



## **June to September 2025**

Dear Squash and Racketball Members,

Welcome to the June-to-September edition of our Chair Update! The Racketball/Squash 57 season has now come to a close and entering into the new squash season with a lot of events to follow over the coming months.

Inside this issue, you'll find:

- Championship results and standout performances
- Squash Team fixtures, results and line-ups
- Ways you can get involved and help shape our future
- Opportunities both on and off the court

We hope you enjoy reading about everything going on and feel inspired to join in, contribute, and connect.

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### **Squash 57 / Racketball Club Championships – Results**

A big well done to Hugh, who is this year's Squash 57 (Racketball) Champion!



Commiserations to Dan, who put in a five-star effort in a thrilling and very close final — a fantastic match that kept everyone on the edge of their seats.

Congratulations also to Oliver, who came out on top in the Plate competition, with Chris finishing as a strong runner-up.

🍷 Well played to all involved — a brilliant showcase of squash 57 at the club!



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## **Fantastic Squash 57 / Racketball Doubles Championship**

We also, on the same weekend, recently enjoyed a brilliant doubles event, with players from across the club taking part and creating a great atmosphere on and off court.

Congratulations to James and Dan, who took the top spot as winners, and well played to Rob and Simon, who finished as strong runners-up.

A huge thank you to everyone who joined in — it was a fantastic showcase of squash camaraderie and competition!



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### **Congratulations Aylesbury Racketball First Team!**

A huge well done to our Aylesbury Racketball First Team – Tom, Rob, Dan, Jack, and James – who finished top of their division this season!

It's been a brilliant team effort throughout, with strong performances and plenty of hard-fought wins along the way. Their success is a credit to the commitment each player has put in.

A fantastic team representing the club – well done!



## Squash Teams - September to April

We're delighted that Aylesbury is once again fielding strong teams in the Buckinghamshire Squash Leagues. Our squads are being led by captains Elaine, Julia, Johny, Aidan and Jack, with overall coordination from Dan.

To follow the Aylesbury teams' latest progress, fixtures and results can be viewed using the links below:-

- [Buckinghamshire Fixtures & Results](#)
- [Buckinghamshire Women's Fixtures and Results Division](#)

## What You'll Find There

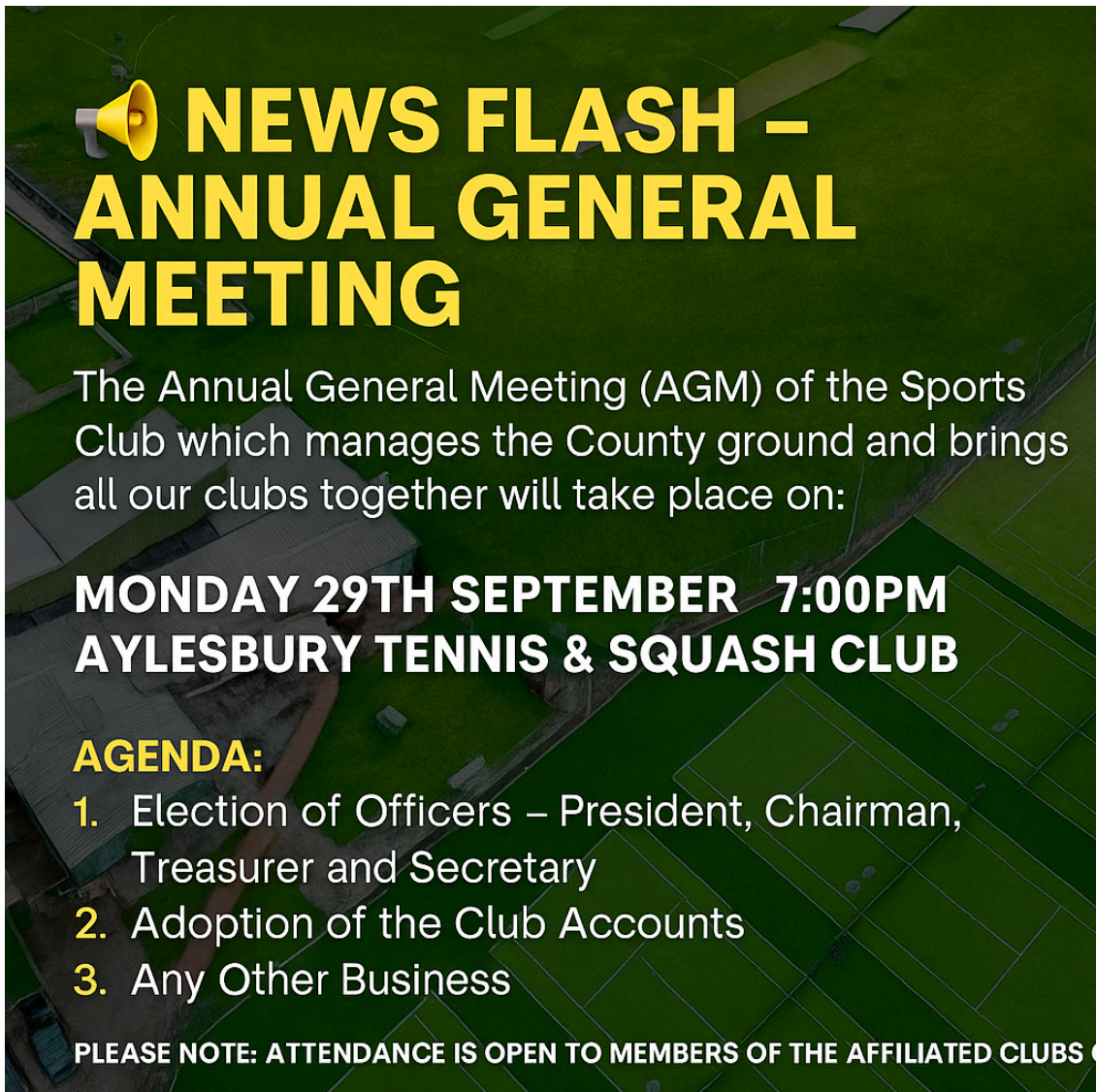
- **Fixtures:** Upcoming matches, including dates, times & which teams are playing.
- **Results:** Completed match outcomes, goals scored, and perhaps details like scorers or half-time scores (depending on how much has been

entered).

- **Team Info:** Which Aylesbury squads are participating, plus any groupings or divisions they're in.
- **Tournament Layout:** Brackets, standings, or tables to show how teams stack up in their pools or stages.

## Why It's Useful

- Stay up to date: You'll always know when the next match is and who it's against.
- Track performance: See how each Aylesbury team has been doing, whether they're progressing or need to catch up.
- Plan ahead: Useful for players, coaches, parents and fans to arrange transport, attendance, or support.



**NEWS FLASH –  
ANNUAL GENERAL  
MEETING**

The Annual General Meeting (AGM) of the Sports Club which manages the County ground and brings all our clubs together will take place on:

**MONDAY 29TH SEPTEMBER 7:00PM  
AYLESBURY TENNIS & SQUASH CLUB**

**AGENDA:**

1. Election of Officers – President, Chairman, Treasurer and Secretary
2. Adoption of the Club Accounts
3. Any Other Business

**PLEASE NOTE: ATTENDANCE IS OPEN TO MEMBERS OF THE AFFILIATED CLUBS**



## **Welcome to Bop Mistry – Squash Finances**

We're delighted to welcome Bop Mistry, who will be taking over from Isabella in looking after squash finances at the club.

Bop is a keen squash player, regularly competing in the leagues as well as many other club events, so he brings both enthusiasm for the game and a great understanding of how our squash community works.

We'd like to thank Isabella for all her hard work and support in this role, and we look forward to working with Bop as he takes things forward.

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## **TVP - PCSO Visit for Safety Event**

We're pleased to share that on Saturday, 20th September, PCSO Izzy Fincher will be visiting the club in the morning with safety information for the juniors.

Other members are welcome to come along; the event will be running in the Bar/Events area.



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## **Get Involved – Super Squash League Team at Aylesbury**



We're exploring the exciting possibility of running a Super Squash League Team at Aylesbury, and we're looking for people who want to be part of making it happen.

To move this forward, we'll need a dedicated subcommittee of volunteers who can work together across key areas such as:

- Marketing & Promotion – raising awareness and building support
- Organisation & Logistics – coordinating matches and events
- Finance & Sponsorship – helping secure funding and partnerships
- General Support – bringing energy and ideas to the team

We are also seeking a Lead for the subcommittee — someone who can bring the group together, coordinate activity, and help drive the project forward.

If you're interested in volunteering your time, skills, or resources — or if your business would like to explore sponsorship opportunities — we'd love to hear from you.

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### **England Squash Coaching Course – At Our Club!**

We're excited to share that England Squash will be running their Community Development Coach Award course here at Aylesbury Tennis and Squash Club on Sunday 12th October part of a 4-6 week to programme to become a coach.

This course is a fantastic opportunity for local players who want to:

- ✓ Coach with confidence
- ✓ Deliver inclusive, engaging sessions
- ✓ Support players of all ages, backgrounds, and abilities

Whether you're keen to give back to the game, help new players get started, or support your community, this course gives you the tools to make a real difference.

👉 For more details and to sign up, visit:

<https://engsquash.accelerate.sport/courses/community-development-coach/>



Upcoming

**COACHING**

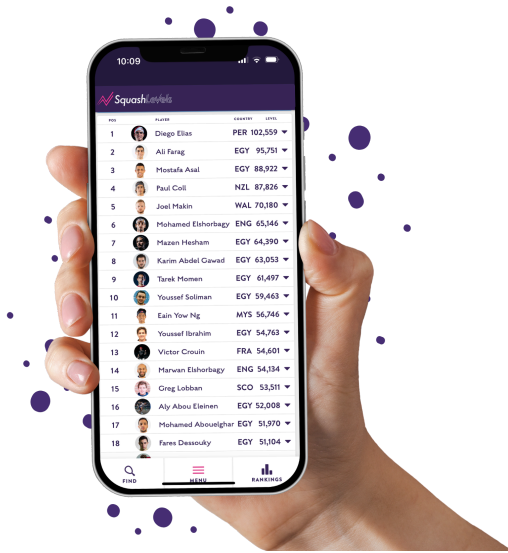
Course

Develop. Connect. Thrive.



**Squash**Levels

## Celebrating Aylesbury Players on SquashLevels



We're proud to share that you can now follow all our players' progress and achievements on SquashLevels, the official England Squash–endorsed ranking platform. Basic functionality is free if you register for an account.

It's a fantastic way to celebrate improvements, track matches, and see how everyone at Aylesbury Tennis & Squash Club is developing. Our league and tournament results automatically feed into SquashLevels, making it easy to keep up with the latest performances.

Plus, it's a great tool to find players of a similar level for more competitive and enjoyable games.

👉 Explore our community here:  
[View on SquashLevels](#)

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ENGLAND squash  
ASPIRE - SOUTH  
PASSION. PURPOSE. PERFORMANCE.

**SOUTH ASPIRE REGIONAL CLOSED**

BRONZE LEVEL COMPETITION FOR ALL AGE CATEGORIES.

**EVENT DETAILS**  
**OCTOBER 11 & 12, 2025**  
WINCHESTER TENNIS & SQUASH CLUB | SO22 6AN

**TOURNAMENT ORGANISER**  
**ANDY LONGMAN**  
LONGMANSPORTS@HOTMAIL.CO.UK

Entries via Sport Manager Tournament Software - <https://sportmgr.co.uk/1/search>  
Entries welcomed from all junior players in the region and close Tuesday September 30, 2025.

## **Aspire Regional Closed**

### **Aspire Regional Closed**

**Tournament** – a fantastic chance to test your game, meet players from across the region, and enjoy some top-quality squash.



**Date:** 11th & 12th October



**Venue:** Winchester Tennis and Squash Club



Enter: [sportmgr.co.uk/search](https://sportmgr.co.uk/search)

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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## Aylesbury Squash Club Club Mornings

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

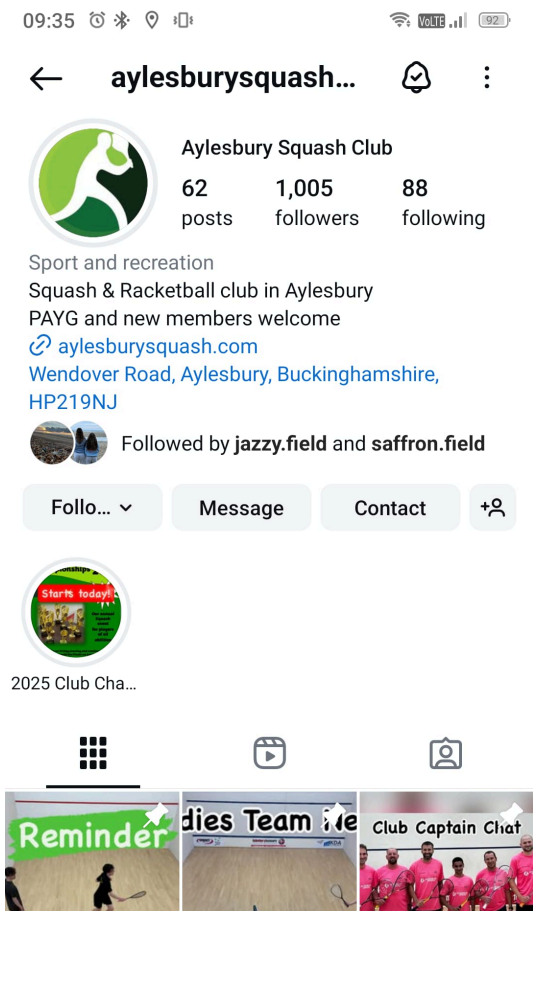
First taster session free if booked in advance (via Maxine on [gm@aylesburysquash.com](mailto:gm@aylesburysquash.com)).  
Members book through mmm

**AYLESBURY SQUASH CLUB**  
**CLUB MORNINGS**  
EVERY WEDNESDAY  
  
**PLAY RACKETBALL, SQUASH OR BOTH!  
FRIENDLY MIXED GROUP MATCHPLAY,  
FINISHING WITH COFFEE,  
CHAT AND BISCUITS  
(SOMETIMES HOMEMADE!)**   
**WEDNESDAYS 10-11ish, 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  
NON-MEMBERS BOOKING: [gm@aylesburysquash.com](mailto:gm@aylesburysquash.com)



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## Social Media - Instagram and Facebook



Stay up to date with the latest news, match results, and events from Aylesbury Squash Club by following us on social media using the links below:



Follow, like, and share to help grow the community and stay in the loop with everything happening at the club — from match highlights to behind-the-scenes moments!

If you'd prefer not to appear in any photos or videos, just let us know and we'll respect your wishes.

Thanks to Alexandra for all your fantastic support in making this happen!

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## **Subscriptions from 1st September 2025**

	<b>1st September 2025</b>
<b>Adult</b>	£15.75
<b>Senior</b>	£15.75
<b>Family</b>	£34.50
<b>Midweek</b>	£9.50
<b>Student</b>	£9.50
<b>Junior</b>	£5.25
<b>Parent of Junior</b>	£7.50
<b>Blue Light</b>	£11.50
<b>County</b>	£7.50
<b>Combined</b>	£13.00

To ensure the club can keep up with rising annual costs, subscriptions will increase from 1st September 2025. This change will help us continue to provide excellent facilities for players and allow us to invest in further improvements to the club.

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### **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:-

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)

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.**

Did you spin 180+ degrees toward the back wall  
(you would have lost sight of the front wall and  
opponent completely) and stop play?

LET BALL  
(Play point again)

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?

STROKE AWAY  
(Point to opponent)

Note: classed as dangerous play

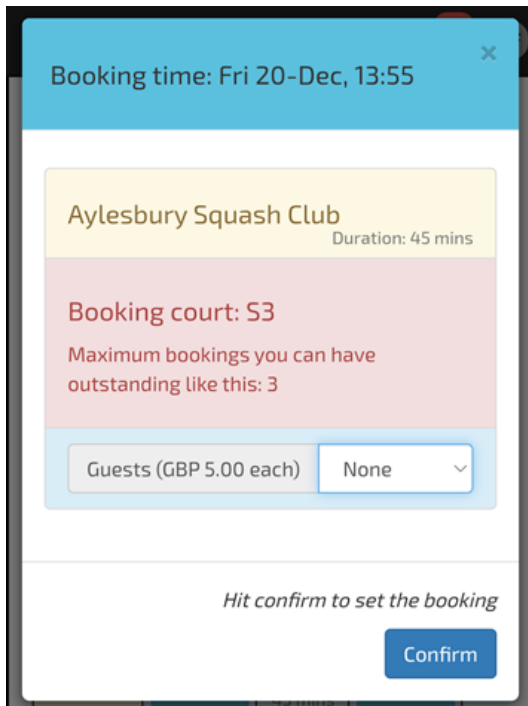
**And if all else fails:-**

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

LET BALL  
(Play point again)

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## Guest booking



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.



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.

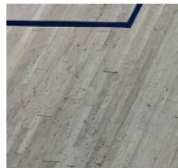


**Dirty Soles** – Shoes used outside contain stones and dirt these mark the courts and should not be used.

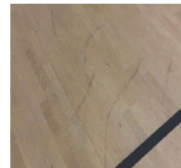


**Perished Grip** – if the grip is old/flaky, do not use and re-grip before going on court.

**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

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

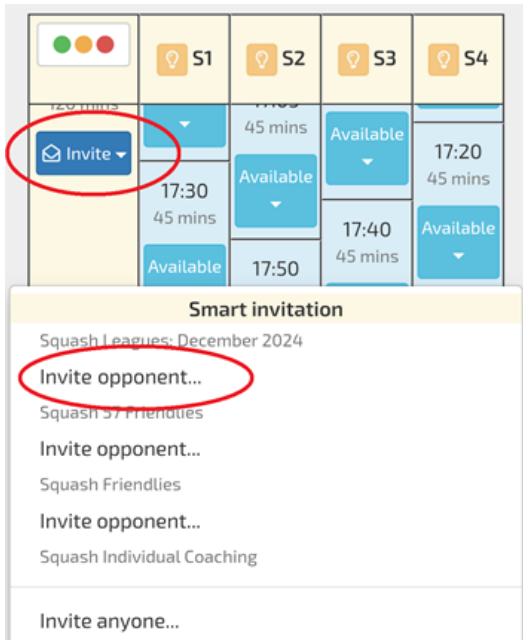
- Having trouble getting games scheduled?
- Do you have to message people individually to arrange games?
- Are you getting court cancellation fees due to no opponent?

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.

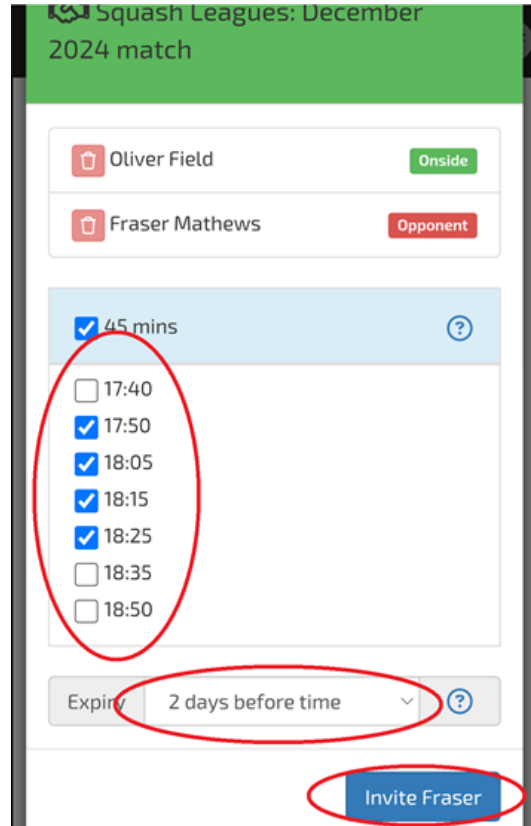
The majority of leagues now use this system and the more players who do the more successful and easier it will be for everyone.

See instructions below:-

## Creating and Sending Invites

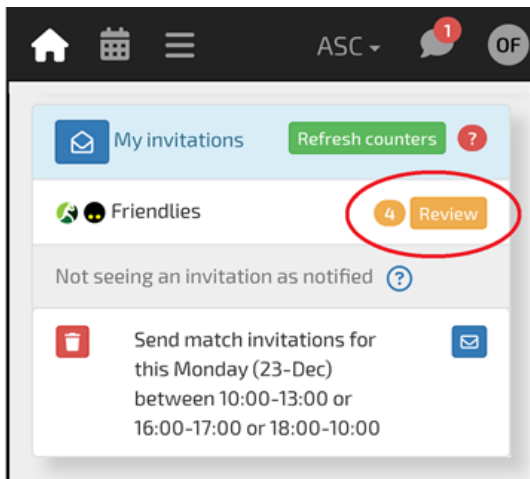


Instead of booking courts directly, click the blue Invite button on the left-hand side, then choose the group of players you would like to invite. We recommend inviting all your league players as this means it is much more likely to be taken up.

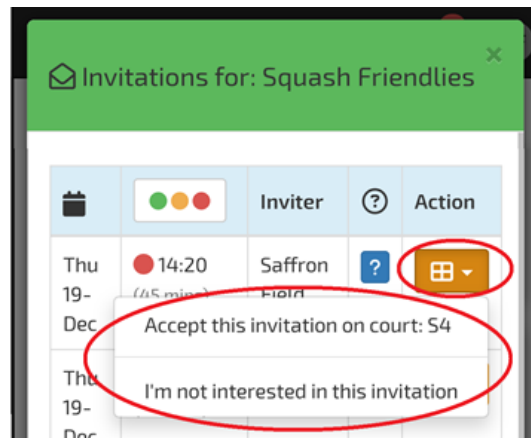


Pick the time slots that suit, we recommend you choosing multiple to ensure your opponent has a range to choose from, they could be working late or finish early that day and able/not able to play at certain times. The button will say invite all if multiple opponents selected (recommended)

## 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).

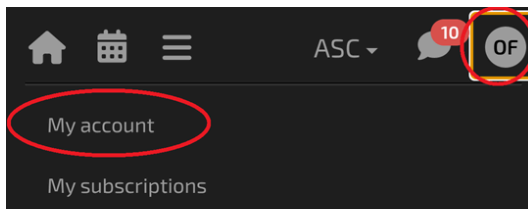
If other age/ability players are looking to get involved, please do not hesitate to contact us as there are other events, training and game sessions that also run at the club.

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



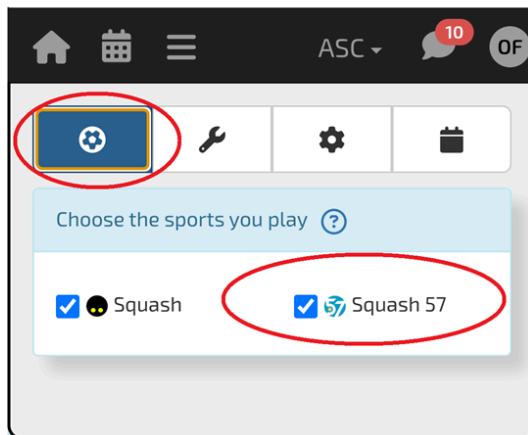
If you have an injury, please come straight off the squash court and seek first aid. Only play on if safe to do so and the bleeding has stopped and is covered with a plaster or dressing. Do not wipe blood on any surface area. If blood gets on the wooden floor please just dab any excess off and avoid 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)



### **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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### **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 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 elements and would appreciate everyone spreading the word:-

**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/>



Facebook



Instagram



Website

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