



## **January/February Update**

Dear Squash and Racketball Members,

Hope you are enjoying your Squash, Racketball and longer days as we are coming out of winter.

The leagues, kindly maintained by James Saker, are a great way to improve your Squash/Racketball. If you can serve, you are more than welcome to join. Other members will help you with the basics, so you can learn as you go. We now have 7 Racketball leagues (36 players), 20 Squash leagues (97 players) 3-4 Ladies Squash leagues (14 players).

It would be great to see Racketball leagues get to 50 players by the summer and see a much bigger participation from our female members this year, so please consider playing, it is much safer, more fun and accessible. You can join using MMM, Events, Open section [HERE](#).

I would like to thank members for reading the communications and helping improve things at the club. As another small ask :) if members could ensure they shower/get changed before going to the bar that would be appreciated.

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## Professional Exhibition Match - Saturday 22nd March

Please make sure you purchase your tickets asap we only have 20 or so left.

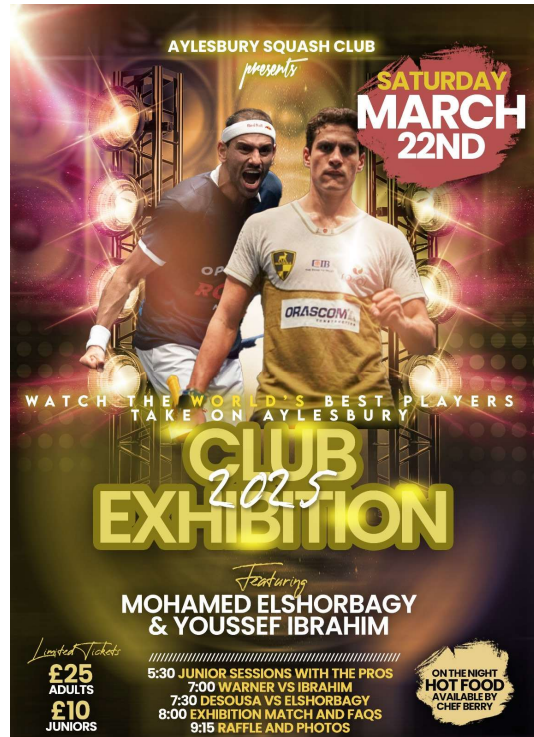
We have Youssef Ibrahim and Mohamed El Shorbagy coming to Aylesbury Squash Club on Saturday 22nd March. Starting at 7pm.

Adult tickets will be £25 and Junior tickets will be £10.

It will be a unique & busy night, with a raffle, loads of goodies, food from Dave Berry and other entertainment.

Please use the link below to purchase.

[CLICK HERE TO SEE TICKETS AVAILABLE via MMM](#)



## Club Championship 25th to 27th April

This year's Club Championship squash event will take place across the weekend of 25th to 27th April. Put the date in your diary now, as we'd like as many members as possible to attend. Last year's event was very popular and was enjoyed by all. We hope this year will be even better!

We are running a Mixed and a Ladies competition, with both split into several sections, so everyone will play people at a similar level. This will be a fun weekend of competition for all. If you're new to the club, why not enter and get to know your fellow members? If you're a beginner, why not try a friendly competition to see how you get on?

More information to follow in the next few weeks, including when and how to enter via MMM.



### **Let or Stroke?**

A significant challenge with playing Squash is Lets and Strokes. Fitness, shot quality, standard of play, and eyesight can really impact the outcome/decision, all of which are quite subjective.

Even with a referee it's tricky, just take for example the recent game where Mark Murray was marking James Saker for our 2nd team match with Berkhamsted.....yep, it was a stroke Mark! James took is extremely well on court, a testament to the club.

Here are some tips:-

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Would your backswing or followthrough risk hitting the opponent?

LET BALL  
(Play point again)

Was your backswing or followthrough excessive and you hit your opponent e.g. for example swinging across your body to the other side

STROKE AWAY  
(Point to opponent)

Were you prevented from taking the ball early?  
Was the opponent in the way but then got out of the way?

LET BALL  
(Play point again)

Would the ball hit the opponent on the way to the side wall (and then would have made the front wall)?

LET BALL  
(Play point again)

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Would the ball hit the opponent directly on the way to the front wall?

STROKE  
(point to you)

Did your opponent's position completely prevent you from getting to the ball and/or hitting a shot?  
(be honest could you have realistically got there or was it too good?)

STROKE  
(point to you)

Did the ball hit the red "outlines" or when serving hit the service line?

LOSE POINT

Slight exception next, rotating the wrong way (towards the back wall) is dangerous as you completely lose sight of your opponent and where they are.

LET BALL  
(Play point again)

oward the back wall  
f the front wall and  
stop play?

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Did you spin 180+ degrees toward the back wall (you would have lost sight of the front wall and opponent completely) and hit your opponent with the ball?

Note: classed as dangerous play

STROKE AWAY  
(Point to opponent)

And if all else fails:-

Not sure of the rules, whether the ball was in/our or disagree?

LET BALL  
(Play point again)

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### **Safeguarding Officer - Catherine Forward**

We're pleased to welcome Catherine Forward as our new Safeguarding Officer. Based in Aylesbury, Catherine is a nurse educator with a safeguarding background who is also experienced with working with children and young people.

[safeguarding@aylesburysquash.com](mailto:safeguarding@aylesburysquash.com)







## Guinness Zero

I am pleased to say the bar has Guinness 0, a great drink if you are driving (or don't want to fall off your bike) and want to have a chat afterward.

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## Well done to Aylesbury Tennis!

They won Club of the Year at the Bucks Tennis Awards. David, the tennis Chair also won Volunteer of the Year.



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Thanks again for reading the newsletter,

Thanks  
Oliver, Maxine and the Committee

PS. Please read on for previous articles sent out you might have missed.

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## Club Mornings - Squash/Racketball (Squash 57)

Aylesbury Squash Club are pleased to announce the launch of Club Mornings.

Starting Late October/November  
Come and play Squash, Racketball (Squash 57), or both! and stay for a coffee.

Wednesdays 10-11am, then coffee  
Members £3, non-members £6

AYLESBURY SQUASH CLUB ARE PLEASED TO ANNOUNCE THE LAUNCH OF

# CLUB MORNINGS

EVERY WEDNESDAY STARTING 30<sup>TH</sup> OCTOBER



**PLAY SQUASH, RACKETBALL, OR BOTH! FRIENDLY MIXED GROUP MATCHPLAY, AND COFFEE**

POTENTIAL MONTHLY COACHED SESSION  
WEDNESDAYS 10-11AM, THEN COFFEE

**MEMBERS £3, NON-MEMBERS £6**  
**FIRST TASTER SESSION FREE IF BOOKED 48 HRS IN ADVANCE.**  
**MEMBERS BOOK THROUGH MMM**

CONTACT MAXINE FOR DETAILS AND NON-MEMBERS  
BOOKING: [gm@aylesburysquash.com](mailto:gm@aylesburysquash.com) or 01296 398230

 **AYLESBURY SQUASH CLUB**

First taster session free if booked in advance (via Maxine on [gm@aylesburysquash.com](mailto:gm@aylesburysquash.com)). Members book through mmm

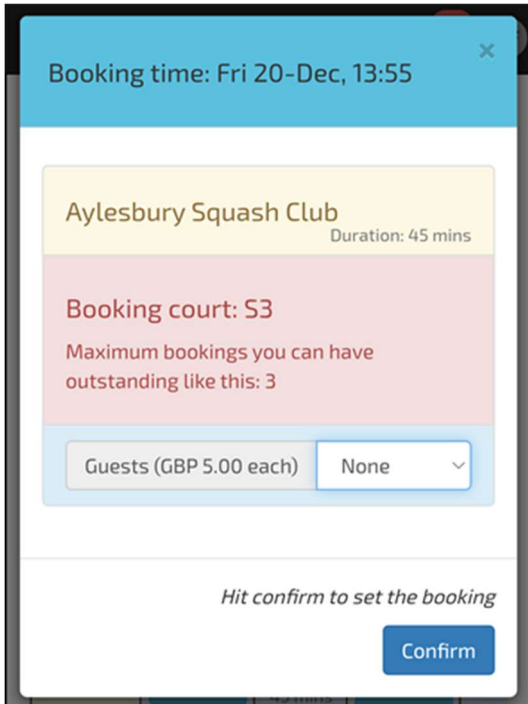


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## Guest booking

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We do encourage our members to invite others to come and experience the sport, members inviting family/friends and work colleagues is a great way to expand the sport. We encourage people to use the right ball (red for beginners) and ensure people have the correct equipment (non-marking indoor shoes, no old/flakey grips please!)

All members can bring someone **twice** for free (let Maxine know in advance) but after this members should use the guest booking option, or ideally they become members so they can enjoy playing with others, join the leagues and club night.

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### Using the correct shoes and equipment

Please see the below poster around using the correct equipment as a refresher, please share this with any guests coming to the club.

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At Aylesbury squash club we pride ourselves in having the best courts available to our members and a safe environment. We spend thousands in maintaining our facilities.



**Have your shoes been used outside?  
Are you not sure if your shoes are non-marking?  
Is your grip damaged/flaking off?**

If you answered **YES** to **ANY** of these, please **DO NOT use the courts**. Please arrange to come back when you have the correct equipment.

### How to check your equipment?



**Non Marking  
Wording on  
Base** – The words non marking will be written on the base or edge of the shoe.



**Paper Test**– White paper on a hard surface, rub the shoe. If rubber/marks show and marks the shoes should not be used on court.

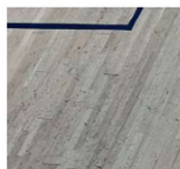


**Dirty Soles** – Shoes used outside contain stones and dirt these mark the courts and should not be used.



**Perished Grip**– if the grip is old/flaky, do not use and re-grip before going on court.

**Black soles** – Black soles used outside cause the most damage and are more likely to damage the courts. These should be **triple checked**.



Damaged caused by old flaking grip at the club.



Damaged caused by marking shoes used on court.

Oliver Field – Squash Club Chair  
Maxine Major – Squash Administrator

### Using the invite system for Squash/Racketball League games

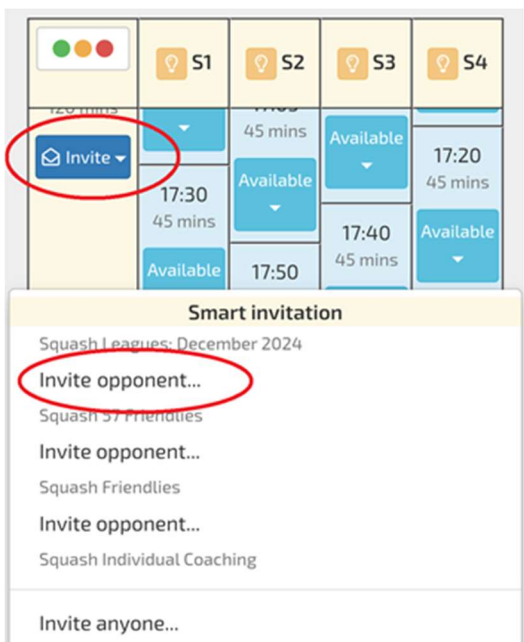
- Having trouble getting games scheduled?
- Do you have to message people individually to arrange games?
- Are you getting court cancellation fees due to no opponent?

If so you should be using smart invitations via MMM. This offers several slots to multiple players (your league for example) who can pick a time within the range you selected.

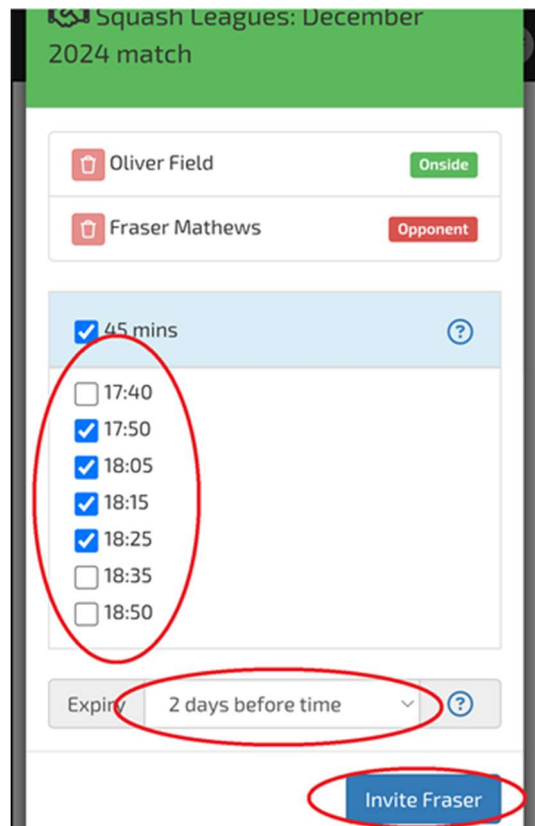
The majority of leagues now use this system and the more players who do the more successful and easier it will be for everyone.

See instructions below:-

### Creating and Sending Invites

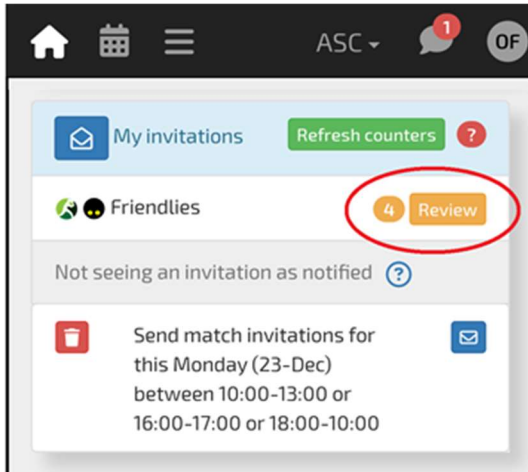


Instead of booking courts directly, click the blue Invite button on the left-hand side, then choose the group of players you would like to invite. We recommend inviting all your league players as this means it is much more likely to be taken up.

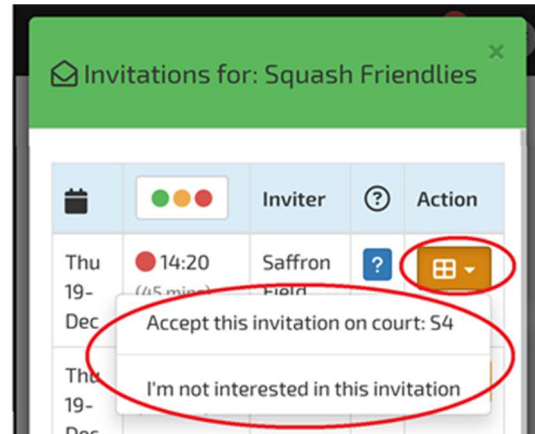


Pick the time slots that suit, we recommend you choosing multiple to ensure your opponent has a range to choose from, they could be working late or finish early that day and able/not able to play at certain times. The button will say invite all if multiple opponents selected (recommended)

### Viewing and Accepting Invites



On the home page, please scroll down and you will see "My Invitations". this contains both invites you have sent and invites you have received. Make sure to look out early in the month. Then press the Review button.



Scroll down, choose an invite to accept using the yellow "squares" button, then click Accept. All done!

## Junior Squash



Our Junior squash section has over 20-30 juniors ranging from 7 to 16 years olds training on Saturdays between 9-11 am. We have a few slots available (beginners 7-11 year old), please contact Maxine and the Junior squash team for further details at [gm@alylesburysquash.com](mailto:gm@alylesburysquash.com).

If other age/ability players are looking to get involved, please do not hesitate to contact us as there are other events, training and game sessions that also run at the club.

## Chairmans Cup Friday Evenings September - April

Chairmans Cup is all up and running with teams selected, it is played on Friday evenings from 7pm.

Please see below for updated results as of December 2024.

	Rankings	Score	Matches played
1	Dragons	40	3
2	Lions	30	2
3	Hawks	28	2
4	Vikings	26	2
5	Tigers	23	2
5=	Eagles	23	3

Update 18 Dec 2024

If you didn't manage to make a team or event it is not too late as you can be a reserve, please put your name on the Events board so the captains can see who to call on if they are short.



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### Team Squash - to May 25

The Team squash season has started and we would like to see the club supporting our home teams by coming to support. It is also a great way to see some of the best players in Bucks on the court battling it out.

Please see the schedule below (and at the club) for the nights the teams play in 2025.

Good luck to the teams.

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## Bucks Men's Home Fixtures 25

Against	Date	Team	Division
Wycombe	14/01/2025	Vipers	Div 2
Beaconsfield Trojans	15/01/2025	1sts	Div 1
Rivets	23/01/2025	Pirates	Div 3
Beaconsfield	28/01/2025	Vipers	Div 2
Tring	29/01/2025	1sts	Div 1
USRC	06/02/2025	Pirates	Div 3
Chesham 1879	11/02/2025	Titans	Div 2
Gerrards Cross	12/02/2025	1sts	Div 1
Aylesbury Vipers	18/02/2025	Titans	Div 2
Beaconsfield Tigers	20/02/2025	Pirates	Div 3
Berkhamsted	11/03/2025	Vipers	Div 2
Holmer Green	25/03/2025	Vipers	Div 2
Wycombe	27/03/2025	Pirates	Div 3
Beaconsfield	01/04/2025	Titans	Div 2
Holmer Green	02/04/2025	1sts	Div 1

## Bucks Women's Home Fixtures 25

Against	Date	Team	Division
Wycombe Finches	13/01/2025	1sts	Div 1
Chesham 1879 Kites	20/01/2025	2nds	Div 2
Tring	03/02/2025	1sts	Div 1
Beaconsfield Bees	03/02/2025	3rds	Div 3
Wendover	10/02/2025	2nds	Div 2
Wycombe Nightingales	03/03/2025	1sts	Div 1
Wycombe Robins	03/03/2025	2nds	Div 2
Chesham 1879 Lush	10/03/2025	3rds	Div 3



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**Squash Courts - Keep them nice and be hygienic....**



If you have an injury, please come straight off the squash court and seek first aid. Only play on if safe to do so and the bleeding has stopped and is covered with a plaster or dressing. Do not wipe blood on any surface area. If blood gets on the wooden floor please just dab any excess off and avoid spreading/wiping it. Please also let the club know and complete the incident book by the kitchen.

Image designed by [www.freepik.com](http://www.freepik.com)

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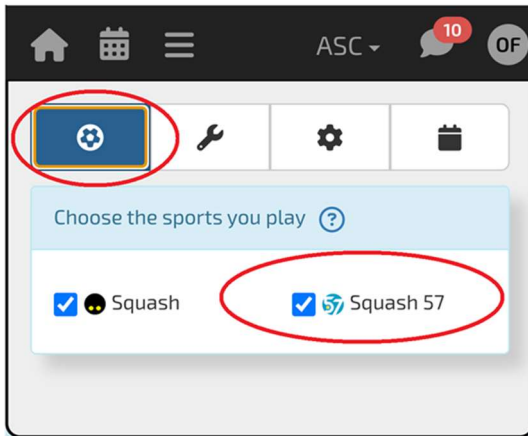
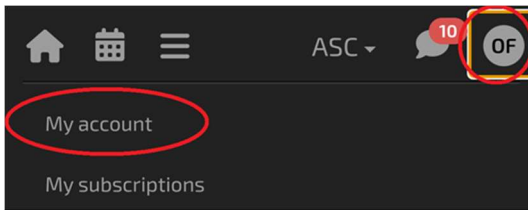
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**Data Protection Officer - Keith Cottenden**

We're excited to welcome Keith Cottenden as our new Data Protection Officer at the squash club, ensuring the highest standards of privacy and security for all our members.

Thanks Keith for joining the team!





### Subscribing to see Racketball (Squash 57) events.

A couple of members asked why they could not see the Racketball (Squash 57) leagues and events. Please see the picture to the right on how to subscribe to the sport and see events, competitions and options for arranging games.

### England Squash - Membership Changes

England Squash membership is changing, members will need to purchase a membership from England Squash directly. A typical squash/racketball player will subscribe to "JUST PLAY - £15 per year".

Benefits include: -

Public liability and personal accident cover, eligibility to play for County Leagues and Events, England Squash competitions and Events. Discount at PDH Sports, Squash Player Magazine, Plus, much more.

[England Squash - Your New Membership](#)



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	Per Month
Adult	£15
Senior	£15
Family	£33
Midweek	£9
Student	£9
Junior	£5
Parent of Junior	£7
Blue Light	£11
Country	£7
Combined	£12
Married / Cohab	£26

### Squash Club Membership

To account for the England Squash change in membership, we will be rolling back/reducing membership from September 2024.

Please see monthly cost for each membership:-

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### Fire Exits

Please can members ensure they keep fire exits closed. There have been occasions when the club is not open to non-members and members have left and not closed the fire exits.



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### Volunteers needed!

We are looking for volunteers to help support Squash and Racketball. We have a

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mixture of people who assist us, from ad-hoc volunteers, regular volunteers and committee members who also invest a significant amount of time supporting the club.

If you are interested in supporting the club in an area you enjoy, please get in contact with a committee member.

We are currently looking for volunteers to assist with the below element and would appreciate everyone spreading the word:-

**Social Media and Marketing  
Sponsorship Coordinator**

**Junior Squash**

Aylesbury has 20-30 juniors who attend our Saturday junior squash each week ranging from 5 to 16 years old.

The majority of juniors are members of the club and several of the advanced juniors integrate with adult club players and play in the mixed leagues.

Please contact us via [gm@aylesburysquash.com](mailto:gm@aylesburysquash.com) or/or subscribe to our mailing list for further information:

<https://www.aylesburysquash.com/jss>

**Safeguarding**

Contact Details for the ATSC Safeguarding/ Welfare Team:

[safeguarding@aylesburysquash.com](mailto:safeguarding@aylesburysquash.com)

More information at:

<https://aylesburysquash.com/safeguarding/>

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