

SSRA NEWSLETTER

December 2005



SSRA Trustees

Tom Breen
Allan Bakalian
Gordon Burrige
William Feinberg
John Fisk
John Frazier
Steve Furneaux
Tony Halstead
Vafa Ghazi
Steve Jamieson
Tom Johnston
Steve Rabuchin
Norman Shaffer
John Towler
Wendy Weeks
Eric Williams
Sunny Wong

Newsletter Editor

Peter Langmaid
newslet-
ter@seattlesquash.com

Webmaster

Eric Williams
webmas-
ter@seattlesquash.com

Howe Cup 2005, Philadelphia

By Lulu Chou

The 2005 Howe Cup was held on 11/28-11/30 in Philadelphia. Seattle sent a formidable B team composed of **Laura Bachman** (#1), **Lulu Chou** (#2), **Dominique Posy** (#3), **Laurie Itkin** of San Diego (#4), and **Julie Agel** (#5). Also representing the West Coast was the first ever Alaska C team: **Nathalie Martin, Karen Gardner, Pamela Lewis, Dawn Alger, Jackie Thurbee**, and coach **Mark Alger**.

The B division (divided into two pools) schedule called for two matches on Friday and two on Saturday. After a room service breakfast at 7 a.m. and Starbucks at 8 a.m., Seattle—in angelic pink dot dresses—defeated Baltimore 3-2, with Lulu, Dominique and Laurie posting victories. Succumbing to a craving for cheese steak sandwiches and some retail therapy, the team headed off to Terminal Market and then to Lord and Taylor's.

After a quick nap, Seattle—dressed in blue dot shirts and white bottoms—played its second Friday match against Ithica. The courts were hot and the ball was lively. Julie cruised while Lulu survived an 85 minute marathon. Dominique dominated.

At the Friday night social, all players from all divisions had an opportunity to chat and catch up. The evening closed at the nearby White Dog Pub, where you can order a pint of "Lift Your Leg" brew.

Saturday started with a team

breakfast at Sabrina's before playing our toughest opponent, Boston 2. Seattle—red shirt, black skirt—played hard but lost. The matches were intense, with lots of hard hitting.

Dressed to intimidate—all black—we next played a combined New York/Midwest team. Seattle won 3-2.

At the end of play Saturday, there was a three-way tie in our pool for two positions in Sunday's four-team playoff. (Oh, the drama!) On a tie breaker system suggested by Lulu, Boston 2 and Baltimore moved on to Sunday play.

On Sunday, Philadelphia won all three divisions, for a clean sweep on their home turf.

Now out of the tournament, the Seattle team turned its attention to the Saturday night dinner at the World Café. Yes, word's out from previous Howe Cups that the Seattle team starts the party. No one was disappointed, and details of the evening will stay with those who were present.

Join us at next year's Howe Cup (location undetermined) and find out what it is that makes the Seattle team famous. It's always a lot of fun and never boring. See you ladies there next year!

Husky Squash Goes To Annapolis

By Peter Langmaid

With 3 new players and only 4 weeks of practice, the 2005/06 Husky Squash Team tasted its first competition over the weekend of Nov. 11-14, at the 2005 Navy Squash Round Robin, in Annapolis, MD.

The overnight cross-country flight, 5 matches in 3 days, and a first match weekend-ending injury to #5 **Gaurav Mehta** proved too much for the determined but weary Huskies, losing to Navy, Fordham, Haverford, and Connecticut College.

Despite the disappointing team showing, there was lots of inspired play with #2 **Julian Wolfson**, #4 **Rob Shaw**, and #7 **Evan Dengler** each winning a match, while #1 **Saumil Gandhi** won two matches and #3 **Norman Wilson** raised the intensity of his play to score three victories. Other matches were narrowly lost in the 5th, and

all Husky players competed for every point.

During breaks between matches, the team toured the Naval Academy campus and the historic town of Annapolis. Weather was warm and sunny, and the trees were bright with fall color.

The team spent Sunday afternoon touring the DC Mall, including stops at the White House, the Lincoln Memorial, the WWII and Vietnam Memorials, and the Museum of American History, before heading to the airport.

Defeated but not demoralized, the Huskies are determined to use the experience at Navy to sharpen practice sessions in preparation for an early February trip to the Bay Area for the 2nd annual West Coast Round Robin, hosted by Stanford.

Thanks to **Ayub Khan** for his time in helping our new players prepare for competition.

2005 Pro Club Fall Classic, 10/21-23, 2005

Division	Winner	2nd Place	Consolation
Women's A	Kristen Lange	Sarah Parsons	Emilie Kraft
Women's B	Bettina Muench	Jackie Lange	JoJo Holman
Women's C	Claudia Regio	Maria Cameron	Amy Wood
Women's D	Christine Smith	Parissa Kharlichi	Susan Haynes
Men's A	Jay Anderson	Ronn McMahon	Peter Boyle
Men's B	Brian Greenleaf	Nicholas Roduser	Chuck Reeves
Men's C	Bill Mohr	Justin Stevenston	Brent Rincenbach
Men's D	Paul Overcast	Otto Helweg	Jesse Buttar
Men's Novice	James Louthan	Crail Landgren	David Anderson
Junior's U15	Christopher Jung	Andrew Jung	Matthew Wildes
Junior's U11	Reeham Sedky	Katie Toyoshima	

Holiday Junior Squash Camp

When: December 19-22, 1-4 p.m.

Where: Washington Athletic Club

Ages: 8-18

Cost: \$225

For details and sign-up, contact WAC pro **Steve Furneaux** at 206/938-5596, or e-mail xcourt-drop@aol.com

Oregon Squash Singles Championships, November 17-20, Portland, OR

A small group of junior girls and their families traveled to Portland's Multnomah Athletic Club to compete in the Oregon Squash Singles Championships. All of the competitors played well.

- Vidya Rajan (SAC) - 1st GU19, 3rd Women's A
- Claudia Regio (Pro Club) - 1st Women's C, 2nd GU13
- Reeham Sedky (Pro Club) - 1st B&GU11
- Nikita Gulati (Pro Club) - 2nd B&GU11

Racquet Back, Now!

By Peter Langmaid

Successful squash demands two fundamental skills, one mental and one physical: knowing *where* to hit the ball, and being able to hit it there, repeatedly.

For those who experience fear and dread as the ball approaches (because you have no idea what to do with it once it reaches you), play more—experience breeds wisdom—and get instruction. For those who flatter themselves as strategically sound, but are not always able to execute, consider your racquet preparation as a potential contributor.

Proper racquet preparation allows you—as they say in baseball—to play the ball rather than letting the ball play you. It allows you to cut more shots off; hit ‘straighter’; disguise your shots better; hold your opponent longer; improve your footwork; and quicken your court coverage.

To monitor your racquet preparation, first

pay attention to where you hold your racquet between shots—is the racquet head ankle high, waist high, or chest high? If you’re not carrying your racquet chest high, you’re increasing the amount of time it takes you to prepare to strike the ball. Imagine swatting mosquitoes buzzing your head: Are you quicker if your hands start in your pockets or at chest level? The colonists won the Revolutionary War because they reduced the time for getting off a shot from ready, aim, fire to aim and fire.

Second, notice whether you take your racquet back before you move to the ball, as you move to the ball, or when you arrive at the ball. Good players, when they arrive at the ball, have their racquet ready to play not only the shot they intend to play, but also any shot they *might* want to play. This creates deception and prevents an opponent from reading (anticipating) your shot, which forces them to wait or guess, either of which gives you the advantage.

A Note To Captains From Steve Jamieson, League Czar

Hi Captains!

I hope your season is going well.

A few quick notes to pass on to your teammates.

A few seasons ago, we decided that it would be sensible to have league matches refereed, if possible. There are several reasons for this. One, it keeps the whole team involved in the action. Two, it helps spectators follow the action. And three, it helps resolve the inevitable disputes that arise. So, as captains, please try to have all your games refereed. The rule is that the home team provides the referee. We are looking into putting a couple of referee clinics together soon.

I would like to remind all captains to contact their opposing captains before each game to confirm start time, venue, playing order, etc. With traffic, work, and family to balance, it’s not always easy for every team member to show up on time. Let your opponents know what’s going on with your team, so they can make suitable arrangements with their team.

I hope everyone is abiding by “club rules” and behaving courteously to the club staff. I have had no reports of any problems, but please remind your teammates that they are guests, and should always act accordingly. This will really smooth our relationship with the host clubs. Thanks.

If there are any outstanding issues with injured players, roster changes, scoring problems, etc., please let me know quickly, and I will see what I can do.

We are working on league T-shirts and squash balls; hope to have an update for you shortly.

Play on!

2005 Annual General Meeting, Trustee Election Results, Officers

By John Towler

Message From The President

Following a successful Annual General Meeting, we now have several new SSRA Trustees. I was encouraged by the number of nominees we had this year and by the volume of votes— certainly the highest in some while— which indicates there are members of the SSRA who are interested in the future of the organization. The new trustees are: **Norman Shaffer, Eric Williams, John Fisk, Steve Rabuchin, Tom Johnston, Sunny Wong, and Allan Bakalian.** Welcome to all! Please don't hesitate to contact any SSRA trustee with suggestions for ways we can improve the workings of our organization.

Seasons Greetings to everyone!

2005-06 SSRA Officers

President	John Towler
Vice President	Gordon Burridge
Secretary	John Frazier
Treasurer	Tony Halstead
SSRA Membership	Sunny Wong
Marketing	Norman Shaffer
City League	Steve Jamieson
league@seattlesquash.com	
Junior	
Development	Mauro Regio
Competition	Gordon Burridge
Newsletter	Peter Langmaid
Website	Eric Williams
Library	Steve Furneaux

Upcoming Regional Events

Dec. 29-31, 2005 Canadian Open Invitational
Vancouver Convention & Exhibition Centre at
Canada Place

Featuring:

- 8 of the world's top ranked men
- All-glass championship court
- Squash equipment and apparel show
- Concurrent amateur tournament
- Women's pro squash exhibition match

To learn more about this event, contact either
www.squashbc.com or www.csivancouver.ca.

Jan. 6-8, 2006, CAC New Years Tournament
Host: Columbia Athletic Club at Juanita Bay,
Kirkland, WA. Entry enclosed.

Jan. 20-22, 2006, Seattle Open
Host: Seattle Athletic Club Downtown
Contact: Ayub Khan, 206/443-111, or
www.sacdt.com (members only)

Feb. 3-6, 2006, MAC Rose City Classic & Rosebud
Junior

Host: Multnomah Athletic Club, Portland, OR
503/223-6251

Local Juniors Compete in Philly, Nov. 11-13

Six of our talented local juniors competed in the Hunter Lott (Gold) Tournament in Philadelphia, PA. Making the trip were **Kristen Lange, Yardeen Ordinak, Vidya Rajan, Chris Jung, Andrew Jung, and Claudia Regio.** The top finishers:

- **Kristen Lange** - 2nd in GU19
- **Yardeen Ordinak** - 3rd in GU17 (nearly defeated the #1 seed!)
- **Vidya Rajan** - 4th in GU17