

drops & angles

RA Squash Club • May 2009



What's On This Summer at the RA

Sunday Homestyle Breakfast Buffet

served Sundays from 10 am to 1 pm for only \$10.95

A Special Treat for Dad Father's Day Brunch

Sunday, June 21, 2009

Seatings available at 10:30 a.m. and 12:30 p.m.

Fabulous menu

Adults \$ 16.95

Children (12 years and under) \$ 9.95

Reservations are required. Call 613-733-5100.

Monday to Friday 8:00 a.m. to 5:00 p.m.

RA Summer Camps

4 to 15 yrs of age

Themed Camps:

Kindercamp / Day Camp / Jr Sports Camp

Specialty Camps:

Sports Camp / Aqua Camp / Badminton Camp
Computer Camp / Fencing Camp / Tennis Camp

For session dates and fees: www.racentre.com

RA Outdoor Pool opens June 20!

Come swim in our large heated L-shaped pool or small teaching pool. Or enjoy our large deck, with its shady awnings, picnic tables and chairs.



For more details, please check out our website at www.racentre.com

Chairperson's Message

It has been a good year for the RA Squash Club. Interest in club activities is high. Tuesday Night Club League remains ever-popular. The RA has a strong roster of players in Open City League and the RA dominates Women's City League. We provided a great series of tournaments this year. For the Fall Classic, the new team format proved successful. The Junior's Program continues to grow and the Club hosted its second Junior's Tournament this year. Both the RA Open and the Club Championships were well-attended, exiting events. Finally, we finished off the tournament season with the Calcutta.

We have a long list of faithful volunteers who support these events and form the backbone of the squash club. I would like to take the opportunity to thank the 2008-09 Executive Members, other volunteers, the coaching team, and the RA staff. As well, hope you continue to enjoy squash at the RA.

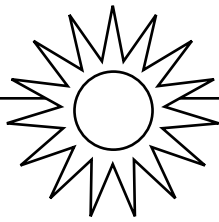
Heather James

New RA Squash Executive

At the Annual General Meeting, held in conjunction with the Club Championships, a new RA Squash Executive was elected for the 2009-2010 season. We have a good mix of continuing members supported by some eager new faces who will be planning events for the coming season.

Co-Chairs	Paulette Cogliati and Dennis Raymond
Treasurer	Al Kerr
Secretary	Paul Bouque
Tournaments	Andrew Machin and Chris Brown
Social	Kira Turner and April Barrie
Publicity	Kira Turner and April Barrie
Open City League	Steve Gobel
Women's City League	Susan Carbone
ODSA Representative	Mikola Czich
At Large	Al Smith
At Large	Faron Cahoon
Club Pro	Jeff Watts

SUMMER LEAGUE



The RA Squash Club is running a Wednesday night Summer League from May 20th to July 22nd. Summer League is designed to give the RA Open City League (OCL) players an opportunity to maintain their skills and contacts over the summer, however many non-OCL players participate as well. A round robin format is employed for the ten teams of four players, where each team plays against every other team over the course of the nine weeks.

This summer, we formally introduced the point-a-rally (PAR) scoring system to fifteen. Using the PAR scoring system, both the server and the receiver can score points on every rally. The first player to win fifteen points wins the game. If the game reaches 14-14, a player must win by two points. Matches will continue to be "best-of-five".

For more information on the RA Squash Summer League contact Ron Gélinas at rgelinas0519@rogers.com or 613-761-7158.

Nationals Road Trip 2009

The World Health Club "Edgewood" was the host of the 2009 Canadian National Squash Championships this year. Nice venue, lots of warm-up equipment, 9 glass-backed courts, good restaurant, and wonderfully welcoming staff. With limited viewing we managed to see some pretty awesome squash nonetheless.

The RA Centre had its regular road trippers there, Paulette Cogliati, Barb Bryne and Viola Hennessey. Lisa Coates, our honorary member from Kingston, arrived on Thursday to cheer us on. The RA contingency did quite well in a star studded 50+ event that had former national team members playing. Viola Hennessey finished 4th, she was defeated by Diana Roper of Toronto in the 3 – 4 play off. Barb Bryne won her first match handily, lost her second against the 2nd seed then lost her third in the consolation quarter-finals. Paulette Cogliati, playing down into the 50+ category won her first, lost her second against 2nd seed, won her 3rd match against Jean Chow and lost her 4th against Brenda Cleaverly of Winnipeg in the consolation semi-finals.

There were a few other Ottawa players there; Martin Hass playing in the 45+, Robert deValk in the 65+, Vincent Taylor in the 70+, Robin Clark in the Open, Runa Reta who took the Women's Open and Sam Cornett who had a strong 6th place finish in the Open Category.

As usual the RA women had a wonderful time catching up with old friends, making new acquaintances and enjoying the Nationals' atmosphere. We even managed to slip in a little shopping, visit to the Calgary Zoo and a very good Alberta steak. Next year there is talk that it may be in Vancouver.we're there!



TIPS from the Pro

Jeff Watts
RA Squash Professional

Summer Training

After a long hard squash season of playing city league matches, house league and tournaments along with those so called friendly matches, it is time to give the body a break and a well deserved rest. I would always recommend taking at least a two or three week break at the end of the season, playing probably one game a week or one every second week just to maintain a little of the squash fitness. It's amazing how fast September comes around and the start of the new season.

Taking a complete break is fine too, just more painful getting back into it in September.

The summer for the more serious players is the best time to really develop both skill and fitness, building up strength in all aspects of the game. Summer is a great time to get on court and practice racquet skills, ask one of the squash professionals for some drills if you are not sure what to be practising

During the summer include in your training work in the gym to help strengthen the body and prevent injuries when the squash season starts. I would suggest doing light weights with a lot of reps, as squash demands quick and efficient movements. Talk to one of the personal trainers and get a specific program put together for you, it will make a huge difference at the start of the season.

You should also concentrate on building stamina, it's a great time to get out running, cycling or swimming keeping the heart working at a consistent pace for 40 minutes to an hour or longer on occasions. Closer to the start of the season court fitness sessions should be done at least twice a week building up speed and agility around the court. (Fitness for squash sessions will begin at the end of August, watch notice board for details)

Without actually getting out and playing matches try to find someone keen on doing drills to develop racquet skills, accuracy and control. Have a great summer and look forward to a successful squash campaign in the new season.

Calcutta Winner, Matt Arkett, Chooses "Alzheimer Society" As Favored Charitable Donation.

Matt Arkett saddled with a handicap of -50 was the big winner of the RA Squash Club Calcutta Tournament's Main Draw last weekend and as a result the Alzheimer's Society will receive a cheque for \$694 which is 10% of the total purse. Matt put on an inspiring display of squash defeating Ron Gelinas (-16), Susan Carbone (0), Viola Hennessey (-3), Russell Beatie (0) and Rob Mulrooney (-14).

Ron Gelinas defeated Kira Turner (6), Brian Eldridge (-35), Bruce Stockfish (-1) and Barb Fisher (2) on his way to the Consolation Draw victory.

Rob Mulrooney made an impressive showing as runner-up in the main draw and Barb Fisher won the consolation runner-up.

This year's edition of the Calcutta was one of the most profitable Calcutta tournaments in recent years with a total purse of \$6940. Special thanks to all those who helped out with the desk, refereeing and overall smooth running of the tournament. It was a great club success.

Complete results of the Calcutta can be found on the RA Squash Club website.

Once again, behind the scene support from club members made this all possible. Special thanks to Steve Byrne, Bruce Burnet, Dennis Raymond, Guy Blier, Frank Lemay, Ron Gélinas, Rex Jung, Viola Hennessey and Stephanie Bazin. It was a great weekend.

2009 RA Squash Club Championships

Congratulations to all the 2009 Club Champions! They gave it their best and took home the trophies. Pictures are on the notice boards outside the squash courts.

	Consolation	Runner-Up	Winner
Men's D	-----	-----	Michael Gracequist
Women's C	-----	-----	Kira Turner
Men's C	Teddy Chan	Steve Gobel	Andrew Machin
Women's B	-----	-----	Barb Fisher
Men's B	Hamid Assad-Zadeh	Mark Beauregard	Rob Mulrooney
Men's A	Ed Praught	Rob Walsh	Matt Arkett

Websites of Interest

www.racentre.com/e/sports

www.squashontario.com

www.squashplayer.co.uk/magazine/magazine.htm

www.squash.ca

www.squashspirit.com

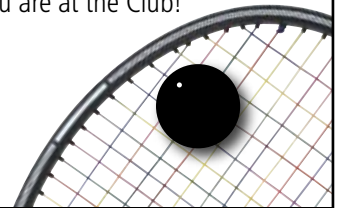
www.odsa.ca

Time to get Squashed!!!!

The **Summer Squash membership** is priced so low.... that it is a great time to introduce to friends and family to the game!

Help build the club's membership!

For information and details on the summer fees, ask Member & Guest Services staff the next time that you are at the Club!



Did You Know?

For less than 45¢ per day you can add fitness to your SQUASH MEMBERSHIP!

A Gift for Squash Members!

The RA's LifeFIT Centre has everything you need including personal trainers with the expertise to design fitness training programs specific to the game of squash.

Clip this coupon and present it to the Member & Guest Services staff at the East Desk and receive a **complimentary one-time visit to the RA's LifeFIT Centre.**

Limit one per member. Offer valid to registered RA Squash Members. Valid until August 31, 2009.

LifeFIT Canada at the RA Centre
613-733-5100 www.racentre.com

The 2009-2010 RA Squash SEASON CHALLENGE TOURNAMENT

This event will run over the course of the 2009-2010 squash season. Entries from all levels of players are highly encouraged! The main goal is to have some additional fun and offer everyone at all levels great matches and a chance to win the season challenge at their own level.

How it works:

- Once we have all of our entries in, play will begin with a round-robin style format where you play other players who are at a similar level to you.
- The Round Robin will run from early October until the end of 2009 – you will play three or four matches over the three months.
- At the end of the round robin portion you will be seeded into groups for a double elimination style tournament. The seeding will be based on your initial position and the results of your round robin matches. You will have approx. 3 weeks to complete each match.
- You and your opponents will schedule your matches at a time convenient to both of you. It is the responsibility of all players to book their own matches. Please book and play as soon as possible because you never know who will be busy later.
- All results and the tournament scoreboard will be posted in the squash area of the club. Players will be able to follow everyone's progress through the season. In addition results will be entered into the SportPro rankings.
- Matches will be best of five, games are PAR scoring to 15 (win by 2).
- The tournament finals will be held in April or May 2010 – combined with an event to encourage people to come out and watch who will be our Season Challenge Champions!

Rules:

All matches must be completed by the date indicated when each round draw is circulated. Players are expected to make every effort to play their match. If a match cannot be played and there is no other resolution of the match (i.e. one player concedes or defaults because of injury or travel, or organizers rule that one person has made the effort and the other has not) then a coin will be flipped by tournament organizers. Once complete, results must be entered on the tournament scoreboard which will be posted in the squash area of the club.

Tournament Entry Fee:

The Entry fee for the tournament is \$10.
Details will be available in September.



TNCL

tuesday night club league

All Summer Session
Tuesdays; May 19-August 25

Squash drop-in, informal round robin play. No sign up, no commitment just drop by any Tuesday from 7:00 pm - 9:00 pm all summer.

Open to all RA squash members with prime access time.

Fall TNCL Sign-Up: Late August 2009

PS: Saturday Squash member drop-in all year around 1-3 pm. Same format as above.

Guy Blier: TNCL Web, Stats, Email, Team Makeup, Playoffs
gonzogb@videotron.ca

Dennis Raymond: Sign-up, Social, Clothing, Clinics, Emails
fric198081@hotmail.com <mailto:fric198081@hotmail.com>

Frank Lemay: Consultant, Team Makeup, League Support
lemay.frank@rogers.com



A proud supplier of RA GEAR

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RA Centre East Wing 613.733.1302