



## March Events

- **Saturday, March 1**  
**Revised Winter Schedule**  
Please pick up your new schedule
- **Tuesday, March 4**  
**Lets & Strokes Clinic**  
6:40pm with Spider. Sign up in advance.
- **Tuesday, March 4, 11, 18, 25**  
**Squash Intros**  
6:00-6:40 pm with Spider Jones
- **Wednesday, March 5, 12, 19, 26**  
**Ladies Novice Night - \$5 + GST**  
6:00 pm - Learn the basics of the game in a fun atmosphere!
- **Wednesday, March 12**  
**Welcome Arctic Winter Games Mission Staff**  
Private function - 8:30pm in lounge. Club open for members
- **Saturday, March 15**  
**World Squash Day!**
- **Monday, March 17 - Thursday, March 20**  
**Junior Squash Camp**  
1:00-4:00pm \$100+GST See Spider for details
- **Friday, March 21**  
**GOOD FRIDAY - Club opens at 9:00am**  
Noon classes as scheduled, evening Yoga cancelled.
- **Saturday, March 22**  
**Club open and classes as normally scheduled**
- **Sunday, March 23**  
**EASTER SUNDAY - CLUB OPEN**  
Yoga and Max Strength classes cancelled.
- **Monday, March 24**  
**EASTER MONDAY - Club closed**  
HAPPY EASTER!
- **Tuesday, March 26 - Saturday, March 29**  
**"IDES OF MARCH" Squash tournament**  
Sponsored by Dale Cunningham and Field Law \$40 +GST

## Welcome New Members

The Racquet Club would like to extend a warm welcome to its new members:

- |                   |                     |                       |
|-------------------|---------------------|-----------------------|
| • Robert Adolph   | • Owen Everts-Lind  | • Catherine Mackenzie |
| • Daniel Beaudoin | • Leanne Hannah     | • Carol Norris        |
| • Marc Comeau     | • Sarah Joyce       | • Hart Shouldice      |
| • Sheila Embodo   | • Caleigh MacArthur | • Karin Taylor        |
| • Yuri Gyulinyan  | • Karla Newell      | • Mylene Archambault  |
| • Ciara Jensen    | • Natasha Schwindt  | • Vanessa Charwood    |
| • Stephen Groves  | • Vardan Sukiasyan  | • Brad Dusome         |
| • Climate Muiamby | • Julie Ward        | • Tom Guzowski        |
| • Gina Ridgley    | • Maria Anthony     | • Brian Hunter        |
| • Denver Styan    | • Michael Breecher  | • Patrick Kramers     |
| • Les Walters     | • Krassi Dimitrova  | • Karen Martin        |
| • Rahella Agha    | • Martin Gaumont    | • Ken Pon             |
| • James Blanchard | • John Holbrook     | • Paul Stryde         |
| • Eve Dussureault | • Angela Keats      | • Roger Shepard       |

Also a warm welcome to all of our new corporate members. We are here to help you on your path to a healthy lifestyle!

## **Fitness Notes** with Dana Britton - Fitness Director

What's New in March - As we turn the corner on winter, it's time to think about getting fit for spring activities. Pre-season training can help increase your speed, power and range of motion while reducing the chance of injuries when you step out on the court, the field or the road.

Peter, the newest member of our Personal Training team, is now offering Circuit Training on Tuesdays 12:10-12:50pm and Thursdays 7-8pm. These sessions can accommodate participants with a variety of fitness levels as each station is self-contained. You work at the level that works for you. During the workout, you will move between stations that challenge your cardio fitness, your strength, balance and core for total body conditioning.

Peter will also be leading a running program once the streets are clear. Keep an eye out for information posters in the next month.

Other changes in the schedule starting March 1: Yin Yoga is now offered Mondays, 7-8:15pm with Toni and Fridays 12:10-12:50pm with Kitty. Kitty will also be teaching Mondays 12:10-12:50pm Vinyasa Yoga Flow.

And finally, Strip to the Core finishes March 7. Session II of the Strip Fit series, Cardio Strip, with Denise will begin April 4. More information and sign up sheets will be posted at the Club.

## **IDES OF MARCH SQUASH TOURNAMENT**

**MARCH 26-29**

**SPONSORED BY DALE CUNNINGHAM AND**

**F I E L D L A W**



**\$40 + GST**

**Sign up today!**

**Club Winter Hours:**

Monday-Thursday  
6:00am - 10:00pm

Friday  
6:00am - 10:30pm

Saturday - Sunday  
8:30am - 7:00pm

Kelli Hinchey  
General Manager

Jack Banic  
Assistant Manager

Spider Jones  
Squash Pro

Dana Britton  
Fitness Director

## Squash Notes with Spider Jones, Level 3 Certified Squash Pro

In earlier issues, we discuss match play tactics. Lets now discuss 5 of the 10 **Most Common Tactical Errors** as put forward by prolific squash author Ian McKenzie and tweaked by yours truly:

- 1. Attacking difficult balls.** Recognize when balls are too tight or deep to be hit aggressively...instead open your racquet face up, swing more slowly and hit higher up on the front wall. You are in trouble and need to win back the T again before going on the attack.
- 2. Attacking with your opponent on the T.** With him posed and ready in a dominant position, your first priority should be hitting with good and perhaps less pace to earn back the T. Anything loose and you're in trouble.
- 3. Hitting back to your opponent.** Welcome to my world! Regardless of where you hit the ball, it should ideally force your opponent into effort. Make them run, then smile as they sprint by you as they scurry to get your shot.
- 4. Leaving yourself out of position / not covering your shot.** As my coach in NZ used to say "Don't play a short shot you are not prepared to cover mate". Your shot's not done until you're back at the T. This problem is exacerbated by

playing forehands in the backhand court and visa versa.

- 5. Aiming too low.** Aim a little higher above the tin to give yourself a margin for error...especially late in a tough match or towards the end of a long rally. It's the angle the ball makes coming off the front wall falling into the side wall nick that created difficulty for your opponent—not how close you hit to the tin.

Lets & Strokes Clinic - Tuesday, March 4 at 6:40pm on the Charter court. Come out and learn the "Referees Line of Thinking" and how it pertains to lets and strokes. The rules on "turning" and self created interference will be covered as well as the roles of the Referee and Marker. We will select a name from those in attendance to **Win a pair of Arctic Winter Games medal round Hockey tickets!**

During March break, league play will continue unaffected. Practices for both Junior A Elite and Junior B Elite players will continue as scheduled.

Sunday Junior Squash is postponed on both March 9th and March 16th during March break and Easter Sunday, March 23, 2008.

A modified Junior Squash Camp (aimed at intermediate and athletic novices) will run Monday March 17 – Thursday, March 20th from 1pm-4pm daily. With junior guest coach Chad Hinchey, we will cover grip, footwear, basic shot selection and technique, lets vs strokes, and strategy. A mini tournament will take place on the final afternoon. This camp will also include plyometrics and cardio rebounding sessions. Cost is \$100 + GST - maximum 10 players.

Dale Cunningham and Field Law are sponsoring our newest fixture event, the "Ides of March Squash Championships" Wednesday, March 26 - Saturday, March 29th. Sign up in the lounge or email Spider at [spider@ykracquetclub.com](mailto:spider@ykracquetclub.com).

We will be running a Calcutta on Friday, April 4th, with player purchase the night before. This promises to be one of our most memorable events ever. See Spider for details.

Carving balls into the nice one shot at a time.

Spider Jones  
[spider@ykracquetclub.com](mailto:spider@ykracquetclub.com)



## Club Notes with Kelli Hinchey, General Manager

**CHILDREN'S PLAYROOM:** Just a reminder to all members who make use of the playroom for their children, that you are responsible for the supervision of your child while in the Club. Children are not permitted to run through the lounge and under no circumstances are permitted to be downstairs unsupervised, or in the cardio room, strength training rooms and the fitness studio. We ask that you pick up after your children (this includes any garbage from take out meals, pop cans etc...) and ensure that all toys, cushions, are neatly put away. Please note that the room is available for use by your children and that it is not the responsibility of our staff to ensure the room is cleaned up after them or to supervise them. We appreciate your support in this regard.

**WEDDING BELLS:** Congratulations to our Personal Trainer, Ginette Boudreau, on her recent marriage. Ginette was married to Michael Herbin on February 26th in Varadero, Cuba. The wedding took place at 2:30pm in a gazebo overlooking the beach. Our best wishes to the newlywed couple!

**SIGNING IN PROCESS:** Another reminder, please, that all members are required to swipe their key fob when they enter the Club. This is a requirement of the Club and is

also a requirement of the Liquor Licensing Board for our liquor license. We appreciate your attention to this and thank you for your understanding.

**WEIGHT ROOM ORIENTATIONS:** Please check the clipboard at the front entrance and check out the dates that our Strength Training Orientations are offered. They are offered to our members, free of charge and are facilitated by our Personal Trainers, Ginette Boudreau and Todd Stratten on Thursday evenings unless otherwise indicated. Please see the signs for the times posted.

**SQUASH LESSONS:** Contact our squash professional, Spider Jones to book a lesson. Leave your name and phone number and he will get back to you promptly.

**SPRING HAS SPRUNG! OUTDOOR FOOTWEAR:** With the weather warming up, we remind you that you are required to remove your outdoor footwear when you enter the Club. We would appreciate your assistance in placing your footwear on the shelving provided.

**WEB SITE:** Did you know that the most current Fitness Schedule, Saturday Schedule, Parents & Tots and class descriptions are on the website? Check it out today at [www.ykracquetclub.com](http://www.ykracquetclub.com)