

Junior Jottings

SQUASH TIPS

JUNIOR LEAGUE NEWS

with Rick Lowe

The Junior League for 1985/86 came to a conclusion on Friday 20th June at the Herga Squash Club. In an entertaining and well-supported final, **Herga** juniors won by 4 matches to 1 against **Oakleigh Park** juniors. **Oliver Reeves** won comfortably at 5 against **Matthew Bell** as did **Gavin Connors**, though only after **Andrew Green** had taken the first game. There then followed what was probably the best game of the evening. Herga's **Atul Kariya** went 2 love up but Oakleigh Park's **Gavin Davis** refused to give in and in a sterling display from both players Gavin eventually won 3-2. The number two strings, **Ross Fear** and **Kevin Sargeant** played the matched which sealed the final; a game Kevin tried his utmost but without succes as Ross (the County number two) won comfortably. The final match between **Sasha Turner** (Herga) and **Jamie Davis** (Oakleigh Park) at number one was disappointing as Jamie Davis was carrying a bad ankle injury which prevented him playing anywhere near his normal form. Even fully fit, however, it was felt he would have had a tough time against Sasha, who finished his junior years by receiving the trophy as Herga captain from Guy Fotheringham. The way the games were played and supported by everyone concerned is a credit to the two clubs and the way they approach junior squash.

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The 1986/87 Junior League saw the introduction of a new league structure for juniors where there is now a Division One and Two. The Divisions are made up as thus:

DIVISION ONE

HERGA
OAKLEIGH PARK
PRINCES
SOUTHGATE
FINCHLEY MANOR
UXBRIDGE
WEST CROSS
M.C.S.C.

DIVISION TWO

CLOISTERS WOOD
TWICKENHAM
BROADWAY
MILL HILL
STORMONT
COOLHURST
WESTERN AVENUE

Unfortunately, hardly had the season begun when Coolhurst had to withdraw from the League as they were unable to regularly field a team. I hope to see them back with us for next season.

I would like to welcome **Cloisters Wood** and **Twickenham** to the Junior League for the first time and wish them every success.

Good luck to all teams in both divisions, we all look forward to an exciting season of Junior League Squash.

THE "BA-LAM NATURAL GUT" JUNIOR COUNTY CLOSED

This years Junior County Closed is to be sponsored by "Ba-Lam Natural Gut" strings. Many thanks to *Middlesex SQUASH* for introducing us to Ba-Lam.

This years Ba-Lam Natural Gut Junior County Closed will be held at the Herga Squash Club on 24th, 25th and 26th October 1986. There will be competitions for Boys U-10, U-12, U-14, U-16 and U-19 and Girls U-12, U-14, U-16 and U-19. Plate competitions will also be run, depending on entries.

Why not come along and support the Juniors!

Avoid the Basic Faults that Lose Games

In the last issue, we talked about how 70% of rallies end in unforced errors. To avoid these, we need to understand how they arise in the first place.

Many unforced errors result from being rushed. Sometimes of course this is due to a more skillfull opponent making you work very hard. Commonly however we are apt to cause our own problems by being too eager to get to the ball in order to give it some wellie!!

Typical problems that result from running too hard for everything are losing balance and getting too close to the ball. We've all watched how the top players seem to glide effortlessly around the court hitting perfect lengths and nicks from seemingly impossible positions. Of course they have the full range of shots at their disposal, but they would be useless unless the player also possessed the poise and balance with which to execute them.

The good player continually judges where to move, where the ball is going and where he or she is going to move to to hit it. This latter point is very important. *Move to the place YOU want to strike the ball from.*

Remember that it is probably better to move to a position where you can properly prepare for the correct shot than to hammer the ball from the nearest possible point to your starting position. *Don't sacrifice quality of shot for pace!*

If you charge to hit the ball, it is certain that you will not only hit the ball whilst on the move increasing the likelihood of an error), but in over-running the strike point will also give yourself a harder job getting back to the "T" afterwards, thereby perpetuating the rushing process!

- Don't rush unnecessarily; try and hit the ball from a still, balanced position.
- Make time for yourself. Don't overrun the ball. Slow your shots and use the full height of the court to give yourself time to recover the "T".
- Take the pressure off yourself by hitting the ball away from your opponent, make him play the ball from where YOU want him to play it.
- Above all, don't put the ball in the tin, to do so lets your opponent off the hook. Never risk a fancy volley or speculative drop into the nick when you are 'hand-out', that is the time to defend.

REMEMBER — MISTAKES COST POINTS COST MATCHES!