



Get in the Game

MONCTON SQUASH CLUB NEWSLETTER

Moncton Invitational Approaches!

First tournament in new club slated for Nov. 10, 11 and 12.

A new fall tradition kicks off next weekend as the Moncton Squash Club hosts its first fall tournament. This new event will enhance an already exciting beginning to the squash season. All signs point to a high quality tournament with people from a cross the maritimes coming to our new home to enjoy great matches and great times.

Although some things change, some things remain the same. The venue may be new, but Matt Goobie is once again chairing the tournament and brings his considerable tournament organizing experience to the forefront to ensure that it will be a fun and memorable tournament for all.

The tournament will feature Men's A, B C and D draws as well as Ladies, Junior and Legends draws. You can also expect to see some doubles play. It will be a blast.

Already, players from Prince Edward Island, Nova Scotia and from across New Brunswick have indicated that they will be in town for our inaugural event. Don't wait another second to register for the tournament, a sign up sheet is included with the newsletter.

Be a part of a new fall tradition.

Register today!

Want to improve your game?

We are very pleased that our new club co-ordinator is also available to help improve your game. If you haven't met him, **Marcel Cormier** is a strong squash player with a smooth playing style. He is also a 4-year tennis pro and a recent graduate from Saint Mary's University (honors economics). If you are looking to improve your game, get ready for the tournament or just want to be on the right side of bragging rights, book a lesson with Marcel. It's worth every cent.



The Moncton Squash Club thanks the following patrons—please support them.

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News from the front desk



Marcel at work on the Web site.

**Office Hours /
Pro Shop Hours**

Mon- Thursday
10:00 - 2:00 & 3:30 - 7:30

Friday- Saturday
9:00 - 1:00



Squash Ladder

Darrell Nameth is organizing the ladder this year.

For those new to the ladder, each month the group of three will play each other. The results will be given to the club and at the beginning of the next month a new ladder will be published. The player with the best results will move up, the player with the least positive results will move down and the other player will remain at the same level.

If you are not on the ladder but would like to play, talk to Marcel or Darrel so you can be on the next installment.

Canada Games

Two of our members will play an important role at the next Canada Winter Games. The New Brunswick Squash team will be lead by coach Jeff Carter and team general manager Nicole Belliveau.

Congrats!

Squash New Brunswick

Incidentally, our club also boasts a few members of the SquashNB Board. They are:

- Liam McGuigan, President
- Frank Legacy, Vice President
- Andy Didyk, Secretary.

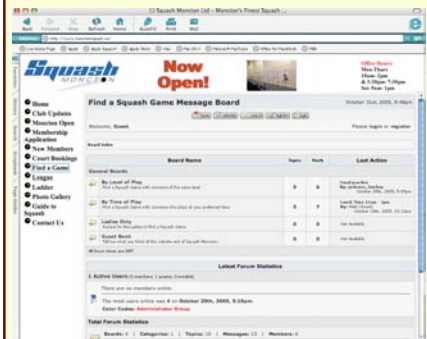
Printer?

The club needs a printer, so if you can donate one, please let us know.

Web site

In addition to all the other work Marcel has been doing around the club, he has been working on updating the web site.

In addition to the online booking system, you can find Normie's League standings, the ladder and Marcel has added a find a game message board that will allow members to quickly find a match. The key of course is for everyone to check it regularly.

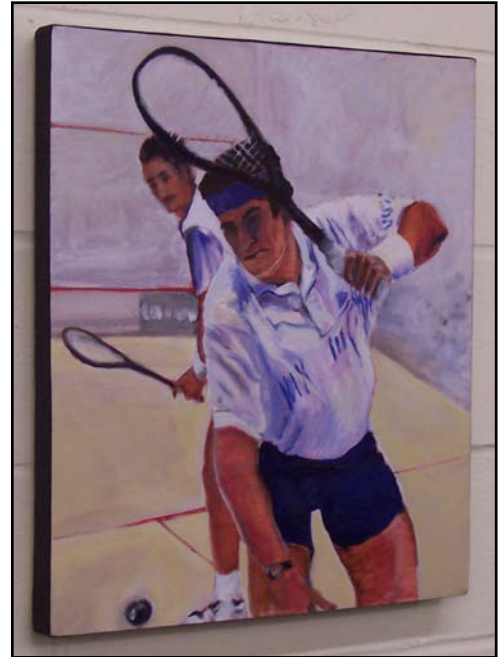


This is a work in progress, but as we've all seen from the convenience of online booking, his work will allow the website to be a hub of information. All past newsletters are also being stored. If you have any suggestions for the site just let him know.

Great work Marcel.

Mentorship Program

We are looking for outgoing members who are interested in helping us encourage potential members & welcome new members to the game. We would like you to become a part of our Mentorship Program. We will match mentors up new members & potential members for a game. If you are interested in helping out please send us an email at the address below.



Curious about the paintings in the club? Here's a bit of information, courtesy of Rob Black.

The artist, Louise Waters, is a painter living in Halifax. Her association with painting and the game of squash go back thirty-five years.

Louise started playing squash as a teenager and continued playing while at university. After several years of competing at the "A" level, she turned her attention to coaching. She obtained her level 2 coaching certification in the Squash Canada Coaching Program, and has taught many players from junior to adult; beginner to competitive player. At various times she has coached both the Women's and Men's Nova Scotia Provincial Teams. She served 3 years on the Squash Canada Coaching Committee and has had the opportunity to attend several International Championships, where she first started sketching squash players.

After years of having art as a hobby, Louise returned to school and in 1992 graduated from the Nova Scotia College of Art and Design, with a Bachelor of Fine Arts degree. Since then she has had several exhibitions of her work.

The 2 paintings donated to the Moncton Squash Club are 'Tracking the Ball' (Oil on canvas) and 'Dropshot' (Oil on canvas). These 2 paintings were included in her 'Squash Art' exhibition in Halifax in 1994.



THE IDEAL SPORT?

Squash was rated the most healthy sport. Why consider squash for your child?

Health Reasons

Squash has been rated as the top sport in a survey of the 'Ten Healthiest Sports' published by respected US magazine Forbes. Squash scored ahead of Rowing, Rock Climbing, Swimming, Cross-Country Skiing, Basketball, Cycling, Running, Modern Pentathlon and Boxing: "...30 minutes on the squash court provides an impressive cardio respiratory workout. Extended rallies and almost constant running builds muscular strength and endurance in the lower body, while lunges, twists and turns increase flexibility in the back and abdomen".

Any physical activity is a good alternative to watching television or sitting in front of a computer. Organized play or sport has the added benefit of getting kids out on a regular basis contributing to ongoing fitness and physical development.

Health Canada advises the following three types of physical activity for best results:

1. **Endurance:** activities that make you breathe deeper, your heart beat faster, and make you feel warm.
2. **Flexibility:** activities like bending and stretching and reaching that keep your joints moving.
3. **Strength:** activities that build your muscles and bones.

Squash excels at satisfying all these requirements and in fact tops the list for burning calories over all other mainstream sports. Aerobic fitness comes from running around the court retrieving shots, swinging the racquet and "toughing it out" over a hard match. Flexibility comes from reaching for lobs and diving for drop shots. Strength comes from not just swinging at the ball with your wrist but using your whole body to make a shot or recover from a difficult position.

Comparison of calories burned per hour for 65lb body weight

Activity	Calories Burned
SQUASH	354
Judo/Karate	280
Basketball	236
Hockey	236
Football	235
Soccer	207
Tennis	207
Skiing	177
Swimming (leisurely)	180
Mowing Lawn	162

Social Reasons

While squash is an individual sport it is very social with lots of opportunity to create long lasting friendships (and rivalries). Many clubs have ladders and house leagues where kids of all ages and skill levels interact in fun, safe competitive play. For those involved in team sports who find themselves sitting on a bench or rooted to a spot in the field with little activity, squash may be the alternative. It builds self-confidence since a game is only won when the individual beats their opponent as opposed to relying on a team member to score a goal. It also teaches mental perseverance -- many a match has been won over a stronger opponent by being able to change strategy, toughing it out or simply wanting it more-skills that are equally beneficial in life!

(source: <http://www.playsquash.ca/section3/default.asp>)



Normie's League Returns!

7th edition of Thursday league — biggest and best yet.



The 7th edition of the Normie's squash league kicked-off on Thursday, October 20 . Many new faces joined the legions of veterans to contribute to a wonderful evening. Nearly 50 people were on hand to officially kickoff the seventh season of the squash league. The standings after two weeks are below.

Team	Points
Shack Attack	24
Weapons of Mass Destruction	21
Purple Rain	17
Shock & Awe	16
Court Monkeys	12
Spilly talkers	9
Normie's Wings	5
Red Rockets	4

2005 November 10, 11 and 12 Moncton Invitational

ENTRY DEADLINE - November 7, 2005 7:00 P.M.
Adults \$30 Juniors \$20

Join us for the **FIRST** tournament at Moncton's new squash club. We are planning a great event, including a fantastic social on Friday. Put us on your calendar today. Players from across the Maritimes are sure to make this a memorable event.
REGISTER TODAY!

Name: _____

Address: _____

Phone: _____ e-mail: _____

Local player – Earliest time available on November 10 _____

Out-of town players – Earliest time available November 11 _____

Divisions: Please choose your division

- A B C D
 Legends Ladies Juniors

Schedule

Thursday, Nov. 10	5:30 p.m. - 10:30 p.m. local play
Friday, Nov. 11	8:00 a.m. - 10:30 a.m. play
	10:30 a.m. - 11:30 a.m. Remembrance Day Observance
	11:30 a.m. - 5:30 p.m. play
	7:00 p.m.- Social
Saturday, Nov. 12	8:00 a.m. - 12:00 p.m. semi-finals and finals

Entry fee includes:

Minimum 2 matches, refreshments, prizes, and lunch on Friday.

Entries accepted by:

Mail : 40 Summerhill Dr. Moncton E1C 9C1 Phone : (506) 388-9505

E-mail : monctonsquash@nb.aibn.com

