

SQUASH

Ontario

2007



ON THE INSIDE

Hallowed Hall of Fame

Coming Attractions this Season

Sport Injury - Ultrasound - When and Why?

.....and much more

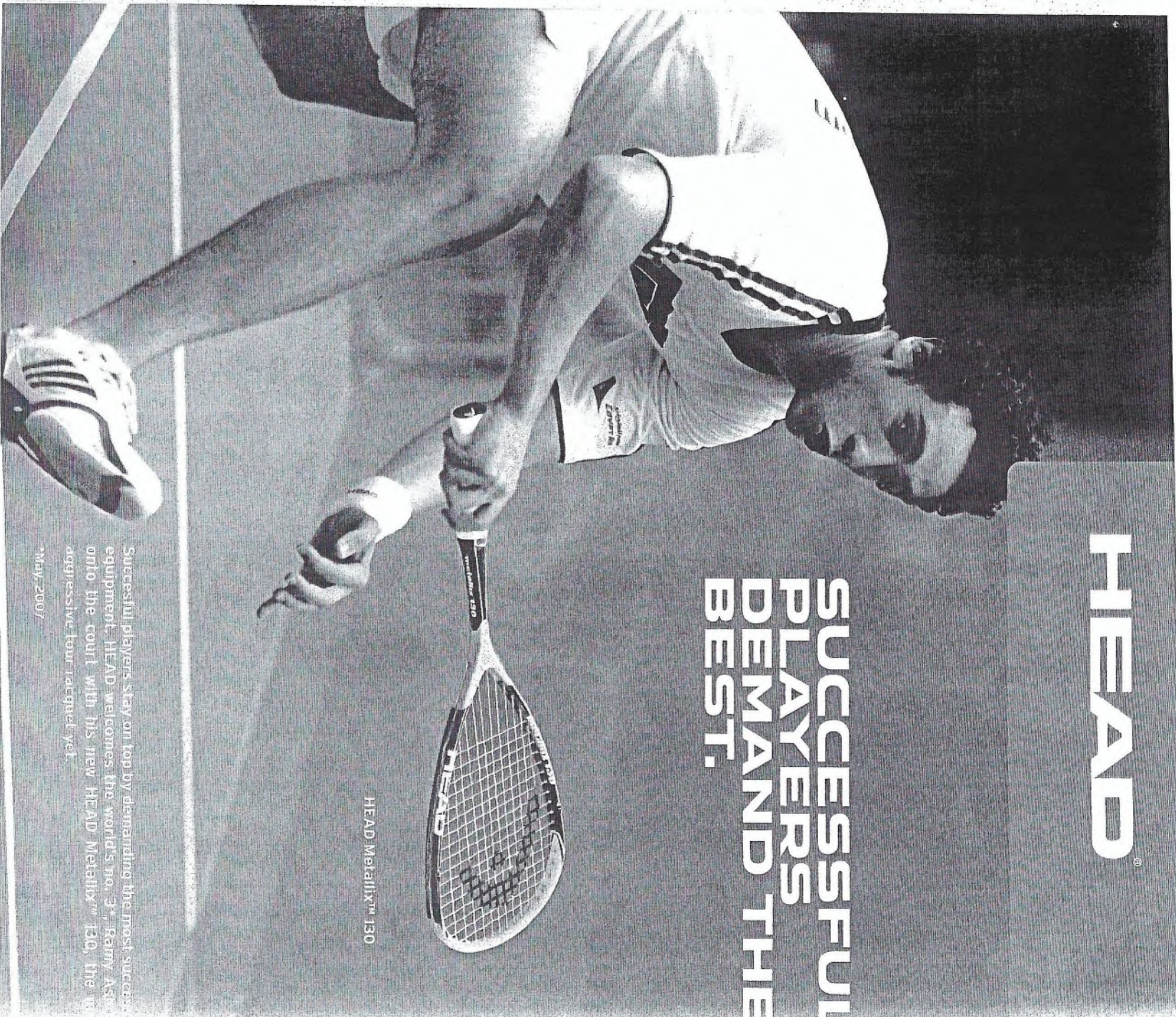
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Spring 2007

Volume 33, Number 2



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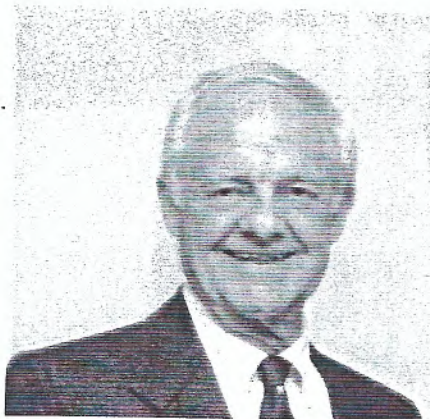
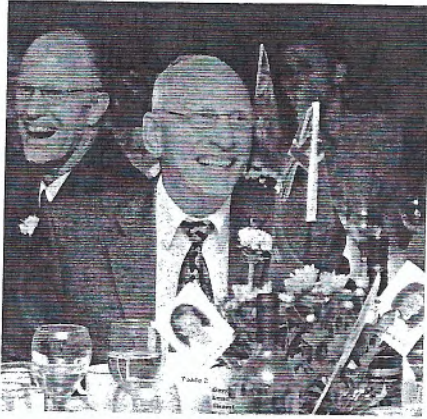
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Squash Life is published three times a year by Squash Ontario to give voice to and promote squash in Ontario. We invite members of the sport community to contribute articles on every aspect of squash, and welcome readers' comments on the contents of this magazine.

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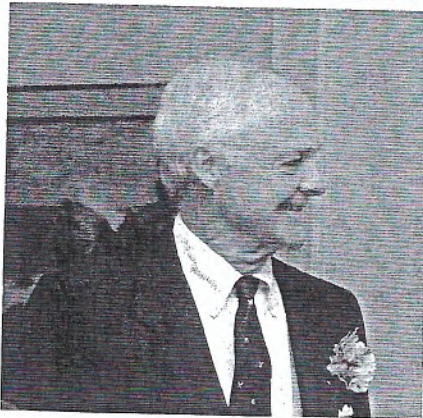
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Over 5,000 copies of Squash Life are distributed on a complimentary basis to 160 member squash facilities in the province and direct mailed to over 1,500 individual members.



THE CLASS OF '07

Welcome to the Ontario Squash Hall of Fame





*Here's to the winners - lift up your glasses
Here's to the glory still to be.
Here's to the battle, whatever it's for,
To ask the best of ourselves, then give much more.
Here's to the heroes - those who move mountains.
Here's to the miracles they make us see*

On Friday, September 28th, friends of squash, and there were many of them, gathered together at the prestigious Badminton & Racquet Club in Toronto to celebrate the induction of five extraordinary individuals into the Ontario Squash Hall of Fame - the class of '07.

The Ontario Squash Hall of Fame was created in 2005 by Squash Ontario to promote a greater awareness of the history of squash in Ontario by recognizing individuals for their outstanding achievements and exceptional contributions to the game; and to preserve the heritage of the game.

One would be hard pressed to decide who was more honoured that evening- the inductees or those of us who had the privilege of listening to their amazing histories. These are our heroes - they are, in many cases, those who moved mountains. Ernie Howard captured both the Canadian and U.S. Hardball Championships in the same year, 1953. But who knew what a significant feat that was. For 80% of the squash players today, the hardball game is virtually unknown but Ernie's induction ensures that the history of the hardball game and its relevance is enshrined forever.

And Heather Wallace, a player of incomparable talent and skill and yet how many of us realized that she won 12 consecutive national titles - no Canadian, not in any sport, has ever achieved that record!

There are many who equate the game of squash with chess and no one better exemplifies the cerebral approach to the game than Gerry Shugar. He won his many Ontario, Canadian, U.S. and world titles - in two different games, all after the age of 30 but it was his combination of skill and analysis that proved deadly on court.

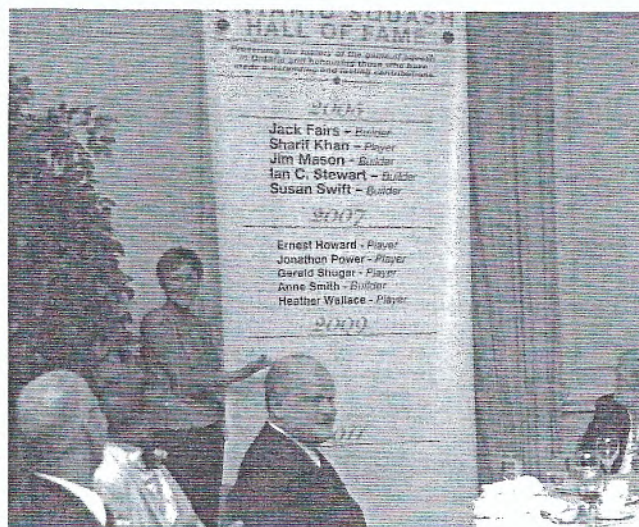
And Anne Smith, inducted as a builder of the game in recognition of her remarkable and selfless efforts on behalf of squash but she could just as easily have been inducted for her outstanding accomplishments as a player.

And last but by no means least, the inimitable and incomparable Jonathon Power, the first and only North American to ever reach #1 in the world and to bring home to Canada a world championship. He was as volatile as he was brilliant and is just one of six men to achieve the three modern pinnacles of professional success - the British Open, World Open and No. 1 ranking.

Jim Mason have set the bar high.

How is a tradition born? In the case of the Ontario Squash Hall of Fame dinner and its master of ceremonies, it is in reaching out to Peterborough and asking the incomparable Paul Wilson to take on this role. He did a brilliant job in 2005 and followed with an encore performance, white jacket and all, in 2007. Thank you, Paul. He combines a wealth of squash knowledge, a reverence for the occasion and just the right amount of humour - an unbeatable recipe.

After a comprehensive tendering process amongst all Ontario squash clubs, The Club at White Oaks was selected by the Board of Directors as the permanent home of the Ontario Squash Hall of Fame and the official opening took place in June of this year. We thank the entire contingent of White Oaks representatives who braved the QEW on a busy Friday night to share the evening with us.



When the Squash Ontario Board of Directors created the Hall of Fame, it also established an independent Board of Governors, chaired by Rob Brooks. He and his committee of Vincent Taylor, Gail Pimm, and Scott Dulmage culled through a myriad of nominations and unanimously selected these five people. "Many are called, few are chosen" was clearly the order of the day. The chosen for 2007 have added immensely to the rich tapestry of squash in Ontario and yes, in Canada and worldwide. They, along with the first inductees, Ian Stewart, Susan Swift (both of whom attended this induction ceremony), Jack Fairs, Sharif Khan and

Wall was established as a charitable entity to ensure upkeep and enhancements to the Hall of Fame. To Steve Goodrich of "Some like it hot" - thank you and if you haven't tasted any of his sauces, you're missing a treat. And a thank you to Peter Hatcher, CIBC Wood Gundy; to Ian and Sally Braff, you are always there when Squash Ontario needs you, and thank you Vincent Taylor and Rob Brooks - thank you for believing in this dream.

The next induction ceremony will take place in 2009. It's an event not to be missed.

ONTARIO SQUASH HALL OF FAME MEMORABILIA

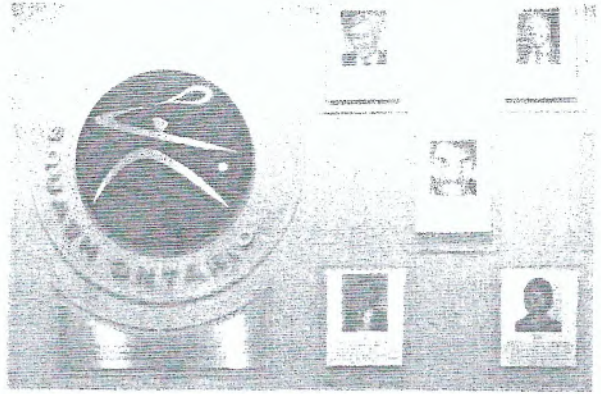
By Ian C. Stewart

At the recent Hall of Fame dinner, I made mention that the Chair of the Board of Governors has asked me to head up a committee to assemble a collection of memorabilia for the Hall. I am honoured and pleased to do this because I believe we must continue to grow our present collection if we want the Squash Hall of Fame to be an exciting place that allows us to relive the great moments of the game and inspire young athletes.

Both the Baseball Hall of Fame and the Hockey Hall of Fame have managed to do this with their collections. I can tell you that I personally found my visits a very moving experience. They are places that every fan aspires to visit at least once in their lifetime and there is no reason we can't do the same for Squash.

So we have to start collecting....trophies, pictures, equipment, instructional videos etc., anything of historical significance. I am asking all of you and all squash clubs in Ontario to search your basements for those hidden treasures.

For example, perhaps an exhibit featuring the racquets used by Ernie Howard in his historic year of 1953 and the racquets used by Johnathon Power 50 years later. The comparison could make for a very interesting display of the technological advances that have taken place over that



period of time. I know there are many other good ideas out there and I am asking you for your input as to how we can make the Squash Hall of Fame a place people will want to visit time and time again.

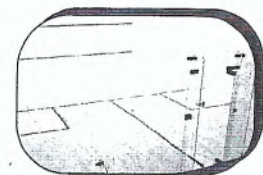
We have a wonderful beginning at White Oaks in Niagara-on-The Lake and with your help I know we can grow into something even better.

Should you have any suggestions or items you would be willing to donate I can be contacted through Squash Ontario.

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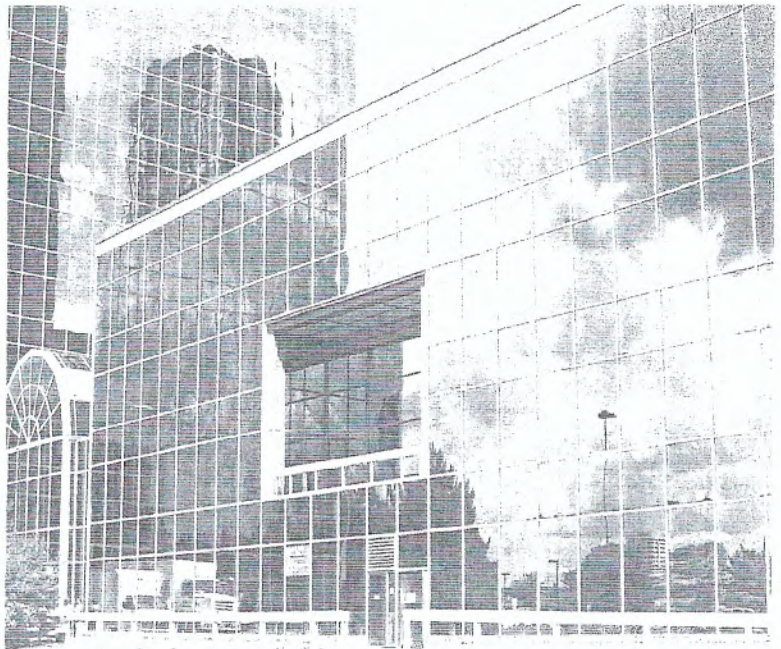


A New Home for Squash Ontario

Squash Ontario's offices are housed within the Sport Alliance of Ontario which is home to over 55 provincial sport organizations - from badminton to boxing and from rowing to rugby. This "togetherness" provides a synergy for growing sport in Ontario.

Come June 2008, we will all pack up and move about 10 minutes from our current Don Mills and Eglinton location to 3 Concorde Place. Our new "digs" will provide over 65,000 sq. feet of office space for the organizations as well as our printing and mailing departments.

We will be sending out more detailed information as it becomes available but the move, at the end of May should be challenging, given Squash Ontario's annual meeting is scheduled for June 7th!



ONTARIO OFFICIALS TRAINED ON DEFIBRILLATORS

As part of Squash Ontario's continuing commitment to ensuring that squash is played in a safe environment, it has partnered with The Mikey Network to provide defibrillators as a significant cost savings to our member clubs. In addition, the Board of Directors has approved a policy to ensure that there is an official trained in the use of a defibrillator at each one of our Ontario Championships in 2007 - 2008.

The first training session was held on Saturday, September 15th, conducted by Toronto Emergency Service at the Sport Alliance of Ontario in Toronto.

Fully certified are Dave Howard, Jennifer Birch-Jones, Penny Glover, Lolly Gillen, Morteza Droudrian, Steve Flude and Bill Malmo.



Newly trained officials on the defibrillator, from left front row, Steve Flude, Penny Glover, Morteza Droudrian, Dave Howard, top from left Jennifer Birch-Jones, Bill Malmo, Lolly Gillen.



ASSOCIATION

Junior Squash Off to a Fantastic Start

On the weekend of October 12 - 14, the Granite Club hosted the Jesters Gold event # 1 and had an impressive 164 participants. This is an increase over last year of 11%.

Following on the Gold's heels on the weekend of October 19-21, 144 young and eager squash players converged upon the Toronto Cricket, Skating & Curling Club for the Head Silver # 1. This event has had an increase in participation of over 23%.

And not to be outdone, the Bronze event at The Club in White Oaks in October also saw record numbers.

Squash Ontario's Junior Committee recently restructured the guidelines to host a Junior Bronze event. Bronze events are designed to introduce young squash players to competitive squash in a fun and gentle way. Clubs are required to integrate a 3 match component into the event.

White Oaks/Ontario Racquet Club Bronze Event participants



Clubs applying to host a Bronze event must have at least one or two sister clubs to run home and away matches over 2 weekends, or more if they prefer to schedule a circuit. Each club has a commitment to bring at least 8 players to the away clubs venue.

White Oaks has joined forces with Ontario Racquet Club and on Sunday October 21st, the first event was hosted at White Oaks. Forty players attended the event, which far exceeded the expectations of both Pros Ben

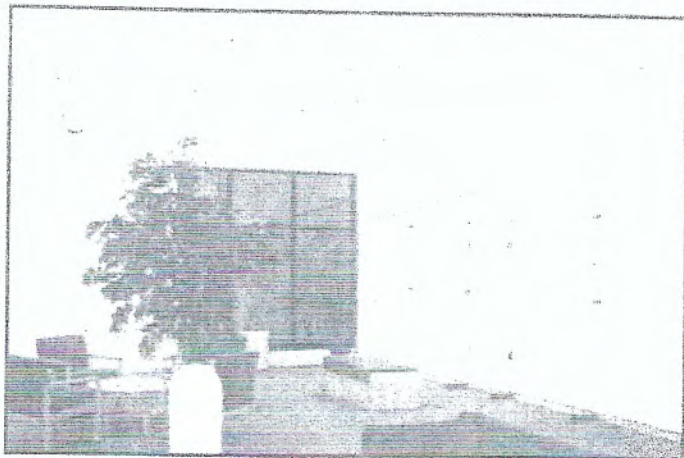
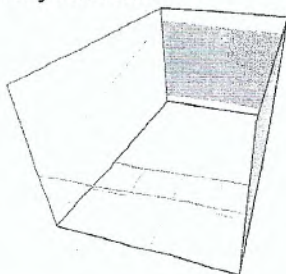
Hatcher and Mark Sachvie. Each player had 4 or 5 matches each against players of the same level and age. Afterwards a Pizza party and draw prizes for each entry capped off the day. What a great Introduction to Squash!

To all of the club professionals in Ontario, we encourage you to team up with a neighbouring club to host one of these Junior Bronze events. They are a terrific adjunct to your current junior program.

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AROUND THE REGIONS

Squash Ontario was created in 1976 and its constitutional framers decided that the most effective and efficient approach to establishing links between the clubs and the parent body was the introduction of regions. Initially, those regions were defined by the Ontario Government and again, the framers felt that those boundaries would service the association.

There was a significant growth of new squash facilities in the province in the 1980s and into the early '90s and with that growth, the regional boundaries changed to accommodate the geography and location of these facilities. From 6 regions in 1978, Squash Ontario now has 9 regions - Southwestern Ontario, Western Ontario, Toronto & District, Northern Ontario, Northwestern Ontario, Central Ontario, Ottawa & District, Niagara and Huronia.

A framework or structure was developed to assist the regions in developing, administering and promoting the game to their clubs and players. Many programs and in particular inter-regional league play are delivered by a small core of dedicated and enthusiastic volunteers. We'd like you to meet three of our newest presidents.

Eliot Frymire

Eliot is the newly elected president of the Central Ontario Region or as it is affectionately known, "COSA". The region includes the Counties of Peterborough, Northumberland, Prince Edward, Hastings, Frontenac, Lennox, Addington, Leeds, Grenville and Victoria. The geographic spread of the region - from Trenton to Brockville and from Lindsay to Picton present the regional executive with interesting challenges but over the years, this area has been blessed with wonderful volunteers who are absolutely committed to growing squash within COSA.

Eliot first started with the U of Guelph in 1987. He played in Vancouver for 15 years and then moved to Kingston. He finds fall Marathons a good way to prep for the new squash season-and in keeping those pesky up and comers at bay.

COSA Update

COSA has a new Board, a new Website(centralontariosquash.com) and had its first tournament of the year- the Gobbler Open in September. This no frills event was a big hit featuring an online registration and draw posting and a condensed format played over 2 days. Kingston has for years had a wealth of squash talent with 2 open players, a core group of A players, some of the strongest juniors in Canada, and a regular infusion of Queen's students. This makes for one of the strongest competitive regions in the province. If any of the other regions would like to challenge the COSA region to a ten person team playdown please email cosasquash@hotmail.com

Mikola Czich

Mikola is a transplant from Central Ontario to Ottawa & District and took over the reins as president this past summer. The region is comprised of the Counties of Renfrew, Lanark, Carleton, Dundas, Russell, Stormont, Prescott and Glengarry. The majority of clubs in the region are located in Ottawa proper and the challenge for Mikola and his executive is to work to include all of the facilities under the programming umbrella.

In his real life, Mikola is an engineer in the Canadian Air Force. He first picked up a racquet at RMC in 1980. He was a late starter to serious squash involved and played his first major event in 1995. He was

posted to Kingston in 1998 where he took on the organization of the Garrison Squash Club which ran out of CFB Kingston. While there he became interested in learning more about the game from the coaching and officiating perspectives and is currently a fully certified level 2 coach and a C-3 official.

ODSA Fall Coming Attractions

The ODSA AGM was held in late August. The conclusion of the meeting resulted in virtually a complete new slate of eager and capable executive members taking over from last year's executive. Many thanks to the departing executive members for keeping the ODSA running well during their tenures on the executive. Penny Glover (secretary) and Eric Johnston (ODSA rankings) are the sole hold overs from the previous executive and will certainly be called upon for corporate knowledge.

The ODSA squash season got off to a good start with a successful rust-remover event on the last weekend of September. Solid draws were spread across 4 divisions with the following division winners:

- A Vinay Lodha / OAC
- B Bruce McHaffie / Cdn
- C Garth Werner / NDHQ
- D Tariq Razaq / Kanata

City leagues are into full swing with Open CL filling many courts across the region on Wednesday evenings and Ladies CL filling courts on Thursday evenings.

By the time you read this Queensview/Goodlife Open will have taken place. Heather Wallace and her crew of helpers always put on a good show and make it a highlight on the Ontario squash calendar.

Some friendly exchanges will be happening soon with 5 player teams from Montreal. If successful we hope to have similar friendly exchanges with teams from the Central Region.

Tournaments are also scheduled in the new year with the RA hosting in late January and the OAC in February.

Brenda Forbes

Brenda has just taken the reins of the Toronto & District Women's League which is one of the two pillars comprising the T&D Region. The region has a huge breadth, incorporating the Towns of Oakville and Georgetown as well as the cities of Ajax, Pickering and Whitby. One of Brenda's goals is to promote the fun of women's league to as many clubs as possible in the region.

Brenda has been playing squash for 10 years and is currently a member of Mayfair Lakeshore.

The league scheduled a mental game presentation for a number of the players in the league and will bring them back together again further on in the season to compare notes!

REGIONS

Toronto & District Summer League Finals Rock!

By Dave Harrison

Another successful Mens T&D Summer League came to a conclusion on September 11th at the Mayfair Lakeshore club. Teams in B,C, and D divisions worked through a long, hot summer to reach the final two in each group. A crowd of spectators and supporters from across the G.T.A. enjoyed a great night of squash competition.

In the B division, Cedar Springs triumphed over Barrie in the most closely contested of matches. Ashely Pretorius gave Cedar Springs the early lead with his 3 to 1 victory over Lincoln Marriner from Barrie. Paul McDivitt answered back for Barrie with a 3 to 1 win over Yeshale Chetty. One of the best matches of the evening saw Sheldon Zimmerman of Barrie outlast Mike Green of

Cedar Springs 3 games to 2. However at the number one position, Kinesh Chetty of Cedar Springs demonstrated his sound squash talents to defeat Jeff Munn 3 games to 0. This sealed the championship for Cedar Springs at 3 to 2 over Barrie.

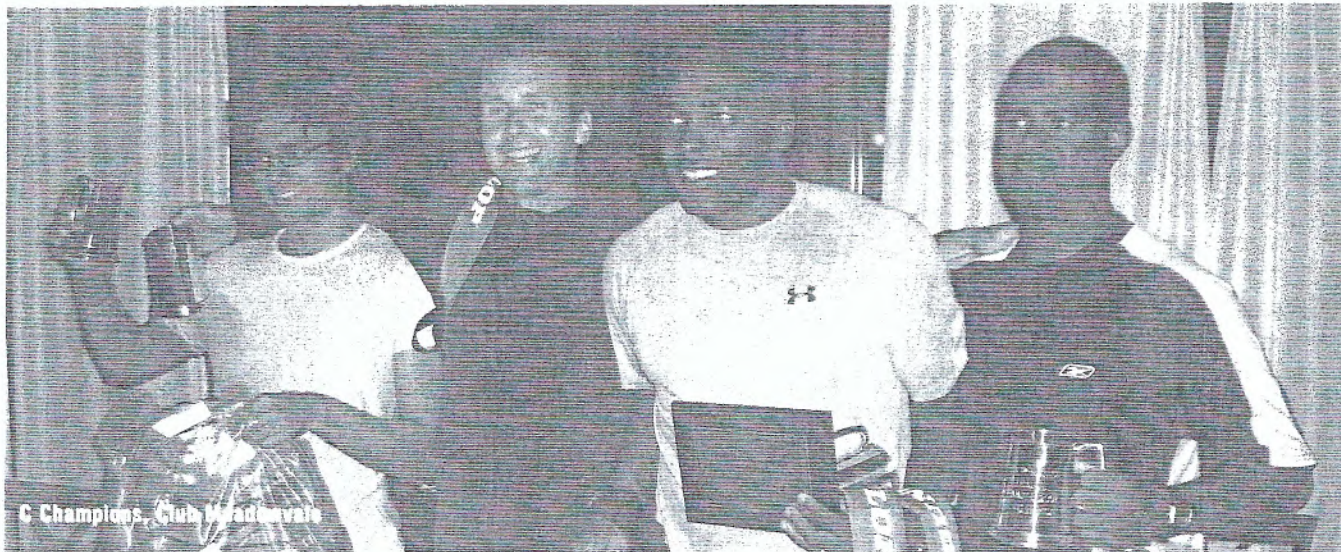
In the C division, Club Meadowvale 1 were the winners over Fabulous Fitness from Woodbridge. Fabulous Fitness took the early lead when Eamon O'Connor displayed his young squash talent and defeated Marc Belliveau from Meadowvale in a hard fought match 3 games to 2. After a slow start, Colin Harris of Meadowvale defeated Greg van Staveren 3 to 1. At the number two position, Morris Senior from Fab Fit jumped to an early 2 to 0 lead but Omar Khan staged

a strong comeback and won the match 3 games to 2. At the one spots, the finesse of Meadowvale's Usman Suhrwardy handled the hard hitting style of Stefan Redeilsheimer 3 games to 1. This gave Meadowvale a 4 points to 1 victory over Fabulous Fitness.

In the D division, Pickering were the winners over Cedars Springs from Burlington. Tony Minhas of Pickering dominated Jim O'Reilly 3 games to 0 in the four position. A tightly contested match saw Domenic Salvagna of Pickering defeat Graham Oakley. The overall match was sealed by Patrick Clinton of Pickering as he managed a 3 to 1 win over Paul Webb. The bright light for Cedar Springs was their number one position



B Champions, Cedar Springs



C Champions, Club Wardsvale

when Jarred Smith soundly defeated Fred Dizig 3 to 0. This gave Pickering a 4 points to 1 win.

The T and D Mens League would like thank the staff of Mayfair Lakeshore for again hosting a great finals event. Our thanks

goes to both Barb Cooper, Squash Professional and David Anandappa, Food and Beverage Manager of the Mayfair Club. Our league sponsor, Dunlop, once again supported the event with great prizes and trophies for the participants. Also we extend our appreciation to the volunteer referees, Wayne Smith and Graeme Spicer.

Finally, a sincere thanks to the T and D executive who contribute countless hours of volunteering their time and effort to make the league a success! See you at the Winters Finals Night at Mayfair Lakeshore on April 2nd 2008 at 6:30pm.



D Champions, Pickering with TD Squash Executive, Jim Howland

Top Squash Action in Huronia Shabana and Gaultier confirm for Nexgen Invitational

The Barrie Athletic Club has secured two of best players in the world for this year's Nexgen Invitational. The Nexgen will be a two-day event featuring 6 top international players. Also confirmed are Canada's Shahier Razik and Graham Ryding.

The tournament will take place February 22 and 23 at the Barrie Athletic Club. "The event promises to be something very special" says Paul Ryan owner of the BAC, " These players have all been here before for exhibitions and they like the club and the fan support they receive."

Nexgen Lasers Inc. is a local company that distributes cosmetic laser equipment. "We're very fortunate to have Nexgen as the lead sponsor for this event, while the players will have some guaranteed fees, they will be competing for additional prize money, so we expect to see some real all out action from the six participants."

For ticket information and further details contact Paul Ryan at the BAC, 705-722-4792 or visit barrieathleticclub.com

World's Elite to Play 2008 PACE Classic February 13-16, 2008

Classic Joins Five USA Events to Form Inaugural Players Cup Circuit

The 8th annual PACE Canadian Squash Classic presented by Dundee Securities Corporation returns February 13-16 to the John Bassett Theatre at the Metro Toronto Convention Centre. This phenomenal facility features state-of-the-art technology, plush theatre seating for over 1,200 and is best known as the home of 'The Canadian Idol'.

The PACE, a PSA World Tour's major event offering \$70,000 CDN in prize money, will now join five other major PSA tournaments in the USA creating the new Players Cup Squash Circuit. These six events will take place in January and February with the points accumulated by each player qualifying the top eight for a berth in the Players Cup Championship in Boston March 4-7, 2008.

World #1 Amr Shabana the 2006 PACE champion will lead the field stating, "I love Toronto. The fans and tournament setting are great and I really enjoy coming each year." Also expected are world #2 Ramy Ashour of Egypt, the defending 2007 PACE Champion and finalist world #3 David Palmer (AUS).

Retired superstar, 2006 Canada's Sports Hall of Fame and 2007 Ontario Squash Hall of Fame inductee Jonathon Power will be on hand all week as honorary Player's Chairman. Power, a former world #1 and North America's best-ever international player, has won the PACE Canadian Squash Classic Champion a record three times.

The Canadian Teaching Pro Championships returns in its sophomore year as a companion event to the Classic with the semifinals and final taking place on the show court at the John Bassett Theatre during the February 15 & 16 sessions.

The PACE Mayfair Junior Jamboree hosted by Mayfair Lakeshore Racquet and Fitness Club enters its 5th year and will be spearheaded by resident pro and Canada's only Level 5 coach Barbara Cooper. Attracting over 60 kids from around the province, beginners will experience

an amazing hour on court with the world's top players. Mayfair Lakeshore is considered one of Canada's premier squash facilities and is part of the successful four state-of-the-art Mayfair Racquet & Fitness Clubs, brilliantly managed by visionary President and CEO Shirley Vedder.

The Prostate Cancer Research Foundation of Canada continues to be the recipient charity with three Corporate "Pro-Am" Invationals scheduled on the glass court Thursday, Friday and Saturday afternoons during the tournament.

Corporations can buy 'a once in a lifetime experience' for their executives and guests on the court with one of the world's top stars. All proceeds are dedicated to the tournament's official charity the Prostate Cancer Research Foundation of Canada Foundation.

PACE Savings & Credit Union, entering its fifth year as title sponsor continues to drive the tournament expansion, junior physical activity awareness and the charitable cause, while Dundee Securities Corporation returns as presenting sponsor. Once again TSN will broadcast 60 minutes of primetime coverage.

The Classic welcomes the Fairmont Royal York Hotel as a Co-Sponsor this year as the tournament launches a new Official Hotel relationship with the prestigious and famous property. Hotel Manager Gregory Day says,

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Returning sponsors include TD Newcrest, The Globe and Mail, FundServe, Primus, Cambridge Group of Clubs, Dunlop, AVW TelAv and Tom's Place.

Canada's premier international squash championship is once again being presented by 2006 U.S. Squash Hall of Fame Inductee, John Nimick, and his firm Event Engine, Inc. together with Toronto based Marketing Director Lolly Gillen.

COMING ATTRACTIONS

World's Elite to Play 2008 PACE Classic

Individual session ticket prices range from \$30 to \$120 gst with Patron packages for the entire event ranging from \$125.00 to \$600.00 + gst. Out of town visitors can enjoy the convenient location of the event, in the heart of downtown Toronto, with special tournament rates at the nearby Fairmount Royal York

For information and/or tickets visit the tournament website at www.prosquash.ca or call 416-730-0277.



2008 Canadian Closed Championships

For the first time in more than 7 years, Ontario will host the Canadian Closed Championships. Host for the event is The Club at White Oaks and a more perfect venue would be hard to find. 8 squash courts, a state of the art hotel and conference centre and Mark and Cindy Sachvie along with an unbelievably committed and enthusiastic group of members and volunteers.

This will be the highlight of the squash season - no doubt about it. Mark the dates May 2 - 4 in your calendar right now.



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MASTER'S SQUASH

Background

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. Squash Ontario offers provincial championships in both soft ball and doubles open to men and women in age categories ranging in 5 year increments, beginning with 30+ right up 75+.

A number of years ago, Squash Ontario created a Masters Committee which today is chaired by Vincent Taylor. The Committee also includes Brian Barras, Steven Rush, Jean Gairdner and Simon Warder. As a group, the members are focused on several areas. First and foremost, it wants to create more competitive opportunities for masters players; secondly, it wants to establish credible Ontario rankings for masters squash to reward those who play and achieve but also use these rankings to fairly seed Ontario masters events as well as provide important statistics for seeding of national masters championships. And third, the committee wants to send the strongest team possible to participate in the Western Canadian Masters Teams Championship. Ontario lobbied for many years for inclusion into this event and we've sent a team for the past 4 years. In 2008, we'd not only like to send a team but we'd like to bring home the hardware!

Masters Teams Trials

This is a new format created by the Squash Ontario Masters Committee to select the team which will represent Ontario at the Western Canadian Masters Teams Championship which, in 2008, is being hosted by Winnipeg, Manitoba on the weekend of January 18 - 20.

The team consists of 3 women, +35, +40, +45 and 4 men, +40, +45, +50 and +55.

The trials are being held on December 1 and 2 at The Club at White Oaks, 253 Taylor Road in Niagara-on-the-Lake. To enter, go to squashontario.com/onlinetournament registration.

The cost is \$25.00 plus gst for Squash Ontario members; and \$50.00 plus gst for non-members. Entry deadline is November 25th at 11:59 p.m.

For those categories with a high number of entries, play will begin at 3 pm on December 1st; for those categories with a low number of entries, play will begin on December 2nd at 10 am.

Eligibility Criteria:

1. Must be an individual member of Squash Ontario and in good standing with Squash Ontario
2. Must be either a Canadian citizen or landed immigrant
3. Must have resided in Ontario for 12 months preceding the 2007 Masters Teams Trials prior to selection

Selection Criteria:

1. Must participate in the 2007 Masters Teams Trials
2. Selection will be based on order of finish in the 2007 Masters Teams Trials

WOMEN'S MASTER'S TEAM TOURNAMENT

Can You Say Road Trip #2?

By Lorraine Tétreault and Jean Gairdner

Wait a minute! What happened to road trip #1? Well, due to some technical difficulties beyond our control we were unable to report on the first annual Women's Masters Team Tournament held in September of 2006 at Fabulous Fitness. However, we couldn't pass up the opportunity of reporting on the 2nd Annual Team Tournament to the Squash Ontario community following another huge success. This event was held once again at Fabulous Fitness thanks to Rob Brooks and the Cirillo Family's generous hospitality. Since the goal of the tournament is to encourage participation of women, individual entries were accepted and Rob did a stellar job of mixing and matching teams to ensure good matches. Nine teams, comprising a total of 36 women aged 35+, fought for the ultimate prizes offered by the tournament sponsor, Zawadi.ca represented by the Salemwalla family who were involved in every aspect of the tournament. This year the tournament welcomed three teams from Ottawa and one team from Montréal.

Rob did a great job keeping the teams hopping and the courts going full blast. The draw was set up so that each team would eventually play in a round robin fashion either in Division I or Division II. After having played 4 or 5 matches the winners were decided. The final team standings were as follows:

Division I

Winner: Jean Gairdner, Lorraine Tétreault, Judith Paradis and Jocelyne Caloz

Runner-up: Fiona Curthoys, Jane Shaw, Teresa Gibson and Nell Proudluck

Third Place: Lisa Coates, Viola Hennessey, Barb Byrne and Paulette Cogliati

Division II

Winner: Yvonne Penning, Jenny Greidands, Dolly Kao and Donna Thompson

Runner-up: Laurie Krol, Anna Bocchino, Julie Clayton and Angie Macri

Third Place: Elka Marcus, Jean Chow, Bev Clouden and Farhat Salemwalla



Rob Brooks surrounded by his harem....Women's Masters Teams event

MASTER'S SQUASH



But what is a tournament without a great party? The women socialized and celebrated at the Gairdner farm on Saturday night. They were treated to great food and wine and the opportunity to jam with Stacey Hollings and her husband Gary. The beat of the drums got everyone going and surely a highlight of the evening was witnessing Rob's great dancing abilities.

There are mumbblings about hosting this event in Ottawa next year. Can you say "Road Trip #3"? Hope to see all of the 35+ women again next year and pass on the word about this great event. And, thank you Rob and Zawadi.ca for supporting this great event.

Remember to keep the last weekend in September 2008 open for this memorable tournament of good squash and even better camaraderie.

Masters Home and Abroad

Ontario Open Masters Championships

Hosted by the Toronto Cricket, Skating & Curling Club
March 28 - 30, 2008
squashontario.com

Canadian Open Masters Championships

The Club at White Oaks
May 2 - 4, 2008
squash.ca

World Masters Squash Championships

The 9th World Masters Squash Championships will be held in Christchurch, New Zealand from 19 to 25 October 2008. Information can be found through the following link.

www.worldmasterssquash.com/index.php

World Masters Games

The next World Masters Games will be held in Sydney Australia from 10 to 18 October 2009. Information on the squash events can be found through the following link.

www.2009worldmasters.com/Squash/default.aspx

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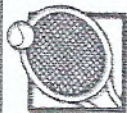
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ULTRASOUND: What is it and why do we use it?

By Lorie Forwell, MScPT

To start, there are two kinds of ultrasound: diagnostic and therapeutic. Diagnostic ultrasound is used in situations like the early stages of pregnancy or to establish the extent of a rotator cuff tear. Therapeutic ultrasound used by physiotherapists is an adjunct to the treatment of a given injury or condition. The physiotherapist will perform a complete assessment and may or may not incorporate ultrasound as part of treatment. Ultrasound, in isolation, is very rarely an effective treatment.

So what does it do and why do we use it??

Essentially ultrasound is the delivery of sound waves into the tissues. When therapeutic sound waves are absorbed by the tissues, a variety of effects can be produced. Those effects include: thermal, mechanical, chemical and biological. The physiotherapist can adjust the frequency (MHz), intensity (W/cm²) and output type (continuous or pulsed) in order to obtain the desired effect(s).

The thermal effect introduced to the tissue is heat. Heat can be produced by a continuous sound wave using a relatively higher frequency. A thermal effect is also created when the sound wave is reflected, as when it hits bone. So if the area of injury is fairly bony, for example around the ankle, the potential for a thermal effect is greater and the dosage must be carefully considered.

Mechanical effects are caused by pressure changes applied to the tissues by the sound waves. This will produce a micromassage effect at the cellular level, which may be effective to reduce swelling and therefore pain. An appropriate dosage may also be used to break down unwanted scar tissue.

Chemical and biological effects also occur at the level of the cell. Sound waves have been shown to stimulate the repair of injured tissue, especially in the acute phase, which is shortly after the injury has occurred. Some pain receptors may also be stimulated which may affect the appreciation of pain.

In addition, different tissues absorb the energy from sound waves differently. Fatty tissue, muscle, tendon, ligament and bone all absorb sound waves differently. So the target tissue and the type of tissue that lies between the skin and the target tissue is important.

Lastly, the depth of the target tissue will influence the effectiveness of ultrasound. Superficial tissues will absorb more sound waves than deeper tissues. The deeper the tissues, the less likely an effective concentration of sound waves will actually reach them.

All these factors should be considered when choosing whether or not to use ultrasound. If ultrasound is deemed appropriate these same factors are considered when choosing the appropriate dosage. The dosage delivered will depend on the tissue being treated, the acuity of the injury, its depth and the effect sought.

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



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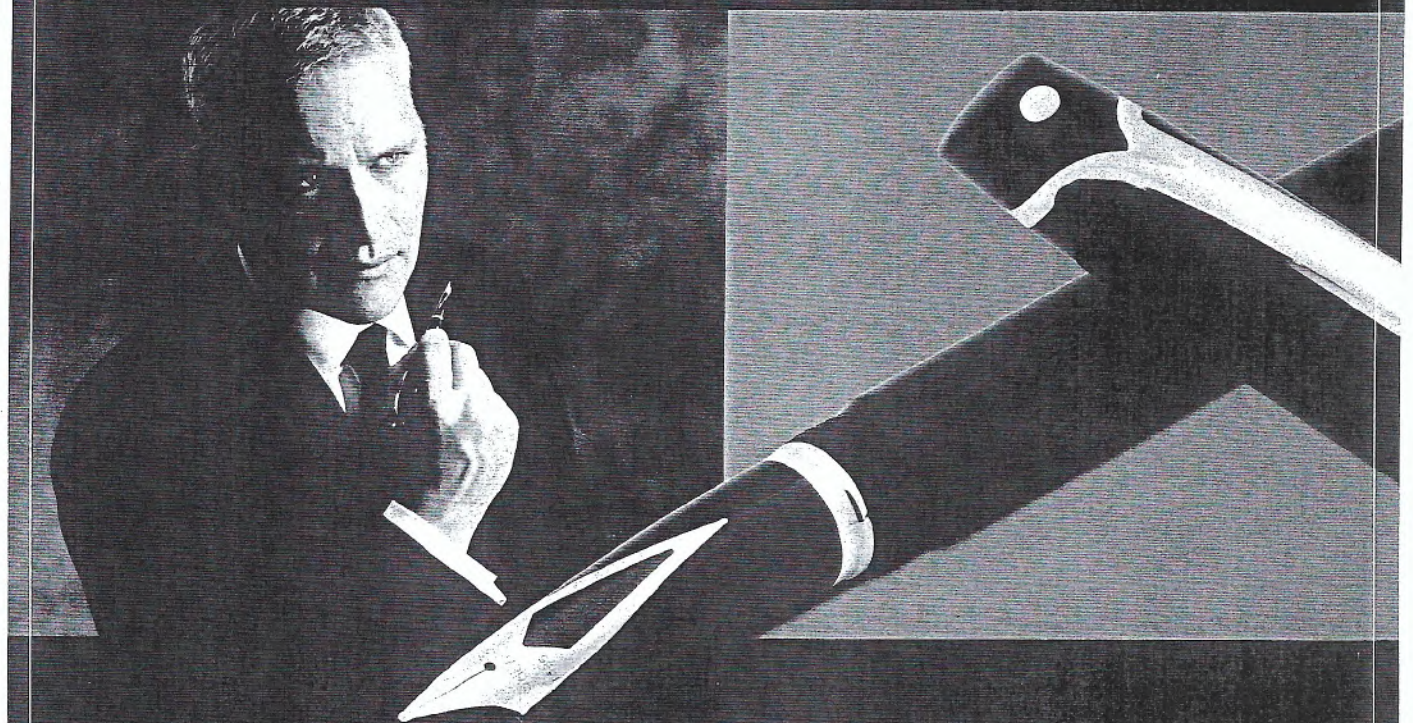

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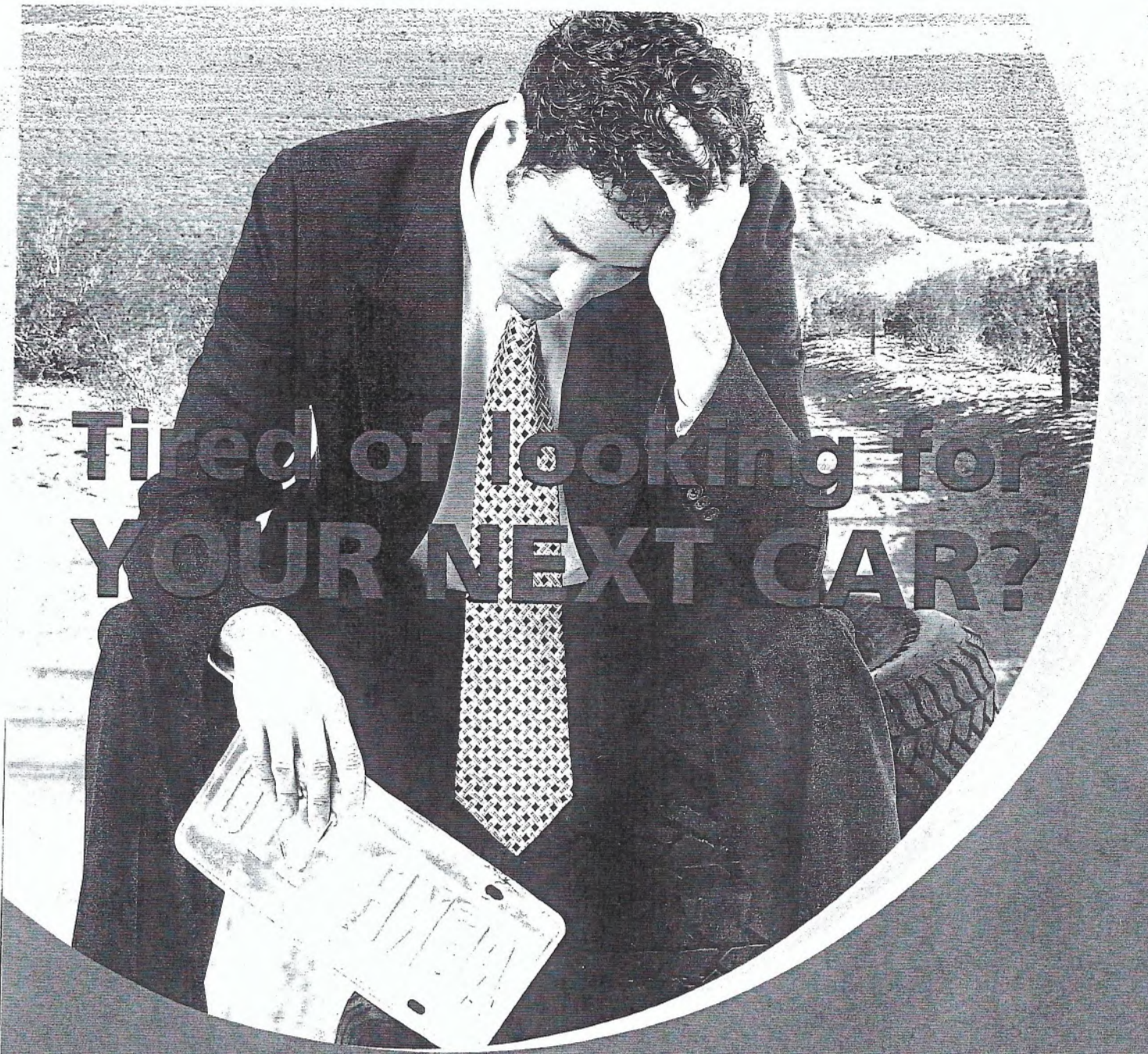
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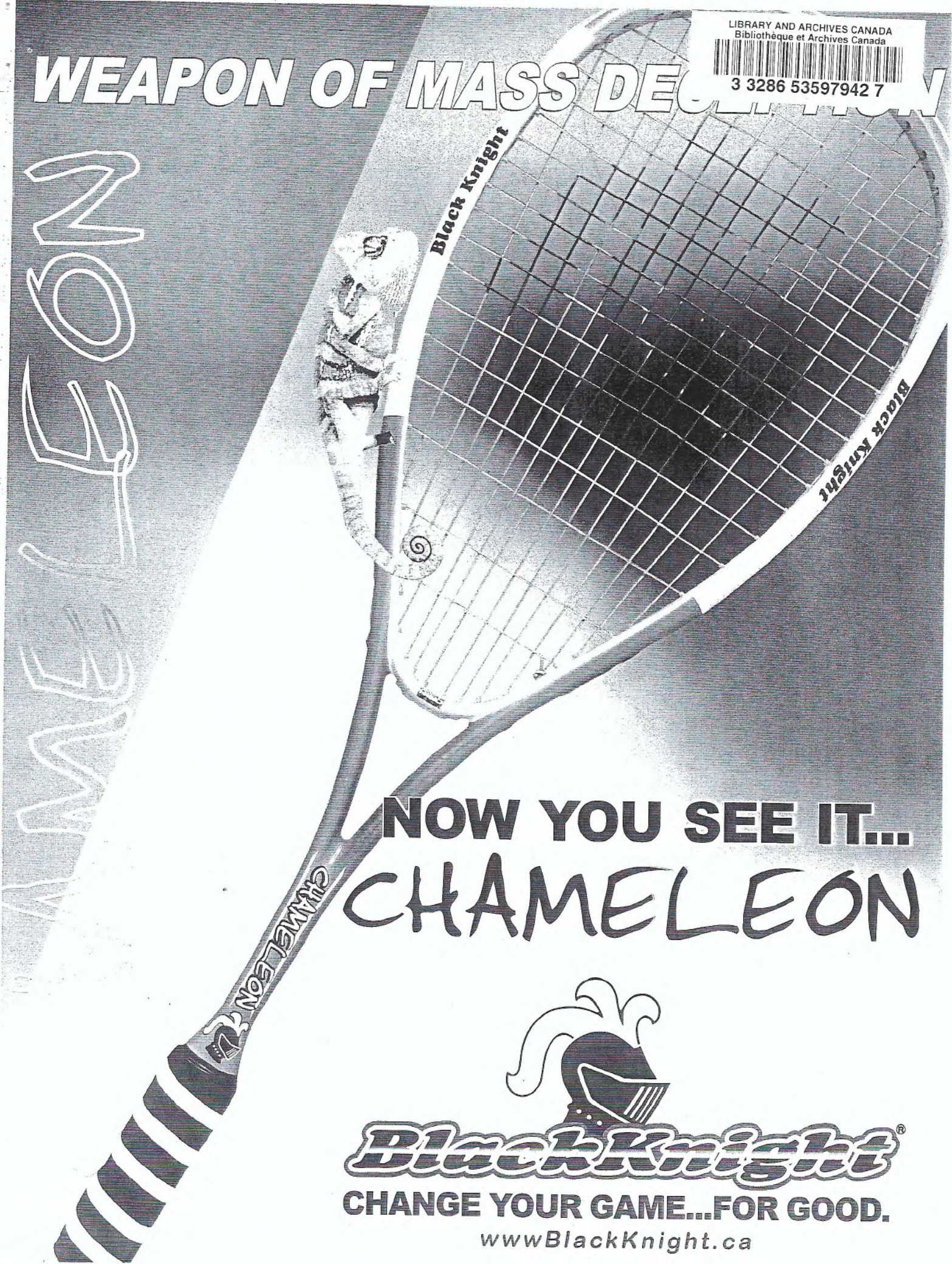
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