and posture during the healing phase of the disc is supremely important. Sitting, especially in poor posture should be avoided. One must learn to bend from the hips instead of their back in the short term. Many people with a disc bulge will also say that the only time they have relief is when they curl up in the fetal position. This is the worst possible position for this problem. This position will open up the area to allow the disc to bulge more. It feels good because it creates more room for the nerve and disc. However once the back is straightened to get up, the pain is often worse because the disc has now bulged more! Again, if this is the case, close supervision and instruction regarding exercise and positioning is important.

The good news: less than 5% of patients with disc pathology require surgery. Only those people whose discs have bulged so far that they cannot be reduced, or so far that a piece has actually broken off (sequestered). In these cases, the success of physiotherapy is limited, and surgery may be an option.

The moral of this story is to treat back pain early before the bulge is so large that pain is severe, activities of daily living are limited, and worst of all, a squash game needs to be cancelled!!!

Lorie Forwell is 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.