

December 2024

BLACKHEATH SQUASH

NEWS & UPDATES

RACKETBALL (SQUASH57) SESSION AND RACKETBALL LADDER

There is another racketball session arranged for Sunday 7th December 2024 at 7:30pm. If you are interested in attending please email info@blackheathsquashclub.com and we will forward to Tae Catford who is facilitating the session.

Bigger racket, bouncier ball, and longer rallies... a great way to keep playing squash for longer or as an introduction to squash. Squash 57 (formerly known as racketball) is a growing game, with players using a bigger racket and a bigger, bouncier ball. The bounce means there's time to get to the ball, so expect a lot of fun as you get engrossed in a long rally.

Squash 57 is played on a squash court, you just need to have a squash 57 racket and ball. There are two types of squash 57 balls – blue and black. Blue balls are slightly bouncier, so ideal for recreational play or beginners. Black balls are less bouncy, and are used mainly in events such as the National Squash 57 Championships. If, after a few games, you find the blue ball too easy, you can then progress to using a black ball.



At the recent "Meet the Committee" meeting it was suggested that a racketball ladder could be fun, and that this would allow members who play racketball to find and compete against each other in a friendly ongoing ladder.

Again, if you would be interested in this idea please drop an email to info@blackheathsquashclub.com.

CHANGE TO THE DOOR CODE

The door entry code for both the courts and the viewing gallery will be changed on Tuesday 3rd December, probably sometime in the late afternoon. An email will be sent from the booking system prior to this date to inform current paid up members of the new door entry code. This is to try to ensure that only members who have paid their annual membership fees have access to the club and we ask you not to share this with non-members.

Thank you for your co-operation!



BOX LEAGUES

The current round of boxes finishes on the 29th December 2024.

If you would like to join the 2025 boxes send an email to

blackheathboxleague@gmail.com

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.

DRILLS AND ROUTINES TO IMPROVE YOUR GAME

[In this video you get more advice from Paul Carter again with three simple drills for two players aimed at improving both their games.](#)

We recently met Paul along with Tanla Bailey at a very useful coaches workshop run by England Squash in Chatham and got some great advice from both of them on coaching techniques!

Take a look at Tania's Bailey's story on the England Squash website where she talks about her experiences developing as a female player:

["I also experienced nastiness and even bullying from male players while I was growing up who didn't like the fact that a young girl was doing well and was capable of beating them."](#)



- Samuel Adebiji is the top of the table this month with an impressive 47% improvement to reach a ranking of 836
- Isaac Priestley continues to improve and is now on 937 which is an improvement of 18.2%
- Olly Ruff has grown by 13.8% and now has a huge ranking of 4,671
- Ville has also managed to improve himself (as well as many others at the club) by improving 10% to 3,057

A big thanks to Dan Mogridge for providing the monthly stats!
[SquashLevels](#) is very simple to set up and a great way to track your progress.
If you have any with [SquashLevels](#) please let us know:
info@blackheathsquashclub.com

Install MyCourts booking app

For those who haven't tried this yet there is an app that can be installed on your mobile phone or device that enables you to look at your account ans make bookings on the move.

To install this booking system as an App on your mobile device:

- Open the camera on your mobile phone and point it to QR Code below.



- Tap "blackheathsquashclub.mycourts.co.uk" when it pops-up on your device.
- Use your Browser menu to "Add to Home Screen" or "Install App" (iOS Safari users need to tap the Share/Send icon and scroll down to "Add to Home Screen").

More details and compatability are available on the booking system:
https://blackheathsquashclub.mycourts.co.uk/install_app.asp

CHRISTMAS OPENING

The squash club will be open as usual over Christmas and New Year for those who wish to work off their Christmas excesses or get their box league games in 😊

The Pavilion Bar will be closed from 24th December 2024 until 1st January 2025 and will reopen on 2nd January 2025.

The Club Committee wishes all our members a very Merry Christmas and a Happy New Year!



Upcoming events and calendar



A reminder that England Squash have introduced their new membership scheme which means that Club members will need to directly register with England Squash to become an England Squash member, and pay their membership fee directly to them.
If you are already a member of England Squash then your Club membership ran out on 30 November 2024.

IMPORTANT FOR MATCH TEAM PLAYERS:

Club members who are nominated to play in the Kent League matches will need to have joined England Squash in either the Just Play or Play Plus categories to be eligible to play matches. If you are nominated to play team squash for Blackheath please make sure you have now joined England Squash directly to be eligible to play for the teams.

You can see more info here:
<https://www.englandsquash.com/new-membership>

The Mote Open 2025

One Day Graded Squash Tournament

Tournament Entry Details

at Mote, Mote Squash Club, Willow Way, Maidstone, Kent, ME15 7BN
Entrance £27.50 per player (includes squash.com club T-shirt)
All players are guaranteed at least 1000 matches

For more info: www.motesquash.com
Entry closing date: Sunday 29th Dec 2024

Enter online at:
www.cmstringers.com/entry

Tournament Categories

A Grade - SquashLevels: 5000+

B Grade - SquashLevels: 2600 - 4999

C Grade - SquashLevels: 1200 - 2599

D Grade - SquashLevels: 400 - 1199

E Grade - SquashLevels: 0 - 399

All results will be uploaded to Squash Levels

Saturday 4th January 2025

[Click for more tournament details](#)

Comedy Corner

