

Fall / Winter
2010-2011



Featuring

- Fall & Winter Camps
- Programs
- Lesson and Training Information
- And more Squash!

Squash Committee

Committee: Ian Buchanan (Chair), Brooke Rothwell, Allyson Kjenner, Sharon Clark, Leon Marciak, Lori Balch, Tamara Linklater, Doug Kirillo, Steve Wilk (Board Rep)

Squash Committee Meetings:

Squash Professionals

Jeff Williams, Head Professional

Our Head Pro is ready and willing to take you and your game to the next level. Jeff has been with the Club for over 7 years and competes at the Open level. Many juniors that Jeff has coached over the years have gone on to enjoy success at the local, Provincial and National level.



Julie Multamaki

The wonder from down under has been with the Club for just under a year and has proven to be a smash hit with members. Julie has great insight into the game and gives the Club another great asset to claim in the Squash area.



VIDEO ANALYSIS PACKAGE

Individual Cost - \$100 (Inc. GST)
2 Person Cost - \$60 each (Inc. GST)
Included:

- Video Taping of Match
- DVD of the Match played
- DVD of the video analysis
 - o All of the winners struck
 - o All of the errors made



This Dartfish software breaks down the match to multiple 7 sec clips then categorizes the clips into your Winners, errors, etc. You then receive a DVD that allows you to watch your 20 winners in a row, then you watch your 20 errors in a row. From this information you can learn your strengths and more importantly your weaknesses and how to work towards correcting those weaknesses. To book an appointment, please contact Jeff Williams.

Beginner Package - \$150.00 (inc. GST)

- 3 – 45 Minute Squash Lessons
- Black Knight Racquet
- Black Knight Eyeguards
- 2 Dunlop Squash Balls

Want to learn the game of Squash. Get started properly with this great starter kit! For \$150.00 you get 3 – 45 Minute lessons with Jeff Williams, a Black Knight Bandit 2 Squash Racquet, a set of Black Knight Stiletto eye guards, and 2 Dunlop Squash Balls. What a great way to start swinging! Please contact Jeff Williams directly.

Jeff Williams or Julie Multamaki is always available for lessons. Please contact 780-482-0394 or email jeff.williams@royalglenora.com for more information.

MUNCHKINS

For kids just starting to learn squash. These youngsters will start with many hand-eye exercises, grip, swing, footwork, etc. Emphasis is placed on fun and games.

Price: \$45.00 per month

Ages: 4-8 years

Date	Time	Day of Week	Code
Sept 7-April 19	5:45-6:30pm	Tuesday	SJM001

SQUASHERS

This program is designed specifically for younger recreational juniors who have no squash experience or minimal squash skills. Players will be trained to improve their technique, tactics and overall level of play. The goal is for these players to learn basic drills and acquire skills necessary for playing recreationally with family and friends.

Cost: \$45.00 per month

Ages: 8-13 years

Date	Time	Day of Week	Code
Sept 7-April 19	5:00-6:00pm	Tuesday	SJM002

TOURNAMENT KIDS

For the kids who have a better understanding of the game and would like to play tournaments. This includes grip, swing, footwork, rules, refereeing, strategy, fitness & tournament preparation.

Cost: \$110.00 per month

Ages: 10+ years

Date	Time	Day of Week	Code
Sept 7-June 23	4:30-6:00pm	Tues & Thurs	SJM003

HIGH PERFORMANCE PROGRAM

The High Performance team is a group of athletes that are at an advanced level of squash. This program teaches the athletes a competitive and challenging level of tactics & training. The Monday & Wednesday sessions are split between squash training and fitness training. This Program will be beginning on the 8th of September due to Labor Day (Monday, September 6th)

Cost: \$150.00 per month (3 days/week)

Ages: No age limit

Date	Time	Day of Week	Code
Sept 8-June 26	4:30-6:00pm	Mon/Wed/Fri	SHP

ADULT PROGRAMMING

“A” Grade Training

This program is geared towards Men’s Level 1 & 2 and Women’s Level 1 players. This program runs for 10 sessions. The main focus will be on attacking in the front of the court, creating pressure on your opponent and efficient court movement.

Minimum: 4 participants

Cost: \$125.00 + GST (Fall/Winter 10 sessions)

\$137.50 + GST (Spring 11 sessions)

*Add 25% if less than 6 participants

Date	Time	Day of Week	Code
Sept 13-Nov 22	7:00-8:30pm	Monday	SAGF01
Jan 10-Mar 28	7:00-8:30pm	Monday	SAGW01

Learn to play Squash!

This 6-week clinic will be coached by Jeff Williams. Learn to play squash in just 6 weeks! Learn the basics of the game. This would include: The Rules, Basic Technique, Understanding of Lets vs Strokes, Basic Tactics & Movement. This is a great way to learn the game of Squash in a group setting. Come give Squash a try!

Minimum: 4 participants

Cost: \$75.00 + GST (6 sessions)

*Add 25% if less than 6 participants

Date	Time	Day of Week	Code
Sept 9–Oct 14	6:00-7:00pm	Thursday	SINT01
Jan 5-Feb 9	6:30-7:30pm	Wednesday	SINT02

Women's Squash Afternoon

This 10-week clinic will be coached by Jeff Williams. This Program is geared to introduce and improve Squash for Women's Squash Players. New Players Welcome! Meanwhile, this will also teach the more experienced player the knowledge to improve technique and tactics in the game!

Minimum: 4 participants

Cost: \$100.00 + GST (10 sessions)

*Add 25% if less than 4 participants

Date	Time	Day of Week	Code
Sept 14-Nov 16	1:00-2:00pm	Tuesday	SWA01

Pre-Season Interclub Training – Men's 3

This 6-week clinic will be coached by Jeff Williams. Don't start the Interclub season rusty! This clinic will be targeted towards our RG members competing in level 3 Interclub. It will help our Members start the Interclub season fit and sharp.

Minimum: 4 participants

Cost: \$75.00 + GST (6 sessions)

*Add 25% if less than 6 participants

Date	Time	Day of Week	Code
Sept 8-Oct 13	7:00-8:00pm	Wednesday	SPS301

Pre-Season Interclub Training – Men's 4 & 5

This 6-week clinic will be coached by Jeff Williams. Don't start the Interclub season rusty! This clinic will be targeted towards our RG members competing in levels 4 & 5 Interclub. It will help our Members start the Interclub season fit and sharp.

Minimum: 4 participants

Cost: \$75.00 + GST (6 sessions)

*Add 25% if less than 6 participants

Date	Time	Day of Week	Code
Sept 7-Oct 12	6:30-7:30pm	Tuesday	SPS401

Drop In Squash

Squash Drop-Ins are available to Members. These Drop-Ins are a great way to get involved in Squash without organizing a match with another person! All levels of players are invited to come out and play. These Drop-Ins are available:

Thursdays	6pm - 7:30pm
Fridays	6pm – 7:30pm
Saturdays	10am – 12pm

Pre-Season Interclub Training – Women’s B & C

This 4-week clinic will be coached by Jeff Williams. The targeted skill level is for B & C level tournament players or ladies playing on a Ladies Level 2 Interclub team. Get ready for the upcoming squash season by attending these drill sessions which focus on the technical and tactical elements of your game.

Minimum: 4 participants **Maximum:** 6 participants
Cost: \$60.00 + GST (4 sessions)

Date	Time	Day of Week	Code
Sept 21-Oct 12	7:30-8:30pm	Tuesday	SPSWB01

Pre-Season Interclub Training – Women’s D

This 4-week clinic will be coached by Jeff Williams. The targeted skill level is for D level tournament players or ladies playing in the mid-high positions on a Ladies Level 3 Interclub team. Start preparing for the upcoming squash season by joining a clinic, which focuses on coaching technique, tactics and drills

Minimum: 4 participants **Maximum:** 6 participants
Cost: \$60.00 + GST (4 sessions)

Date	Time	Day of Week	Code
Sept 22-Oct 13	8:00-9:00pm	Wednesday	SPSWD01

Squash Box League

Need to find new players to compete against? The Squash Box League will begin in June and will be ongoing. This will be an organized box league that organizes 4 matches per month against players at your level of play. **There is both a Men’s and a Women’s Box League available. Women are welcome to compete in the Men’s Box League, however to do so they must participate in the Women’s Box League as well.** This Box League is part of the GigaSports Website so it will be easy to access as you book your Squash Courts. To register please contact Jeff Williams at jeff.Williams@royalglenora.com or 780-482-0394

Monthly Registration Deadline: The 24th of every month
(If you registered for the Box League you will remain in the Box League until you inform Jeff or Julie to remove you from the League)

Day of Week: 4 Matches in a month—You schedule the match times
Cost Monthly fee of \$10.00 + GST
Men’s Box League Code: SMBL
Women’s Box League Code: SWBL

Doubles Squash

Doubles League

The Doubles League is a great way to get involved in Doubles Squash. You get to know people involved in the game in a great social atmosphere. All levels of players needed to make the Doubles League a success. So don't hesitate to get involved.

This fall The Doubles League will be offered on Mondays and Wednesdays. So make sure you specify which Doubles League day (Monday or Wednesday) you'd like to participate in.

Monday Doubles League

Fall Session: Sep 27th – Dec 6th

Code: SDLFM01

Winter Session: Jan 10th – Mar 21st

Code: SDLWM01

Day of Week: Monday

Time: 6pm – 8pm or 8pm – 10pm – Depending on the Schedule

Member Cost: \$45 + GST

Non Member Cost: \$145 + GST

Wednesday Doubles League

Fall Session: Sep 29th – Dec 8th

Code: SDFW01

Winter Session: Jan 12th – Mar 23rd

Code: SDLWW01

Day of Week: Wednesday

Time: 6pm – 8pm or 8pm – 10pm – Depending on the Schedule

Member Cost: \$45 + GST

Non Member Cost: \$145 + GST

Doubles Contact List

If you'd like to be on the Doubles Contact List please contact Jeff Williams or Julie Multamaki with your contact information. Please include:

Name:

Cell Number:

e-mail Address:

Level of play: Beginner / Intermediate / Competitive

Which wall do you prefer: Left Wall / Right Wall / Either Wall

TOURNAMENT SCHEDULE 2010 & 2011

- o 3rd Annual Reagan Williams & Phil Allard Memorial Season Opener – September 17th – 19th, 2010
- o Edmonton Doubles Squash Open – November 5th – 7th, 2010
- o Edmonton Open & PSA Event – November 30th – December 5th, 2010
- o Timeless Classic – January 28th – 30th, 2011
- o Alberta Mixed Doubles Championships – February 11th – 13th, 2011
- o Women's Weekend – February 18th – 20th, 2011
- o Alberta Junior Closed – March 11th – 13th, 2011
- o Squash Club Championships – March / April 2011
- Doubles Club Championships – March & April 2011
- Interclub Playoffs – April 15th & 16th, 2011