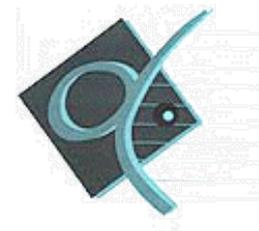


Yellow Dot



Newsletter of the Dickson Squash Club

September 2004

Welcome to the **new format** of the Yellow Dot newsletter. And welcome to lots of news about our new Club-room.

Our Club-Room/Bar

Some of you may have seen the distinct lack of activity in the bar at Northside, as well as a corresponding lack of noise! This is due to the closing down of the Bar (The Rockape) in July.

The Tradies approached the Club to seek our interest in taking possession of the Bar, and we recently agreed to a proposal for the use of the bar area as our re-vitalised Club Rooms.

Key points of interest are:

- The Tradies are currently doing major renovations including replacing the carpet (enough said), painting the walls (along with the rest of the centre), curtains and repairing the under the counter fridges.
- They are also renovating the downstairs toilets.
- Renovations are expected to be finished in October, so we will be in there before the end of the current competition.
- The Squash Club trophy cabinet and Honour Boards will be re-located into the room.

We (the Club) will be responsible most aspects of the running of the Club Rooms, such as cleaning and minor general maintenance.

We will be establishing a roster of club members to work the bar every squash night (which will be Monday – Thursday only). The duties will be light and not onerous (we'll tell you what to do), and we will be asking people to help out once or twice a year in most cases. If you are approached or would like to volunteer, please let either Dick or one of the other committee members know (they are listed on the back page).

Can you help us?

To get the club-rooms comfortably set up for minimal cost, we need your help. Here are some of the things you might be able to help donate:

- Large colour TV
- Microwave oven, and suitable plastic-ware
- Pie-warmer
- CD player & CDs
- Crockery and cutlery
- Mugs/glasses
- Anything else you think would be useful

Bar Manager

The Committee is looking to appoint a Bar Manager. Duties are likely to include: stock purchases, weekly reconciliation of stock against daily purchases; monthly tracking and reporting of expenses and income; and setting up and managing the nightly roster.

We expect that this role will require a commitment of 1-2 hours per week. It may suit a younger person (perhaps a hospitality student), looking for experience in managing a real facility.

If you are interested (or know someone who might be) in this extremely rewarding role, please contact Marcus Smith.

Your Support

Other than the specific things mentioned here, the main thing we are seeking is your support. This can take many forms – from offering general help, volunteering to be on the roster, and keeping squash's social spirit strong by staying for supper.

Juniors

The ACT Squash Team for the Australian Championships to be held at the end of September has been announced, and 8 of the 23 are from Dickson. Congratulations to Arran and Shaun Douglas, Peter Trevitt, Josh Larkin, Hannah Fritzlaff, Ashley Taylor, Holly Barnes and Katriana Shearer.

In Junior Pennant, we have three Div 1 and four Div 2 players, and a further eight teams competing in Divisions 3 to 6. It is very pleasing to note that we have three teams in Div 5, and three teams in Div 6.

Welcome to the following who are all playing in their first competition: Nick Hall's son Marcus, Andrew Wilson's son Liam, Kerry Basmin's boys Matthew and Mitchell, and Gavin Howard's boys Michael and Joseph.

The Dickson Junior Club Championships were held on 30 August. Major winners were:

- Peter Trevitt – Div 1
- Hannah Fritzlaff – Div 2
- Laura McCredie – Div 3
- Matthew Hall – Novice Award
- Holly Barnes – Bodyline Sports Award

Club training is running at capacity each week, with approximately 30 juniors and 6 coaches. We have a wonderful group of coaches who are the envy of other clubs, and many thanks go to Dick O'Rourke for enlisting and co-ordinating the best coaches that Dickson can offer.

Robyn Douglas.

Our Web-site

After an extended period of neglect, our web-site is about to get a face-lift.

We would like it to be a source of more information about the club, so have a look at the site at www.dicksonsquashclub.asn.au and feel free to provide any thoughts or suggestions about content or format to Marcus Smith or Doug Lean.

Club News

Congratulations to Annette (nee Lumley) and Shane White on their new addition. Key stats are:

Rachel Kim White

Born 16 August 2004 at 5.27pm

Weight 3kg, Length 49cm

Given that Shane is now expected home earlier, bar takings are expected to drop significantly...

Player Profile - Frank Cortez

Welcome to a new regular feature. This will give you a chance to know a bit more about your club-mates.



Occupation:

Project Manager working for ActewAGL

How long have you been playing squash?

I started playing down the coast when I was 17.

Currently playing...

Number 2, Division 3.

Squash Career Highlight

After 10 yrs in Canberra played a reunion comp with mates down the coast and won the Grand Final.

Squash Career Lowlight

Dropping from No. 1 to No. 2 this comp.

Best squash memory

Finding a carpark directly in front of the door at Dickson squash courts without lapping around the carpark!

Other sports

Skiing, swimming laps.

Things I enjoy...

Playing cards, eating, sleeping, lazing in front of the tele and spending time with family down the coast.

New Rules

Have you heard about the new squash rules?

Referees are now obliged to issue a conduct warning against any player caught standing on the "T". Repeat offenders will be issued with conduct strokes, or ultimately conduct match.

Why such draconian rules? Read on...

Court Maintenance

On 28 August, a hardy bunch got together to replace the red lines on the Dickson courts. It was a painful exercise, exacerbated by those players who insist on hogging the "T". Without them, the job of lifting the old tape would have been significantly easier!! We blame the coaches.

Thanks to:

Ross Reid – after losing blood, sweat and tears on lifting tape around the T: "Ah, bugger it, I'm off to get some toxic chemicals to see if that works."

Matthew Driver – (arriving late): "Why are you going to that much effort? Last time we just stuck the new stuff on top."

Mark Elston – with a wry smile: "Gee, I'm glad I volunteered for this..."

Alison Skinner – "Is that my phone again?"

Karina Agerbeek – "Yes, Alison, it is. Again."

Marcus Smith – the vacuuming housemaid!

Coach Wanted

The Club is looking for suitably qualified people to become the Coach of the Dickson Squash Club.

Formal coaching qualifications and the ability to commit a modest amount of time is all that is required. A small stipend will be payable.

If you are interested, please contact Marcus Smith for further information.

Coach's Corner

In this edition, Mick Morell gives us a psychology lesson...

The toughest thing is to remember what you need to do to win. Conditioning, stroke execution, and shot placement are the mainstays of the game but to win consistently, you need to compete better than your opponent. The three suggestions below will enable you to keep focused.

(1) Concentrate on winning the first point of each match and accelerate from there - show up an hour before each match and warm up, stretch, and work out your "Game Plan" before starting your match. Going in cold will put you behind a game or two, give your opponent the confidence he/she needs, and leave you wondering why "today just doesn't seem to be your day." Against an evenly matched player, you can't afford to give up even just the first few points while you are trying to get into the match.

(2) Once you've got the lead in the first game or any game, don't even think of relaxing or letting up, not even for one point. The momentum in the game of squash can switch so easily that you can't afford to give it up. Maintain your concentration, chase down every ball, and let your opponent know that you're not planning on giving him any opportunities to get back in the match.

(3) Once you're up in games, start the next game with the intent to close out the match. Win the first point, play each subsequent point as if it were your last, and walk away a 3-0 winner. You'll be amazed at how much your mind and body will appreciate it!

Winning is a habit. Start this habit now.

Our Committee

Following the Annual General Meeting a new Committee has been elected and is as follows:

President

Marcus Smith

Vice President / Public Officer

Ross Reid

Secretary

Anthony Burgess

Assistant Secretary

Helen Potter

Treasurer / Team Liaison Officer

Dick O'Rourke

Committee

Karina Agerbeek

Paul Cartwright

Robyn Douglas

Martin Grace

Doug Lean

Tammy Weekes

If there is any matter you wish to discuss, please feel free to contact any of these Committee members. Their contact details are on the Matrix - squashmatrix.com.

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If you have any content or format suggestions, please contact Anthony on (h) 6241 7774 or anthony.burgess@eds.com.
