

SSRA NEWSLETTER

January 2008



SSRA Trustees

Allan Bakalian
James Blair
Steve Cathcart
Phil Chung
Lee Gibbon
Tony Halstead
Steve Jamieson
John Towler
Eric Williams
Vasanth Williams

Seattle Rankings (as of Nov. 2007)

Top Ten:

1. Ronn McMahon
2. Alan Cantlin
3. Hugh Labossier
4. Christopher Jung
5. Dennis Lee
6. Jeff Evans
7. Karan Khanna
8. David Rangel
9. Stefan Viljoen
10. Jay Prince

Message From The SSRA President

Hi SSRA members,

Following last year's Annual General Meeting, **Steve Rabuchin** and **Janis Rabuchin** stepped down from their respective positions as SSRA President and Trustee in-charge of Marketing. I would like to thank them both for their valuable service to the squash community during the past year.

Slightly over four years ago, I moved to Seattle for a short two month work assignment. After living in a few other cities, I was so excited by the thriving squash community here that I decided to stay. As your new SSRA President, I intend to serve with that same excitement. SSRA's immediate goal is to foster and grow this community of players, pros, and clubs through our current programs.

Seattle has an incredible set of juniors playing the US junior circuit. The SSRA is committed to providing junior opportunities to our youngsters. I would like to welcome **Tim Toyoshima** to the SSRA board as the Junior Development member. He has been instrumental in organizing the upcoming 2008 Pro Sports Club Junior Open from Jan 11th to 13th.

I would encourage you to visit our website at www.seattlesquash.com for the latest news, pictures, tournament info, etc. I look forward to meeting you during this year's various events, and I encourage suggestions and feedback on how the SSRA can serve you better.

Cheers,
Vasanth Williams

2007-2008 SSRA Officers

President.....	Vasanth Williams	Juniors.....	Tim Toyoshima
Secretary.....	Lee Gibbon	Competition...	James Blair
Treasurer.....	Tony Halstead	Library.....	Eric Williams
Membership..	John Towler	Website.....	Eric Williams
League.....	Steve Jamieson	Newsletter....	Peter Langmaid
Rules & Refs..	Steve Cathcart	Info..	www.seattlesquash.com

Howe.....About Those Women From Seattle!



Standing (L-R): Kathryn Grant, Mindy Cooper, Laura Bachman, Cindy Shurtleff, Brandi Conforth, Bernie McLaughlin.. Kneeling (L-R): Lulu Chou, Julie Santos, Dominique Posy. Not shown: Julie Agel.

2007 Howe Cup:

This year's Howe Cup, played in the Boston area in early November, attracted a record 211 players! Seattle sent a B team and a C team. Motivated by their team motto, "More Than Just Pink Thongs," the Seattle women were determined to add Skilled Squash Players to their reputation as Best Dressed, Best Looking, and Life of the Party.

For a complete recap of tournament results and the intriguing stories behind the stories, go to www.seattlesquash.com and read articles by Lulu Chou and Cindy Shurtleff.

SSRA League Update

Rule Change: We all need to improve our refereeing skills. To encourage this development, we are adding a refereeing requirement to showing up with a complete team to earn a bonus point. Your team captain has details. We will be holding refereeing clinics during the season; watch out for more details shortly.

RailStation: Eric Williams, our intrepid webmaster, has been re-entering all the league scores into the US Squash RailStation system, so that your results are officially sanctioned and your US Squash ranking is up to date. To check your results, go to www.seattlesquash.com and click the red RailStation link. Many thanks to Eric.

T-shirts: Send me your size ASAP.
(league@seattlesquash.com)

Eyeguards: Wear them!

Division 2 split: Division 2 will split into 2A and 2B for the second half of the season.

Playoffs (for all divisions): Semifinals on March 25th and finals on April 1st. (no joke!)

League Sponsors:

GLY Construction: www.gly.com

Hanson-Baker: www.hansonbaker.com

Evergreen Bldg Materials:

www.evergreenbp.com

Botanical Designs: www.botanicaldesigns.com/

Institute for Systems Biology:

www.systemsbiology.com

Putting Your Best Foot Forward

by Peter Langmaid

Ever wondered why some players glide effortlessly around the court while others race around like their pants are on fire?

I have, and I found the answer last summer listening to John McEnroe comment on Roger Federer's tennis game. Asked to evaluate the different aspects of Federer's game, McEnroe said that his footwork is by far the best in tennis and that Federer's precise and powerful strokes are all set up by his impeccable footwork. (McEnroe also suggested that Federer's superb footwork might be somewhat attributable to his having played squash as a kid.)

Most of us know what good footwork is because we use good footwork when we hit balls down the wall to ourselves: toes perpendicular to side wall, front foot slightly ahead of back foot, weight forward on toes. (Not unlike a batter's stance in baseball.) From this position we're able to hit rail after rail with power, accuracy, control, and ease. It's only when the game begins that we lose power and our shots begin to careen around the court, and most of us focus on our racquet work (hitting the ball) rather than our footwork (positioning ourselves to hit the ball) to remedy the problem.

The underlying reason that good footwork produces better shots is balance. With feet set, it's easy to move into the ball and hit any shot you want. And

good balance means you're in control of your body. It's what basketball coaches mean when they say that good defense is played with your feet, not your hands. When you're balanced you can move in any direction with ease; when you're out of balance, you have to recover your balance before you can move. And not only will good balance (i.e. footwork) improve your shot production, it will also help you get into position for the next shot more quickly. The difference between fast and slow in squash is not who can run 50 yards the fastest, but who has the best footwork to keep control of their body.

The main reason for poor footwork is laziness, especially when we get tired. It just seems easier to slap at the ball than to move our feet and hit it. And this is ironic because poor footwork produces lousy shots and lousy shots give your opponent the advantage to make you work harder.

So, next time you watch good players play, pay attention to their footwork for more reasons than what brand of shoes they're wearing. You will notice that they make the effort to set their feet before they hit the ball. And next time you play, make an effort to consciously observe your own footwork—you'll be surprised by what you discover.



Revolutionizing science. Enhancing life.



2007 US Open Junior Squash Championships

by Mauro Regio

A small contingent of Seattle-based juniors joined about four hundred and fifty other juniors from around the world to participate in the U.S. Junior Open Squash Championship in Hartford, CT on December 15th-18th.

Good venues, great local hospitality and high-quality squash combined to make this a great championship, despite weather which dumped more than a foot of snow and sleet across New England. Spirits were high, even with outside temperatures in the teens.

In the GU17 division, **Vidya Rajan** (Seattle Athletic Club) would have traded more snow for a better draw. In the first round, **Vidya** lost to an unseeded Egyptian, who eventually won the tournament.

Overcoming her disappointment, **Vidya** managed to bounce back and win a long series of matches in the consolation draw, finishing the tournament in 7th place.

In the same division, **Yarden Odinak** (Pro Club), #3 seeded, cruised to the semifinals without losing a game, showing what a solid player and a great competitor she is. Then, while all were expecting to see her in the final, **Yarden's** typical game and energy abandoned her and she lost her crucial semifinal match. **Yarden** placed 4th.

In GU15 division, **Samyutka Lanka** (Pro Club), new to this division and this level of competition, played well in reaching the quarterfinals of the consolation draw. Expect to hear more about **Samyutka** in the future.

The GU13 division saw the top four seeded players easily reach the semifinals. In the semis, **Claudia Regio** (Pro Club), #2 seed, fought back from a 2-1 deficit to defeat #3 seeded Olivia Fiechter in five games—a beautifully played

match by both players.

The GU13 final featured the same two players as last year's final, **Claudia** vs. #1 seed Katie Turone, but with a different outcome. This time **Claudia** imposed her game on Katie and won her first US Open title in four games. Congratulations to **Claudia Regio**!

In the GU11 division, Seattle players **Reeham Sedky** (Seattle Athletic Club) and **Helen Teegan** (Pro Club) showed that they are one level (or more!) above everybody else. And, they both deserved to be finalists in that division. Unfortunately, they met in the second round, where **Reeham's** power and stamina eventually won out. Reeham breezed to the final where she wiped out her opponent with the loss of only one point!!

At the same time, **Helen** won the consolation draw finishing 5th, losing only one game along the way.

Overall, this was quite a successful tournament for Seattle squash girls, who brought home two titles and placed well in all divisions. Too bad none of the boys could participate; they certainly missed a great opportunity to prove themselves against great competition. Of course, there will be other chances soon.

Good luck to everybody in future tournaments.

UW Squash Dawgs

Now you can get a great education *and* play collegiate squash without leaving the Pacific Northwest.

How? Go to the University of Washington.

For more info on UW squash, contact Mike Bishop at bish@u.washington.edu or Peter Langmaid at plangma@hotmail.com.