

OUR JUNIORS ARE PLAYING TO A HIGH LEVEL IN LOCAL AND COUNTY LEAGUE TEAMS

Some of our best juniors are playing in the Hull & District league against experienced opposition and other rising stars.

Blackburns squash club have teams in three divisions, we have players in Division one, two and four, some of the coaches and parents play and support the juniors.

In division 1 **Callum Abel** plays at number 2, he has also played in Yorkshire league squads.
Nic Clark plays at number 4 in

division 1. **Nathan Hepworth** plays at number 4 in division 2.

In division 4 **Sam Beardsley** plays for the D team and **Francesca Hall & Ben Flower** are in the C team squad.

Good luck to all our players they have opened the doorway for more of our juniors & parents to follow.

Message from the head coach

This month the team squash competition continues with a new format, which seems to be working well so far.

All points are counted and everyone plays three games.



This allows for longer matches and constant effort to gain points to the bitter end.

I've spoken to all the local coaches and they have nominated a few players from their clubs (Beverley, Bridlington, Ferriby and David Lloyd) to join us.

It's good to see some new faces on court and I hope you will make them all welcome.

Coach Martin

Come along, support and watch some exciting matches, be inspired.

Editor's review

WE HAVE MADE IT TO THE **SECOND** ISSUE OF FORUM

The first newsletter has been favourably accepted with its mix of informative news and stories. This issue has an extra page with more packed in, keeping you informed of new events and with plenty of stories to digest and react to. A competition, dates to note and helpful advice. **Add your views for the next issue and any suggestions to make forum bigger and better.**

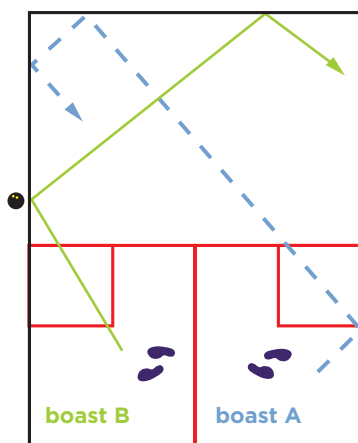
look after yourself

It is important for players of all ages to have a balanced diet and 8 hours of sleep each day. **Avoid processed/junk foods, sugary drinks - eat fresh produce, meat, fruit and vegetables and drink plenty of water. Eat well** to build healthy bones and muscle.

Go to bed early, sleep well to retain information and perform better on memory tasks. Our bodies all require long periods of sleep in order to **restore and rejuvenate, to grow muscle, repair tissue.**



the Boast



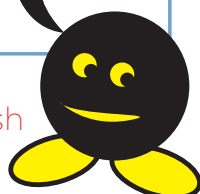
Coaching tip of the month

Most players play too many boasts at an incorrect angle, which is too wide and brings the ball back towards the opponent (**boast A**) enabling him to play a greater choice of shots.

The more effective boast is to play the ball at a narrower angle, further along the side wall, so that it hits the side wall, then the front wall low and dies away from the opponent before reaching the other side wall (**boast B**).

When played correctly, the boast will generally force the opponent to play a loose and obvious cross court which you can then hit deep (straight or cross court), remembering to keep the angle narrow so that it does not hit the side wall.

Keep your racket up





Introducing some of our players and coaches

"I was going through a set of strings every month so as a way of reducing the outlay of strings I bought myself a second hand stringing machine off ebay.

I have been stringing now for 10 years and last year I attended a professional stringing course held at the British Open. I am now a qualified professional UKRSA stringer and I also got to watch the Open for free".

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or email **pete.bloor@gmail.com**



A useful blog to help you decide on the right type of strings for your game...
awesomesports.co.uk/squash-strings-blog/

Player story

Report by Tony Broomfield.

Georgina a new challenge

Wheelchair squash

Last summer I had the opportunity to coach Georgina, a **university student and disability sports athlete**. She is an accomplished basketball player but had only just started playing squash as a member at Total Fitness. **My challenge** here was a bit different, adapting the movement around the court to two wheels and then getting the swing in. Particularly relevant, in Georgina's case, is the use of **'fast hands'**.

The standard rules for racquetball are generally used, with some exceptions for wheelchair users. The ball is allowed to bounce twice. The wheelchair is considered part of the body as applies to ball contact.

With the provision of the second bounce, the striking of the ball could be achieved quite efficiently, but quick acceleration of the chair was key. After a couple of sessions Georgina brought along her specialist 'wheels' and her speed around court was good. She enjoyed the sport immensely, and her skill level quickly improved. **Unfortunately her play had to be put on hold** on her return to studies and a busy timetable. **Hopefully Georgina will come back to squash soon.**



more exciting stuff- on page 3

forum - is published monthly - please send your articles to the editor



Coaches/ player profile

I began playing squash when I was 12 years old, where I was challenged to play an 8 year old, who then subsequently hammered me.

I joined Woodford Leisure Centre and since then I have played for Humberside and in the Hull & District League for Haltemprice, Warners and currently Blackburns.

I have played Yorkshire League for Hull & East Riding SC, playing as high as the Premier League and now I am supporting Beverley's Yorkshire League team.

I retired from competitive squash 6yrs ago due to injury, but thanks to Kenny Martin teasing me back into it, when I helped his team out at a Anlaby 1 game, it become a full season.

I have been coaching since 1999, I broke my wrist and had to coach left handed, but since then I can play with both hands and presently enjoying coaching at Total Fitness.

I am still fighting injuries to continue to play my biggest addiction - **squash**.

KidzKorner



It has been a great pleasure to get to know the youngest members of our Academy at the Friday Night Tots Squash Session.



Currently, the group are working towards their first in a series of certificates, becoming familiar with the court and learning basic ball and racquet skills.

It is a real privilege to be able to teach this age group, particularly as you never know quite what you are going to get - **one week, a player might bring their best 'listening ears' with them, the next, they might just want to race around the court being a superhero or slide around the floor being a snake and that is where my Assistant Coach, Molly, comes into her own.**

She will join in their game, let them burn off steam and then gently coax them back into the group. At the end of each week, the children share their "best bit" of the session.

The drills change weekly, but the constants are the energy and enthusiasm which the children bring with them and the fun which we have together.



Report by Lisa Martin.



meet squishy
squishy will help you
& give useful advice



Have you got a story to share?

Sport nostalgia

WAS SQUASH THE CATALYST FOR THE SPORTS BOOM IN THE 70s & 80s?

From the early 70s and into the 80s squash suddenly became a boom sport. **People flocked to the existing clubs** such as Hull and East Riding, YPI and the newly built Haltemprice Sports Centre.

At the YPI, where I started playing, there were club nights that were attended by 50 or 60 young people on two courts, you played for 15 minutes and **you were lucky** to get more than two games all night. The memberships of the clubs quickly grew, as did the number of new clubs and extra courts.

Most of the big clubs had a membership of 125 per court plus off-peak and junior players. **Waiting lists rapidly formed** and were capped at 300. The wastage from year to year was very little, so consequently waiting lists did not diminish.

Initially, folks who could not even get on the waiting list looked for other alternatives, followed by hopefuls off the long queue waiting to play squash.

Where did they go? The answer was gyms, aerobic classes, jogging/running, keep fit and so on, activities that everyone could access.

Squash clubs could not build many more courts and investment was not there for many new facilities. So

we became **the victims of our own popularity** and for a number of years the sport thrived, but as existing players got older and **looked to other things**, they were not replaced by the initial surge of young hopefuls and the memberships dropped. Courts closed, people moved to golf, cycling in lycra, gym memberships. **The boom had left squash in its wake.**

We need to get squash back in the public's eye and find that certain tantalising lure that brought them to the sport in the first place, 50 years ago.

Report by Tony Broomfield.

Could this be coach Broomfield?



spot the squash ball

Spot the squash ball on this picture.

All you have to do is place a cross on the photograph where you think the ball should be. Then either **copy and paste it to a new document** to put your cross on and email it to me, the editor, or **print it off**, mark where you think the ball is and give to me or one of the other coaches.

The prize every month is a brand new squash ball, single or double spot.

Nearest **X** to the ball on the original photograph will win the prize, result and answer will be published in the following edition. One entry per person. Please put your name on the returned entry.

Can you spot one of our coaches?



Photograph by Tony Broomfield

more information- on page 4

forum - is published monthly - please send your articles to the editor

up and coming events

Humber Junior Squash Academy calendar of events 2018

January

HJSA PERFORMANCE ACADEMY
FRIDAY 12th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)



February

HJSA PERFORMANCE ACADEMY
FRIDAY 2nd
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

ENGLAND SQUASH LEVEL 2

SATURDAY 3rd - SUNDAY 4th
16+ (Must have completed Level 1)
@ University of Hull

ALLAM HUMBER BRONZE OPEN

SATURDAY 10th - SUNDAY 11th
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(Closing Date 19th January)

March

HJSA PERFORMANCE ACADEMY
FRIDAY 2nd
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

ENGLAND JUNIOR CHAMPIONSHIPS

FRIDAY 9th - SUNDAY 11th
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
@ Hull & East Riding

April

HJSA ACADEMY TRAINING
SATURDAY 7th
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(10.00 - 12.00 noon)

HJSA SUPER SERIES 1 (MATCH PLAY)

SATURDAY 7th
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(1.00 - 4.00pm)

HJSA PERFORMANCE ACADEMY

FRIDAY 13th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

May

HJSA PERFORMANCE ACADEMY
FRIDAY 11th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

ALLAM BRITISH OPEN

TUESDAY 15th - SUNDAY 20th
@ University of Hull
@ Alroo Arena, Hull

June

HJSA ACADEMY TRAINING
SATURDAY 2nd
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(10.00 - 12.00 noon)

HJSA SUPER SERIES 2 (MATCH PLAY)

SATURDAY 2nd
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(1.00 - 4.00pm)

HJSA PERFORMANCE ACADEMY

FRIDAY 8th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

July

HJSA PERFORMANCE ACADEMY
FRIDAY 6th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

YOUNG LEADERS AWARD

SATURDAY 14th
14+ (£25 per person)
@ University of Hull
(10.00 - 4.00pm)

August

SUMMER SQUAD TRAINING
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(Dates & Times TBC)

September

HJSA PERFORMANCE ACADEMY
FRIDAY 7th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

YORKSHIRE COUNTY CLOSED

Under 11 / Under 13 / Under 15 / Under 17
& Under 19
(Date & Venue TBC)

October

HJSA PERFORMANCE ACADEMY
FRIDAY 9th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

HJSA ACADEMY TRAINING

SATURDAY 20th
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(10.00 - 12.00 noon)

HJSA SUPER SERIES 3 (MATCH PLAY)

SATURDAY 20th
Under 11 / Under 13 / Under 15 / Under 17
& Under 19
@ University of Hull
(1.00 - 4.00pm)

November

HJSA PERFORMANCE ACADEMY
FRIDAY 9th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

RIDINGS CUP

Under 11 / Under 13 & Under 15
(East Yorkshire Representation)
(Date & Venue TBC)

December

EOM MEDIA HUMBER CLOSED
SATURDAY 1st
Under 9 / Under 11 / Under 13 / Under 15 /
Under 17 & Under 19
@ University of Hull

HJSA PERFORMANCE ACADEMY

FRIDAY 7th
(Invite only)
@ University of Hull
(6.00 - 7.30pm)

Plan your year now!

Look at us on www.hjsa.org

a
new
feature

A new feature, this year is the **HJSA Super Series** taking place in **April, June & October** - the format of these will be match play following academy training in the morning. All players entering will build up ranking points over the course of the 3 events, with the overall winners in each age group receiving a prize - more information to follow.

The Humber Junior Squash Academy is a partnership of local squash coaches and clubs who are committed to providing a high quality service for junior squash players across the Humber region.

Please send in your stories, results and ideas/thoughts

Qualified **Olcote** coaches and other contacts

Kenny Martin **07751 894240**
Tony Broomfield **07837 681952**
Lisa Martin
Pete Bloor **07782 146352**
Nathan Kaiser

Iain Taylor
Brad Smith
Satarra Thaker
Nic Clark

Total Fitness 01482 670900

Ferriby Squash Club www.ferribysquash.com

England Squash www.englandsquashandracketball.com

Humber Junior Squash Academy www.hjsa.org

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