



October to January 2026

Dear Squash and Racketball Members,

Welcome to 2026, it's a busy end of last year with major tournaments, completed improvements, and social events just around the corner.

I would like to welcome the **new members** who have joined us recently. Whether you're new to Squash/Racketball or returning to the sport, it's great to have you at the club.

If you're looking for games or aren't sure how to find opponents, feel free to get in touch with us. You can also drop by Club Night on Saturday's 6pm-8pm or just say hello to other members around the courts and ask for advice/tips.

Please note: There will be **No Club Night on Saturday, 24th January**. This is a one-off as the courts will be in use for a tournament that day. We'll be back to the usual schedule the following week.

Inside this update:

- **Events:** Aylesbury Open (Jan 24), Quiz Night (Jan 31), and Ladies' Free Taster (Feb 9).
 - **Club News:** Ladies' toilet refurbishment, AGM highlights, Dunlop shop, and important parking notices.
 - **Results:** Red Dot winners, Ally Cats league success, and Racketball champions.
 - **Juniors:** New term updates and available coaching spaces.
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Witness the Action: The Aylesbury Open 2026!

Get ready for a massive day of elite squash right here at our club! On **Saturday, January 24th**, we are thrilled to host the **Stringers Aylesbury Open**, featuring a packed field of over 60 competitors.

It's going to be a brilliant day for the club, especially as we have **19 of our own Aylesbury members** stepping onto the courts to battle it out across all categories, from **A through to E grade**.

Event Details:

- **When:** Saturday, 24th January
- **First Games:** Starts around 9am
- **Duration:** Play continues throughout the day until early evening
- **The Bar:** Opens at **12:00 Noon** to help you enjoy the afternoon matches!

We would love to see as many local supporters as possible. Whether you're a regular player or just want to see some high-quality A-grade squash in person, come down, grab a drink, and cheer on our home-grown talent!

Entry for spectators is free. See you at the glass back!



Red Dot - December 2025

Our final event of 2025 was a brilliant showcase of skill and stamina. A huge thank you to **Simon Dennis** for organizing such a smooth and competitive tournament to close out the year.

The competition was fierce, but two players rose to the top:

- **Winners:** Dilan Mistry & Dave Aimson
- **Runners-up:** Robert Takacs, Ed Longman, Pete Longman, Matthew Tattam, and Jasmine Field

Congratulations to everyone who stepped onto the court. It was a fantastic way to finish the year. We are looking forward to more events in 2026!



Ladies Toilets - Refurbishment

I am pleased to report that the refurbishment of the ladies' toilets is now complete. The layout has been updated to better support our busy club and bar.

This project is especially significant as one of our first joint investments between the Squash, Tennis, and Bar sections. It's great to see such progress through collaboration.

A huge thank you to Alexandra, Maxine, and Simon for their hard work in getting this project over the line.

Ladies FREE Taster Session

We would love to see more ladies playing squash at the club. Our ladies evenings are every Monday 7 to 8:30 pm. We are holding a session for new ladies on **9th February**.

Do you know any ladies who would like to come along to try squash for FREE? Wives, girlfriends, daughters (16+), friends, work colleagues - everyone's welcome! If you know someone who would like to book on, please message Alexandra on MMM or email ladies@aylesburysquash.com

LADIES!
FANCY TRYING SQUASH?

FREE Trial Session
7pm Monday
9th February
Aylesbury Squash Club

Contact ladies@aylesburysquash.com to book in, or for further information

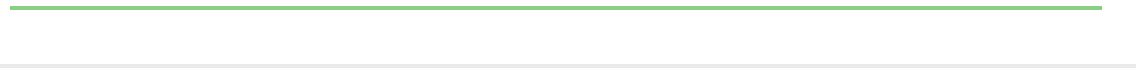
*Ladies Only Sessions,
Friendly, All Ages (16+),
All Abilities Welcome,
Equipment Provided
Mondays 7 - 8:30pm*

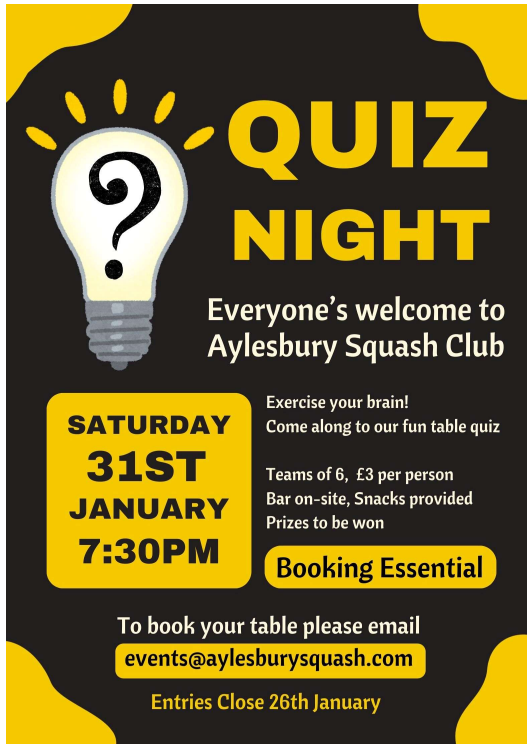
*Want to meet
new friends
and get fit?*

*Exercise while
having fun!*

*Come and try
for free!*

AYLESBURY www.aylesburysquash.com





QUIZ NIGHT

Everyone's welcome to
Aylesbury Squash Club

**SATURDAY
31ST
JANUARY
7:30PM**

Exercise your brain!
Come along to our fun table quiz

Teams of 6, £3 per person
Bar on-site, Snacks provided
Prizes to be won

Booking Essential

To book your table please email
events@aylesburysquash.com

Entries Close 26th January

Quiz night 7:30pm Sat 31st January - Tackle the winter blues!

On the 31st January the quiz is back! This is the only off-court event put on by squash as a chance to socialise with other members of the club. It's a table quiz – so safety in numbers! Think fun rather than challenging!

The quiz is for teams of 6 and costs just £3 each, which includes snacks! Please get a group together and book your team by emailing events@aylesburysquash.com by the **26th Jan**. If you haven't got a group of 6 then please let us know and we can put you with a team.

Ally Cats - Division 2

Well done to Ally Cats, who came top of Buckinghamshire Racketball (Squash 57) Division 2 last year with a really strong performance. We look forward to more of the Ally Cat in the future, both within the Squash and Racketball leagues.

Thanks to Vale Tyre Services <http://valetyres.co.uk/>, who sponsored the Ally Cats.



Bucks Racketball - B Grade Winner

Congratulations to Pete Longman, who won the B Grade Buckinghamshire Racketball (Squash 57) this year.

Well done Pete.



Dunlop Shop

We are excited to announce that our new **Dunlop shop display** is now live and fully stocked. Whether you are looking for more power on the squash court or fancy trying your hand at racketball, we have you covered.

- **Try Before You Buy:** Not sure which frame suits your swing? We have **demo rackets** available for you to test out on court.
- **Racketball Gear:** We have a selection of racketball rackets in stock for those looking to get involved in this fast-growing part of our club (ask at the bar to see the range).
- **Easy Checkout:** No need to worry about invoices or bank transfers— all equipment purchases can be made directly **via the bar**.

The display is **open now**, so come down and take a look before your next game!

AGM SUMMARY

DECEMBER 2025

Squash AGM - December

Our Annual General Meeting was held on Wednesday, 6th December. Here is a short summary of the key updates:

- **Club Health & Maintenance:** Membership remains healthy and is trending higher than 2019 levels. Significant maintenance and repairs were completed this year to ensure the courts and environment remain a priority.
- **Future Projects:** The project for an additional 5th court remains paused for another year while we focus on maintaining our current capacity
- **Social Updates:** Our social media presence continues to grow. Members are encouraged to join the club WhatsApp group and use social media for the latest news.
- **Junior Squash:** We have a healthy schedule of events and are continuing to develop junior squash, including the current junior ladder
- **Committee Elections:** The Chair, Secretary, and Treasurer were all re-elected for another term. We are also looking for a volunteer to take on a new "Members Voice" role focused on equality and diversity.
- **Constitution:** Following a long discussion, the ratification of the updated constitution has been deferred and remains in draft for now.

Full slides from the general update and detailed financial splits are available for members to view on the club website

<https://aylesburysquash.com/meetings-minutes/>



AYLESBURY

Junior Squash



Junior Squash

With the new term now underway, it is fantastic to see our courts busy again. We currently have 20–30 juniors training every Saturday, ranging from ages 5 to 16, but we still have **limited spaces available** for certain age groups and abilities.

Whether your child is picking up a racket for the first time or looking to follow our advanced juniors into the mixed adult leagues, we have a pathway for them.

How to get involved:

- **Enquire:** Email us at juniorsquash@aylesburysquash.com to check availability for your child's age group.
- **Stay Updated:** Join our [Junior Squash Mailing List](#) for future term dates and news.

Let's keep the momentum going and get the next generation of Aylesbury players on court!

IMPORTANT NOTICE: PARKING ADVISORY

Important: Parking Notice for Wednesday, 4th Feb

Please be aware that tree maintenance work will be taking place around the club on Wednesday, 4th February.

To ensure the safety of your vehicles and to give the contractors the space they need, we kindly ask that all members avoid using the parking spaces near the main road during this day.

Where to park: Please use the parking area located behind the tennis courts.

The Sports Club is getting the trees cut back to keep the grounds in top shape, so we appreciate your cooperation in keeping the roadside clear.

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.



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](#)

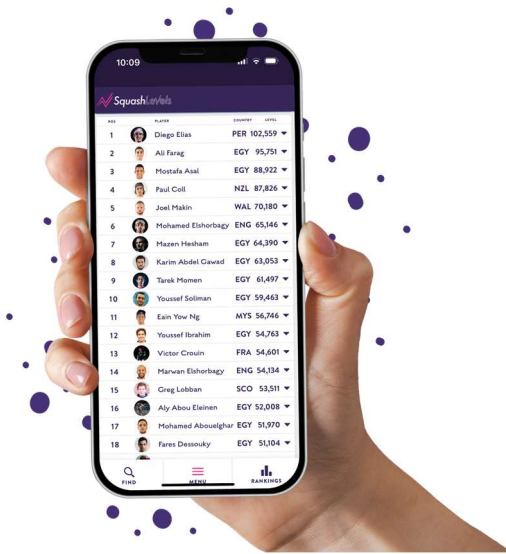
What You'll Find There

- **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.





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](#)

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). 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!)**



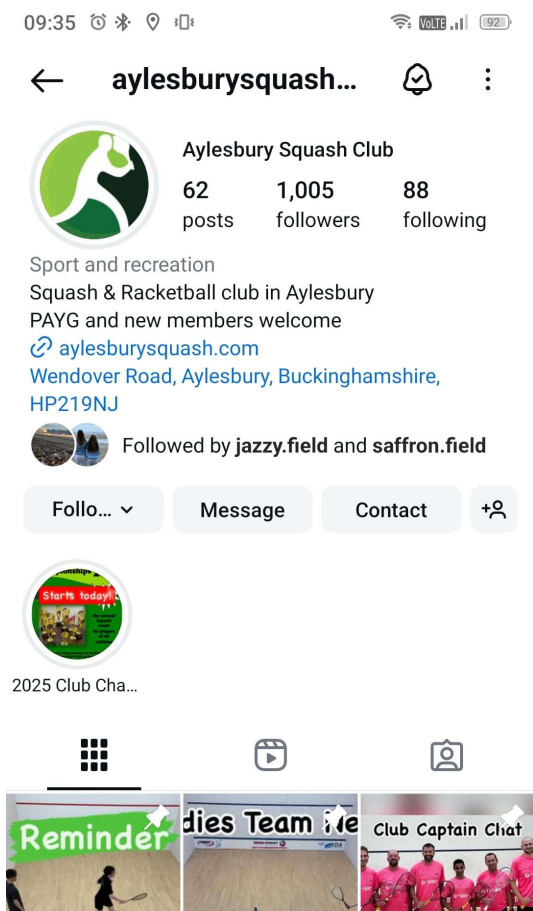
WEDNESDAYS 10-11ish, THEN COFFEE

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



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!

Subscriptions from 1st September 2025

	1st September 2025
Adult	£15.75
Senior	£15.75
Family	£34.50
Midweek	£9.50
Student	£9.50
Junior	£5.25
Parent of Junior	£7.50
Blue Light	£11.50
County	£7.50
Combined	£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.



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.

LET BALL
(Play point again)

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

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)

Guest booking

Booking time: Fri 20-Dec, 13:55

Aylesbury Squash Club
Duration: 45 mins

Booking court: S3
Maximum bookings you can have outstanding like this: 3

Guests (GBP 5.00 each) None

Hit confirm to set the booking

Confirm

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.

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.

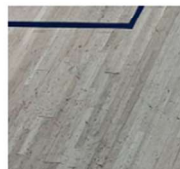


Dirty Soles – Shoes used outside contain stones and dirt these mark the courts and should not be used.



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

Using the invite system for Squash/Racketball League games

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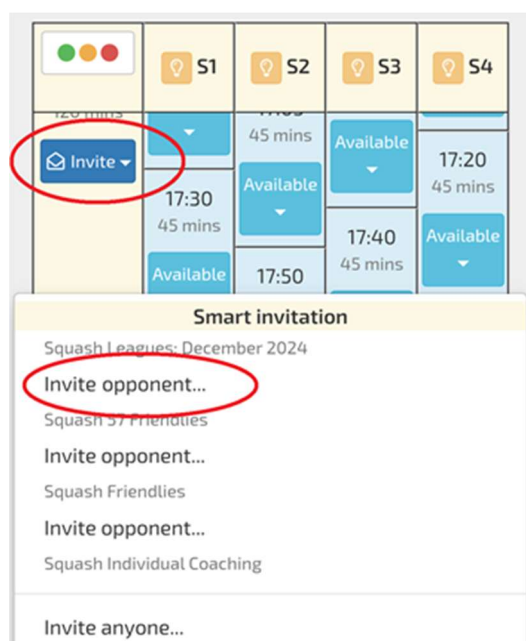
- Are you getting court cancellation fees due to no opponent?

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.

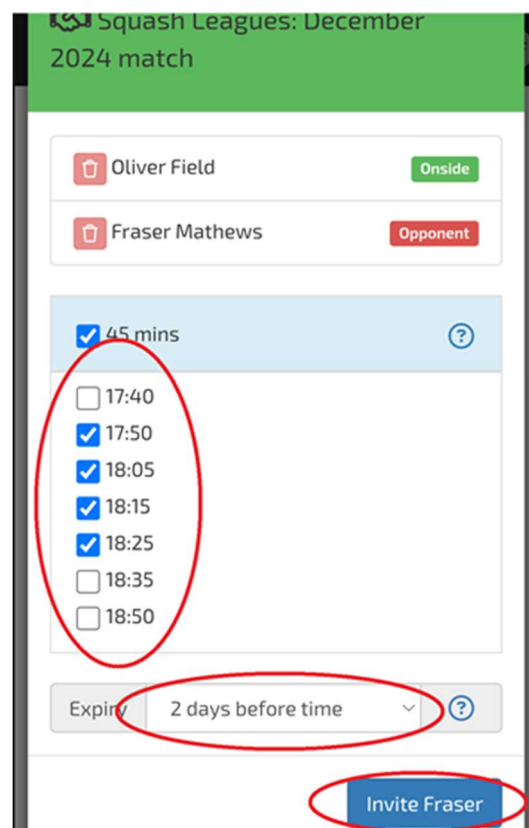
The majority of leagues now use this system and the more players who do the more successful and easier it will be for everyone.

See instructions below:-

Creating and Sending Invites

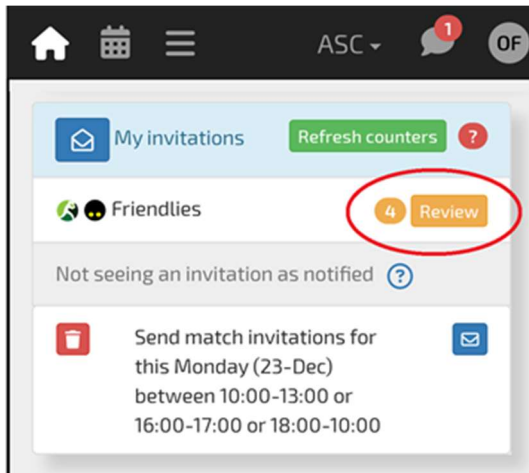


Instead of booking courts directly, click the blue Invite button on the left-hand side, then choose the group of players you would like to invite. We recommend inviting all your league players as this means it is much more likely to be taken up.

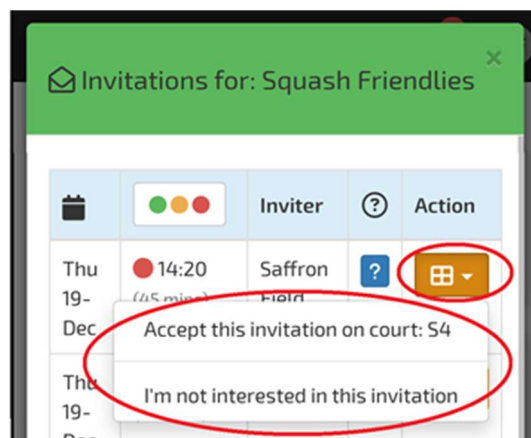


Pick the time slots that suit, we recommend you choosing multiple to ensure your opponent has a range to choose from, they could be working late or finish early that day and able/not able to play at certain times. The button will say invite all if multiple opponents selected (recommended)

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.

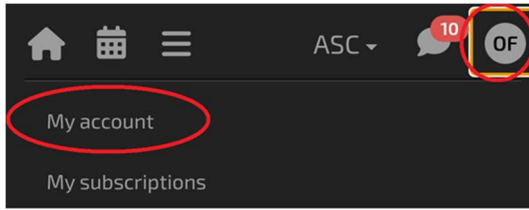
If other age/ability players are looking to get involved, please do not hesitate to contact us as there are other events, training and game sessions that also run at the club.

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



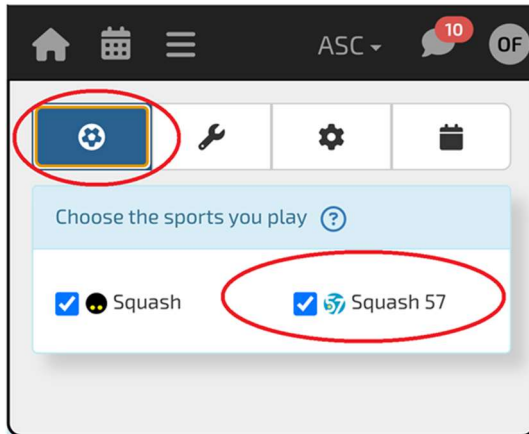
If you have an injury, please come straight off the squash court and seek first aid. Only play on if safe to do so and the bleeding has stopped and is covered with a plaster or dressing. Do not wipe blood on any surface area. If blood gets on the wooden floor please just dab any excess off and avoid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

Image designed by www.freepik.com



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](#)



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.



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

Members Voice role focused on equality and diversity

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 juniorsquash@aylesburysquash.com or/or subscribe to our mailing list for further information:

<https://aylesburysquash.com/junior-squash-mailing-list/>

Safeguarding

Contact Details for the ATSC Safeguarding/ Welfare Team:

safeguarding@aylesburysquash.com

More information at:

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