



May Events

- **Sunday, May 4**
Triathlon Series continues - Swim Practical 1
10:00am \$25 +gst/members \$30 +gst/non-members
- **Tuesdays, May 6, 13, 20**
Squash Intros
6:00 - 6:40pm with Spider Jones
- **Wednesdays, May 7, 14, 21**
Ladies Novice Night - \$5 + GST
6:00pm - Learn the basics of the game in a fun atmosphere!
- **Wednesday, May 7**
Triathlon Series continues - Short Brick workout
5:40pm \$25 +gst/members \$30 +gst/non-members
- **Thursday, May 8**
Feature Class - Spin/Core with Dana
5:40-6:40pm Sign up early - Space is limited!
- **Thursday, May 15**
Final Parents and Tots session until September
Hot dogs and treats for the kids after class!
- **Friday, May 16 - Saturday, May 17**
NWT Power Corporation Junior Squash Tourney
\$25 +gst includes pizza lunch on Saturday.
- **Monday, May 19**
Victoria Day - Club Closed
Enjoy your long weekend!
- **Saturday, May 24**
Feature Class - Vinyasa Flow with Toni
8:30-9:30am
- **Monday, May 26 - Sunday, June 1**
Roy's Audiotronic Year End Tournament
Sign up early for the biggest squash event of the season!
- **Wednesday, May 28**
Triathlon Series continues - Running Drills & Longer Brick Workout
5:40pm \$25 +gst/members \$30 +gst/non-members
- **Thursday, May 29**
HPP Junior Clinic with John Wilson
4:00-4:40pm
- **Sunday, June 8**
Triathlon Series continues - Swim Practical 2
5:30pm \$25 +gst/members \$30 +gst/non-members
- **Wednesday, June 11**
Triathlon Series continues - Race Simulation
5:40pm \$25 +gst/members \$30 +gst/non-members

Welcome New Members

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

- Yolande Allain
- Michael Bloomfield
- Bula Charabarty
- Delphine Elleze
- Maxine House
- Jessica Mace
- Nancy Oscienny
- Elizabeth Reib
- John St. Louis
- Murray Wick
- Krista Amey
- Johnny Bowden
- Karen Chalmers
- Shirley Firth-Larson
- Haley Ingram
- Simon Machnik
- David Pechter
- Justin Rose
- Todd Stewart
- Hashmet Ayoubi
- Erin Brosha
- Robbie Cluett
- Hugh Gilmour
- Karen Johnson
- Wendy Malkin
- Peter Redvers
- Jennifer Royal
- Chris Ukrainetz
- Vince Barter
- Barry Cadieux
- Danica Dubruk
- Falhado Hashi
- Mark Kilbride
- Jodi Miller
- Brett Reib
- Nichole Smith
- Jayson Weber

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

Roy's Audiotronic Year End Tournament Schedule of Events

- **Monday, May 26** - Tournament play begins! Register before your first match. Munchies available.
- **Tuesday, May 27** - Tournament play continues. Munchies available.
- **Wednesday, May 28** - Tournament play continues. BBQ burgers available \$5/burger. Complimentary cheese and fruit trays.
- **Thursday, May 29** - Welcome to all our visiting pro's - John Wilson, Justin Todd, David Letourneau, Melanie Jans and Matt Grigg. Welcome social sponsored by GARKAM CONSULTING - sushi and char available for tournament participants.
- **Friday, May 30** - Welcome to our out of town guests visiting from Whitehorse, Iqaluit, Fort Smith, Hay River and Edmonton.
1:20-4:00pm - Practice courts available for out of town participants
4:00-4:40pm - Junior clinic with Pro's Justin Todd and David Letourneau
5:20...Tournament play continues. BBQ burgers and salad available \$6/burger. Last chance for entering Pick the Winner!
NEW EVENT - HORSESHOE TOURNAMENT BEGINS! Sign up in advance! 2 players/team. \$5 registration for non-tournament participants - free for tournament participants.
MIDNIGHT - Draw for Samsung 40 inch Flat Panel TV. Sponsored by Streeper Trucking and Bob McKim. All tournament participants registered in draw for free. Tickets available for non-tournament participant for \$5. **MUST BE PRESENT TO WIN!**
- **Saturday, May 31** - Tournament play continues. 7:00-9:00pm **LOBSTER FEAST!** Non-tourney participants welcome for dinner. Please sign up in advance as space is limited!
9:30pm Team Golf Challenge. Register your team early! Draw prizes throughout the evening. Must be present to win!
- **Sunday, June 1** - Tournament finals start at 12:00pm. 3:00pm Awards Presentation and draw for a trip for 2 to Edmonton for tournament participants. Sponsored by First Air. Must be present to win.

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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 discussed match play tactics and more common tactical errors. Lets now discuss **5 Ways to Earn Strokes, Lets and Befriend an Official.**

Do everything but play the ball. Often times we are denied a let or stroke because we have not made every effort to get to the ball, and shape our swing as if we were about to play the ball (not the man).

Fully clear away from the ball. How often have you played a winner only to have your opponent be awarded a "cheap let" just because of his extra effort and your not making every effort to clear from your shot? You have to give your opponent not only access directly to the ball but more often direct access to a position beside the ball.

Move forward or at least sideways off the T. More strokes are awarded by moving forward and hunting the volley then by going backwards off the T where lets are typically given your opponent is often making less than suitable effort to clear.

Recognize when you need to make a case for your appeal before it is ruled on. If you see the ref waffling quickly plead your case finishing with a hopeful glance with eyebrows raised.

When Referees ask "Why"...this means this are about to rule - NO

LET... your answer should be an emphatic "for safety reasons - I thought I was going to hit him"... regardless of how deserving you thought you were of a stroke.

Befriend the Referee. Being pleasant and respectful to the officials will often result in close calls going your way. While you may have cultivated an excellent, sorrowful, head shake with your eyes rolling back, defiant wildebeest look with your spouse, this does little to endear you to a squash referee. Try instead saying..."You're a "...be sure to pause as long as necessary here...."hell of a man, doing a hell of a job".

Congratulations to our Juniors who competed in the recent Junior Nationals Squash Championships. Noted performances included Devin Hinchey finishing 4th in Canada in the Boys U13 and Travis Kamitomo winning the Bronze level division in the Boys U15. Pooja Chugh, Steven Nesbitt, Liam McKay, Chad Hinchey also deserve commendation for their efforts in so ably representing our Club and the NWT. Our final stand alone junior tournament is the NWT Power Corporation Squash Championships, Friday May 16th and Saturday May 17th. We hope to have levels from novice to experienced.

The pinnacle of our squash season, the Roy's Audiotronic Year End Tournament is just weeks away commencing Monday May 26th to Sunday, June 1. Our exhibition pros have been finalized with BC ranked #6 Justin Todd returning, Alberta #6 ranked Dave Letourneau just back from Princeton having been named All America and Rookie of the Year, Squash Ontario's 2007 Outstanding Coaching Award recipient John Wilson and one of Canada's premier 35+ players, past tournament favourite, Calgary's Matt Grigg, the Maestro of Magic our very own Al Cook, former Canadian Women's National Champion and presently Canada's #2 ranked female Melanie Jans and finally the dean of drop shots, the sultan of strokes, the courtesan of cross courts, the viceroy of volleys, the bombardier of boasts, the regent of reverse angles, the lord of lobs...ah sorry he couldn't make it...so Spider Jones will be "stepping up".

This is our premier event of the season with great prizes, our famous steak and lobster extravaganza and a division for everyone. Sign up today!

Spider Jones
spider@ykracquetclub.com



Fitness Notes *with Dana Britton - Fitness Director*

Functional Fitness

You may have heard the term "functional fitness". Far from being another industry buzzword, this is a concept that makes a lot of sense. The basic principle involves strengthening the muscles that help you with daily tasks instead of building muscles just to bulk up. For the non-athletic gym-goer, this may mean, for example, building leg strength to climb stairs while performance athletes use this type of training to mimic movement that occurs in their given sport.

However, the greatest benefit may be for the desk jockey weekend warriors. How many times have you signed up for a squash or ball tournament, participated in a charity run or played a game of pick up only to limp back to work on Monday? By developing a regular fitness routine that imitates the sports you enjoy, you can ensure that your body will be ready when an unexpected opportunity arises to lace up. Not only will functional fitness training help prevent injury and increase performance, you might even be able to put your socks on unassisted.

Club Notes *with Kelli Hinchey, General Manager*

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: Check out the new look of our website at www.ykracquetclub.com Many thanks to Lizzie Gilbert for the fantastic job!