



FALL/WINTER 2010

NEWSLETTER

215 ARMSTRONG AVE., GEORGETOWN PH: (905)-877-0333 WWW.GEORGETOWNRACQUET.CA

President's Report



Hello everyone and welcome back to another new squash season. I would also like to extend a warm welcome to all the new members and wish them well and an enjoyable first season at the GRC. Many of the in-house activities are well underway, including the Monday Night House League with a new format, Wednesday night King of the Court and Saturday morning Round Robin. In addition to the regular programs, we are also planning a number of fun tournaments. So, watch for the sign-ups and come out for some fun filled events. Our inter-club representation again includes Men's C & D and Ladies A & B Toronto & District teams. These inter-club games are quite competitive and entertaining to watch, so come out and show your support for our T&D representative teams. Home games are shown on the Calendar of Events. I encourage all of you to keep up to date on all our activities and get involved. It is a great way to meet new people and enjoy the game. To see what's coming up, please visit our web-site at www.georgetownracquet.ca. There you will find notices, updates and the Calendar of Events. For those that want to improve their game, Jerry Gaznabbi a local squash pro is available to come out and provide individual or group lessons. Many of you may know Jerry, and his skills, from his work with our Junior's program. You will find his contact information posted around the

club, but for convenience his phone number is 647-388-7868. For those that don't want formal lessons, we are again planning on having some clinics in the New Year, so watch for the sign-up. As you may remember, last April we asked you to take a few minutes and fill out a survey form to help us better understand the membership's interests and needs. The results are very useful to your executive committee and will be used in determining courses of action in the future. One insightful fact was that over half the respondents are over 50 years old and that only about one quarter hold shares. For the sustained viability of the club we plan on addressing both these issues by mounting recruiting drives to attract the younger demographic as well as consolidating shares to enable an easier transition into active members' hands. The full results of the survey can be found on our web-site in the Court Booking area under Club Info. Last but not least the majority of the activities within our club are run by volunteers and we can never seem to get enough. For those that volunteer their time, and there are many, a very sincere Thank You. See the list of these people later in the newsletter and make sure you give them a pat on the back for a job well done. For all those that want to get involved with the running of their club, please see any of the board members. We are actively seeking help with organizing events and other tasks, as many hands make lighter work.

Regards, Jeff



Treasurer's Report

Although the 2009/2010 season got off to a slow start financially, the financial health of GRC continues to rebound along with the rest of the economy.

The GRC board is committed to maximizing member value by promoting responsible cash management practices and creative membership drives. What that means is that there was no fee increase this year; other than the mandatory HST component and that the board is engaged in keeping costs in check and ensuring that you as a member are getting the most value for your money. For all you frequent bar tab users you will be happy to know that the Green Bar Tab Book now includes one page per member.

Thank you to all you timely payers whether it be locker rental fees, beer purchases, event fees or annual dues; your timeliness is much appreciated.

A fee schedule has been emailed out to all members regarding your 2010/2011 membership renewal. Cheques can be placed into the Deposit Box in the Front Foyer.



Georgetown Ladies Squash Team Captures prestigious US title

A team of women from GRC recently participated in the largest annual US Squash National Team Tournament, the 2010 Howe Cup. The Title, last awarded to a Canadian team in 1972, was captured by the Georgetown ladies after they beat out teams from Washington DC, California, Connecticut, Ottawa and New York. The Howe Cup is held annually at different venues throughout the US each year. This year it was held in Rye, New York.

The team consisted of: (from left) Dianne Jackson, Sharon Babin, Gill More (Captain), Kate Switzer and Christine Kogon. They all play locally for the Georgetown Ladies teams in the Toronto and District Interclub Squash League.

Gill More, Captain, said "The competition was tough, but we kept the Georgetown flag flying with good wins against all of the teams we competed against. The pressure was intense as well, with each of our ladies playing five matches in a period of 3 days. Our final hurdle was the New York team, who we

beat 4-1, and that put the competitive C Division Title in our hands."

T and D

Many of our club members are involved in the GRC teams that participate in the Toronto and District Squash League. Last season, our Men's C team did the club proud by reaching the semi-finals of their division. After an exciting five matches, they lost to Team Barrie, who went on to win the division. Our Ladies B Team reached their semi-finals as well! At the well-supported semi-finals evening, they were beaten by the younger, well-coached team of the University of Toronto. This year's T and D teams have started the season enthusiastically and are well on the way to keeping the GRC flag flying!

House League

Every Monday, from 6:00pm until the late hours, is house league night!!! This year the demand for spots has been so high, that another time slot has been added. The participation has been fantastic and the evenings are well-supported. Thanks go to Clive More, for organizing this event!

Volunteers In Action

Do you ever wonder how the things that get done around the club actually get done? Well, this is typically by a number of people who volunteer their time, skills and effort to the club. There are a number and many thanks goes out to those who have helped through the previous year. Some of these are listed below:

Brian Clark & Sandy MacKenzie

– the never ending maintenance and upkeep of our facility

Craig Cooper - manning the pop-machine, fire & safety inspections and putting the ledge on behind court 3 & 4

Janet Gorman – annual upkeep of our gardens and donating the hibiscus in the lounge

Paul Duval - making the labels and maintaining the club ladders

Diane Jackson - running the junior tennis program

Murray Jans - running the men's tennis house league and the Junior's program,

Greg Salt - running the monthly box ladder

Ken Thorn, Glenn Austin, Dan Babin, Todd Collins, Peter Perko & Al Kogon – finishing under the window above court 1

Al Kogon - donating chairs behind courts 3&4

Bob Allison – maintaining the driveway and parking lot

Murray Jans, John Jones &

Al Kogon – running the Novice & Intermediate Skills Development Program

Christine Kogon – organizing the Mentoring Program.

David Hadskis – for his tireless work helping design the posters, newspaper ads and this newsletter!!

CLUB CHAMPIONSHIPS

On Friday April 23 and Saturday April 24th, muscles, brains and skill were tested to the limit when the best of the best battled it out for the various Club Titles! This year, consolation draws were held, so there was still hope once you got "knocked out"!

LADIES VETS/MASTERS

KATE SWITZER def. CHRISTINE KOGON

MENS D

MIKE DAVIS def. GRANT LEONARD

MASTERS

GLENN AUSTIN def. GREG SALT

VETS

MIKE JOSEPH def. LUC VILLENEUVE

LADIES B

KIM LANTHIER def. JANET GORMAN

MENS C

PETER MUMFORD def. BILL ZAKAROW

MENS B

AL KOGON def. KEN THORN

LADIES A

ANITA DE BRUIN def. DIANE JACKSON

MENS A

CAM JOHNSTONE def. RON WAGNER

OPEN

MIKE JOSEPH def. RYAN BERRIGAN

CONSOLATIONS:

MENS D:

RANDY MARINAGELI def. JORDAN BOOTH

MASTERS

AL KOGON def. PETER PERKO

VETS:

DAN BABIN def. CHRIS HUGHES

MENS C

ALBERTO GREGORI def. TED CHARLTON

MENS B

PHIL JACKSON def. WAYNE GINGRICH

LADIES A:

KATE SWITZER def. CHRISTINE KOGON

MENS A:

LUC VILLENEUVE def. DAN BABIN

A highlight of the evening was the presentation of the Oddney Cooke Award. This award is given annually to a member who embodies true sportsmanship, dedication, commitment and camaraderie. This year, the award went jointly to Ian Watson, President of the



Grant Leonard (left) & Mike Davis (Men's D)

Board 2006 – 2009 and Squash Director 2004-2006, and Anne Langley, Board Treasurer from 2005-2009. Congrats to both! This year also saw the introduction of a new award, the Haiting Wang Sportsmanship Award, in memory of our dear friend Haiting Wang.



The Award, to be *Haiting Wang* awarded annually at the Club Championships, goes to a person – just like Haiting – who is • fair, honest, and polite in all aspects of the game, • displays mutual respect for opponents and officials, • works at constant improvement, • and helps and contributes to other members, the club, and the game itself. This year's deserving recipient was Cam Johnstone. He won the Men's C championship in 2002, Men's B in 2004, plays interclub and is this year's Calcutta Champ. He has also helped around the club in numerous ways from donating gifts for the Fun Flight, organizing the BBQ for Haiting, organizing the Bingo night, or our own Calcutta Auctioneer. Well done and thanks Cam!



Janet Gorman (left) & Kim Lanthier (Ladies B)



Jeff Switzer (left) & Glenn Austin (Masters)



Jennifer Pelletier (left) & Holly Naughton

PRO'S EXHIBITION EVENT

In February, the Georgetown Racquet Club was treated to two outstanding exhibition matches. Canadian ranked Jennifer Pelletier defeated fellow Canadian Holly Naughton in a game that can only be described as awe-inspiring. For the rest of us hackers it was a treat to see how hard one can hit a ball with proper technique. Recently both Jennifer and Holly were also selected for the National team and they will compete in the Canada Winter games in 2011. This match was followed by two A level players with close ties to Georgetown - Glenn Britton and Mike Bertin. Glenn grew up in the GRC environment, while Mike is a teacher at Georgetown's Christ the King high school. This exhibition match was to determine the Number One spot on their InterClub 'A' team. Mike eventually won the evenly contested and highly entertaining battle. As an update, Mike went on to win the Ontario provincials in his age group.



From left: Mike Bertin, Al Kogon, Glenn Britton

CALCUTTA

The most anticipated event of the GRC calendar – **CALCUTTA**. Open to all those brave men (and women!!) who get handicapped and play against the best of the best! This year, after a tough match between the two finalists Cam Johnstone and Jeff Switzer – Cam prevailed. Well done Cam – for having fought your way through the throngs of people all looking to win the elusive Calcutta Title. This event is not for the faint-hearted and many a great player has fallen to a battling beginner!! The odds are even when it comes to Calcutta! Watch for this season's sign-ups!

GRC Tournaments

Two well-supported new member's tournaments, plus a Fun Flight Tournament have already been held this season. Congratulations to the winners and finalists of these two events!

FEB. 27 TOURNAMENT:

- A. Chris Hall def Mike Taylor
- B. Mike Hall def Kris Morris
- C. Dan Rovere def Zach Pearson
- D. Jordan Booth def Mike Rovere

OCT. 2 TOURNAMENT:

- A. Mike Hall def Chris Hall
- B. Christian Reyce def Kim Walinga
- C. Rebecca Kogon def Matt Walinga
- D. Jemma Hamilton def Cindy Robinson

FUN FLIGHT – 20 NOVEMBER:

- A. Dave Redman def Al Kogon
- B. Jason Estevan def Diane Jackson
- C. Byron LeClair def John Jones

SATURDAY YOGA

If you happen to peep over into Court 3 on a Saturday morning at 11am, you might be surprised to see a bunch of mere mortals enduring seemingly strange and torturous routines! Torture chamber it is not – it is just **Susy Joseph** putting some brave members through Yoga exercises that test the limits of the human body. Those members are now lunging and stretching – reaching balls that were unattainable before. Such is the power of yoga – benefiting both mind and body. Men and women, young and old can all enjoy and benefit from Yoga. If you are interested in yoga sessions, please see the notice boards for the sign-up sheets.

SQUASH TIPS

Flexibility

All good squash players have a little bit of Gumby in them. The really great squash players bound around the court in giant lunges, covering great distances in a single stride. We are not all born with great flexibility, but by improving your flexibility you can decrease your chance of injury and increase your ability to frustrate your opponent with great gets! There are lots of different ways to Stretch, but make sure that you Stretch both BEFORE and AFTER you play (before to prevent injury, and after to prevent soreness.) Don't forget to stretch your whole body:

- Calves • Upper legs (hamstrings and quadriceps) • Hip Flexor and Butt Muscle • Lower back • Shoulders • Arms • Wrists and Forearms • Neck

Stretching can be an easy thing to omit from squash, but it is very important, does not take very long, and must not be overlooked!



Meet Our New Club Manager – Cherri Massey

Having been a past member for some years, an administrative assistant at a local Georgetown firm and an organizer for another Georgetown sports association, she comes very well qualified to run the day-to-day operation of our club. Should you have queries or comments on the club operation, events, programs, etc, please do not hesitate to contact Cherri at the following:

Club Phone - 905-877-0333 **Home Phone** - 905-873-0848

E-mail manager@georgetownracquet.ca

So, please take some time to introduce yourself and extend her a warm welcome.



35th Anniversary & Season Kick-Off

The 35th anniversary celebration was a key GRC event and an outstanding success! It was great to see so many faces from the past and also so many of our current members supporting the GRC motto of "Fun, Fitness and Fellowship". Many activities were held during the afternoon where the young and the young-at-heart participated in yoga, tennis,



Dane Sharp (left) & Andrew Jones

squash skills, squash lessons and fun games. Some people were so enthusiastic after participating that they decided to join the club. Food, drink and snacks were available to keep hunger at bay for all the hard-working volunteers and participants. The evening culminated with the crowd being entertained by an excellent match between our own very talented Andrew Jones and the extremely skillful Dane Sharp. Their ability to cover the court and their unbelievable shots were awe-inspiring. The gallery was crowded to beyond capacity and it was fantastic to see so many people helping out and supporting the GRC in so many ways, namely:

John Jones for arranging the evening match and having encouraged Andrew for many years to become the talented athlete he is today.

Susy Joseph, Dianne Jackson, Murray Jans, Paul Duval, John Jones, Janet Gorman and Gary & Edna Earl - running the events

Sharon Babin and Cherri Massey - manning the Information Desk

Mike Joseph, Cam Johnstone and Tom Stellar – running the BBQ

Bob Allison – donating the delicious corn

Ken Thorn & Kate Switzer – for delicious cooking, sides and cake.

Rebecca Kogon & Brittany More – bar and waitressing

Debbie MacDonald, her daughter Rebecca and Janet Gorman - decor and gardens

Al & Rebecca Kogon – the wonderful, nostalgic slide show

Greg Salt - large flat screen TV

Cory Soal - who donated the newspaper space, and **Dave Hadskis** who designed the signs and advertisements.

Christine Kogon and Clive More for their enormous efforts in pulling this event together. This was a huge undertaking, without their dedication and guidance would never have come about. Well done to both. Thank you to everyone who came and participated in the GRC 35th anniversary. It truly was a team event!



The Tennis activities