



## 2019-2020 season

11/25/2019

### Coaches and administrators contact information

Staples Squash Administrator	Gavin McMahon	<a href="mailto:gavin@203squash.org">gavin@203squash.org</a>
Boys Head Coach	Eddie O'Rourke	<a href="mailto:coach.eddie@203squash.org">coach.eddie@203squash.org</a>
Girls Head Coach	Deb Greenberg	<a href="mailto:debgreenberg4@gmail.com">debgreenberg4@gmail.com</a>
JV Coach	Paul Caldwell	<a href="mailto:coach.paul@203squash.org">coach.paul@203squash.org</a>
Squash professional	Zac Alexander	<a href="mailto:zac@intensityclub.com">zac@intensityclub.com</a>
203 Squash President	Dave Edwards	<a href="mailto:dave@203squash.org">dave@203squash.org</a>

## Staples Squash Season Goals:

- Build on the successful prior season.
- Emphasize team character and concept.
- Focus on more technical aspects of squash for advanced players.
- Build a pipeline of upcoming players.
- Fun.

## Staples Squash Principles

#SPORTSMANSHIP #EFFORT #TEAMFIRST

**Sportsmanship.** Players enjoy the game and compete with honesty, character, and integrity. They respect their opponents and play hard from the opening point to the last point. They call their own double bounces, they ask for lets and let the referees decide. They don't argue with decisions. They don't excessively celebrate on the court.

**Effort.** Players put in their max effort; to improve, to play well, to enjoy the game and have fun. Every player finds their own way to focus on warm-ups, practice, games, and matches.

**Team first.** Players support each other, work to help others improve, practice together and put the team first. They turn up early for team practices and matches, and stay till the last match is over, win or lose.

Each week during the season, coaches will vote for one boy and one girl for the SET award.

## Pricing

The Fee will be \$700 for Intensity members and \$1,000 for non-members (which is the same that it has been for all previous seasons). Invoicing and payment will be through the 203 Squash website and no transaction fees will apply to these amounts. The fee includes coaching, court time, fitness training, match fees, league fees, bus transportation, and probably the majority of the end of season celebration. The fee does not include full US Squash membership, the referee test and the cost of Nationals which will only be assessed on those attending (these fees are only required by those attending Nationals).

## **Teams**

This year, Staples Squash [[Website link](#)] will field four teams:

Boys Varsity [[Clublocker link](#)] [[Team page link](#)]

Girls Varsity [[Clublocker link](#)] [[Team page link](#)]

Boys JV [[Clublocker link](#)] [[Team page link](#)]

Girls JV [[Clublocker link](#)] [[Team page link](#)]

## **Event scheduling**

After teams are rostered and the season begins, all events will be scheduled through the relevant team pages on the Sportsengine App. AKA the website, AKA your team page AKA 203squash.

## **Team communication**

Team communication will be through the Sportsengine App [[Team page link](#)]. Please make sure that you [have notification settings switched on](#). This is how you will find out about snow day information, last-minute changes to schedules, team rosters, etc.

## **Practices**

All practices will be run at INTENSITY Squash. Intensity is a premium squash facility in the local area and a welcome and inviting club. We are lucky to have the opportunity to play and practice there. When you are on-premises, please remember it is not a school facility. Respect the other club members, the facility and behave accordingly.

The Director of squash at INTENSITY is also our head technical coach – Zac Alexander. A former PSA player who has ranked as high as #36 in the world. He is a Gold Medal Commonwealth Games winner, as well as the current North American hardball squash champion. Zac will lead all practice sessions.

Boys teams will practice on Tuesdays and Thursdays during the season. Girls will practice on Mondays and Wednesdays. See your team page for details.

Part of each practice session will be a 45-minute fitness element. Varsity teams will do fitness after their technical on-court practice. JV teams will do fitness before their technical sessions. Fitness sessions will be led by strength and conditioning coach Sean Harrington who has worked with college squash teams and will focus on squash specific movement, strength, and flexibility.

## **Missing practices**

If you must miss a practice, please let your coach know as soon as possible. Attendance is mandatory and taken each day.

If you are sick from school on a practice day, you cannot participate on the team until you are fit to return to school. Additionally, you may not practice/play if you have not been in attendance at school for at least four hours. If you submitted a doctor's note excusing participation in gym, you may not also participate at practices/matches. You will not be permitted back to play/practice until an appropriate doctor's note is on file with Staples.

## **Ladder matches**

Once players are rostered to a team, they will also be listed on a team ladder. Ladder position will determine team position once a team is selected for a match. [See team selection and team position].

Ladder matches will NOT be played during practices, due to limited court availability. Occasionally coaches may require players to arrange and play a ladder match.

There is no requirement to play ladder matches during the season, but if challenged to play a match, players should try to arrange a mutually convenient time to play. Be sensible about this – on the one hand, don't dodge ladder matches, on the other, players should not feel obligated to play more than one ladder match a week.

Court time is reserved early Saturday evening for any Staples Squash players who wish to play challenge matches. Arrange to book courts through the front desk at INTENSITY. Court times are available on a first-come, first-served basis.

## **Fairwest league**

All Staples teams play in the Fairwest league. This is split into two divisions, a boys division, and a girls division.

The Boys Varsity team has moved up this year to the boys A league and will compete against six teams: Darien A, New Canaan A, Greenwich A, New Haven A, and Bronxville A.

The Boys JV team will play against six teams: New Canaan C, Briarcliff B, New Haven B, Rye JV (A and B), Fairfield H.S. B.

The Girls Varsity team will play against six teams: Darien A, Greenwich A, Rye 1 and 2, New Canaan and New Haven.

The Girls JV team will play against six teams: Darien JV, Briarcliff, Rye Black and Red, New Haven and Fairfield.

## **Additional matches**

We are scheduling additional scrimmage matches for all teams against GFA, St. Lukes, Fairfield Prep and Hopkins throughout the season.

## **Playing a match**

Players MUST:

1. Arrive at the match location 30 minutes early
2. Warm-up and stretch. Led by the Captains.
3. Team introductions. Captains introduce teams to each other.
4. Huddle.
5. Match starts. The match order is usually – match 7, 2, 5, 3, 6, 1, 4. Followed by Match 8 and any other agreed upon friendly's.
6. Players will referee and mark the match after theirs.
7. During the match:
  - a. Players (if not playing or refereeing) are expected to watch and support their teammates.
  - b. Do not jump on court and play additional matches. Court priority is given to those players who are warming up and about to go on court.
8. All players stay till the match ends.
9. Team huddle prior to departure.

## **Refereeing a match**

One of the unique qualities of squash is that after playing each other in a match, opponents work together to referee and score the match on court after theirs.

**Free Clinic:** Friday, December 6, there will be a free clinic at Intensity on refereeing matches. Each team will be provided with a time to appear for their clinic as space for each clinic is limited.

Players must learn the rules of the game. All players will referee and score a game. Information on refereeing is at <https://www.203squash.org/refereeing>.

**All Varsity players are expected to take and pass** the relevant US Squash referees exam by 12/8/19. **All JV players are encouraged to take the referee exams during the season.**

A learning packet will be distributed by the team captains to assist players in learning the rules of the game.

If you are unsure about rules or need further guidance, ask one of the coaches, captains or senior players for help.

## **League Matches**

For most league matches, each team consists of 8 players, with seven matches counting. This means that in any one week, not all players will play a match. Players will be notified at the beginning of the week through the Sportsengine app whether they are required to play.

Players not playing in any match are invited to come down and support the team.

Where possible and court availability allows we will bring more players to each match and play extra non-counting matches.

## **Parents watching matches**

Parents are invited to watch your kids play matches. When you come, please:

Do not interfere with, or comment on the marking or refereeing.

Make sure your child is available for the whole match to the end. Do not take them home after their match is done. It's a team sport.

## **Team selection and team position**

Team selection and position for the match will be based on two factors:

Position on the respective squad ladder the week prior, and

Coaches selection based on injury, availability, and rotation.

Coaches may choose to rotate players into line ups to get match experience over more experienced and available players.

## **Scrimmage matches**

All teams will play additional non-league scrimmage (friendly) matches. Matches are already scheduled against St. Lukes and GFA. We are looking to schedule more matches throughout the season. Notification of additional matches will be through the Sportsengine App.

## **Fairwest cup**

The Fairwest cup is the season-ending championship for all players in the Fairwest league. It is a modified team format, and all available players will play. The boy's Fairwest cup is scheduled for 7-8th February this year, and the girl's Fairwest cup is scheduled for the 9th February.

## **High School National Championships**

The date set by USSquash for the [2020 U.S. High School Team Squash Championships](#) is the weekend Feb 21st-23rd, 2020 in the Hartford area. We will send one Boys Varsity team and one Girls Varsity team to the national championships.

Note: This is three weeks later than usual and falls on the last weekend of the Staples Winter Break.

## **Uniforms**

The uniform store closes on Saturday November 30. If you haven't ordered your 2019-20 Season uniforms and spirit wear, please do so.

## **Large Racket Bags.**

We are working with Harrow to source more large racket bags, similar to the ones that Staples Squash players from previous years carry. If you would like to order the 2019-20 Season Staples Squash racket bag, please contact [sheri@203squash.org](mailto:sheri@203squash.org).

## **About 203 squash, US Squash, and the Fairwest league**

For planning, funding, financial, insurance, tax-exempt status, and administrative purposes, Staples Squash will operate under the shared 501(c)(3). President, Dave Edwards.

US Squash is the governing body of squash in the US, and Staples Squash operates under its guidelines for all competitive play, rules of competition and code of conduct.

Fairwest squash is the league governing body for Staples and other local public school teams between Westchester and New Haven. All Staples Squash teams compete in the Fairwest league and in their end of season tournament.

## **Volunteers**

203 Squash and the Staples Squash program is a volunteer-run effort. Your help is appreciated.

For the 2019-20 Season, the following have volunteered. We appreciate it.

### **All teams.**

Gavin McMahon - Staples Squash Administrator, 203 Board representative

Dave Edwards - Staples Squash finances, Fairwest board representative

Sheri McMahon - Staples Squash team uniforms, logowear

### **Boys teams**

Yvonne Carey-Lederer - (Boys) Local PR - (Dan Woog, Westport Now, Inklings, etc)

Beth Saunders - (Boy's) Busing and transportation coordination

Ros Looby - (Boy's) Boy's varsity admin contact

Adrian Sales - (Boy's) Boy's JV admin contact

Madeline Stone - (Boy's)

Jon/ Traci Saxon - (Boy's)

### **Girls Teams**

Dima Rubinchick - (Girl's) - TBD

Jen Gold - (Girl's) Busing and transportation coordination

Robyn Levy Weisz - (Girl's) Girl's Varsity admin contact

Marnie Nussbaum - (Girl's) Girl's Varsity admin contact

Note: the admin contact role is to help the coaches coordinate the team during matches, take photos, and generally assist. It is not a coaching role. Multiple contacts will be assigned per team, so we can spread the workload.

### **Student Volunteer position**

We are looking for an official StaplesSquash Videographer/Photographer. This volunteer would attend select matches and practices. The videographer/ photographer would capture images and video of practice and play throughout the season. If you know anyone that may be interested, please have them contact [gavin@203squash.org](mailto:gavin@203squash.org).

### **Pasta Dinners and End of the Season Banquet**

The girls teams have two scheduled pasta dinners: December 13 (to include a holiday grab bag) and January 22. These pasta dinners include both the girls Varsity and JV teams. The details of the pasta dinner times and locations as well as miscellaneous food/beverage donations will go out on the squash app. There will be a Boys and Girls Varsity pasta dinner on Friday, February 21 for players going to Nationals. Details of that dinner will also be emailed through the squash app. If your child has any food allergies, please let the coaches know.

There will be an end-of-the season banquet honoring all the teams around the second weekend in March. We are looking for parents who would like to help plan the banquet.