March 2025

BLACKHEATH SQUASH

NEWS & UPDATES

CLUB TOURNAMENTS 2025

Registration for the Club's 2025 tournaments is now open on the <u>MyCourts booking system</u>.

If you would like to enter the any of the tournaments please register before the 9th March 2025.

Please note that the tournaments are not open for off-peak members.

The draws will take place the following week with the aim of starting the tournaments on the 17 March 2025 and playing them through April, May and June, with the finals night being held on Friday 27 June 2025.

The tournaments are:

Singles

(with a Plate tournament for those losing their first match)

Ladies Singles

Doubles

Over 45's Singles

Over 60's Singles

Racketball (Squash57)

With the exception of the Ladies Singles tournament all of the tournaments are open to members (except off-peak members).

A reminder that previous winners of the Club Tournaments going back over seventy years can be found on our website:

<u>Blackheath Squash Club Tournaments</u>

Any questions please email info@blackheathsquashclub.com



This month's SquashLevels biggest improvers!

- Samuel Adebiyi tops the table with an improvement of 15.5% to reach 1,073
- Mylo Scurr has a similarly big jump of 14.4% to 746
- Jim Coventry also has double digit growth, moving 12.4% to 1,837

Eighteen people had an improvement in their ranking

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

SQUASH DRILLS & TIPS

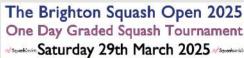
We have created a new section on our website where we will include links to videos and content that may help you improve your game.

DRILLS AND ROUTINES TO IMPROVE YOUR GAME

We thought that it's about time that we featured content from a female so this month Laura Massaro explains the concept of the 6th Corner Drop Shot.

If you thought that there were only four corners on a squash court watch the video





Tournament Categories

A Grade - Squash Levels (5000 and above)

B Grade - Squash Levels (2600 - 4999)

C Grade - Squash Levels (1200 - 2599)

D Grade - Squash Levels (400 - 1199)



Enter online at: www.cmstringers.com/entry



The Better Body gym at the Rectory Field has a special offer for members of Blackheath Squash Club:

Hello members of Blackheath Squash Club!

We'd like to invite you to our centre and do a 3D body scan for half price until the end of March. The scan gives you context about different body metrics such as body fat, all body circumferences, calorific expenditure, lean muscle mass and metabolic rate.



This will allow you to set fitness and performance goals more easily and gain an idea of where you're at physically so you can make the changes you need!!

To book please contact Dom on 07818165516 or Ayishah on 07793022238. We are on site a short walk from the squash club.

Some of our female members arranged a friendly match with their conterparts at Poultwood Squash Club. If you would be interested in future participation drop an email to info@blackheathsquashclub.com

and we will try and keep you informed of any developments.





Upcoming events and calendar

BOX LEAGUES



Congratulations to the last box league winners!

- 1. Abhishek Jaywant
- 2. Ville Leppanen
- 3. Not Contested!
- 4. Tom Goode
- 5. Peter Griffiths
- 6. Jonathan Murphy
- 7. Chris Hoffman
- 8. Rajiv Ranjan
- 9. Tom Beckwith
- 10. William Hirth
- 11. Charlie Sutherland
- 12. Natasha McFann
- 13. Leo Johns

Interesting that no one managed to play a game in Box 3! Well done to Charlie Sutherland playing and winning all the games in Box 11!

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

blackheathboxleague @gmail.com

Comedy Corner

