



NEW CANAAN SQUASH

LEARN NOW, PLAY FOR LIFE

Summer 2018

Welcome to the summer edition of the **New Canaan Squash Newsletter!**

We're eager to bring the community together and we encourage you to share this with friends who might be interested in squash. We're always striving to improve and promote squash in New Canaan and we welcome feedback. Lastly, please let us know if you do not wish to receive the newsletter going forward.

Please email feedback to

Jenn Comyns at: jpcomyns@gmail.com

Who says squash is a winter sport? Cool air-conditioned courts make squash the perfect sport to play on hot or rainy summer days. Plus, summer is a great time to train and work on fitness to prepare for the start of the fall season. Scroll down to read Yvain "Swiss" Badan's "Coaches Corner" piece on summer training.

NC SQUASH: NEW WEBSITE

New Canaan Squash has a new website! Please visit <https://www.ncsquash.com/> to see the exciting new additions.

REGISTER NOW! NEW NC SQUASH K-4th GRADE FALL PROGRAMMING

Registration is LIVE for our new NC Squash Fall K-4th grade programming. Programs for K-2nd Grade and 3rd-4th Grade will be run in collaboration with St. Luke's Squash Club from September 9th- November 26th.

Please visit <https://www.ncsquash.com/> for details and to register.

NC SQUASH FALL PROGRAMMING SNEAK PEAK: REGISTRATION FOR SAXE & NCHS OPENING SOON!

Please visit <https://www.ncsquash.com/> for details

NCHS

Captains Practices: October 7–November 11, 2018

Orientation: October 2018

Evaluations: November 12-16, 2018

Season: November 19, 2018-February 13, 2019

SAXE MIDDLE SCHOOL

Registration: June-September 2018

Orientation: September-October 2018

Fall Clinics: September 24, 2018-November 1, 2018

7th/8th Evaluations: November 12-16, 2018

Season: November 19, 2018-February 2019

K-4th GRADE: REGISTRATION IS OPEN!

Fall Season: September 26-November 9, 2018

Winter Season: November 16, 2018-February 9, 2019

Spring Season: February 27, 2019-April 12, 2019

SUMMER SQUASH CAMPS

We've compiled and posted a list of summer squash camps being offered locally and regionally in CT, MA, NY and NJ on our website. <https://www.ncsquash.com/>

US Squash also lists summer squash camps offered in the US and abroad. For more details, visit: <https://www.ussquash.com/participate/camps/>

UPCOMING LOCAL SUMMER TOURNAMENTS

Junior Squash Tournaments are a really fun way to play and improve your squash game year round.

Consider playing in some upcoming local tournaments:

Squash Haven Summer Silver at Yale 6/8-6/10

GFA Summer Bronze 6/22-6/24

MSquash Accelerator Summer Silver 6/22-6/24

2018 Sportsplex Summer Silver 8/3-8/5

Chelsea Piers Summer Bronze 8/10-8/12

WSA Summer Silver (Westchester Squash Academy) 8/17-8/19

Visit www.ussquash.com to enroll

SUMMER READING SUGGESTIONS

Run to the Roar: Coaching to Overcome Fear by Paul Assaiante and James Zug

A Different Kind of Daughter: The Girl Who Hid from the Taliban in Plain Sight

by Maria Toorpakai and Katharine Holstein

IN THE NEWS

NCHS VARSITY SQUASH CAPTAINS, CHUGH AND COMYNS, COMPETE AT US SILVER SQUASH CHAMPIONSHIPS

NCHS Varsity Squash Captains, Tara Chugh and Will Comyns, qualified to play in the 2018 U.S. Silver Squash Championships at the Meadow Mill Athletic Club in Baltimore, Maryland April 20-22nd. Entry for the Silver Championships was restricted to the top thirty-two entrants ranked No. 33 and below in U11, U13, U15, U17, and U19 age divisions.

Chugh had a strong finish, winning third place in GU17. On Friday, she defeated both Sehar Dey-Kohli from Chicago, IL and Connie Nelson from Cincinnati, OH in quick 3-0 victories. On Saturday morning, Chugh prevailed against Tana Dalalio from Syosset, NY winning the first game 11-8, losing a heartbreaking second game 12-10, then pulling out and winning the next two games, 11-5 and 11-8. Chugh then advanced to face Neeya Patel from Atlanta, GA on Saturday evening. Chugh fought hard but lost 6-11, 9-11, 4-11, to Patel who eventually moved on to win the GU17 age division. On Sunday, Chugh defeated top seed Noor Valvani from Brooklyn, NY, securing third place in GU17.

Comyns also had a strong finish, winning 13th place in BU19. In the first round, Comyns defeated Nicholas Parente from Bryn Mawr, PA winning 3-1. He then moved on to the quarterfinals to face top seed, senior Charlie Sutherby from Radnor, PA. Comyns lost a hard fought match, 8-11, 5-11, 7-11. He then faced younger brother, John Sutherby from Radnor, PA, winning 3-0. On Saturday evening, Comyns advanced to play Thomas Rankin from Atlanta, GA in a grueling match of long rallies and dramatic points. Rankin won the first game 11-7, Comyns prevailed in the second game 11-6, and the last two games were close nail biters, with Rankin ultimately winning 12-10 and 13-11.



Tara Chugh accepts award with Chelsea Piers coach, Rei Hergeth



Will Comyns warming up for Silver Nationals

GRAYSON BUBROSKY, NC SQUASH CLASS of 2015, NAMED UVA MEN'S SQUASH CAPTAIN

NC Squash is so proud of Grayson! He and his twin brother, Killian, graduated NCHS in 2015 and were recruited to play at UVA. Perseverance pays off, and these two know the meaning of practice, practice, practice! Killian was a captain of NCHS Boys Varsity and now Grayson, who was also our US Squash All-American, has been named UVA Men's team captain for 2018-19.

We recently caught up with Grayson and this is what he had to say about his time playing squash before UVA:

"Starting to play competitive squash in 8th grade was tough. It meant having to tack on extra hours on the court with a coach, my brother or solo-play. Nonetheless, after transitioning to New Canaan High School and joining the team, the invigorated level of play complimented my hard personal training in a way that I would never change. During my time at New Canaan High School squash our team was able to build a certain level of camaraderie that allowed all of us to enjoy the hard work we were putting in and leave a foundation for future years to come. It was an incredible experience and something I will always value during my time as a squash player."

Thank you Grayson, and #teambubrosky for setting a high bar and practice example at NCHS Squash. Best of luck to you, Killian and UVA for 2018-19!!!



MORE SQUASH IN THE NEWS

Squash Without the Ceiling – Outdoor public squash courts opened in Manhattan:

<https://mobile.nytimes.com/2018/04/26/nyregion/squash-without-the-ceiling.html>

Fitness Benefits of Squash:

<https://www.theguardian.com/sport/willstrop-s-world/2018/apr/14/squash-commonwealth-games-tennis-james-willstrop>

COACHES CORNER

OFF-SEASON TRAINING

By Yvain "Swiss" Badan, Director of Squash, The Country Club of New Canaan

As it is the case with many sports nowadays, squash can be a year-round commitment. In June alone, a New Canaan player can find U.S Squash tournaments within a reasonable driving distance. If you are passionate about squash and looking to get better, I encourage you to take part in these tournaments according to your level. To understand the various tiers (Bronze, Silver, Gold), please visit <https://www.ussquash.com/junior/tournaments/>. If tournaments are available around the calendar, then why are we talking about "off-season training"?

Let's focus on 3 items:

1. Your Availability

During Spring/Summer there are *less* commitments around squash (i.e.: school team matches, challenge matches, and yes - less tournaments!). Unless you have committed to another highly competitive sport, you should find yourself with more free time than in the winter. This should allow you to tackle big items such as: footwork, fitness, major technical adjustments.

Footwork is often the most overlooked technical part of a player, especially in the beginning. If you cannot set your feet properly, it will not matter how well you can strike the ball. If you are inefficient in your movement, how fit you are will matter less as you will expend more energy per rally. If you cannot set your feet in a way that allows you a wide variety of shots, your strategic work will suffer, as your positioning will give away your next shot! The same way a player needs to repeat a swing thousands of times to become "natural", footwork needs repetition.

"Be fit to play squash, don't play squash to be fit"

I would argue that this saying applies only to tournament players. But if indeed you do have your footwork at a reasonable level, and you aspire to be competitive in matches, fitness will no doubt be a factor to your success. To improve your fitness means pushing through your limits during training, and no one wants to do that a day before a challenge match or any sanctioned tournament. Therefore, build your fitness in the Spring/Summer, and work to maintain your level (or marginally improve it) during the Fall/Winter.

There are no two top 10 players in the world with the exact same swing. Many even hold the grip slightly differently. Some adjust their grip during the rally, others do not. No one has the ability to play in a rally and think about: how they must hold the racquet, count the steps to the ball, think about their shoulders, think about the shot one wants to play, where the opponent is, etc.... Should I go on?? The only thing we want our players to think about in a match is the strategy and mental toughness- call it **focus** to keep it simple. So, if you do need such adjustments (let me help you here, you do!!), this is the time to do it!

2. Courts & Pro Availability

In the Winter, courts are in high demand - it is difficult to get access to a court for "yourself". In the Spring & Summer, there are less group clinics allowing squash professionals to dedicate more time to those students trying to make these meaningful improvements. For example, I will be able to give a lesson to a student, and then let that student on the same court work on that concept alone following our session (maybe the equivalent of the driving range in golf?)

3. Talent Gives You a Chance, Work Is The Differentiator

There are only so many hours in a day. If you put work into your game while others do not, you are bound to advance faster than they will! I have built top nationally ranked athletes, national champions, improved international athletes' rankings, etc.

Put the hours in while others are not, and you will see tremendous rewards.

"I want to make to a difference this Spring/Summer, How should I begin?..."

Here are few suggestions, in no particular order:

- Target 1-2 US Squash tournaments to play. The value will be measuring the areas that need work rather than the points you may earn.
- **Solo, Solo, Solo...and Solo!** We can show you how to do it, but eventually, you have to do it over and over again, until you never have to think about it!
- Sign up for Squash Summer Camps! If you are unsure about the wide selection of camps, reach out to your local professionals or to New Canaan Squash!
- Get on the squash courts. New Canaan is an inviting place to start squash! The Country Club of New Canaan allows Non-Member lessons and St-Luke's also has a squash club. You have options in New Canaan and Professionals wanting to help you- take advantage!

Looking forward to seeing you courtside!

Swiss