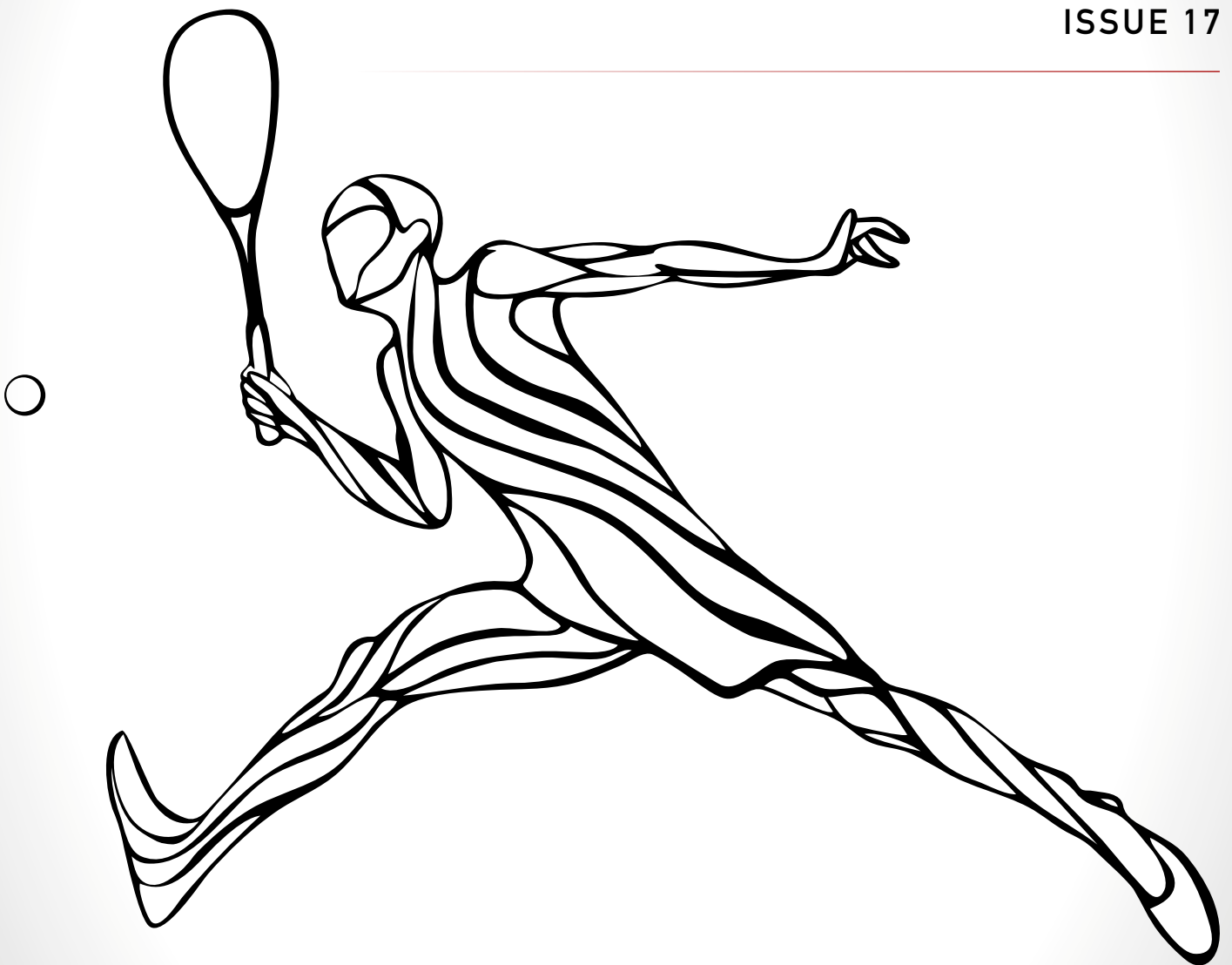


SQUASH *SCENE*

THE COVID-19 EDITION
ISSUE 17



CONTENTS

>> [A WORD FROM THE HEAD PRO](#)

>> [SOCIAL DISTANCE SESSIONS](#)

>> [SQUASH BUBBLES](#)

>> [CHAIRMAN'S CUP](#)

>> [SQUASH TOUR](#)

>> [NOVEMBER CLUB NIGHT](#)

>> [SOLO DRILLS](#)

>> [COMMITTEE INFO](#)

A WORD FROM THE HEAD PRO

The annual *Squash Scene* magazine has become part of the squash furniture at Roehampton Club over the last decade. It usually gives me a chance to highlight the success of the previous season with team achievements, the Club Championship finalists and upcoming match dates, events, coaching and squash activities. When the government lockdown was enforced on March 23rd 2020 due to COVID-19, this ended the 2019/20 squash season, including the ever popular squash Club Championships and Finals night.

I don't forget how lucky I am to work at such a wonderful Club and how lucky Members are to be at such a wonderful Club, while others in these challenging and tragic times are not as fortunate.

Six months on from lockdown, we still live in a state of uncertainty and still cannot play a full game of squash.

One thing I do know is Roehampton Club has been nothing short of amazing in these months as an outdoor haven for Members to escape, enjoy sport, catch up with friends and have some form of 'new normality'. This may mean you stay two metres apart, you cannot rake the golf bunkers, you do not hi-five your playing partner at tennis or share mallets on the croquet lawn, but this is a small sacrifice in these times to still be able to use the Club.

I am biased, but seeing Members using the facilities or having a coffee outside shows the importance of being around people, the benefits for mental health and the camaraderie this Club brings when you can play sport with friends – old and new.

In this year's freakishly hot summer, squash players have been encouraged to play more golf and tennis. It has gone some way to easing the pain of not being on a squash court battling with friends. Squash is one of the most social sports and Members miss this. The ease in restrictions has meant Members can now do solo drills on a squash court or social distance drills with a coach on court. The Club used this ease in restrictions to offer Members a complimentary social distance coaching session in August and this has proved extremely popular as a way to ease Members back on court and to educate how drills work.

In this issue you can read the latest updates of the Summer Squashies Tennis League, the Squashies Golf Knock-out and the Squashies Thursday 9-holes stableford golf competition. It also includes the solo drills/challenges to get back onto a squash court and, all being well, some upcoming events and fixtures with the hope that squash, a sport that has suffered tremendously in these times, will return to full action soon as the vibrant/social sport we all love.



SQUASH CLUB NIGHT SPECIAL

CAPTAIN VS CHAIRMAN TEAM CHALLENGE

AT
CROQUET

TUESDAY 13TH OCTOBER, 6PM

While full competitive squash play is still to return, this will not stop the annual battle between Squash Captain, Steve Richardson, and Squash Chairman, Philip Greenhalgh.

This year the two teams will take each other on at golf croquet. Everyone is invited to play regardless of standard.

Play will start from 6pm (later arrival time is fine) followed by drinks in the garden.

Limited places. Please sign up in advance.

To find out more or to sign up please contact Paul Lindsay on 07841 429910 or at paul.lindsay@roehamptonclub.co.uk



@RoehamptonClub1



/RoehamptonClub



@RoehamptonClub





SOCIALLY DISTANCED SESSIONS

To ease Members back social distance coaching or supervised social distance drills are bookable via paul.lindsay@roehamptonclub.co.uk. Group sessions such as Team Training and Club Nights will also return to a 'new normal' as Members are required to book for their attendance.

Members must sign up via email to Paul 48 hours in advance to these sessions. If a session does not have a minimum of four members the session will be cancelled 24 hours in advance.

Please contact paul.lindsay@roehamptonclub.co.uk with any questions.

Sessions are to be monitored and reviewed constantly. All guidelines are under constant review and subject to change, any changes will be communicated.

ADULT GROUPS

14TH SEPTEMBER TO
19TH OCTOBER

TEAM TRAINING

Sign up for Team Training Social Distance drills (50 mins session).

- Monday 6pm
- Monday 7pm
- Monday 8pm

CLUB NIGHT

Sign up for Club Night Social Distance practice (50 mins session)

- Tuesday 5pm
- Tuesday 6pm
- Tuesday 7pm

VETS TRAINING

Sign up for Vets (O45s) Social Distance drills (45 mins session)

- Wednesday 6.45pm
- Wednesday 7.45pm

JUNIOR GROUPS

3RD TO 24TH OCTOBER

COACHING

Sign up for Junior Social Distance coaching (45 mins session, £10 per session).

- Saturday 9am
- Saturday 10am

CLUB NIGHT

Sign up for Junior Social Distance drills (45 mins session).

- Monday 5pm

REMINDER

MEMBERS MUST
SIGN UP WEEKLY

SQUASH PLAY RESTRICTIONS



PLAY RESTRICTIONS

- Solo practice
- Social distance coaching
- Supervised Group sessions (per session) - Members must sign up weekly
- Play for those within the same Bubble
- Play for those from the same household

BUBBLES

Once a Bubble is set up an email to confirm participation will be sent. Each Member MUST email paul.lindsay@roehamptonclub.co.uk to confirm if they wish to be part of a Bubble and they have read the England Squash Guidelines.

COURT BOOKING

- Members MUST book a court, please make sure you have a Mycourts login
- No booking = no play = no exceptions
- When booking any court the member(s) playing name must appear on the booking

Guidelines are under constant review and subject to change, any changes will be communicated. If you have any questions please get in touch at paul.lindsay@roehamptonclub.co.uk. Thank you for adhering to these guidelines.

WHAT IS A SQUASH BUBBLE?

A bubble consists of a maximum of six players. Players can only be part of one bubble at a time.

If a player wishes to switch bubbles, they must take a 7-day break from playing the full version of the game before joining a different bubble.

'Sides' or socially distanced practices can be played during this 7-day break.

Players within the bubble can play full-court matches but with the following modifications and hygiene measures;

- Only two players on court at one time.
- Play best of three games.
- Play first to 11 points, sudden-death at 10-all.
- Use 'Sides' as a way to maintain social distancing throughout the warm-up.
- During each game, when the

first player reaches six points, both players should wipe away excessive sweat, sanitise their hands and the ball. Repeat between games.

- The same player to serve / touch the ball during each half of a game, and at the halfway point, switch servers.
- Protective eyewear or visors are strongly recommended at all times.
- Players must not wipe their hands on the court walls.
- Players are not allowed to shout or raise their voice.

What if a player in a bubble develops COVID-19 symptoms?

Follow the England Squash guidance and your club's protocol for members/players with COVID-19 symptoms.

Players from the bubble that have been in contact with the symptomatic player within the seven days prior must self-isolate and

undertake tests as per Government guidelines, even if they exhibit no symptoms themselves, until it has been determined whether or not the symptomatic player has tested positive or negative.

Players within the bubble can resume play if the COVID-19 test proves negative. Example activities that can take place with squash bubbles:

- Box leagues - Players within a bubble can play full-court matches in a box league. Players can switch bubbles after seven days of socially distant squash, meaning players can move into different box leagues.
- Group coaching – coaching full-court play with players from the same bubble, with up to six players across three courts.

Please note

Social distancing must be maintained off-court even within a squash bubble.

CHAIRMAN'S CUP

Thank you for taking part in the inaugural 'Greenhalgh Goblet'. We just about got away with the weather and I thought the course was fun to play.

While we all observed social distance guidelines, well done, it was great to see the social side of a fun day once again in 2020!

I'm sure you all had some fun stories from the day – Michael Stewart taking 11 from the 12th tee ... me having 5 air-shots on the 13th ... Philip hitting a digger!

The Pre-tournament favourite Jack Symons (2/1F) held his nerve to take the title on count back, while 80/1 outsider James Dearman didn't upset the odds but did win a prize ... Wooden Spoon.

I look forward to arranging the 2021 Cup and hope to see you there.

Paul



TEAM EVENT

Overall winners (96 points)	Philip Greenhalgh, Neil and Jack Symons, Geoffrey Miller
Best front 9 (48 points)	Tom Faiers, Pradip Patel, Craig de Silva
Best back 9 (41 points)	Derek Lyons, Brian O'Boyle, Jo Cochrane, Bob Storer

NAME	SCORE	HANDICAP
Jack Symons	40	0
Geoffrey Miller	40	18
Craig de Silva	40	11
Pradip Patel	39	11
Mo el Guindi	39	24
Chris Goodenough	36	8
Neil Symons	36	16
Paul Lindsay	33	15
Steve Richardson	32	15
Rory Ross-Russell	31	18
Tom Faiers	31	25
Bob Storer	29	17
Brian O'Boyle	29	13
Michael Stewart	28	16
Laura Weatherill	27	9
Nick Charteris-Black	27	13
Jo Cochrane	26	6
Derek Lyons	23	15
Tristan McIlroy	23	6
Nigel Clarke	21	24
James Dearman	20	28

INDIVIDUAL EVENT

First	Jack Symons
Second	Geoffrey Miller
Third	Craig de Silva
Lowest Score	James Dearman
Best Ladies'	Laura Weatherill

NEAREST THE PIN

2nd	Bob Storer
6th	Craig de Silva
10th	Chris Goodenough
17th	Paul Lindsay
1 novelty ball –	Michael Stewart
1 novelty ball –	Steve Richardson
1 novelty ball –	Mo el Guindi

SQUASH CLUB NIGHT SPECIAL

TUESDAY 10TH NOVEMBER 2020



Squash 5 – 7.30pm, Members *must* book a slot.

Dinner of 'sides' from 7.45pm

Members will play competitive games of sides (adhering to social distance rules) before retiring to the Club Café for some drinks and sides. Players will be paired together to play. The cost for squash and dinner of 'sides' will be £15pp.

Members must sign up in advance to play.

To find out more or to sign up please contact Paul Lindsay on 07841 429910 or at paul.lindsay@roehamptonclub.co.uk



@RoehamptonClub1



/RoehamptonClub



@RoehamptonClub



PADEL TENNIS *COMING SOON*



With thorough due diligence and considerate planning Roehampton Club was delighted to learn it received approval in June from Wandsworth Council to build two Padel Courts at the Club. This good news was further enhanced in October by the Club's Board approval to finance the works to begin in January 2021, aiming to complete in April 2021.

The game of Padel or Padel Tennis is played widely across the world, in 2011 predominantly played by

Spanish Natives. In England it is growing popularity as a family orientated sport, played mainly in clubs by both children, men and women.

Bringing together a combination of the best assets of other racquet sports such as tennis, racquetball and squash, it is played on a court roughly half to that of a tennis court. The playing area is enclosed at either end using 'glass', which in turn is helping to raise its popularity as a spectator sport. The two walled, or glass panelled ends are

brought together by wire mesh which completes the padel court enclosure, but the uniqueness of the game enables players to use the surrounding walls that make up the court to return the ball, hence the comparisons to squash and tennis. The low entry level, various levels and various techniques make it a game being played by people of all ages.

It will also provide the ideal cross-over sport for the Squash and Tennis players at the Club.

SUMMER LOCKDOWN RESULTS

GOLF KNOCKOUTS

Main Final

Pradip Patel and Brian O'Boyle bt
Chris Goodenough and Jo Cochrane

Plate Final

Rory Ross Russell and Nigel Clarke bt
James Dearman and David Moss

Summer Tennis League Winner

Craig de Silva



SAFE SQUASH SOLO DRILLS

DRILL #1

Learning ball control, footwork and spatial awareness is essential when playing squash. Improving these fundamental skills gives you an upper hand in a competitive game against your opponent. These solo exercises will help you improve by practicing and ready you for your return to full court play/matches.

Solo Drills guide

FH – Forehand / BH – Backhand

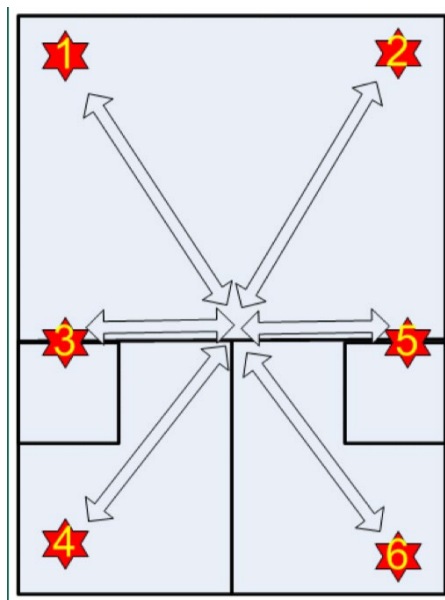
- 1) 10 FH straight drive, first bounce past service line/hit/repeat
 - 2) 10 FH straight drive, one bounce/glass/hit/repeat
 - 3) 10 BH straight drive, first bounce past service line/hit/repeat
 - 4) 10 BH straight drive, one bounce/glass/hit/repeat
- Try to achieve the individual 4 drills above with 10 consecutive hits for each. Make a note on how many you do first time and then improve next time you are on court. If you find this easy see how many you can get to consecutively!

Ghosting

Ghosting, with or without racket – 6 touch points to be run in numerical order.

See the diagram and example by Court 3 to show touch points.

A gentle way to move around the court and remember squash patterns, do not overdo it. This will get tougher in coming weeks!



DRILL #3

More focus on building your fitness and movement with ghosting and a solo challenge too.

Straight Drives

- 10 FH drives alternately above and below the service line
- 10 FH drives alternately short and long to move you backwards and forwards
- 10 BH drives alternately above and below the service line
- 10 BH drives alternately short and long to move you backwards and forwards.

Mixed Drives

30 Mixed FH/BH drives - three good length drives, one high cross court, repeat for 30 shots.

Ghosting

To improve your ghosting and be more efficient when doing the drill use the 6-point pattern (image above) to help you with movement representing full court coverage.

Challenge

- 1) Ghosting – 6 touch points. 1 reps of 24 – time?
- 2) Ghosting – 6 touch points. 2 reps of 24 – time?

DRILL #2

Straight Volley Drives

(FH – Forehand / BH – Backhand)

- 10 FH straight volley continuous from in front of service box
- 10 FH straight volley from behind service box
- 10 BH straight volley continuous from in front of service box
- 10 BH straight volley from behind service box

Mixed Drive and Volley

- 10 FH alternate drive and volley from behind service box
- 10 BH alternate drive and volley from behind service box

Solo Challenge

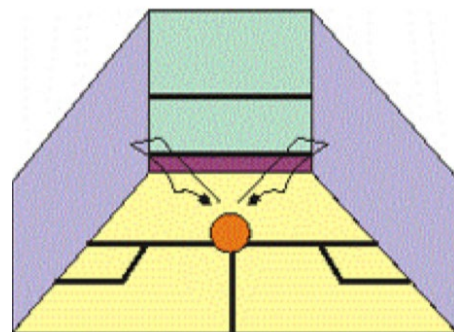
How many shots can you play continuously? 1) Figure of '8' front wall – with 1 bounce

- 2) Figure of '8' front wall – volley only

There is a leader board by Court 3.

There is no limit to the number of goes you can have – but you must email your first scores to

paul.lindsay@roehamptonclub.co.uk



second rest between set

- 3) Ghosting – 6 touch points. 4 reps of 24 – time? 30 second rest between sets

Use your phone/watch and make a note of the first time you do any of the three challenges.

Compare times when you have another go in the coming days/weeks.

Please use numerical pattern when having a go at the challenge.

Go at your own pace/level and do not overdo it.

SQUASH CLUB NIGHT SPECIAL

TUESDAY 1ST DECEMBER 2020



Squash 6 – 7.50pm | Dinner and secret santa from 8pm

Members will play in their 'bubble' of six before enjoying a meal with bubbles. Those not in a 'bubble' will be paired together to play Sides or 'Front v Back'. The cost for squash, meal and bubbles will be £20pp.

Members must sign up in advance to play.

To find out more or to sign up please contact Paul Lindsay on 07841 429910 or at paul.lindsay@roehamptonclub.co.uk



@RoehamptonClub1




/RoehamptonClub



@RoehamptonClub





10TH ANNUAL SQUASH TOUR

New date: Autumn 2021

For more details, contact Paul on 020 8480
4227 or at paul.lindsay@roehamptonclub.co.uk



@RoehamptonClub1



/RoehamptonClub



@RoehamptonClub



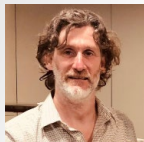
USEFUL CONTACTS



PHILIP GREENHALGH

Chairman

pgreenhalgh84@aol.com



STEVE RICHARDSON

Captain

steve.richardson@moorecap.co.uk



PAUL LINDSAY

Head Professional

paul.lindsay@roehamptonclub.co.uk



NIGEL CLARKE

Friendly match organiser

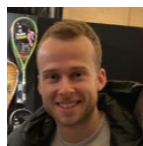
nigel_clarke@baa.com



NICK CHARTERIS-BLACK

Friendly match organiser

ncharterisblack@aol.com



TOM FAIERS

Friendly match organiser

tomfaiers@hotmail.com

Roehampton Club
Roehampton Lane
London
SW15 5LR

020 8480 4200

www.roehamptonclub.co.uk



[@RoehamptonClub1](https://twitter.com/RoehamptonClub1)



[/RoehamptonClub](https://www.facebook.com/RoehamptonClub)



[@roehamptonclub](https://www.instagram.com/roehamptonclub)

