

## Squash Program Descriptions

### Clinics and Private Lessons & Drill Groups

Arrange with Head Squash Pro Ralph Bentfeld.

Ralph has been Head Squash Pro at Northfield for >30 years. Two time Provincial Champion and 2 time Canadian Finalist in age categories 35+ and 40+. Coached many National and Provincial champions.

### Introductory Assessments

Complimentary 30 min hit with the Pro to evaluate your game, give a few quick tips for improvement and recommend suitable programs and players at your level.

### Round Robins

Play 2-3 members during a 90 minute session. Pro will assess skills for new members or first time players to see which class is appropriate. Specific days and times for different levels.

**Saturday: Beginner**

**Monday: Intermediate**

**Tuesday: Low Intermediate**

### Junior Squash Programs

Group Squash lessons for beginners run 3 times per year between 8 to 10 weeks per session. Generally run once a week on either **Wed. evening or Saturdays**. Group sessions for Intermediate and advanced Juniors run twice a year also on Wednesdays.

### Squash House League

Organized ladder for all skill levels. Participants are divided into groups of 4 or 5 players based on their level. The winners move up and the losers move down in the following session. Players are responsible for arranging their own games in a specified amount of time. This league runs on a monthly basis through out the year. Sign up is located on Squash bulletin board. Participants will be emailed their group with contact information and are expected to **arrange their own games**.

### Waterloo Printing House League

This league replaces the regular House League from January to end of March. There are 10 players per division rather than 4. After 9 weeks of scheduled matches, there is a playoff to determine the winners of each Division. Winners and finalists receive a prize, compliments of Waterloo Printing (Mike Litwiller), our house league sponsor. Sign up on the bulletin board for this league early in January. **Participants are expected to arrange their own games**.

### Deep court House League

This league is for advanced players that are having difficulty with the Physical demands of the regular game. In this game, all balls must be hit deep in the court (past the service line). This is a great discipline game with good aerobic workout without the strain on the back and the knees. Sign up on bulletin board. **Participants are expected to arrange their own games**.

### Northfield's Top 30 Challenge Night

Northfield's top 30 players compete on a weekly basis **Thursday evenings**. Players can sign up one week in advance and will have a pre set match scheduled between 6:30 – 8:30 pm.

### Ladies Squash & Social Night

An evening with a minimum of 2 matches prearranged for the Ladies that sign-up. Light snacks served after the squash. The evenings will be set up monthly and interested players will be added to an e-mail to be notified of upcoming date.

### Western Region Squash League

Organized competitive games against clubs within the Waterloo region. Teams entered are B,C & D level teams. Each team plays once a week either home or away and the evening includes a light meal following the matches. The league runs from Oct. to April.

**D league: Mondays    C league: Tuesdays    B league: Thursdays**

### Handicap Tournament

A tournament run on a specific evening that puts everyone in one draw. Players are then handicapped by either plus or minus points to start with.

### Scheduled Tournaments

Food Bank Squash Tournament: Always 1<sup>st</sup> Saturday in December (one day)

Greg More Squash Tournament: 1<sup>st</sup> or 2<sup>nd</sup> weekend in February (Friday to Sunday)

Club Championships: April of each year