

# SSRA NEWSLETTER

June 2003

## Honorable Mention



Hats off to Kristen Lange who won the 2003 Junior National Championship in the 15 and under age group. With her diligence and guidance from her coach Azam Khan this duo proved unbeatable.

## Good June To You All

Hello fellow squash enthusiasts! My name is Kara Dyko and I am the new editor for the SSRA newsletter. The format has changed a bit but as usual this issue is chock full of info.

In September, there will be some changes in the way we distribute the newsletter. In an effort to increase our target audience and lower costs, the newsletter will be available to read on

the website. You can look forward to a quarterly invite in which there will be a direct link to the website. We currently have 244 members and 166 with e-mail addresses. We'd like to keep you informed so please contact Mariza [seattle-squash@prodigy.net](mailto:seattle-squash@prodigy.net) with your current e-mail address. Anyone without computer access will be sent the newsletter via snail mail.

As always, we are open to new ideas and input. Feel

free to drop by our monthly meetings or better yet become a committee member! **Elections will be this September.**

A big thanks to Lori Cinnamond for dedicating the past 5 years to the newsletter!

Have a wonderful summer!

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## Outstanding Athletes Pictures By Lori Cinnamond



**Player of the Year:** Brian Swan from the Columbia Athletic Club in Kirkland. Brian went practically undefeated in league play, won Men's C at the WA State Open, and placed 3rd in Men's B at the Rose City tournament. He's an enthusiastic teammate and encouraging club member.

**Dick Daly Service Award:** Former Newsletter editor and Seattle Athletic Club member Lori Cinnamond snagged this coveted award. Most often you will see Lori on the court playing or drilling away.



Her undeniable thirst for squash is evident when you look at her excellent record of attendance at SSRA meetings and functions. Over the past 5 years Lori has edited the SSRA Newsletter and website. She also participates in League, travels to national and international tournaments and willingly lends a helping hand when needed.

**Brenda Wilcox Sportsmanship Award:** Sean Sunderland of the Gateway Athletic Club. Throughout the squash season Sean set the bar for honest and fair play. He is better known as the "courtside gentleman" for his graciousness and words of encouragement.

## Coaches Corner

### Bellevue Athletic Club

### Columbia Athletic Club

Pro: Kelsie Holt

### Harbor Square Athletic Club

Pro: Guy Schoonmaker

### Juanita Bay Club

Pro: Kyle Edwards

### Lakewood YMCA

Pro: Clinton Scott

### Pro Sports Club

Pro: Azam Khan

### Seattle Athletic Club Downtown

Pros: Ayub & Shabana Khan

### Seattle Club Northgate

Pro: Bruce Vinsonhaler

### Tacoma Central YMCA

Pro: Ron McMahon

### Vashon Athletic Club

Pro: Gordon Burrige

### Washington Athletic Club

Pro: Darin Barr

### Seattle Tennis Club

Pro: Steve Furneaux

### YMCA Downtown

Pro: Steve Furneaux

### Multnomah Athletic Club

Pro: Khalid Mir

### Riverplace Athletic Club

Pro: Gulmast Khan

## Juniors

This past April, a group of Juniors headed north of the border to participate in the BC Zone Championships in Nanaimo, BC.

The team was comprised of 6 Seattle area juniors: Kristen Lange, Jordan Holman, Steve Severson, Emilie Kraft, Nicole Nelson and Thomas Kraft.. Ayub Khan coached and Dominique Posy chaperoned.

The competition was fierce but all the juniors played hard and competed well. In return for their efforts the team placed second and received silver medals for their achievements.

Junior Camp  
June 19-23rd at the  
Seattle Club Downtown



## Mark Your Calendar

### Upcoming Tournaments:

**July 10-14** Junior Canadian-American Challenge, Chicago, Illinois

**July 11-13** Decathlon Open, CA

**August 1-3** Play the Steamer,

Newport, RI

**August 12-17th** Sun 'n Surf, Jericho, BC

**September 26-28** Indian Summer Open, San Francisco, CA

**October 26-28th** Howe Cup, Seattle, WA

### Camps (July 12-13, 19-20, 26-27)

Seattle Club Downtown 9:30-11:30

Pro Club 1-3pm

1 Week \$150    2 Week \$250

1 Weeks \$300

## Healthy Habits By Chef Bridget Charters

Playing squash, as you well know is a physically demanding sport. It is important to maintain nutrition and hydration in order to perform at your peak level. Whether playing recreationally or competing in a tournament, you need to fuel your body before and after play for the best results. When you exercise, your body consumes fuel to perform and uses water to cool your system. If you miss one or both, your muscles will feel the effect first.

Did you know that during vigorous exercise, the body consumes between 1 to 6 quarts of water. Plus, it takes 10 to 20 hours to replace fluids after competition!

If you deprive your body of fluids, fatigue sets in, and basic body functions are affected. Muscles cramp and our thinking and reasoning capabilities greatly decrease. Remember to drink water, juices, herbal tea, low fat milk or sports drinks. Avoid the diuretics; drinks with caffeine, colas, beer, and cocktails.

The other side of the nutrition equation is proper fuel for performance. In regular day to day life, it is important to consume a balanced diet of protein, fats and carbohydrates. You need to consume 2 to 3 servings of both proteins and dairy; 3-5 servings of vegetables; 2-4 servings of

fruit; and 6-11 servings of cereals, grains and pastas. And lastly fats, oils and sweets sparingly. Avoid the "bad" fats that are animal based. As a chef, our motto is, "Fat is flavor!". So, when you cook, use a nice olive or vegetable oil in a Teflon pan.

Squash is an amazing sport with many facets to the game, if we reduce the various factors that affect our performance, our game can't help but improve! Eat well, drink plenty of fluids, condition your body, and practice. One of these days, all that we have been told will have an effect and create the perfect

## Tournament Highlights & Results

May 30-June 1, 155 squash players from the PNW converged on the Pro Club to compete in the Spring Classic Tournament. On Saturday there was a dinner, plus 2 exhibitions: 1) A face off between Azam and Ayub. 2) A doubles match with Mark Alger, Azam Khan, Hugh Lobossier and Julian Billingsworth. Overall, the tournament was a great success on and off the court.

<u>Division</u>	<u>First Place</u>	<u>Second Place</u>	<u>Third Place</u>
<b>Men's A</b>	Julian Billingsworth	Ramen Narayanan	Ben Bishop
<b>Men's A 40+</b>	Rex Noffsinger	Peter Langmaid	Dar Khalighi
<b>Men's B</b>	Kristin Lange	Manu Vaish	Harlan Yu
<b>Men's C</b>	Uli Homman	Gary Buss	Tanj Bennett
<b>Men's D</b>	Shane Cook	Gaurau Lochan	Dick Hall
<b>Novice</b>	Ty Eland	John James	Rahim Bhaloo
<b>Women's A</b>	Kristin Lange	Carol O'Dell	Bridget Charters
<b>Women's B</b>	Lulu Chou	Melissa Rooth-Cormier	
<b>Women's C</b>	Mindy Cooper	Colleen Miller	Chesta Hotari
<b>Women's D</b>	Yarden Odinak	Maria Cameron	Caron Harrang

## Conduct on the Court By Ayub Khan

Let's face it, we all get frustrated on the court, but throwing tantrums is simply a no-no.

Here are a few simple guidelines to follow when playing on the squash court:

- 1) Arrive in a timely manner for your match.
- 2) When warming up with your opponent, hit three balls at most to yourself then cross court.
- 3) Wear eye guards
- 4) Do not throw or wildly swing your racquet in frustration. The action could harm someone.
- 5) Curb the use of fowl language.
- 6) Respectfully address the referee when a call is in question.

Remember, it's not whether you win or lose but how you play the game. Enjoy yourself and have fun!



**SEATTLE SQUASH RACQUETS ASSOCIATION**

President: John Towler  
 Membership: Mariza Ohlsson  
 Treasurer: Kristin Anderson  
 Secretary: Ben Bishop  
 Marketing: Chris Chandler

League Czar: Kingsley Wood  
 Newsletter Editor: Kara Dyko  
 Webmaster: Lori Cinnamonod  
 Video Library: Lori Cinnamonod  
 Competition: Tom Breen

# SSRA Mission Statement

To strengthen the game of squash and make it accessible to everyone.

To assist regional clubs and pros in their quest to educate, promote, and develop the game of squash.

To maintain a genuine spirit of true fair play and sportsmanship.

## USSRA/SSRA Membership Enrollment Form

New Member  
 Renewing Member USSRA Member # \_\_\_\_\_ E-Mail \_\_\_\_\_

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male  Female Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Level of Play (Please Circle) 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 or ( A B C D Novice )  
 \_\_\_\_\_ \$55 Adult \_\_\_\_\_ \$40 Spouse (if couple membership)  
 \_\_\_\_\_ \$40 Junior (under 19 or college undergraduate) Name of School \_\_\_\_\_  
 \_\_\_\_\_ \$15 Life Membership

\*\*\*Please make checks payable to SSRA P.O. Box 481, Seattle WA 98111-0481

# Renew Your Membership Today & Receive These Great Benefits and More....

### • Leagues & Tournaments

USSRA sanctioned leagues and tournaments open the door to a world of squash in your area for every age and skill level.

### • Squash Magazine

10 issues of Squash magazine filled with player interviews, tips to improve your game, squash news and more.

### • Special Perks

Eligibility to participate in USSRA National Tournaments

Waiver of non-USSRA member fee

### Eligibility for National Ranking and Player Rating

Coaching Certification Programs

Referee Certification Programs

Access to Official Rules

Most of all, your membership helps to support the game at both the local and national levels!

### Corrections

In March, there were some inaccuracies in the newsletter, without further ado here are the corrections.

Chris Chandler's correct phone number is 425-821-5229.

Dick Daly did not turn 90 this year. He is a young 80 years old and was runner up at this year's USSRA Championship in the 80+ category.

Jamie Day of the Seattle Tennis Club won the novice division at the 2003 Seattle Open.

*We're on the Web!*  
*Seattlesquash.com*