

## **SQUASH NEWSLETTER - SEPTEMBER 2006**

### **The Spring Pennant**

We are almost half way through the spring pennant and of our 25 squash teams, more than 70% are in the top 4 of their divisions, which is a great achievement. Special mention should go to the ladies' W02 and W05 teams and men's M03 and M014 teams who were coming 1<sup>st</sup> when we went to print. Well done to all the teams; let's hope we can convert semi-finalists into winning finalists!

### **Spring Masters Pennant**

The 12 Masters' teams are all doing well and Monday nights continue to be bursting with activity both on and off court. Masters is played with mixed teams and is both competitive and social. If you are over 35 and would like to join a team, please contact Jason or Pam.

### **2006 Australian Masters Championships**

These championships were held in September in Canberra and attracted more than 250 contestants. Four MAASH squash players, Alison Small, Katie Totaro, Sarah Wilson and Tony de Bono travelled to Canberra to participate. Our congratulations are extended to Tony, who was the runner up in his age bracket, and to Alison, who won the consolation prize in her division.

### **The Squash Matrix**

At the start of this pennant, many of you may not have been too familiar with the squash matrix. However, by now you will no doubt be avidly following your matrix results each week on [www.squashmatrix.com](http://www.squashmatrix.com). Congratulations to the following players who have substantially increased their matrix points over the last six weeks: Aaron Cusack (+16.94), Paul Broadbent (+12.10), Ian Taylor (+10.6), Chris Snell (+10.43) and Angie Edwards (+7).

### **Squash Training Squads**

These squads have been conducted by Luke, Jason, Will and Brett over the last 4 weeks or so and have been proving to be extremely popular. Emphasis has been on skills, fitness and drills with squads operating from 6pm-7pm Mondays, 8pm-9pm Tuesdays, 7pm-8pm Wednesdays and 9am-10.30am on Saturdays. These squads may challenge players to the limit, but

the pain is definitely worth the gain. Just ask the players!

### **Individual Coaching**

If you prefer to have individual coaching, then don't forget that Luke, Jason, Will and Brett - our team of experienced and qualified coaches - are available any day of the week to help improve your game.

### **Gift Vouchers**

Can't think of a present to give to your sports-crazy friend or partner? Then give them a MAASH Gift Voucher - an ideal present for Christmas!

### **Weekend Round Robins**

These have been operating on Saturdays from 12-2pm and 2pm-4pm with great success. It's amazing how popular round robins can be when there's a prize to be won! The round robins are handicapped so don't think you're too strong or too weak to play in them. They are fun and really good for your fitness.

### **Junior Squash Programme**

The first junior squad was held on Friday 22 September and attracted a group of students of all ages and abilities. The squads will run from 4pm-6pm on Friday afternoons and will continue to operate through the school holidays.

### **MAASH Open Championships**

The inaugural MAASH Open is being held on 14 & 15 October 2006. The tournament is open to all grades and has already attracted a number of top players from around the state and inter-state. Entry forms are available at Reception and should be completed and returned by 9 October. The entry fee is \$30 and guarantees you three games. So enter NOW!

**MAASH OPEN CHAMPIONSHIPS**  
**14 & 15 OCTOBER**

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 or [admin@maash.com.au](mailto:admin@maash.com.au)**