

## ***SQUASH NEWSLETTER - AUGUST 2006***

### **New Management**

You will have noticed that there has been a change in management at the sports centre since July. The new owner/managers of MAASH Sports & Fitness are now Jason McLauchlan and Brett Deverall who extend a warm welcome to everyone. They bring with them a great deal of experience in the field of sports management and are committed to lifting the profile of squash within the club by introducing a wide range of new activities and events.

### **The New Squash Season**

MAASH has entered 19 men's teams and 6 ladies' teams in the Spring pennant competition which starts in the week of 10 August. It also has 12 teams in the Masters competition, which is played on Monday nights. Such a large number of teams certainly is indicative of the level of enthusiasm and interest in squash at MAASH.

### **Men's & Ladies' Premier Squash Teams**

For the first time in many years, MAASH is starting the new season with both Men's & Ladies' Premier squash teams. Club members are encouraged to come down and watch them play their matches at MAASH on Thursday evenings. This is a good opportunity to watch squash being played at an elite level.

### **The Squash Matrix**

For those of you who are playing pennant squash, it is important that you are aware of the Squash Matrix that operates in NSW. The Squash Matrix is a web-based squash ranking system, based on player versus player results. The heart of the ranking system is a matrix of points that are added or subtracted to a player's rating depending on the result of the games and the relative ratings between the two players. You can therefore track your ranking by checking your matrix points after every match. The Squash Matrix contains a wealth of other information including all your team match fixtures and results. So check it out regularly on [www.squashmatrix.com](http://www.squashmatrix.com).

### **New Squash Training Squads**

Another new initiative is the introduction of training squads, which will operate from the week starting Monday 21 August. These squads will cater for

everyone from beginners to State level players and will be conducted by experienced and qualified coaches. To help improve everyone's game, emphasis will be on skills, fitness and drills. And what's more, everyone will have fun! The aim will be to have a ratio of 4:1 players to coaches and no more than 5 on court at any one time. Squads will operate for 1 hour in the evenings on Mondays, Tuesdays and Wednesdays, for 1½ hours on Saturdays and 1 hour on Sundays. Bookings are essential so call or email now to reserve your place!

### **Individual Coaching**

For those of you who are interested in having individual coaching, MAASH has a team of experienced and qualified coaches ready to help improve your game and boost your confidence. The team includes Jason McLauchlan, Luke Hillier, Will Evans and Brett Deverall. Please talk to Jason or Brett at Reception for more details.

### **Junior Squash Programme**

Aged between 8 and 18 and want to play squash? Then join our junior squad on Friday afternoons from 4 till 6pm. Parents, please encourage your youngsters to participate as they are the future of squash.

### **Up-And-Coming Events**

Watch out for weekend round robins and internal comps that will be starting in the near future. And most importantly, get yourselves ready for the inaugural:



**MAASH OPEN CHAMPIONSHIPS**  
**15-17 SEPTEMBER**

To make bookings or obtain more information about any of these events and activities, please contact either Jason or Brett by phone or email on:

**9868 1200**

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