

SQUASH

Fall 1999

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achievements

The official magazine
of SQUASH ONTARIO





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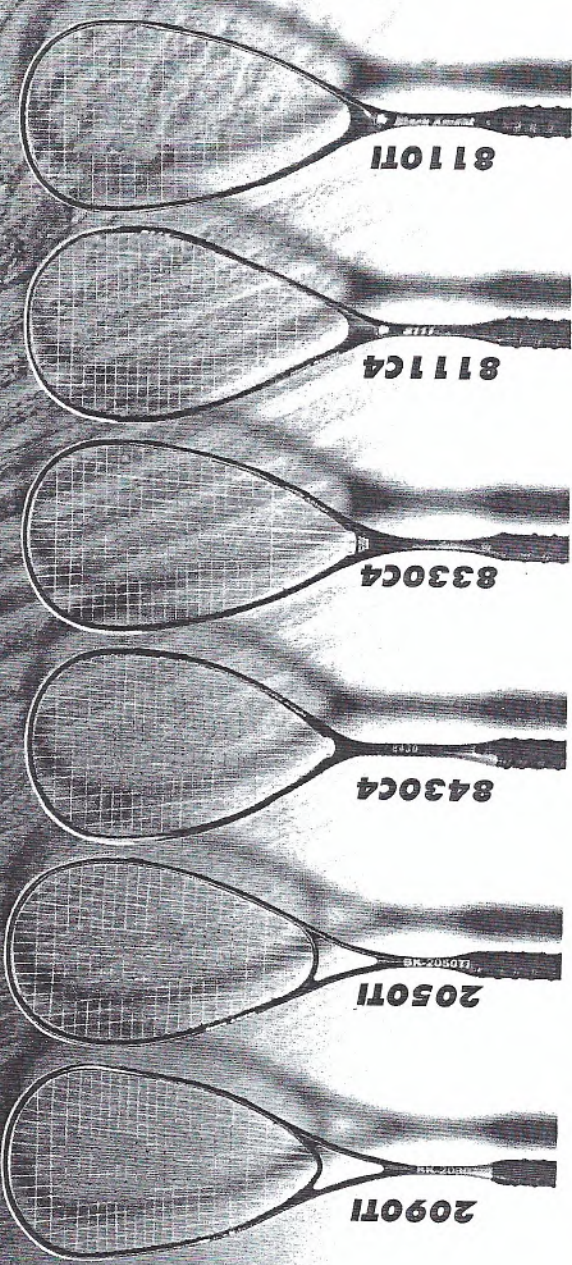
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SQUASH *Life*

VOLUME 23
NUMBER 3

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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.

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The views expressed in Squash Life are not necessarily those of Squash Ontario.

Over 5,000 copies of Squash Life are distributed on a complimentary basis to 200 member facilities in the province and direct mailed to all Ontario players registered in infoLINK as well as to a number of clubs and associations across Canada.

Printed in Canada 🍁

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Cover photo, featuring Rob Brooks, taken by John Jones

While you were on **summer** vacation...

Golden times in Winnipeg

Canada's men's team, Jamie Crombie, Graham Ryding and Kelly Patrick, successfully defended its 1995 Gold Medal at the Pan American Games. Graham also won gold in the individual event.

Not to be outdone, Canada's women's team, Melanie Jans, Carolyn Russell, Marnie Baisley and Kelsey Souchereau took home the gold with Melanie capturing a gold medal in the individual event.

Anne Smith stands down



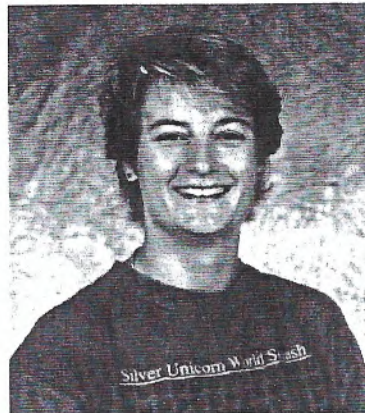
The 29th annual general meeting and conference of the World Squash Federation was held in Cairo during the Al-Ahram Men's World Open and World Team Championships.

Canada's Anne Smith retired from her position as Vice President due to pressure of work in her profession as a consultant oncologist and chief executive of CancerCare Toronto.

Anne's contributions to squash - regionally, provincially, nationally and internationally are unparalleled; hopefully, she will continue to contribute her wisdom and ex-

perience as past president of Squash Canada.

Congratulations...



Congratulations to Ontario's Gail Pimm who has been appointed to the WSF Coaching Committee. Gail is chair of Squash Canada's Coaching Committee and has been the major contributor to the re-writing of all coaching certification manuals in Canada. She will serve with the WSF for two years.

World Squash Management

The WSF approved the creation of a specialist organization, World Squash Management, charged with the responsibility for developing squash in clubs world wide and providing support services and advice for club owners and managers. The group will work in a consulting fashion to the clubs. The idea is to contact the national associations and work through them and through appropriate provin-

cial associations to work with club owners.

New PSA Executive Director

England's Gwain Briars has been appointed the Executive Director of the Professional Squash Association taking over from John Nimick.

"After a three month search in which over a dozen qualified candidates from three continents were considered for the position, Gwain was chosen," said PSA Chairman Jack Herrick. "He has a distinguished career both as a solicitor and a player, during which time he served as President of a predecessor organization to the PSA and showed his ability on court by reaching number four in the world."

Junior Women's Worlds

Representing Canada were Runa Reta, Jacqui Inward, and Ruchika Kumar, all from Ontario as well as Alberta's, Leona Grigg.

Coach Heather Wallace, acknowledged that her team was

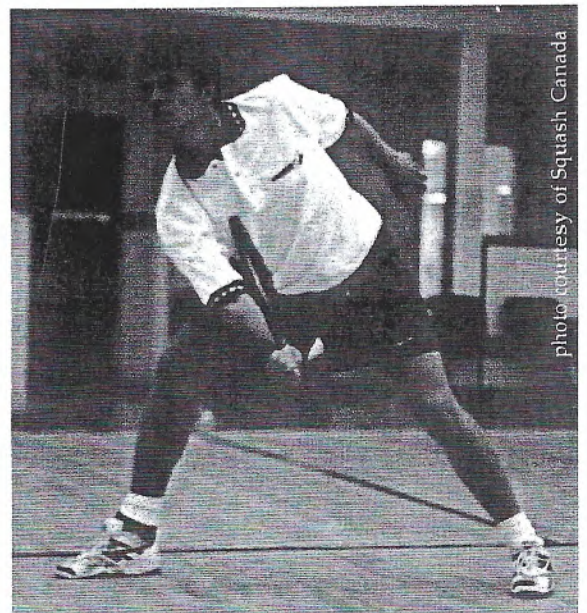


photo courtesy of Squash Canada

Power slips to No. 2

very young and the majority should be around for the next World Juniors. Canada saw its hopes for a berth in the play off round evaporate in a heartbreaking 3-0 loss to Switzerland.

The team ended up finishing 11th overall.

Ottawa's Runa Reta posted a best ever Canadian finish when she advanced to the quarter finals in individual play.

10 TO 1 IN THE WORLD

Two Canadians in Top 10

Jonathon Power has returned to the top of the new November world rankings. It is the loss of points gained in the Al-Ahram International in October which influenced this switch in the top two positions.

And congratulations to Graham Ryding who moved up three places to make his debut in the top ten.

Canada finishes disappointing 6th

Losing your number 1 player on the eve of the World Championships can be (and for Canada was) a devastating blow.

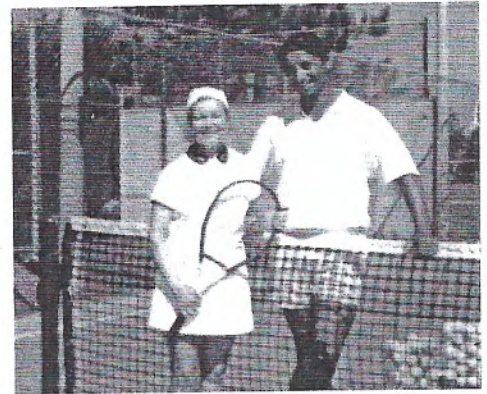
Jonathon Power, having injured himself in the individual event, was unable to lead the Canadian contingent and hopes of repeating its second place finish two years ago were dashed. The team of Graham Ryding, Kelly Patrick and Shahier Razik acquitted itself well but, still its sixth place finish was a disappointment for everyone.

WELCOME...

Welcome to David Phillips who has been appointed Provincial Competitions Co-ordinator for Squash Ontario. Squash Ontario, in its continuing com-

mitment to enhance the quality of its provincial championships, created this position last year. David will work directly with each chair of the 1999-2000 Provincial Championships to ensure that players have an enjoyable competitive experience and feel that they have received value for that experience.

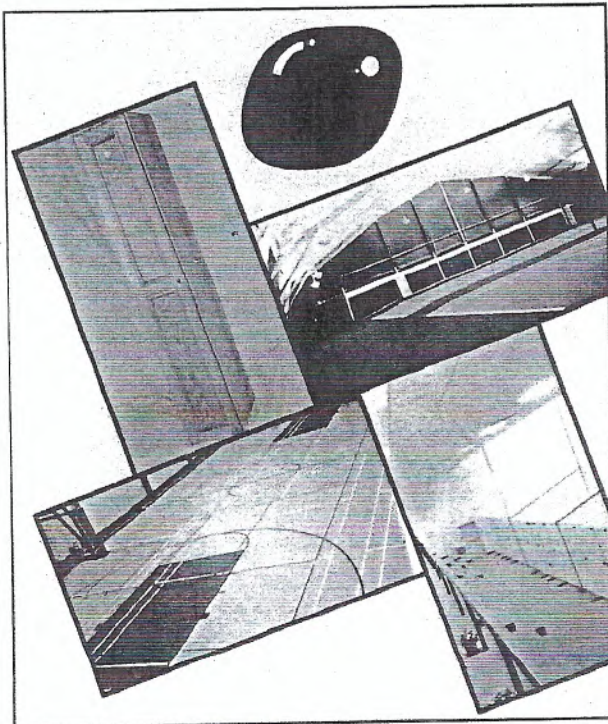
So, PLAN TO PLAY IN Y2K!



In case you're not sure, that's David on the right.

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**INTERNATIONAL AT THE LAWN
At last!**

By Tony Swift, Sports Manager

In 1965 the Toronto Lawn Tennis Club built four North American squash courts as part of an expansion to the club which included a most popular addition to its facilities, the Players' Bar.

Since then there have been various attempts to convince the Board that the club should follow the trend in Canada to international squash, going back to 1975 when the first proposal was presented.

After considerable discussion, debate, lobbying and soul searching, finally six months ago work started on the conversion of the North American courts to three international courts. However, it was not a straightforward project as the existing side walls were load bearing walls, supporting the old roof. It took eight weeks of difficult structural work in the basement which houses our fitness centre, to under pin the new walls before any structural demolition could start. Both members and staff showed considerable patience and fortitude throughout the

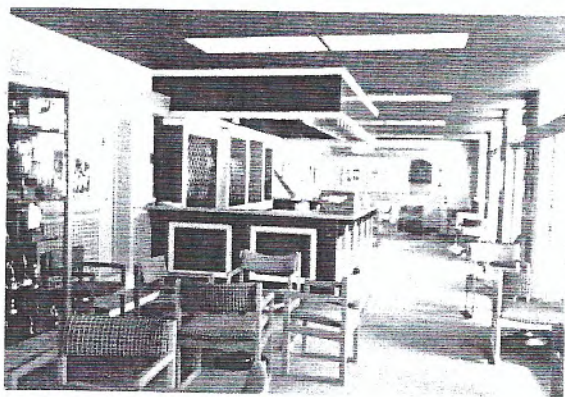
renovation. The club operation continued for eight weeks amidst dirt, dust and noise. A new roof was built above the existing one to support the new air conditioning units for each court. Gradually progress could be seen as a new Players' Bar was completely rebuilt and refurbished to cater to the three new glass back walled courts. The new side walls were built around the existing wood floors which remained in place. Plasterers, painters and electricians worked frantically to have the new Players' Bar in service ready for the start of our summer tennis season on May 1. Whilst it was operational, there was no carpet installed and the courts were hidden behind boarding. It took a further two months to have everything operational and the first ball was struck on the new courts by yours truly in early July.

The Lawn can now boast 3 magnificent new international squash courts, taking the club into the 21st century. As part of the club's overall commitment to squash, the second phase of a major development at the club over the next 30 months, will include a doubles squash court, as well as four in-

door tennis courts and a 5,000 square foot fitness area.

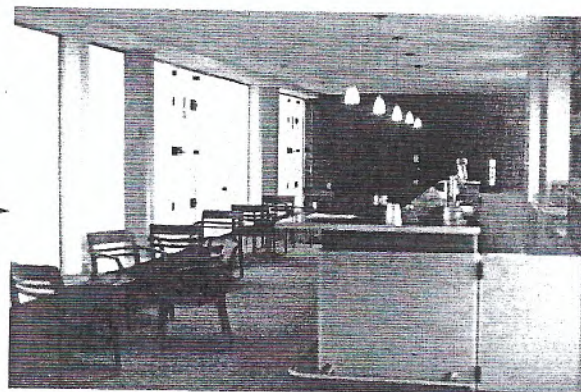
The new Players' Bar is beautifully decorated providing a comfortable area to watch the squash on court. It is the first time that squash has been exposed at the Lawn thanks to the glass back walls, which should do much to promote and market the game within our existing membership as well as help to attract new members to the club in the future. Each court has various coloured walls to match the decor of the Bar, probably a first in North American, following the trend which started in Europe a few years ago.

The courts were officially opened on October 4, when exhibition matches were played in front of a packed gallery. Greg Hutner, our Canadian U16 Champion played our best club player, Michael Grieve; Marnie Baizley and Melanie Jans, the top two women players in Canada entertained everyone, while our new pro from Montreal, Andrew Thompson, was shown all corners of the court by 10 time Irish Open Champion, Willie Hosey. It was an evening to remember - and established our courts for the future.



before

after



**THE NEW PARKVIEW CLUB
Open for business!**

The Sports Clubs of Canada opened its doors recently to its newest facility - the Parkview Racquet and Fitness Club in Don Mills, Ontario. The facility offers state of the art fitness equipment but, of equal (perhaps more) importance to squash players are the five international squash courts. Resident squash professional, Jim Hamilton, simply bubbles with enthusiasm as he describes the squash section of the club which will host the 2000 Ontario Men's & Women's Open and B Cham-

pionships on the weekend of March 10 - 12.

tention more to management strategies off court. Congratulations,

THE MAYFAIR GROUP

Harold Soupcoff, Chairman of the Board recently announced the appointment of Shirley Vedder as President and CEO. Mrs. Vedder's former position was that of General Manager and Assistant to the President. Shirley is no stranger to the squash world having been a competitive player for a number of years before turning her at-



Shirley Vedder of Mayfair

Shirley.

OAC ANNOUNCES NEW VP APPOINTMENT

Linda Stewart is, "Very excited to be back home" at the OAC. My new position is Vice President, Business Development and Communications with the Ottawa Athletic Club. I started my new duties in October.

I am thrilled to be back working here. I have been an OAC member for over twenty years, seven of which I worked here - starting as Assistant Squash Professional, then Head Squash Professional, then Director of Athletics and seventeen years later I'm back in a Vice President role.

As I said when the opportunity was presented to me, my response was - I love fitness, I love the members, and I love the OAC. I am truly thrilled to be here and have very much appreciated the warm reception I have received from our members. I will bring my energy and enthusiasm and look very forward to working with Ian Border, General Manager and Vice President of the OAC and the excellent team he has in place.

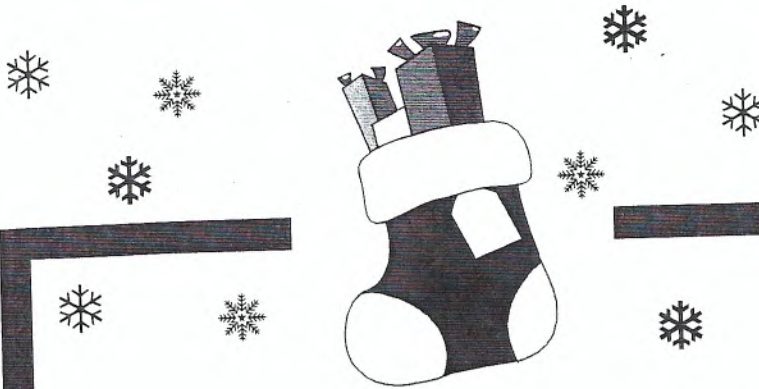
"Great club - great opportunity! It's going to be a great ride and I'm glad I caught the wave!"

PROS IN PLACE

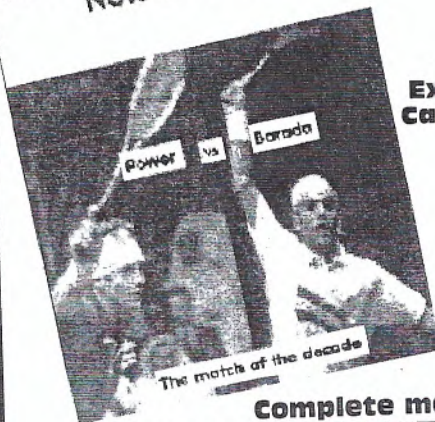
Congratulations to Melanie Jans who is now the resident pro at Toronto's Adelaide Club; to Andrew Thompson at the Toronto Lawn Tennis Club; to Sharif Khan who now calls the Racquet & Fitness Academy home; and to Shauna Flath who has given a huge boost to squash at the Ottawa Athletic Club.

NEW MEMBERS OF SQUASH ONTARIO

The Association is pleased to welcome the Revolution Club in St. Catharines in our Niagara Region; Centre de Loisirs in Kapuskasing, Espanola Fitness Centre and Champions Sports Bar in Sudbury, all new members of our Northern Ontario Region.



Tournament of Champions New York 1999



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

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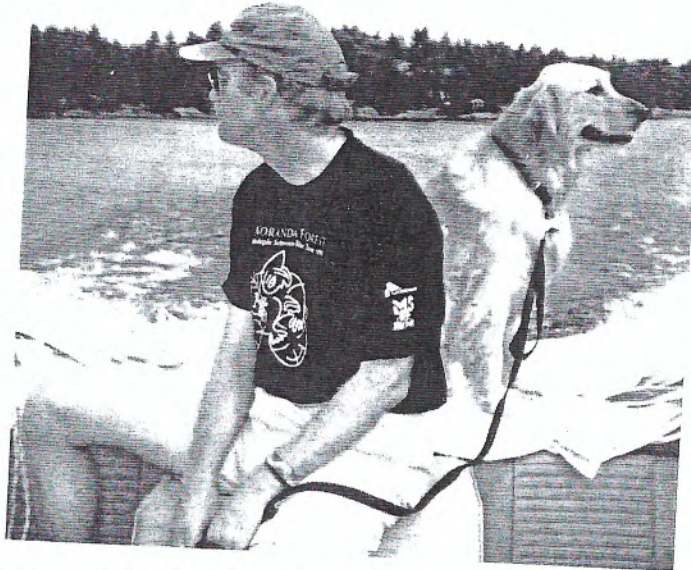
ROB BROOKS GROWS SQUASH

BY JIM WHITE

As this millennium comes to a close, the sport of squash is finally getting a small part of the public recognition that it rightly deserves. The announcement at the Sports Awards Celebration on September 18, 1999 of Jonathon Power as Ontario's 1998 Male Athlete of the Year will go a long way in elevating the profile of our sport. No doubt the award is well deserved. As the first North American to be ranked #1 in the world, it is only right that he be the first squash player to be given the tribute. Jonathon's flamboyant mastery of the game is just what is needed to provoke greater public awareness in this country.

There was another award presented to a member of our squash community at that same celebration. An award given to a man who, although well known and respected within the squash community, will probably never get the public recognition that will be accorded to Jonathon, because he quietly and methodically goes about his business cultivating, nurturing and growing the sport from its roots. Rob Brooks was a recipient of the Special Achievement Award, which is presented to individuals who have made an outstanding contribution to their sport at the local, provincial, national and international levels.

Rob has been intricately involved in Canadian squash for the last fifteen years. He has worn, and continues to wear, many hats. He is a coach; he is a squash professional; he is a



very busy volunteer; he is a squash club manager; he has been a squash club owner; and he is a squash player. The man is quietly and systematically obsessed with squash.

Known by many as "Mr. Junior Squash," Rob's principal passion is the development of the sport at the junior or entry level. For the last decade and more, the Pine Valley Rac-

quets Club in Woodbridge has been acknowledged as the mecca of junior squash in the province. Some have even fondly referred to the club as "The Factory" in recognition of the fact that so many talented junior squash players have received their basic training at Pine Valley.

This recognition is so obviously justified.

Rob was the first squash professional to fully integrate his juniors into senior house leagues and regional league competition. This was met with some resistance, not only from other clubs but, from some of his own members. But, with his customary patience, determination and focused approach to getting things done, Rob slowly and methodically changed the attitude of many of the non-believers and, thankfully, launched a trend. A number of other clubs followed suit, and now it is not at all unusual to watch a seasoned veteran being challenged by a player not old enough to drive a car to the competition.

When Squash Ontario wanted to start a Toronto & District Junior Mixed League in 1989, it immediately contacted Rob for input and support. In the early years of the Junior Mixed League, Pine Valley teams, because of their depth, were winning all of the divisions most of the time. However, over the past ten years, the league has grown fourfold, and the plaques awarded to the winning teams now have the names of many other clubs engraved on them - not because the quality of the Pine Valley juniors has diminished, but because the skills and talent of the junior players across the region have mushroomed. As the league statistician, Rob keeps meticulous records, and has, for the past five years, hosted the playoffs.

Rob's juniors have captured more than 15 Canadian national titles and a number of U.S. titles. They have been well represented on the national junior squads for a num-



Rob, with inspiration, Jim Mason

ber of years. They have also been selected to Canada Winter Games squads and teams since squash was accepted into the Games in 1991. Rob and Pine Valley have hosted the Toronto & District Junior Open for the last ten years - an event that has become recognized by coaches, players and parents as the "premier" regional junior tournament in the country.

One of his proteges has gone on to coach our 1999 Canada Winter Games Team, and another to help coach and manage the Toronto & District Junior Team for the Ontario Winter Games.

In 1996, Rob and a large contingent of Pine Valley parents undertook to host the Canadian Junior Closed Championship, within two short weeks of hosting the very well attended T & D. Junior Open. Not unexpectedly, primarily because of the focused attention to detail that is typical of the way Rob operates, we had the largest draw ever for this event. You may remember the "mmm squash" poster that was distributed to clubs across the country.

Rob has served, and continues to serve on the Squash Ontario High Performance Committee and the Competitive Committee. He has been appointed, for the last five years, to the National Seeding Committee for the Canadian Junior Closed Championships.

Just recently, Rob spearheaded an initiative to completely revamp and revitalize junior squash in Ontario. A task force of squash experts, co-chaired by the man himself, re-organized the Ontario Regional Junior Open tournaments to make them more accessible to more juniors throughout the province. Once again, Rob volunteered his time and expertise for "the good of the game."

Considering all of the above accomplishments related to junior squash (and many, many more that have not been mentioned), one might conclude that the Junior Program at Pine Valley takes up most of the limited resources of the club and of Rob himself. Not true! In fact, ironically, except for an annual summer training camp for juniors, there is no distinct junior program at Pine Valley. What makes the non-participate and compete along with adults. They are not isolated to specific times or locations within the club and they have the same rights and privileges as any adult member.

All members, juniors and adults, males and females, are given the same opportunities, the same instruction and the same support and advice from a man who has demonstrated a powerful dedication to the game of squash. No one is ever turned away.



Two former juniors who happily toiled under Robs direction, Melanie Jans and Andrew Jones.

His quiet way, his passion for squash and his coaching philosophy are like magnets drawing people to him. Pine Valley members regularly come to Woodbridge from as far as Georgetown and Ajax.

Why have skilled squash players and wanna-be squash players become loyal followers of Rob Brooks? The answer is simple, yet very complex - Rob makes every player that comes in contact with him feel special. He is constantly looking for the strengths and goodness in the player's game and positive feedback and reinforcement. He is constantly looking for the strengths and goodness in the player's game and those strengths. He teaches that respect for the game, respect for the opponent and respect for oneself will create success. Many players, in their own ways, develop their own obsessions for the game.

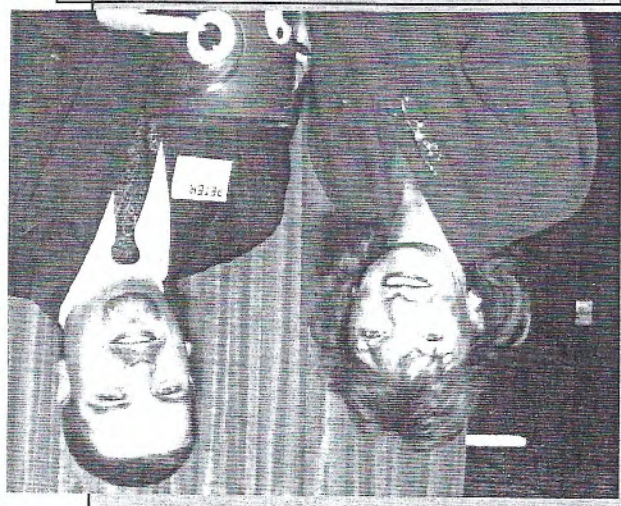
Great gardens grow because the gardener creates an environment within which seeds and plants can develop and flourish to their potential. Rob Brooks has created an environment within which squash players are able to strive for and reach their potential. That's why "Squash Grows in Pine Valley."

Jim White has been a long term member of the Pine Valley Racquets Club (during all of its identities). He has been the unofficial co-chair of most of the tournaments at the club. He is currently self-employed as a writer of Job Descriptions, Policy Manuals, Procedures Manuals, etc.

THE GOVERNMENT OF ONTARIO, Ministry of Citizenship, Culture and Recreation presents five major awards each year, one of which is the Male Athlete of the Year. Never has squash had anyone who fit the nomination criteria. In 1998, Jonathon Power certainly did with not only a world championship but a number one ranking.

Squash Ontario submitted Jonathon's nomination and his extremely impressive credentials and, for the first time ever, a squash player won. A tremendous coup for Jonathon and for the game.

Unfortunately, Jonathon was in Egypt at the time of the Awards Ceremony, but Peter Ward, President of Squash Ontario, was present to accept on Jonathon's behalf.



Peter Ward with Minister, Helen Johns.

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
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- 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!)
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Corporate Kudos

THE NATIONALS ARE COMING! THE NATIONALS ARE COMING!

By Dawn Sommerville-Picotte

Another squash season is yet upon us as we reach the final countdown to the new millennium and what better way to usher 2000 but with a Canadian Squash Championship. Yes, little ole "Brockville" is the host for the 2000 Canadian Women's Team Championships and why not? We've earned it. The nice thing about having a smaller community hosting an event of this calibre is how local community members and businesses come together, rise to the occasion with phenomenal support and great team spirit. How else could clubs afford to bring major championships in any sport to their communities if it were not for the sponsors?

From the bottom of my heart and for all the years of great support, I thank you.

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Do as you can, we're more than ready. To all the teams participating, the red carpet awaits - you'll have the time of your life...I guarantee it!

COREL CORPORATION AND OTTAWA ATHLETIC CLUB PARTNER FOR SQUASH

The 1999-2000 squash season at the Ottawa Athletic Club (OAC) is surging forward with great enthusiasm thanks to the involvement of and participation from Corel Corporation as its title sponsor for the '99 Ontario Closed and the 20th Annual Winter Open in February. Last year, the OAC and Corel brought Jonathon Power and Graham Ryding to the OAC for an unbelievable exhibition match and this year, the two will team up again by developing the "Corel Squash Series at the OAC" by committing to be the title sponsor for both events.

The Ottawa squash community will be exposed to the province's top players when it hosts the Corel Ontario Closed Championships in November and also when the top women players in the country compete in the Corel Winter Open in February. This gives the Ottawa squash community an opportunity to play, watch and mingle with some of the best players in Canada. There will be excellent exposure with Rogers Community Television and the Ottawa Citizen taking part in promoting both events.

Corel is known for its support of community activities in the Ottawa area, spearheaded by its fearless leader and avid squash player, Mike Cowpland. Corel is an internationally recognized developer of award-winning graphics and business productivity.

To find out more information about the Corel Winter Open at the Ottawa Athletic Club, February 11-13, 2000, e-mail squash@ottawaathleticclub.com or check out our web site at www.ottawaathleticclub.com

AND THE NATIONALS ARE STILL COMING!...

This time, it is the Senior Nationals and they are being hosted and sponsored by Mayfair Lakeshore Racquet & Fitness Club. This is the first time in

over a decade that the nationals have been held in Toronto and it promises to be one fantastic experience.

In order to really celebrate the millennium, a new wrinkle has been added to the festivities. National titles will be vied for in the Men's and Women's open events, as well as the Men's and Women's Masters 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+ and 70+ events.

However, in order to allow more people to participate in and enjoy the atmosphere of these nationals, Mayfair Lakeshore will be offering additional host events to complement the National Championships. The host events will be Master's B, C, D events.

Winners will not be declared national champions, but they will have had a fantastic opportunity to compete with the best!

For further information, contact Barbara Cooper at 416-466-3777.

WELCOME TO MCDONALD'S AND DUNLOP

Squash Ontario's Junior Advisory Committee has developed a new grassroots programme with the goal of creating an entry level activity recognized throughout the province.

The POWER TOUR is a series of one day novice squash events to be run throughout Ontario.

The programme, supported by Jonathon Power, is sponsored by McDonald's Restaurants of Canada and Dunlop. Their contributions to the tour helps to keep the entry fee modest. Each participant receives a unique Big Mac coupon and Dunlop is providing a dozen balls for each venue.

OFFICIALLY "OURS"

Squash Ontario is very pleased to announce that Black Knight has signed a three year agreement as the official eyeguard of the Association. And, we're delighted to welcome back Mantta, Hi-Tec and Curtis Insurance as the official sponsors of the Individual Membership Programme.

Still on the official side, we would like to recognize Aim Management, distributor of Gettagrip as our official grip, and SportsBeat as our official ranking programme.

The Mayfair Group continues its support of our coaching certification programme with its designation as official host club of Toronto coaching clinics.

AN ANNUAL AFFAIR

Traditionally, as the first blush of colour begins to show on the trees, Squash Ontario convenes its annual general meeting and this September was no exception. It is not so much a meeting as a gathering of friends...a time to look back at accomplishments and plan for future endeavours. It is also the time when the Association recognizes, acknowledges and thanks many of the people across the province who are instrumental in delivering programmes and promoting and administering the game.

support their athletes to be the same. Third, they teach and abide by the principles of fair play. And last but by no means least, they are a role model.

Nomination forms for Squash Ontario's Coaching Achievement Award were distributed to clubs, coaches and players across the province. This year, the Award was presented to Heather Wallace and Ruth Ann McBride. Heather's playing accomplishments are well known - 10 time Canadian Champion, former Japan Open and San Francisco Open Champion, and member of the 1990, 1992, 1994, 1995, 1996 and 1997 Canadian Women's Team. Perhaps not everyone is aware that, at the same time as she was extremely competitive, she was also dedicated to coaching and holds a level 4 certification.

Ruth Ann McBride, has quietly worked over the past 5 years to build an outstanding junior programme at her home club of Northfield in Waterloo.

Many of her juniors over these years have been favourably positioned in the rankings and a number have made it to the winner's circle. Not content to coach juniors,

she was a member of the Junior Committee for four years and took on the Chair (and incumbent headaches) in her fifth year.

Both Ruth Ann and Heather were participants in the May 1999 "Junior Think Tank" workshop and presently sit on the new Junior Advisory Council.

There can be no greater accolade than to be recognized by one's peers and Heather and Ruth Ann are worthy recipients of the Coaching Achievement Award.



Accepting the Regional Achievement Award on behalf of Northern Region - President, Barry Farstad

REGIONAL ACHIEVEMENT AWARD

In an effort to recognize volunteers in our regions and the tremendous amount of work they do on behalf of the Association, the Board of Directors created the Regional Achievement Award. This year, it was pleased to present the award to president, Barry Farstad and the Northern Region. Under his presidency, there is a new enthusiasm and vibrancy in the north - as well as 3 new members of Squash Ontario!

Special Achievement Award recipient, Joe Stewart



SPECIAL ACHIEVEMENT AWARD

Squash Ontario's Special Achievement Award is just that - "Special." It is presented, at the Board's discretion, to a person (player, coach, official, volunteer, builder) who has made an outstanding contribution to squash, not just in his or her region, but provincially and often nationally. There is not always someone who fits this criteria and as a consequence, some years the award is not presented.

But, it certainly was in 1999 and to Joe Stewart. Joe's volunteer credentials are second to none. He began his "career" as president of the Central Region and then moved on to the Board of Directors of Squash Ontario. He was instrumental in creating the Regional Achievement Award. He was president of Squash Ontario from 1993-1995 and it was in this capacity,



(Top) 1999 Coaching Achievement Award recipient, Heather Wallace with protégé, Runa Reta

(Right) The other recipient of the 1999 Coaching Achievement Award, Ruth Ann McBride



COACHING ACHIEVEMENT AWARD

Two years ago, the Board of Directors searched for a meaningful way to identify and recognize outstanding coaches in the province. It wanted to provide an answer to the often-asked question, "What makes a good coach?" Not an easy task but essentially the Board narrowed the criteria down to four important principles. First, they not only teach but consistently demonstrate respect - for one's opponent, for the official, for oneself and for the game. Second, they have integrity - they are honest, sincere and honourable and they encourage and

that he also served as a member of the Squash Canada Council. Under his direction and guidance, we implemented an ambitious three year marketing plan. Some of those initiatives served as the foundations for enhanced or new initiatives today, in particular the individual membership programme.

As a past president, his knowledge, experience and sense of humour was critical and most appreciated.

Joe Stewart has left his mark - not just on squash in Central Ontario but most particularly on the game and its structure in Ontario. He is a worthy and deserving recipient of the Special Achievement Award.



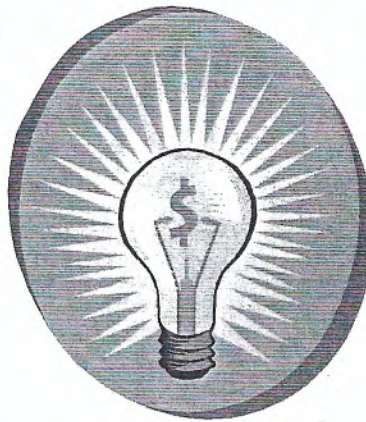
(From L. to R.) **The new Board of Directors**
Peter Ward, Chris Herbert, Ann Gray,
Dawn Sommerville-Picotte,
Rob Brooks and Mark Sachvie

NEW BOARD OF DIRECTORS

And, the final chapter in the 1999 Annual General Meeting was the election of the new Board of Directors.

Guiding the Association will be Peter Ward, President, Dawn Sommerville-Picotte, Vice President Regional Development, Chris Herbert, Vice President Marketing and less anyone feared Squash Ontario would lose its junior focus, Rob Brooks and Mark Sachvie, Vice Presidents of Junior Development. Rob will also hold the portfolio of Finance. Rounding out the Board is Ann Gray as Past President, a role tailor-made for her facilitation experience and her wry sense of humour.

"The new millennium" is a phrase much bandied about these days but Squash Ontario, with its strong and supportive corps of volunteers and a proactive and progressive Board of Directors, is well positioned to take advantage of all the millennium has to offer.



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Determined in Deep River

Met Nathan Callighen.

Nathan began to show an interest in squash when he was just about four years old as he watched his Dad (Mike) perform his magic on the court. Now at the ripe old age of ten, he continues to develop two essential skills for a good squash player: good hand-eye co-ordina-



The many faces of Nathan Callighen - trying to catch a ball at an Ottawa Lynks game, barbecuing on a camping trip and boarding a bush plane on the Ottawa River.



tion and a sharp competitive edge. Like his older sister Lauren, he had to learn to play squash if he ever wanted to see his Dad!



his adult opponents progress from an air of confidence to quickly realizing they will have to bear down if they expect to win. Sadly, for some of them, so does Nathan!

tion and a sharp competitive edge. Like his older sister Lauren, he had to learn to play squash if he ever wanted to see his Dad!

Soon after moving to Deep River in 1992, Nathan became a member of the Deep River Curling and Squash Club and joined the junior squash programme at the club. Unfortunately, Deep River is situated on Highway 17 halfway between Ottawa and North Bay and is therefore somewhat isolated from any squash clubs with active junior programmes. So naturally, opportunities to play other juniors, or even participate in junior tournaments, are few and far between. Nathan has progressed quickly in his squash abilities and as a result has taken to playing the adult members of the squash club to further develop his skills. It's interesting to watch some of

Over the past few years Nathan has had the pleasure (and pain) of learning how to play the game properly from some of our local and dedicated coaches: Jack Cornett, Metin Yetisir and myself, Brian Leitch. Unlike the juniors in the "big cities", the Deep River Squash Club doesn't have the luxury of squash professionals. However, we are fortunate in that, at least once a year, we are able to reap the benefits of the excellent coaching advice from professional coaches such as Nigel Gleeson, Duncan Stuart, Peter Ward and Jeff Sneyd. Nathan, of course, is right in the thick of it, challenging the pros and learning at every opportunity.

It's not unusual to find Nathan out on the court hitting the ball around,

improving his co-ordination and patiently waiting for some unsuspecting prey to come along. But now that he is getting older and starting to play in some of the Ontario junior tournaments, he is finally meeting up with some stiff competition. His first foray into the tournament scene last year was at the Ontario Open and he was quickly introduced to some other, and apparently, even more aggressive juniors. It took him a few games to catch on to the realization that these guys wouldn't just roll over and play dead, so he had to pour it on, albeit too late. Not to worry though, he now knows what has to be done, so he's been practicing and getting ready for them again this year. Nathan and Alex Cornett, who is another Deep River junior, travel to Ottawa each Saturday morning to receive coaching from Heather Wallace and her team of coaches.

Although Nathan seems to spend a lot of his time playing squash, he has many other interests and activities. He is always active and particularly likes to be outdoors; camping, golf, baseball and skiing are a few of his favourites. He dreams of playing for the Blue Jays some day and even has the play all figured out (something about hitting a grand slam in the World Series). Another of his favourite pastimes includes helping his Dad with just about everything from mowing the lawn to snow-blowing and soon...beating him at squash. ©

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Going the wrong way, #!\$@*

How many times have you seen someone refused a let because "you went the wrong way", only on another occasion to see someone get a let, maybe even a stroke, when they went the wrong way?

Unless you've attended an officiating clinic, it's likely that you are confused about this particular aspect of the rules, so here goes with a clarification on what might be called the "Rule on ethics!"

The rule in question is 12.6.4 which states that the referee shall not allow a let if the player has created his own interference. That seems simple enough, doesn't it? If you go the wrong way and then there is an interference and ask for a let, you're out of luck, right? Not necessarily, because attached to this rule is an Official Guideline known as G11. This guideline makes the distinction between cheating, and making an honest mistake, hence the "ethical" label.

You are cheating if, for no genuine reason, you create an interference by taking an indirect path to the ball, either because you don't want to go after what looks like a really tough ball, because you're running out of gas, or finally, because you are trying to coax an award of a "stroke" out of it (like exaggerating a swing for example). The referee should say "no let" if he sees the above.

But, if you make an honest mistake, and are obviously fooled by a shot, you start going one way then change your direction only to find your opponent in the way, then you may be awarded a let if you show conclusively that you could have recovered and reached the ball. And, listen to this, you may

even be awarded a stroke if the referee feels that a winning return has been interrupted!

Quick example; your opponent is at the left front of the court and looks as if he's (she's) about to make a drop shot to the left front. Anticipating this, you move in to the left of your opponent, only to find that a boast was made and the ball is now going across the front of the court. You find your opponent right in the way as you attempt to move right and change

from a backhand swing to a forehand swing (for right-handers). Honest mistake! If the ref feels you could have made a good return, then it's "Yes let". If the ref felt you could have made a winning return, or your opponent made a poor boast near his (her) feet and didn't allow you freedom of swing at it, then it's "stroke" to you! Finally, of course, if the ref feels that you could not have reached it regardless of the interference, then it's NO LET! ©



Craig Hall, in his own words

Why do I play, volunteer, and officiate the game of squash? There are many different reasons. When I first took up squash as a student at McMaster University in 1970 I quickly realized it is the best game, bar none. During the intervening years I have averaged playing four to five times per week, participated in various leagues and spent numerous weekends competing at tournaments. I enjoy the technical, strategic and fitness demands of the game.

Of course, I really appreciate the mental side of the game since, when I'm off court, I teach and research in the area of sport psychology at the University of Western Ontario. Do I

practice what I preach? I guess you should ask some of my opponents but, I have enjoyed some success over the years. I am currently attempting to improve my doubles game so I can psyche out three people (unfortunately, that usually includes my partner) instead of just one!

I have volunteered over the years (e.g. Regional President, Squash Ontario Board Member, President of Squash Ontario, Squash Canada Vice-President) because I wanted to play a role in helping develop the sport and because I find the people involved in squash, especially other volunteers, to be excellent to work with. They are enthusiastic, dedicated and profes-

sional. I have always had a sense of accomplishment from my volunteer activities. And, I have learned a tremendous amount about the politics of sport (yes, there is politics), how challenging it is working with a volunteer base (too few people get paid in squash), and how diverse the squash playing community is across this province, not to mention the entire country.

I initially became involved in the officiating programme because I felt having a command of the rules would help my own game, and besides, I was constantly being asked to officiate at tournaments and wanted to do a reasonable job (which early in my squash playing days was not always the case). By the mid 1980's, I became a Provincial Examiner, partly because someone was needed to conduct rules clinics in the Southwestern Region. I have not always enjoyed my experience as an official (I have officiated some very "ugly" matches which I would rather just as soon forget), but overall it has been rewarding. I have met some great people I would otherwise not have met, I have had the "best seat in the house" at some truly exciting matches (from D to international level) and I have helped hundreds of players better understand the rules of the game.

I will continue to be involved in the officiating programme since it is one way I can give something back to the game that has given me so much. ©

HELLO GOODBYE

Congratulations to Ottawa's LARRY JONES who was elected chair of the Squash Ontario Officiating Committee in September. As chair, Larry will be Ontario's voice at the national officiating level.

Larry takes over the reins from Moe Shehata who chaired the committee for the past 5 years. Thank you, Moe, for all the time and effort you devoted to move the programme forward.

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A season to remember

The Pan American Games had a real taste of Ontario University Squash in Winnipeg in 1999. Several present and former O.U.A. Individual Gold medalists were representing their home nations. Canada won Pan Am team gold lead by University of Toronto alumnus, Melanie Jans and Carolyn Russell from Queen's University. The 1998-1999 Men's Individual Champion, Luke Fraser from the University of Waterloo, competed for Guyana while Head Coach of McMaster University Ramon Chan-a-Sue was coach of the Guyana National Team. With such a high level of play being represented from the OUA it only goes to prove that the Ontario university league is attracting many great players who are continuing their squash career as top scholar athletes.

The 1999-2000 Ontario university squash season will be one not to be missed. History will be made and honored on the same weekend. The University Team Championships are set for Burlington's Cedar Springs Racquet Club. League alumni and coaches from past and present are being called upon to add a little of the past to the new era of Ontario university play in the upcoming millennium. Set for the weekend of February 5-6, in conjunction with the O.U.A. combined team championship, an O.U.A.A and O.W.I.A.A. Alumni Doubles Tournament is being organized. This will be a great opportunity to cheer on your Alma Mater while showing today's student athlete that playing squash never ends. The alumni tournament will be organized in pools with each team guaranteed three matches. The matches will be played on Friday and Saturday with all alumni participants invited as part of their entry to the Championship banquet at nearby McMaster University. As part of the banquet, ten member All Decade Teams from 50's-90's will be selected and honored along with the present champions. The banquet will hopefully surpass the record 125 participants at last years event. With the hope of a solid draw for alumni, a dance will be organized to make this the biggest celebration of it's kind.

Interested former university players please contact Geoff Sheppard by e-mail at sheppard@idirect.com. There are already twelve confirmed alumni for this event. Call up that old teammate and pay tribute to the league that can still hopefully tell some special stories to all involved. Watch for more publicity in future Squash Ontario mailings.

The Western Mustang men put a sixteen year win streak on the line. The Western women are trying to repeat. All other Institutions look to make some noise to start the new century. New faces will be evident throughout

the O.U.A. this season and it's their challenge to make their name heard on the courts. Defending individual champions Luke Fraser of Waterloo and Nicole Carroll will be back to defend the Individual titles. ©

OUA TOURNAMENT SCHEDULE

- Women's Tournament #1 @ Ryerson, October 16, 1999
- Men's Sectional #1 @ Brock/Queen's, October 30, 1999
- Women Tournament #2 @ Western, November 6, 1999
- Men's X-Over #1 @ Ryerson, November 6, 1999
- Men's Sectional #2 @ Western/Toronto, November 27, 1999
- Women's Tournament #3 @ Queen's, January 15, 2000
- Men's X-Over #2 @ Waterloo, January 15, 2000
- OUA Individual Championships @ Western, January 29, 2000
- OUA Team Championships @ McMaster/Cedar Springs, February 5, 2000

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BEYOND THE POINT

What makes a good coach?

BY MIKE WAY

This question was posed by the editor, Sherry Funston. Different coaches emphasize different aspects and approaches to teaching so, asking one coach to outline the criteria around choosing the best coach for you may be a little controversial - especially for my colleagues reading this. (Silly presumption, really!) Here goes.

1. **ENTHUSIASM:** When you first meet the coach, use your own instincts to tell you whether this coach is into teaching or is he burnt out from too many lessons over too many years. Avoid a bored teacher!
 2. **KNOWLEDGEABLE:** Most coaches have completed at least one level of the National Coaching Certification Programme (there are 5 levels). These courses help develop the necessary skills required to teach different shots and to become aware of strategy, tactics, training and mental skills required for competition. These courses can only do so much.
- Any coach of ten years or more in this profession looks back with humour at their early coaching style. A

good coach develops over years from being in the trenches; learning from other coaches; watching top players to analyze innovative styles or techniques; is, in the truest sense, always a student of the game.

Any coach who believes there is only one way to hit the ball, one way to play tactically, one way to train or practice is to be avoided. The tunnel vision of cloning players only leads to frustration - for the student and the coach.

3. **FLEXIBLE:** Good coaches will work with what you have - technically, athletically, etc.; it doesn't mean they won't try and change your technique but, experience tells the coach where the lines are in trying to attain perfect textbook technique as opposed to your own perfect technique within your capabilities.

4. **COACH'S GOOD TECHNIQUE:** This is important so that the best demonstration can be given to the student. Coaches with weak techniques tend to steer away from demonstrating certain shots out of embarrassment. The

coach doesn't have to be able to hit a perfect volley kill - but good mechanics still show through in any demonstration and are a must for a good teacher.

5. **GOOD PLAYER = GOOD COACH:** This is not a prerequisite; it just helps. An older, experienced coach (all things being equal) will gain respect for their age and on court manner. A young coach who is a weak player probably won't. I know many coaches who can hardly play due to injuries but, their knowledge, experience and enthusiasm make them respected by all they instruct.

Being a good player can help in applying pressure in drills and games, some players have good technique when there is no pressure but, this goes out the window when they have less time. However, any experienced coach, good player or not, can create pressure in a drill or conditioned game.

6. **AGE, LEVEL, GENDER:** Some coaches have strengths for a particular group - for example, juniors, women's league, beginners, advanced, etc. Where possible, find the coach whose reputation suits your level or group.

7. **THE BLEEDING OBVIOUS:** Cost - does the coaching fit your budget? Punctuality. Personality. Safety in the coaching environment. Fun (did you enjoy the lesson?) And finally, did you learn anything?

Just remember that improvement may not happen immediately after the first lesson. Try different coaches now and again; but usually stick with the one you trust. Good coaches encourage their students to get a second opinion occasionally. Sometimes a different eye or terminology can do wonders. All the players at the National Training Centre are encouraged to seek advice from different coaches - the only criterion is that they educate ME on the other coach's insight or I talk to the latter directly. I become a better teacher and the player's skills are evaluated openly which helps everyone.

Ask other players who have had lessons what their experiences have been. The personal reference is probably the most important when a player is making a decision. ©

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

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But Dad, I just want to have fun!

IN MAY OF THIS YEAR, seven experts (the magnificent 7 as they are affectionately known) came together to revitalize, revamp and revive junior squash in Ontario. These people, Ruth Ann McBride, Bob Shine, Rob Brooks, Mark Sachvie, Heather Wallace, Leslie Forsbrey and Pat Richardson, threw away the book and wrote a new one. They discarded the biases and prejudices of the past and embraced the possibilities of the future. "Some people see things and ask, why? - others dream dreams and ask, why not?"

These seven people, fortunately, subscribed to the latter. They put into place a structure which will encourage new young players to participate and allow all present players to grow - at their own time and at their own speed. A great deal of emphasis is going to be placed on introducing very young children to the game through an expanded and ambitious school squash programme and through the creation of a new programme called the Power Tour. These are one day events for absolute beginners and are sponsored by McDonald's and Dunlop and supported by Jonathon Power. No matches - no keeping score - no winners - no losers - just fun.

Ah, "fun" - the operative word. It is essential that this first ex-



RANKINGS?

What are those?

perience in squash is a positive one because if it is, many of them will continue to participate in the game, perhaps throughout their lifetime. We must all work hard to ensure that the element of fun, once established, remains a constant in the game because our children are growing up in a world of contradictions. The Olympic slogan, coined almost a century ago, extols the virtues of "taking part." But, kids all too often hear a different tune - "Winning isn't everything, it is the only thing." Which principle do they follow? Do they play for the fun of it or do they play, not just to win but to win at all costs? The moment the scoreboard takes precedence over the enjoyment, fun is the first casualty. So, for heaven's sake, let's not introduce the "R" word too early in their budding squash careers!

Children learn, first and foremost, by the example set for them at home by their parents. Their values are those they have learned from the people whom they admire and respect the most. Children learn by example so, how then will a child respond to his father who makes a beeline for the draw sheets and spends the next 45 minutes berating the tournament chair because, in his opinion, the seedings are "all wrong"? "Seedings? rankings? - what's all this about?" Just recognizing the tremendous importance of sport being fun for children could be the most significant single factor in making parents and coaches a more effective and positive influence on kids. And consequently, placing way too much emphasis on where your child is ranked could be the most negative. So, mom, if the scheduling was just a little bit off and your daughter played two matches in the space of three hours - before you raise the roof, look at her face - is she smiling, laughing? Is she having fun? If the answer is "yes," then that's all that matters or should matter.

Remember - it's pretty difficult to label a happy kid a loser!

Sherry Swinton

PHOTO: Compliments of Leslie Forsbrey from her Power Tour event at Cavell Life Fitness Galleries in Toronto

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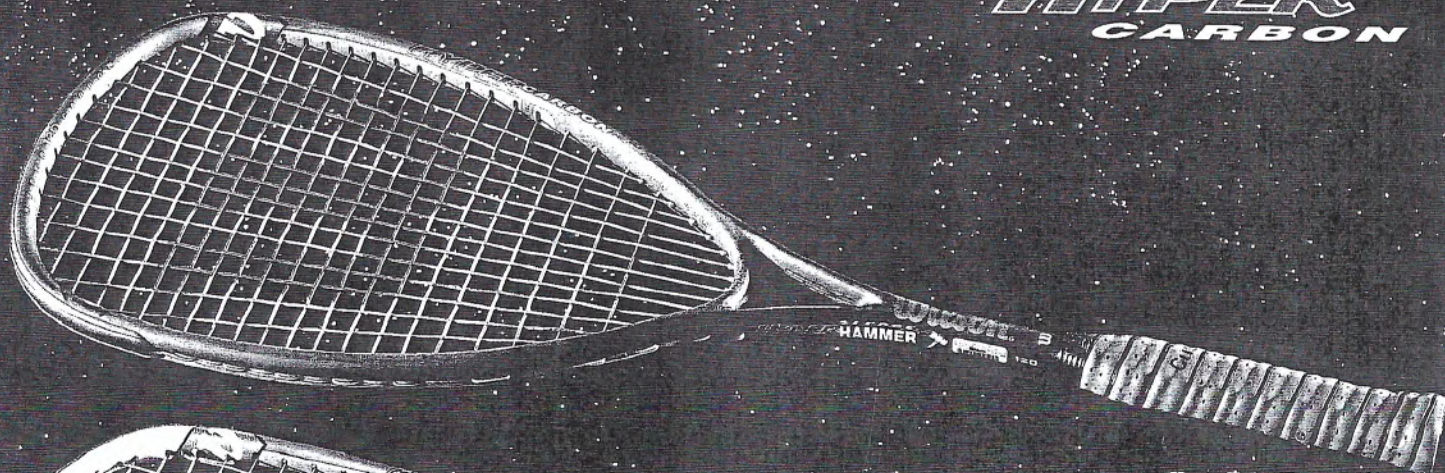
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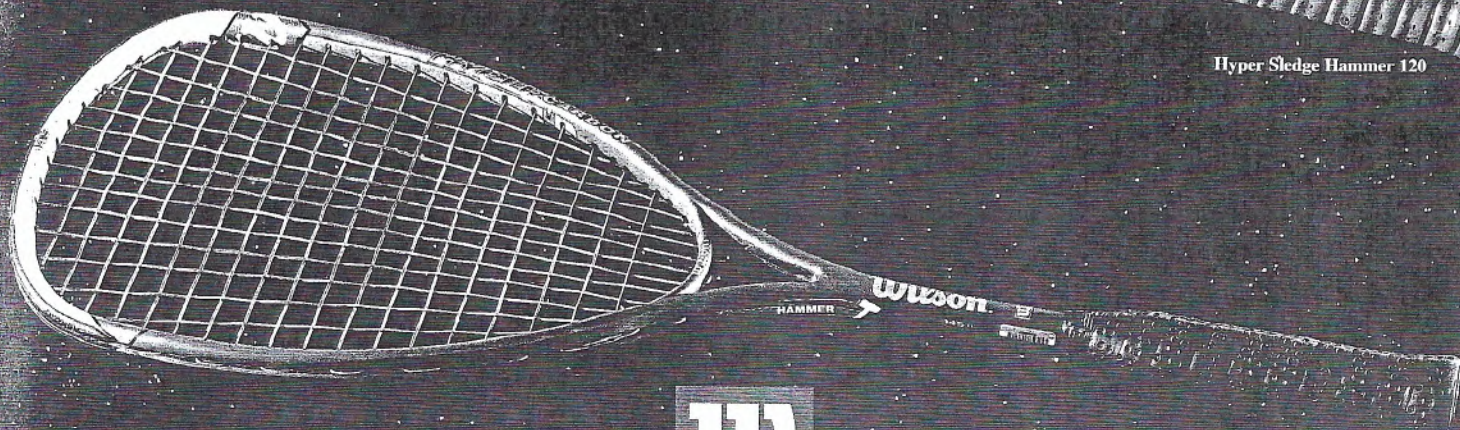
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