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Club Newsletter

November / December 2008

Willoughby Squash

Comps Update

The current **Spring Pennant** comp has concluded, and Willoughby Squash Club having a rare lean comp, with the team of **Ashley Walker, Aaron Miller, Kayn Miller, Keiren Bourke** and **Mark Flynn** taking out our lone title in Division 16... congratulations boys !! We had beaten finalists in Division 1 (Team 3), Division 8 (Team 10), Division 9 (Team 12) and our Women's Premier team.

The **Xpress Comp** has concluded and congratulations to our winners DIV 1 (**Greg Boyer** defeated **Peter McDonald** (injured)), DIV 2 (**Miguel Yamin** defeated **Muni Duerinkx**). The Xpress Comp is a very popular individual Comp, with the next one starting early next year.

The **Wednesday Internal Teams Comp** saw it go down to the wire with the team of **Andrew Sands, Jake Lee** and **Dermot Hogan** win on a countback from **Matthew Yi, Tim Hicks** and **John Le Couteur**. We are currently taking entries for this popular comp, which starts early in the New Year. It's an ideal introduction for social players who want to play a competitive, yet social and enjoyable comp.

The popular **Summer Comp** is starting early January, and is a perfect lead-up and preparation for the next Pennant Comp in March. Please contact the club if you are keen to play.

Club Championships

The 2008 Club Championships were played at the conclusion of the pennant competition and congratulations to the following players:

Open Jeff Bond defeated Howie Johns 3/2

A Grade Peter Aitken def. Jane Kennedy 3/1

B Grade Barry Werth def. Greg Needham 3/1

C Grade Ted Hinde & Andy Laurence
(still to be played)

D Grade Alex Haley def. Ricky Silbersher 3/1

Xmas Coaching Vouchers

Improve your game or for someone else... with an Xmas squash coaching package. Packages from 2 to 6 lessons are available from Club professional Dean Landy. It's a great way to start your squash season next year. Contact Dean for more details.

Kerry's Amazing Comeback

As perhaps the World's oldest comp player at 83, Kerry Peterson has made some amazing fight-backs on court over the years. But in his latest comeback to top all comebacks, Kerry suffered a heart attack on court recently during a comp match and things looked very bleak indeed.



Thanks to the efforts of club players Russell Jacobsen, Cyril Peupion and Jane Kennedy who provided assistance to Kerry prior to the ambulance arriving, Kerry has made a remarkable comeback and is out of intensive care and on the road to recovery. We hope to see Kerry back at the club soon... without his racket!!!

Off Season Training

The temptation for most players after a long squash year is to hang up the racket and "do nothing" til next comp. If next comp is the Autumn pennant, that's 3 months off... better to have a short break from squash, but keep some form of cross training going to maintain some form of fitness over the Xmas period. Cross training also is a great way to work on your "non squash muscles". Running, yoga, gym, cycling and swimming are all great ways to maintain some fitness over summer.

New Players

The **Start-Up Squads** for new and social players are on Monday nights (8.00pm to 9.30pm). Learn the basics of the swing, tactics and rules to improve your game and have more fun. First visit free! We also have a range of social comps and games for new or social players at the club. Contact reception for more details.

Round Robins

Club and social players should get in some valuable extra practise with our weekly Round Robins on Saturdays (9.00am to 11.00am) and Sundays (5.00pm to 7.00pm). Just turn up, sign in and Mavis will make sure you get plenty of games and good practise.

School Holiday Camps

Our successful School Holiday Multi-Sports camps will again take place in the coming January school holidays (January 12th-16th & 19th-23rd). Pete, Steve and Dean will keep the kids busy with activities and sports including squash, racketball, cricket, touch footy, soccer, volleyball, table tennis and a few trips to the local swimming pool. The camp is very reasonably priced and includes lunch and snacks. Contact the Club for enquiries and bookings.

Restrings

The Club has invested in a new stringing machine. The machine we now own was used at this years Australian Tennis open and strung the rackets of all of the worlds best players. We now offer stringing service for TENNIS, SQUASH and BADMINTON rackets. So if your strings are feeling soggy, and you need the edge to win— drop your racket off for a restring.



Junior Development Squad

A talented junior squad of players has just begun training under the guidance of Coaches Dean Landy and Peter Aitken. The squad is made up of juniors from local schools who Dean and Pete believe have the potential to become top level squash players. Down the track, many of these players will hopefully filter through into our social and pennant competitions.

Kids Parties

Willoughby Squash Club is available for children's parties on weekends and some afternoons. We offer attractive packages which includes squash, table tennis and other games plus we provide a games co-ordinator for the 2 hour period. For more details, contact Dean or Pete.

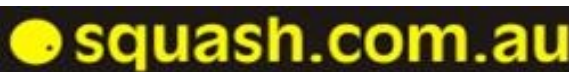


Table Tennis

With Table Tennis featured recently at the Olympic Games, why not come on down to the club on Friday nights from 7pm for a game of "ping pong". Come down with a friend or a group and play on our new state of the art Stiga tables!



One of Australia's top players Sisi Zang is becoming more involved with our table tennis program. Sisi will be training and coaching at the club in the near future.

Corporate Racket Challenge

Here is a great opportunity for your company or business to participate in a corporate event at Willoughby Squash Club. Your company staff play squash, racketball and table tennis over a 2 hour period in a competitive and social atmosphere. Our major sponsor Conduit recently enjoyed an afternoon of thrills, spills and fun with 12 of their staff competing. For more information contact Pete or

Tennis Equipment

The pro shop at Willoughby has recently undergone a huge transformation to make more room for our expansion into the selling of tennis equipment. We are offering tennis rackets, shoes, clothing and accessories at extremely competitive prices. Brands being stocked include Head, Dunlop, Prince, Slazenger, Tecnifibre and many more. So if its time to update your old racket, or buy a gift for that someone special come down and see us and we will give you a great deal!



Great Squash Websites

If you want to know everything and more about squash around the world, there are some very informative squash sites. Please click on the following links...

- www.informconnection.com.au
- www.worldsquash.org
- www.squash.org.au
- www.squashnow.com
- www.squashsite.co.uk
- www.squashtalk.com
- www.squashplayer.co.uk

Xmas Specials

Head Microgel 145.....\$199 (save \$80)
Head Raptor.....\$99 (save \$50)
Dunlop Ultra 135.....\$119 (save \$70)



Hi-Tec Shoes

The new range of Hi-Tec shoes have now arrived in store, including the World's best squash shoe, the 4 SYS. So hang up your old shoes and come in and improve your shoes and your game.

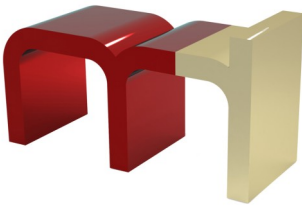
Our Club Sponsors wish you a very Merry Xmas and a Happy New Year

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Please contact **Adam Walker** on **9929 7224** if you are interested in the services that conduit offer.



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Andrew is a regular at Willoughby Squash, please contact him if you would like a game and a chat.

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...for all your travel needs call Advance-Olympic Travel. Our prices won't be beaten!!!

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