



Canada's Finest Fitness & Lifestyle Centre



Squash Club

Handbook 2011-2012

613.733.5100 www.racentre.com

Revised January 2012

RA Squash Club 2011-2012 Executive Committee

Chairperson	Alan Kerr
Vice Chairperson	Andrew Machin
Secretary	Paul Bourque
Treasurer	Kira Turner
Social & Publicity	Dennis Raymond
Publicity	Geoff Gillard
Tournaments	Dean Callier & Paul Hennig
Open City league	Steve Gobel
Member at large	Al Smith Chris Brown
ODSA Representative	Mikola Czich
Past Chairperson	Dennis Raymond Paulette Cogliati
Squash professional	Matt Arkett Rob Walsh Joshua Brown email: squash@racentre.com

The Recreation Association of the Public Service of Canada's Awards and Recognition Program, honours volunteers who contribute their time and expertise for the betterment of their Club or League.

Since the Club's inception in 1978, fourteen Squash Club members have been honoured with an award. These recipients were nominated by their peers for their outstanding leadership and contribution to the betterment of the RA Squash Club.

Club Life Member Award		President's Award	
1996	David Rayner	2009	Dennis Raymond
1991	Larry Jones	2007	Paulette Cogliati
		2005	Viola Hennessey
		2001	Wayne & Morna Woltman
		1999	Bob Searle & Margaret Campbell
		1997	Lynn & Ron Francoeur
		1995	Rachelle Massie
		1993	Linda Laframboise
		1991	Steve Hall

Welcome to the 2011-2012 Squash Season!

The RA Squash Club has programs and activities for players at all levels. Our variety of programs, clinics, tournaments, and special events are designed to provide something for everyone. In addition, RA members can take advantage of the many services that the RA has to offer. The RA Sports Shoppe provides a great place to shop with an excellent range of racquets and squash equipment while the Fieldhouse Bar & Grill is a great place to socialize after a match.

Some of the most popular club activities are Tuesday night club league, Open city league on Wednesday nights, Women's city league on Thursday nights and drop-in squash on Saturday afternoons.

For information on the club, check out the club's website at www.racentre.com/clubs/squash/. New programs, minutes of the executive meetings, notices of upcoming events, tournament results, and photos are posted regularly.

The RA Squash Executive provides a forum to organize club activities and to work with the RA staff and Board of Directors to improve the Club. We welcome your ideas, comments and questions regarding the squash club and planned activities.

Please feel free to contact any of the Executive members, listed on this page. We are anxious to hear from you so that we can respond to your needs and make the club and all of its activities the best possible.

On behalf of the RA Squash Executive, I would like to thank you for choosing the RA as your squash club. We anticipate an exciting year of squash and look forward to meeting you and working on your behalf.

*Alan Kerr
RA Squash Club Chair*



RA Members' Code of Ethics

All members are requested to abide by the Member's Code of Ethics.

The Recreation Association of the Public Service of Canada is an Association of members of similar ideals who:

- Respect people and property;
- Support the activities to the maximum degree possible;
- Strive to achieve safe and honourable participation;
- Take pride in the RA and exhibit sportsmanship;
- Participate to have fun and be fit.

The Association is committed to providing an environment that is free of violence and harassment for all members, visitors and employees.



RA Squash Club Code of Conduct

1. We agree to demonstrate behavior that is courteous and respectful of others at all times.
2. For the enjoyment of all members, players are required to observe the play period: 40 minutes on courts one through six and 60 minutes on court seven.
3. At change-over, allow the players who are on the court to finish their rally before knocking on the door.
4. Allow the players who are on the court to open the door and vacate the court before you and your partner enter.
5. For Your Safety:
 - a. Wear appropriate clothing and non-marking light soled shoes on the courts. Aerobic attire and tank tops are not considered as appropriate Squash clothing.
 - b. Eye guards (CSA Approved) are strongly recommended for all members and guests. Eye guards are required for all players 18 years and under.
 - c. Players are encouraged to understand the rules and to call "lets". This will help to avoid injuries.
 - d. Warm-up before you play a game. The racquets warm-up room located adjacent to court number six is available for your use. If you would like instruction on appropriate exercises, speak to the LifeFIT staff on duty upstairs in the LifeFIT centre. Don't forget to hydrate!

Membership Options

Full membership - This membership provides adult members with court booking privileges at any time the club is open, plus the ability to register in all tournaments and league play. See court booking procedures page 4, Leagues Programs page 5 and Tournaments page 8.

Squash/Fitness membership - This membership is designed for those who want to add LifeFIT Centre Services to their full squash club membership. Details are available from Member Services Staff.

Gold membership - This membership is designed for those who want to participate in a variety of the RA's top-rated programs. Details are available from Member Services Staff.

Student membership - provides those 19 to 25 years of age who are attending college or university on a full time basis with the opportunity to book courts and play squash and participate in tournaments with the same privileges as the Full members.

Junior membership - provides those between 8 and 18 years of age with the opportunity to book courts and play squash and participate in tournaments with the same privileges as the Full members.

Non-prime membership - provides adult members the opportunity to book courts and play squash during the non-prime time hours. Playing hours are displayed under Court Booking Procedures listed on page 4.

Weekend membership - provides adult members with the opportunity to book courts and play squash between 5:00 p.m. Friday and closing on Sunday.

* Weekend and Non-Prime Time members can play during prime time hours occasionally providing they pay a \$7.50 (HST inc.) court fee.

Hosting a Guest! - Squash club members are welcome to sponsor a guest at any time. The daily guest fee is \$ 15.

Member must accompany their guest and sign them in for the day at the Member Services Desk located at the RA's East Wing Lobby.

10 Visit pass - The Squash Club has endorsed the ten-visit pass for those who want to play the occasional game of Squash without joining the club.

This year, the fee is set at \$ 115.00 plus HST. Please note: all ten-visits passes expire on August 31, 2012. For information check with Member Services staff at the East Wing Registration Desk.

Court Availability

Court Booking Procedures

Courts may be reserved by calling Member Services Staff at 613-523-6250.

Member Services Staff are on duty at 7:00 a.m. sharp from Monday to Friday and 8:00 a.m. on Saturday and Sunday. Courts can be reserved until 10:00 p.m. each night.

Members may reserve a maximum of one court per day in advance. However, an additional court may be spot-booked after you play. Full members can have only one seven day booking at a time, and can make another seven day booking when the current booking expires.

There is one court available for seven day booking, four courts for three day bookings, and two courts for 24 hour booking.

Please note that court 7 is a 60 minute play period with bookings 3 days in advance. All other courts are 40 minute playing periods, four of which are at the same time.

Full Members, Student, Junior, Squash/Fitness & Gold Members

Prime members may make advance bookings on either a seven day, three day or 24 hour basis and may play seven days a week, 7:00 a.m. - 10:40 p.m.

Non-prime time Membership

Provides access to the courts at the following times:

Monday to Thursday

7:00 to 11:20 a.m.
1:00 to 4:00 p.m.
9:40 to 10:40 p.m.

Friday

7:00 to 11:20 a.m.
1:00 to 4:00 p.m.
7:40 to 10:40 p.m.

Saturday and Sunday

7:00 to 8:40 a.m.
12:20 to 3:00 p.m.
6:20 to 10:40 p.m.

Weekend Membership

Weekend member privileges start at 5:00 p.m. on Friday and extend all day Saturday and Sunday.

Holiday Playing Schedule

During all statutory holidays the Building hours are from 8:00 a.m. to 8:00 p.m. Courts can be booked from 8:20 am until 7:20 p.m. only.

Statutory holidays include:

Good Friday
Easter Sunday
Victoria Day
Canada Day
Labour Day
Thanksgiving Day
Boxing Day

Please note, the Building is closed on December 25 and January 1.

Squash Lounge - In addition to being the place to gather after you come off the courts or watch a little television while waiting for your partner, the Squash Club Lounge is also the place where you will find information on up-and-coming club events. This is also the location for the league computer available to members to enter their games scores.

Wallet Lockers - The Association has installed wallet lockers in the East Lobby across from the Registration desk for your use. These are free of charge for members. The Member Services staff will provide you with a locker token.

Lockers - There are half lockers in all of the Association's locker rooms for your use. Please make sure you bring your own lock and use the lock whenever you are away from your locker. Some lockers are available for rent on a yearly basis. If you are interested in inquiring if any lockers are available, speak with the Members Services staff. **Please note:** From time-to-time there is a problem with thefts from our men's locker rooms. We have been successful in catching and charging individuals, however we have not been able to eradicate this problem altogether. The Association is not responsible for your lost, stolen or damages items. We strongly encourage you to be vigilant with your belongings and use a lock at all times.

Card Access - members are issued a swipe card when they first join the club. USE it please! This card remains active as long as your membership remains active. If you misplace your card, simply request another from the Member Services Staff at the East Registration Desk. There is a \$10 fee charged to replace your lost card.

Towel Service - The Association offers a Towel Service for members. You can choose between daily rental at \$1.00 or a yearly rental at \$105 plus HST. Towels are distributed at our East Registration Desk.

In Case of Emergency

The Association has an emergency response team in place. If an incident happens in the squash area, pick up the red telephone and it will put you in contact with the Member Service staff at the East Registration Desk. They will get help!

First aid supplies, from band-aids to ice packs, are available at the East Registration Desk. This is also the location of one of two defibrillators in the building. They are available for public use.

Regular Program Offerings

Open City League (OCL) /Men's City League

The Ottawa District Squash Association (ODSA) operates six divisions of league play which reflect the skill of the players. Open City League sessions start in mid-October and run until mid-April. There are five sessions of five weeks – two before the Holiday Season and three after. Each divisional team is made up of four players who represent their club every Wednesday evening in match play at various club venues in the Ottawa/Gatineau region. This year the RA will field seven teams. Each RA OCL team is made up of players registered in the ODSA ranking system computer ranking system (computer in the lounge next to the squash courts) based on ranking.

Come out and join the fun and spirit of team competition. Check out the ODSA website at www.ods.ca for teams, schedules, events, programs and rankings. For further information contact the RA Open City League coordinator, Steve Gobel at stevegobel@rogers.com

Please note: You must have full playing privileges to participate in this program.

Tuesday Night Club League (TNCL)

It is a great way to meet new women and men squash players, enjoy after game get together in the Fieldhouse Bar & Grill and build your squash endurance. (Not in the Fieldhouse, on the court.) Our league consists of 40-48 players organized in 8-9 teams, depending on sign up numbers. Every week teams compete in matches based on the American scoring system – a game to 50 points with the rally winner awarded a point. There are no breaks during these member-refereed matches. The registration fee includes, end of session social with food, drink, and prizes. If you can't commit to playing every Tuesday night, we welcome you to sign up as a spare.

Formal sessions start early September and January. Sign up details are posted in squash viewing gallery and court access bulletin boards a few weeks prior. Requirements to play TNCL are one of the following RA Squash Memberships: prime-time, student, or junior.

If you have any questions about the RA Squash membership please feel free to inquire at Member Services 613-523-6250. Questions regarding Tuesday Night Club league, contact Dennis at fric198081@hotmail.com or Guy at gonzogb@videotron.ca; Blier.JEG@Forces.gc.ca

Please note: You must have full playing privileges to participate in this program.

Women's City League

The ODSA operates Women's City League on Thursday evenings at participating clubs. The league provides an opportunity to meet players from across the city and enjoy the camaraderie of other squash enthusiasts, both on game night and at a social event at the end of each session.

Teams play each other on a rotational basis. Each team is made up of players at different skill levels. Unlike the Open City League, WCL teams consist of players from different participating clubs. This format ensures competitive matches. There is a fall session (September), a winter session (January) and a spring session (March).

Want to get involved? Contact Paulette Cogliati (pcogliati@rogers.com). She will help you join the fun!

Mixed House League

The Mixed House League is targeted at the recreational player and is designed to provide members with a continuing source of challenging games with others of their level. It is an excellent way for new members to meet other players of similar playing ability.

Houses are composed of four to six players, and play involves a round robin event for the players in each house. Within a designated time (usually five weeks) new houses are established based on the results of the previous round. Results are based both on the number of matches played as well as the results of the matches. Players move up or down based on their results, ensuring players always play other players of similar ability.

For more information on the Mixed House League, or to get into the program, please contact Jeff Watts at 613-733-5100 ext. 351.

Wednesday Summer League

During the summer, the Club operates a Wednesday night RA team competition league which emulates the Open City League. Summer League starts in mid-May and ends in late July. Approximately 10 or 12 teams of three players compete weekly on a rotational basis (round-robin format). Summer League is a great way to maintain competitive playing skills and to socialize with RA squash members during the off-season.

For further information contact Steve Gobel at stevegobel@rogers.com

Please note: You must have full playing privileges to participate in this program.

Weekly Squash Drop In

No partner required

Want to play and don't have a partner? Just show up to the club's Weekly Round Robin Drop in! All levels of players are welcome! A great way to find new partners!

Saturday & Sunday 1:00 p.m. to 3:00 p.m. - runs all year.

Summer Squash Drop In

Same as the Weekly Round Robin Drop-in ... just shifted to Tuesday nights from 7:00 p.m. to 9:00 p.m. The summer schedule starts mid-June and runs until the end of August.

Plan to join your fellow members.

RA Squash Club Team



Matt Arkett - Professional

Matt joined the Squash club professional team in 2007. He is a Level II NCCP Coach with years of experience coaching squash in the Ottawa region. He represented province of Munster as a Junior in Republic of Ireland. University of Waterloo player 1997-1998, 1998 OUAA Teams Silver Medalist and 2009 RA Squash Club Champion.



Rob Walsh - Assistant Professional

Rob hold his Squash Ontario Level Two Coach designation. As a junior he was both provincially and nationally ranked.

Provincial Mens Champion, OUAA Silver Medalist, Canadian Squash Championship, Bronze Medalist 35+.



Joshua Brown - Assistant Professional

Josh has been playing squash since the age of 10. He is currently a 3rd year commerce student at Carleton University specializing in finance and management. After competing in national and international level squash competitions as a junior, Josh moved into coaching. As an Assistant Club Professional he leads the RA Junior Squash Program and offers private lessons to a growing list of club members.

Private & Semi-Private Lessons

Individual Lessons

Individual lessons are available from one of the club's four squash professionals. Individual lessons allow for a more in depth analysis of your game and to target specific aspects for improvement.

By working on a one on one basis, our squash professionals can develop the weaker parts of your game and suggest appropriate practice exercises. Lessons are 40 minutes in duration.

Cost: \$ 48/per lesson
\$135/package of four lessons

Semi-Private Lessons

Semi-private lessons for two people are available. This is ideally suited for individuals who are playing at or near the same level of play. Lessons are 40 minutes in length.

Cost: \$ 60/for one lesson
\$180/package of four lessons

Winter Program

The RA Squash professional provide a wide range of instructional programs for players of all ages. Here is a list of the programs planned for the winter season

Footwork clinic!

Success at squash often comes from getting the feet and body/shoulders in position to strike the ball.

Join Josh Brown as he takes you through a four week training session that will help you employ balance, speed, agility... on the court!

Improve your game by improving your footwork on the court!

Mondays; January 16 to February 6 inclusive
7:00 p.m. to 7:40 p.m.

Fee: \$ 38/ clinic - Squash Club members only

Girls night out!

Looking for something completely different. . . Strictly for women? This smashing program is a great way to have fun this winter and learn how to play Squash! During this four-week program, our Pro's will teach you the basics of the game. You will be able to sharpen your play strategies and compete in friendly competition. Because it is squash we have included a \$10 gift certificate to the RA's Fieldhouse Bar & Grill. By joining the squash fraternity we thought that you should at least celebrate your graduation in the Pub!

Book now... there are only four spots available!

Mondays; February 20 to March 4
7:00 p.m. to 8:00 p.m.

Fee: \$ 83/ RA members
\$108/ non-members

Adult Intermediate Clinic

The Intermediate clinic is designed for players who have either been through the beginner clinic or who have played the game a bit and want to improve their game. Players will be able to play a good basic game but want to work on skills such as volleying, returning serves more effectively, getting the ball out of the back corners, etc. They will also learn how to do basic drills and be able to feed each other.

Saturdays; March 3 to March 24
11:20 am to 12:40 p.m.

Fee: \$ 83/ Squash and RA members
\$ 108/ non-members

Adult Beginner Squash Clinic

This clinic is designed for adults who want to try the game and learn the basic techniques and shots.

By the end of the clinic participants will know all the rules and basic shots needed to play a good game of squash. This class will be great fun and provide a good workout at the same time

Fridays; March 9 to March 30
6:20 to 7:40 p.m.

Fee: \$ 83/ RA members
\$ 108/ non members

Junior Program

Junior Program

The RA Junior Squash Program is designed to introduce young athletes to the game of squash in a safe and fun environment. Those who are just starting the game will learn the basics, including the grip, forehand and backhand drives, serve, return of serve, rules and an introduction to match play. Intermediate to advanced junior players will learn more advanced shots such as the drop, volley, boast and lob while being introduced to match tactics. Although a squash specific program, many skills learned are transferable to other sports. Teaching good hand eye coordination, balance, flexibility, endurance, speed and agility are all key components of the program.

Non-marking shoes are required. All other equipment is made available to juniors during the program.

Saturdays, 9:40 am – 11:00 am

Session I September 17 to November 19

Session II January 14 to March 11

Cost \$ 93 per session / Jr Squash Members
\$163 for both sessions

Junior Squash Training

Junior Squash Training is an excellent way for competitive junior players to improve their game. The training sessions teach athletes what is required to succeed in junior squash putting an emphasis on hard work and dedication through intense drills and conditioning games. Topics covered in the training include footwork, fitness training, match preparation and tactics.

Thursdays, 6:00 pm – 7:00 pm

Session I September 29 to December 1

Session II January 19 - March 29

Maximum of 8 participants

Cost \$ 75 per session / Jr Squash Members
\$100 per session / Non-members

Junior City League

Junior City League has been developed as a way for junior players from Ottawa/Gatineau clubs to compete with each other on a weekly basis. RA Junior Team members will host and visit other clubs in the region in a team match play environment. The league is a great way for junior players to gain exposure into the competitive side of the sport while learning the importance of fair play and building friendships.

For further information contact Joshua Brown or Matt Arkett
613-736-5100 x351.

RA Sports Shoppe

For all your sports and fitness needs



A proud supplier of
RA GEAR

Racquets & Squash Supplies

Sportswear and equipment

Racquet sales and
stringing service

Fitness, aerobics,
running & court shoes

Team uniforms available

Thorlo • Champion • Victor • Wilson • Yonex • Head
Karikal • Black Knight • Dunlop • Asics

RA Centre East Wing 613.733.1302

Squash Club

Tournaments

The RA Squash Club hosts a series of tournaments and events. Here is the list for the 2011 - 2012 season.

RA Fall Classic Tournament (Club members)
November 3 - 6, 2011

RA Winter Squash Open (open participation)
January 26 - 29, 2012

RA Calcutta Tournament (Club members)
February 23 - 26, 2012

RA Club Championships (Club members)
April 19 - 22, 2012

RA Squash Club Annual General Meeting
April 20, 2012

Tournaments are open to all annual Squash Club Members only. For the RA tournaments, the registration fee includes both squash and social events. There is a social-only option that allows members to bring guests. For more information on tournaments, please call Jeff Watts at 613-733-5100 or karakal@magma.ca



All prime time and non-prime squash members are eligible for great reductions on a fitness membership with the RA's LifeFIT Centre. For only \$ 100... you can add a full LifeFIT Membership... what a great way to compliment to your time on the court. Complete details on the LifeFIT services and programs are available from Member Services. Interested, we will be happy to arrange a complementary one-time visit for you. Just give the LifeFIT Centre staff a call at 613- 733-5100 ext 312.

LifeFIT
CANADA



RA Centre

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