Double Dot

Ebbisham Sports Club Squash & Racketball News

November 2024 Edition 3

1st Serve

Welcome to the 3rd Edition of Double Dot!

As the clocks change and autumn settles in, our Squash and Racketball section is turning up the pace, diving into the Surrey Winter competitions with great enthusiasm. Our Surrey Cup teams are off to a strong start, with 3 active teams (including our Ladies team), 3 Vets teams, and a new Vintage team, all of which are representing us admirably this season (see opposite).

A huge thank you to everyone who helped prepare the courts. Thanks to your efforts, our courts are in top condition and ready for a competitive season.

In an exciting development, the squash committee is exploring the addition of a squash ball feeder. We plan to host a demonstration day soon, allowing everyone to see its benefits first-hand. This feeder will make solo practice sessions more productive, enabling players to sharpen their skills effectively.

Our junior and senior coaching sessions are thriving and are well attended. I encourage everyone to take full advantage of these opportunities to grow and refine their game.

On November 30th, we'll be hosting our own graded tournament, which is almost fully subscribed! We look forward to welcoming all players and seeing some fantastic matches unfold.

Please continue to spread the word about Ebbisham Squash Club and its excellent facilities among your friends and family. Increasing our membership is essential for the growth and vibrancy of our section.

Finally, I'd like to emphasise the incredible health benefits of Squash and Racketball. These sports offer intense cardio workouts that are tremendously beneficial for overall health. Let's all enjoy a wonderful winter season filled with Squash, Racketball, and the spirit of festivity!

Warm regards,

Rajeeva Indiketiya

Squash and Racketball Chairman

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Team News

All our teams play in the Surrey Squash Leagues with results being logged on League Master
www.county.leaguemaster.co.uk

Squash	Division	Played	Won	Pts	Place
1st Ladies	2	2	2	19	2nd
1st Team	5B	1	0	3	7th
2nd Team	7R	2	0	-3	8th
Vets 1	2	3	1	19	5th
Vets 2	5	3	3	52	2nd
Vets 3	5	3	2	39	4th
Vintage	3	2	2	21	2nd
Racketball					
1st Team	2	0	0	0	-
2nd Team	3	0	0	0	-

Info correct to – 31st October 2024

Coach Charlie



It's now been over 6 months since Charlie Lee (world #51 - May 2023) joined us at Ebbisham to help us improve our squash game. Charlie's sessions, both individual and group have been well attended and everyone has commented how instructive the sessions have been. Charlie says…

"It's been a real pleasure to coach and get to know many of the squash section at Ebbisham over the last few months.
The group sessions, now back up and running after the summer have hopefully provided a chance to refine some technical and tactical elements of everyone's game. All sessions have been met with 100% effort and I hope this is matched by the enjoyment taken from the sessions.
On a personal note, after a few months of positive steps in my recovery from injury, I am excited to be making a return to competitive action on the PSA tour. I have received nothing but support and kindness from the Ebbisham membership throughout this tough time, which I am extremely grateful for.
Here's to a successful season ahead for everyone"

Charlie

Some great words and motivation from Charlie as our Ebbisham teams start the new season and Charlie gets back into competitive action.

Good Luck to us All !

2024 Racketball Championships

Another competitive Racketball Championship was held during September and October, with the finals held on 11th and 12th October.
Finals night produced some excellent racketball with 3 of the 5 finals going all the way to the 5th game.
Open Champion for the 2nd year running *(ooops!! – Editor),* **Colin Shermer** came back from 4 match points down in the 4th game to beat last years Champion **Nathen Newark**. A great game of racketball from both players.
A full round up of all the results and photos on page 3.
Once again a big thank you to **Paul Mewett** who organised the tournament.

Future Events

30th November - Graded Tournament at Ebbisham
The Ebbisham Squash Open graded tournament will be held on 30th November with squash players from all levels being graded into 5 graded sections (Squash Levels 0 – 349; 350 – 1199; 1200 – 2599; 2600 – 4999; 5000 - 12000). Whether you are a beginner or an experienced player you will be matched with someone of equivalent standard with a guaranteed 3 matches during the day. Entries (£15 per entry) are now closed for most grades with only a couple of reserve places left – so be quick if you want to enter.
www.cmstringers.com/eo24

14th December – Club Christmas Party 7.30 pm 'til late
A great way to celebrate 2024 with your friends at Ebbisham. Tickets (£10) on sale at the Office or Bar.

Squash Coaching with Charlie Lee
Thursday's (check WhatsApp for dates)
Group Sessions 19.00 – 20.30 - £12 per person
Individual Sessions – contact Charlie directly
https://chat.whatsapp.com/BCcIbTvPK449V0gH6UwEhr

Club Nights (£1.50 per session payable at the bar)
Please check the booking sheets as times may change due to club matches.
Squash - **Every Tuesday** 19.00 – 21.00
Squash and Racketball - **Every Friday** 17.30 – 19.30
Squash - **Every Saturday** 16.45 – 19.15

Junior Squash Coaching (Saturdays during term time)
Improver Session – 10.00am to 11.30 am
Experienced Session – 11.30am to 1.00pm
Boys and girls (under 18). The coaching fee is £5 per session payable in advance per term.
email:- admin@ebbishamsportsclub.com.

50+ Rackets Social Drop in Sessions (all racket sports) (Thursday 10.00am - 11.30am)
£3.50 per session for club members, £4.50 for U3A members and £5 for non members.

Junior Success

Competing in her 1st European Squash Tournament, the Finnish Junior Open, held in Helsinki 2-4 August, **Maja** got off to an excellent start by beating the No.1 seed, from Latvia 3-2. She also beat the No. 2 seed from Denmark 3-0, to reach the final. In a close fought battle she lost 1-3 to the eventual winner from The Netherlands. Well Done Maja who came away with a silver medal in her first European event.



There was also success for **Maja** and **India** (right) at the Wimbledon Women's Graded event held in September, with Maja & India winning the B & C grades respectively.

Senior Success



Huge congratulations to **Francois de Villiers**, who was selected to represent England O70's in the inaugural Home Internationals in Glasgow in September.
Unfortunately Frank picked up an injury prior to the match so had to withdraw. Hopefully, Frank will be fit for the next international.



Six Ebbisham racketball players ventured up to Edgbaston in July for the Racketball Nationals. **Colin Shermer** won his first match in the 60+ category only to meet the No1 seed and eventual winner the next day.
Pete Banfield and **Nathen Newark** in the Graded Event found the competition pretty fierce and played well in the main and plate matches**. Francois de Villiers** in the 70+ had a thrilling match and although he lost, the scores were really close 11/9, 20/18, 11/9. **James Dubois** 75+, drew the eventual winner in the 1st round and eventually won 1 and lost 1 in the Finals.

Top billing went to **Jo Robinson** who played Lesley Sturgess, already with 15 titles to her name and eventual winner of the 65+ and 60+ categories. Jo took the first game 11-8 which made her the only player to take a game off the Champion. Jo finished her Event in second place after four matches and so won a prize.

Well done Jo.

2024 Racketball Championships

Roll of Honour

Title	Winner	Scores	Runner-Up
Open Championship	Colin Shermer	11-4 6-11 9-11 13-11 11-5	Nathen Newark
Handicap	Scott King	4-11 11-3 11-4 8-11 11-3	Pete Banfield
Doubles	Colin Shermer/Chris Taylor	15-13 15-19 15-9	Richard Skinner/Dave Riches
Open Plate	Richard Skinner	11-6 6-11 7-11 11-3 11-4	Jo Robinson
Handicap Plate	Paul Carrell	11-8 11-6 11-7	George Harrold
Doubles Plate	Paul Mewett/Ian Conibear	16-14 15-5 16-14	Sam Wellard/John Brandon


















Squash Coaching with Charlie Lee

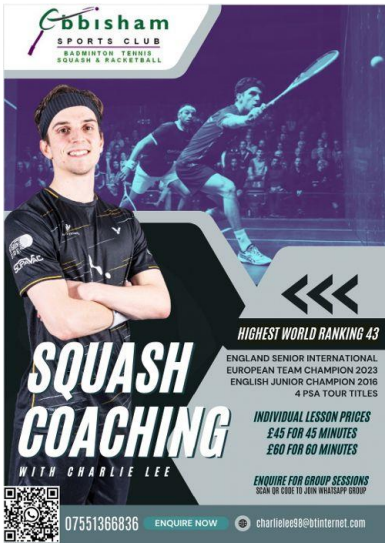
There is no doubt that participating in Charlie Lee's group training sessions is an excellent way to improve your squash technique and fitness!! I *(Editor)* had the pleasure to be thoroughly knackered, but encouraged after attending my 1st session in October with 8 other Ebbisham squash players. The 90 minutes seemed to fly by and the routines and coaching made us all feel like better players as we discussed the session in the bar afterwards.



Now that Charlie is back in competitive action he will be trying to fit group coaching sessions into his busy schedule. Sign up to hear about future group and individual sessions with Charlie.
Scan the QR code (see leaflet) to join Charlies Whats-App group or message Charlie direct on his mobile.



Simon Edwards relaxes after a hard coaching session!!



Leaflet

Court Refurbishment

All 3 courts were refurbished at the start of September. Floors were sanded and lines repainted, walls were washed down and cracks filled and all out of court lines were re-taped. This work should provide for a good playing surface for all members and visiting teams.
Moving forward we are reviewing each of the courts playing surfaces and court surrounds to ensure we have the best courts for you to play on.
We will communicate to you through Double Dot and club noticeboards any updates on court improvements.

Roll of Honour – Box Leagues

Squash		Racketball
Chris Green	Jan	Colin Shermer
Chris Green	Feb	Nathen Newark
Chris Green	Mar	Nathen Newark
John Southern	Apr	Paul Carrell
Chris Green	May	Peter Banfield
C. Green/J. Brandon	June	Nathen Newark
C. Green/J. Brandon	July	Nathen Newark
Chris Green	Aug	Colin Shermer
John Brandon	Sept	Nathen Newark
Chris Green	Oct	Colin Shermer

England Squash Membership

There were significant changes to England Squash membership in August. Previously, your club paid for your membership with England Squash as part of your Ebbisham membership fee. In August, England Squash changed this to a direct model, meaning that individual squash players had to subscribe and clubs had to pay separately to maintain their affiliation.
England Squash commented "the new membership model is aimed at better connecting clubs, coaches and players. Squash clubs and players will benefit from an enhanced membership scheme, providing unbeatable benefits & money-can't-buy experiences."
Ebbisham recommends "Just Play" membership which costs £15 per year which includes up to £10M of player insurance, team match access, kit discounts and many other benefits.
Check out all the membership details at www.englandsquash.com

Squash & Racketball Committee

The squash section AGM was held at the club on 10th October and the following members were voted onto the squash committee for the next 12 months

Rajeeva Indiketiya	Chairman
Alex Coonan	Surrey Leagues Captain
Paul Steward	Club Coach
Gillian Mead	1st Team Ladies Captain and Safeguarding Officer
James Neill	Committee Member
Paul Carrell	Committee Member and Double Dot Editor

If you would like to find out more and join the squash committee please contact any of the committee members who will be pleased to advise.