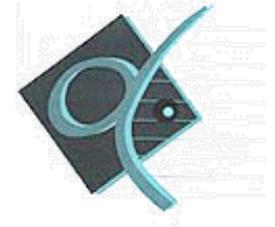


# Yellow Dot



Newsletter of the Dickson Squash Club

February 2005

Let's rip into another fantastic squash year, which promises to be exciting for the Dickson club: we have seen a terrific influx of new members, juniors who continue to perform strongly and the club-room will happen... one day.

## 2004 Christmas Party

The 2004 Christmas Party, held at the Habit in O'Conner on Thursday 16 December, was a huge success! Around 60 people attended and everyone had a fantastic night – great venue, terrific company, good food (OK, so the steak was a little tough!), plenty of drinks and a DJ to boot.

A highlight of the night was the Secret Santa. Most squashies were happy with the presents from their Secret Santa (chocolates, jams, glassware) but some were left a little bemused with what to do with the novelty items that Santa obviously picked up from certain establishments in Mitchell/Fyshwick!

Later in the evening the jolly old man himself arrived, along with his beautiful helper, to scatter more cheer, smiles and lollies to everyone.

The night did have to end, with The Habit kicking out the remaining partygoers just after midnight (lucky that All Bar Nun next door was still open ...)



A full selection of photos is on display in Dick's shop.

## World Squash Day

March 19<sup>th</sup> this year is WSD, and the whole month is one in which the sleeping giant of ACT Sport re-awakens: SQUASH!!

During March, several significant events will be conducted, including a junior tournament, the ACT Open, and the ACT Masters Championship.

Celebrated jointly on WSD on March 19<sup>th</sup> will be the re-opening of the refurbished Woden courts with a "Back to Woden" day. Keep an eye on the Squash ACT web-site and DSYWT on squash competition nights for more information.

The SquashACT brochure covering all this action is included with this Yellow Dot. Have a read, come along and have fun.

Better still, take the brochure to work with you and put it up on a noticeboard and then convince some of your colleagues to drop in too. If everyone can get just one extra person to come along, squash will be better and stronger for it. Beginners always welcome.

To promote the Dickson Squash Club at these events, a club brochure is being prepared. This will offer free club membership (to 30 June 2004) and an hour's free squash to any new members.

## Our Club-Room/Bar

Funding issues within the Tradies club continue to hamper progress with the renovations. While this is obviously disappointing for all club members, the Committee is investigating other options to finish the work. Watch this space.

## Gossip

Many people already know, but for those that don't: Tristan Wells and Rosa Hou got engaged late last year! Congratulations to both. The BIG day will be in 2006.

## Bar Roster

Recent close supervision of the bar has contributed to an upsurge in the club's financial position – we are in the best shape of recent memory.

To ensure the continued financial health of the club, we are implementing an ongoing roster to supervise the bar on pennant nights.

If most club members pitch in, we should only need to do one or two nights each, per year. A roster through to the end of the new pennant is attached to this version of Yellow Dot.

**Can all members please have a close look at the roster, and make a special effort to help on any nights indicated?**

The roster includes self-explanatory instructions on what to do if you are unavailable.

## Juniors

Junior pennant starts on 25 February, and we are hoping for more excellent results from our senior players of tomorrow.

A weekend trip to Bega is planned for April, and it is hoped that the Bega juniors will do a return trip to Canberra in November. In the year 2050, will this be looked upon as the foundation trip for an annual tradition?

## 2004 Winter/Spring Pennant Results

Congratulations to all the teams who made the finals. Here's a snapshot:

### Grand Final WINNERS

- Div 4 – Dickson 1: Nitz, Kaminski, Russell, Newhouse
- Div 9 – Team of: Morrison, Arranz & Fantich
- Div 12 – Dickson 1: Clack, Beatty, Porteous
- Div 13 – Dickson 2: Koen, Paterson, Curtin & Vaughan
- Div 16 – Dickson 1: Czoban, McDonald & Piscioneri

### Grand Finalists

- Div 3 – Dickson 1: Rolls, Wawn, Lenarduzzi, O'Rourke
- Div 4 – Dickson 2: Moffatt, Armstrong, Maunder, Clack, Wright
- Div 8 – Dickson 2: Gojmerac, Mettam, Hogan
- Div 13 – Dickson 1: Ciesniewski, Bishop & Ingram
- Div 17 – Dickson 1: Barnes, Fibak & Scadden

### Preliminary Finalists

- Div 10 – Dickson 1: Pham, Gray & Howard
- Div 11 – Dickson 1: Wilson, Sloan & Crickmore

### Semi Finalists

- Div 6 – Dickson 2: Edwards, Prideaux, Lean
- Div 7 – Dickson 2: Weekes, Mathison, Skinner
- Div 14 – Dickson 1: Raccosta, Wright & Foon
- Div 15 – Team of: Thorpe, Hanson & Witherall

## 2005 Summer/Autumn Pennant

The club is excited to welcome a large influx of new members – too many to mention here! – who are all willing to give pennant a go. We hope that you'll stay in our sport for many years, and remain part of the ACT's strongest club.

To existing members: take a few minutes to say 'hello' to some of the unfamiliar faces around the courts over coming months.

## 2005 Summer Social

### - Tuesday Mixed Singles

This social comp continued to be strongly supported, where sixteen four-person teams took part. One reason for its success was the mixing of genders and levels that would not normally be in the same team. Also helping to make an attractive competition was the brevity (five weeks), and relative low cost.

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## - Thursday Mixed Doubles

Doubles continues to be another social competition with an obvious attraction: most players vouching for the social atmosphere that is evident each night. It's a great variation of our sport, and the popularity of the mixed gender doubles keeps growing, as is evident by the number of teams missing the final nominations cut.

## Player Profiles

Keeping the tradition alive, here's a couple of club-mates to follow in the footsteps of Frank Cortez and Jonathon Thorpe who we profiled last time... Being bashful people, we regret not being able to show their photos.

### - Tony Brown

#### Occupation:

Public Servant – about to move into Science and Innovation Policy

#### How long have you been playing squash?

Started at school, but took up again 18 years later in 1998

#### Currently playing

Not playing pennant, but competitive against Div 5-6 players

#### Squash Career Highlight

DSC B-Grade men's champion 2004

#### Squash Career Lowlight

Losing to Doug Lean in the 2002 B-Grade championship, after leading 8-1 in the 5<sup>th</sup>

#### Other sports

Golf

#### Things I enjoy...

Whipping Doug Lean

### - Julie Polson

#### Occupation:

Manage the national help desk and second level support area for DEWR

#### How long have you been playing squash?

About 25 years

#### Currently playing

Women's comp and Masters

#### Squash Career Highlight

Won the Ladies C-grade Club Championship a few years ago

#### Squash Career Lowlight

I don't have one

#### Other sports

Netball, tennis

#### Things I enjoy...

Watching Australia beat NZ in the netball, going to the Australian Tennis Open, and overseas holidays

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## Coach's Corner

Mick Morell shares Peter Nichol's plan to play well...

Comp starts soon so it is hoped that you have been practicing hard for the last few weeks. But what about the mental preparation? The key is to set yourself goals and have a clear idea of how you want to play tactically in your matches. Don't just wander through your training routines. Every shot is important, even in practice, and needs your full energy.

Even when you're in the gym you should be concentrating on the good it will do you on court. If you play practice matches before real matches, don't worry if your game isn't as polished as you'd like it. Be patient. Your goal should be to play well when it counts. Once I actually start playing, I let myself go onto auto-pilot. I try to play in 'the zone'. This means I'm completely relaxed and I let all the practising and training speak for itself.

## Squash Web-sites

Interested in finding out more about squash on the web? Tournaments, news, coaching or refereeing info, player rankings...? Try these for starters:

Local & [www.dicksonsquashclub.asn.au](http://www.dicksonsquashclub.asn.au)

Australian

[www.squashact.asn.au](http://www.squashact.asn.au)

[www.squash.org.au](http://www.squash.org.au)

[www.informconnection.com.au](http://www.informconnection.com.au)

International [www.squashbox.co.uk](http://www.squashbox.co.uk)

[www.worldsquash.org](http://www.worldsquash.org)

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

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

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

## Our Committee

### 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 at [squashmatrix.com](http://squashmatrix.com).

## Yellow Dot

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

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