

# SSRA NEWSLETTER

September 2003

## Howe Cup

This October, the Seattle Club is hosting this prestigious national women's team tournament. For more information please go to our link at [seattlesquash.com](http://seattlesquash.com). There will be lots of great matches so please stop by and cheer your favorite team on to victory.

On behalf of the organizing committee we'd like to extend our sincere thanks to our current tournament sponsors: **Tim Girvin, PMI, Sports Legs, Random House, Honey Stinger and Witz Sport Cases.**

## Pan-Am Games Pure Gold

During the 2003 Pan American games held in Santo Domingo, Dominican Republic, 11 nations competed in squash. The following comprised Team USA: Latasha Khan (Seattle), Louisa Hall (Philadelphia), and Meredith Quick (Denver).

On August 11th, Latasha Khan won her first Gold medal by out playing her 14 year rival Canadian Melanie Jans.

Only Days later after claiming the first ever squash Gold medal for the US, Latasha once again dethroned Melanie Jans 9/2, 9/5, 3/9, 9/6. Her win clinched Gold for the USA in the women's team final in Santo Domingo.



### Final Results Individual:

**Gold– Latasha Khan**  
Silver– Melanie Jans  
Bronze– Marnie Baizley

### Final Results Womens Team:

**Gold—United States**  
Silver– Canada  
Bronze– Brazil

The SSRA wishes to congratulate Latasha on her brilliant playing and "golden" win!

### Inside this issue:

Coaches Corner	2
Juniors	2 & 4
Mark Your Calendar	2
Healthy Habits	3
Tournament Highlights	3
A Good Read	3
USSRA Membership Form	4

## Voting In The SSRA By John Towler

Do you enjoy playing squash? How about taking part in the Winter League or entering SSRA sponsored tournaments? Then "we" need you and your input.

Each fall nominees for a Trustee position on the SSRA board are up for grabs. **The duties of a Trustee are:**

- 1) Elect the Officers of the SSRA committee
- 2) Oversee the running of the SSRA
- 3) Attend monthly meetings
- 4) Be a liaison between the SSRA and the regional clubs.

### **Voter Qualifications**

Whether you are a newcomer to the game or have been playing for decades all active USSRA members are encouraged to volunteer.

### **Nomination Deadline** *September 10th*

### **How to Register/ Vote**

Please e-mail John Towler at [crown2@gte.net](mailto:crown2@gte.net) or call (425) 488-3801.

A list of all nominees will then be tallied and sent on September 12th to each SSRA member. At this time each member can vote for the 12 nominees

of their choice. *All votes must be received by Monday, September 16th.*

### **The Officers and positions available:**

President  
Vice President  
Secretary  
Treasurer  
Newsletter Editor  
Membership  
Marketing  
League  
Website  
Junior Squash  
Video Library  
Tournament Coordinator  
**Annual Meeting 9/16/2003**  
**College Club at 6 pm.**

## Coaches Corner

### “Changing Hats”

A point of discussion that often crops up with players from overseas is the continuing practice at club tournaments and league play or single officiating, or no separate marker and referee for matches. Most middle season SSRA League matches go one better with no official at all, hence a potential “free for all”, which is not pretty.

We all have to work with what we’ve got, so place yourself in this scenario: You are the sole official, marker and referee, and after making a “no let” call the striker

appeals. You hesitate a couple of seconds and apply rules interpretation to the rally, bless you, you’re only human. Calmly and confidently, you change your decision to “yes let”. The strikers opponent then appeals, stating adamantly that you cannot amend your original call.

What action do you take and on what grounds?

Hint: A virtual carbon copy of this scenario occurred during the Men’s A Final of the Seattle City Championships this past spring.

Think you have the correct answer,

then e-mail Xcourtdrop@aol.com. Otherwise see the continuing commentary in the next newsletter.

Written By: Steve Furneaux  
Pro at CAC/STC/WAC/YMCA

On a side note, the squash courts at the WAC have all been resurfaced.

### SSRA Referee Clinic

Seattle Tennis Club  
October 15th at 5:30 pm

Cost \$10 per person  
For reservations please call  
(206) 938-5596

## Juniors By Shabana Khan

The SAC and Pro Club kids headed off to the Pacific Athletic Club in Redwood, CA on 8/15-8/17. The group met at Sea-Tac airport and made the 1 1/2 hour flight seem like they did it all the time. They stood outside in the sun with their squash gear, waiting for the hotel shuttle. Once it arrived they couldn’t wait to have lunch and start playing some squash. Pizza was the choice for

these young champions– they cheered one another on and were praised by other parents- “you really can tell which kids are from Seattle they have such good sportsmanship”- We should all be proud of our juniors..

Here are some thoughts from our young and promising junior Christopher Jung: “ I really liked the way

everyone knew each other and everybody had a good attitude and felt good about their results”. Christopher, did you enjoy the facility where you played? Response “Yes, it was fancy, but I did not like how all the courts were so close together, but it was easy to find your way around”. Were you happy with your results? “Yes, with a smile, but I Okay, if you didn’t vacation, work

## Mark Your Calendar

### Upcoming Tournaments:

9/19-9/21 Howe Cup Prep Tournament, Pro Club (Redmond) Fee \$15

10/3-10/5 Pro Club Fall Classic, Pro Club (Redmond) Fee \$30

10/11-10/16 US Women’s Open, Brooklyn, NY

10/24-10/26 Women’s Howe Cup, Seattle Athletic Club, Seattle  
Fee \$125 per person

11/7-11/9 Florida State Open, Boca Raton, FL

### Junior Tournaments:

10/3-10/5 Pro Club Fall Classic

10/10-10/12 Utah State Junior Championships, Salt Lake City, UT

11/21-11/23 Oregon State Junior Championships, Portland, OR

\*\*\* **City League** begins in October. Dues for each team is \$180. All team players must be current USSRA members! No exceptions.

# Healthy Habits

## “Sculpt, Strengthen, and De-stress”

You’ve been cranking away on your cardio routine, sweating through your strength workouts— you’re the picture of fitness success. But then all these new disciplines and hybrid classes come along: “Yoga for strength?”, “Power Pilates?”, or “Balletbootcamp?” What are these workouts and should you be exploring them?

While traditional strength and aerobic exercise are essential to a well-rounded program, workouts that fuse disciplines like yoga, pilates and dance add variety to help pre-

vent plateaus and keep you pumped up. They also teach you to move with grace and purpose, which can enhance your resistance to injury.

*Yoga*— Which means “union”, helps join body and mind in a way that fosters total wellness. Using specific postures and poses, yoga can be done vigorously or gently. Breathe control is essential as you move deeply into each pose. It is a proven fact, that yoga boosts immunity, reduces stress, builds strength and flexibility, and balance without risk of injury common in high impact sports.

*Pilates*— An exercise system developed during World War I by Joesph Pilates. This technique focuses on improving strength, flexibility, and posture. In the process, your muscles get longer and leaner creating better balance. Look taller, walk straighter and feel firmer, plus get killer abs!

*Balletbootcamp*— My personal “wow” workout favorite. This workout challenges all of your major muscles at one time. The innovative moves has you experiencing the controlled flow of yoga, the centering and focus of pilates and the grace of ballet, all in one workout. In the end you achieve maximum results.

## Tournament Highlights & Results

on home improvement or just kick back and relax this summer what did you do? Played in the tournament at Jericho or course!

Once again the Sun ‘n’ Surf tournament produced some outstanding squash as well as a lot of high caliber partying. Here are the final results:

### Division

Men’s A  
Men’s B  
Men’s C  
Men’s D  
Men’s 40 A/B  
Women’s A  
Women’s B  
Women’s C  
Women’s D

### First Place

Ron McMahon  
Roger Hardy  
Amir Bahman Samsam-Bakhtiari  
Geordy Kitchen  
Matt Gittleman  
Nicola Martin  
Lulu Chou  
Liz Andrichuck  
Emilie Kraft

### Second Place

Mark Ridgeway  
Al Carbajal  
Matthew Ball  
Andrew Stalony  
John Nichols  
Penny Wedd  
Annette Trinden  
Allison Eaton  
Brandi Conforth

## A Good Read

When was the last time you picked up a good book on exercise? A week, a month, or even years—then consider the following books. They’ll inspire you to try a new routine or just squeeze a few minutes of exercise into a rather hectic day.

Do you want the best buns on the

squash court? Yes, it’s possible! Get your lower body into tip top shape with “Stronger Legs and Lower Body” (Human Kinetics, 2002) by Keli Roberts..

Need to work on flexibility and control of movement? Then pick up “Somatics” By Thomans Hanna.

If you feel you are already in great shape but need the edge of better mental focus check out “Mind Gains” by Ilene Caryn Simon.

And, if you want to get out of an unhealthy rut then be sure to read “The Power of Positive Habits” by Dan Robey.



**SEATTLE SQUASH RACQUETS ASSOCIATION**

President: John Towler	League Czar: Kingsley Wood
Membership: Mariza Ohlsson	Newsletter Editor: Kara Dyko
Treasurer: Kristin Anderson	Webmaster: Lori Cinnamon
Secretary: Ben Bishop	Video Library: Lori Cinnamon
Marketing: Chris Chandler	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**

## Juniors Continued

am 11 and I was playing in the under 13 and was happy to get the experience, I did come in 5th."

Well, there you have it. The other finishers were:

- Nelson Moon 1st- SAC & Pro Club,
- Jack Newton 1st- SAC
- Jordan Holman 1st- SAC
- Kristen Lange 1st- Pro Club
- Nicole Nelson 3rd-SAC (lost to Kristen in the semi-finals)
- Christopher Jung 5th- SAC
- Andrew Jung- SAC
- Leah Stroke- Pro Club
- Sam Stelle- SAC
- Rahim Bhaloo 1st- SAC & Pro Club
- Rafik Bhaloo 5th-SAC & Pro Club.

Many thanks to the parents who chaperoned: Carol Jung, Chara Short, Dan & Leah Moon, Shani Bhaloo and my spouse Bobby Picinich- Thanks!

In addition to the tournament, many juniors participated in the summer camps at the SAC. At the first camp there were 54 kids ranging from 6 to 17 years in age. The second one was limited to 30 participants and we made sure they had a work out! Believe it or not they survived the first and made it back for the second. Thank you to the SAC staff and the instructors who participated: Ayub Khan, Azam Khan, Shabana Khan, Lata-sha Khan, & Joel Mitchell.

Good luck this squash season!



## Corrections

Please pardon the misprint of Squash Pro names in June's newsletter. Gordon Burridge assists in squash program development at Vashon Athletic Club. Steve Furneaux also teaches at the WAC and the Columbia Athletic Club. And Juanita Bay no longer has a pro.

The spry Dick Daly won the Men's 80+ Division at Nationals. This is his 15th title in the past 25 years. What a great inspiration!

