

# England Squash & Racketball Events Bulletin!

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Welcome to the August 2010 edition of the London & South East Regional Events Bulletin for London, Middlesex, Surrey, Sussex, Kent.

The pages that are in maroon in the contents list are repeats from last bulletin that are still relevant.



## Announcements

### Squash & Racketball Coaching Courses:

UKCC Level 1 Coaching Course at the Finchley Manor on 2nd October and 6th November.

UKCC Level 1 Coaching Course at the University of Sussex on the 7th November and 5th December.

Racketball Coaching Course at Warlingham Sports Club on Sunday 8th August.

Please contact Louise Pickford ([louise.pickford@englandsquashandracketball.com](mailto:louise.pickford@englandsquashandracketball.com)) to sign up for either of these courses.

Nick Matthew was interviewed by BBC Yorkshire, Nick is on from 2:40:00 onwards [http://www.bbc.co.uk/iplayer/episode/p0090l3j/Saturday\\_Breakfast\\_31\\_07\\_2010/](http://www.bbc.co.uk/iplayer/episode/p0090l3j/Saturday_Breakfast_31_07_2010/)

Laura Massaro was interviewed by BBC Radio Lancs, Laura's on from 3:00 onwards [http://www.bbc.co.uk/iplayer/episode/p009021h/Sport\\_30\\_07\\_2010/](http://www.bbc.co.uk/iplayer/episode/p009021h/Sport_30_07_2010/)

# **Manchester Junior Open Sanctioned Event 2010**

**National Squash centre,  
Manchester 20<sup>th</sup>/21<sup>st</sup> Nov 2010**

**Under 11's, 13, 15 & 17**

**Entry Fee £15**

**T-shirt for each entrant**

**(CLOSING DATE 1st November 2010)**

**For More information and an entry form please**

**Contact Chris Lengthorn on 07827343370**

**Email: [chris.lengthorn@englandsquashandracketball.com](mailto:chris.lengthorn@englandsquashandracketball.com)**



England  
Squash &  
Racketball



MANCHESTER  
CITY COUNCIL

# THE MANCHESTER JUNIOR OPEN

**ESR Sanctioned Event**  
**20<sup>TH</sup>/21<sup>ST</sup> November 2010**

## ENTRY FORM

Venue:	<b>National Squash Centre, Sportcity, Manchester, M11 3FF</b>	Tournament Organisers: Chris Lengthorn
Club Tel:		Email: chris.lengthorn@englandsquashandracketball.com

Please complete in **BLOCK CAPITALS**:

<b>FULL NAME :</b>					
<b>ADDRESS</b>					
	POSTCODE :				
<b>E-MAIL</b>					
<b>HOME TEL NO</b>		<b>MOBILE</b>			
<b>COUNTY ELIGIBILITY</b>		<b>COUNTY RANK- ING</b>			
<b>NATIONAL RANKING</b>					
<b>T SHIRT SIZE</b> (Please circle)	Small	Medium	Large	X Large	
<b>I wish to enter:</b>	(Please Circle)				
<b>Girls</b>		11's	13's	15's	17's
<b>Boys</b>	Age				
<b>ENGLAND SQUASH MEMBERSHIP NO:</b>					

**The closing date for entries is Monday 1<sup>st</sup> November 2010 Entries received after this date will not be accepted.**

**Important notes – Please read**

*Receipt of your entry and draw details will be sent by email – **please write your email address clearly!***

*Registration/match times for each grade will be emailed during the week preceding the tournament.*

***I enclose my entry fee of £15.00 (cheques made payable to Manchester City Council)***

I agree to abide by the Players Tournament Code of Conduct

**Please forward the completed entry form with payment to:** Chris Lengthorn, England Squash and Racketball, National Squash Centre, Rowsley Street, Manchester, M11 3FF





# Rivalries Never Die...

Jonathon Power  
Peter Nicol  
John White  
Simon Parke  
Peter Marshall  
David Evans  
Tim Gartner  
Stacey Ross

legends@events-sports.com • legends@events-sports.com

Tickets  
£10.00 - £30.00

Contact:  
01932  
843541

## LEGENDS OF SQUASH

St George's Hill Lawn Tennis Club, Weybridge  
September 3rd to 6th 2010

[www.legendsofsquash.com](http://www.legendsofsquash.com)

  
St George's Hill  
TENNIS • SQUASH • FITNESS

Sponsored by the Nine Telecom Group

 NINE  
TELECOM  
GROUP



## Summer Squash Camp

Wednesday 4<sup>th</sup> August 2010 12:30pm – 5pm  
Ages 8 – 18, Boys and Girls

**A FUN PACKED SQUASH COACHING CAMP WITH  
ENGLAND COACH PAUL CARTER & PSA PRO  
ADAM FULLER**

**- £45 FOR FULL DAY TRAINING -**

### About the Camp

A unique opportunity for Juniors to mix with and get coaching from an England National Coach and a top Hertfordshire based International Player. All the training is based on a programme used regularly by the Pros, giving you a taste of being a full time player. The emphasis of the Camp is on enthusiasm and quality – and we have the right coaches here to make that happen for all levels and all abilities.

### What's in the Camp?

The Camp lasts from 12:30pm to 5pm on August 4th and culminates in a Handicap Tournament.

A variety of activities include:

- All-round technical coaching from a World renowned coach and a top player
- Video Analysis of Technique
- Plyometrics, Circuit Training, Speed Work
- Play the Pro
- Conditioned Games, Mini Tournament

All sessions will involve time on court with the coaches. There are limited spaces, guaranteeing a high coach to pupil ratio to ensure that everybody gets quality attention to their game.

However, we'll have fun doing it, with plenty of variety and interest!

*N.B. Bring your own food for the break*



### Sample Day

**12.30pm** Warm up outside (weather permitting). Jog around the playing field for a stretch, some sprint games and Squash specific movement exercises. Note: Bring outdoor trainers.

**13.15** Get onto court and implement the movement technique whilst learning correct racket work for the 'kill' shot, followed by dividing off and working with the coaches on court.

**14.15** Devised conditioned games to finish the session.

**14.45-15.15** Break. Watch and analyse video.

**15.15** Back on court for routines and competition based on morning's lessons.

**15.45** Conditioned games & gameplay. Coaches on hand to implement the work done earlier into the games.

**16.00** Circuit training. Work on Speed, Agility & Power specific to Squash.

**16.15** Handicap competition to finish. End of a tough day!

**Contact Adam Fuller: 07751 239472 or email: adam-fuller@hotmail.co.uk**



## HOT OFFERS OF THE MONTH



We're heading into August and the schools will soon be out for summer. Stuck of an idea of where to take the kids? Maybe you and your partner have time off work together? Check out our pick of the offers for August – including some fantastic family days out!

Remember if you are a member of England Squash & Racketball you are entitled to a whole range of membership benefits.

If you haven't yet activated your membership visit: [www.englandsquashandracketball.com](http://www.englandsquashandracketball.com) and follow the instructions on the home page.

If you are not already a member then join today by visiting [www.englandsquashandracketball.com](http://www.englandsquashandracketball.com)

## FUN DAYS OUT!

**Buy 1 Get 1 Free**



Indulge yourself and take a break... Something for everyone our 2 entries for the price of 1 and Kids go Free appeals to all ages and interests. Including museums, country houses, farms, country parks and even caves!

To view a full listings of the days out available visit: [www.bestrewards.co.uk/fundaysout](http://www.bestrewards.co.uk/fundaysout)

To download the voucher visit the family section of your benefits and click on fun days out voucher.

## cottages4you

*Save 10% off your next cottage or villa holiday with Cottages4you!*

Cottages4you is a market-leading specialist in self-catering cottage and villa holidays offering over 13,000 properties throughout the UK, Ireland, France, Spain, Portugal and Italy. All property is recruited by regional managers and is regularly inspected to ensure the highest standards of quality are maintained and holidaymakers have everything to ensure their holiday runs smoothly.

Customers can search online for their ideal holiday let – view extra photos and even take a virtual tour! You can book securely online; alternatively call our friendly Sales team who will be able to search for you.

# Up to 50% off!!



Plus there's up to 70 FREE Activities on Pontin's Holiday Parks for the whole family to enjoy. Choose from favourites such as Crazy Golf and Human Table Football or try the fantastic new Waterwalkerz that let you run, bounce and flip on the water without even getting wet!

Come and meet Pontin's colourful and fun loving characters, with Captain Croc as the leader of the gang, Florence the Ostrich, who takes good care of the under fours, Chuckles the very cheeky monkey and Zena the Zebra, who won her stripes entertaining the four to seven year olds. Pontin's Holiday Parks are jam packed with entertainment all year round, showcasing a whole range of outstanding performers that are sure to keep you singing, dancing and laughing all night long!

Choose from Pontin's four fantastic Self Catering Holiday Parks:  
Southport – North West, Prestatyn Sands – North Wales  
Brean Sands – Somerset, Camber Sands – Sussex

**DISCOVER BRITAIN with GREAT SAVINGS on  
COUNTRYSIDE BREAKS with OLD ENGLISH INNS**  
- only £24.95 per person, Bed and Breakfast

How would you like to enjoy a few days in the countryside?  
Whether you enjoy walking, cycling, exploring old villages,  
visiting historic houses and gardens or simply relaxing with  
a favourite book in a comfy armchair, you will be able to arrange  
your perfect break with our special offer.



We have teamed up with Old English Inns to offer you the chance to  
escape to our beautiful countryside with super savings. You have  
over 60 traditional inns and hotels to choose from over 28 counties – old coaching inns, timbered  
buildings and attractive town houses -in seaside, small town and countryside locations.

Each of the inns have their own special charm and delightful surroundings - historic buildings, cosy  
bedrooms, oak beamed bars and restaurants, freshly cooked food, fine wines and real cask ales –  
just right for a break away!

To take advantage of these offers plus many more then visit:  
[www.englishsquashandracketball.com](http://www.englishsquashandracketball.com) log on, click on my account and then  
my benefits.

If you haven't yet activated your membership visit:  
[www.englishsquashandracketball.com](http://www.englishsquashandracketball.com) and follow the instructions on the  
home page.





## **Squash Refereeing and Marking Course**

The Roehampton Club are hosting a Squash Marking and Refereeing Course on Monday 13th September at 7pm, tutored by Mark Dilloway. There is a £5 fee for non Club members.

If anyone you know is interested in attending this course please contact Paul Lindsay

**Paul Lindsay**  
**Head Squash Professional**  
Roehampton Club  
Telephone: 0208 480 4227  
Email: [paul.lindsay@roehamptonclub.co.uk](mailto:paul.lindsay@roehamptonclub.co.uk)  
[www.roehamptonclub.co.uk](http://www.roehamptonclub.co.uk)

# REFEREES DAY



England  
Squash &  
Racketball

Coventry & North Warwickshire Cricket and Squash Club  
Binley road, Coventry West Midlands CV3 1HB

**SATURDAY 25<sup>th</sup> SEPTEMBER 2010.**

**PLEASE COMPLETE IF YOU WISH TO ATTEND**

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Please x appropriate boxes

I will require accommodation

☐

I will require an evening meal

☐

I wish to play Squash/Racketball

☐

I would like the following item/s to be raised at the meeting:

Please return by 5<sup>th</sup> September 2010 latest to: Martin Roberts. 9, Alliss Road, Branton, Doncaster. South Yorkshire. DN3 3NT or by email to [mar-tin.roberts@englandsquashandracketball.com](mailto:martin.roberts@englandsquashandracketball.com)

## 2010 SURREY COUNTY CLOSED JUNIOR BOYS & GIRLS SQUASH CHAMPIONSHIP

**September 25th & 26th 2010**



at

Wimbledon Racquets & Fitness Club.

Cranbrook Rd.

Wimbledon

SW19 4HD

Tel: 0208 947 5806

Fax: 0208 944 0091

[www.wimbledonclub.co.uk](http://www.wimbledonclub.co.uk)

Events:

**Under 19 Boys & Girls, Under 17 Boys & Girls**

**Under 15 Boys & Girls, Under 13 Boys & Girls**

**Under 11 Mixed**

**Closing date for entries: Wednesday 15<sup>th</sup> September**

To be eligible to compete in the championship your place of birth or residence must be in Surrey/South London. You may enter only one county closed per season. Players must be under the age limit on the 26th September 2010.

The Championships are held in accordance with the England Squash Rules and the England Squash Code of Conduct will apply. **Goggles must be worn.**

Competitors may enter a maximum of two events but must recognise that play may be congested in the early rounds. There will be a plate competition for first round losers in each event.

### **Every match winner marks the succeeding match on court.**

An entry fee of £10 for one event (£16 for 2 events) must accompany the Entry Form. Cheques should be made payable to **"Surrey Junior Squash."** Notification of your 1<sup>st</sup> round match & draw will be available from Tuesday 21<sup>st</sup> September on the League Master website: <http://county.leaguemaster.co.uk>

### **Late entries will not be accepted.**

White or pastel coloured clothing must be worn, with non-marking shoes.

The Tournament Organiser is Phil Rushworth and his decisions will be final in all matters. Competitors must arrive 30 minutes before the scheduled time of their first match and register with the organisers on arrival.

England Squash rules indicate that players not entering their County Closed may not be granted an England Squash national ranking.



# 2010 SURREY COUNTY CLOSED JUNIOR BOYS & GIRLS SQUASH CHAMPIONSHIPS



Tournament Organiser – Phil Rushworth (07749 969 425)

## ENTRY FORM

Please use block capitals & complete all the sections.

Name:		Date of Birth:	
Address			
		Tel No:	
		Post Code:	
e-mail address			
Qualification if not resident (as above). Place of Birth:			
England Squash No.			
Club (or school):			
Please tick the event(s) you wish to enter:			
Under 11 (mixed)			
Under 13 Boys		Under 13 Girls	
Under 15 Boys		Under 15 Girls	
Under 17 Boys		Under 17 Girls	
Under 19 Boys		Under 19 Girls	
<p>Note: Play will commence at 9:00am on Saturday 25th September. All players to report at Tournament desk a <b>minimum</b> of 30 minutes prior to their first match.</p>			
<p>I enclose the entry fee of £ (£10 one event, £16 two events). Please make cheques payable to 'Surrey Junior Squash'. Notification of your 1<sup>st</sup> round match &amp; time will be via the 'League Master Website' <a href="http://county.leaguemaster.co.uk">http://county.leaguemaster.co.uk</a> Tuesday 21<sup>st</sup> September.</p>			
Signed:		Date:	
<p>Under SRA rules, goggles must be worn for all England Squash sanctioned events. There will be goggles available to purchase, if needed, at the tournament.</p>			
<p>Please return this form by <b>Wednesday 15th September 2010</b> to – Phil Rushworth (marked "Surrey Junior Closed") at Wimbledon Racquets &amp; Fitness Club, Cranbrook Road, Wimbledon SW19 4HD</p>			
<p><b>** Late entries will not be accepted**</b></p>			

# **2010 Middlesex Squash Junior Closed Championship**

at

**Southgate Squash & Racketball Club**

**Boys and Girls Events  
Under 19's, 17's, 15's, 13's  
And Mixed Under 11's**

**Free T-shirt!!! Enrol now!!!**

**Latest entry date 15 September**

**Entry forms available from**

[www.middlesexjuniorsquash.org.uk](http://www.middlesexjuniorsquash.org.uk)

[www.southgatesquashclub.co.uk](http://www.southgatesquashclub.co.uk)

**Southgate Squash & Racketball Club, Walker  
Ground, Waterfall Road, Southgate, N14 7JZ**

**Enquiries to:**

[srccommittee@yahoo.co.uk](mailto:srccommittee@yahoo.co.uk)

**07904 300288**



**Sponsored By Dunlop**



Southgate Squash and Racketball Club • Walker Ground • Waterfall Road  
 • Southgate • LONDON • N14 7JZ  
[www.southgatesquashclub.co.uk](http://www.southgatesquashclub.co.uk) • email: [ssrccommittee@yahoo.co.uk](mailto:ssrccommittee@yahoo.co.uk) •  
 telephone: 07904 300288



# 2010 Middlesex Squash Junior Closed Competition 25-26 September 2010

to be held at

Southgate Squash and Racketball Club

## The Rules

- ☐ You must be a British citizen and eligible to represent Middlesex if selected. You must have been born in Middlesex or have lived in Middlesex for 3 months prior to 26 September 2010 and are not representing another county in the coming season.
- ☐ You must be under the age limit for your event on 26 September 2010. You can only enter one age group.

## Eye protection must be worn for all matches.

- ☐ You must be available to play when required on both days.
- ☐ You must be a member of England Squash.
- ☐ The time of your first match and how to find Southgate will be sent to all entries after the closing date, which is **Wednesday 15 September 2010**.

## How to Enter

- ☐ Log on to our website and follow the links to register online.  
[www.southgatesquashclub.co.uk](http://www.southgatesquashclub.co.uk)  
 or complete and post the form below.
- ☐ Payment of £ 15 (includes T-shirt ) is possible by debit (no charge), credit (£1 charge) card  
 over the phone -07904 300288 or cheque made payable to **SSRC** and posted to:  
**Middx Closed, SSRC, Walker Ground, Waterfall Road, Southgate, N14 7JZ**

I wish to enter (please tick one of the following as appropriate):

Boys Under 13 Under 15 Under 17 Under 19

Girls Under 13 Under 15 Under 17 Under 19

Mixed Under 11

Print Clearly

**Full Name**

**Home Address**

**Email**

**Home/Mobile No. Date of Birth**

**Age at tournament Size for T-shirt**

**Home Club England Squash No.**

**I enclose my entry fee of £ 15 with a stamped address envelope if no email address.**

Signed

Date



Dear All,

I am delighted to announce that the Children's Able and Disabled Sports (CADS) programme has reached the **FINAL** of **The National Lottery Awards!** The Awards are an annual search to find the UK's favourite Lottery-funded projects, and they aim to celebrate and recognise the difference that those projects have made to people, places and communities all across the UK.

The final round of voting is now open until Friday August 13<sup>th</sup>. Every vote counts and the results of the awards will be shown on a live BBC1 programme on Saturday 4<sup>th</sup> September. We are all so grateful that with your help we managed to get through the semi-finals now its one big push to see if we can become the overall winners!

Please, please, please click on the below link and vote for the CADS project! You don't need to put any of your details in, just literally click on the vote button!

[http://www.lotterygoodcauses.org.uk/awards/shortlistitem.cfm?id\\_category=6&id\\_entry=143](http://www.lotterygoodcauses.org.uk/awards/shortlistitem.cfm?id_category=6&id_entry=143)

or call – **0844 686 5925**

Every vote counts, so we really appreciate your support! I will keep you updated on our progress – thank you! Could you also forward this onto all of your contacts, friends, family!

Thank you again! I really appreciate all of your support!

Steve

Steve Harp  
CADS Development Manager  
Seashell Trust  
Stanley Road  
Cheadle Hulme  
Cheshire  
SK8 6RQ  
[steve.harp@seashelltrust.org.uk](mailto:steve.harp@seashelltrust.org.uk)  
<http://www.seashelltrust.org.uk/cads>  
0161 6100124 (direct)  
0161 6100100 (switchboard/minicom)  
0161 6100101 (fax)  
07900 994010 (mobile)  
Reg. Charity No - 1092655



## Junior Squash Camp

Taken by England Internationals

**31<sup>st</sup> August & 1<sup>st</sup> September 2010**

**9:30am – 2.30pm**

**20 places available!**

Sessions will include coaching, fun games, match play and marking, fitness and prizes galore!!!

Mini Tournament on last day

Lunch & refreshments included

Tring Squash Club Members - £35 per person per day or £65 for both days inc T Shirt\* & lunch

Non-Members - £40 per person per day or £75 for both days inc T Shirt & lunch

For more details:

Pick up an application form from club noticeboard or visit [www.tringsquashclub.co.uk](http://www.tringsquashclub.co.uk) and

[www.darrenwithey.co.uk](http://www.darrenwithey.co.uk)

contact Darren [darren.squash@btopenworld.com](mailto:darren.squash@btopenworld.com)



THE POWER OF YOU



## Tring Summer Squash Camp

Summer Squash Camp for juniors of all age and ability will run at  
Tring Squash Club, Cow Lane, Tring, Herts  
On 31<sup>st</sup> August & 1<sup>st</sup> September 09:30 to 14:30



SESSIONS WILL INCLUDE COACHING, FUN GAMES, MATCH PLAY AND  
MARKING, FITNESS AND PRIZES GALORE!!!



Tring Squash Club Members - £35.00 per day or £65 both days Inc T Shirt\* & Lunch  
Non-Members - £40 per day or £75 all days Inc T Shirt\* & Lunch  
(\*T Shirt with bookings for both days only)

Payment must be made at time of booking by post (with cheque) to  
Mr Darren Withey The Nook, 101Chalkshire Road, Butlers Cross, Bucks HP17 0TJ

Any enquiries please ring Darren Withey on 07990-536117 or  
E-mail at [darren.squash@btopenworld.com](mailto:darren.squash@btopenworld.com).

**Don't forget to visit the website, for information, news and a competition!**  
[www.darrenwithey.co.uk](http://www.darrenwithey.co.uk)

### Booking Form for Tring Squash Camp – Summer 2010

Name & Contact No:

.....

School Year Group..... Date Of Birth.....

Address.....

.....

E Mail .....

Medical Conditions.....

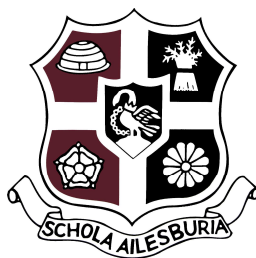
Doctor's Name & Telephone No.....

Aug 31st Sept 1<sup>st</sup> (circle days as appropriate)

Payment enclosed £.....



## Aylesbury Grammar School Junior Squash



## Summer Rackets Sports Camp

Summer Rackets Camp for juniors will run at Aylesbury Grammar School  
9<sup>th</sup>, 10<sup>th</sup>, 23<sup>rd</sup> & 24<sup>th</sup> August  
09:30 to 14:30

SESSIONS WILL INCLUDE COACHING, FUN GAMES, MATCH PLAY AND MARKING, FITNESS  
AND PRIZES GALORE!!!  
Squash, Table Tennis, Racketball

AGS Squash Club Members - £35.00 per day or £130 days incl T Shirt\*

Non-Members - £38 per day or £140 for full course incl T Shirt\*

(\* T shirt only for full course bookings.)

Payment must be made at time of booking with Mr Withey, AGS coach, on Monday to  
Friday or by post (with cheque) to  
Mr D Withey, AGS, Walton Road, Aylesbury Bucks HP21 7RP

Any enquiries please ring Mr Withey on 07990-536117 or  
E-mail at [dwithey@ags.bucks.sch.uk](mailto:dwithey@ags.bucks.sch.uk).

Don't forget to visit the [website](http://www.darrenwithey.co.uk), for information, news and a competition!  
[www.darrenwithey.co.uk](http://www.darrenwithey.co.uk)

## Booking Form for Rackets Camp – Summer 2010



Name & Contact No:

.....

Year Group.....

Preferred racket  
sport.....

E Mail.....

Medical Conditions.....

Doctor's Name & Telephone No.....

August      9<sup>th</sup>      10<sup>th</sup>      23<sup>rd</sup>      24<sup>th</sup>      (circle days as appropriate)

Payment enclosed of      £      .....

# LONDON & SOUTH EAST REGIONAL CLOSED CHAMPIONSHIPS 2010

London, Middlesex, Surrey, Sussex, Kent  
11-12 September 2010

This year the Regional Closed Championships is to be given enhanced ranking status as recognition of its importance within the junior structure of the sport. The new Regional Event Status will attract points half way between those awarded to Bronze and Silver Events. It should also be pointed out that an Under 11 national ranking system is being launched and results from the Regional Closed Championships will count towards them.

## ENTRY FORM

Please complete in **BLOCK CAPITALS**:

Venue:	Surrey Sports Park, Guildford	Tournament Organiser: London & South East Regional Team
Club Tel:	01483 689111	Contact: 01483 689296

## CLOSING DATE

*All entries must be received no later than 12.00 pm on Tuesday 31 August 2010*

<b>FULL NAME :</b>			
<b>ADDRESS</b>			
	<b>POSTCODE :</b>		
<b>E-MAIL</b>			
<b>HOME TEL NO</b>		<b>Parents Daytime</b>	
<b>MOBILE</b>		<b>Parents Daytime</b>	
<b>AGE ON 12/09/2010</b>		<b>DATE OF BIRTH</b>	
<b>PLACE OF BIRTH</b>		<b>SCHOOL</b>	
<b>CLUBS</b>			
<b>COUNTY ELIGIBILITY</b>		<b>COUNTY RANKING</b>	
<b>NATIONAL RANKING</b>			
<b>T SHIRT SIZE REQUIRED</b> (Please circle)	Small	Medium	Large X Large
<b>ENGLAND SQUASH MEMBERSHIP NO.</b> Your England Squash membership number is mandatory. If you are unsure of your number, please contact Membership Department, Email: <a href="mailto:Steve.Jones@englandsquashandracketball.com">Steve.Jones@englandsquashandracketball.com</a> . Your entry will be invalid if a number is not inserted.			

**Please Note: If entries are received after the closing date they will NOT BE ACCEPTED.**

## LONDON & SOUTH EAST REGIONAL CLOSED CHAMPIONSHIPS 2010

### Important Notes – Please Read

I wish to enter : (Please tick box)

Under 19  
Under 17  
Under 15  
Under 13  
Mixed Under 11

BOYS

GIRLS

This event will be Monrad System or a Round Robin where entries are very limited.

Entries are limited to a maximum 32 draw for Boys and Girls in each age group.

Receipt of your entry will be confirmed by email.

Registration times for each age group will be emailed the week preceding the tournament.

I enclose my entry fee of £15.00 (cheques made payable to England Squash & Racketball)

I do **not** wish to be included on the reserve list if not accepted initially for the draw

I agree to abide by the Players Tournament Code of Conduct


Please forward the completed entry form/parent consent form and Code of Conduct with payment to:

**Kirstie Thompson**  
**England Squash & Racketball**  
**Surrey Sports Park**  
**University of Surrey**  
**Guildford**  
**Surrey**  
**GU2 7XH**  
**Regional Office Tel No: 01483 689296**

The closing date for entries is 12.00 p.m. on **Tuesday 31 August, 2010**. Any entries received after this time and date will **NOT be accepted**.

**Please Note:** No entry will be accepted unless accompanied by payment.

## Regional Closed Championships

### ENGLAND SQUASH & RACKETBALL Parental Consent Form for the use of photographic images

England Squash & Racketball recognises the need to ensure the welfare and safety of all young people in sport. In accordance with our Child Protection Policy we will not permit photographs, video or other images of children/young people to be taken without the consent of the parents/carers and children/young people.

A copy of the full guidelines is available from [www.englishsquashandracketball.com](http://www.englishsquashandracketball.com)

England Squash & Racketball will take all possible steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform England Squash & Racketball immediately.

To be completed by Parent/Carer

Name of Child \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_ Tel No: \_\_\_\_\_

#### **London & South East Regional Closed Championships 2010, Date: 11-12 September**

I (parent/carer) consent to England Squash & Racketball photographing or videoing my child's involvement in the Regional Closed Championships 2010 for the purposes of publicising and promoting the sport, or as a coaching aid.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

I (child/young person) consent to a representative of England Squash & Racketball photographing and/or videoing my involvement in the Regional Closed Championships 2010 for the purposes publicising and promoting the sport or as a coaching aid.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please ensure both the player and Parent/Carer have signed and dated above

#### **To be completed by England Squash & Racketball**

I wish to take photographs or record images to be used by England Squash & Racketball and confirm that the photographs or recorded images will be used in an appropriate manner.

The images may be reproduced in magazine articles, websites, leaflets, posters or any other appropriate publication that promotes and publicises the game of squash.

All video material will be used for coaching purposes and be stored in a secure place until no longer required when at this point it will be destroyed.

I acknowledge that if it is deemed that any photographs or recorded images are used inappropriately, this may result in me being unable to use photographic and video equipment at squash events in the future.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# Summer Squash Camp

At

Syndale Park Personal Fitness Club, London Rd, Ospringe, Faversham,  
Kent ME130RH.

August 13th 2010 – 10am – 3pm

For all intermediate and Kent Junior League Players

*Content ; Shot selection, Rally Building , Tactics , Movement , Rules/ Marking and an introduction to squash exercises in the gym (qualified fitness instructor ).*

£30 pp

Please book early as places are limited to 16.

## Coach

**Steve Franks – UKCC Level 3 , County Development Coach, Asst  
Regional Squad Coach & Syndale Park Club Coach**

To book places please email Steve Franks on [elsteveo969@hotmail.co.uk](mailto:elsteveo969@hotmail.co.uk) or phone 07855288471.  
Then send cheque and form to Steve Franks, 15 Park Ave, Gravesend, Kent DA121NS

Name .....

Contact Number .....

Email Address.....

Club .....





# Summer FUN Squash Camp



At  
Syndale Park Personal Fitness Club, London Rd, , Faversham, Kent  
ME130RH.



**August 18th 2010 – 10am – 1pm**

***A fun morning aimed at 7 – 10 year olds who want to learn to play  
squash all for £10!!!***

## **Coach**

**Steve Franks – UKCC Level 3 , County Development Coach, Asst  
Regional Squad Coach & Syndale Park Club Coach**

To book places please email Steve Franks on [elsteveo969@hotmail.co.uk](mailto:elsteveo969@hotmail.co.uk) or phone 07855288471.  
Then send cheque and form to Steve Franks, 15 Park Ave, Gravesend, Kent DA121NS

Name .....

Contact Number .....

Email Address.....

Club .....

## Southgate Squash & Racketball

### **Free!! Sport Activities for Juniors during Summer Holidays 2010 starting 26<sup>th</sup> July**

A great programme of free sport for juniors, which includes Archery, Climbing Wall, Netball and squash. For more information: [www.thewalkerground.co.uk/category/upcoming-courses](http://www.thewalkerground.co.uk/category/upcoming-courses)

### **Lucie and Gary's Junior Squash Camps starting 16<sup>th</sup> August.**

An action packed camp of squash, fun and games. For more information: [www.thewalkerground.co.uk/category/upcoming-courses](http://www.thewalkerground.co.uk/category/upcoming-courses)

### **Racketball Mornings on Monday, Thursday and Friday**

9.30-11.00am - £5 per session (£3.50 members). Sessions to include: Shot practice, game tactics, movement, games (Beginners welcome). Stay and have a coffee after!

For more information: [www.southgatesquashclub.co.uk](http://www.southgatesquashclub.co.uk).

### **Free!! Junior squash sessions for September 2010**

An opportunity for new participants to have 10 weeks of squash coaching/taster sessions, and coaching opportunities for previous participants or members to continue their coaching. For more information: [www.thewalkerground.co.uk/category/upcoming-courses](http://www.thewalkerground.co.uk/category/upcoming-courses) or [www.southgatesquashclub.co.uk](http://www.southgatesquashclub.co.uk)

### **Racketball Mornings on Monday, Thursday and Friday**

9.30-11.00am - £5 per session (£3.50 members). Sessions to include: Shot practice, game tactics, movement, games (Beginners welcome). Stay and have a coffee after!

For more information: [www.southgatesquashclub.co.uk](http://www.southgatesquashclub.co.uk).

Southgate Squash and Racketball Club  
At Walker Cricket Ground, Waterfall Road N14

## Sport Unlimited - Autumn 2010

**FREE!! Squash Coaching sessions for  
8-16yrs (New participants only)**

**Previous participants £40 for 10 week session**

Every Wednesday from 15<sup>th</sup> Sept until 24<sup>th</sup> Nov

Or

Every Friday on 17<sup>th</sup> Sept until 26<sup>th</sup> Nov

(No coaching during half term – 27<sup>th</sup>/29<sup>th</sup> October)

Wednesday/Friday 5pm – 5:45pm or  
Wednesday/Friday 5.45pm – 6:30pm

All abilities welcome.

YOU MUST PHONE, TEXT OR EMAIL TO SECURE YOUR PLACE

Phone: - Vickie Prow on 07904 300288

Email: [admin@southgatesquashclub.co.uk](mailto:admin@southgatesquashclub.co.uk)

A £20 refundable cheque (payable to WCGT) is required for each new participant taking part in the free sessions and will be return once you have attended a minimum of 8 sessions

Sessions are open to people with disabilities.

# SOUTHGATE SUMMER SQUASH CAMPS

@ The Walker Ground, N14

*Age 6 – 16, All Standards Welcome*

Mon 16<sup>th</sup> Aug – Wed 19<sup>th</sup> Aug

+

Mon 23<sup>rd</sup> Aug – Wed 25<sup>th</sup> Aug

10am – 3pm\*

Join Lucie & Gary for  
an action packed  
camp of Squash,  
fun, and games!



Limited Spaces -  
Book Early to Avoid  
Disappointment!

£65 FOR 3 DAYS  
OR £25 PER DAY

For bookings & further details please call Gary on 07958470591 or email [gn\\_fitness@hotmail.com](mailto:gn_fitness@hotmail.com)  
Please bring Packed Lunch, and water bottles. Trainers must be white, or have non marking soles.

\*Early Drop-off/Late Pick-ups may be available, please enquire for details.

Southgate Racketball

# MONDAY, THURSDAY & FRIDAY RACKETBALL MORNINGS

9.30-11.00am

£5 per session



-  
Session to include:

Shot practice

Game tactics

Movement

Games

-  
(Beginners welcome)

-  
Stay and have a coffee after!

-  
For more information call Southgate Squash & Racketball  
Club

Tel: 07904300288

Email: [admin@southgatesquashclub.co.uk](mailto:admin@southgatesquashclub.co.uk)



## Surrey Safeguarding Adults Board Training Programme

### **Voluntary and Community Awareness**

A series of half-day awareness sessions for those working (paid or volunteer) in small voluntary sector organisations or with/for small community groups

September 29<sup>th</sup> 2010 morning and afternoon in Chertsey  
 October 20<sup>th</sup> 2010 morning and afternoon in Godalming  
 November 23<sup>rd</sup> 2010 morning and afternoon in Leatherhead  
 February 23<sup>rd</sup> 2011 morning and afternoon in Chertsey

### **Is it Safeguarding?**

A one day course to explore key elements of Safeguarding Adults decision-making and offer guidance on the practical implementation of the Surrey Multi-agency Safeguarding Adults Procedures. This course is aimed at those people in an organisation who have to make management decisions when an incident occurs.

October 5<sup>th</sup> 2010                      January 6<sup>th</sup> 2011 all in Chertsey

### **Managing Safely**

A one day course for managers, previously run by Joint Training, which aims to improve the knowledge, skills and expertise of managers in respect of their recruitment, supervision and management of staff who work with vulnerable adults.

September 27<sup>th</sup> 2010 in Leatherhead                      November 30<sup>th</sup> 2010 in Leatherhead  
 January 13<sup>th</sup> 2011 in Chertsey                                      March 1<sup>st</sup> 2011 in Chertsey

### **Independent Management Reviews**

A one day course to help senior and operational managers to produce Individual Management Reviews for the Serious Case Review process.

January 13<sup>th</sup> 2011                      Chertsey

### **Post Abuse Support**

When adult abuse occurs it can have a major impact on everyone involved and others who work in or use a service. This two day training course will focus on a range of supports, approaches and skills that managers can use to address trauma, risk and system failures in order to maintain services and seek resolution of issues.

25<sup>th</sup> & 26<sup>th</sup> November 2010 Leatherhead

**Coming soon .....**

**Trainers update**

***An opportunity for those who train others about Safeguarding Adults to update their knowledge and review new training resources***

**For further information about any of these courses and an application form please contact:**

[Safeguardingadults.training@surreycc.gov.uk](mailto:Safeguardingadults.training@surreycc.gov.uk)

**Safeguarding Adults Team, Fairmount House, Bull Hill, Leatherhead, Surrey KT22 7AH**

**Tel 01372 833520**



## **Sussex Closed Squash Championships**

**Date - 1st - 3rd October 2010**  
**Venue - Coral Health & Fitness**

This season the Sussex Closed will be run as a mixed graded event, so we are hoping to attract players from every division of the Sussex Squash Leagues to compete in this seasons Championships.

All players will get a minimum of 2 matches. The Sussex A & B Championships will use the PAR Scoring Method.

### **Categories Include**

**The Sussex Men's A  
 Championships  
 Top 8 Players in Sussex**

**Sussex B Championship  
 Sussex Premier League Players**

**Sussex C Championship  
 Sussex League Div 1 Players**

**Sussex D Championship  
 Sussex League Div 2 & 3 Players**

**Sussex E Championship  
 Sussex League Div 4 & 5 Players**

**&  
 The Sussex Ladies Championships**

**Closing date for entries - Friday 17th September**

Every club that can encourage 10 or more players to compete at Sussex Closed Graded Squash Championships will be put into a prize draw. The prize for the winning club will receive a 2 hour club coaching session with Mike Harris Sussex County Coach & former England Coach.

For everything you need to know about Squash in Sussex and around the World please check out:

**sussexsquash.org  
 englandsquashandracketball.com  
 squashsite.co.uk  
 worldsquash.org  
 psa-squash.com  
 wispa.net**

**Sussex Closed Graded Squash Championship  
Application Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

Contact Number \_\_\_\_\_

E-mail \_\_\_\_\_

Club \_\_\_\_\_

**Please indicate which event you would like to enter**

The Sussex Men's A Championship – Top 8 Players \_\_\_\_\_

Sussex B – Rest of Sussex Premier League Players \_\_\_\_\_

Sussex C – Sussex Leagues Div 1 Players \_\_\_\_\_

Sussex D – Sussex League Div 2 & 3 Players \_\_\_\_\_

Sussex E – Sussex League Div 4 & 5 Players \_\_\_\_\_

The Sussex Ladies Championship \_\_\_\_\_

**\*\*\*\*\*Sussex Closed Entry Fee £10.00\*\*\*\*\***

Please send your completed application form along with  
your cheque for £10.00 made payable to (SUSSEX SRA) to

Mike Harris:

13 Lullington Avenue, Hove, East Sussex BN3 7EQ

# The 2010 Sussex Closed Graded Squash Championships

**Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup>  
& Sunday 3<sup>rd</sup> October**



## Coral Health & Fitness Club

Orchard Road, Hove, East Sussex  
BN3 7BG Tel: 01273 731262

Tournament Director  
Mike Harris



**England  
Squash &  
Racketball**



# **Sussex Junior County Closed 2009**

**AT CORAL HEALTH & FITNESS  
25/26 SEPTEMBER 2010**



U13 Sussex Boys team March 2010 who finished in 3rd place at the National Finals at Lilleshall.

## **Age Group Categories:**

Boys U19 U17 U15 U13 mixed U11

Girls U19 U17 U15 U13

Entry forms available from Sussex SRA website

[www.sussexsquash.org.uk](http://www.sussexsquash.org.uk)

Club Notice Board or next page

Email: [bn\\_hutton@yahoo.co.uk](mailto:bn_hutton@yahoo.co.uk) Tel: 07966 426641

# SUSSEX JUNIOR CLOSED 2010

**ENTRY FORM**  
25<sup>th</sup> – 26<sup>th</sup> September

**CORAL HEALTH AND FITNESS**  
Orchard road, Hove, Brighton, BN3 7BG  
**AGE EVENTS: BOYS & GIRLS U19, U17, U15, U13**  
**U11 MIXED EVENT**  
**PLEASE BE AVAILABLE TO PLAY ON BOTH DAYS.**

NAME:.....

ADDRESS:.....

.....POST CODE:.....

TEL NO:.....D of B:..... AGE:.....

CLUB:..... E-MAIL:.....

EVENT ENTERED:.....

NATIONAL RANKING:..... COUNTY RANKING.....

**£15 ENTRY FEE PER EVENT**

**I ENCLOSE THE FEE OF £.....**

**Please circle your T-shirt size. S M L XL**

**ALL CHEQUES MADE PAYABLE TO: Sussex SRA Juniors**

**PLEASE SEND FORMS TO:** Ben Hutton  
7 Elm Road, Portslade, Brighton Bn41 1sa.

**PLEASE INCLUDE AN E-MAIL ADDRESS FOR A DRAW AND TIMES TO BE RETURNED.  
OTHERWISE INCLUDE A SAE. IT IS THE PLAYERS RESPONSIBILITY TO FIND THE MATCH  
START TIMES.**

**CLOSING DATE FOR ENTRIES 10<sup>th</sup> SEPTEMBER 2010**

**Players guaranteed a minimum of 2 matches!!**

**Any queries please contact Ben on 07966 426641 or email  
bn\_hutton@yahoo.co.uk**



## English Grand Prix Confirmed As Qualification for ROWE British Grand Prix

In an exciting new development for professional squash in England, event promoter **internationalSPORTgroup** have announced that the **2010 English Grand Prix**, hosted by **Wolverhampton Lawn Tennis & Squash Club**, will be the official qualification competition for the **ROWE British Grand Prix**, Europe's largest **Professional Squash Association World Tour** ranking event which will be staged in **Manchester**.

The **Marstons English Grand Prix – Wolverhampton 2010**, from **12th-13th September**, will provide an unparalleled opportunity for the UK's most exciting young and emerging squash talents to compete against the world's very best players as they seek entry to the **only PSA Super Series championship to be held in Europe this year**.

"We are delighted to be able to host the Marstons English Grand Prix in Wolverhampton and be part of the ROWE British Grand Prix, one of the World Tour's most important events," said **Stephen Russell, Chairman of Wolverhampton Lawn Tennis & Squash Club** and organiser for the qualification competition.

"I am sure that the enthusiasm and support of both our members and those of the many other squash clubs in the area will make the event very enjoyable for the competitors," added Russell. "Everyone is looking forward to the club again showcasing some of the world's most exciting players. Entry will be free for all spectators and play will begin at 12 noon on Sunday 12th and go on throughout the afternoon and evening, and then from 5:30 pm on Monday 13th September."

The **ROWE British Grand Prix – Manchester 2010** will be held at the **National Squash Centre** in **Sportcity** from **15th to 20th September**. Offering the largest prize fund of any World Tour ranking event in Europe, the PSA Super Series championship will attract the world's top players, led by **England's new World No.1 Nick Matthew**.

"The ROWE British Grand Prix promises to be one of the biggest and best championships on the World Tour this year - and staging the event's qualification in Wolverhampton will undoubtedly help expand its reach and appeal," added **Paul Walters** of **internationalSPORT-group**.

As one of ten PSA Super Series 2010 events, the ROWE British Grand Prix establishes Manchester alongside other major squash destinations including New York, New Delhi, Cairo, Canberra, Hong Kong, Kuwait City, Doha and Dammam (Saudi Arabia).

**Entry to the Marstons English Grand Prix – Wolverhampton 2010** is free on both days, and tickets for the **ROWE British Grand Prix – Manchester 2010** can now be booked online at [www.isportgroup.com/ticketing](http://www.isportgroup.com/ticketing) or by telephone on **0844 870 0000**.

For further information contact **Event & Media Manager Peter Schmidl**

Mobile: **+49 172 7211162**

Skype: **peter.schmidl1**

email: [schmidl@squashnet.de](mailto:schmidl@squashnet.de) or [info@isportgroup.com](mailto:info@isportgroup.com)

Issued by **isportgroup.com** on behalf of the **ROWE British Grand Prix – Manchester 2010**

## English Grand Prix Confirmed As Qualification for ROWE British Grand Prix confirmed

### Notes to Editors:

**ROWE Motor Oils** is a fast-growing lubricant manufacturer based in Bubenheim in Germany. The company's product portfolio includes engine, gear and hydraulic oils, industrial lubricants, cutting and adhesive oils through to radiator and windshield anti-freeze as well as diverse car care products. In its on-site laboratory, ROWE Motor Oils develop new products and routinely tests its current product line for compliance with stringent quality standards. High-quality products, short delivery times and flexible response to customer needs make the company an attractive partner to major national and international customers.

**internationalSPORTgroup**, through its network of business divisions, promotes world-class events (**iSPORTevents**), sells tickets for leading squash events (**iSPORTticketing**), represents leading sports men and women (**iSPORTmanagement**), manages print and web-based media (**iSPORTmedia**) and offers management consultancy (**iSPORTconsultancy**) on all marketing associated functions.

**Manchester** continues to strengthen its impressive reputation for attracting major international sports championships. In 2008, the City hosted six World Class events including World Championships in swimming, squash and track cycling and last year saw the phenomenal Usain Bolt and Michael Phelps compete in the Great City Games and The Duel in the Pool respectively. These events raise the city's global sporting profile, whilst bringing long-term social and economic benefits to Manchester and its residents. The City's excellent range of accessible sports venues and facilities, combined with its school and community sports development programmes, provide the springboard for Manchester's sporting stars of the future.

**Wolverhampton Lawn Tennis & Squash Club** is a members club with around 1,600 members of whom 1,200 regularly use the club's facilities. Formed over 70 years ago the club has seven squash courts including two glass backed, fifteen tennis courts of which three are indoors and a fully equipped air conditioned gymnasium. A bar, restaurant and dance studio complete the facilities.



The **Professional Squash Association (PSA)** promotes the interests of men's professional squash globally. The PSA's aim is to advance the game by ensuring that the PSA World Tour is the ultimate showcase of the sport's pinnacle events. The PSA have over 450 members worldwide and stage more than 120 events across five continents. The PSA's vision is that squash is recognised as the most athletic, demanding and exciting racket sport in the world.

The **PSA Super Series 2010** is a series of events consisting of the ten most important tournaments on the PSA circuit after the PSA World Open. They offer the largest prize money purses, attract the world's best players and provide the most demanding competition. At the end of the season the eight highest ranked players in the PSA Super Series Rankings play in the Super Series Finals. The semi-finals and final of the Super Series events will be shown on a live world TV feed.

**Squash TV** is the PSA's online squash channel broadcasting over 300 live matches in 2010. Watch PSA squash Live on the Internet: [www.psasquashtv.com](http://www.psasquashtv.com)

For more information regarding the PSA, please visit: [www.psa-squash.com](http://www.psa-squash.com) or follow the PSA on Twitter: [www.twitter.com/psaworldtour](http://www.twitter.com/psaworldtour)

## British Grand Prix Squash Championship

This year's **British Grand Prix Squash Championship** will be staged at the **National Squash Centre** in **Manchester** from the **15th to 20th September**. To purchase tickets online please visit: [www.isportgroup.com/ticketing](http://www.isportgroup.com/ticketing) or telephone **0844 870 0000**.

The **internationalSPORTgroup British Grand Prix – Manchester 2010**, the first event of a pioneering **three year agreement with Manchester City Council**, will be the first **European Super Series** event on the **Professional Squash Association (PSA) World Tour**, boasting the **largest prize money offered by any World Tour ranking event in Europe** and contested by the world's leading players.

Alongside English No.1 and British Champion **Nick Matthew**, other leading contenders for the title are likely to include; Egyptians **Ramy Ashour**, **Karim Darwish** and **Amr Shabana**; Frenchmen **Thierry Lincou** and **Gregory Gaultier**; Australian **David Palmer** and English compatriots **James Willstrop** and **Peter Barker**.

All matches will be played on the all-glass show court and below is a summary of the championship schedule and details of available seating:

**Men's 1st Round, 15th September 2010 (from 12noon):**

Admission £10.00

**Men's 1st Round, 16th September 2010 (from 12noon):**

Admission £10.00

**Men's 2nd Round, 17th September 2010 (from 12noon):**

Admission £10.00

**Quarter-Finals, 18th September 2010 – 1st session (12noon to 3pm):**

Reserved Back Wall £20.00 per session, Unreserved £10.00 per session

**Quarter-Finals, 18th September 2010 – 2nd session (4pm to 7pm):**

Reserved Back Wall £20.00 per session, Unreserved £10.00 per session

**Semi-Finals, 19th September 2010 – 1st session (12noon to 3pm):**

Reserved Back Wall £20.00 per session, Unreserved £10.00 per session

**Semi-Finals, 19th September 2010 – 2nd session (4pm to 7pm):**

Reserved Back Wall £20.00 per session, Unreserved £10.00 per session

**Finals: 20th September 2010 (from 6pm):**

Reserved Back £25.00, Unreserved £10.00

Please note that this offer is subject to availability and for further information visit [www.isportgroup.com/ticketing](http://www.isportgroup.com/ticketing) or email [info@isportgroup.com](mailto:info@isportgroup.com) or telephone **0800 870 0000**.



**Mike Harris is the former England High Performance Coach and Academy Director and has over 20 years coaching experience working with beginners to world class players.**

\*\*\*\*\*

**England Coach and Manager at Individual & Team European and World Junior Championships**

**Coach to 13 British Senior and Junior Champions & 3 European Junior Champions**

**England Coach and Manager - World Deaf Squash Individual and Team Champions 2007**

**England Squash & Racketball & ESF Level 2 and 3 Coach Tutor**

**Author of the Level 3 Top Player Awards**

**Head of Squash for the Saudi British Sports Co-Operation Programme**

**Consultant to Finland Squash Rackets Association**

**Head Squash Coach at West Worthing Tennis & Squash Club**



**Only 3 places left for each day of the West Worthing Course 9th - 13th August!**

**Phone: +44 (0) 7826 316065  
E-mail: mhssuk@gmail.com  
Website: mhssuk.co.uk**

**LEARN, PLAY HARD  
& HAVE FUN**

**MIKE HARRIS**



*School of Squash*

**2010 JUNIOR  
SUMMER SQUASH  
CAMPS**

**EDGBASTON PRIORITY  
26TH - 30TH JULY  
(NON-RESIDENTIAL)**

**WEST WORTHING  
9TH - 13TH AUGUST  
(NON-RESIDENTIAL)**



Welcome to Mike Harris School of Squash, Junior Summer Camps. The MHSS non-residential camps will be taking place at two of the finest Tennis & Squash Clubs in the UK, Edgbaston Priory, Birmingham and West Worthing Tennis & Squash Club.

The cost of the 5 day camp is £225.00, which includes,

- 25 hours of world class coaching
- Lunch & Drinks
- MHSS Camp T-Shirt
- Full report and a training/practice plan to continue after the camp

As players you will work in a competitive environment, be given the tools to improve technique, and a unique way of improving your tactical game. We will help you to analyse your strengths and weaknesses, give expert instruction on ways to develop your fitness, plus you'll meet and make new friends for life.

If you want to reach your potential and you have the drive and passion, then MHSS has a camp for you.

Why not link the camp with a family break? Both Birmingham and Worthing (20mins from Brighton) have lots of activities for all the family and there are plenty of hotels, guest houses and B&B's in which to stay.

#### Monday - Thursday camp programme:

8.30am - 12.30pm Skills, Conditioned

Practice & Fitness

12.30 - Lunch

2.00pm - 4.30pm Tactics & Match Play

#### Friday Camp Programme:

9.30am - 12.30pm Skill, Conditioned

Practice & Fitness

12.30pm - Lunch

2.00pm - 4.30pm MHSS Camp Tournament and Presentation

#### Edgbaston Priory

Edgbaston Priory Club currently has 10 squash courts and boasts a thriving squash and racketball scene. They have a strategic plan in place, exciting development plans and are looking at setting up a player pathway to lead into a Performance Programme for Junior and Senior players.

Edgbaston Priory Club, Sir Harrys Road  
Edgbaston, Birmingham, West Midlands B15 2UZ  
Tel: 0121 440 2482  
Website: [www.edgbastontpriory.com](http://www.edgbastontpriory.com)

#### West Worthing

West Worthing has 6 Squash Courts and our aim is for the club to be a successful and welcoming multi-sport Community Amateur Sports Club that is a centre of excellence for tennis and squash. We provide a top-quality environment that is affordable and attractive to everyone, regardless of age or background, enabling a wide range of people to play their chosen sport.

West Worthing Tennis & Squash Club,  
Titmore Way, Worthing, West Sussex, BN13 3RT  
Tel: 01903 247 270  
Website: [www.wwc.org.uk](http://www.wwc.org.uk)

If you would like any further information regarding the Mike Harris School of Squash Summer Camps please contact me on:

Phone: +44 (0) 7828 318065  
E-mail: [mhssuk@gmail.com](mailto:mhssuk@gmail.com)  
Website: [mhssuk.co.uk](http://mhssuk.co.uk)



MIKE HARRIS  
SCHOOL OF SQUASH



#### Application Form

Name: .....

Address: .....

Post Code: .....

D.O.B: .....

Tel No: .....

Mobile No: .....

E-mail: .....

Please circle which course you would like to attend

Course 1: Edgbaston Priory

Date: 26<sup>th</sup> July - 30<sup>th</sup> July

Cost: Non-Residential - £225.00

All Standards Welcome

Course 2: West Worthing

Date: 9<sup>th</sup> August - 13<sup>th</sup> August

Cost: Non-Residential - £225.00

All Standards Welcome

Please circle your T-Shirt Size:

Small Medium Large

Signed by or Parent / Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Please send a cheque made payable to Mike Harris and the completed application form to

Mike Harris  
13 Lullington Avenue  
Hove  
East Sussex  
BN3 7EQ



**BEXLEY  
PSA CLOSED SATELITTE AND  
ADULT OPEN GRADED SQUASH TOURNAMENT**

**SATURDAY 15<sup>TH</sup> – SUNDAY 16<sup>TH</sup> AUGUST 2009**

**A Squash Tournament for Adults of All  
Abilities**

**WHAT GRADE ARE YOU?**

- A    FOR MEN WITH WORLD/NATIONAL RANKINGS OR HIGH COUNTY STANDARD**
- B    REGULAR 1<sup>ST</sup> TEAM PLAYER BUT NOT YET COUNTY STANDARD**
- C    MEN WHO PLAY IN LOWER DIV TEAM OR HIGH LADIES TEAM**
- D    LOWER DIVISION LADIES OR MEN JUST BELOW TEAM STANDARD**
- E    BEEN PLAYING A WHILE BUT NOT IN ANY TEAMS**
- F    BEGINNERS. COMPLETELY NEW TO COMPETITIVE SQUASH**

**ENTRY FEE:**    £8.00 FOR LLTC MEMBERS  
                      £5.00 FOR PSA MEMBERS  
                      £10.00 FOR NON-MEMBERS

PRIZES FOR EACH GRADE

**ENTRY FORMS AVAILABLE FROM:**

**BEN FORD**  
**07946 557 502**  
**[Benford75@hotmail.com](mailto:Benford75@hotmail.com)**



**We need a minimum of 6 participants for the course to take place.**

**10% discount for siblings.**

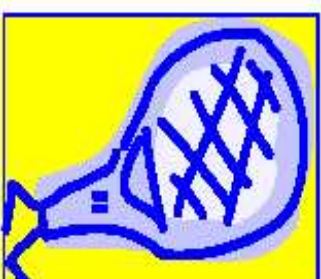


**Return form to:**  
**Stacey Ross**

**Director of Squash**  
**The Wimbledon Club**  
**Church Road**  
**Wimbledon**  
**SW19 5AG**

**Phone: 020 8971 8096**  
**Email: [squashdir@thewimbledonclub.co.uk](mailto:squashdir@thewimbledonclub.co.uk)**

## **SUMMER 2010 JUNIOR SQUASH COURSE**



**These sessions are suitable for those that have NEVER played before through to the experienced.**

**Sign up early to avoid disappointment.**

**For more details ring 07811 465073 or 020 8971 8096.**

## Course Details

These courses have been carefully designed to cater for players of all abilities (ages 7 – 17yrs). From those who have never picked up a racket before through to county standard and beyond.

The qualified coaches will teach squash in a fun and friendly environment following the guidelines laid down by England Squash.

Mini Squash is the UK approved programme for children aged 7 to 11 years and offers an ideal introduction to the game. This exciting game fits the needs of younger children and is played using specialised equipment designed to help children achieve maximum success.

Junior squash will be played on a normal court using a regular racket and ball.

**equipment provided  
BUT IF YOU HAVE YOUR  
OWN GOOGLES PLEASE  
BRING THEM**

**Only proviso is No  
black soled shoes.**

To attend these sessions you must complete and sign the booking form. Please return the form to Stacey Ross, Director of Squash together with full payment for each course. Payment reserves a place.

**10am–1pm**

**1 day £25**

**2 days £47.50**

**3 days £65**

**3+ days £21 per day**

**£2.50 extra per day  
for non squash-members.**

*Cheques payable to*

**The Wimbledon Club.**

*Please note:*

No refunds will be offered for unattended sessions or withdrawals less than one week prior to the course. In the event of cancellation of any of the courses refunds will be paid in full. The Wimbledon Club retains the right to cancel any of the courses.

**Non members are welcome.  
Please bring a friend.**

**Please remember to bring a  
drink and food if required.**

**Non marking shoes only**



How did you hear about us?

Please tick a box to indicate your child's ability

- ☐ Never played squash before.
- ☐ Played a few times, new to the game.
- ☐ Plays regularly, serves consistently, able to drive ball to back of court & understands rules.
- ☐ Has represented their club/county or in county feeder squad.

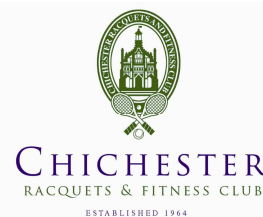
☐ Non Member    ☐ Jun Squash Member

First Name	Surname	Age	DOB
Email			
Home Tel		Mobile	
Emergency No			
Address			
Medical information			
Signature			

**All sessions run from 10am-1pm.  
Please tick date/s required:**

July		
27th	28th	29th

August				
10th	11th	12th	24th	25th



# CHI OPEN

## GRADED RACKETBALL TOURNAMENT

Chichester Racquets & Fitness Club, Oaklands Park, Chichester, West Sussex, PO19 6AR

**14<sup>th</sup> - 15<sup>th</sup> August 2010**  
**Featuring A, B & C grades**

**Closing date for entries: 6<sup>th</sup> August**

Please send your entry form with entry fee of £15 (*made payable to Chichester Racquets & Fitness Club*) to: Mr Mike Phillips, Tournament Organiser, Chichester Racquets & Fitness Club, Oaklands Park, Chichester, West Sussex, PO19 6AR.

Subject to entries this competition will be run as a Monrad event.

For more information call 07790 541084.

Draw and match times will be emailed to all entrants – please write clearly!

Local accommodation information can be found at [www.visitchichester.org](http://www.visitchichester.org)

Entry Form: Chi Open Graded Racketball Tournament:

Name:			
Address:			
			Post Code:
Telephone:		Mobile:	
Email address:			
England Squash & Racketball Membership No:			
Grade (please tick)	Grade A:	Grade B:	Grade C:

I have enclosed my cheque for £15 (made payable to Chichester Racquets & Fitness Club).



Peter Nicol  
Summer Squash Camp '10

Monday 23<sup>rd</sup> – Wednesday 25<sup>th</sup> August 2010  
At Surrey Health & Rackets Club, Croydon, London

Daily Schedule:

10.00-12.00 Coaching Session  
12.00-1.00 Lunch  
1.00-3.00 Coaching Session

Limited to 16 Places available to players of all standards.  
(Minimum age 10)

Cost- £250.00 per child which includes

On court sessions:

Technical analysis and advice  
Tactical awareness and shot selection  
Movement  
Match analysis  
Conditioned games  
Matchplay

Fitness sessions include

Flexibility  
Movement  
Circuits

For more information contact:

Tim Garner on 07973 817468 or [Camps@Eventis-sports.com](mailto:Camps@Eventis-sports.com)



Peter Nicol  
Summer Squash Camp '10

Monday 23<sup>rd</sup> – Wednesday 25<sup>th</sup> August 2010

Application Form

Name\_\_\_\_\_ D.O.B\_\_\_\_\_

Ranking (if applicable) County\_\_\_\_\_ National\_\_\_\_\_

Parents Name(s)\_\_\_\_\_

Tel No (H)\_\_\_\_\_ (M)\_\_\_\_\_

Email Address\_\_\_\_\_

Address\_\_\_\_\_

Terms, Conditions & Expectations

1. Applications will only be accepted when accompanied by a cheque for the full Amount, alternatively payment can be made by bank transfer.
2. Limited to 16 spaces are available on a first come, first served basis.
3. Full Refunds will only be given up until 14 days prior to the start of the camp (9<sup>th</sup> August). Any withdrawals from the camp after this date will be entitled to a 50% Refund, unless a replacement player can be found.
4. All players applying must be at least 10 years of age.
5. All players are expected to be enthusiastic and positive in addition to being respectful of all coaches and club staff at all times. Players understand that foul and abusive language will not be tolerated and the uses of alcohol, tobacco or drugs (which are not medically prescribed) are prohibited at all times. Any player failing to adhere to this will be dismissed from the camp at their parent's expense.

I agree to the terms, conditions & expectations above and enclose a cheque for the amount of £250.00 made payable to Eventis

Signed\_\_\_\_\_ (Player) Date\_\_\_\_\_

Signed\_\_\_\_\_ (Parent/Guardian) Date\_\_\_\_\_

Return to:

Tim Garner, Eventis, Studio 3, 30 West End Lane, London, NW6 4PA



Redbridge Sports Club



**"PLAY MORE RACKETS"**

**CARD**

***Now available for  
Adults & Juniors***

Purchase a  
**"PLAY MORE RACKETS"**  
**CARD**  
&  
receive the latest offers

For more details phone Matt Crane on 020 8498 1052 or  
email: [mattc@rslonline.co.uk](mailto:mattc@rslonline.co.uk)

<b>Cost:</b>		
<b>Adults -</b>	Member	£2.00
	Non-member	£4.00
<b>Juniors -</b>	Member	£1.00
	Non-member	£2.00



## Promotional Aids



A3 or A4 sized posters to promote your Squash or Racketball competition.



Racketball promotional Postcards, with “What is Racketball” printed on the reverse.



DVD including “how to guides” for Squash and Racketball and a collection of “why I love” videos featuring players of all ages and abilities. As seen on our website!

## NEW RULES POSTERS

We also have new A3 rules posters, one for Squash, one for Racketball and a more abbreviated one for both. Please contact Kirstie if you would like any of the above.

Kirstie.thompson@englandsquashandracketball.com  
or 01483 689296



### Club/Coach Development Workshops

If you are a club who are working towards your England Squash Club Charter, or a Coach looking to keep your Coach Licence up to date, please use the following websites to find out details of course local to you. These include: Equity in Your Coaching, Safeguarding and Protecting Children in Sport, How to Coach Disabled People in Sport and A Club for All. Alternatively, check local availability by visiting [www.runningsports.org](http://www.runningsports.org)

London: <http://www.pro-activelondon.org/>  
<http://www.pro-activecentrallondon.org/>  
<http://www.pro-activewestlondon.org/>  
<http://www.pro-activeeastlondon.org/>  
<http://www.pro-activenorthlondon.org/>  
<http://www.pro-activesouthlondon.org/>  
Middlesex: <http://www.pro-activewestlondon.org/>  
Surrey: <http://www.activesurrey.com/>  
Sussex: <http://www.sussexsport.org/play-sport/squash/>  
Kent: <http://www.kentsport.org/>

### Useful Contacts

**Paul Fennell**  
**Regional Manager**  
**07989743054**  
[paul.fennell@englandsquashandracketball.com](mailto:paul.fennell@englandsquashandracketball.com)

**Kirstie Thompson**  
**Regional Administrator**  
**01483 689296**  
[kirstie.thompson@englandsquashandracketball.com](mailto:kirstie.thompson@englandsquashandracketball.com)

All **Regional** correspondence can be sent to:  
**England Squash & Racketball,**  
**Surrey Sports Park,**  
**University of Surrey,**  
**Guildford,**  
**Surrey, GU2 7XH**

**England Squash & Racketball Headquarters**  
**The National Squash Centre**  
**Sport City**  
**Manchester, M11 3FF**  
**0161 231 4499**