

October 2024

BLACKHEATH SQUASH

NEWS & UPDATES

WOMEN'S SQUASH WEEK EVENT

On Sunday 22nd September 2024 we once again celebrated Women's Squash week at Blackheath Squash Club!



The session ran for nearly two hours with coaching, $\frac{3}{4}$ court, friendly games and even a few doubles games (where everyone wore eye protection!). In between the time on court there was plenty of time to socialise and enjoy the goodies that were brought along on the evening. Special thanks to Merle for the chocolate double dot yellow treats and the squash court biscuits!



We welcomed some new players to the session and also the club, and finished with a stretch before heading home.

A reminder: these sessions are open to all ladies regardless of ability so if you know anyone that might like to come along please let them know that they just need to turn up at 5:30pm on a Sunday evening with non-marking trainers. Racquets, balls, and eye protection if required, can all be supplied on the night if needed. Currently no charge to attend and no need to book!

BOX LEAGUES

Congratulations to the last box league winners!

1. Simon Ruff
2. Jon Critchley (J)
2. Alex Booth(J)
3. Jim Coventry
4. Lloyd Campton
5. Jack Davies
6. Matej Urbas
7. Omar Badr
8. Samuel Adibiyi
9. Stuart Gibbs
10. Scott North
11. Nicholas Straszynski
12. Tom Slade
13. William Hirth(J)
13. Frederick Bloy(J)
13. Florin Stoian(J)
14. Victor Sanchez

The next round is due to finish on 3rd November 2024

If you would like to join the boxes send an email to

blackheathboxleague@gmail.com



A big thanks to England Squash for the £150 grant funding to help towards women's squash at the club, and the Women's Squash Week Celebration event on Sunday 22nd September 2024!



SquashLevels

UPDATE

We have huge movers this time!

- Isaac Pristley's performances in the Kent Leagues has seen his ranking grow a huge 40.9% from 567 to 799!
- A fantastic performance in the box leagues sees Peter Griffiths improve by 33.9% from 460 to 616!
- Overall, 26 players improved last month, and the number of players registered with Squashlevels was 59 players.

Keep inputting your results, including your game scores, to see if you can be top of the list next month. Link your league results from the [MyCourts](#) system to [SquashLevels](#). [SquashLevels](#) is very simple to set up and a great way to track your progress. If you have any with [SquashLevels](#) please let know: info@blackheathsquashclub.com

A DATE FOR THE DIARY!

6th November 2024

MEET THE COMMITTEE







Have you ever wondered about how the club operates, who makes the decisions, and who decides on the strategic direction of the squash club?

Or maybe you have a question that you have always wanted to know the answer to but weren't sure who to ask? Possibly a question about what happens to the membership fees, who owns the squash courts, or a question about how the club is run and how decisions are made? Maybe it's a question about the governance at the club, or maybe you have an idea about how you think the member experience could be improved?

To help facilitate more communication and feedback with members we have scheduled an informal "Meet the Committee" event on Wednesday 6th November 2024 at 7:30pm, where members are welcome to come along and meet the current committee members, find out about what each of us do, and just have an informal chat about the club.

It will not be a formal evening, and there won't be an agenda, but more of a social event where members can drop by, have a drink (we will persuade Neil the Honorary Treasurer to help with this) and talk about their experience at the club.

We hope to welcome as many of you as possible on Wednesday 6th November 2024 from 7:30pm onwards and have booked the small bar in the Pavilion building for the evening! Any questions about the event or the club in general then drop an email to info@blackheathsquashclub.com.

<div>Kevin Clark Club Chairman</div> <div></div>	<div>Neil Harris Honorary Treasurer</div> <div></div>	<div>Danny Dowling Secretary/Membership Secretary</div> <div></div>
<div>Ville Leppanen General Member</div> <div></div>	<div>Fred Francis General Member</div> <div></div>	<div>Keith Bonsels General Member</div> <div></div>

Members can check out what's going on at the club, including the events calendar on our website "news" section click to view:

[Upcoming events and calendar](#)

SQUASH DRILLS & TIPS

We have created a new section on our website where we will include links to videos and content that may help you improve your game.

[MASTER THE BASICS](#)

In this video you get advice from [England Squash National Coach David Campion](#) about the basic tactics available for gaining an advantage over your opponent.

He gives advice to beginners:

"If you are just getting into squash and would like some ideas on what to do on a squash court, rather than just running around"

He discusses basic tactics to employ in a match. Regardless of your current level of ability there are some good ideas to improve your squash game!



Comedy Corner

