

## What is Squash?

According to an article published in **Men's Fitness Magazine**:

You'll need a racquet, an opponent, a ball, and an enclosed court—most colleges and large gyms have them. Alternate hitting the ball off the front wall until someone loses the point. This happens when you allow the ball to bounce twice, or when you whack it out of bounds—below the 19-inch strip of metal (the "tin") along the bottom of the front wall, or above the red line around the top of the court. First one to 11 points wins the game; best of three or five wins the match.

It may sound simple, but Squash is a challenging and rewarding game. **And no one in South Jersey does it better than Greate Bay Racquet and Fitness.**

## Why should you choose Greate Bay Racquet and Fitness Squash program?

Greate Bay Racquet and Fitness is South Jersey's premiere racquet sports facility. Our full-service Squash club features:

- Four Squash courts
  - Two International Singles Courts
  - Two North American Doubles Courts
- Coaching from our full-time Squash professional
- Access to our Squash pro shop
- Lessons and clinics
- A track-record of successful juniors programs
- The best amenities for proper training; Locker rooms, Steam Room, Sauna

## Youth Squash Program



### Greg Park - Squash Professional

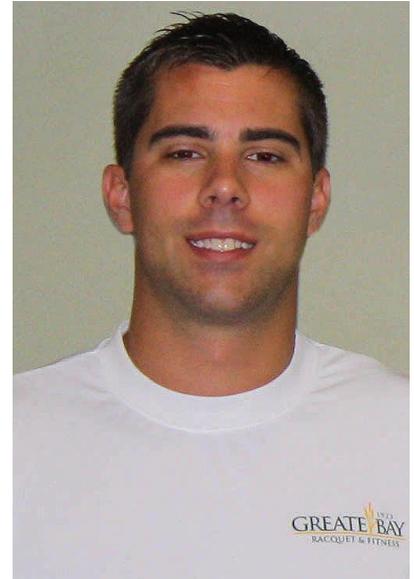
Greg Park is the Head Squash Professional at Greate Bay Racquet & Fitness Club. He is a Touring Squash Professional who is currently ranked 10th in the World and 2nd in the United States by the SDA Pro Tour. At Greate Bay, Greg manages private instruction, clinics and leagues for all Squash club members.

As a top-ranked singles player, Greg competed on the 1998 and 2000 World Junior Men's teams. A graduate of Drexel University, Greg coached the Drexel team for two years, and in the second year he coached them to their first Squash National Championship.

In 2010, Greg was the Head Squash Coach at the Hill School in Pottstown, PA.

At Greate Bay Racquet and Fitness, Greg works closely with the Janice Mott, the Director of Racquet Sports, to manage clinics and leagues for beginning, intermediate, and advanced tennis and Squash players.

"I am excited about being a part of Greate Bay and working with young Squash players," Greg said. "My goal is to help these young people discover the game of Squash and take advantage of the numerous educational opportunities available through the sport."



## Squash opens doors to Scholarship Opportunities

According to CollegeSquash.info; “Ask almost any intercollegiate player, past or present, and they’ll agree: Playing Squash in college is a wonderful experience. Whether a student competes for a top team at a large university or learns to play at a small college, the friendships, camaraderie, practices, travel, and matches can make their college experience that much richer.”

Numerous colleges and universities offer Squash Scholarships. Below is a list of the *Top US Colleges* ranked by the size of their Squash Programs and the money spent on these programs.

1. Yale University - \$600,000
2. Princeton University - \$351,000
3. Harvard University - \$346,000
4. University of Pennsylvania - \$243,000
5. Cornell University - \$229,000
6. Dartmouth College - \$220,000
7. Stanford University - \$202,000
8. Wesleyan University - \$200,000
9. Trinity College - \$187,000
10. Amherst College - \$185,000
11. Bates College - \$175,000
12. Brown College - \$161,000
13. Middlebury College - \$153,000
14. George Washington University - \$142,000
15. Franklin and Marshall College - \$127,000
16. Hobart William Smith College - \$112,000
17. Vassar College - \$105,000
18. Williams College - \$104,000
19. University of Rochester - \$97,000
20. Tufts University - \$90,000
21. Haverford College - \$88,000
22. Colby College - \$87,000
23. St. Lawrence University - \$81,000
24. Bowdoin College - \$69,000
25. Hamilton College - \$63,000
26. Connecticut College - \$45,000
27. Massachusetts Institute of Technology - \$35,000
28. Fordham University - \$14,000
29. Bard College - \$14,000

### Greate Bay's Successful Juniors Squash Program

Greate Bay's Juniors program has developed several talented players who excelled in collegiate Squash:

**Devon Dalzell** – Captain of an undefeated Yale Squash team.

**Caleb Garza** - Caleb began playing when he was eight years old, and by 10 he was competing in any tournament he could find. He attended Connecticut College where he was co-captain junior year and captain senior year. He now works for StreetSquash, an urban youth program in Newark, NJ. Caleb was named Rookie of the Year in his freshman year, and in his sophomore year was named second team all-NESCAC. Now in his Junior year, he is co-captain.

**Rich Repetto** - Rich played in two Jr. World Men's Championships. He was #1 player in United States throughout his Junior career and captain at University of Pennsylvania his senior year. Rich played in two Jr. World Men's Championships in Princeton, NJ and Milan, Italy.

**Lee Rosen** – For 2006-07, Lee was named Second-Team All-America and All-Ivy League. He won his opening-round match in the Potter Division at the CSA Individual Championships. For his 2007-08 year, Rosen was named co-captain of the Quakers, who were First Team All-Ivy. This year he earned Academic All-Ivy distinction and was recognized as Academic All-Area by the *Philadelphia Inquirer*.

**Ryan Rayfield** – Ryan was also a 2007-08 Co-Captain of the Quakers, and was the only member of the team to win a game against Trinity University, the eventual 2007-08 champion. Ryan now works with US Squash developing software to further the growth of the sport.



### Playing Squash Promotes Good Health

There are serious health and body benefits to playing Squash, as outlined in the *Better Health Channel* online.

Squash is a strenuous sport, in which a player can use a lot more energy than most other sports. Squash helps to:

- Improve cardiovascular health; a game of Squash will see you running, leaping and diving for the ball
- Increase strength and fitness
- Maintain a healthy weight
- Increase flexibility and strength in the back
- Promote good coordination, agility and flexibility
- Build hand–eye coordination.

Squash also has many other benefits including:

- Improved general and psychological wellbeing
- Greater self-confidence and self-esteem
- Better social skills and an opportunity to make new friends
- Improved concentration
- Stress release
- All weather activity – as it's an indoor sport, weather conditions do not prevent you from playing. (NOTE: Generally, Squash is considered a Winter sport when played in college.)

*The New York Times*

January 28, 2012

## Squash, a Growing Sport, and Nutritious, Too

By MING TSAI



Two hundred fifty-two consecutive matches won over 13 years. Thirteen national titles. The longest winning streak in college sports.

Trinity College has been a squash dynasty under Coach Paul Assaiante. But two weeks ago in New Haven, Yale overthrew that dynasty in a 5-4 victory. Yale's coach, David Talbott, called it "a long time coming."

The match, Talbott said, highlighted the global aspect of the sport, with 12 countries represented by the 18 players who participated. "Squash is clearly a huge international sport," he said, "with 140 countries playing." Talbott's brother Mark, who was ranked No. 1 for 13 years, said the explosive growth of squash at the junior level in the United States was beginning to pay off with stronger collegiate play.

The Yale-Trinity match was an ESPN highlight. The J. P. Morgan Tournament of Champions, played last week inside the main entrance of New York's Grand Central Terminal, showcased the world's best players to capacity crowds, not to mention the thousands of commuters who passed on their way to 42nd Street.

I started playing squash at the urging of my father when it became clear — watching Ivory Flucas from Chicago dunking while I could barely touch the net — that I was not going to make the basketball team at Andover. My father also had the ulterior motive that squash could provide the extra help I definitely needed to get into his alma mater, Yale.

Well, it worked. I was in David Talbott's first class at Yale. Talbott not only became one my best friends, he also gave me the gift of an introduction to his sister, Polly Talbott, now my wife of 16 years. Our two sons, David and Henry, enjoy the game.

Squash is one of the few sports in which you can actually improve by playing alone: banging countless rails up and down the side wall, running star drills, hitting shots. It is one of the best workouts you can get in 45 minutes, as well as a mind game played in close quarters: ball whizzing, rackets whirling, tempers flaring. It's the only game that gives you a point for hitting your opponent in the back. It works because squash is a game of integrity, played by honorable men and women.

But some players will do anything to win, and you can learn a lot about people when you play them in squash. As Maya Angelou said, "The first time someone shows you who they are, believe them." I remember my sophomore year, we were playing Trinity at home, and in the fifth game, my opponent hit me twice in a row to go ahead, 13-12. But I kept my cool, and it motivated me. He didn't win another point.

Squash also helped me in my career as a chef. After college graduation, I was working in Paris at Fauchon with the pastry chef Pierre Hermé. Because I didn't have working papers, I couldn't be paid,

## Youth Squash Program



so I supported myself by playing professional squash tournaments on the weekends. (Thank God the French were better at cooking squash the vegetable than playing squash the game.)

I solidified my worth one day as Hermé was trying to make a pumpkin puree from fresh pumpkins. He just couldn't cook off the water and was becoming angry. I told him I could get him some tasty pumpkin puree in cans (I had access to the United States PX) and brought him three cases of Libby's that came with a recipe: voilà, \$50 pumpkin pies!

Perhaps the most valuable aspect of squash is the network of friends it gave me. In fact, I'm not sure I would have been accepted to Cornell's hotel program if not for Sam Chauncey, my mentor at Yale. We played almost every Sunday, including our rubber match on graduation day in 1986. He won by a point in the fifth to take the series, 45-44, and later wrote one of the best references ever for me.

But the personal benefits of squash aside, the sport is beginning to help those who at one time would not have had access to courts. At least 15 programs in urban areas help youngsters by teaching them the game and providing mentors. SquashBusters in Boston is the oldest, followed by StreetSquash in Harlem.

Greg Zaff, the founder and chief executive of SquashBusters, largely credits the urban squash movement for the evolution of the game in this country.

"Thousands of lives changed forever," he said. "In the U.S., squash has shed the elitist roots it grew up in for its first 100-plus years. We've only seen the tip of the iceberg for how much social and educational good comes from this. I see a bright future for squash because the number of young people playing the sport is growing, and the type of people playing the sport is diversifying."

Squash is here to stay, and remember: call your lets, give your strokes, don't play double bounces and, most important, have fun. I am now coaching my children and just hope they have more Talbott genes than mine.

I would be remiss if I didn't give you a recipe for a tasty, simple side dish for four that uses kabocha squash, which contains beta carotene and lutein.

*Ming Tsai was an all-American squash player at Yale. He is the chef/owner of Blue Ginger in Wellesley, Mass., and the host and executive producer of the public television series "Simply Ming."*

**The New York Times**

December 9, 2007

## **And for Sports, Kid, Put Down ‘Squash’**

By ALEX WILLIAMS

You've already enrolled your teenagers in advanced-placement Mandarin, retained a \$9,000-a-year college admissions consultant to help refine their applications, and sent them off to Kyrgyzstan to dig irrigation ditches for the summer. Still, there's no guarantee that they'll get into an Ivy League university. What are you going to do?

Like a small but growing number of parents, you might hand the kids Squash rackets.

In an era of increasingly competitive college admissions — when Princeton, for example, turns down four of five valedictorians who apply — anxious parents are looking for some edge, any edge, to help their child gain entry through the back door of the nation's most selective universities.

Squash, an indoor racket sport long associated with private clubs and old-boy networks, is so esoteric that it barely qualifies as a back door. In terms of the number of actual spots on college rosters, it might be more of a pet door.

Still, a high percentage of the nation's most prestigious colleges field teams. Squash pros and coaches say that in the last few years the sport has seen a sharp increase in participation by children and teenagers, some of whose parents seem to have one eye on the ball and the other on college applications.

"Squash is 'hot' right now," said Kenny Scher, the executive director of the New York-based Metropolitan Squash Racquets Association, which organizes leagues and tournaments.

US Squash, the sport's governing body in this country, has tracked a 20 percent spike in membership among players under 18 over the last two years. "It's generally known out there that parents are pushing their kids more" because of academic ambitions, Mr. Scher said. "You just hear about it more. They're taking more lessons, they're spending more money." (Private lessons run about \$80 an hour, plus court time.)

But why Squash?

Parents, Mr. Scher said, like the idea "that not everybody can play it, not everyone can afford it — it's almost like it's a more upscale product."

IN an e-mail message, Gail Ramsay, the women's Squash coach at Princeton, confirmed that there are many opportunities for good high-school players. "Not only do the eight Ivy League schools — Columbia will turn varsity in 2011 — have teams, but there are another 21 of the top liberal arts schools

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that also recruit from this pool of Squash players,” Ms. Ramsay wrote. “I actually feel there are not enough players to fill those recruiting spots each year.”

Parents of Squash players tended to be guarded when asked by a reporter about any careerist aspects of their children’s Squash lessons. (Q: When are parents not thrilled to discuss their children’s athletic endeavors? A: When they think it might reveal the trump card that could get their kid into Dartmouth.)

College is not the only reason the game is enjoying a youth boom. In recent years, Squash leagues and tournaments have become more welcoming to intermediates and novices, said Kevin Klipstein, the chief executive of US Squash. Proponents have also managed to sell the sport’s appeal outside its traditional preppy demographic. Several private clubs in New York have opened their courts to teams of young people from the inner city.

Besides, it’s fun. But back to the competitive sport known as getting into college.

“It’s no different from playing violin,” said Lise Chapman, a mother of two Squash-playing children in Short Hills, N.J. “Extracurricular activities, they all enhance your application.”

Still, it’s not violin cases that kids are carrying around hotbeds of parental ambition like Brooklyn Heights (home of the Heights Casino, a private athletic club and renowned Squash factory) or Greenwich, Conn. Rather, it is the long, skinny Squash racket — once as incongruous on a 10-year-old as a tweed jacket.

“I’ve noticed in the last year, talking to people in Greenwich, that it seems like there are more Squash players than tennis players now,” said Lisa Matthews, a mother of three boys in that town who have all taken up Squash.

Her eldest son, whom she declined to name, leveraged his Squash skills to help him earn admission recently to Princeton, which has fueled the ambitions of his younger brothers, she said.

“It’s a wonderful benefit,” Ms. Matthews said. “It just helps your admissions chances.”

The idea that Squash is a shoo-in sport is debatable, said some admissions experts.

David Petersam, founder of Admissions Consultants in Vienna, Va., acknowledged that colleges consider extracurricular activities, but, he added, “to say Squash is better than basketball, baseball or Greco-Roman wrestling, I wouldn’t go that far.”

Unlike basketball or Greco-Roman wrestling, however, Squash does enjoy a prestige that some think makes it attractive to college admissions boards. With roots in the English public schools of the 19th century, Squash conveys an aristocratic quirkiness, a bit like a taste for Sanskrit poetry. More than its preppy cousins lacrosse and rowing, it is also considered a cerebral sport — chess in short pants.

But more important, Squash, until recently, has been almost exclusively a sport of elite schools in the Northeast. Harvard, Princeton and Yale are traditional powerhouses. The number of schools with men’s intercollegiate varsity or club teams registered with the College Squash Association is currently 65, with 22 of them emerging in just the last few years.

## Youth Squash Program



And even as Squash spreads, it is often embraced by other academically selective universities, including North Carolina, Georgetown, Vanderbilt, Notre Dame and even small Kenyon College in Ohio. There are now 34 women's teams; Stanford fielded its first varsity women's squad last year.

"If you look at a list of colleges that have Squash," said Ramsay Vehslage, the varsity Squash coach at the Pingry School, a prep school in Martinsville, N.J., "there isn't a bad school on the list."

In addition, talented players at the high school level enjoy relatively favorable prospects of playing in college compared to more popular sports.

"Because there are so many college programs growing out there, it's just supply and demand," said Robby Berner, 18, who was recruited to play on Yale's team after graduating from the Brunswick School in Greenwich this year. "You don't have to be a star coming out of high school."

Squash skills can also help students get into the selective prep schools that are feeder schools for top universities. Kirk Randall, the varsity boys and girls Squash coach at Phillips Exeter Academy in Exeter, N.H., said his school had recently christened 10 new Squash courts, financed by alumni, and another six on the way.

And yes, Exeter recruits. "We do have contact with our admissions people," Mr. Randall said, "and we do try to put in a plug for the kids we'd like to have here, as long as academically qualified."

Advocates of the sport say that Squash is still obscure enough that the talent pool is on the shallow side.

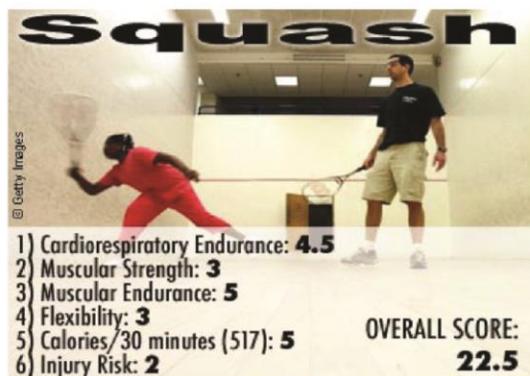
"I've had lots of kids who pick up Squash in ninth grade and become nationally ranked by the time they apply," said Michele Hernandez, founder of Hernandez College Consulting in Weybridge, Vt. "I can't think of another sport where they can start so late."

Then again, with the numbers of Squash players as young as 8 swelling, parents are concerned that they might already have missed the moment.

ONE New York parent of a Squash-playing daughter pointed out that college Squash scholarships were still rare, vacancies few — often no more than a few freshmen on a squad — and players from Squash hothouses like the Middle East and South Asia tended to fill many of those.

It's to the point, he said, where the last undiscovered college sport seems to be bowling.

In other words, if you're a parent worried about admissions, you might consider reserving your lane now.



**Students will love to play the sport that Forbes Magazine named “the healthiest sport of all” in 2010.**

It is ironic that in an imperfect world few things are more flawed with inefficiencies, inconsistencies and injury risks than the pursuit of fitness.

Old manners of getting in shape seem to us today as antiquated and inefficient as using Indian clubs and medicine balls. While racking up several miles on the nearby track or jogging trail may be great for cardiorespiratory health, it does nothing for the upper body and can wreak havoc upon joints. Weight training may promote muscular strength, but it has a limited effect on the most important muscle of all, the heart. And while swimming seems to be everyone's ideal activity for the total-body workout, it won't melt many calories without hard-won and proper technique, and is worthless for anyone who lacks ready access to a pool.

Given such hassles, is it any wonder that, as the Centers for Disease Control and Prevention has reported, some 70% of Americans don't engage in regular exercise? Well, frankly, yes, especially when one considers the benefits of even blatantly moderate physical pursuits such as walking or gardening, which have been found to alleviate depression, decrease weight, strengthen bones and reduce the risk of high blood pressure, diabetes, colon cancer and premature death.

While that's all well and good for recovering couch potatoes, what about those gym rats who seem to spend endless hours doing sit-ups and step-classes? Alas, in some ways they're wasting their time, because besides getting one ripped there's little difference between the long-term health benefits of moderate and intense physical activity. "A lot of the argument for intense exercise is about cosmetics," notes Carl Foster, a professor of exercise physiology at the University of Wisconsin-La Crosse. "If you're trying to lose weight, mild exercise is not as good as vigorous. That's fine if you want to look better, but from a long-term health and longevity standpoint it's unimportant."

Fair enough. But as anyone who has ever glanced around the departure lounge at a Midwestern airport knows, "health" and "fitness" are two different things. The former has to do with reducing the risk of disease, while the latter is about maximizing the four basic physiological components of fitness: cardiorespiratory endurance, muscular strength, muscular endurance and flexibility.

Of course, one can be healthy without being fit, and vice versa. But while the out-of-shape middle managers you see huffing and puffing toward the departure gate may be able to reach their life expectancy, they're going to be a helluva lot less comfortable getting there than those who strive to maintain peak physical condition along the way.

For anyone who would prefer to be among of the latter, we've compiled a list of the Ten Healthiest Sports--a bit of a misnomer, perhaps, but you get the idea. Best pursued with calculated abandon to reduce their risk of injury, as well as in cross-training combinations to cover all of the basic physiological components, each of these sporting activities is a great way to get you fit--and keep you there.

**Squash is rated as healthiest sport in a survey conducted by the widely respected and influential US business magazine Forbes.**

**While accepting that Health and Fitness are different things the magazine has compiled a list of the 10 healthiest sports. Rating for the different sports are based on consultations with fitness experts - coaches, personal trainers, competitor and exercise physiologists - as well as a dash of personal experience. The four basic physiological components or fitness are rated on a scale of 1 to 5. Injured risk is also considered.**

**Squash came out top of the 10 sports highlighted in the survey.**

1. Squash
2. Rowing
3. Rock Climbing
4. Swimming
5. Cross-country Skiing
6. Basketball
7. Cycling
8. Running
9. Modern Pentathlon
10. Boxing

# Youth Squash Program



## In The News: The Greate Bay Squash Program

### Garza, a top soccer player for OCHS, headed to college on Squash scholarship

By Robin Buehler, Ocean City Sentinel  
Published in the February 26, 2009 issue

Somers Point — At a time that when high school athletics typically sign on to a college on a scholarship for either swimming, soccer, football or basketball, an Upper Township teenager has received early acceptance for a different sport – Squash.

"I feel lucky. What more could you want," Caleb Garza, who resides in Seaville, said of receiving the scholarship and early admission to Connecticut College. If it hadn't been for the scholarship, the Ocean City High School senior would have applied for financial aid, and had done so when he applied for early admission to Connecticut College.

He assumed that the college, when looking at his application, had seen he would be seeking financial aid and chose to provide him with a nearly full scholarship to attend the school this fall. The \$51,000 would leave the family with only a bill of \$2,000 a year to pay.

Caleb, who will be majoring in civil engineering, has been playing Squash for over a decade, and is among an increasing number of children who are playing the game to get an edge in the competition for spots at college.

In a December 2007 article in the New York Times, some parents look for an edge – any edge – to help their child to enter into college, especially now when many colleges and universities, including Princeton – are turning down four out every five valedictorians.

In an email to the New York Times two years ago, Princeton's women's Squash coach Gail Ramsey said there are many opportunities for high school Squash players. Eight of the Ivy League Schools have teams, she indicated, noting that another 21 of the top liberal art schools have recruited from this pool of high school players.

But for Caleb and his parents, the interest in playing Squash began when he was a youngster. According to Hal Tendler, the boy's father, Caleb would accompany him to the Greate Bay Racquet and Fitness Club in Somers Point. The boy would get bored of doing homework while his father played Squash.

"So, he asked me to hit some Squash balls with him," Tendler said.

Tendler did, and over time, the young man became so adept at the game that Tendler and the boy's mother, Lori, entered him in his first tournament at the University of Pennsylvania several years ago.

He lost that first tournament, Tendler said, and was quite upset. "Caleb is very competitive and, like all good athletes, he doesn't like to lose." (Garza also was a standout varsity soccer player for the OCHS boy's team.)

As such, Caleb continued to play Squash at Greate Bay. He took lessons and continued to play in tournaments, which improved his skill and enabled him to move up the ranks within the USA Squash Racquets Association, or USSRA.

Tendler indicated that Caleb ranked eighth in the Boys U15 for the USSRA. The young man has ranked nationally since he was 14, his father said.

A friend of Tendler, aware of Caleb's ability to play Squash, suggested the college-bound teen's family talk to the Squash coach at Connecticut College. That friend, Alan Arcuri, knew coach Bill McNally and thought it might help get Caleb a scholarship.

Caleb and McNally hit it off as soon as the two spoke on the phone. McNally invited Caleb and his parents to the college. They were able to look at the college and Caleb had a chance to interact with McNally and the Squash team.

"He loved the school, the coach and the teammates," Tendler said. "So, Caleb applied for early admission. He received a letter a few weeks later indicating that Connecticut College would be paying \$51,000 of the \$53,000 fee."

### In The News: The Greate Bay Squash Program

#### **Greate Bay Squash Players Win Baltimore Junior Open Silver and Westchester Squash Junior Bronze Tournament**

**SOMERS POINT, NJ (Dec. 16, 2011)** – Two local teens brought home the gold last weekend, when they and their teammates competed in two different national Squash tournaments. Mark Benevento, of Somers Point, defeated his New York opponents in the boys under 15 division at the Westchester Squash Junior Bronze Tournament, held in Mamaroneck, NY from Dec. 9-11. Mason Yeager, of Ocean City, placed fifth in the tournament.

Brooke Feldman, of Margate, beat her opponents in the Baltimore Junior Open Silver Tournament, for girls under 15 years old, held the same weekend in Baltimore. Sam Matlick, of Linwood, placed third in the boys under 19 division in the Junior Open.

“I am proud that four of my junior players performed so well in national tournaments,” said Greg Park, Head Squash Pro at Greate Bay Racquet and Fitness. “There’s a lot of pressure in a game of Squash, and my players held it together to win.” Park is currently ranked 14th in the world and second in the United States by the International Squash Doubles Association. “It was great competition and also very exciting to come away with the win,” said Brooke Feldman.

Mark Benevento was also enthusiastic: “I fought hard for the win and I am pleased. Also, to have a fellow player from Greate Bay win a tournament as well makes it even better!”

To train for the tournament, Feldman and Benevento worked closely with Park to enhance their coordination, speed, and stamina. In addition to coaching players for tournaments, Park manages clinics and leagues for beginning, intermediate, and advanced Squash players.

“Being strong is a vital component to Squash, but you’ve also got to be strategic.” Park said the teens were under immense pressure from start to finish of matches, as each match can last from 20 to 100 minutes.

### In The News: The Greate Bay Squash Program

#### **Greate Bay Racquet and Fitness Hosts Hardball Squash Atlantic Coast Championships**

**SOMERS POINT, NJ (Oct. 11, 2011)** – For more than a century, the *thwack* and *squeak* of hardball Squash has echoed in North American Squash courts, and this October marks the anniversary of the nation’s longest running hardball Squash invitational - the Atlantic Coast Championships.

Greate Bay Racquet and Fitness has set aside two days for singles and doubles tournaments, and players from around the world will compete in matches on Friday, October 21 and Saturday, October 22.

Squash is a high-speed racquet sport played in a four-walled court with a small, hollow rubber ball.

While records of Squash being played in North America go back to the early 1880s, it was in 1930 that the game took a firm foothold in New Jersey when the first Atlantic Coast Championship was held in the former Chalfonte-Haddon Hall Racquet Club, now known as Resorts Casino Hotel. Since then, there’s been a string of yearly tournaments held in New Jersey, at Chalfonte-Haddon through 2001, and then at Greate Bay Racquet and Fitness through the present.

Started by Bob Leeds and Jack Lippincott, the Atlantic Coast Tournament attracted some of the greatest national singles champions throughout the years.

Chalfonte-Haddon Hall Racquet Club was located on the 15th floor of the Chalfonte-Haddon Hall Hotel. In July 2001, the hotel was sold and the club was closed. In 2002, Greate Bay Racquet and Fitness was honored to continue the tradition of the Atlantic Coast Tournament. Traditionally a singles hardball tournament, doubles was added in 2005.

At one time the tournament was considered a premiere event, attracting hundreds of world-class players. This year Greate Bay expects about 30 entrants, with the number of competitors growing every year.

“Hardball Squash is a fast game on a small court,” said Greg Park, head Squash professional for Greate Bay Racquet and Fitness. “Being strong is a vital component to Squash, as you’re under immense pressure from start to finish of matches that can last from 20 minutes up to 100 minutes.”

Park, a native of Philadelphia, was honored earlier this year at the World Squash Awards in New York City as Rookie of the Year by the International Squash Doubles Association (ISDA). He is currently ranked 14th in the world and second in the United States by the ISDA. At Greate Bay, he manages private instruction, clinics and leagues for all Squash club members.

“The Atlantic Coast Championships has a rich tradition of hospitality,” Park said. “Our event is well-known as an enjoyable event for players and spectators alike, giving the public an opportunity to learn about Squash while watching some of the best in the world compete.”

### In The News: The Greate Bay Squash Program

#### **Greate Bay Players Place at US Junior Doubles Nationals Tournament *Benevento Jr. and Yeager ranked 7th in North America***

**SOMERS POINT, NJ (April 11, 2011)** – Two local youths placed 7th in North America after a challenging doubles tournament held over the weekend, thanks to close work with their coach Greg Park of Greate Bay Racquet and Fitness, the region’s premiere Squash facility.

Mark Benevento Jr. of Somers Point and Mason Yeager of Ocean City finished 7th in the Boys Under 15 division at the US Junior Doubles National Tournament, held from April 1st – 3rd at the Wilmington Country Club in Delaware.

“Having two young boys from Greate Bay compete and work together on the doubles court to come away with 7th place in a national tournament is a remarkable feat,” said Park, Head Squash Pro at Greate Bay Racquet and Fitness. “I am very proud of their accomplishment.”

Benevento and Yeager competed with other doubles Squash teams in the Under 15 division from across the United States and Canada. To train for the tournament, Benevento and Yeager worked closely with Park to enhance their coordination, speed, and stamina. In addition to coaching players for tournaments, Park manages clinics and leagues for beginning, intermediate, and advanced Squash players.

### In The News: The Greate Bay Squash Program

#### **Greate Bay Racquet and Fitness Squash Pro Greg Park Named Rookie of the Year**

**SOMERS POINT, NJ (February 18, 2011)** – Greate Bay Racquet and Fitness, the region’s premiere fitness center, announced that Head Squash Professional Greg Park was named Rookie of the Year by the International Squash Doubles Association (ISDA) at the World Squash Awards. Park was one of only three Squash players to be nominated for this award. He was selected as the winner because of his talent and enthusiasm for the game of Squash.

“It is truly an honor to be recognized by the ISDA as the best new Squash player,” said Park. “As a touring Squash professional, you always want to be at the top of your game, and the Rookie of the Year Award is a great achievement and an inspiration to keep improving.”

Park, a native of Philadelphia, was honored with an award at the World Squash Awards on January 20th in New York City. Park is a Professional Touring Squash Pro who is currently ranked twelfth in the world and second in the United States by the ISDA. At Greate Bay, he manages private instruction, clinics and leagues for all Squash club members.

“We extend our deepest congratulations to Greg for winning this award,” said Scott Rosen, General Manager of Greate Bay Racquet and Fitness. “Greg continues to improve his standing with the ISDA, and we are happy to have such a talented player leading our Squash program.”

Park competed on the 1998 and 2000 World Junior Men’s teams as a top-rated singles player. A graduate of Drexel University, Greg coached the Drexel team for two years and in the second year he coached them to their first Squash National Championship in their respective division. At Greate Bay Racquet and Fitness, Park works closely with Janice Mott, Director of Racquet Sports, to manage clinics and leagues for beginning, intermediate, and advanced Squash players.

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#### Feldman Wins at Junior Bronze National Squash Tournament

**SOMERS POINT, NJ (November 22, 2010)** – Brooke Feldman of Margate won a Junior Bronze National Squash Tournament held at the Hackley School in Tarrytown, New York. Feldman is a member at Greate Bay Racquet and Fitness, the region’s premiere fitness center. Greg Park, Head Squash Pro at Greate Bay Racquet and Fitness, was Feldman’s coach for the tournament.

“Competing in a national tournament was a great experience,” said Feldman. “It was exciting to win first place and I was glad Coach Greg was there to help me through it.”

Feldman, an 8<sup>th</sup> grade student and Student Council President at the Eugene A. Tighe Middle School in Margate, competed in the Under-15 age division. As the champion, Feldman qualifies to compete in a Silver Tournament. When she is not competing in Squash tournaments or leading the Student Council, Feldman is active in the arts. In the film *Standing Ovation*, which was released to theaters nationwide this summer, she sings the opening song, “Bring It To The World.”

To train for the tournament, Feldman worked closely with Park to enhance her coordination, speed, and stamina. Park also taught her a new swing that focuses on relaxing the shoulder for increased force and precision. In addition to coaching players for tournaments, Park manages clinics and leagues for beginning, intermediate, and advanced Squash players.

“We extend our deepest congratulations to Brooke for her win,” said Scott Rosen, General Manager of Greate Bay Racquet and Fitness. “It is inspiring to see her success both on and off the court and the whole staff at Greate Bay is proud of her achievement.”

### 130 Years of Squash *by Ted Wallbuton of the WSF*

For over 1,000 years man has invented and enjoyed a variety of games played by hitting a ball with either a closed fist - as in "fives" or "bunch of fingers" - or with some form of bat or racket. Around the year 1148 the French played "le Paume", meaning "the palm of the hand", which developed into Jeu de Paume, Real Tennis, Royal Tennis or, if you play the sport, simply Tennis. At sometime in the early 19th century this obsession with rackets and balls spawned another variety of the sport in the unlikely birthplace of the Fleet Prison in London. The prisoners in "The Fleet", mainly debtors, took their exercise by hitting a ball against walls, of which there were many, with rackets and so started the game of "Rackets". Rackets progressed, by some strange route, to Harrow and other select English schools about 1820 and it was from this source that our own sport of Squash, or Squash Rackets, developed.

Squash was invented in Harrow school around 1830, when the pupils discovered that a punctured Rackets ball, which "Squashed" on impact with the wall, produced a game with a greater variety of shots and required much more effort on the part of the players, who could not simply wait for the ball to bounce back to them as with Rackets. The variant proved popular and in 1864 the first four Squash courts were constructed at the school and Squash was officially founded as a sport in its own right.

In those early days Squash, as with all other sports, was without any form of international standardization and it was inevitable that slight variations in the way it was played, and the equipment used, would occur. Luckily only two main streams of activity followed, one in England with its 21 feet wide courts and "soft" ball and the other in North America, with its 18½ feet wide courts and "hard" ball and with both courts having the same length of 32 feet the universality of Squash was not seriously challenged. We will look at these two branches separately and also at the way in which Squash spread to almost every nation in the world.

#### **EARLY DAYS IN ENGLAND**

The first recorded reference to "Squash", other than in Harrow school, appeared in 1890 in the English book "The Badminton Library of Sports and Pastimes" written by the Duke of Beaufort. Eustace Miles, a world champion at both Tennis and Rackets, wrote the first book on Squash in 1901; stating that the sport was enjoyed by thousands of players in various parts of the world. By that time there were courts in schools and universities in England and some also in private houses. The first professional Squash Championship was held in 1920 in England, when C.R. Read (Queens Club) beat A.W.B. Johnson (RAC Club).

In 1923 H.A.L. Rudd, writing in "Baily's Magazine", forecast that Rackets would lose many players to Squash with the arrival of the first English Amateur Championships. He was concerned at this prospect as he considered Rackets to be a "manlier" game; Squash afforded a good "sweat" but did not demand the same skill as Rackets, in his opinion. Rudd's forecast

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proved to be only too correct as Squash grew rapidly and soon left its parent sport far behind in popularity.

As Squash play developed so did its administrative structure. The first discrete national associations to be formed were the United States Squash Racquets Association in 1907 and the Canadian Squash Racquets Association in 1911. In England the game was regulated by a Squash sub committee of the Tennis and Rackets Association from 1908 until it gained full status as the Squash Rackets Association in 1928.

A court built at the Bath Club in London at the beginning of the 20th century was chosen as the model for the standard size of a Squash court, 32 feet by 21 feet or 9.75 metres by 6.4 metres, much smaller than the court for Rackets which measures 60 feet by 30 feet (18.3 metres by 9.1 metres). The British dimensions were proposed in 1911, but not ratified until 1923. The point-a-rally scoring system to 15 was used universally in Squash until 1926 when the current hand-in, hand-out system to 9 points was introduced outside North America. The American hardball game, however, continued to be played to 15 points and this system was also adopted for the men's professional circuit in 1991 in an effort to shorten the matches.

In 1933 the great Egyptian player F.D. Amr Bey, won the first of his five British Open Championships, then seen as the World Championships. He was followed in his achievement by M.A. Karim of Egypt who won the title four times from 1947 to 1950 and then the dominating Khan dynasty from Pakistan; Hashim (1951-1958), Roshan (1957), Azam (1959-1962), Mohibullah (1963), Jahangir (1982-1992) and Jansher (1993-1994).

The Women's British Open commenced even earlier than the Men's; with Miss J.I. Cave winning the title in 1922. Until 1960 the title belonged solely to English players, with Janet Morgan (later Shardlow) winning 10 times between 1950 and 1958. She was followed by the most famous woman Squash player ever, the Australian Heather McKay, who dominated the sport from 1966 to 1977 and remained undefeated throughout her playing career. Her successor was the New Zealander, Susan Devoy, who won the title 8 times between 1984 and 1992.

Perhaps the players who had the most impact on the development of the sport were Jonah Barrington (Ireland) and Geoff Hunt (Australia). They dominated Squash between the late 1960's and early 1980's, capturing the imagination of sportsmen and women everywhere and starting a boom in the sport which raised the number of courts to 46000 worldwide and the number of players to over 15 million by 1994.

### **SQUASH IN AMERICA**

Squash was certainly being played in Canada before 1882, as it was then that James P Conover, the Headmaster of St. Paul's School in Concord, New Hampshire, USA, saw it being played in Montreal. He thought it would be a perfect sport for his boys and wrote in the November 1882 edition of the school magazine "It is the universal experience that for health and for the highest perfection in the game, the average boy or man should play but one rubber

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a day". He went on to describe the new Squash complex and its 21 feet wide courts and compare the game favorably with Rackets.

"This building will cover an area of fifty feet by sixty, and will have a height of about seventy feet from the ground to the eaves. The ball used in such courts is about the size of a walnut, of rubber, and hollow, with a hole in it to prevent breaking. The so-called "Squash-ball court" recommended itself to the club for many reasons; such courts are largely used in English public schools; cost of construction is much less; fewer racquet bats are broken and fewer balls destroyed; fewer heads are cracked and fewer knees and elbows barked; the danger from being hit by the ball (quite an item among young players) is cancelled; and for all intents and purposes the game is the same and produces just as good players."

Although the International, or "soft", ball was harder and bouncier than it is now it was not ideally suited to the cold courts in Concord where the temperature was often below freezing point during play. A harder rubber ball was developed and found to be more suited to slightly narrower courts, leading to the 18½ feet court, 19 feet court and other experimental widths. It was not until 1924 that the court specifications were codified, at which time it was decided to standardise on the 18½ feet width and a 17 inch ' tin' rather than the 19 inch variety used for the soft ball. By 1929 official court plans were being sold by the USSRA and the hardball game was brought into controlled growth.

The United States Squash Racquets Association was founded in 1907 and it was in that year also that the first recognised National Championship for Squash in any country was held with John A Miskey of Philadelphia winning the American title, a feat he repeated in 1908 and 1910. After Miskey the National title was won six times by Stanley W Pearson, also from Philadelphia, between 1915 and 1923, with his son Stanley Junior continuing the tradition by taking it in 1948. Other great national players from Philadelphia included Charles M P Brinton (1941/42/46/47) and G Diehl Mateer Jr (1954/56/61) with Henri R Salaun from Boston winning four times between 1995 and 1961. Victor Niederhoffer (New York) dominated the 1970s with 5 victories, Kenton Jernigan (Newport, Rhode Island) recorded three titles in the 1980s and Mexican Hector Barragan won five consecutive titles from 1990 to 1994.

In the early days most of the Women's National titles were won by players from Boston, Philadelphia or Wilmington, interspersed by the occasional English tourist winner, such as Susan Noel (1933), Margot Lumb (1935) and the great Janet Morgan (1949 & 1955). Margaret Howe of Boston won three times between 1929 and 1934, while two Philadelphians, Anne Page and Cecile Bowes won four times each between 1936 and 1948. Thereafter one player or another dominated the scene for several years; Betty (Howe) Constable from Philadelphia winning four titles (1956-1959), Margaret Varner (Wilmington) four (1960-1963), Gretchen Spruance (Wilmington) five (1973-1978) with the 1980s totally dominated by Alicia McConnell (Brooklyn) with seven titles (1982-1988) and Demer Holleran from Hanover NH taking over in 1989 to remain undefeated for seven years until 1995.

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With the establishment of a Professional Tour, to which clubs were encouraged to send their teaching pro., a list of world famous names acquired US titles from the mid-fifties - Hashim Khan (4 wins), Mahmoud Kerim (4), Mohibullah Khan (5), Sharif Khan (9), Mark Talbott (5), Jahangir Khan (2) and Jansher Khan (3).

Squash played with a hard ball on an 18½ feet wide court was the only form of the sport played in the USA until the mid-1980s, but then growing exposure to the “International” game resulted in some 21 feet wide courts being built and the international, “soft”, ball being used on both the wide and narrow courts. Additionally, the USSRA recognized a 20 feet width as being acceptable for International play, this width being derived from the increasing trend to convert Racquetball courts to Squash use. In an incredibly short period of time in the early 1990s Squash in the USA changed from being overwhelmingly “hardball” to predominantly “softball”, with the only available monitor of the trend, ball sales, indicating that by 1996 around 80% of all play was International. Quite why this change happened, and why so quickly, is still being debated but there is little doubt that a new generation of players is now experiencing the love affair with international Squash which happened in all other nations and finding it preferable to the higher racket skills demanded by the hardball game.

The North American player was also the first to appreciate the virtues of Doubles Squash, with the hardball being used on a court measuring 45 feet long by 25 feet wide. The first National Doubles Championships were held in 1933 and hardball Doubles continues to thrive even though the singles version now holds only a minority of play.

### **AUSTRALIA, GERMANY AND 123 OTHER NATIONS**

Squash spread rapidly in its early days and the major growth areas were wherever British forces were stationed. South Africa, India, Pakistan, Egypt, Australia, New Zealand and many other countries learned their Squash from the military and soon adopted it as their own. Probably the most successful Squash nation of all time, Australia, had its Squash seed planted through contact with the military.

Although the first Squash courts in Australia were established in 1913, at the Melbourne Club in Victoria, there was no official Squash association until 1934 although top players had been engaged in ad hoc club tournaments since 1927. During 1934 a group of players decided that local administrative pressure and the need to liaise with interstate and overseas organizations demanded an official body and the Squash Rackets Association of Australia (SRAA) was founded, although it's main tasks remained locally orientated in the Melbourne area. Even when the first Australian Championships were held, for men in 1931 and women in 1932, they were, in reality, State Championships for Victoria. The SRA of Victoria was formed in 1937.

In New South Wales the first court was built just after the first World War, by Mr. Bjelke-Petersen, the uncle of the former Queensland Premier, Sir Joe Bjelke-Petersen. The New South Wales SRA was formed in 1937 and the first pennant competition in Sydney commenced in July 1939.

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But it was in the 1960s that Squash started to really take off in Australia. Greater commercial development came into the sport and public Squash centres were built all over the country, bringing the game to a much wider audience. This growth brought amazing international success with many of the world's best players coming from the Australian Squash scene. Heather McKay, Ken Hiscoe, Geoff Hunt, Vicki Cardwell, Steve Bowditch, Rhonda Thorne and, more recently, Michelle and Rodney Martin all become World Squash Champions at senior level and Peter Nance, Chris Robertson, Robyn Lambourne, Sarah Fitz-Gerald and Rachael Grinham achieved the same distinction at junior level. Hunt was World Champion seven times and won eight British Open titles while Heather McKay was the most successful Squash player of all time, being undefeated in international competition for an astounding 19 years.

In 1976 the headquarters of the SRAA were transferred to Queensland and merged with the Australian Women's SRA to form the ASRA in 1986, its name being changed to Squash Australia in 1990.

In Germany Squash was born twice! Its first cradle was in Berlin in 1930 when the first four courts were built by Dr. Ernst von Siemens, head of the technology department of the electronics company which bore his name, and he started regular company staff activities and even foreign competitions on the "wall-play-halls". Other courts followed, but during wartime they were all used for a variety of other purposes and it was not until 1978 that the Siemens courts were again used by the "Berlin Wallball Game Club".

The initiative for the rebirth came from Christhof Viscount Vitzthum who had discovered the sport in Australia, heard about the Siemens courts by accident and started to promote Squash and bring the courts back into use. But an even earlier start had been made in Hamburg by a merchant, Henning Harders, who erected three courts following an infection by the Squash bug in Australia and it was a group of Hamburg players who founded the

German SRA in 1973 and sent a team to the European Team Championships in Stockholm during 1974.

Two years after the German SRA was founded the first National Championships were held and within a few years there were over 6000 courts and 2 million players in the nation - the most spectacular growth of Squash anywhere in the world.

Germany celebrated their twenty-fifth anniversary in 1998 by bringing the Women's World Championships to Stuttgart.

Many other nations experienced tremendous growth in Squash, starting slowly at the beginning of the century and then gaining momentum over the past thirty years. In each country the basic story is the same. A group of enthusiasts start to play and promote the game which, because of its inherent qualities of intense exercise coupled with all-absorbing competition., grows rapidly and becomes a major sport in the land. The formula which made

Squash grow in its traditional homelands is now being seen again in Japan, Brazil, Argentina, Colombia, Korea and many new Squash nations, worldwide.

### **PAKISTAN – BIRTHPLACE OF CHAMPIONS**

Of all the nations where Squash is played Pakistan is the greatest enigma, producing a succession of amazing Squash champions from a country where there are still less than 400 courts. No history of Squash can be complete without an account of the amazing exploits of the Khan dynasty, starting with Hashim who won the first of his seven British Open titles in 1951 at the age of 35 years. Hashim was the first of a line of great Pakistani Squash Champions - Azam Khan, Mohibullah Khan, Roshan Khan, Aftab Jawaid, Gogi Alauddin, Mo Yasin, Qamar Zaman, Mohibullah Khan Junior, Hiddy Jahan and the two greatest players of the 1980s and 1990s, perhaps of all time, Jahangir Khan and Jansher Khan. Jahangir, now a Vice-President of the World Squash Federation, dominated the sport for 14 years, winning the British Open 10 times and the World Open 8 times and was undefeated for 5½ years. Jansher took over his mantle in 1989 with his first of World Open titles and began a debate in the sport about which JK was the greatest of them all.

### **THE WORLD SCENE**

In its early days international Squash was controlled by the Squash Rackets Association of England and the United States Squash Rackets Association, but in 1966 representatives of the sport from Australia, Great Britain, India, New Zealand, Pakistan, South Africa, USA, Canada and the United Arab Republic met in London and agreed to form the International Squash Rackets Association (ISRF), the first meeting of which was held on 5 January 1967.

The ISRF continued to thrive and was amalgamated with the Women's International Squash Federation in 1985. In 1992 the name of the Federation was changed to the World Squash Federation (WSF), finally recognizing that the sport had been universally referred to simply as "Squash", rather than "Squash Rackets", for most of its existence.

Squash is played in 130 countries, on 47000 courts, and the World Squash Federation now has 116 Squash playing National Associations in membership. It is the sole International Federation for the sport, as recognized by the International Olympic Committee (IOC), and maintains responsibility for the rules of the Game, Court and Equipment Specifications, Refereeing and Coaching. The WSF maintains a World Calendar of events and organizes and promotes World Championships for Men, Women, Junior Men, Junior women and Master age groups in both singles and doubles Squash. The Federation leads its Member Nations in programs for the development of the sport and is currently working with the IOC towards the target of having Squash included as a sport on the program of the Olympic Games in the year 2008.

Squash has been played for over 130 years, grown sensationally in the last thirty and is now poised to become one of the largest and best loved of all sports.