

April 2024

# BLACKHEATH SQUASH

## NEWS & UPDATES

### BLACKHEATH SQUASH - TEAM NEWS

#### Division 4: Winter League 2023/24

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	Team		P	W	L	D	F	A	Pen	Total
1	Maidstone 1	★	14	10	4	0	175	96	0	175
2	Bexley 4	★	14	8	6	0	163	121	0	163
3	Blackheath 1	★	13	10	3	0	158	99	0	158
4	Limpsfield 2	★	14	8	6	0	146	132	0	146
5	Poult Wood 3	★	13	6	7	0	131	136	0	131
6	Park Langley 2	★	12	5	7	0	115	131	0	115
7	Tunbridge Wells SRC 3	!	11	6	5	0	106	108	0	106
8	Sundridge Park 2	★	13	2	11	0	91	173	0	91
9	Beckenham 3	!	12	3	9	0	73	162	0	73
10	Wells Squash Club 1 (withdrawn)	★	0	0	0	0	0	0	0	0

You may already be aware that Blackheath have a team that competes in the North Kent leagues against other clubs in Kent? Going forward we hope to use the newsletter to keep you informed about their progress.

Currently we have one team in division four. The team Captain is Jon Critchley and the vice-captain is Abhi. Blackheath won the division five title in the summer and, as you can see from the league table above, are having a good season in division four. Third place with a game in hand!

[You can keep up to date with the team’s progress on the Kent Squash website.](#)

Blackheath’s last match was against Bexley. It was a hard-fought defeat but one of the best matches of the winter with every game going to the wire.

In the past Blackheath have been able to put out more than one team and we would be happy to consider a second team if there is sufficient interest from the membership. It is quite a commitment! You would have to be prepared to play a league match most weeks during the season (there is a summer and winter season with each league usually having around ten teams).

Of course there are always work, family, other commitments that can get in the way which is why to run a second team we would need seven to eight players that are committed. If you are interested do let [Jon](#), Abhi or [Ville](#) know, or drop an email to [info@blackheathsquashclub.com](mailto:info@blackheathsquashclub.com) and they will contact you to discuss further.



### Bexley Lawn Tennis & Squash

Are looking for some more players for their Monday morning drill sessions, 10-11am. Current players range from 80-2000 Squash Levels.

Contact Ben Ford on 07946 557502  
[londonsquashcoach@hotmail.com](mailto:londonsquashcoach@hotmail.com)

### Court Refurbishment Work

Work has now taken place to replace the court floors, refresh the court walls and install two new front lights on each court.



The new court floors can be slippery as they bed in, so please take care! There are clean dry floor mops in the corridor (the blue and red mops), so if you find the floor too dusty/slippery please use these to clean it up. The dust arises from playing on the new floors, so it will take a while before it dies down.

## SQUASH GIRLS CAN! – LADIES SESSIONS – SUNDAYS @ 5:30pm



Ladies sessions run on Sunday evenings at 5:30pm until 7:15pm. These are a social session and an opportunity to meet others in a friendly social environment. Come along and have a friendly “knock”, get a bit fitter and healthier, and meet and play others.

The sessions usually include some friendly games,  $\frac{3}{4}$  court, sometimes basic coaching and finish with a stretch.

All standards welcome from beginners to advanced players, and don't worry if you don't currently have a racquet we can loan you one for the session.

No need to book, just turn up, and the sessions are open to both members and non-members so, If you know someone who may be interested let them know and bring them along on a Sunday

Have a question about the sessions or need more info contact [pam@dannydowling.com](mailto:pam@dannydowling.com) or check out the website link below:

<https://www.blackheathsquashclub.com/ladies-squash>



Over sixty members at Blackheath have now linked their league results from the [MyCourts](#) system to [SquashLevels](#). This means that every time you log a result in your league game, and your opponent has also linked to [SquashLevels](#), your ranking will change based on the results. If you enter the scores the ranking will be even more accurate and this means your ranking can improve even if you lose 3-0! **EVERY POINT COUNTS!**

Players who are already linked to [SquashLevels](#) have a “1” next to their name on the box league listing in the MyCourts booking system so you can check whether your opponent has registered. Once registered you can unlock your global ranking and it's also free to register!

**The player with the most improved ranking in February was Rowan Moss whose ranking improved by 12%, Congratulations Rowan!**

Overall fifteen club members recently saw an improvement, so the leagues at Blackheath are very competitive. [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](mailto:info@blackheathsquashclub.com)

## Breaking news...

We also had a problem with the floors lifting due to the expansion exceeding the expansion gaps put in on installation. The contractor has revisited and cut bigger expansion gaps on the right hand side of both courts. These gaps are quite large laying on the new floors, so it will take a while with the expectation that over time the floors will expand and bed down to fill them.

In the meantime there could be some interesting nicks!



## EYE PROTECTION



A quick reminder that it is mandatory for **ALL** players under the age of eighteen to wear eye protection when playing on the courts at Blackheath Squash Club!



Enjoy your  
squash!