



your squash forum

Issue eight

September 2018

Editor - Tony Broomfield

Women's Squash Week

Olcote is proud and excited to support Women's Squash Week from **22-30 September**. This week-long international celebration of women's squash is a great opportunity to raise the profile of squash, engage more females and shine a spotlight on the successes and challenges the sport faces.

The campaign aims to address the gender gap in squash by encouraging more women and girls on court. According to the Active Lives Survey, only 13% of weekly players are female and just 22% of our coach members are women.

Throughout the week, we'll be highlighting five key themes that embody Women's Squash Week which are: Empowering, Fun, Sociable, Inclusive and Lifelong.

We believe these themes reflect the squash community at all levels and can inspire more women and girls to start their squash journey or take their squash to another level.

Come along to our free taster sessions and join in the fun at Total fitness at a time to suit you.

EMPOWERING

Monday 24 September 10.30 - 11am

(Racketball) SOCIABLE

Tuesday 25 September 10.30 - 11am

FUN (Racketball)

Wednesday 26 September 5.30 - 6pm

INCLUSIVE

Thursday 27 September 7 - 8pm

LIFELONG

Friday 28 September 4.30 - 5pm

Contact **Lisa** on
07751894241



Editor's review

Summer holidays are over, a long hot one at that. Maybe it kept a few of you guys away as the numbers, in general, were not high on the courts.

Never-the-less someone always did turn up, myself and Coach Martin had a couple of sessions with one, but still great fun.

I have witnessed some good improvements in several of our players over the holidays and I hope it will be a reflection of the season to come.

The new Saturday afternoon matches will be starting this month, giving everyone a chance to enjoy some competition.

August was a month where not much was happening on the squash scene at Olcote, so if you were wondering where that edition of the newsletter had got to, I did not produce one. I also hope that a few more of you will send me some stories for publication, juniors and parent are welcome to contribute.

Looking forward to another good season together.

WOMEN'S SQUASH WEEK 2018



SEPTEMBER 22 - 30

challenge your friends

learn to play and join your kids on court

more great news - on page 2

look out for - top coaching tips on p3

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



“ The word compete comes from the latin **Competere** meaning ‘to seek together’ ”

Message from the head coach

Junior team squash starts again this month

so I thought I'd talk a little about how to help our players handle a loss.

My Father was a keen sportsman and in every game he played me in and whether it was football, golf, chess or darts he never let me win.

He said “*you have to deal with losing son, it's only through failing that you will succeed in life.*”

At the time I thought he was speaking rubbish, however it turns out the old guy had the right idea.

4 steps to handling a loss and keeping it in perspective:

1 Accepting the loss: shake hands with your opponent every time. This is not an indication that you like your opponent, this is a sign that you accept the result and you respect their efforts on court.

2 Accepting the disappointment: it's ok to feel disappointed after a loss. Players handle it differently, some verbalise, some go quiet, some cry. Whatever way the player has to deal with it, I advise parents to give them space to do it their way.

3 Finding the positive: losing doesn't destroy self esteem, the inability to find the positives in a performance does. I advise players to take their great shots and rallies home with them and leave the rest behind. It's a skill that comes with practice. **It really helps.**

4 Put it all in perspective: think of how far you've come and what a privilege it is to play this great game. Think of the friendships you've made and the laughs you've had in training. They are all still there the next time you play.

That match you've lost has taken you one step closer to being the player you want to be. Nobody likes losing but it is an essential part of growth as a player and a person.

Coach Martin

SATURDAY AFTERNOON TEAM SQUASH 1.30 pm

- 1 5 MINUTE WARM UP BEFORE MATCH STARTS.
- 2 POINT A RALLY SCORING TO 11.
- 3 AT 10-10 A TIE BREAK, PLAYER MUST WIN BY TWO CLEAR POINTS.
- 4 3 GAMES TO BE PLAYED BY ALL PLAYERS.
- 5 A REFEREE MUST SCORE EVERY GAME.
- 6 BOTH PLAYERS ARE AWARDED THEIR TOTAL POINTS SCORED .
- 7 ONE BONUS POINT PER GAME WON.
- 8 ORDER OF PLAY WILL BE 4-3-2-1, UNLESS A DIFFERENT ORDER AGREED BY TEAM MANAGERS.
- 9 HIGHEST RANKED PLAYER WILL BE TEAM CAPTAIN FOR THE DAY.
- 10 ALL PLAYERS MUST SHARE REFEREEING DUTIES (IE PLAY ONE GAME REF ONE GAME).
- 11 THERE WILL BE A 5 POINT DEDUCTION FOR ANY SUBSTITUTE USED.
- 12 CONDUCT POINTS WILL BE DEDUCTED BY COACHES FOR ANY POOR BEHAVIOUR.

I've added rule 12 this season, If any players is seen to be behaving in poor manner (racquet abuse, verbal abuse, general behaviour) we can award a point to their opponent immediately. No warning required.



Kids Korner

We are looking for school **year 4, 5 and 6** players for our **free** of charge **3.50 Tuesday** sessions at Ferriby with Coach Broomfield.

We are also looking for tiny tots **3, 4 and 5 year olds** for our free of charge **Friday 4.30** sessions at Total Fitness with Coach Mrs Martin.

If you know of anyone please ask them to contact:

Coach Broomfield
07837 681952

Mrs Martin
07751 894241



wanted new players



more good stuff - on page 4



the **CROSSCOURT**

Coaching tip of the month

The **cross-court drive** is a good length shot that goes from one side of the court to the back corner of the other, either from the forehand or the backhand.

It is an attacking shot and the idea is to try and get the ball behind your opponent, forcing them to turn towards the back wall and play a defensive shot.

It is typically played with a lot of pace to help it evade your opponent in the middle area of the court, where it can be vulnerable to being intercepted on the volley.

Just make sure you get good width - if you don't you'll find your opponent ready and waiting to intercept it.

Play a good cross-court drive in four quick steps

- 1 Face the front corner** - When playing the cross-court drive, face the front corner of the side the ball is on as you line up for the shot, which should put your body and feet at a 45 degree angle to the wall. This helps you to get good direction on the cross-court.
- 2 High backswing** - Bring the racket up as you prepare to hit the ball so that you have a long swing with which to give the ball more power.
- 3 Hit the ball early** - Make sure you hit the ball early. That means hitting the ball when it is still in front of your leading foot.
- 4 High to low swing** - Make sure you get your racket above the ball and bring the racket in a downward motion so that you can get the ball to go downwards and bounce twice in the back corner.

Newsflash

As the start of the junior Saturday afternoon competitions gets underway, then also the Thursday morning adult sessions has started a 'walking squash' round robin tournament. More news on this next month with current leaderboard and rules.



FERRIBY HALL
SQUASH & RACKETBALL

FERRIBY HALL SQUASH CLUB Club Membership Fees & Prices

Adult Membership (per annum) Each Adult that pays the full annual membership of can receive one free junior membership for their child.	£90
Senior Membership (65 yrs and over)	£65
Off Peak Membership	£65
Junior Membership (attending Primary School) on November 1st	£5
Junior Membership (attending Secondary School) on November 1st	£20
Full Time Student Membership (over 18 years old on November 1st)	£30
Court Booking Fee's - Peak	£2.75
Court Booking Fee's - Off Peak	£2.25

For anyone interested in more information, go online at:
<http://www.ferribysquash.com>

Ferriby memberships are due Nov 1st. So if you play or attend coaching sessions at Ferriby please let me know and I will collect payment from you in October.

Just need a list of names for the moment. Adults who pay membership receive a **free** junior membership for a family member.

Kind regards,
Coach Martin

learn to play squash with Satarra now learn to play the piano



PIANO FOR BEGINNERS

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Satarra Thaker

### LEARN TO PLAY PIANO!

### AGES 4+

### CONTACT 07956786176 FOR MORE INFORMATION

Email: [thakersatarra@hotmail.com](mailto:thakersatarra@hotmail.com)

I have been teaching piano for 4 years to people aged between 4 and 14 and am looking to take on new students with a passion to learn

I am currently qualifying in my grade 8 for piano As I am not fully qualified my prices are competitively lower

I offer lessons in music theory for all grades

**more information - on page 5**

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





## Equipment

# Coach Martin's Squash Shoe Korner

All shoes are clean and washed and have at least a year's wear left in them.

**Free of charge to a good home**

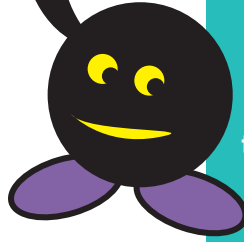
Anyone wishing to have a pair, please let me know, the only cost is your old squash shoes.

If anyone would like to recycle their old squash shoes please pass on to one of the coaches.

shoe sizes as shown on photograph



recycle is the name of the game



# Swop & Shop

Anyone who has equipment and clothing and wants to sell, pass it on or trade can contact me, the editor, and I will keep a list of items from readers and publish them monthly or you can contact me directly if you want anything specific and I will check for you.

**SALES** - contact Coach Broomfield two unsquashable rackets, lime green, 135gms - £40 each

two unsquashable international pro carbon rackets, white, 140gms - £30 each

various racket grips  
safety goggles - small

**SALES** - contact Coach Martin Rackets -  
Wilson 120 Hyperhammer - £40  
Racket grips - £2.50  
Dunlop safety goggles - £15  
T shirts - £15



**more information - on page 5**

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# up and coming events

Please see below some important date changes for up and coming HJSA squad/events from September/December.

**Note:** These changes have been made as England Squash have recently finalised their calendar of events for the new season and to give players opportunities to attend local copper/bronze events and county activity, we have tried to fit in with these dates.

HJSA Academy Training -  
moved to **Sunday 4 November** (previously Saturday 22 September)

HJSA Super Series 2 -  
moved to **Sunday 4 November** (previously Saturday 22 September)

Please also note that the HJSA Academy Training & Super Series 3 will remain on **Saturday 24 November**

and the Eon Humber Closed will take place on **Saturday 8 December** (entry form to follow)

Other key dates for aspiring players are:

Yorkshire County Closed - 16/17 Sept @ Pontefract  
Entry Form - <https://yorkstournaments.leaguemaster.co.uk/cgi-county/icounty.exe/showtournamentinfo?tgroupid=1>

North East Regional Closed - 6/7 October @ Pontefract  
Entry Form - <https://www.englandsquash.com/events/north-east-regional-closed/492>



**Pete Bloor's**  
FULL RACKET  
STRINGING  
SERVICE

**sweetspot**  
performance stringing

- fast turnround
- all types of rackets strung
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- competitive prices
- best advice given
- large letterbox
- UKRSA qualified

contact Pete on **07782 146352**  
or email **pete.bloor@gmail.com**

squash  
badminton  
tennis

Please send in your stories, results and ideas/thoughts

## Qualified Olcote coaches and other contacts

|                 |                     |                |
|-----------------|---------------------|----------------|
| Kenny Martin    | <b>07751 894240</b> | Chris Bowlas   |
| Tony Broomfield | <b>07837 681952</b> | Iain Taylor    |
| Lisa Martin     | <b>07751 894241</b> | Brad Smith     |
| Pete Bloor      | <b>07782 146352</b> | Satarra Thaker |
| Nathan Kaiser   |                     |                |

Total Fitness 01482 670900

Ferriby Squash Club [www.ferribysquash.com](http://www.ferribysquash.com)

England Squash [www.englandsquashandracketball.com](http://www.englandsquashandracketball.com)

Humber Junior Squash Academy [www.hjsa.org](http://www.hjsa.org)

**totalfitness**  
TOTAL FOCUS

**FERRIBY HALL**  
SQUASH & RACKETBALL

Humber Junior  
Squash Academy

**ENGLAND**  
squash



# contact the editor

tony Broomfield on **07837 681952** or

email content to [tonecoach@broomf.karoo.co.uk](mailto:tonecoach@broomf.karoo.co.uk)