



Canada's Finest Fitness & Lifestyle Centre



Squash Club

Handbook 2010-2011

613.733.5100 www.racentre.com

Revised February 2011

RA Squash Club 2010-2011 Executive Committee

Co-Chair	Dennis Raymond Paulette Cogliati	fric198081@hotmail.com pcogliati@rogers.com
Secretary	Paul Bourque	
Treasurer	Al Kerr	
Social	Kira Turner	
Publicity	Carlo Dade	
Tournaments	Andrew Machin & Chris Brown	
Women's City League	Paulette Cogliati	
Open City league	Steve Gobel	stevegobel@rogers.com
Member at large	Al Smith Dean Cailler Mikola Czich Paul Hennig	
Past Chairperson	Heather James	
Squash professional	Jeff Watts	karakal@magma.ca

The Recreation Association of the Public Service of Canadas' Awards and Recognition Program, honours volunteers who contribute their time and expertise for the betterment of their Club or League.

Since the Club's inception in 1978, fourteen Squash Club members have been honoured with an award. These recipients were nominated by their peers for their outstanding leadership and contribution to the betterment of the RA Squash Club.

Club Life Member Award

1996 David Rayner
1991 Larry Jones

President's Award

2009 Dennis Raymond
2007 Paulette Cogliati
2005 Viola Hennessey
2001 Wayne & Morna Woltman
1999 Bob Searle & Margaret Campbell
1997 Lynn & Ron Francoeur
1995 Rachelle Massie
1993 Linda Laframboise
1991 Steve Hall

Welcome to the 2010-2011 Squash Season!

Thank you for choosing the RA Squash Club.

The RA Squash Club welcomes players at all levels. Our variety of programs, clinics, tournaments, and special events are designed to provide something for everyone. In addition members can take advantage of the many services that the RA has to offer. Two of the most popular are the RA Sports Shoppe which provides a good range of racquets equipment, and the Fieldhouse Bar & Grill, a great place to socialize after a match.

For information on the club, we suggest you start with the club handbook. This guide outlines the club policies and other items that you may find helpful. You can also visit the club's web site www.racentre.com/clubs/squash/. New programs, minutes of the executive meetings, notices of upcoming events, tournament results, and photos are posted regularly. You can also find out more about the Club by speaking with Club Professional, Jeff Watts. Jeff can be reached at 613-733-5100 ext 351 or karakal@magma.ca.

The RA Squash Executive welcomes your ideas, comments and questions regarding the squash club and planned activities.

Please feel free to contact any of the Executive members listed on this page. We are anxious to hear from you so that we can respond to your needs and make the club and all of its activities the best possible.

On behalf of the RA Squash Executive, I would like to thank you for your support. We anticipate an exciting year of squash and look forward to meeting you and working on your behalf.

*Paulette Cogliati and Dennis Raymond
Co-Chairpersons, RA Squash Club*



RA Members' Code of Ethics

All members are requested to abide by the Member's Code of Ethics.

The Recreation Association of the Public Service of Canada is an Association of members of similar ideals who:

- Respect people and property;
- Support the activities to the maximum degree possible;
- Strive to achieve safe and honourable participation;
- Take pride in the RA and exhibit sportsmanship;
- Participate to have fun and be fit.

The Association is committed to providing an environment that is free of violence and harassment for all members, visitors and employees.



RA Squash Club Code of Conduct

1. We agree to demonstrate behavior that is courteous and respectful of others at all times.
2. For the enjoyment of all members, players are required to observe the play period: 40 minutes on courts one through six and 60 minutes on court seven.
3. At change-over, allow the players who are on the court to finish their rally before knocking on the door.
4. Allow the players who are on the court to open the door and vacate the court before you and your partner enter.
5. For Your Safety:
 - a. Wear appropriate clothing and non-marking light soled shoes on the courts. Aerobic attire and tank tops are not considered as appropriate Squash clothing.
 - b. Eye guards (CSA Approved) are strongly recommended for all members and guests. Eye guards are required for all players 18 years and under.
 - c. Players are encouraged to understand the rules and to call "lets". This will help to avoid injuries.
 - d. Warm-up before you play a game. The racquets warm-up room located adjacent to court number six is available for your use. If you would like instruction on appropriate exercises, speak to the LifeFIT staff on duty upstairs in the LifeFIT centre. Don't forget to hydrate!

Membership Options

Full membership - This membership provides adult members with court booking privileges at any time the club is open, plus the ability to register in all tournaments and league play. See court booking procedures page 4, Leagues Programs page 5 and Tournaments page 8.

Squash/Fitness membership - This membership is designed for those who want to add LifeFIT Centre Services to their full squash club membership. Details are available from Member Services Staff.

Gold membership - This membership is designed for those who want to participate in a variety of the RA's top-rated programs. Details are available from Member Services Staff.

Student membership - provides those 19 to 25 years of age who are attending college or university on a full time basis with the opportunity to book courts and play squash and participate in tournaments with the same privileges as the Full members.

Junior membership - provides those between 8 and 18 years of age with the opportunity to book courts and play squash and participate in tournaments with the same privileges as the Full members.

Non-prime membership - provides adult members the opportunity to book courts and play squash during the non-prime time hours. Playing hours are displayed under Court Booking Procedures listed on page 4.

Weekend membership - provides adult members with the opportunity to book courts and play squash between 5:00 p.m. Friday and closing on Sunday.

* Weekend and Non-Prime Time members can play during prime time hours occasionally providing they pay a \$6.50 (plus hst) court fee.

Guests Privileges

Squash Club members are welcome to sponsor a guest at any time. The daily guest fee of \$ 13. Members must accompany their guest and sign them in for the day at the East Wing Registration Desk.

Many members choose to purchase a 10-visit Squash Pass for their guests. This enables them to host either the same guest or different guests up to 10 times per year at a lower rate per visit. For details, check with Member Services at the East Wing Registration Desk.

Squash Lounge - In addition to being the place to gather after you come off the courts or watch a little television while waiting for your partner, the Squash Club Lounge is also the place where you will find information on up-and-coming club events. This is also the location for the league computer available to members to enter their games scores.

Wallet Lockers - The Association has installed wallet lockers in the East Lobby across from the Registration desk for your use. These are free of charge for members. The Member Services staff will provide you with a locker token.

Lockers - There are half lockers in all of the Association's locker rooms for your use. Please make sure you bring your own lock and use the lock whenever you are away from your locker. Some lockers are available for rent on a yearly basis. If you are interested in inquiring if any lockers are available, speak with the Members Services staff. **Please note:** From time-to-time there is a problem with thefts from our men's locker rooms. We have been successful in catching and charging individuals, however we have not been able to eradicate this problem altogether. The Association is not responsible for your lost, stolen or damages items. We strongly encourage you to be vigilant with your belongings and use a lock at all times.

Card Access - members are issued a swipe card when they first join the club. USE it please! This card remains active as long as your membership remains active. If you misplace your card, simply request another from the Member Services Staff at the East Registration Desk. There is a \$10 fee charged to replace your lost card.

Towel Service - The Association offers a Towel Service for members. You can choose between daily rental at \$1.00 or a yearly rental at \$105 plus HST. Towels are distributed at our East Registration Desk.

In Case of Emergency

The Association has an emergency response team in place. If an incident happens in the squash area, pick up the red telephone and it will put you in contact with the Member Service staff at the East Registration Desk. They will get help!

First aid supplies, from band-aids to ice packs, are available at the East Registration Desk. This is also the location of one of two defibrillators in the building. They are available for public use.

Court Availability

Court Booking Procedures

Courts may be reserved by calling Member Services Staff at either 613-523-6250.

Member Services Staff are on duty at 7:00 a.m. sharp from Monday to Friday and 8:00 a.m. on Saturday and Sunday. Courts can be reserved until 11:00 p.m. each night.

Members may reserve a maximum of one court per day in advance. However, an additional court may be spot-booked after you play. Full members can have only one seven day booking at a time, and can make another seven day booking when the current booking expires.

There is one court available for seven day booking, four courts for three day bookings, and two courts for 24 hour booking.

Please note that court 7 is a 60 minute play period with bookings 3 days in advance. All other courts are 40 minute playing periods, four of which are at the same time.

Full Members, Student, Junior, Squash/Fitness & Gold Members

Prime members may make advance bookings on either a seven day, three day or 24 hour basis and may play seven days a week, 7:00 a.m. - 10:40 p.m.

Non-prime time Membership

Provides access to the courts at the following times:

Monday to Thursday

6:00 to 11:20 a.m.

1:00 to 4:00 p.m.

9:40 to 10:40 p.m.

Friday

6:00 to 11:20 a.m.

1:00 to 4:00 p.m.

7:40 to 10:40 p.m.

Saturday and Sunday

7:00 to 8:40 a.m.

12:20 to 3:00 p.m.

6:20 to 10:40 p.m.

Weekend Membership

Weekend member privileges start at 5:00 p.m. on Friday and extend all day Saturday and Sunday.



Regular Program Offerings

Open City League (OCL) /Men's City League

The Ottawa District Squash Association (ODSA) operates six divisions of league play which reflect the skill of the players. Open City League sessions start in mid-October and run until mid-April. There are five sessions of five weeks – two before the Holiday Season and three after. Each divisional team is made up of four players who represent their club every Wednesday evening in match play at various club venues in the Ottawa/Gatineau region. This year the RA will field seven teams. Each RA OCL team is made up of players registered in the ODSA ranking system computer ranking system (computer in the lounge next to the squash courts) based on ranking.

Come out and join the fun and spirit of team competition. Check out the ODSA website at www.odsa.ca for teams, schedules, events, programs and rankings. For further information contact the RA Open City League coordinator, Steve Gobel at stevegobel@rogers.com

Please note: You must have full playing privileges to participate in this program.

Tuesday Night Club League (TNCL)

It is a great way to meet new women and men squash players, enjoy after game get together in the Fieldhouse Bar & Grill and build your squash endurance. (Not in the Fieldhouse, on the court.) Our league consists of 40-48 players organized in 8-9 teams, depending on sign up numbers. Every week teams compete in matches based on the American scoring system – a game to 50 points with the rally winner awarded a point. There are no breaks during these member-refereed matches. The registration fee includes TNCL apparel, end of session social with food, drink, and prizes. If you can't commit to playing every Tuesday night, we welcome you to sign up as a spare.

Formal sessions start early September and January. Sign up details are posted in squash viewing gallery and court access bulletin boards a few weeks prior. Requirements to play TNCL are one of the following RA Squash Memberships: prime-time, student, or junior.

If you have any questions about the RA Squash membership please feel free to inquire at Member Services 613-523-6250. Questions regarding Tuesday Night Club league, contact Dennis at fric198081@hotmail.com or Guy at gonzogb@videotron.ca; Blier.JEG@Forces.gc.ca

Please note: You must have full playing privileges to participate in this program.

Women's City League

The ODSA operates Women's City League on Thursday evenings at participating clubs. The league provides an opportunity to meet players from across the city and enjoy the camaraderie of other squash enthusiasts, both on game night and at a social event at the end of each session.

Teams play each other on a rotational basis. Each team is made up of players at different skill levels. Unlike the Open City League, WCL teams consist of players from different participating clubs. This format ensures competitive matches. There is a fall session (September), a winter session (January) and a spring session (March).

Want to get involved? Contact Paulette Cogliati (pcogliati@rogers.com). She will help you join the fun!

Mixed House League

The Mixed House League is targeted at the recreational player and is designed to provide members with a continuing source of challenging games with others of their level. It is an excellent way for new members to meet other players of similar playing ability.

Houses are composed of four to six players, and play involves a round robin event for the players in each house. Within a designated time (usually five weeks) new houses are established based on the results of the previous round. Results are based both on the number of matches played as well as the results of the matches. Players move up or down based on their results, ensuring players always play other players of similar ability.

For more information on the Mixed House League, or to get into the program, please contact Jeff Watts at 613-733-5100 ext. 351.

Wednesday Summer League

During the summer, the Club operates a Wednesday night RA team competition league which emulates the Open City League. Summer League starts in mid-May and ends in late July. Approximately 10 or 12 teams of three players compete weekly on a rotational basis (round-robin format). Summer League is a great way to maintain competitive playing skills and to socialize with RA squash members during the off-season.

For further information contact Steve Gobel at stevegobel@rogers.com

Please note: You must have full playing privileges to participate in this program.

Weekly Squash Drop In

No partner required

Want to play and don't have a partner? Just show up to the club's Weekly Round Robin Drop in! All levels of players are welcome! A great way to find new partners!

Saturday & Sunday 1:00 p.m. to 3:00 p.m. - runs all year.

Summer Squash Drop In

Same as the Weekly Round Robin Drop-in ... just shifted to Tuesday nights from 7:00 p.m. to 9:00 p.m. The summer schedule starts mid-June and runs until the end of August.

Plan to join your fellow members.

Instruction

The RA Squash Club's professional staff provides a wide range of instructional programs for players of all ages. The three most popular group programs include:

Skill Enhancement Clinic - Beginner and Intermediate clinics are held throughout the year.

Beginner clinics are primarily designed for individuals new to the game. The focus is on basic strokes, rules and an introduction to match play.

Intermediate clinics are intended for the C/B player looking to improve their game. Sessions focus on more advanced strokes, footwork and tactics.

Details on dates and cost are available at the East Wing Registration Desk.

Fitness on the Court! - Our professionals host a number of Squash Fitness Clinics each year. The clinics are held once a week and are 40 minutes long. These clinics provide high intensity anaerobic training specifically designed for the rigors of playing squash, which differs from more traditional aerobic training.

For information on date & time, course content, skill levels, and registration fees for these programs posted in the Squash Lounge and on the Club website. Registration is accepted at the Members Services East Registration Desk or on line at www.racentre.com

Private & Semi-Private Lessons

Individual Lessons

Individual lessons are available from one of the club's four squash professionals. The coaching staff consists of Head Squash Professional Jeff Watts and Assistant Squash Professionals Matt Arkett, Rob Walsh and Josh Brown. Individual lessons allow for a more in depth analysis of your game and to target specific aspects for improvement.

By working on a one on one basis, our squash professionals can develop the weaker parts of your game and suggest appropriate practice exercises. Lessons are 40 minutes in duration.

Cost: \$ 41/per lesson
\$133/package of four lessons

Semi-Private Lessons

Semi-private lessons for two people are available. This is ideally suited for individuals who are playing at or near the same level of play. Lessons are 40 minutes in length.

Cost: \$ 58/for one lesson
\$183/package of four lessons

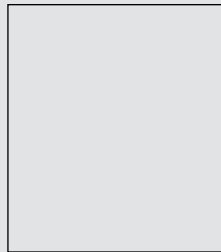
For information on private and semi private coaching contact Jeff Watt. Registration is accepted at the Members Services East Registration Desk or on line at www.racentre.com

RA Squash Club Team



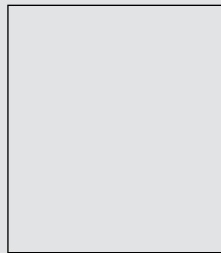
Jeff Watts - Head Professional

All activities, including the junior program are conducted under the guidance of the Club's Head Professional, Jeff Watts. Watts has been a squash professional for over 20 years in the U.K. and Canada. He has won more than 70 tournaments, including a national Champion of Champions Tournament held in London, England.



Matt Arkett - Assistant Professional

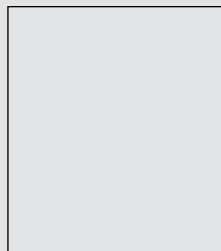
Matt joined the Squash club professional team in 2007 as assistant squash pro RA Centre and Junior Program Co-ordinator. He is a Level II NCCP Coach with years of experience coaching squash in the Ottawa region. He represented province of Munster as a Junior in Republic of Ireland. University of Waterloo player 1997-1998, 1998 OUAA Teams Silver Medalist and 2009 RA Squash Club Champion.



Rob Walsh - Assistant Professional

Rob hold his Squash Ontario Level Two Coach designation. As a junior he was both provincially and nationally ranked.

Provincial Mens Champion,
OUAA Silver Medalist,
Canadian Squash Championship
Bronze Medalist 35+.



Joshua Brown - Assistant Professional

Certified Squash Instructor NCCP Level 1

Squash Canada Certified Referee

Competed in International level competitions as a junior.

Junior Program

Junior Program

The RA Junior Squash Program is designed to introduce young athletes to the game of squash in a safe and fun environment. Those who are just starting the game will learn the basics, including the grip, forehand and backhand drives, serve, return of serve, rules and an introduction to match play. Intermediate to advanced junior players will learn more advanced shots such as the drop, volley, boast and lob while being introduced to match tactics. Although a squash specific program, many skills learned are transferable to other sports. Teaching good hand eye coordination, balance, flexibility, endurance, speed and agility are all key components of the program.

Non-marking shoes are required. All other equipment is made available to juniors during the program.

Saturdays, 9:40 am – 11:00 am

Session I September 18 to November 20

Session II January 15 to March 12

Cost \$ 93 per session
\$163 for both sessions

Junior Squash Training

Junior Squash Training is an excellent way for competitive junior players to improve their game. The training sessions teach athletes what is required to succeed in junior squash putting an emphasis on hard work and dedication through intense drills and conditioning games. Topics covered in the training include footwork, fitness training, match preparation and tactics.

Thursdays, 6:00 pm – 7:00 pm

Session I September 30 to December 2

Session II TBA

Maximum of 8 participants

Cost \$70 per session

Junior City League

Junior City League has been developed as a way for junior players from Ottawa/Gatineau clubs to compete with each other on a weekly basis. RA Junior Team members will host and visit other clubs in the region in a team match play environment. The league is a great way for junior players to gain exposure into the competitive side of the sport while learning the importance of fair play and building friendships.

For further information contact Joshua Brown or Matt Arkett
613-736-5100 x351.

RA Sports Shoppe

For all your sports and fitness needs



A proud supplier of
RA GEAR

Racquets & Squash Supplies

Sportswear and equipment

Racquet sales and
stringing service

Fitness, aerobics,
running & court shoes

Team uniforms available

Thorlo • Champion • Victor • Wilson • Yonex • Head
Karikal • Black Knight • Dunlop • Asics

RA Centre East Wing 613.733.1302



Squash Club

Tournaments & Socials

The RA Squash Club hosts a series of tournaments and events. Here is the list for the 2010 - 2011 season.

RA Fall Classic Tournament (RA members only)
November 5 - 7, 2010

RA Winter Squash Open (open participation)
January 27 - 30, 2011

RA Club Championships (RA members only)
April 7 - 10, 2011

RA Squash Club Annual General Meeting
April 10, 2011

RA Calcutta Tournament (RA members only)
February 25 - 27, 2011

Tournaments are open to all annual Squash Club Members only. For the RA tournaments, the registration fee includes both squash and social events. There is a social-only option that allows members to bring guests. For more information on tournaments, please call Jeff Watts at 613-733-5100 or karakal@magma.ca



RA Centre

2451 Riverside Drive, Ottawa ON K1H 7X7
(613) 733-5100 www.racentre.com