



# gxsquash



May 2015

## Welcome to the Spring Newsletter

Spring is most definitely here and during the lighter evenings, your thoughts are no doubt turning to toning up your body in time for that Summer holiday you have planned. What better than to check out that list of members who are looking to play friendlies or perhaps even register for the leagues or the ladder? Whatever your motivation, it would be great to see you back on court.

Inside this edition, you will find a report on the recent AGM and a request for help at the upcoming Memorial Centre Open Day.

## Can you help out at the Open Day?

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### Court Booking System

The court booking system can be accessed using the following address:  
<http://www.gxsquash.org.uk/booking>

Please check your details on the court booking system and let us know if anything has changed - in particular, please let us know if your email address has changed. Alternatively, you can update them yourself in the My Membership Details section.

### Membership

Membership numbers are down slightly on the position at this time last year but not alarmingly so. The general pattern of membership is that the numbers drop significantly following renewal night and then creep back up throughout the year.

As usual, Membership fees for the coming season (2015/16) will be discussed at the AGM on 30 April. It is possible that the membership fees will rise this year for the first time since 2010.

***Please Note: We are now able to accept electronic payment of Membership fees***

## Get Playing!

There has been a list on the noticeboard for some time where people have added their name if they are willing to be contacted for a friendly. Lists on noticeboards are helpful but you have to be standing in front of them for them to be of any use to you. To get over this hurdle, we will be making a virtual list available online on the club website at [www.gxsquash.org.uk/members/friendly](http://www.gxsquash.org.uk/members/friendly)

Visit that location and register your details:

- Days and times you like to play
- How much notice you need
- Approximate standard

If you have a court to play on and no opponent, just plug in the date and time and you will see a list of members who might be interested in playing on your court.

## Winter Handicap Tournament

The Ken Hewison Winter Handicap Tournament was recently held at the end of February and the beginning of March. We were pleased to see a better turnout than for the previous event with nearly 30 entrants.

This year's final was contested by Michael Jacobs who beat David Sledge. In the plate competition for players ejected in the 1<sup>st</sup> round, Tom Tyson beat Martin Kapusniak.

See the [club website](#) for the full draw, a report on the finals and the photographic evidence.

## Introducing Guests

Members are reminded that they are entitled to introduce non-members to play at the club up to 6 times a year. We are happy that members should be able to continue this practice as this can attract new members to the club but please do not abuse the system. If you are regularly playing with a visitor, you should be encouraging them to join the fold.

When playing a non-member, please make sure that you select the 'Buy Guest Fees' option on the bottom left of the screen when logged into the court booking terminal to pay for your guest. This takes

you to a screen where you can indicate the number of guests (adult or junior) and payment is taken directly from your account.

## Squash Leagues

The Summer Leagues are now in operation and will run to the end of September. During Summer, there are meant to be 6 players per league. The booking system does not support more than 6 players so sometimes the bottom leagues may have less than 6 but never more.

Congratulations to Simon Free who won the competition for the cumulative points score during the Winter leagues. Robert Rickman took second place.

## Team News

**1<sup>st</sup> team:** The 1<sup>st</sup> Team had another good season finishing 4<sup>th</sup> in Division 1 of the Bucks Leagues and having won the majority of their matches.

**Vintage:** The Vintage Team have had a turnaround of fortunes in the Middlesex Leagues this season. The team has benefited from a number of players having reached the 55 year old threshold and have finished 4<sup>th</sup> in Division 3, a great improvement on last year's bottom of the table.

## Racketball

Don't forget you also have the option of playing racketball. It is the UK's fastest growing sport played on a squash court and with similar rules using a larger ball and a shorter racket.

Racketball is generally less intense than squash and has a lesser impact on the body though the rallies tend to be longer.

The club has invested in some equipment so you can try your hand at the sport. It can be found in the left hand cupboard on the balcony. You are welcome to borrow the equipment (two rackets and a selection of balls). Please make sure you return it to the cupboard after use.

## Club House

Winter playing conditions at the club have been greatly improved since the court heating was tied to the court booking

## Committee

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Position	Name
Chairman	David Sledge
Membership Secretary	John Mayfield
Treasurer	Ainsley Kemps
Club Captain	Stewart Hefferman
Ladies Representative	Anita Crosbie
House Member	Richard Crosbie
League Secretary	David Sledge
Elected Member	Rakesh Gulati Nick Hallchurch Ian Swallow

**Can you help out? We are always on the lookout for volunteers to join the Committee or help around the club. Speak to a Committee member about it.**

### AGM

The club held its AGM on Thursday 30<sup>th</sup> April, it was a small quiet affair. The minutes will be posted on the website presently.

It was reported that the total number of members was just short of that for the same time last year although the profile of membership had changed slightly.

The Club finances were reported to be quite healthy although a reduction in playing activity had led to court booking credit being the largest contributor to a drop in income.

The Committee are in discussion with the Memorial Centre over their plans to increase their membership fees. This is likely to lead to a rise in Squash Club subscription fees for the first time in five years. Alternatively, court booking fees may go up for the first time since 1998.

In accordance with the rules of the club, a number of directors stood down to allow the appointment of new officers. They were re-elected to the board unopposed leaving the Committee to rue the issue of voter apathy.

system along with the lights. There are no controls accessible to members now and no need to tinker.

The courts will undergo their usual maintenance before the new season starts in October.

### Juniors

A thriving Junior section is the key to any successful sports club and GX Squash is no different. Rakesh Gulati (07887 744505, [rakesh@gulati.co.uk](mailto:rakesh@gulati.co.uk)) is keen to take on at least another 4 Juniors so that we can field a full complement in matches against the other clubs and allow for some team rotation.

Juniors (anyone under 19) meet Saturday late mornings where a fully qualified England Squash coach is present. They can if they want play matches on Sundays. For the more advanced players there is also advanced coaching on Friday evenings. Please do not be scared of the time commitment as they will be able to fit squash around rugby, football, cricket, ballet, etc and there is no weather constraint.

The current small group of Juniors have had a moderately successful year and have gained some good experience of playing a variety of opponents in the Bucks junior leagues. Many juniors have joined the senior leagues and have managed to hold their own amongst our older members.

We also have 2 juniors, Vivek Gulati & Rory Brady who have been invited to the Bucks Team Squads in their respective age groups. They were put through various tests of fitness, squash nous and mental agility. We wish them well this season and hope they are selected for the Bucks teams next year.

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### Follow gxsquash on social media

Tweet @gxsquash to tell us about your latest match or to share your thoughts about any aspect of the Club.

You can also keep up with news on our [facebook](#) page.



## Squash Ladder

With the tournaments safely out of the way, it is a suitable time to consider other means of providing competitive squash for our members. One way of providing this is to revive the squash ladder. This will be accessible via the web and also via the old booking terminal which has been mounted on the wall of the balcony close to the new booking terminal. Watch out for an email announcement regarding this.

## Ladies' Ladder

As we have a Ladies' Champion for the first time in 5 years, we felt it would be a good idea to offer all the ladies of the club the opportunity of widening their playing circle by establishing a separate ladder for their use. This will be formally announced presently.

## Defibrillator

Observant members may have noticed the bright yellow cabinet fixed to the wall of the Memorial Centre as you approach the entrance to the Colston Hall. This houses a Public Access Defibrillator. These devices are increasingly appearing in public places and are designed to be simple and safe to use.

If you are concerned that someone may be undergoing cardiac arrest, dial 999 and report the code on the front of the cabinet (AB92) to the operator who will help to determine if the defibrillator is needed. They will provide you with a



code to access the equipment if so and you will be guided by simple instructions into how to use it whilst waiting for the emergency services to attend.

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***Make sure you wear the correct footwear on court!***

Help us to keep our courts safe and clean by encouraging others to wear the right footwear.

## Memorial Centre News

The Memorial Centre will be holding a number of events over the coming months:

- **Open Day** **16 May**
- **Junior Chess Competition** **7 June**
- **Annual Classic Cars & Motorcycle Event** **12 August**
- **Jumble Sale:** **25 September**
- **Antiques Valuation Day** **28 October**
- **Fireworks:** **7 November**

More information is available on their website ([gxca.org.uk](http://gxca.org.uk)). The Memorial Centre are always on the lookout for volunteers to help with events, especially in preparing for and clearing up after the Jumble Sale and marshaling the fireworks event. If you can help, please call the Memorial Centre Office (01753 883759) and let them know - don't forget to mention the Squash Club.

## Housekeeping

Please help us to keep the club tidy by clearing away your drinking cups when you have finished with them. Also, if you are the last person to leave the club at any time of the day:

- Turn off all the lights
- Ensure that the front door is locked

Please help us to keep our club secure and our costs down.

## Open Day

The Memorial Centre will be holding an Open Day on Saturday 16 May and the Squash Club will be taking part. All of the Centre's clubs and societies will be represented at the event. We will be manning a desk in the Memorial Centre and will also have the club open for people to 'have a go'.

If you are free to come and help out for an hour, contact David Sledge (07788 813627, [dsledge123@gmail.com](mailto:dsledge123@gmail.com)).





## Honours Board

Tournament	Winner	Runner-up
Club Champion	T Loran	M Burnett
Veterans' Champion	S Hefferman	R Fisher
Vintage Champion	C Hockin	R Foskett
Ladies' Champion	P Bagg	N Singh
Club Plate	N Webb	G Fowler
Summer Handicap Champion	S Free	I Swallow
Winter Handicap Champion	M Jacobs	D Sledge
Summer Handicap Plate	C Hockin	F Wolff
Winter Handicap Plate	T Tyson	M Kapusniak
Winter Points Champion	S Free	R Rickman



Winter Handicap Tournament Finalists 2015



Club Tournament Finalists 2015



Summer Handicap Tournament Finalists  
2014



Ladies' Tournament Finalists 2014