



your squash forum

Editor - Tony Broomfield

Issue ten

December 2018

Merry Christmas everyone



Christmas message from the Editor

LOOKING BACK OVER OUR FIRST YEAR IN 'PRINT'

The introduction of the Forum at the start of 2018 has coincided with one of our best years at the Academy. With many players reaching personal goals in playing and confidence. We have also attained junior achievements at local league, county, regional and national level. We have introduced a greater number of beginners, ranging from three year old to teenagers. Several players have gained coaching and marking standards, their help being invaluable to the senior coaches.

The 10 editions of Forum have achieved some good feedback from players and other coaches

and parents, but I wonder how many of our juniors have actually read each one. **Hopefully the parents will make sure they pickup the emails and pass on.**

The idea of the newsletter was to encourage the kids to see and emulate what the better players are achieving, get coaching tips and keep up-to-date with what is happening in their sport.

I hope in the new year that more juniors and parents will contribute to the publication - **keep in touch.**

Wishing you all a great Christmas and New Year.



Reflections from the head coach



“ Alfie Robinson won the U9s category at the EON, he was so surprised and delighted that he asked me was it for his birthday and then when I explained he asked when he had to give it back. ”

I recently attended the Eon Humber closed junior squash championships. I travel to a lot of junior competitions but the Eon is always my favourite as it's always played in a fantastic spirit and the players enjoy seeing their old friends and rivals. The banter between players is always good fun.

In past years Olcote has had 50+ players attend, this year there was only 27 attending. Which caused me to reflect on how the profile of our players have changed over the years.

We have become a victim of our own success.



By encouraging so many of our players to county and national competitions they have, through no fault of their own, become professional in their attitude towards local competition.

We have always seen the Eon as a stepping stone toward the England squash sanctioned event.

It has no ranking points or no national kudos and hence players will often favour attending the competitions which attract

the most points or use the Eon weekend as a rest.

I am proud that so many of our players have become seasoned veterans of the junior circuit and nationally ranked players but at the same time I really miss seeing them at the local events.

I hope to see a few more of our 'professionals' playing next year (especially if we turn it into a copper England Squash sanctioned event).

It's been a great year, 2019 will be even better.

Merry Christmas and a Happy New Year

See you on court

Coach Martin



more good stuff - on page 3

forum - is published monthly - please send your articles to the editor



“ 2018 has been an exciting year for me in squash.

I have had the privilege of introducing the sport to 40 **Key Stage 2** children at a lunch club which I run at Swanland Primary School. We learn the basic skills for five weeks in the school hall, then on the 6th week, we travel down to Ferriby Hall Squash Club to put these skills into action.



It has been amazing to see children who have not been particularly keen on the traditional curriculum sports excel with a squash racket in their hand.



I have been kept very busy on a Friday evening with the Tots Squash session - thank you to my assistant coaches, Molly and Finlay.

Some of the children who initially started in this class at the beginning of the year have already mastered enough skills to graduate into the next class and it won't be long before some of my existing members will be moving up too.

Thank you to all of the parents who have supported all of these sessions - you really are giving your children a gift for life. ”

Merry Christmas

Coach Mrs Martin



more information - on page 4

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Coach Bloor's percentages

Some changes in stringing I have noticed this year.

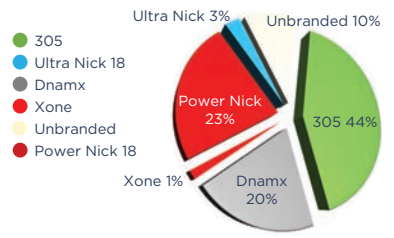


Tecnifibre has been the leading brand for some years now, 305 being the most popular then closely followed by Xone Biophase (which was my leading string last year) this string was favoured for the extra power and feel.

However Xone doesn't seem to be as forgiving anymore breaking very easily when miss-hit and over time I have had to find an alternative string that is more durable. Ashaway Power Nick 18 and Dnamx have become a lot more popular but the Tecnifibre 305 still being the string for most players.

The tensions has been changing over the year, 28lb being the most desired, however this seems to be changing to an average tension of 27lb and has gone as low as 25lb.

Sweetspot 2018



Pro Players string tensions

Gregory Gaultier strung at	14lbs
Nick Matthew	28lbs
Mohamed El Shorbagy	26lbs
Chris Simpson	26lbs
Laura Massaro	29lbs
Sarah Jane Perry	30lbs

It has been great to coach the Monday group,

as a group they have shown great sportsmanship - supporting the less experienced players and challenging the more experienced, but at the same time having fun, yet still committed to improving.

I have seen individuals grow, those from being shy to being confident individuals - who have been really chilled to now having grit and determination.

To coach with a group who are prepared to challenge themselves and their abilities is a pleasure and I look forward to another year seeing individuals grow within squash and using their skills that they have acquired in real life.

Coach Pete Bloor





Bah humbug

Scrooge's coaching tip for the month -

don't give your opponent an early **Christmas present**
don't hit the ball back to them

Pete Bloor's
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contact Pete on **07782 146352**
or email **pete.bloor@gmail.com**

squash
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I am currently qualifying in my grade 8 for piano As I am not fully qualified my prices are competitively lower

I offer lessons in music theory for all grades

happy new year - on page 5



forum - is published monthly - please send your articles to the editor

Swop & Shop



SALES - contact Coach Broomfield

NOT TOO LATE TO GET SOME SQUASH GEAR FOR CHRISTMAS...



Two Unsquashable rackets, lime green - £35 each

Two Unsquashable international pro carbon rackets, white - £25 each

various racket grips - £ various safety goggles - £15 each

Dunlop racket bag - £25

SALES - contact Coach Martin

Wilson 120 Hyperhammer racket - £40

Racket grips - £2.50

Dunlop safety goggles - £15

T shirts - £15

family photoshoots

at home with Coach B, Tony Broomfield

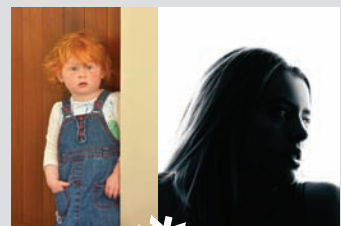
natural or quirky group shots and portraits of your family/friends -
proms, birthdays - all taken in your own home and gardens

also action shots of teams, dance, gymnastics etc... on location or set up at home

for further information contact **tony broomfield photography**

07837 6581952

examples of work available to view



up and coming events

Happy New Year



Parents why not set yourselves a new year's resolution and start learning to play squash at one of our adult sessions

Newsflash

Allam British Open 2019
to be held at The University of Hull
May 20-26th

Please send in your stories, results and ideas/thoughts

Qualified Olcote coaches and other contacts

Kenny Martin 07751 894240
Tony Broomfield 07837 681952
Lisa Martin 07751 894241
Pete Bloor 07782 146352
Nathan Kaiser

Chris Bowlas
Iain Taylor
Brad Smith
Satarra Thaker

Total Fitness 01482 670900

Ferriby Squash Club www.ferribysquash.com

England Squash www.englandsquashandracketball.com

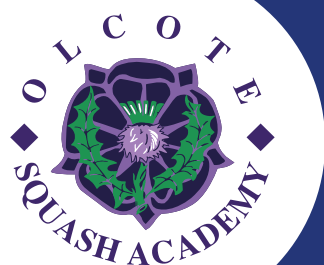
Humber Junior Squash Academy www.hjsa.org

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Humber Junior
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ENGLAND
squash



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