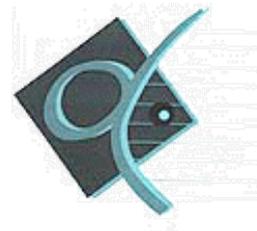


Yellow Dot



Newsletter of the Dickson Squash Club

May 2006

Club Championships

In line with tradition, we'll be holding the **Dickson Squash Club Championships** between the autumn and spring pennants. The dates for this year are **2, 4 and 5 August**. Men's and Women's graded events will be held, as well as mixed doubles. Get your entry form in soon – available from Dick, or through the club's web-site.

After the Club Championships, dinner will be held on Saturday night, and will incorporate the Club's annual general meeting and presentation of trophies and prizes to all of the winners. A must-attend event.

New Committee/AGM

We're always looking for enthusiastic people to nominate for the Club committee. If you have some spare time and want to make a contribution, please contact someone on the current committee, who will talk you through the nomination process.

Club Room Update

Some excellent news: the Tradies Club have recently agreed to finalise renovations in the old bar, and allow us to use the area as our Club Room. The renovations are well underway, and will be complete by 30 June. We hope to move in shortly afterwards.

Keep an eye out for the exciting developments!

Car parking - changes

The Tradies have recently introduced 24 hour pay parking for the underground car park. This won't impact you, **provided you are a member of the Tradies Club**. Just take your ticket from the machine and ask the counter staff in the centre to validate it before they close at 8.30pm. When you leave the centre, insert the validated ticket into the machine and away you go. Alternatively, you can have the ticket validated in the Tradies Club.

We will be including an option to apply for new Tradies memberships as part of the Dickson Squash Club membership renewal from July 2006.

Juniors

The Club has a number of juniors that are gradually making the transition to senior squash. **Samuel Lock** broke through for his first win as a reserve in seniors last round, and **Andrew Dyer** is almost an old hand at reserving, with a number of wins to his credit. **Troy Douglas** is now a permanent senior player and doing exceptionally well, as is **Shaun Douglas**, who has an enviable record with both Juniors and Seniors.

We also welcome a newcomer from Finland, **Pyry Poikolainen**. Pyry plays for our juniors as a #1 in Division 1, and he also plays seniors as a #1 in Premier Division. If you want to see an international star of the future, come down on Tuesdays to watch Premier division play – Pyry will leave you gasping in awe!

The junior girls are not to be outdone by the boys. **Katriana Shearer** and **Hannah Fritzlauff** have been performing with distinction. Both have represented the ACT during interstate clashes, and it won't be long before they achieve even higher status.

If you are looking for a reserve in the lower end of senior divisions, junior players are an excellent option. Contact Dick on 6230 6353 for further information.

Junior Coaches

The Club is always looking for competent players that can assist with junior coaching on Friday afternoons. The time slot is 4.00 to 6.00pm. Show your interest by calling Dick on 6230 6353. You will be rewarded!!!

Vale

It is with regret that we inform members of the passing away of **Peter Laven**, one of our long time members. Many of us remember Peter as the gentleman giant of squash. Only the good die young, and unfortunately Peter was only 54. He will be sadly missed by all who knew him.

Club Shirts

Club polo shirts are now available in a range of sizes. They're made of lightweight fabric and are smart looking... and, for a short while, are available at the reduced price of **\$30.00**.

Why not see Dick and grab one or two?

Club Practice

Being a volunteer running the board at club practice is usually fun – it's a great way to meet other members, and catch up on gossip. But trying to balance the needs of all players can be challenging. Please don't make this challenge harder than it needs to be. These volunteers are there trying their best (and giving up their valuable court time as well).

If you aren't happy with your playing allocation, cop it on the chin (you'll only be stuck with it for 20 minutes) ... or better still, call Doug Lean to get your name on the roster - 0419 290 531.

Bar Roster

Having a person rostered for bar duty continues to help strengthen the club's finances – so our thanks continue to all of you who have helped out.

However, there have been a number of 'no shows' that have left us in the lurch. If you aren't able to make a particular night, do what most Club members do and organise a swap. The roster is at: <http://www.dicksonsquashclub.asn.au/Bar%20Roster.pdf>.

Check for your name, and lock it in to your diary. It makes Robert Hogan's job infinitely easier!

Family News

Rosa Wells (nee Hou) has finally made **Tristan Wells** an honest man... Yes, the two of them tied the knot on 8 April. With a smile on her face, Rosa tells us that all went well!

They have just returned from their honeymoon, which included time in Egypt, Jordan, Syria and Turkey, with a stopover in Singapore. Welcome back to both of you. Don't forget to congratulate them when you see them around the courts.

More Family News...

Cherie & **Frank Cortes** had little girl, Ella, on 26 April. She's sister to Cameron and Alexander, and weighed in at 3665 grams (8lb 1oz). She's a lovely little girl and has proven the saying that girls are far more settled than boys after birth... although Frank and Cherie's headaches start with her in about 13 years ☺

Hopefully Frank and Cherie will do the right thing in time to come, and point the troops in the right direction...to the squash courts!

Club Web Site

Don't forget that the Club's web-site contains lots of useful information: current and previous Yellow Dot editions, Bar and Club Practice rosters, photos from social events, club constitution, etc.

Check it out at www.dicksonsquashclub.asn.au.

Other useful Australian sites include:

BodyLine Sports www.bodylinesports.com.au
(for entry forms for various competitions, as well as in-store stock specials)

Squash ACT www.squashact.asn.au

Squash Australia www.squash.org.au

Squash Matrix www.squashmatrix.com

And overseas...

www.squashplayer.co.uk

A good source of news on what's going on in the world of squash.

www.squashmagazine.com

The homepage of the magazine of the US Squash Association, with some great photos of the world's best in action.

Do you know the rules?

It's a well known fact that all squash players are experts in the rules. But many of us don't sound like experts.

Try this quick quiz to test your knowledge.

Which of the following are valid things for the marker to say?

- (a) At the end of a game: "Game to Dick".
- (b) At start of game 4: "Dick leads two games to one. Dick to serve, at nil all. Play when ready."
- (c) At the end of a rally: "Double bounce. Point to Dick. Three each."
- (d) When the server is heading to the correct service box: "Three – love. Left box."
- (e) When the ball hits the lights: "High ball".

Answer/Comments – they're all wrong in one way or another:

- (a) You should call the score, announce who won the game, then the overall game score. Like this: "Nine – three. Game to Dick. Dick leads two games to one."
- (b) Mostly right. Except "Nil" is wrong and "Love" is right; and there is never a need to say "Play when ready" or similar. The correct call would be "Dick leads two games to one. Dick to serve. Love all."
- (c) "Double bounce" is wrong, as is saying "each" and "point". The correct call would simply be "Not up. Three all."
- (d) There is no need to advise the service box – only if either player needs it.
- (e) "Out" is the only correct call for when the ball goes out of the court. "Too big" and "that's a shocker" are therefore also wrong.

Squash is the HEALTHIEST sport!

A recent survey by Forbes, the US business magazine, has rated squash as the healthiest sport.

The assessment criteria used were cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, calories per 30 mins, and injury risk.

Other sports filling out the top 10 were:

- 2. Rowing
- 3. Rock Climbing
- 4. Swimming
- 5. Cross-country Skiing
- 6. Basketball
- 7. Cycling
- 8. Running
- 9. Modern Pentathlon
- 10. Boxing

The Forbes summary said:

The preferred game of Wall Street has convenience on its side, as 30 minutes on the squash court provides an impressive cardiorespiratory workout. Extended rallies and almost constant running builds muscular strength and endurance in the lower body, while lunges, twists and turns increase flexibility in the back and abdomen. "For people just getting into the game, it's almost too much to sustain, but once you get there, squash is tremendous," says Paul Assaiante, head coach of the five-time defending national intercollegiate champion men's squash team at Trinity College in Hartford, Conn. Assaiante recommends a regimen of yoga, sprinting and distance running for preparation. Be wary of groin pulls, torn Achilles tendons and your opponent's racquet.

So, get started on yoga, and beware your groin!

Further detail (including a link to Forbes) is available from:

http://www.squashplayer.co.uk/sp_latest/forbes_survey.htm

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Do you have any content or format suggestions? If so, please contact Anthony Burgess on 6241 7774 or anthony.burgess@eds.com.