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Spring 1999

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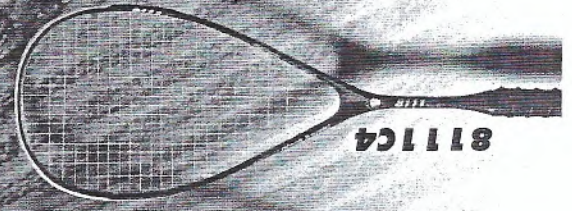
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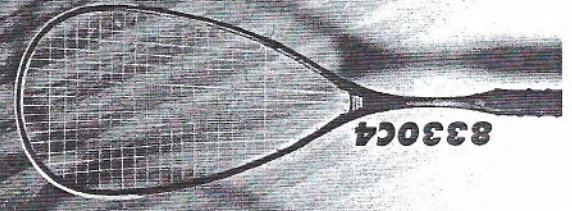
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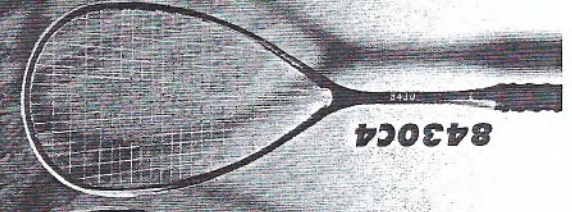
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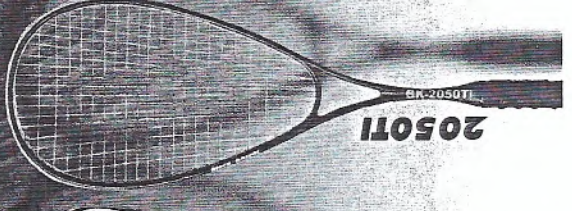
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VOLUME 23
NUMBER 2

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Printed by Dolco Printing

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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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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 Jonathon Power and Graham Ryding, taken by Steven J. Line

Clean sweep for Ontario at Junior Nationals

FOR THE FIRST TIME EVER, a province has captured all eight titles at Junior Nationals. Congratulations to Neha Kumar (Girl's Under 12), Miranda Ranieri (Girl's Under 14), Casey DiSerio (Girl's Under 16), Runa Reta (Girl's Under 19), Colin West (Boys Under 12), Robin Clarke (Boys Under 14), Greg Hutner (Boys Under 16) and Josh McDonald (Boys Under 19).

Power ranked No. 1

CANADA'S WORLD CHAMPION Jonathon Power becomes world No. 1 for the first time in the new May Dunlop PSA Men's World Rankings, announced today (30 April) by the Professional Squash Association (PSA).

Power succeeds Scotland's Peter Nicol - whom he beat in the final of the 1998 World Open last December in Qatar, then again in January in the semi-finals of the Tournament of Champions in New York. The 24-year-old from Toronto, winner of the New York title and the Flanders Open in Belgium in February, is seeded to face Nicol again in the final of next month's Equitable Life Super Series Finals in London.

Jans and Richardson win Canadian Mixed Doubles squash crown

MELANIE JANS AND PAT RICHARDSON surprised world semi-finalists Barb Cooper and Michael Pirnak Sunday to win an all-Toronto open category final at the Canadian mixed doubles hardball squash championships held at the Granite Club.

Jans and Richardson, playing together for only two weeks, prevailed 17-15, 12-15, 15-10, 6-15, 15-6. It was a different type of event for Jans. She is Canada's top singles player and ranked 25th in the world in the softball version of the sport.

"Pat is a great doubles player and I was able to learn a lot from him," said Jans, 25, a member of Canada's Commonwealth Games team last fall. "I had a specific role on the team and was responsible for the right side of the court. I just had to be steady and Pat was the shot maker.

Cooper and Pirnak were semi-finalists at the world championships last

year and Pirnak is also a current Canadian men's doubles champion. They felt the turning point was blowing a 14-10 lead in the first game.

"We got lackadaisical in that first game," said Pirnak. "I don't think we recovered from that. It's disappointing for us, we thought we should have won. It was over-confidence."

In the veteran's category final for players 40-50 years of age, Lolly Gillen earned her third career Canadian crown as she and Victor Harding of Toronto thumped Jane Mitchell and Paul Frost, also of Toronto, 15-4, 15-9, 15-8: Gillen, also the tournament chairperson, has won her three national crowns in finals against Mitchell and Frost.

"We never expected to win that easily," said Gillen, who has played on and off with Harding the past nine years. "Mitchell and Frost have been the best for years and they spanked us pretty good in our last practice game. We went out there frightened but we were able to put out a strategy that took their big shots away."

In the senior category for players 60 and over, Sue Darracotte of Hamilton and Tony Ross of Toronto defeated May Snider of Hamilton and David Scarlette of Toronto 15-6, 15-10, 7-15, 15-11.

The tournament which began Thursday was the largest since its inception in 1979 attracting 50 teams.

Seeking a pro

THE KITCHENER WATERLOO RACQUET CLUB is seeking applicants for the full time position of Squash Professional/Club Manager with a start date of September 1, 1999.

The successful candidate will report to the Club's Board of Directors and will be responsible for the day to day running of the club. Duties include running the bar and food area, house-leagues, membership tours, and working to expand our membership.

The successful candidate will have strong organizational, communication and interpersonal skills, as well as good decision making abilities.

Resumes should be faxed to Joel Schoenherr, Club President, at 519-884-9828.

Pan Am Games update

THE COUNTDOWN is on - 95 days to go

and counting.

Ticket sales are starting to move and rumor has it, the squash finals are selling fast. If you have not thought yet about purchasing tickets you may want to act now. There will be some great squash played throughout the week. Remember we are bringing in a glass court. If you have never seen squash played from the front wall, seeing players faces, you have missed some great squash angles. The glass court will be set up in the Winnipeg Winter Club indoor tennis facility. Don't miss the opportunity. For all junior competitive players this is a real great opportunity to watch real professional squash from all angles.

Top Guns

CONGRATULATIONS to all the 1998-1999 Provincial Champions: **Ontario Open Mixed Doubles Champions**, James Hewitt and Stephanie Richardson; **Ontario Veterans Mixed Doubles Champions**, Paul Frost and Lolly Gillen; **Ontario B Mixed Doubles Champions**, Ted Ruse and Sue Belbeck; **Ontario Junior Boys' Under 19 Champion**, Robert Nigro; **Boys' Under 16 Champion**, Greg Hutner; **Boys' Under 14 Champion**, Brian Ernst; **Boys' Under 12 Champion**, Colin West; **Boys' Under 10 Champion**, Brian Hong; **Ontario Junior Girls' Under 19 Champion**, Jacqui Inward; **Girls' Under 16 Champion**, Ruchika Kumar; **Girls' Under 12 Champion**, Neha Kumar; **Ontario Men's B Doubles Champions**, Norm Crook and Mike Donnelly; **Ontario Women's B Doubles Champions**, Barb Matthews and Terry Borczon; **Ontario Men's Open Doubles Champions**, Willie Hosey and Peter Maule; **Ontario Women's Open Doubles Champions**, Karen Jerome and Stephanie Richardson; **Ontario Men's 65+ Doubles Champions**, Dave Brown and Bob Mason; **Ontario Men's 55+/60+ Doubles Champions**, Dave Bogert and Peter Hatcher; **Ontario Men's 50+ Doubles Champions**, Cass Quinn and Molson Robertson; **Ontario Men's 40+ Doubles Champions**, Graeme Duff and Jay Gillespie; **Ontario Women's 40+ Doubles Champions**, Lolly Gillen and Ann Brayley; **Ontario Men's B Soft Ball Champion**, Grant Fraser; **Ontario Men's C Soft Ball Champion**, Dennis Kjeldsen; **Ontario Men's D Soft Ball Champion**, Jonathon Horton; **Ontario Women's B Soft Ball Champion**, Alicia Lok; **Ontario Women's C Soft Ball**

Marianne Caldwell
In memorium,
MARIANNE CALDWELL, the owner and manager of Toronto's Adelaide Club and former president of the Toronto Cricket, Skating and Curling Club, passed away in February.
Marianne was born in Rochester, New York and moved to Toronto in her late teens to take courses in radiology. She married Clive Caldwell, a two time world hardball squash cham-

did we...here's a list.
clubs produce these champions? So champions. Every wonder which Congratulations to all of these Open Champion, Melanie Jans.
on, Willie Hoseney; Ontario Women's
Men's Closed Champion, Shahier
Champion, Carolyn Russell; Ontario
Men's 60+ Soft Ball Champion, Ger-
ry Shugar; Ontario Women's Closed
Men's 55+ Soft Ball Champion, Ger-
pion, Howard Armitage; Ontario
Soft Ball Champion, Lindsay Smith;
John Frederick; Ontario Men's 50+
Men's 45+ Soft Ball Champion,
Champion, Jan Bissonette; Ontario
Sneyd; Ontario Men's 40+ Soft Ball
Men's 35+ Soft Ball Champion, Jeff
Ball Champion, Cate Mee; Ontario
Quinn; Ontario Women's 50+ Soft
40/45+ Soft Ball Champion, Valerie
on, Shirley Ancker; Ontario Women's
Women's 30/35+ Soft Ball Champi-
Katie O'Leary-Swinkeles; Ontario
Champion, Joanne Pisanio; Ontario

Club - 1 provincial title
Park - 1 provincial title; Sarnia Riding
Racquet Club - 1 provincial title; Bloor
University - 1 provincial title; Ontario
bridge Club - 1 provincial title; Queens
Northfield - 1 provincial title; Cam-
don Squash Club - 1 provincial title;
agara Falls Y - 1 provincial title; Lon-
the; White Oaks - 1 provincial title; Ni-
Clinton Squash Club - 1 provincial ti-
& Fitness Academy - 1 provincial title;
quet Club - 1 provincial title; Racquet
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provincial titles; Mayfair Lakeshore - 2
cial titles; Hamilton Thisle - 2 provin-
provincial titles; Fitness TD - 2 provin-
provincial titles; Mayfair Parkway - 3
- 5 provincial titles; Pine Valley - 3
provincial titles; Toronto Racquet Club
- 6 provincial titles; Cedar Springs - 5
Club - 7 provincial titles; Granite Club
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Squash stars
provide Olympic preview
in Greek Open

SCOTLAND'S WORLD No.5 Martin Heath and England's world No.11 Fiona Geaves head the strongest ever field in the Greek Open Squash Championships, which began at the Athens Tennis Club Wednesday, April 21.

Also competing in the 1999 championship will be former world No.11 Paul Gregory, the Greek No.1 and defending men's champion; England's world No.12 Jane Martin and world No.22 Mark Chaloner; and New Zealand No.1 Glen Wilson.

Pakistan's Jahangir Khan, the record 10-time British Open champion who was recently elected VP of the WSF, heads a WSF delegation which

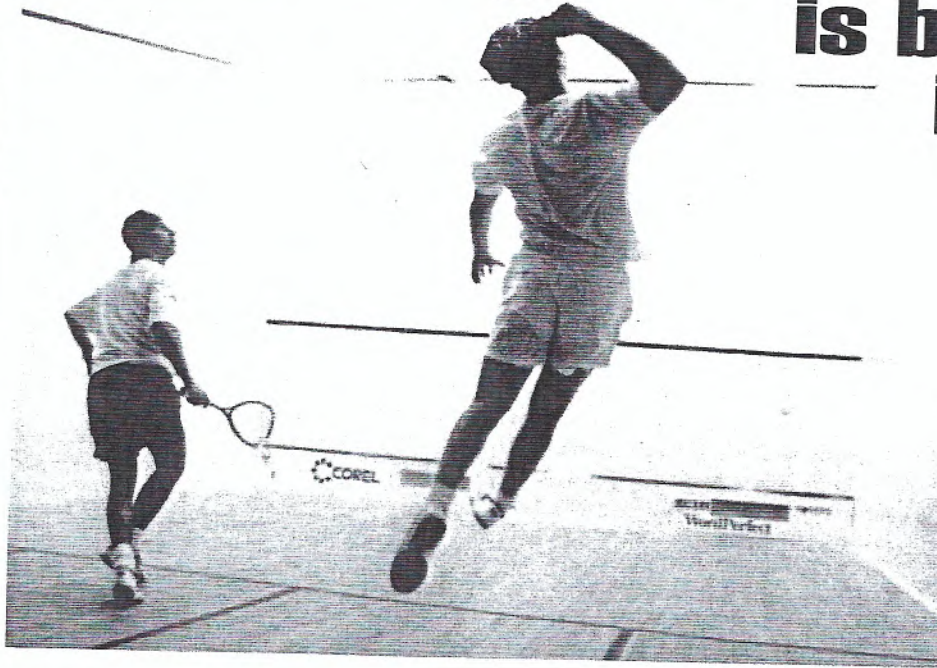
will attend the event in the 2004 Olympic Games city. Khan and fellow WSF VP Mike Corby, the Federation's Director of Olympic Affairs, will host a special reception during the event, with guests including representatives of the Athens Organising Committee for the 2004 Games, the Hellenic National Olympic Committee, and the Hellenic Tennis Federation.

"The staging of the Greek Open at the Athens Tennis Club will provide a perfect opportunity for those involved with the country's hosting of the Olympic Games in 2004 to see squash at its best," commented WSF Chief Executive Ted Wallbuton. "Following an extremely successful meeting last month with IOC President Juan Antonio Samaranch in Lausanne, we are increasingly optimistic that the sports credentials are entirely in line with the IOC's requirements.

"President Samaranch and his team were clearly impressed by the impact squash made at its Commonwealth Games debut in Kuala Lumpur last year," added Wallbuton. "If the Organising Committee for Athens 2004 ask for squash to be included, we are sure that the IOC will agree, so our hope is that this Athens showcase will convince them that Squash is a perfect Olympic sport."

BY LINDA STEWART AND SHAUNA FLATH

The power is back on in Ottawa



colour posters for presentation later to all spectators. The posters were a knockout and congrats and thanks here goes to Graphic Designer, Angela Grusys, Dollco Digital and Kevin Nicholds of Dollco Printing. Great job!

Round 2: "Celebrity Challenge" - Jonathan and Graham versus Ottawa's finest.

They spent the afternoon on court facing all levels of players. Only restriction - no calls for "medic" please! Challengers left the court gasping and exhilarated. Hats off to those that dared to enter the ring including - Gerry Leduc, the Pembroke connection, Edwin Morton, Brenda Fawcett, Robert DeValk, The New RO's sportscaster Ken Evraire, Anna Andruczyk, and Morteza Doroudian. Andre Ringuette of Freestyle Photography captured photos of survivors so that they would have a memento of their "hit" with the champs.

Time out between rounds for media interviews and food - thanks to friend, former squash professional and now dashing airline pilot, Jay Giachino, for whisking Jonathon and Graham away for sustenance.

Round 3: Match Time! The event had sold out quickly - a big thanks here for promotion of the event to Adam Fisher and the Ottawa Citizen. (No luck for the hopefuls on the lengthy waiting list for ticket cancellations.) The gallery, overflowing with enthusiasts, was definitely rewarded with the best squash to hit Ottawa in a long time.

What can be said - to truly capture the spirit of the exhibition you needed to see it - and, thanks to Gavin Lumsden and Rogers Community Television, interviewer Michelle Lavoie, and play by play commentators, Neil Tubb and our own Shauna Flath (yes, they could quit their days jobs) the rest of the Ottawa Community were able to do just that.

We loved the match: the shot making, the furious pace, the unbelievable conditioning, the long (long, long) rallies, and the unbelievable gets. Jonathan attacked the ball, glided around the court, and retrieved shots from all corners to the delight of the gallery. It was a thrill to see another world ranked Canadian extend Power to four games. As a training partner, Graham anticipated some of Power's shots, particularly when at the front, he made an amazing behind the

WHAT'S THE FASTEST way to generate electricity? Turn the POWER on and that's exactly what happened in Ottawa on a cold and blustery day in February.

Thursday, February 25, was a very exciting day for the Ottawa squash community! The Ottawa Athletic Club and Corel Corporation teamed up to treat us to a truly entertaining squash exhibition match featuring Jonathon Power, World Champion and World No.2 and Graham Ryding, two-time Canadian Champion and World No.15. Court 7 is still blistering from the trail of volleys, boasts, nicks and Jonathon's wall climbing!

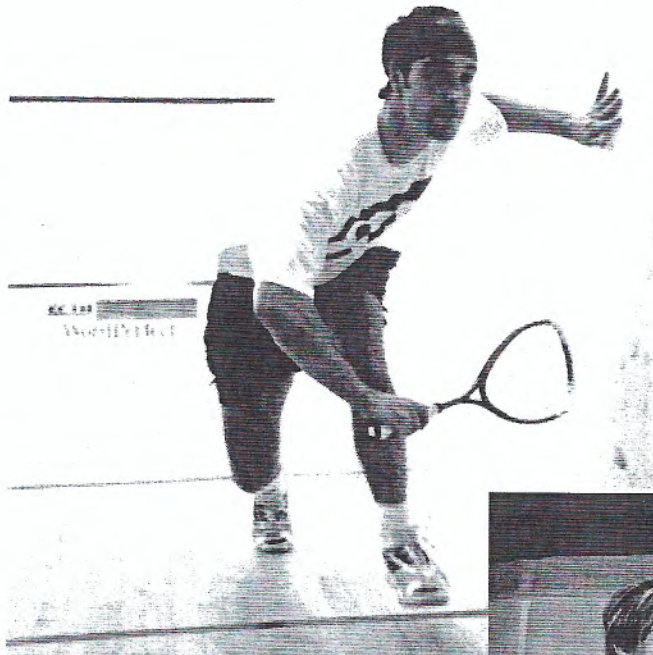
The goal right from the beginning was to profile our World Champion and raise awareness of squash in Ottawa. This goal was easily attained thanks to the generosity, enthusiasm and professionalism of the major sponsors - General Manager, Ian Borer, and staff, of the Ottawa Athletic Club and President, Michael Cowpland, and staff of Corel Corporation, in particular Jody Guiney and Andrew Watenboec.

A very special thanks to Squash Ontario and Sherry Funston for support and guidance.

Once the match was confirmed, Jonathan and Graham said "We're yours for the day!"

Well, that presented a lot of possibilities -make sure everyone has loads of fun, involve and meet as many squash players as possible, and put on a world calibre squash match. Boy, did they live up to that from the opening round!

Round 1: Noon arrival - well warned to bring their best signing signatures, their first task, (without tiring their squash arms) was to personally autograph the 150 full



(above) Graham Ryding in close quarters
 (right) Jodi Guiney of Corel with Power
 (opposite) Ryding and Power at play

back volley into the nick. When asked by the gallery if Ryding could do it again, Power said, "No way!" The fans enjoyed the verbal exchanges between the players and referee, Larry Jones and marker, Keith Patterson. Their expertise and ability to take the "jibes" kept the match honest.

The match ended - Power ruled 3-1 and the gallery was exhausted!

Round 4 - Jonathan and Graham had fun with the question and answer session following the match. Best question - Why do you both play this crazy, tough game? Best answer - Because we love this game!

The evening ended with a reception, great Corel prizes, a few cold ones, and again, Jonathan and Graham delighting the crowd - they mingled, they autographed, they chatted, they lingered.

Reflecting on the day, Jonathan and Graham left us a lasting impression of world class squash, world class athletes and world class personalities.

Can't wait for another round!

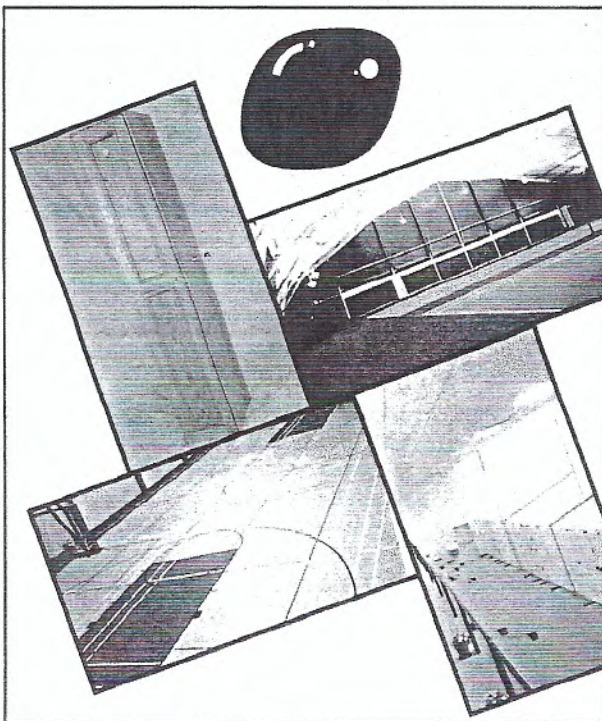
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About the authors...Linda Stewart is the Director - Human Resources of an Ottawa High Tech Company, a Special Events Consultant, and a former Squash Professional. Shauna Flath is the Squash Professional at the Ottawa Athletic Club and a former Club Manager in Calgary, Alberta.

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Wily West

BY JIM PATON

Met "Wiley West", aka Colin West. On any given day at the Granite Club squash courts you will find a 10 year old by the name of Colin West hitting the ball and absolutely loving it. Colin began squash at the early age of 8 years old. He picked up the sport through Ryan Forster. Ryan had started Colin's older brother, Taylor playing recreationally. At first it was merely the interest of a new game which had Colin playing once or twice a week. It soon developed into a passion and Colin was playing five to six times a week. I remember asking Colin what it was about squash that he liked so much. He simply said that it was really fun. His passion for the game and the fun he was having, proved to be a good combination. By the end of his first

year he won his first Ontario Provincial title at 8 years old. He has since won two more for a total of three successive titles - two in Boy's Under 10 and one in Boy's Under 12 this past season.

Colin's parents, Sharon and Don, have been an integral part of his squash improvement by bringing the whole family over to play squash together. (Colin also has a younger brother named Clark who plays squash.) Sharon and Don West have made squash a family sport and have always supported the boys in their development. They have made a point of not putting any pressure on Colin while at the same time teaching him integrity, sportsmanship and respect for the game. These morals are also shared by myself and I have been extremely impressed watching Colin mature every year.

It's sometimes easy to forget that Colin is still only 10 years old because of his advanced skills and intensity. I knew I had a very special athlete when, at 8 years old, Colin was always the one who wanted to do partner drills or solo practice. His work ethic has continued to impress me as he pushes himself to be the best he can be. He is not afraid to take risks in practice and is very serious about his year round training and goal setting. His intelligent match play is also fun to watch as Colin is constantly thinking and analysing the situation to make any necessary adjustments. Perhaps his nickname, "Wiley West" best reflects his craftiness on court. If I sound a bit bias, it's probably because I am. It's just a lot of fun to work with a young guy like Wiley.



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Colin, with Jim Mason

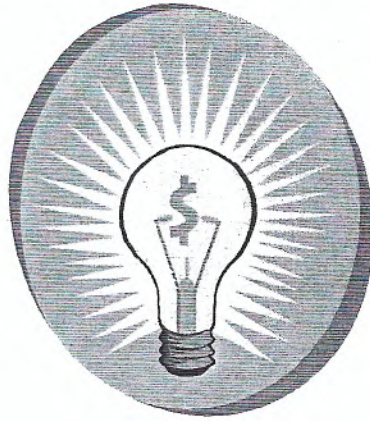
With the rather unique position of winning all tournaments has come some tough mental situations for someone as young as Colin. The pressure that someone as intense as Colin puts on himself is sometimes overwhelming. Colin has been playing up an age group this season and I think this has helped him adjust. He is learning how to lose and leave 100% on the court. If he loses it will be because someone has beaten him and he has not beaten himself. In the last couple of months Colin has been working off court with Tyler Millard on his mental training and has had great improvements. Colin showed excellent focus at this year's Provincials not dropping a game. He also had a mental conquest at this year's T&D's coming back from a big deficit to win 9-0 in the 5th against an opponent he had never beaten.

Outside of all the tournaments I also want to mention two other people who have supported Colin. A couple of years back at Colin's first Provincials at Barrie he had the opportunity to meet one of our true squash greats, Mr. Jim Mason. Jim will never lose his genuine ability to reach out and touch a Junior's soul. That year, Jim gave much encouragement to Colin and they have kept in touch ever since. Fun, fitness and true friendship!

Also, Mark Deratnay has been an inspiration by setting up Colin with the responsibility of a Junior sponsorship with Dunlop Racquets.

But hey, enough about squash. Colin is also a lot of fun off the court. I have had the opportunity to spend time with him at his cottage enjoying fishing, water-skiing (you should see him slalom), and just about anything else you want to do. Colin is always game! And what about that smile. Although it is rarely captured on film, I have seen the smile, and it has caught the eye of many a "Girl Under 12". Oops, I don't think I was supposed to talk about that.

I hope you enjoy reading some of these interesting facts about Colin as much as I have had training and hanging out with him. ©



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mind your mind

BY ELI BAY

It's a truism that peak performance depends upon how well you can control your thoughts. Under pressure, most people find that they lose their control. The mind plays games, reminding us of the times that we blew the lead, or made stupid errors, and as we entertain all of the possibilities of how we can make fools of ourselves, our bodies tighten up and we lose the focused concentration that we need to be at our best, making our worries into self-fulfilling prophecies.

To avoid the self-destructive mental chatter in pressure situations, you should develop a set of basic techniques to enable you to focus your mind. These are not complicated and they become more effective with practice.

Relax your muscles

With regular practice you can develop a sophisticated body awareness and become immediately aware of when your body tightens up. By learning "the feel" of relaxed muscles, you can start to become aware when they are tense. A quick mental scan of the body can focus the mind and detect tension. Is your jaw clenched? Are your shoulders hunched? Is your stomach in a knot? Is your tongue loose? Do you have a knot between your shoulder blades? Are your arms rigid? This technique only works if you know the difference between tension and relaxation, a distinction that few of us have developed well but with training and practice can make a real difference.

Breathe

One of the easiest tools you can use to concentrate the mind is to focus upon your breathing. When feeling stressed, your breathing becomes shallow and rapid. By focusing upon guiding your breath down into the bottom part of your lungs, slowly and deeply, you can block out destructive chatter and at the same time deliberately relax your muscles. If you practice simple conscious breathing tech-

niques regularly and not just when you're feeling pressured, deep breathing becomes your natural breathing pattern and you discover that your reactivity to stressful situations will be lessened.

Self Talk

When your mind begins to produce the self-defeating chatter, one of the best things you can do is to replace it with positive thoughts that can help, not hinder, you. Like The Little Train That Could, who made his way up the hill thinking "I think I can, I think I can," we can affirm the thoughts that will work for us in the circumstance we are in. "I am in position," "I am calm," "I play relaxed," "My mind is focused," etc.

Mental Rehearsal

When your mind starts to catastrophize, imagining all the things that can go wrong, take control by creating mental pictures of what you would like to see happen. Imagine delivering the shot that will pulverize your opponent or the graceful one that save you from defeat. Imagine the feeling you will have when you walk off the court a victor, or the joy of winning the tournament. You can choose the pictures in your mind and the feelings in your body.

Preparation

One of the best things you can do for yourself mentally is to get a good nights sleep and go into your match calm and centred. You will be less reactive to the inevitable pressures that will present themselves. One technique that my graduates have found to be especially effective for sleep and to be used prior to a match is a mind focusing technique called The Spiral Relaxation.

This is a tool that requires a one pointed attention of the mind and blocks out other thoughts. Imagine a dot of light at the tip of your nose. Imagine that light travelling up the bridge of your nose and making a circle around your left eye, then a circle

around the centre of your forehead, then making a circle under and around your right eye...Then imagine it making a circle down and around your right cheek, then under your chin, and then up and around your left cheek...Then imagine it around your mouth and down to your neck...Imagine it making three circles down and around your neck and over to your left arm...Imagine it making three circles down and around your upper arm and then three circles down and around your forearm...Let it start with the little finger and imagine it travelling up and down each finger...Then think it back up the left arm, making three circles up the forearm and then three circles up your upper arm...Imagine it crossing your upper back and then down your right arm, three circles down the upper arm, then three circles down the forearm...Starting with the little finger, imagine it tracing up and down each finger, then up your right arm, with three circles up the forearm and three circles up the upper arm...Then imagine it making seven circles down and around your torso...Then imagine it making three circles down your left thigh, three down and around your calf...Let it start with your little toe and imagine it tracing up and down each toe...Then imagine it travelling from the big toe on your left foot over to the big toe on your right foot...Then imagine it travelling up and down each toe...Then three circles up your right calf, then three circles up your right thigh, and let it come to rest in your lower back.

With practice this can be done quickly and effectively just about anywhere. As it both focuses the mind and relaxes the body, it is a popular tool that you can use prior to and even during a match and throughout a normal workday to calm your stress. As you become more familiar with the feeling of relaxation, you can even achieve very deep and efficient relaxation with this method. Some have referred to it "as the secret in my pocket" that provides them with the winning edge. ©

Eli Bay is the Director of The Relaxation Response Institute in Toronto and a pioneer in teaching the art and science of self-regulation. For course information, please call (416) 932-2784.

Nutrition

BY DR. PATRICK F. HEWITT

Squash Life is pleased to welcome Dr. Patrick F. Hewitt as a contributing editor to the magazine as part of our newest department, "Nutrition." Dr. Hewitt has been a practising chiropractor for 15 years and a personal nutrition advocate for 11 years. He is the founder of "The Ridge" Natural Health Experience, a multidisciplinary health care clinic in Mississauga, Ontario. He has recently accepted the position of nutritional consultant to the National Training Centre for Squash in Toronto, and consults with a number of the country's top squash players for nutrition training.

In the past, there have been many theories and fads intended to short circuit the road to elite performance; some founded in science, some in pet theory, some legal, some less than legal, some safe, some not very. The point of an elite athlete working with a licensed professional is the bond of responsibility that exists between the doctor and the athlete. Advice from a qualified health professional is always tempered with the knowledge that the doctor is responsible for the advice he gives. For that reason, and the fact that everyone is a unique individual, general advice given in any journal article (including this one!) should always be viewed in light of your personal circumstance and after informed discussion with your health professional.

Health and performance are often mutually exclusive. It is possible to be quite fit and not be healthy at all. It is not possible, however, to be very healthy without some reasonable level of fitness.

Many of the athletes I see are squeezing out their incredible performance by relying heavily on two or three components of their athleticism. Typically, I see elite athletes heavily trained (structure), technically skilled (neuromuscular), and genetically gifted. They are less "elite" with the state of their nutrition.

Diet Superstitions and Facts

As is often the situation with athletes and coaches, it is the things the athlete "does not even know they don't know" which create detrimental effects on performance, improvement and/or recovery.

For example, most of us already know that less sugar in the diet is a good thing. But, what are the sugary foods? Well, if we speak in terms of which foods have the greatest potential to elevate blood sugar rapidly, the list may surprise you. Calorie for calorie, what is more sugary? - table sugar or a micro waved potato? Calorie for calorie - micro waved baked potato has twice the ability to rapidly elevate blood sugar than table sugar, brown or white. This is important to know. There are times when rapidly elevating blood sugar is a good thing, but most of the time, it is not a beneficial thing.

Part of the current response to

problems with high carbohydrate diets has been the spawning of higher protein and fat diets. These can help eliminate carbohydrate induced problems. But, some of the health problems associated with high protein and fat intakes are the reasons why we changed to higher carbohydrate diets starting in the diet revolutions of the '60s. Are we doomed to repeat lessons already learned?

High protein diets are not new either. Those of us over forty can remember our parents eating steak, toast, tea, salads and grapefruit in an effort to battle the bulge.

What's the Answer?

If, as "experts" and patients, we have learned anything from the diet revolutions of the past thirty years, it is that mass diet revolutions don't work. Nutritional change and improvement of health, performance and longevity

(Continued on pg. 20)

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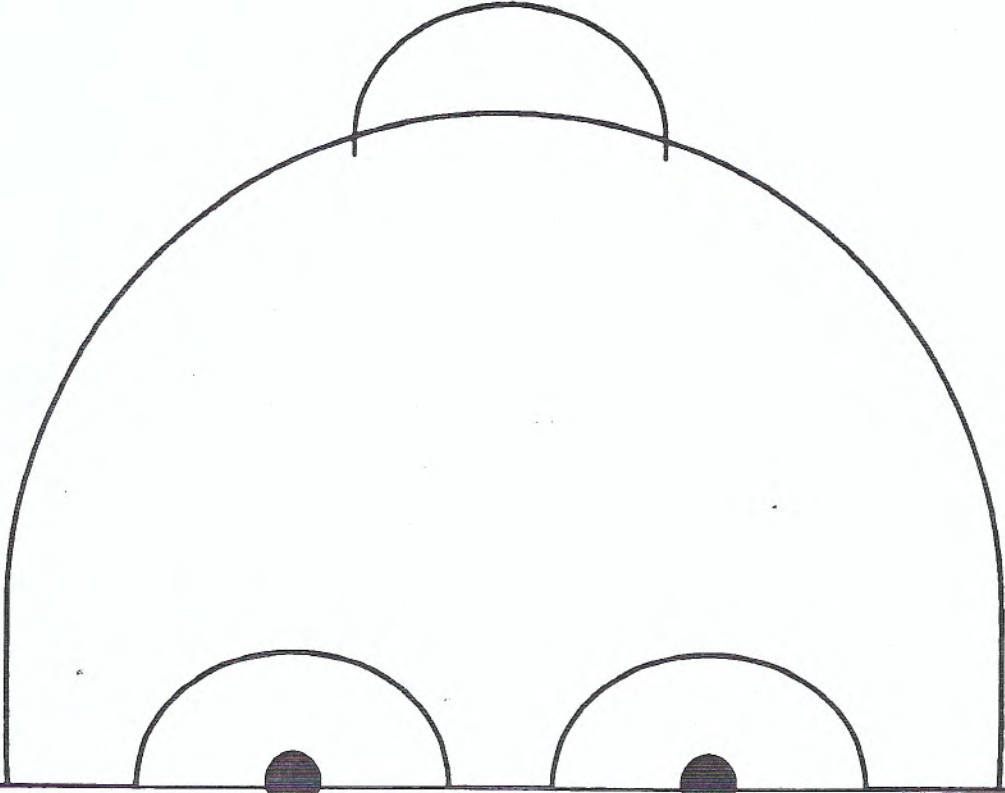
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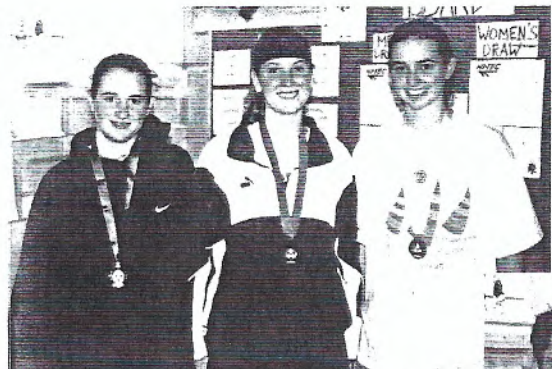
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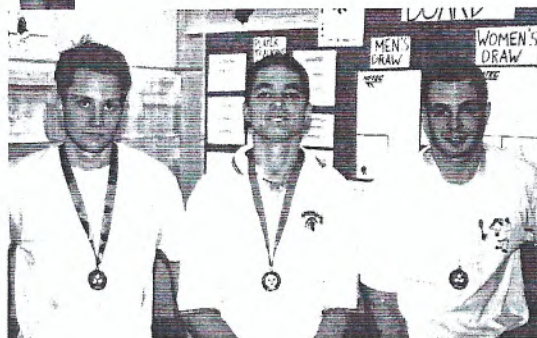
University Team Championships turn silver and purple

BY GEOFF SHEPPARD



1998/1999 Individual medalists

Above (L to R): Leanne Devos (Western, bronze), Nicole Carroll (McMaster, gold) and Leah Bishop (Western, silver). Right (L to R): Chad Dommasch (Brock, bronze), Luke Fraser (Waterloo, gold) and Richard Yendall (Western, silver)



had just been edged out of an opportunity to go for gold and the upstart UofT Blues. Despite the sour taste, McGill dominated the Blues handily winning 6-0. On the men's side, the newcomers to the finals, Brock University, upended perennial finalists, Queen's Gaels with a 4-2 win. Key wins by Dan Peters, Ken Lo and Chris Laconte secured Brock University's first ever squash team medal.

Congratulations to O.U.A. Coaches of the Year, UofT women's new lead, Dave Cooper and Scott McLachlan of Brock University.

On the 1998-99 edition of the O.U.A All-star's teams you will find many past junior stars from Ontario. Men's First Team: Brock's Chad Dommasch; Waterloo's Luke Fraser; Queen's Rob Evans; and Western's, Erik Zarembo, Jonathan Dale and Richard Yendell. Women's First Team: McMaster's Nicole Carroll; Queen's Tracie Fisher and Carolyn Russell; Western's Leah Bishop and Leanne Devos; and McGill's Tara Mullins.

The running of the Championship Team Tournament is continually being supported by many. Special thanks go out to McMaster University Athletics, Burlington Racquet Club, The Jesters Club, Wavex, Manta, Squash Ontario and all fellow organizers.

Attention! Attention! This is the first call going out to all former Ontario university squash players. A special event is being organized in conjunction with the 2000 Ontario Men's & Women's University Team Championship held on Saturday, Feb. 7, 2000. A group of university squash alumni will be holding a two day fund raising Open Doubles Squash Tournament during the University Team Final Four Event. University alumni will celebrate with the competing student athletes at the Decade of Champions-Championship Banquet held at McMaster University. A Parade of Champions will highlight this weekend, as 10 player All Decade Teams will be announced. So get in touch with that old teammate and consider going back in time as we bring Ontario university squash into the new millennium in grande style. Stay tuned for more details.

Please contact Geoff Sheppard at sheppard@interlynx.net if you would like to help out with the alumni event or if you want to play. We want to build and promote a list of returning alumni who are coming back to celebrate. Hope to see you next year. ©

Well, they did it! The University of Western Ontario swept to double gold at the University Team Championship on February 6, 1999 at the Burlington Racquets Club. Showcasing their depth of talent, the men and women Mustangs reached the pinnacle of the decade by etching UWO onto the trophies one more time in the 1900's.

The men kept the 16 year championship streak alive by handling the upstart UofT Blues in the finals 5-1. Only, Blues number one seed (former Western star) Peter Gildenhuis, hand-

ed the Stangs their only loss. The UWO women finally put it all together and showed why their dominance throughout this years campaign was no fluke. The addition of rookie Leah Bishop strengthens a veteran crew as they put an end to the six year dominance of the Queen's Gaels in the gold medal match. Despite loses at seeds one and two, Western's, Tiffany Foster, Wendy Oliver, Emma Wardle and Yaseena Kajia powered through the bottom four seeds to secure gold.

Fighting for bronze on the women's side was a deflated McGill Squad who

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BY RUCHIKA KUMAR



Half of Team Ontario in Corner Brook

Just recently, eight Ontario squash athletes had an experience that they will never forget. I was privileged and honoured to be part of the experience and will cherish the week we all spent together in beautiful Corner Brook, Newfoundland participating in the 1999 Canada Winter Games.

The memory began at Pearson Airport on a wonderful Friday afternoon. We (the Ontario Junior Squash Team) met at the airport proudly wearing our Team Ontario uniforms. Surrounding us were other Ontario athletes also wearing the same red and white jackets and track pants. We boarded the plane and friendly flight attendants greeted and escorted us to the first

class section of the plane! All right! The Ontario squash team was travelling to the Winter Games in style!

Three hours later in Stevensville, a typical yellow school bus drove us to Corner Brook. No airport, no baggage check, nothing. Our one hour bus ride was a bit crowded, but we were all too excited to notice. The athletes were taken to a gymnasium to have their pictures taken for their accreditation cards. By this time, it was two in the morning. Can you imagine what everyone's pictures looked like?

Next, we were taken to the athletes' village. There we received our luggage and headed to our dorm rooms. My roommate (Chrissie Evens) and I giv-

gled as we glanced about our room. It was very ummm...cozy?

We went right to bed. However, we only got a few hours of sleep. Early Saturday morning was the Ontario pep rally and the big opening ceremonies. Our ice-cold showers really helped wake us up that morning. We grabbed a quick bite to eat in the cafeteria which was just across the street. Do you have any idea how much food had to be made? Enough for over 1,700 athletes for the first week alone! The food was delicious. We were all very impressed.

The pep rally was awesome. We learned some great Ontario cheers and got a chance to meet other Ontario athletes. Rob (Rubberneck) Nigro was chosen to carry the Winter Games flag with five other Ontario athletes during the opening ceremonies. The pep rally ended with pizzas and subs. Yummy!

Athletes then headed to the Winter Games complex for the opening ceremonies which took place in the hockey arena. We were all so excited despite the two hour wait before we marched into the arena. The feeling that passed over us as we marched in as a team is indescribable. Emotions such as joy, pride, happiness, excitement and honour all raced through every athlete in the ceremonies. Ontario proudly marched around the arena waving to all their supporters in the stands. We slowly approached the stand where Prime Minister Jean Chretien and other ministers stood, shaking athlete's hands and cheering for all provinces. After giving the Prime Minister a high five, I took a seat in the Ontario section of the arena.

The ceremonies were magnificent. There was the raising of the Canada Winter Games flag, the lighting of the official torch, followed by fireworks and ending with some good old Newfoundland music. Squash was mentioned several times during the opening ceremonies and each time we all

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got up and yelled at the top of our lungs. What a blast!

After the ceremonies, it was time to get focused and work hard. During the next five days, we trained hard on the courts and treated ourselves to a little shopping, sightseeing and good old "Newfie" fun.

During the week, the team went to Marble Mountain to watch the skiers perform. We took the chairlift up the mountain to get a good view of Corner Brook and it was simply breathtaking. The bold mountains were surrounded by beautiful trees and capped with white snow. The saying, "picture perfect" would best describe Newfoundland's landscape.

The team also visited other events to cheer on fellow Ontarians. We watched synchronized swimming, curling, ringette, table tennis, artistic gymnastics and hockey. We were always there to root for Ontario.

Many fun and exciting events had been planned for the athletes during the week. On karaoke night, a few B.C. squash players and I went up and sang '3 am' for the audience. It was lots of fun. There was also the celebration of Newfoundland Day. We had to drink a special "Newfie" beverage to become an honorary Newfoundlander! We all had a great time and brought back Honorary Newfoundlander certificates.

Now, onto the squash. Having made it through the early rounds, our boys were up against Team B.C. in the semis on Friday. William (Willy) Cheng defeated Christof Trafford 3-0, Greg (Huts) Hutner lost to Michael Blumberg in a hard 3-1 match, Andrew (Jones the Man) Jones lost to Brendon Abercrombie 3-1 and Rob (Rubberneck) Nigro beat David Yik in a close 3-2 match. The matches were tied and the games were tied - it all came down to points. Ontario lost by one point. Ahhhhhh - so close. We were disappointed. However, we (the girls) managed to win all our matches and advance to the finals where we met Team Alberta.

On Saturday morning, we woke up extra early to load our luggage and get pumped for our match. We were tense yet we knew we had a good chance of getting gold if we just focused and played our best squash.

I, Ruchika (Cheeks) Kumar was the first to play from our team. I faced Kyla Grigg, my long time rival. It was a tough battle but I managed to defeat her 3-2. Up next was Jacqui (Jax) Inward who faced Leona Grigg. Another battle but it (Continued on pg. 20)



WANTED...

SQUASH ONTARIO COACHING ACHIEVEMENT AWARD

Again this year, Squash Ontario will recognize a squash coach who has consistently exhibited, espoused and taught the principles of respect, integrity, and fair play and who portrays a positive role model for the game of squash and for the coaching profession. The first winner of the Coaching Achievement Award was Mark Sachvie of White Oaks Fitness & Resort Conference Centre in Niagara on the Lake.

The selection criteria includes two areas - coaching credentials and coaching principles because Squash Ontario believes they go hand in hand.

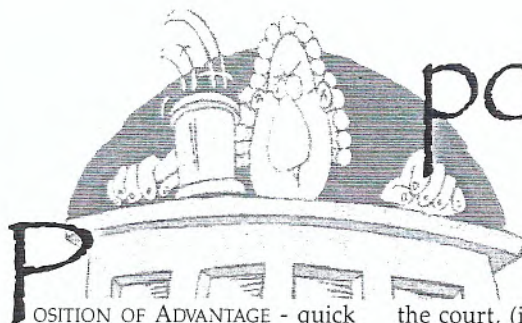
Coaching Credentials

- will be fully certified under the NCCP coaching programme and will have achieved at least a level 1 certification
- will have continued to upgrade knowledge and education in the field of coaching
- will have made a coaching contribution to the game of squash in Ontario either through programmes and/or athlete development (camps, clinics, articles and submissions, workshops) and/or volunteer contribution
- is actively coaching squash and has been for a minimum of 3 years and is resident in Ontario (and has been for a minimum of 5 years)

Coaching Principles and Ethics

- teaches and shows respect - for one's opponent, for the official, for oneself and for the game. Squash Ontario defines "respect" as ensuring that no person is made to feel less worthy on the basis of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status, age or skill level". Respect also includes interacting with athletes and other participants in a caring manner that is sensitive to their needs - for example, focusing criticism at the performance rather than the athlete personally
- conducts his/her life and profession with integrity - is honest, sincere and honourable in relationships with others. Squash Ontario defines "integrity" as honouring all promises and commitments, knowing the rules, regulations and standards of the game of squash and supporting and abiding by them, and encouraging athletes to develop and practice integrity in their relationships with others
- believes in, practices and teaches fair play. Fair play means having absolute respect for the written rule as well as for the unwritten one. Fair play means teaching players to win and lose with humility and grace.
- is a role model - maintaining the highest standards of personal conduct and generally projecting an image favourable to squash and to the profession of coaching.

Nominations for the Squash Ontario Coaching Achievement Award may be submitted by players, coaches, regional executive members, Squash Ontario Board members, parents and officials. **All nominations must be received in writing by July 31st.** In order to be considered, your nominee will epitomize and personify the values and standards of coaching excellence. Send your written nomination to Squash Ontario, 1185 Eglinton Avenue East, Toronto ON M3C 3C6 or fax to 416-426-7393. Be sure to include your name and telephone number with your submission.



position of advantage

BY BARRY FAGUY

POSITION OF ADVANTAGE - quick now, where do these words appear in the rules? Take your time...now, where do these words appear in the rules? As a matter of fact, check the rule book. You'll still have a difficult time finding them and yet, we're dealing with a concept known to referees and players instinctively, one that has applications in virtually every game played. Yet the way we deal with it flies in the face of the rules as we know them.

Those words are found in the last paragraph of Guideline 11 - "created interference." They are meant to be the second exception to what is "apparent created interference" and the guideline allows for a let to be played even though the incoming striker has placed himself/herself in what often turns out to be a poor situation.

As we all know, true created interference should be punished with a 'no let' decision, because basically, it is cheating. A player has artificially created interference to hunt for a stroke or a let at the very least, when none should be given; hence, the comment in the Guideline that "there is no genuine reason for this indirect route."

The first exception addresses, "wrong footing" as an exception to the true created interference because, even though the incoming striker has created his/her own interference by going the wrong way, it was done as an honest mistake. This situation is quite common and generally readily visible to the referee and is not considered cheating since there is no dishonest intent. We see the striker caught off guard and fooled, but we also see a change of direction and attempt to get to the ball, a hallmark of this situation. In true created interference, the striker is exaggerating the swing or choosing the wrong direction of approach to capture the opponent and force a stroke award or get a let when there should be none.

The second exception is what we are concerned with here. It allows a let to the incoming striker who has made a previous shot which allowed the opponent a "position of advantage" on

the court, (implying that the incoming striker has once again created his own interference). Then this new striker must immediately (and generally) push into the advantaged opponent, showing that he/she could have reached it. No problem there, but what this rule really does, and this is the point of my musings, is the following: it appears to absolve the advantaged player from making any effort to clear, unless this latter player has made a poor shot in return!

And, this is very common. When in these positions, the advantaged striker frequently has absolutely no intention of clear and furthermore, referees make no demand that he/she clear, unless a truly poor shot back towards

himself/herself was made with that advantage. What the advantaged player is basically saying is, "tough luck, sucker! Let's see ya go and get that one, and by the way, I ain't moving."

Perhaps its time to expand on this guideline in a way that allows for some immunity from the rigor of question #3 in the Referee's Line of Thinking - No...there wasn't every effort to clear, but, that's okay because the striker made a good shot and we don't demand any clearing effort because the other player set him up. We should formally acknowledge it in the rules, particularly for teaching purposes, because countless times in looking at various videos, we clearly cannot say "yes" to question #3 - yet we do. ©



Steve Flude... *in his own words*

I am a full time college professor and part time systems consultant who began playing squash twenty years ago when I was thirty five years old. In retrospect, I wish that I had started twenty five years earlier. I began my squash career at the Balmy Beach Club in the late seventies and am still there today. The club is located at the east end of the boardwalk, right on Lake Ontario, and is one of the best clubs in the city despite only having two North American courts. Several very good squash players have been spawned at Balmy Beach, including Craig Wells who went on to national success on the squash courts. When the Mayfair Lakeshore club opened in the late eighties I became a member there as well, but only played there for

"get involved in officiating... you get really good seats for the best matches."

a couple of years.

I am now playing Masters League squash and I am still getting beaten by, and am beating, many of the same players with whom I have been competing in various leagues and tournaments over the last twenty years or so. The only real difference is that it happens more slowly now.

I became interested in officiating early in my squash career when I realized that most of the players against whom I was competing, and myself, were ignorant of the rules of the game and that made for some very scary matches! If I remember correctly it used to be a requirement that all T&D league players had to attend a referee's clinic if they wanted to play league squash and the player's club was awarded league points for partici-

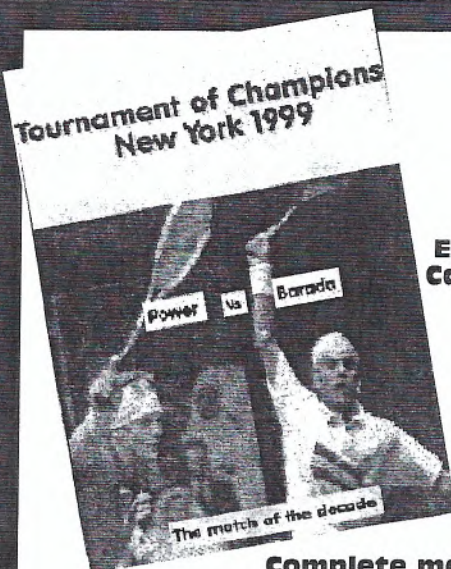
pation. I quickly found out that knowing the rules of the game, and playing by them, made the game itself that much more enjoyable.

Initially, I was quite active in officiating and had the opportunity to participate in many fine events, including the Canadian Junior Championships where I saw Jonathan Power begin his career. For various reasons I got away from officiating for a few years but a recent call from Moe Shehata to officiate at this year's Canadian Junior National Championships in Newmarket has gotten me involved again. Based on what I saw at that event there are a lot of fine young Canadian players on the horizon. My enthusiasm for officiating has now been rekindled to the point where I plan to continue upgrading my level at every opportunity. Who knows, maybe I'll catch up to Bob Wakfer, with whom I started, and to whom I'd like to offer my congratulations on his recent ascendancy to the A1 level.

One of the most interesting things about officiating, to me at least, is the dynamic that occurs between the players themselves and between the players and the official(s). I have seen referees who have tried to "show who's boss" right from the start and those matches are usually a disaster; lots of disagreements and arguments. That can't be fun for anybody. My approach is to maintain "quiet" control; avoid the confrontations, admit your mistakes when you make them (we all do), and keep things going smoothly. Nobody likes "attitude"; neither players nor officials. It is, after all, just a game, albeit a highly competitive one.

On another note, I am not really very thrilled with the two-referee system that has been implemented at some events. To me it is an open invitation for the players to appeal every call that is made. That does nothing but slow down the game and in many cases it becomes a detriment to the game because the players do not really take it seriously enough. They appeal everything because the opportunity is available to do so. If the two-referee system is to be continued perhaps there should be a limit placed on the number of appeals a player can make in a game.

I would certainly encourage those who play this wonderful game to also get involved in officiating the game. It will heighten their appreciation of the game, it introduces you to some terrific people, and you get really good seats for the best matches. ©



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(Continued from pg. 11) (of sports career and life), often looks very different than the nutritional protocols that can make rapid, extraordinary perceived therapeutic benefit. In short, the diet that makes you feel and perform the best today, is often not the one that is the best for a lifestyle change.

Even the greatest athletes in the world benefit from coaching. Food is no different. As a Certified Health Coach™, I work to help athletes match the performance of their nutrition to the demands of their sport. This usually involves starting with a diet of best fit (off the rack, if you like), followed by weeks to months of fine tuning (tailoring) the protocol to a perfect match to the individual. Nutrition is not just about food choices, although these are incredibly important. Your nutrition status is also affected by your mental state while eating and after, chewing, digestion, absorption, detoxification, elimination, hydration, and the list goes on and on.

So, what do you do about your eating? First and foremost, close the gap between what you are sure you already know and what you do on a consistent basis.

Second, read properly referenced books that already have years of athlete application behind them (current best choices, in my opinion, are Dr. Michael Colgan's Optimum Sports Nutrition, and The New Nutrition, from Advanced Research Press and Apple Publishing, respectfully).

Third, find an accessible local health professional with a list of satisfied athletes, and the appropriate qualifications. As a matter of interest, the health professionals who take the most schooling in nutrition are far and away naturopaths (N.D.) and chiropractors (D.C.), each taking hundreds of hours in specific nutrition courses during their four years of professional school. That doesn't preclude others (M.D., dieticians) or ensure that they know, it's just a place to start. A referral from a trusted friend or coach is still the best way to locate a nutritionist coach.

Finally, be a "patient" patient! Quality in health, like in sports, takes focus, time, re-evaluation and incredible communication between the client (player) and the coach.

Good luck! I look forward to passing on some general good advice in future articles.

Totally exhausted, both physically and otherwise, the flight back wasn't half as comfy as before. However, we did manage to catch some sleep. Coming home, I realized how amazing the Winter Games were. The support and effort by all of the organizers, sponsors and volunteers was incredible. Everyone was so hospitable. We were given an opportunity to travel to a beautiful place, meet new people, play a sport we really enjoy and above all, have fun. We couldn't ask for more (except maybe more of that delicious chocolate pudding that was served in the cat! Yummy!)

I could write a whole book on my experiences in Newfoundland but I only have a limited amount of space so I had to keep things short. In conclusion, the week I spent in beautiful Corner Brook, Newfoundland, is an experience I'll cherish for the rest of my life. I learned so much about team spirit, hospitality, hard work, dedication, motivation and even a little about the art of pin trading! I feel the 1999 Canada Winter Games was not just a week's event but an experience and memory that will last a lifetime.

(Continued from pg. 15) was Leona who prevailed 3-2, 10-8 in the fifth. Next up, Casey (Giggles) Diserio. Her opponent, Andrea Lessard, was strong in the first two games but Casey managed to stage a comeback and win 3-2. Finally, Christie Evans. She faced Paula Person who fought hard but Christie was not to be defeated, defeating her 3-1. Ontario had won gold! The four of us were on court hugging and yelling at the top of our lungs. Our coaches, Jim (Jimbo) Paton and Jessica (Stinkbomb) DiMauro basically lost their voices cheering for us. Thanks Jim, Jess and Brian (Mentos) Skinner, our chef de mission, for all your support. We were very proud of each other for maintaining good focus and following our team creed, "Full out, no doubt!"

The awards and closing ceremonies for squash were very simple yet special. Preston Manning presented us with our gold and bronze medals as we stood gleaming on the podium. What a moment it was for Ontario squashes!

After the awards, final goodbyes were said as we did some exchanges of team uniforms, pins, e-mail addresses, etc.

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Melanie Jans is currently ranked No.1 in Canada and a member of our national women's team. As a long time resident of Georgetown, she was asked to be a guest speaker at the Annual Awards Night where they recognize individuals and teams from Georgetown who have had achievements in sports, academic and music fields. Following are excerpts of her remarks - open, candid, and honest. - and not heard often enough!

About four months ago, I was asked to speak at the annual awards evening in Georgetown, I was probably at the lowest point in my career. I had just returned from the World Championships, in Germany, for which I had been training my butt off for six months. Why was I training so hard? One word; CARDING! For those of you who don't know, Sport Canada has a financial assistance program for athletes who achieve a certain world ranking.. If we were to finish in the top eight at the World Championships, we would have qualified for a B card which meant \$650 per month for two years plus free education. Doesn't that sound great? To finish 8th, we had to beat France. Well, as it happened, the deciding match came down to me. If I won, the team got carded, if I lost, we got the "Thanks for coming out" handshake. There I was, 2 points away from victory. Do you think I could pull it off? My legs felt like lead; my mouth was parched. I could barely hold my racquet because my grip was so wet. It was my worst nightmare come true.

For those of you who are trying to work out the math in your head, I'll save you the trouble, that match cost me and my team about \$60,000. My teammates have been real nice about it though. They are letting me pay them back in 60 easy installments so I'll be off the hook in just 10 years. Losing the money was a bummer but dealing with the pain associated with the loss has been really hard. I had trained so hard for that match and when push came to shove, I blew it.

Tonight, I'm going to talk to you not about winning but what we experience when we lose and how I've learned to deal with it."

It's amazing how a loss like that can affect your psyche. Suddenly, I had forgotten how well I played at the Nationals, how I won the pivotal match at the Pan Am Games to win gold. Every match I played in the weeks following Germany, was like Germany all over again. I had lost all my confidence. "It's just a stupid game", I kept telling myself. "Get over it!" I wanted to battle my demons into submission but felt I needed a kick start. I consulted one of my previous coaches who had "been there, done that" successfully at the world level.

I want to share with you four things that have helped me on the road to recovery. These things are helping me on as well as off the court and I hope they can help you in your competitions as well as in the game of life.

1. Mourn your losses, 2. Be honest, 3. Prepare yourself and 4. Enjoy.

For the first part, it's okay to mourn your losses, I don't mean wear black for a year (Although black is slimming). I mean if you feel like crying because you didn't swim your best or you fell on the ice, CRY! I'm talking to you too, fellas. Get it out. Bring all those feelings you had about the event to the surface and acknowledge that it's okay to feel that way. That first night I talked to my coach and relived the whole Germany experience. The guilt I felt for letting my teammates down, the anger I felt towards

the coach who didn't know how to handle my panic attack. The frustration for not being able to execute my shots the way I had done in practice a million times. I thought of it all and...I CRIED! And, you know what? I felt better. Just by doing that I was able to release the pain I had kept with me and found it so much easier to look ahead. I've dealt with Germany, now I can concentrate on the future.

The second point is to be honest. After some thought, I realized that I had been lying to myself for the whole trip. I'll give you one example. My opponent, Corinne, from France, kept trash talking me all week. She'd come up to me and say that it was going to be our match that was going to be the deciding match and was I ready for it? In truth, she rattled me but I buried those feelings and tried to convince myself that her intimidation tactics were not going to work. I told no one and I pretended she wasn't getting to me and kept my real feelings bottled up. Just before the match she tried to stare me down by glaring at me with her beady little eyes. "It's not gonna work, it's not gonna work, it's not gonna work," I kept telling myself. Well, it worked. During the match, I kept thinking "How dare you try that with me!" when I should have been concentrating on the match. The moral of this story is that if I had have been honest in the first place, in other words, if I had come to terms with my feelings about Corinne's antics I would have dealt with the situation better.

The third point, prepare yourself, is very important. Preparing yourself doesn't only

mean put in the physical training. It means visualizing all the possible conditions before the event. Assume you'll be nervous and develop tactics that work for you to combat those nerves. See yourself bowl five strikes. See yourself perform the way you would want to in competition. Long before the event, focus on things that would distract you or make you nervous. Have a plan as to how you would deal with them in competition so, when it does happen, you will be prepared.

The final point, enjoy yourself! A wise old friend recently asked me, "Melanie, when are you going to start playing squash again? You've been competing in it for years, when are you going to start playing?" In preparing this speech, I asked other experienced athletes the question, "What do you know now that you wish you knew then?" Rob Snoek, who has an artificial leg, is a World Championship silver medalist in the 100m sprint. His comment?, "I wish I had enjoyed myself more." I agree with Rob. You've got to love what you're doing. You've got to love stepping onto the wrestling mat, you've got to love how it feels to bash away at those drums or belt out those tunes, you've got to love that feeling of fatigue you experience after riding up a steep hill on your bike, you've got to be thrilled to get on that horse for jousting practice. Every time I step onto the court I focus on how good it feels to hit the ball and chase it around the court.

For now, I am focusing on the Nationals and the Pan Am Games coming up in the next few months. I've already mourned my loss in Germany and from now on I'm going to be honest, I'm going to prepare myself and I'm going to enjoy the challenges that lie ahead. Now that I've made a pact to be honest, I will tell you that I find it a lot easier to enjoy myself when I'm winning. Wins are easy to handle. It's the losses that are difficult because they force us to examine what went wrong. It's when you use your losses as opportunities to learn about yourself so that you can improve, that you'll truly emerge a champion...in competition and in life.

- Melanie Jans

*wins are easy to handle,
it's the losses
that are difficult*

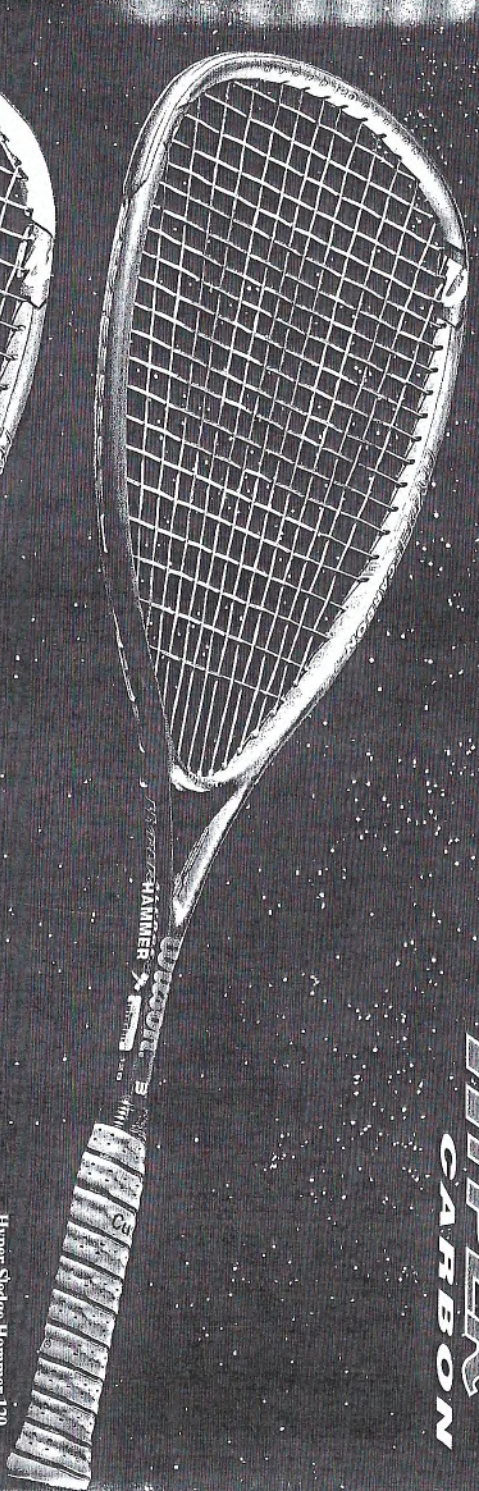
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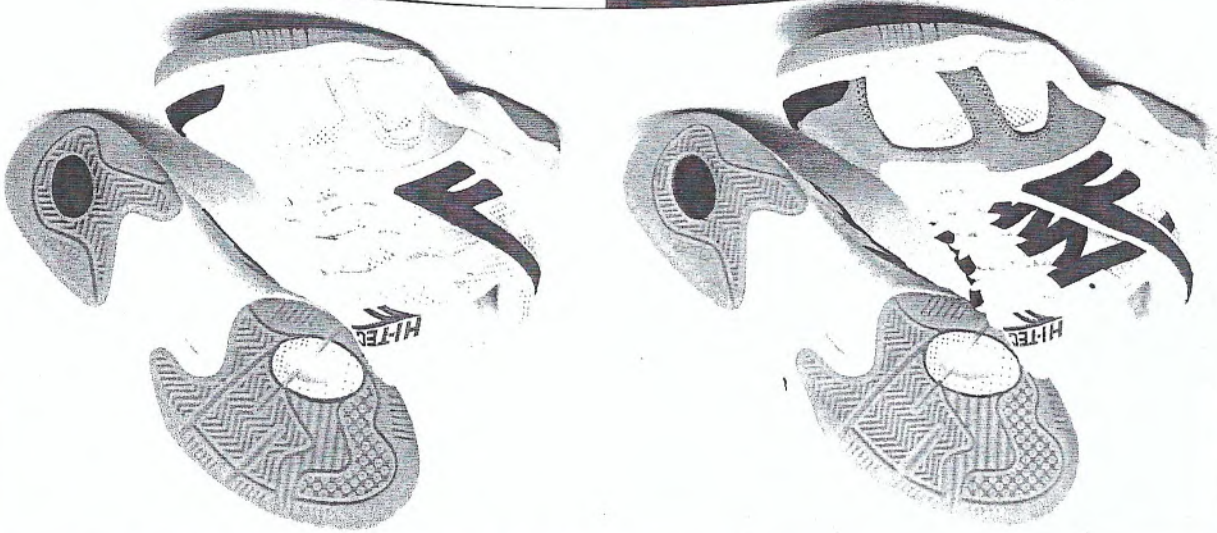


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