

January 2025

BLACKHEATH SQUASH

NEWS & UPDATES

RACKETBALL LADDER- REMINDER

It was suggested by a member that an informal Racketball Ladder would be a good idea. If you would like to take part please email info@blackheathsquashclub.com.

Out of all racket sports, Racketball has the longest on average rallies giving players the best cardio workout. It is also a great mental workout where you have to think several shots ahead of your opponent to win a point. On court both players occupy the same space unlike badminton or tennis where a net is separating you from your opponent this makes the game much more social throughout.

COMMITTEE MEETING IN JANUARY

There is a Squash Club Committee meeting scheduled for 16th January 2025. If you have any suggestions, questions or queries that you would like discussed at the meeting please email info@blackheathsquashclub.com or mention them to a committee member if you see one of them at the club.

BLACKHEATH JUNIORS FRIENDLY TOURNAMENT AGAINST BROMLEY SPORTS CLUB

The second session juniors invited Bromley Sports Club Juniors over for a friendly tournament on Saturday 21st December 2024. Bromley brought over their "Gold" standard junior squad of six, which included players that represent Kent, and their number one who turns out for their adult team in the North West Kent leagues and has a Squash Levels current score well north of 4,000 points.

There were some competitive games and rallies played and Bromley came out winners but all the Blackheath juniors put on a great display and hopefully enjoyed the challenge. The tournament was finished off with pizzas from the [Sports Club Bar](#) (thanks K!).

We hope to arrange another friendly tournament with them in the new year, and would like to thank their coaches Alastair and Paul, and the parents and players from Bromley that made the trip over to see us.

Well done to Max, Zain, Lucas, Tom, Rishi and Thomas who turned out for Blackheath, and also to the other juniors that enjoyed some ¾ court!

We hope you enjoyed the experience and the challenge!

juniors@blackheathsquashclub.com

A reminder that eye protection when on court is mandatory for anyone under the age of 18.



BOX LEAGUES

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

blackheathboxleague@gmail.com



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>

[Upcoming events and calendar](#)



- Omar Badr tops the list with an improvement of 13% from 405 to 457
- Samuel Adebisi improves by 11% to 922
- Isaac Priestley continues to improve and is now on 937 which is an improvement of 18.2%.
- Simon Ruff improves his already impressive ranking by 10% to a huge 4,359
- Overall 19 people improved their score and 56 people had a score registered in SquashLevels.

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 questions or need help with [SquashLevels](#) please let us know:
info@blackheathsquashclub.com

BOX LEAGUES

Congratulations to the winners of the last round of boxes in 2024:

- Box One – Olly Ruff
- Box Two – Isaac Priestley
- Box Three – Oliver Tillard
- Box Four – Matej Urbas
- Box Five – Amar Badr
- Box Six – Samuel Adebisi
- Box Seven – Stuart Gibbs & Scott North
- Box Eight – Jeremy Mathias
- Box Nine – Norman Mellor
- Box Ten – Noah Watkins
- Box Eleven – William Hirth
- Box Twelve – Florin Stoian
- Box Thirteen – Natasha McFann

CLUB NIGHT SESSIONS

A reminder that Club Night is on the first and third Friday of each month at 7:30pm. There is no need to book so why not come along and meet other members and have a few friendly games.

Club Night is also a good opportunity to bring along a friend as membership is only required after attending three sessions and there is currently no charge to attend.

Footwork, Fitness & Hydration “Ghosting”

Fitness is very important on court if you want to survive those punishing rallies! Some people will go to the gym or hit the road running but conditioned movement on court is something that works well for your fitness and your specific movements on court to the different corners. Never try to do too much!

Slowly but surely you can build up your corners and your level of fitness. Not only will it build up your fitness and recovery rate in between rallies but it will also condition your body to move economically on court to the ball. Make sure you hydrate regularly!

Ghosting front and side drill. This 'Ghosting' drill starts at the T moving into the front corners and the sides. This is good for fitness and for footwork.

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

Ghosting Drill for two players

REMINDER:

Members are allowed to bring guests to the club three times a year. This can be the same guest three times or three different guests once. We are a Members Club and rely on the membership fees to maintain and develop the club and courts. We try and keep annual membership fees reasonable at £120 p.a. and have held this yet again this year.

Please ensure you select “Guest” as your opponent when booking the court.

Thank you for your co-operation!

Comedy Corner

