

2009 - 2010 SQUASH ACTIVITY AND INFORMATION GUIDE

As of August 21, 2009

SQUASH



Jeff Williams
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Julie Multamaki
Associate Squash Professional
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Squash Committee:

Ian Buchanan, Anne Marie Reinson, Richard Blackwell, Sharon Clark, Steve Wilk (Board Rep), Brooke Rothwell, Lori Balch, Allyson Kjenner, Tamara Linklater, Doug Kirillo, Louis Wang

Private & Semi-Private Lessons with Jeff Williams or Julie Multamaki

1 HOUR PRIVATE LESSON - \$45.00
45 MIN – PRIVATE LESSON - \$35.00
30 MIN. – PRIVATE LESSON - \$27.50
1 HOUR SEMI-PRIVATE LESSON - \$60.00

LESSON PACKAGES

Beginner Package - \$200.00

3 – 45 Minute Squash Lessons
Black Knight Racquet
Black Knight Eye guards
2 Dunlop Squash Balls

Want to learn the game of Squash. Get started properly with this great starter kit! For \$200 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.

Dartfish Video Analysis Package

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.

Individual Cost - \$100

2 Person Cost - \$60 each

Included in Dartfish Video Analysis Package:

Video Taping of Match
DVD of the Match Played
DVD of the video analysis
All of the Winners struck All of the Errors made

**FOR THE MONTH OF SEPTEMBER ALL JUNIOR PROGRAMS WILL BE HELD AT THE MAYFIELD ATHLETIC CLUB 16615 109TH Ave.
www.mayfieldinnedmonton.com 780-484-0821.
 Please contact Jeff or Julie for further information.**

Junior Squash

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.

Ages: 5 – 10 yrs
Cost: \$45.00 per month

Date	Time	Days of Week	Code
Sep 11 – Jun 25	6:00 pm – 6:45 pm	Thursday	SJM001

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. This program also includes coaching at Junior weekend Tournaments and Events.

Ages: 10+ yrs
Cost: \$110.00 per month

Date	Time	Days of Week	Code
Sep 9 – June 25	4:30 pm – 6:00 pm	Tuesday & Thursday	SJM002

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 provides weekend coaching at Junior weekend Tournaments & Events.

Ages: No Age Limit
Cost: \$120.00 / Month (3 days / week)

Date	Time	Days of Week	Code
Sep 8 – June 26	4:30 pm – 6:00 pm	Mon/Wed/Fri	SJM002

Adult Squash

“A” GRADE TRAINING PROGRAM

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 Session) (10 Sessions)
 \$137.50 + GST (Spring Session) (11 Sessions)
 *Add 25% if less than 6 participants

Date	Time	Day of Week	Code
Sep 14 – Nov 23	6:30pm – 8:00 pm	Monday	SAGF01
Jan 11 – Mar 29	7:00 pm – 8:30 pm	Monday	SAGW01

**FOR THE MONTH OF SEPTEMBER A GRADE TRAINING WILL BE HELD AT THE MAYFIELD ATHLETIC CLUB 16615 109TH Ave.
www.mayfieldinnedmonton.com 780-484-0821. Please contact Jeff or Julie for further information.**

FOR THE MONTH OF SEPTEMBER - PRESEASON INTERCLUB TRAINING WILL BE HELD AT MacEwan Centre for Sport & Wellness
10700 – 104 Ave. (780) 497-5493 www.macewancentre.ca
Please contact Jeff or Julie for further information.

PRE-SEASON INTERCLUB TRAINING – Men's 3

Jeff Williams will coach this 6-week clinic. 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
Sep 9 – Oct 14	6:30pm – 7:30pm	Wednesday	SPS301

PRE-SEASON INTERCLUB TRAINING – Men's 4 & 5

Jeff Williams will coach this 6-week clinic. 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
Sep 8 – Oct 13	6:00 pm – 7:00 pm	Tuesday	SPS401

PRE-SEASON INTERCLUB TRAINING – Women's B

Julie Multamaki will coach this 4-week clinic. The targeted skill level is for B level tournament players or ladies playing in the mid-high positions 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
Sep 22 – Oct 13	6:00 pm – 7:00 pm	Tuesday	SPSWB01

PRE-SEASON INTERCLUB TRAINING – Women's C

Julie Multamaki will coach this 4-week clinic. The targeted skill level is for C level tournament players or ladies playing in the mid-low positions on a Ladies Level 2 Interclub team. Get ready 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)

<u>Date</u>	<u>Time</u>	<u>Days of Week</u>	<u>Code</u>
Sep 22 – Oct 13	7:00 pm – 8:00 pm	Tuesday	SPSWC01

PRE-SEASON INTERCLUB TRAINING – Women’s D

Julie Multamaki will coach this 4-week clinic. 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)

<u>Date</u>	<u>Time</u>	<u>Days of Week</u>	<u>Code</u>
Sep 23 – Oct 14	6:00 pm – 7:00pm	Wednesday	SPSWD01

PRE-SEASON INTERCLUB TRAINING – Beginner Women’s

Jeff Williams will coach this 6-week clinic. This clinic will be geared to the beginner player wanting to start competing in Interclub. The players leaving this program will be able to play and referee a full match. It will also teach the skills necessary to play a match well.

Minimum: 4 Participants
Maximum: 6 Participants
Cost: \$60.00 + GST (4 Sessions)

<u>Date</u>	<u>Time</u>	<u>Days of Week</u>	<u>Code</u>
Sep 23 – Oct 14	7:00pm – 8:00pm	Wednesday	SPSWBG1

MEN’S & WOMEN’S SQUASH BOX LEAGUE

**POSTPONED TILL REOPENING
OCTOBER 12**

Need to find new players to compete against? The Squash Box League will begin in October 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

**POSTPONED TILL REOPENING
OCTOBER 12**

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

This fall The Doubles League will be offered on Mondays. So make sure you specify which Doubles League day (Monday or Wednesday) you'd like to participate in. The Schedule will determine when you play; either 6:00 pm to 8:00 pm or 8:00 pm to 10:00 pm.

Member Cost: \$35 + GST

Non Member Cost: \$135 + GST

<u>Date</u>	<u>Time</u>	<u>Days of Week</u>	<u>Code</u>
Sep 28 – Dec 7	6:00pm – 10:00pm	Monday	SDLFM01
Jan 11 – Mar 22	6:00pm – 10:00pm	Monday	SDLWM01

WEDNESDAY DOUBLES LEAGUE

This fall The Doubles League will be offered on Wednesdays. So make sure you specify which Doubles League day (Monday or Wednesday) you'd like to participate in. The Schedule will determine when you play; either 6:00 pm to 8:00 pm or 8:00 pm to 10:00 pm

Member Cost: \$35 + GST

Non Member Cost: \$135 + GST

<u>Date</u>	<u>Time</u>	<u>Days of Week</u>	<u>Code</u>
Sep 30 – Dec 9	6:00pm – 10:00pm	Wednesday	SDLFW01
Jan 13 – Mar 24	6:00pm – 10:00pm	Wednesday	SDLWW01

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 2009 & 2010

2 nd Annual Reagan Williams & Phil Allard Season Opener	<i>Postponed TBA</i>
Edmonton Doubles Championships	Oct 30 th – Nov 1 st
Jesters Junior Championships	Nov 13 th – 15 th
Edmonton Open & 2 Star PSA Event presented by Lexus of Edmonton	Dec 1 st – 6 th
New Year's Open	Jan 8 th – 10 th
Timeless Classic (Club Championships)	Jan 29 th – 31 st
17 th Annual Edmonton Women's Weekend	Feb 19 th – 21 st
Alberta Doubles Provincial Championships	March 24 th – 26 th
Doubles Club Championships	March & April
The Alberta Open	April 9 th – 11 th

**MEMBER PLAY WILL CONTINUE AT THE
RIVERBEND ATHLETIC CLUB AND MACEWAN
CENTRE FOR SPORT & WELLNESS.
MAYFIELD ATHLETIC CLUB WILL ALSO BE
PLEASED TO HOST RGC SQUASH PLAYERS.
PLEASE CONTACT THEM FOR BOOKINGS
AND PROVIDE YOUR NAME UPON ARRIVAL.
CLUB WILL COVER FEES UNTIL RGC
COURTS REOPEN!!**

SQUASH SCHEDULE
September 2009 – May 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM									
10:00 AM						Saturday Morning Drop In			
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:45 PM									
4:30 PM	HP Kids	Monday Doubles	Tournament Kids	HP Kids	Wednesday Doubles	Tournament Kids	HP Kids		
5:15 PM									
6:00 PM	"A" Grade Training		Men-4 & 5/Women-B 6p-7p	Wmn-D 6p-7p		Men-3 630- 730p	Munchkins		
6:30 PM			Women-C 7p-8p	Beg Wmn 7p-8p					
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									