

1st Serve



Happy New Year! Welcome to the 1st edition of “Double Dot”, the Ebbisham Sports Club squash and racketball newsletter.

As chairman of the squash and racketball section I hope you enjoy reading the latest news and articles about our sport. In 2024, we embark on another exciting year with squash and racketball promoting a healthier and fitter life. I hope that you have fun playing and wish you all a great 2024.

Introducing Family Members and Friends: The benefits of squash are best enjoyed when shared with those close to us. With that in mind, I invite you to bring your family members and friends to experience the exhilaration of squash and racketball at Ebbisham. The club plan to start special events, including family-oriented tournaments and coaching sessions, to make it a memorable and enjoyable experience for everyone.

Rajeeva Indiketiya
Squash and Racketball Chairman



Recommend A Friend – Get £20

The health and strength of any sports club is its membership. We are always looking at ways to increase our membership, especially those who want to play squash and racketball.

Maybe there is someone you know who’s had too much turkey and beer or wine over the holiday period and would like to join for some friendly, or competitive racket sport? If so, introduce them to the club and after their membership has been in place for 3 consecutive months, you will receive a £20 credit on your MyCourts booking account*. A leaflet giving full details of the offer is available from the office and on noticeboards.



Team News

Our squash and racketball teams play competitively in the Surrey County League. Competing against other clubs and players provides a great opportunity to play and socialise with your team mates and meet other like-minded squash and racketball players at other clubs around the county.

With the 1st half of the season over, we have seen some great wins, especially from the Ladies who have won 4 out of 5 matches. Our Ladies team is a combination of youth and experience with 4 players of our team under 18. Well done to Gillian, Jo, Anna, Maja, Cara, Lara and India who have represented the Ladies Team this season.

Our 1st and 2nd teams play at a good standard and have both recorded the same number of points in their first 7 matches. Our Vets (over 45’s) enjoy the social side of squash as well as playing. Our 3 teams have had a mixed set of results, with our 1st team just 4 points off top position. Our 2 racketball teams have won 4 out of 5 matches this season and are looking strong, especially our 2nd team managed by James Dubois, unbeaten and in top position.

The 2nd half of the season starts again in January, so we wish our teams well. If you are interested in playing in any of our teams please contact Alex Coonan for squash and Winston Heppolette for racketball.

Squash	League	Played	Won	Pts	Position
1 st Ladies	2R	5	4	42	2 nd
1 st Team	5B	7	3	68	7 th
2 nd Team	6R	7	2	68	5 th
Vets 1	3	6	3	75	3 rd
Vets 2	4	6	2	56	6 th
Vets 3	5	5	1	41	5 th
Racketball					
1 st Team	1	2	1	16	2 nd
2 nd Team	3	3	3	38	1 st

Up to and including 31st December 2023

Squash & Racketball Leagues

The monthly squash and racketball leagues provide a great opportunity to play fellow members. Squash leagues start on the 1st of every month and racketball on 15th – so you can play both!! Go to ebbisham.mycourts.co.uk, log in and click on leagues.

To join a league, contact:
Damian Smith (squash)
Winston Heppolette (racketball)

Squash, Racketball and Health: Why it's Good for You:

Cardiovascular Fitness:

Squash is an excellent cardiovascular exercise, promoting heart health and reducing the risk of heart disease.

Agility and Reflexes:

Squash requires quick movements, enhancing agility and reflexes. It is a dynamic sport that engages various muscle groups.

Calorie Burning:

Playing squash can burn a significant number of calories, aiding weight management and promoting overall fitness.

Social Interaction:

Squash is often played in pairs, fostering social interaction and a sense of community. This aligns with the goal of creating a healthy society within the club

Mental Well-being:

The strategic and fast-paced nature of squash stimulates mental alertness, concentration, and tactical thinking contributing to overall mental well-being.

Events

Ebbisham Squash Tournament **Starts: March 1st**
Finals nights: **April 19th & 20th**

Club Nights (£1 per session payable at the bar)

Turn up and play. These sessions are designed to enable players to play against several players in the same night (1 or 2 games per match). Depending on numbers attending a rota system is managed from the balcony. Please check the booking sheets as times may change due to club matches.

Squash - **Every Tuesday** 7 – 9pm

Squash - **Every Saturday** 4.45 – 7.30 pm

Squash and Racketball - **Every Friday** 5.15 – 7.30pm

Junior Squash Coaching

Our club coach, Paul Steward runs junior coaching sessions for members every Saturday during term time.

Improver Session – 10.00am to 11.30 am

Experienced Session – 11.30am to 1.00pm

These are really great sessions for boys and girls (under 18) to learn to play squash in a friendly and safe environment. The coaching fee is £5 per session payable in advance per term. If you would like to find out more please contact the main office or email:- admin@ebbishamsportsclub.com.

50+ Rackets Social Drop in Sessions (Thursday 10.00am - 11.30am)

Fancy trying out Badminton, Squash, Racketball, Tennis, TouchTennis, Table Tennis and Pickleball. Then come to these social drop in sessions on Thursday mornings. Cost is £3 per session for club members and £5 for non members.



Our 2023 Open Squash Champion, Alex Coonan (left) being presented the winners trophy by Gillian Mead (centre). Alex beat Chris Green (right) in the final.

Squash Committee

The squash and racketball committee meet 6 times a year to review recommendations from members that will improve your squash and racketball enjoyment. We are always looking for people to join the committee and Rajeeva would be happy to hear from you if you would like to participate. Please do so either directly or through the club office.

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