

September 2024

BLACKHEATH SQUASH

NEWS & UPDATES

GUEST COACH AT JUNIOR SQUASH SESSIONS

We welcomed [Paul Johnson](#) to one of the recent Saturday morning junior coaching sessions at the club, with both the younger and older juniors getting some expert coaching tips on how to improve their technique and their game play. Since retiring from playing Paul's coaching career includes being England Senior and Junior National Squad Coach (2002-2005) and Consultant Professional Squash Coach, USA (2005-2014)

Paul is an ex professional player who played at the highest level. He is an ex British Champion, and he reached a career-high world ranking of World No. 4 in 1999. At the 1998 Commonwealth Games, he won a gold medal for England in Kuala Lumpur in the men's doubles, and a bronze medal in the men's singles. Currently Paul is one of the main [PSA SquashTV](#) commentators, together with [Joey Barrington](#).

An interesting conversation Paul had with the Duke of Edinburgh at the 1998 Commonwealth Games:

"During the doubles final in Malaysia in 1998 Mark Chaloner and I had just taken the opening game against the Aussies. Mark and I were getting some advice from our coaches when we were suddenly surrounded by bodies. It was the duke's security team and he wanted to come over and have a chat with us. Not exactly the ideal time for that obviously, but after standing to his attention he turned around and said *"my, it looks jolly crowded in there lads, best of luck for the rest of the match"*. I mumbled something like *"yes it is sir but fortunately we have a pretty good idea of what we're doing so it's not too bad"*. He smiled, nodded and went on his way. I spent the rest of the interval more worried about what I'd said and sounding like a idiot than what DP had to say.

Oh, we bashed the Aussies up 3-0 by the way!"

Massive thanks to Paul for taking the time out from his busy schedule to come and visit us!



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.

[START TO WIN: THE SERVE](#)

This video talks about how to improve your serve, which can be one of the important aspects of a game. High Performance squash coach Paul Carter discusses serve variations, and strategies to employ them in a match.

His successful worldwide travels with the England squad has brought back a haul of three world Women's Team Championships titles, two World Men's Championships titles, 17 men's and women's European Team Championships titles, plus a host of Commonwealth Games medals.



[The video can be viewed here](#)

We hope you find these links of interest.

A REMINDER TO MEMBERS

A quick reminder to all our members that we are a "Members Only" club and are run on a "not for profit" basis by volunteers. We also try to keep the annual membership fees as reasonable as possible but we rely on the membership fees to maintain and develop the club and courts and, without these membership fees, we will be unable to fund future essential works, and pay our annual rental fees to the main Sports Club. If you would like to hear more about the work the committee do drop us an email info@blackheathsquashclub.com.

To facilitate potential new members trying out the club and the courts we run a fortnightly Club Night session, and a weekly Ladies session. To allow members to let a friend or family member try out the courts the current rules allow members to bring guests to play on the courts a maximum of three times a year, and we ask that when you do invite a guest you ensure that you select "Guest Player" from the membership directory listings on the MyCourts booking system as your opponent.

Please also ensure that you always **add your opponent(s)** to your booking in the MyCourts booking system. If you are using the court for solo practice, please select "Solo Play" as your opponent from the membership directory.

All our membership rules and policies can be found on our website:
<https://www.blackheathsquashclub.com/policies>

Many thanks for your co-operation

2024-2025 Membership & Light Fees

The Annual General Meeting of the club was held on 22nd August 2024 and the meeting discussed the membership fees and light fees for the following year. At the meeting the committee made the decision to freeze the membership fees and light fees for yet another year. For the period 2024-2025 these will remain at £120 p.a. for full membership, £48.50 for off-peak membership and £20 for junior membership. The last time the full annual membership fee was increased was in 2019, and since then RPI inflation has seen a 33% increase and CPI inflation 24%, so keeping the membership and court fees at last year's level we feel is very good value and we encourage members to take a direct England Squash membership (see below). If you would like to hear more about the work the committee do drop us an email info@blackheathsquashclub.com

PLEASE NOTE: Your club membership no longer includes England Squash membership fees as they have adopted a direct model of membership rather than through affiliated squash clubs. The committee recommend that you either take a direct membership of England Squash at their "Just Play", "Play Plus" or "Junior" memberships as applicable, as these membership types include up to £10 million of public liability and personal accident cover (including dental, hospital costs, physio and x-ray), or that if you don't sign up to one of the above England Squash membership types you consider taking out your own sports insurance that covers you playing squash.



UPDATE

Matej Urbas has continued his somewhat meteoric rise with another month of improved ranking. Last month he grew a further 16.7% to 651. Congratulations Matej, will he be top of the table again next month?

Below Matej we have a couple of new names:

- Bruce Mackintosh improved by 15.7% to 3,500
- Isaac Priestley improved by 10.7% to 561

Keep inputting your results, including your game scores, to see if you can be top of the list next month. Link your league results from the [MyCourts](#) system to [SquashLevels](#). [SquashLevels](#) is very simple to set up and a great way to track your progress. If you have any with [SquashLevels](#) please let know: info@blackheathsquashclub.com.

BOX LEAGUES

The current round of boxes is due to finish on 8th September 2024 with all matches to be played by then. The next round starting soon after.

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

blackheathboxleague@gmail.com

Members can check what out what's going on at the club, including the events calendar on our website "news" section click to view:

[Upcoming events and calendar](#)



A reminder to new joiners that you now need to take membership of England Squash directly rather than through your Blackheath Squash Club membership. The committee recommend that you do this, as membership at "Just Play", "Play Plus" or "Junior" membership levels receive up to £10 million of public liability and personal accident cover plus other benefits. From November 2024 members will also need to take up England Squash membership directly.

[More info on their website](#)

Comedy Corner

