



# HIT-N-GIGGLE

Official newsletter of ACT Women's Squash Competition  
2009 - 6 May 2009

Contact us - Email: [womenssquashact@yahoo.com.au](mailto:womenssquashact@yahoo.com.au)  
www: [www.squashact.asn.au/womens](http://www.squashact.asn.au/womens)

## Welcome to round 7:

### Your squash team:

OK girls! This is just not good enough! The game has to be lifted!

We are all part of a **squash team** - three people per team in Blue and four people per team in Red.

Your responsibility as a team member includes supporting your fellow team members. **This means *marking and refereeing***. This is part of the squash game and we all have to take a turn. If you are not confident about this part of the game, help is at hand. Just ask. We also have copies of Rules books and Guide sheet available.

But please, everyone, *stay for the evening and support your team*. We understand that there are times when you might need to leave early - let your team know ahead of time.

### A girl's gotta eat:

Supper is also part of the game and your responsibility to the rest of your team.

Please stay for supper, and bring a plate if it is your turn. Read the emails or your draw to check whether it is your turn. This is not hard (we certainly don't expect lobster but we don't want just a packet of crisps either) so please *lift your game!*

Supper is when we all eat, drink and chat - *if you don't stay we talk about you*.



### Supper:

A reminder to everyone that you still need to bring supper when it's your turn, even if you are not staying. The draw allocates whose turn it is each round so please check the draw to see if it's your turn.

Supper for this week is:

- Blue - Number 1's.

- Red - number 3's.

## **BABIES:**

We all love babies and welcome them to our squash night. Please bring them along.

Ladina Battin turned up without her bub this week and nobody recognised her without her wee person.

And talking of babies. Some of you may remember Michelle Bernau from last comp. Well Haydn has spilled the beans and announced that he and Michelle are expecting their first baby in September. We wish them both all the best and hope to see Michelle along with bub back on the courts next year.

## **CHEERS:**

Cheering is good - makes us all feel the team support.

Team 11 cheered loudly this week when number four Katherine Ivansson won her match. It is her first win this comp. Well done Katherine. Keep up the good squash.

Was it the excellent coaching and support from team member Caroline Gunning-Trant or could it have been the glass of red she had downed before coming to the courts. Hard to say really.

## **THE SUE LASHKO SERVE:**

An important and winning asset for any squash player is to master the famous Sue Lashko serve. Those of us in Red Division have the added advantage of watching this masterpiece each week. Some players are even able to deliver the SL serve on the odd occasion - but never two or three in a row. Sometimes never.

This is why we play women's competition - you get to see and perhaps learn some incredible shots.

## **RULES:**

Squash ACT have produced some document regarding "Marking and Refereeing Guide Sheets" which will hopefully help players of all levels to referee and mark, make the correct calls and decisions. A copy of the documents is available in the boxes at each of the courts.

Please take the time to read and familiarize them and if you are refereeing on a Thursday, use the documents as a guide to ensure everyone has a safe and happy game.

## NEWS: (alias gossip column)

### Get Well Soon:

Recently Robyn Douglas broke her leg (at home, not on the squash court). We wish her a speedy recovery and hope to see her back on the court next comp.

### Want some ideas for celebrating a Birthday?:

See Julie Polson - this was her latest suggestion.

Pene, Julie and Pene's friend Gillian fell from the sky for Pene's birthday, while the really sensible people sat on the ground drinking champagne. Perfect!



Julie, Pene and Gillian save and sound back on terra firma.

### Another Birthday:

During April, Jody Duff hosted a birthday party for her partner Jules. It was a Gothic themed party. Guess there's no surprise that Jody once again excelled in the dress up department.



### Holidays:

Megan Woods and her husband Glenn are currently cycling from Prague to Vienna for 10 days and then having some R & R in the Greek Islands.

She will be back and ready to get back on the court in round 10. In the meantime, please don't call her to reserve otherwise you will be paying for a phone call to Europe.

Petra is also overseas during May visiting family. Rebecca McClean will be reserving for Petra during this time.

## Wedding:

In April, Rachael O'Brien became Rachael Riches. Congratulations to her and Tom.



## Where are they now:

One of our long time supporters and players, Suzi Dyer got a better offer in late 2007 and she left Australia for a job in the Cayman Island. Sue Cameron has been in contact with her and asked if she would be happy to let us all know about her job and life in the Cayman Islands. Below is Suzy's reply:

*"I have a 2 year contract with the Maritime Authority of the Cayman Islands. I am their Information manager and helping them organise and clean up their electronic and paper information. We are implementing a new Content Management system from Oracle.*

*The islands themselves are wonderful, just like a Caribbean holiday! but I live here. It is always warm and has not been below 26C even in their winter! now. The waters are a beautiful blue green and full of coral and fish. These you can see just snorkelling of the beaches.*

*The people are lovely but cannot drive! They have a few roundabouts and there are always accidents on them and they never indicate! This has been fun to deal with and we are now, more than ever, defensive drivers.*

*The cost of living is pretty much the same as in Aus, the properties are varied and there is a lot on the market at the moment, so it is a little depreciated just like Aus. Fresh fruits and vegetables are plenty, meat, chicken and fish are also readily available and always fresh. Fish is cheap and so surprisingly is the steak.*

*We have tried Turtle stew and goats stew too! many of the local dishes are interesting. The bread here is too sweet for my liking so we had to hunt around to find a good bakery.*

*We are very close to Cuba, Jamaica and Miami. Shopping is not the greatest so most shoppers trip to the States every now and then to catch the sales there. We visited New York for a white Christmas, it is only 4 hours away by direct flight! How cool is that?*

*Made some nice friends here and have joined a gym with 2 squash courts. Not playing as much as I would like to but they do not seem to have a comp like we do there.*

*Miss the Ladies comp and the Masters too.*

*Hope you are all well and happy. Have a wonderful year  
Love Suz"*

## COMPETITION TABLES:

Don't forget, results each week are calculated on games, not rubbers. So even if you don't win your match, your 1 or 2 games might make all the difference to the team's results at the end of the night.

How it works:

1 point for each game

4 points for the team with the most games (should both teams have equal games, then 2 pnts will be given to each team).

Note: should a team not score any games, then 1 pnt will always be given.

Check out the Competition Tables:

### BLUE DIVISION

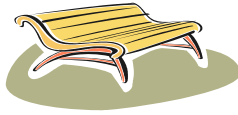
Team		1	2	3	4	5	6
Date	Round						
5-Mar	1	13	1	13	2	10	4
12-Mar	2	13	12	1	8	5	8
19-Mar	3	11	10	13	5	3	5
26-Mar	4	13	6	10	12	1	5
2-Apr	5	10	10	5	12	6	4
9-16-23 Apr	No Play						
30-Apr	6	10	1	4	11	12	6
TOTAL		70	40	46	50	37	32

Team 1 is leading. Can anyone catch them.

### RED DIVISION

Team		7	8	9	10	11	12	13	14
Date	Round								
5-Mar	1	13	5	5	15	11	6	15	2
12-Mar	2	10	7	10	12	1	9	16	9
19-Mar	3	3	7	12	15	6	12	7	14
26-Mar	4	14	5	6	16	3	15	13	5
2-Apr	5	13	9	5	12	6	7	9	15
9-16-23 Apr	No Play								
30-Apr	6	7	3	3	6	14	13	16	13
TOTAL		60	36	41	76	41	62	76	58

Teams 10 and 13 are leading.



## RESERVES:

If you are unable to play on a given Thursday night, it is your responsibility to find a reserve.

A list of possible reserves is available on the web (*which is updated weekly - so check it before ringing to make sure you have a reserve at the right level*), but you are also welcome to co-erce friends and family - so long as they play at a similar standard to you.

When you have found a reserve please let someone know - either your captain/another player on your team and Kaye Johnston (reserves co-ordinator). The **preferred form of communication is via text message** - stating your name and team and the name of your reserve. Kaye's mobile number is: **0419 467 803**. You can send an email or text as well - but it is possible that emails won't be read in time (and quite likely Kaye won't hear her phone ringing).

It is especially important to let someone know if your need for a reserve happens at the last minute - **your opponent, captain, other team members and committee members contact details are on the team sheets** - so there's no excuse not to send a text to someone so we know what's going on.

**And finally if you can't find a reserve from the list, please contact Kaye asap, so she can do the finding for you.**



## COACHING:

**Free Coaching is available each week at both Dickson and Weston Creek courts from 6.30pm to 7.30pm. Please go along and learn from these fabulous coaches. Details for this week are:**

### **Dickson**

Coach: **Haydn Bernau**

### **Weston Creek**

Coach: **Peter Trevitt**

# Reminders:



## Equipment:

Give Richard our support at Bodyline Sports in Dickson, so if you are in need of a good deal on squash and sports gear give Bodyline sports a go!  
<http://www.bodylinesports.com.au/>  
Contact: 6230 6353 or 0409 824 487



## Squash Shirts:

Wear your sport –  
The ACT Women's squash shirts are stylish, comfortable and **RED**.  
The cost is only \$30, all sizes available. See Sally Bird (Blue) or Kathy Sly (Red) to purchase one of these sort after shirts.

## Contact Details:

Please check your details on the draw, any revisions to be emailed to: [sue.cameron@anu.edu.au](mailto:sue.cameron@anu.edu.au)

## Courtesies:

If you are going to be late or have a reserve playing for you, please let your opponent and captain know – just to make it easier for everyone to get organised on the night.

Remember if you have not advised your opponent and captain that you are going to be late and you are not at your designated court by 8.00pm, then another player will be organised to play for you.



## Web Details:

The Womens Comp web site is a great place to bookmark. Just incase you mis-place your team lists, reserves lists or draw, they are all available on our web pages.

This year we will again be creating the Hit N Giggle newsletter. This newsletter is a must read. Look out for some very interesting stories (and gossip) throughout the comp.

## Awards:

All players are reminded that the committee rewards improvement, cheerful dispositions, excellence in the supper department etc ? These are highly sort after awards – just ask the previous winners.

Please send your nominations (however funny, stupid, weird or silly) throughout the comp to:  
[womensquashact@yahoo.com.au](mailto:womensquashact@yahoo.com.au)