



Squash Club

Handbook 2016

613.733.5100 www.racentre.com



Revised January 2016

RA Squash Club 2015 - 2016 Executive Committee

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| Chairperson | Steve Gobel |
| Vice Chairperson | Alan Smith |
| Secretary | Debbie Witham & Cathie Wood |
| Treasurer | Stephane Lussier |
| Social | Dennis Raymond |
| Publicity | Stephanie Bazin |
| Tournaments | Phil Jourdeuil |
| Open City league | Clark Johnston |
| Member at large Junior Rep | Chris Jourdeuil |
| Women's League | Barb Fischer |
| ODSA Representative | Mikola Czich |
| Past Chairperson | Alan Smith |

The RA's 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, eighteen 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 | President's Award |
|------------------------|-------------------------------------|
| 2013 Dennis Raymond | 2015 Alan Smith |
| 1996 David Rayner | 2015 Guy Blier |
| 1991 Larry Jones | 2013 Steve Gobel |
| | 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 2015 - 2016 Squash Season!

The RA Squash Club has programs and activities for players at all levels. Our variety of programs, clinics, tournaments, and special events are designed to provide something for everyone. In addition, RA members can take advantage of the many services that the RA has to offer. The Fieldhouse Bar & Grill is a great place to socialize after a match.

Some of the most popular club activities are Tuesday night club league, Open city league on Wednesday nights, Women's city league on Thursday nights and drop-in squash on Saturday and Sunday afternoons.

For information on the club, check out the club's website at www.racentre.com/clubs/squash/.

The RA Squash Executive provides a forum to organize club activities and to work with the RA staff to improve the Club. We welcome 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 choosing the RA as your squash club. We anticipate an exciting year of squash and look forward to meeting you and working on your behalf.

*Steve Gobel
RA Squash Club Chair*

Lesson Info

Squash Outaouais is under contract to the RA to provide Professional Services to the RA Squash Club.

Maxym Leclair, Head Coach of Squash Outaouais, is the principal for our Club. Maxym is a certified level 2 coach with the National Coaching Certification Program (NCCP), with 9 years of experience in teaching and organizing squash events. As a player, he was himself trained by Canada's national coach, Yvon Provençal. He played in the Professional Squash Association (PSA), where he reached rank 130 in the world. This unique experience allowed him to play some of the best players in the world, such as Daryl Selby (#13), as well as former world champion Jonathon Power.

Private Lesson: \$ 42 single lesson
\$145 package of four lessons

Semi Private: \$ 58 single lesson
\$183 package of four lessons



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: 45 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

Prime Time membership \$529 - 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.

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.

Intermediate \$264 - Open to those between the ages of 18-25 years. These players have the same playing and booking privileges as prime time members.

Junior membership \$145 - 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 \$376 - 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 \$315 - 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 \$7.50 (HST inc.) court fee.

Hosting a Guest! - Squash club members are welcome to sponsor a guest at any time. The daily guest fee is \$ 15.

Member must accompany their guest and sign them in for the day at the Member Services Desk located at the RA's East Wing Lobby.

10 Visit pass - The Squash Club has endorsed the ten-visit pass for those who want to play the occasional game of Squash without joining the club.

This year, the fee is set at \$ 115.00 plus HST. Please note: all ten-visits passes expire on August 31, 2016. For information check with Member Services staff at the East Wing Registration Desk.

Court Availability

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 \$110 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 Booking Procedures

The Squash Club moved to an on-line booking system and has partnered with GameTime to provide this service. Please allow for up to two business days for your membership to be entered into GameTime.

Getting started with on-line booking

Start at: <https://rac.gametime.net>

This link can also be found on the Squash page of the RA's website. Remember... IF you have trouble or choose not to book on line, you are still welcome to call in your reservation. Our Member Services staff will help you understand the process and/or book your court for you.

"Your First Time"

- Select the first time user tab
- Enter your LAST NAME and your CLUB NUMBER

Please note: The club number is that of the primary member. Family members can find their club number on the front of their access swipe card or by calling Member Services.

If you run into an error and your club number begins with a zero, remove the first zero and try again.

- You will then be asked to create a username and password and to set-up your profile.

To facilitate the booking process, while at the Club, the squash lounge computer is available for members to use to book courts.

Courts 2 & 3 are 7 day advance booking and all other courts are 3 day advance booking.

Full Members, Student, 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. - 10:45 p.m.

Non-prime time Membership

Provides access to the courts at the following times:

Monday to Thursday

7:00 to 11:45 a.m.

1:00 to 4:15 p.m.

9:00 to 10:45 p.m.

Friday

7:00 to 11:45 a.m.

1:00 to 4:15 p.m.

7:00 to 10:45 p.m.

Saturday and Sunday

7:00 to 9:00 a.m.

12:15 to 3:45 p.m.

6:15 to 10:45 p.m.

Weekend Membership

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

Intermediate Membership

Available to those between the ages of 18-25 years. These players have the same playing and booking privileges as prime time members.

Junior Membership

Junior membership is open to those 17 years of age and under as of December 31st of the registration year. Juniors have the same playing privileges as prime-time members.

Regular Program Offerings

Open City League (OCL) /ODSA

The Ottawa District Squash Association (ODSA) operates seven divisions of competitive 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. Last year the RA fielded 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.odsac.ca for teams, schedules, events, programs and rankings. For further information contact the RA Open City League coordinator, Clark Johnston at clarkjohnston@hotmail.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 refereed matches played between players that are at the same level. There are no breaks during these member-refereed matches. The registration fee includes, 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 613-733-5100 ext.361. Questions regarding Tuesday Night Club league, contact Dennis at fric198081@hotmail.com.

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

Women's City League

The Women's City League provides an opportunity to meet players and enjoy the camaraderie of other squash enthusiasts, both on game night (Thursdays) and at a social event at the end of each session.

Players are organized into box leagues based on the player rankings from the ODSA ranking system - Rankenstein.

This format ensures competitive matches. There is a fall session (September), a winter session (January) and a spring session (March).

Want to get involved? The WCL is comprised of primarily RA Squash members. However women players from other clubs are invited to join this league. Contact Barb Byrne (rideau24@rogers.com) or Lesley Kelly (lesleyk@rogers.com). They will help you join the fun!

Summer Leagues

During the summer the Club operates two different leagues. On Tuesday night beginners to mid-level complete players face off in a format that allows them to play against players at their own level. On Wednesday nights mid-level to top competitive players play a similar format. These leagues offer more flexibility than other leagues as scheduled matches can be played at another time, day, or week to accommodate summer holidays and other commitments. The summer leagues start in mid/late May and continue into August. RA Summer Leagues are a great way to maintain competitive playing skills and to socialize with RA Squash members during the summer months.

For further information contact Steve Gobel at steve.p.gobel@gmail.com.

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

RA Season Challenge

The Club operates a season long tournament that runs from September to May. Players commence play in a box format in the fall followed by a tournament style draw in the winter and spring. Matches are arranged at a convenient time to both players. The action culminates in the RA Season Challenge Finals Night in May which features food and beverages as well as up to eight finals matches for viewing. Registration for the tournament is in September but all are welcome to participate in the Finals Night festivities.

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.



Squash Club

Tournaments

The RA Squash Club hosts a series of tournaments and events. Here is the list for the 2015 - 2016 season.

Fall Classic Team Tournament

- October 23 to 25, 2015

RA Masters Bob Searle Open

- November 26 to 29, 2015

RA Open

- January 28 to 31, 2016

Calcutta

- March 6 to 8, 2016

Club Championships

- April 7 to 10, 2016

Annual General Meeting

- April 8, 2016

RA Summer Open

- August 18 to 21, 2016

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.



All prime time and non-prime squash members are eligible for great reductions on a fitness membership with the RA's LifeFIT Centre. For only \$ 120... you can add a full LifeFIT Membership... what a great way to compliment to your time on the court. Complete details on the LifeFIT services and programs are available from Member Services. Interested, we will be happy to arrange a complementary one-time visit for you. Just give the LifeFIT Centre staff a call at 613- 733-5100 ext 312.

LifeFIT
CANADA



RA Centre

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