

SCOTLAND BENEFIT FROM SOME OF OUR BEST PLAYERS

We are losing juniors to north of the border. Due to circumstances beyond our control, three of our most talented players will be moving to Aberdeen.

Marwa originally met Mohammed in Cairo, whilst she was studying at the Faculty of Medicine Cairo University. They married in Egypt where the children Maryam, Malak and Youssef were born. Malak and Youssef are twins, Malak being a few minutes older and clearly 'the boss'! They then came to England, they didn't intend to stay for long, but here they still are after 15 years.

They moved to Cottingham in 2008.

Mohammed is a cardiothoracic surgeon working for the NHS but after not being given a contract in Hull he travelled to Aberdeen, where he has now been given a contract. They would have been happy to stay in the house they had settled into, but with no contract the future was not assured.

Reluctantly the house in Cottingham has been sold and a house in Aberdeen has been found with close travelling to the school and, 'most importantly', an excellent squash club has been located.

Aberdeen Squash & Racketball Club.

They intend to stay in Aberdeen until Maryam is ready to go to university and then they will move back to Cairo to their home there.

I also have had the honour to teach Marwa how to play squash, she comes from a background of girls not playing sports, so she had a lot to learn and overcome. She has progressed very well over the last couple of years and has a good grasp of how to play the game well.

Look out kids!

Report by Tony Broomfield.

Editor's review

From positive feedback views on the newsletter format, the readers like the easy to read articles, coaching tips and information on events.

I hope more of you will add stories and reports in the months to come.

more exciting articles - on page 2

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

bumper issue



Photograph by Tony Broomfield

Coach Martin's reflections

Having coached Maryam, Youssef and Malak in groups and private lessons for 6 years, here are my brief observations:

In 6 years they have never:

- Asked to come off court
- Spoken out of turn
- Looked like they didn't want to be there
- Stopped smiling (except when Malak and Youssef play each other)
- Given up.

In 6 years they have always:

- Been at their happiest on court
- Worked hard and played hard
- Run until they couldn't run anymore
- Asked if they could remain on court for one more session
- Been an absolute pleasure to coach.

They are a credit to their parents and to our academy.

They will be great squash players. Yorkshire's loss is Scotland's gain.

I will miss them.

We will all miss them.

Local junior training and competitions
goto p7



major event - on page 6



Player stories, reports and advice

Parents!
hold the bragging
rights in your house
learn to play squash

Message from the head coach

In the last few weeks, I have been working with the adults and juniors with one of the most overlooked aspects of the game:

MOVEMENT. It's a tough lesson to be a part of when all you like to do is hit the ball hard. It's also a very tough lesson when you are not a natural mover.

When you start Squash the emphasis is always on: correct grip, swing, getting your body in the right position, hit to the back, keeping it tight, hit into the space.

All good lessons.



However, it's the bit in between the hitting that is as important, if not more important. It doesn't matter how well you hit the ball - if you cannot reach the ball, you cannot win.

So your children may come home moaning that lessons were boring:

"the coach was going on about: anticipation, split stepping, ghosting, watching the opponent's body position, the movable T, moving to the T, boring! blah blah blah!"

I'll counter that argument by this simple fact: Good racket skills is worth 5 points a game, good movement is worth the other 6. Put them together and we have a winner.

Coach Martin

look after yourself

STAY HYDRATED

Water accounts for 60 percent of your body and is essential to every cell.

Here are a few ways water benefits your body's health.

1 Water helps prevent dry mouth.

Water keeps your throat and lips moist and prevents your mouth from feeling dry. Dry mouth can cause bad breath and/or an unpleasant taste - and can even promote cavities.

2 Water promotes cardiovascular health.

Dehydration lowers your blood volume, so your heart must work harder to pump the reduced amount of blood and get enough oxygen to your cells, which makes everyday activities like walking up stairs, as well as exercise, more difficult.

3 Water keeps your body cool.

Your body releases heat by expanding blood vessels close to the skin's surface (this is why your face gets red during exercise), resulting in more blood flow and more heat dissipated into the air. When you're dehydrated, however, it takes a higher outside temperature to trigger blood vessels to widen, so you stay hotter.

4 Water helps muscles and joints work better.

When you're well hydrated, the water inside and outside the cells of contracting muscles provides adequate nutrients and removes waste efficiently so you perform better. Water is also important for lubricating joints. Contrary to popular belief, muscle cramps do not appear to be related to dehydration, but, instead, to muscle fatigue, 'some studies say'.

5 Water keeps skin supple.

When a person is severely dehydrated, skin is less elastic. This is different than dry skin, which is usually the result of soap, hot water and exposure to dry air. And, no, unfortunately, drinking lots of water won't prevent wrinkles.

6 Water helps cleanse your body, inside and out.

Your kidneys need water to filter waste from the blood and excrete it in urine. Keeping hydrated may also help prevent urinary tract infections and kidney stones. If you are severely dehydrated, your kidneys may stop working, causing toxins to build up in your body.



Players story

Allam Humber Junior Bronze Open 2018

Held at the University of Hull on the 10th and 11th of February, this tough competition saw a good entry from our junior ranks.

We had a good spread of age groups from Olcote, with many fine performances and close matches. The standard was good and our players competed with great spirit and determination.

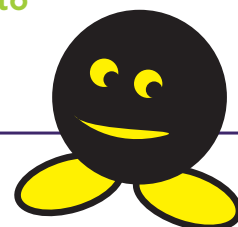
There was some notable results with Lucas Hall winning the boys under 11s, with Ben Flower runner-up in the under 13s. Fran Hall played well to be runner-up in the girls under 15s, playing well above her age group. George and Edward Bidder runners-up in the U17/U15s.

The atmosphere was buzzing and our players, once again, were great ambassadors for our academy, the sport and a credit to their parents.

By showing the way, everyone who had entered will hopefully encourage more of our players to have a go or even come along to watch the next tournament.

Squishy says "remember, win or lose, the aim is to have fun..."

Report by Tony Broomfield.



more informative stuff- on page 3

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



Player stories and advice

How Hard Should You Push Your Kids to Play Sport?

There's no question that physical activity is extremely important for kids.

And sport can help to build confidence, learn social skills, make long-lasting friendships, work in a team environment and establish longer term healthy lifestyle habits.

Furthermore, studies show that kids who play sport are less likely to be overweight, to abuse drugs or alcohol in later years, or to perform badly in school.

But of course not all kids enjoy sport equally.

And if that's the case for your child you've probably wondered how hard to push them to get involved...or even if you should push them at all...

There are many factors to consider.

But it's important to understand the distinction between a gentle nudge in the right direction and forcing your kids to do things way beyond their will.

But some kids do rely on a little extra encouragement to get involved in something that might scare or worry them a bit.

This is where you can play a positive role - encourage them to give it a go, and emphasise the importance of trying above all else.

Go a step further and practise some of the skills with them one-on-one. **This will not only build their confidence but will also give you some quality time together (which has shown to have numerous other benefits).**

The key is to constantly reinforce the importance of trying, even when you fail, but never pushing past the point of exhaustion.

If you push them too hard, the added stress will only reduce their motivation further.

Squash is a great sport that can help develop great skills and keep children active and also without the pressure of a teamgame environment.

And remember — keep it fun.

CALLING ALL PARENTS

Thursday nights 7pm coaching session is just for you.

Beginners to more seasoned individuals will be put through their paces to learn the routines that we practice with their children.

They can then go on court with their children to play, coach and improve together.

more great stuff- on page 4

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

Players story

Report by Simon Hall

Following Fran & Lucas

Having mistakenly entered the Lee-on-Solent Bronze thinking it was the Ipswich Silver, I decided to honour the commitment and we made the long trip down on a Friday evening hoping to play against people that we don't normally see on the squash circuit. 570 miles in total.

It was a funny day at the event. Between them Lucas and Fran clocked up 27 games (across 7 matches) and just managed to win one match each but we came away feeling high because every game they played was top quality squash so we were pleased 'with the losses'.

Fran (playing at U15) again claimed defeat from the jaws of victory in a 5 game thriller having been easily 2-1 ahead - a continual learning experience that one. Fran made too many unforced errors from the 4th. In another, she gave everything she had to take the third game in a blood, sweat and tears battle in a 3-1 encounter against a very strong and older girl.

Lucas (playing at U11) took his first match against a younger opponent who put up a fight. He then played two higher ranked players (including England no.2) - they were not better players and people commented on how well Lucas hits the ball, but his shot selection let him down, often hitting the ball back to them. In his final match he played out of his skin to pull back from 2-0 down to draw level and take it to a 5th game. A serving fault late on in the 5th game, was very costly, losing 3-2.

We're still looking for that first elusive Bronze win but I'm sure it will come...

Ipswich Junior Open Silver GU13

This was the first time that Fran has been seeded no.1 in a Silver event and looking at the field, it was hers to lose. If she could avoid any dramas, a Silver win would be a boost for her confidence and it is one of her 2018 goals.

In the final Fran met her rival, the no.2 seed Natalie Main. In their head-to-heads, Fran was 3-1 up but Natalie came to this event very prepared and a different attitude, gone was the on-court tantrums and she now showed maturity and focus, she also took advice from a pro coach between games.

In the first game, nerves were a problem and Fran only just edged it 13-11.

Second game Natalie came out with purpose, they had obviously identified a weakness in Fran's game. This was an effective strategy that got her 5-1, Fran fought back but the game was gone at 11-8.

I told Fran to up the pace of the ball, send it back much faster and this turned the third game back in Fran's favour. Fran won the third 11-5.

The fourth was closer but Fran kept the edge and at 8-8 managed to secure the fourth game 11-8, which included some lovely boasts from the front of the court, having cued up her position for a straight drive down the side wall, these died on the opposite wall, having wrong footed her opponent.

Fran wins the
Ipswich Junior
Open Silver
GU13

dedication & perseverance will bring results



Well done Fran & Lucas



What else is happening in the squash world



More about this story next month



Squash Girls Can initiative

**Dunlop
English Junior
Championships 2018
comes to HULL
9-11th March**

**check this out on p6
come along and support
at a venue near you**

**Have you got
a story to
share?**

more fun and help- on page 5

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KidzKorner

"Certificates have been awarded to some of our youngest players from my Friday afternoon session. They are Olivia Bloor, Elliot Samuel, Noah Samuel, Eleanor Everington-Hunt and Emily Loydall. The children work through a series of stages, gaining certificates for skills aquired."



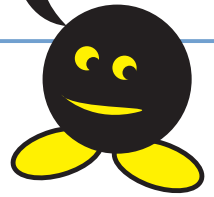
“ Well done everyone, ”
Coach Mrs Martin.





Features, and fun

you must follow-through,
get low and aim your shot to run
along the side wall



the Dropshot

Coaching tip of the month



The key to hitting a good drop shot is to follow through the ball. Many players think that in order to hit the ball softly they must stop their swing on impact. This has the opposite effect, it tends to inject pace into the ball rather than slow it down. The followthrough actually cushions the shot, enabling you to caress the ball accurately into the front corners.

It is important to follow through in the direction of the shot. This is an important aspect of **any** shot, especially the drop shot. After contact with the ball, your racket should continue through and almost point to where the ball is going. Importantly the dropshot must be up, it must be accurate and hit at

the correct weight and pace! **So the the swing needs to be simple and controlled.**

A small amount of slice will help the ball fade, and stay in the front corner. This is achieved by holding your racket correctly in the first place, not by actively slicing down or across during your swing. Your grip should be slightly open at the start of your back-swing. This will continue through your swing, so that on impact your racket face is still slightly open, not completely flat. **This open racket face with a good followthrough, will apply all the slice to the ball that is needed.**



February's SPOT THE BALL solution and the winner is...

Amelia Whittaker - Amelia's **x** was the nearest guess, although not quite on the ball, she never-the-less wins the boxed Dunlop squash ball for last month's competition - with a choice of double or single spot.

This is the location of the ball
This is our coach Nathan Kaiser

Can you try and win this month's prize, also a Dunlop squash ball, remember parents and juniors can all enter this 'fabulous' competition.
Enter now!



spot the squash ball

Guess where the squash ball is 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.



more information- on page 6

Photograph by Tony Broomfield

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up and coming events

Dunlop English Junior Championships 2018 comes to HULL 9-11th March

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



Host venues

University of Hull

Hull & East Riding Squash Club

East Riding Leisure Haltemprice

THIS IS A GOLD SANCTIONED EVENT

Categories

Boys & Girls Under 11, 13, 15, 17, 19

HULL

Hull has won the right to host the Dunlop English Junior Championships (EJC) in 2018, 2019 and 2020 following a rigorous bidding process.

Now in its ninth year, the EJC attracts the very best of English talent with former title holders including World No.26 Declan James and World No.17 Emily Whitlock.

Josh Taylor, National Performance Coach at England Squash said:

"The University of Hull has a strong track record of delivering world-class squash tournaments including the iconic Allam British Open. The university's great facilities coupled with the city's diverse culture will help ensure a successful tournament. We look forward to working closely with our partners to deliver a fantastic event."

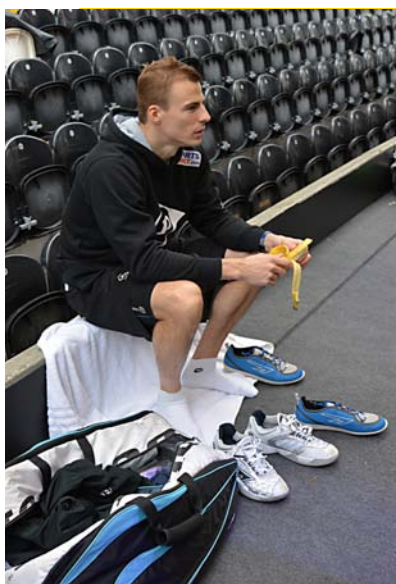
Steve Curtis, Partnership and Project Manager (Sport) at the University of Hull said:

"The University of Hull is pleased to be working with England Squash to bring the Dunlop England Junior Championships to Hull."

It's a good opportunity for the top young players in the country to visit Hull and the university. It promises to be a great event and we are thankful to our delivery partners Hull and East Riding Squash Club and Haltemprice Leisure Centre for their support in planning and delivering the championships and local sponsor, Mercure Hull Grange Park Hotel."

This year's championships take place between 9th and 11th March, and will be played out in a full monrad format for the first time and the Under 11s, which before now has been a standalone event, will be permanently incorporated.

Find out more about the EJC at englandsquash.com/ejc



**Nick Matthews
by Tone 2013**

more information- on page 7

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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/

up and coming events

Humber Junior Squash Academy Training

Saturday 7 April @ Hull University

10.00am - 12.00 noon - Cost £5

Places will be given on a first come first served basis - max 24 places.

Please contact Adam Toes on **07919 324673** or email at adam.toes@eastriding.gov.uk to book your place.

www.hjsa.org/academy.php

**take your squash
to the next level**



HJSA Super Series

www.hjsa.org/ranking.php

Note

There will be a discounted price of **£10** if you wish to access both the Academy Training & The HJSA Super Series

Saturday 7 April @ Hull University

1.00pm - 4.00 noon - Cost £7.50

This is chance to play other local juniors over a 3 series event and gain ranking points

(other dates inc **Sat 2 June & Sat 20 Oct**).

Prizes will be awarded for the overall winners of each age group over the 3 events.

For more information please contact Andy Cockerill on **07958 306111** or email at acockerill@hjsa.org

**new
for
2018**

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

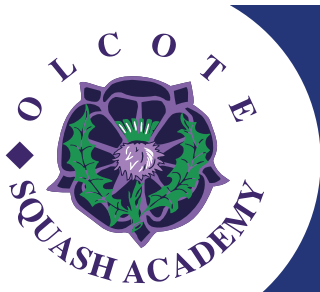
Humber Junior Squash Academy www.hjsa.org

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ENGLAND
squash



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