

2025-26 Seattle Squash Newsletter: End of Season Summary.

At the SSRA, we are committed to keeping you informed about what's happening in Seattle Squash.

SEATTLE CITY LEAGUE: 2025-2026 SEASON RECAP

What a fantastic way to cap off another incredible season of Seattle squash! From the high-intensity battles at the **PRO Club**, the **University of Washington**, and the **Washington Athletic Club** to the legendary match nights at the **SAC Downtown**, **SAC Northgate**, and **Columbia Athletic Club**, the energy this year has been truly special.

The season reached its peak on the evening of **March 24th**, with a thrilling slate of finals hosted at the SAC Downtown. As we wrap up the 2025–2026 session, here is a look at the teams and players who topped the standings across our three divisions.

Division 1

The premier division showcased some of the most technical squash played in the city this decade, featuring 7 highly competitive teams playing 41 regular-season matches.

- **Winner:** Team Laila - PC
- **Runner-up:** Team Collet - DT
- **3rd Place:** Fight Club - DT
- **Top Performers:** **Terrence Wang** (undefeated 13-0), **Andrew Balme** (7-0), and **Varun Kumar** (8-1)

Division 2

Division 2 was a total nail-biter this year, featuring 7 teams and 41 matches of intense regular-season play followed by an electric postseason. The depth of talent in this division continues to grow every year.

- **Winner:** Butternuts - DT
- **Runner-up:** Not Fast Just Furious Redux - DT
- **3rd Place:** Rain City Racketeers - NG
- **Top Performers:** **Joshua Suh** and **Kyle Groves** (both with impressive 10-1 records), followed closely by **Hayden Virtue** (9-1)

Division 3

Our largest division provided constant drama, featuring 8 teams and 56 matches that kept the galleries packed all season long.

- **Winner:** The Deceptive Mis-Hits - DT
- **Runner-up:** Kirkland Krush - DT
- **3rd Place:** Squash Enchiladas - DT
- **Top Performers:** **Dulwin Jayalath** and **Hanho Lee** (4-0 and 2-0 respectively), followed by **Andrew Warrington** (13-1) and **Darya Moosavi** (10-1)

Season by the Numbers

Our community continues to thrive, and the volume of play this year is a testament to everyone's dedication to the sport:

- **Total Teams:** **22 competitive squads** across all levels.
- **Estimated Players:** Over **150 athletes** took to the courts this season, ranging in age from **14 to nearly 70!**
- **Total Matches:** Nearly **150 matches** were fought and won between October 2025 and March 2026.

Thank you to everyone who stepped on court, refereed a match, or cheered from the gallery. This community is what makes Seattle squash the best on the West Coast.

See you all on the courts for the summer session!









The Seattle Freeze: Professional Squash Hits the West Coast!

Seattle Freeze Squash-a-Palooza Weekend — April 18–19

Get tickets [here](#).

If you haven't heard of the Seattle Freeze yet, it's time to get acquainted. Seattle's very first professional squash team is making waves in the National Squash League (NSL), and this April they're bringing the action home — right here at Seattle Athletic Club Downtown.

The Squash-a-Palooza Weekend is a full two days of pro squash, and the best part? You're not just watching from the sidelines.

Saturday Morning: Clinics with the Pros

Kick off the weekend by sharing a court with some of the best squash players in the world. The pros from the Seattle Freeze and their opponents, the Lake Erie Beacons, will be running small-group clinics led by coach Vicky Lust. This is a rare chance to get real instruction and real reps alongside elite professionals. Spots are limited, so sign up early.

Saturday Afternoon: The Reverse NSL Match

This one is unlike anything you've experienced. The pros flip roles — they become your coaches, and *you* become the players. The afternoon kicks off with a draft to form teams,

then you'll play an actual NSL-format match with a world-class pro in your corner calling the shots. Equal parts nerve-wracking and unforgettable.

Sunday Morning: The Real Deal

On Sunday at 10am, the Seattle Freeze take the court against the Lake Erie Beacons in a live NSL match. Come out, pack the gallery, and make some noise. These players feed off crowd energy — so rattle the glass and let them know Seattle shows up.

Tickets for all weekend events are available now on the **Seattle Freeze website**. You can bundle Saturday's clinics and reverse match with Sunday's pro match all in one purchase.

Get tickets [here](#).

Questions? Reach out to Karen Arango at arango.karen@gmail.com.



Ali Piyarali
SEATTLE FREEZE OWNER
@seattlefreezesquash



“ This is an opportunity to give back to Seattle, the city where my children grew up and where I've built deep friendships over the decades. I'm thrilled that we'll be the first and only NSL team on the West Coast, establishing Seattle as the premier destination for professional squash in the western United States.

SEATTLE CITY CHAMPIONSHIPS 2026

🏸 It's time for one of our favorite annual traditions—the Seattle City Championships 2026!

As we approach the end of the season, this is consistently one of the best and most anticipated tournaments before the summer break begins. Whether you've been battling it out in the City League or have joined us from up and down the West Coast in years past, we want to see you back on the court for some fabulous squash!.

This is a tournament you do not want to miss. Get excited, get registered, and let's make this one to remember!

TOURNAMENT DETAILS:

Dates: Friday, May 29th – Sunday, May 31st, 2026.

Location: Seattle Athletic Club – Downtown.

LEVEL OF PLAY:

Expect high-intensity matches, including a Pro/Open level featuring cash prizes!

Everyone gets three matches minimum!

SOCIAL HIGHLIGHTS:

Squash is just as much about the community as it is about the competition. On Saturday evening, we'll be hosting a social gathering at a local establishment on the Seattle waterfront. It's a great chance to unwind and catch up with fellow enthusiasts after a day of matches.

REGISTER HERE:

Early bird discount extended to May 8th! [Please REGISTER on Clublocker.](#) If you are an out of townner (outside Seattle), you will get an additional \$25 off!

ACCOMMODATIONS:

We have a discounted block of rooms available at the nearby W Seattle: [Book a room at the W Seattle.](#) Discount expires on May 8th.

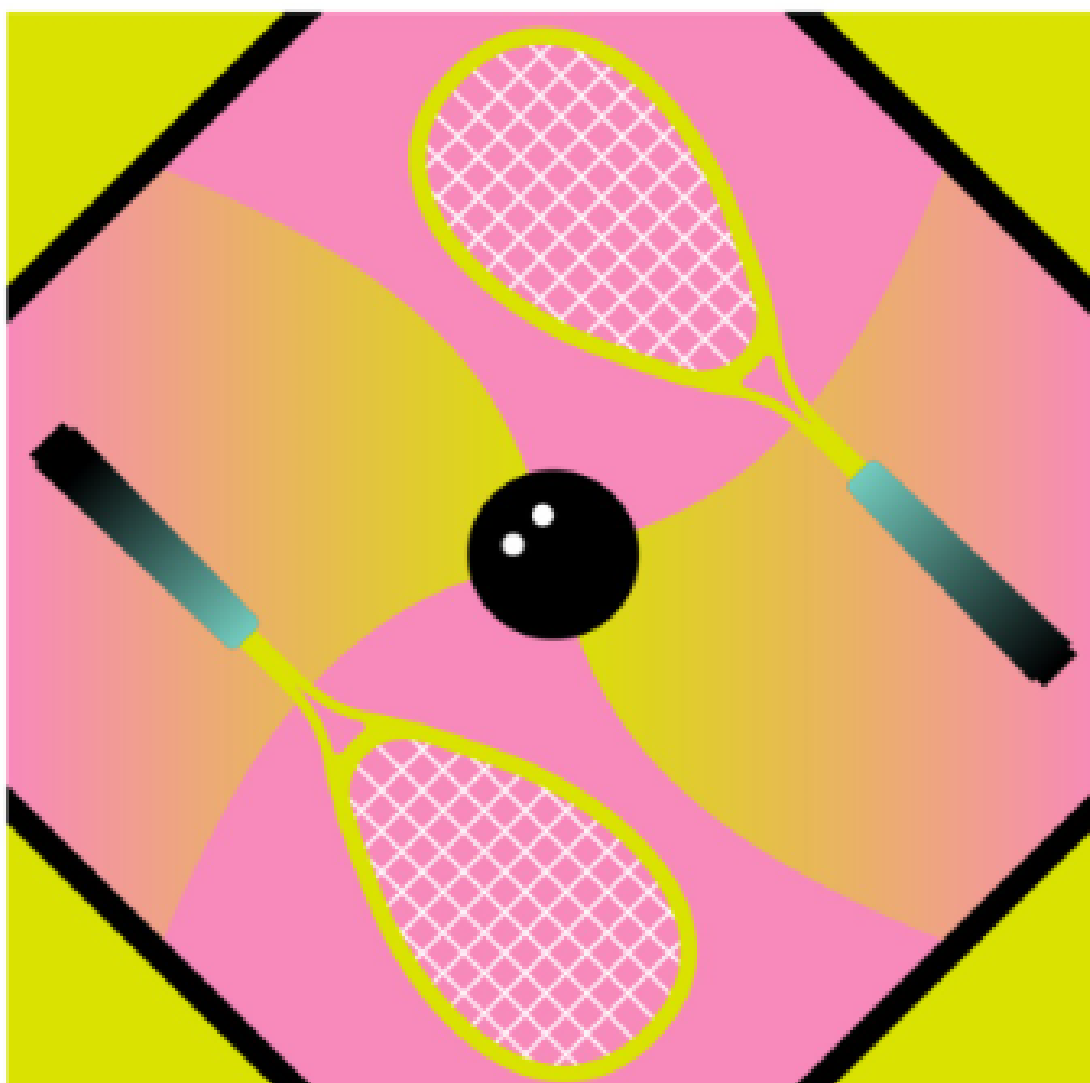
We look forward to seeing you in May!

Presented by Seattle Squash

SEATTLE CITY CHAMPIONSHIPS

May 29-31 2026

SEATTLE ATHLETIC CLUB DOWNTOWN



Register by May 8
and save \$25



SCAN TO REGISTER

END OF SEASON SEATTLE SQUASH PARTY!

A huge thank you to everyone who joined us for our **End of Season Party!**

🎉🏆 It was such a fun way to celebrate another incredible year of Seattle squash — from competitive matches and team spirit 💪 to new friendships and longtime community connections ❤️.

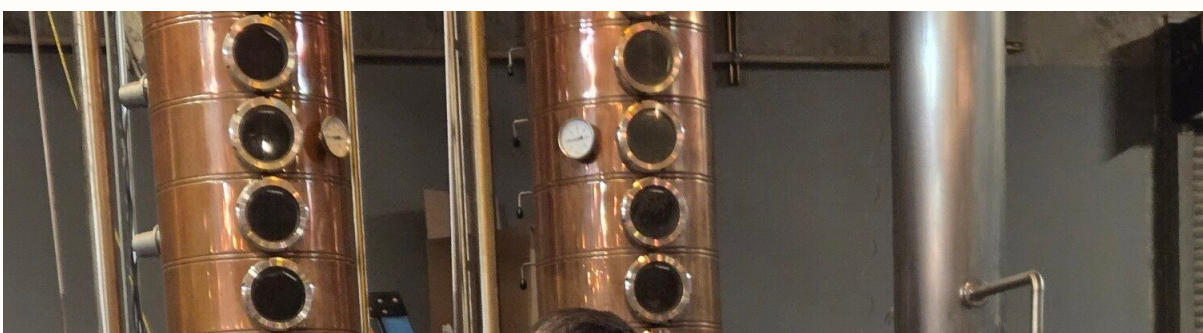
A special congratulations to all of this season's award winners 🌟 🏆 — we loved having the opportunity to recognize the players and community members who made such a positive impact throughout the year.

This league continues to be more than just squash — it's a community 🏠 🏸 — and evenings like this are a great reminder of that. We can't wait to see everyone back on court next year! 🍷 ✨

Brenda Wilcox Sportsmanship Award: Kavin Vitharana



Most Improved Player: Oleksandr Balitskyi





Player of the Year: Laila Sedky





**SSRA Service Award: Karen Arango (accepted by
Laura Bachman)**



SALIM KHAN WINS GOLD AND THE SPORTSMANSHIP AWARD AT THE PAN AM GAMES

In Rio de Janeiro, the XXVI Pan American Squash Championships brought together the best players in the region for a week of intense competition at Paissandu Atlético Clube.

Among those making a mark was Salim Khan, who claimed gold and was honored with the Sportsmanship Award 🏆—a combination that speaks to both his performance and presence on court.

Drew had the opportunity to connect with Salim and explore the many chapters of his career.

How did your path into squash begin, and how did you get to where you are today? Growing up in a squash-oriented family, I was introduced to the sport early on, though playing was always my own choice. Success in junior competitions fueled my passion and drove me to stick with it as I saw rapid improvement. My foundational skills came from my father (**Azam Khan**) and aunts (**Shabana and Latasha Khan**), leading to my recruitment by GW, where I eventually climbed to the number one spot. Although the COVID-19 pandemic initially led me toward a real estate career after graduation, the pull of the sport returned in 2023. I decided to pursue squash professionally and my commitment remains strong, as I am driven to reach the full potential I know I still have to uncover.

At this stage in your career, how would you describe your identity as a player? In the early stages of my junior career, I went through different phases, but I particularly loved using the drop shot and driving the ball deep into the backcourt. During college, my style evolved into more of a grinder; I focused on wearing down my opponents through endurance and persistence. Currently, I still maintain that grinding mentality, but I prioritize keeping the ball tight and utilizing my hands more effectively. I play at a medium to fast pace and look to take the ball in short whenever I am at mid-court. This approach requires more patience, yet it allows me to be aggressive with opportunities as they arise.

When did you decide to seriously pursue squash as a professional path? In 2023, a shift occurred when I realized that playing occasional satellite tournaments wasn't enough. I missed the high-level competition, and my ranking wasn't moving. This sparked a newfound drive to see results and reach my full potential. I recognized that my time as an athlete is finite, whereas I can always return to business later; you simply can't be a professional athlete forever.

What was a turning point that changed your trajectory as a player? In 2023, the path to a professional career became clear when I received an offer to train at the Arlen Specter US Squash Center and a chance to make the U.S. National Team. This opportunity required moving to Philadelphia, a decision that served as the catalyst for me to turn professional full-time. Without that specific offer making the path visible, I likely wouldn't have committed to the pro circuit.

The transition was supported by a family friend who recognized my talent and potential during a lesson, inviting me to stay with them while I pursued my goals. At the time of my move, I was not yet on the U.S. team, so I spent six to eight months completely dedicated to squash—training, competing, and lifting with the national

squad. After receiving a wildcard for the U.S. Open, I initially made a team destined for Chile that ultimately did not compete. Shortly thereafter, I was notified that I had officially made the Men's U.S. National Team and would be representing my country.

What are you currently working on that most people might not notice? I am currently focusing on integrating my racket preparation with my movement patterns. Although I frequently receive praise for how I move on the court, most people are unaware that I personally feel there is still significant progress to be made in this area.

What does a real training week look like for you? *In-Season Routine:* During the season, training is driven by the tournament schedule. This includes being on the court twice a day, six days a week. Gym work occurs two to three times weekly, focusing on full-body strength. Additionally, two cardio sessions are dedicated to endurance and speed training.

Off-Season Routine: The off-season is actually one of the most intense parts of the year from a training standpoint. The focus shifts toward building fitness, strength, and physical capacity for the upcoming season. Most days involve two to three training sessions, combining on-court work, gym sessions, conditioning, HIIT, sprint work, ghosting, and movement-based drills. The volume of gym and conditioning work is typically higher in the off-season than during competition periods.

What's a reality of going pro in the U.S. that people don't often see? In the beginning, you often find yourself competing in tournaments located in remote areas, and even securing a spot in these events can be a challenge. The difficulty of making a breakthrough is significant, especially considering the limited financial rewards at that stage. To succeed, you must possess immense passion and a relentless drive.

Have you had to make sacrifices to stay competitive? I find myself making consistent small sacrifices to stay on track. Whether it is personal time or time with family and friends, I am always prioritizing my professional objectives in order to reach my goals.

When a match starts slipping away, how do you reset? I focus on taking deep breaths and maintaining an extremely positive mindset, as I believe a positive outlook increases my chances of making a comeback. My strategy involves getting the ball deep and resetting the rallies to regain control. Over time, my approach has evolved; I now strive for a state of total calm to allow my true form to emerge. During these moments, I reinforce my confidence with internal dialogue, telling myself, "You've got this, keep going, you're prepared, you've trained for this."

What drives you now—rankings, performance, or something else? When I first joined the professional circuit, I was primarily driven by my ranking and constantly tracking the numbers. However, after reaching a certain point, I recognized that focusing solely on those metrics wasn't healthy for my mental state, especially during periods when I couldn't replicate previous successes. Now, I prioritize the continuous improvement of my overall game and evaluate my success based on my performance in individual matches.

Looking ahead, what does success look like for you? My primary objective is the LA 2028 Olympics. I am dedicated to keeping my head down and working hard, with the hope of seeing steady progress toward that goal.

How has squash shaped you outside of competition? Squash has fundamentally defined my identity, instilling a competitive spirit that extends to every facet of my life. The sport has cultivated a strong work ethic, ambition, and determination while shaping me into a well-rounded individual. Furthermore, it has fostered essential values such as honesty, humility, and effective communication, truly shaping me to my very core.

What should younger players understand before committing to this path? If you set it as a goal, any achievement is within reach, provided you are prepared to put in the effort. You must be willing to face failure, persevere, and remain dedicated. It is a demanding path and a grueling lifestyle; while it may appear glamorous from the outside, it is not always easy. You will encounter difficult days that require constant effort, and when you are not training, your focus must shift entirely to recovery. It requires total commitment.

For those in the junior or college ranks who possess true love and passion for the sport, if you are willing to embrace the hard work, you should take your chance and pursue a professional career.

Salim Khan - Career Achievements

- **US Junior Open Champion**
- **DeRoy Sportsmanship Award**
- **University of George Washington - Co-Captain and Team MVP**
 - **2x College Squash Association National Championship Titles**
- **CSA Skillman Award Finalist**
- **Career High World Ranking - 107**
- **Team USA Member**
- **Pan-Am Gold**
 - **Sportsmanship Award**
- **2025 NSL Champion with Philadelphia Lightning**





Seattle Squash Vendor Sponsor News

A special thank you to our vendor sponsors Harrow and Squash Galaxy! SSRA members can use CODE SSL10 at [Squashgalaxy.com](https://squashgalaxy.com) to receive a 10% discount.

LETTER FROM THE PRESIDENT

Dear Seattle Squash Community,

As another season at Seattle Squash comes to a close, I want to acknowledge the effort, growth, and commitment across our community.

It's been a challenging, fun, exciting, and rewarding season. We saw great matches, amazing displays of sportsmanship, new faces getting involved, and stalwarts moving on. Overall, there was tremendous change and growth. We have a passionate, vocal, and committed community. I think these characteristics are hallmarks of squash players, and it's an honor to lead the community, alongside my fellow Board Members, through the efforts of the Seattle Squash Racquets Association.

Our annual end-of-season party and award ceremony was the perfect way to close things out. It was so good to see everyone together—players, families, and supporters—relaxing, catching up, and celebrating everything we collectively put into the season.

I'd like to extend sincere gratitude to all our players for their unwavering energy throughout the season, to the clubs for providing excellent facilities for competition, and to our Board Members who devote their time, expertise, and effort behind the scenes. Your dedication is deeply appreciated.

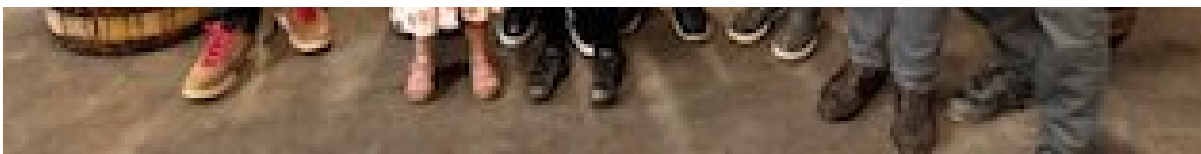
Our Board has many goals and plans, and we'll continue working hard to make next season even more impactful. We're already looking forward to 2026-27, but in the meantime, I hope everyone enjoys some well-earned time off from squash (if such a thing exists)!

See you on court soon.

Sincerely,

Drew Katona
President, Seattle Squash



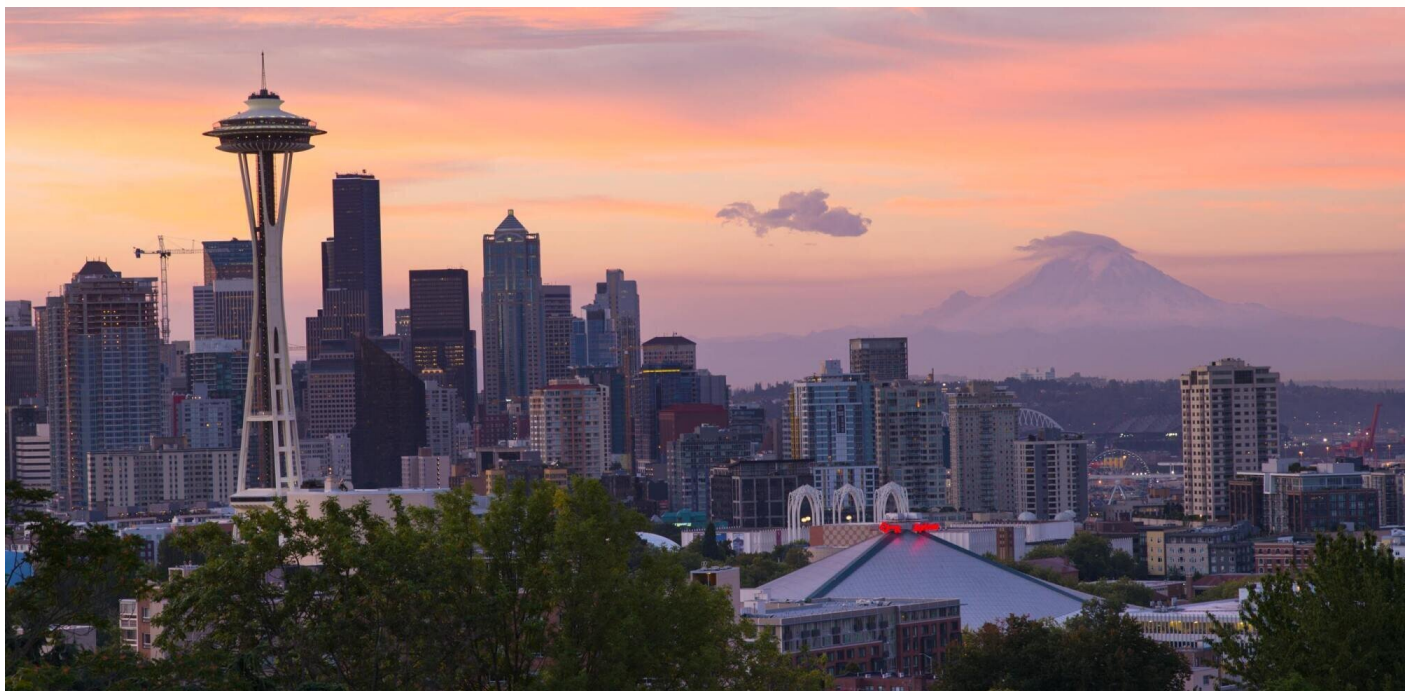


[Learn more about Seattle Squash](#)

How you can stay involved:

Volunteer to be part of the board!

Your voice matters in building a stronger, more connected community.



Warm regards,
Seattle Squash Board of Directors

If you have any questions or concerns, contact us at

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