September 2026

BLACKHEATH SQUASH

NEWS & UPDATES

Red dot, Single yellow dot, double yellow dot?

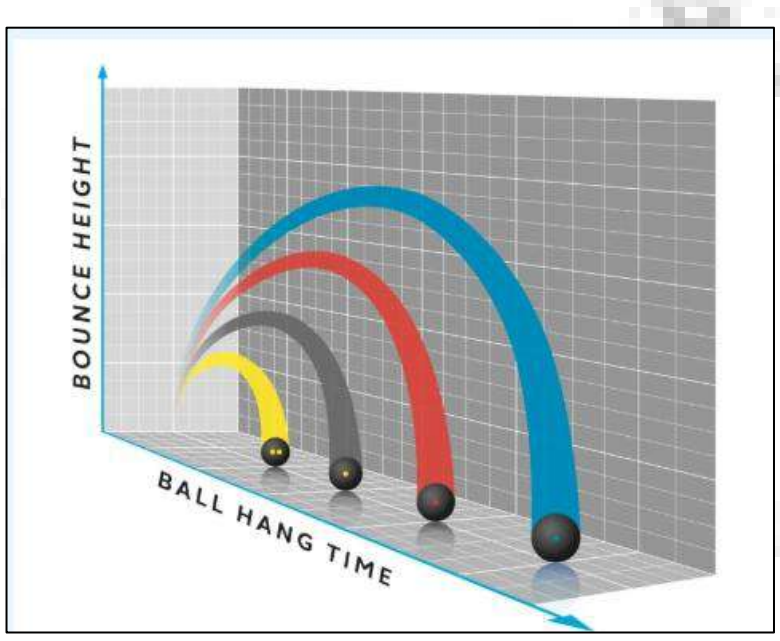
A few players have asked me if there is a rule about the kind of ball (double or single dot) that should be used in box league games.

There is no fixed rule. Players should find common ground.

Former world champion and world number one Nick Matthew says club players should leave the double dot for the pros. Nick explains the different ball categories in this video:

https://www.youtube.com/watch?v=IQNrrJ5T5Eg

Blue dots are great for anyone new to the game. They bounce more and give a player more time to make their shot. Red dots are less lively and great for beginners/intermediates who can already hit. Single yellows are for good club players and double yellows are for the pros according to Nick, who might lack presentation skills, but certainly knows the game! ;-)



I remember having a hit with a top world pro and the double yellow heated up so much that it bounced like a red dot. At their level, they hit quite vigorously (and the rallies are rather long) that the ball goes soft after a couple of games. In tournament matches players can request a new ball after the third game.

At our club, my suggestion is that games in the lowest third of the boxes could be played with red dot balls. The middle range boxes could play with a single yellow and the top third of the boxes with a double yellow.

BOX LEAGUES

Winners in the round that finished 11th October 2026 –> Results in the next newsletter

If yoú would like to join the squash boxes send an email to:

blackheathboxleague@gmail.com

If you haven't done this already, link your account to squashlevels to track your progress

If yoú would like to join the Racketball Box League send an email to:

info@blackheathsquashclub.com

Upcoming events and calendar

But, as there is no rule, players should find agreement. The good thing about playing with a bouncier ball is that the rallies extend and you get to hit more shots. Having to play more shots develops your game far more than short rallies with a double dot that drops dead like a lump of rock, especially in winter. Hope to see you on court - with a lively ball of your choosing - soon!

Coach Ville (thanks to Ville)
23/09/2026

SquashLevels

All of the top 3 this month had a double figure % rise:

- **Samuel Adebiyi** is just shy of the 2,000 barrier with a rise of 12.8% to 1,972
- **Charles Tedesco** improves by 10.9% to reach 296
- **Andre Nowaczek** does break the 2,000-barrier improving by 10.5% to reach 2,045

To ensure the most accurate SquashLevels rankings, please remember to submit your game scores. Special thanks to Dan Mogridge for compiling this month's statistics.

Setting up SquashLevels is straightforward and provides an effective way to monitor your progress. For assistance or inquiries, contact info@blackheathsquashclub.com

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Exclusive Physiotherapy Offer for Blackheath Squash Club Members

Pro-Form Physio Blackheath is pleased to offer Blackheath Squash Club members an exclusive **15% discount on their initial physiotherapy assessment** at our Blackheath clinic. Whether you're experiencing a squash injury, struggling with a persistent niggle or simply looking to get back to playing pain free, our experienced physiotherapists are here to help.

Your Exclusive Member Offer
Initial Physiotherapy Assessment: £63.75 (normally £75)

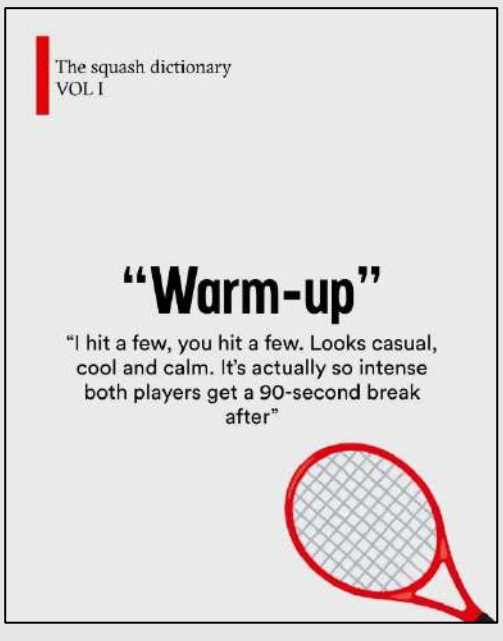
How to redeem your discount:
Book your appointment online using the link below:
https://pro-formphysio.janeapp.co.uk/locations/pro-form-physio-blackheath/book
Simply quote **SQUASH15** in the appointment notes when booking online, or mention the code to reception if booking over the phone.
The discount will be applied by our team.
Telephone: 020 3576 3882
Website: www.proformphysiofitness.co.uk

Blackheath Squash Social What's App groups
Blackheath Squash Social Squash
Blackheath Squash Social Racketball

If you are a member and would like to join one or both social WhatsApp groups drop an email to info@blackheathsqushclub.com and we will send a link to join.
Please indicate which group(s) you are interested in joining.

SQUASH DRILLS & TIPS

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

CLICK HERE TO VIEW THIS SECTION ON OUR WEBSITE

Comedy Corner