

PRO SQUASH

(For Private Circulation only)

NEWSLETTER OF THE INDIAN SQUASH PROFESSIONALS

INTRODUCTION

SQUASH in India has come a long way from the time the only professionals in the sport were called markers and were more often called upon to give a club member a game. There were occasions when their services were utilised as coaches and among them at the time were markers like Hashim Khan and Abdul Bari at the Cricket Club of India courts.

Bari met with a premature death at 33, but Hashim Khan went on to make international squash history winning the British Open, the unofficial world championship, six times in a row from 1954 to mention just one of his many achievements.

From the time Anil Nayar was to put India on the squash map of the world, the standard of the sport has been inching forward. There was Raj Manchanda, who was to reign supreme on the national scene for several years. Then there was Meherwan Daruwalla before Adrian Ezra was to sweep all before him. But on the professional front the country was a big cipher.

While the game had become "open", our professionals, former amateurs who are now playing for the cash prizes on offer, have yet to cover much ground in the matter of skills, speed and stamina and this was very evident from watching the performances of the top

stars in the two World championships in Mumbai making the name of Rodney Eyles, Brett Martin, Simon Parke and Chris Walker familiar for those who follow the sport.

This is underscored by the fact that in the July 1996 rankings of the Professional Squash Association, the world controlling body, our Arjan Singh the national champion, is ranked 97th. Dave Malani who plays and coaches in Germany, is on the 108th spot and Akhil Behl, the only Indian to make the main draw of Mahindras event, 127th and Paul Ferreira 151st.

The promising youngster Arif Paul, has recently entered the PSA circuit and it is gratifying to know he will be playing while studying at Denison college, Ohio. As stated earlier, Indian squash has a long way to go to measure up favorably in international competitions. The twin factors necessary for its healthy progress, stilted now as it is, are sponsorship and publicity.

It is the objective of Pro Squash, initially being brought out as a quarterly, to bring about a greater awareness of the game with reports on the sport at home and abroad and related matters. The masthead for the newsletter reads Pro Squash not just professional squash but more importantly For squash.

OUR LIFELINE

NEWS



AUGUST 4: Continental Contractors, Monarch & Havell Restaurant sponsored Club Aquaria Invitation; Paul Ferreira beat Manish Chotrani (3-2); Under 19: Abhinav Kukreja beat Faraz Patel (3-1). **AUGUST 8:** Capt. Rajdeep Brar retains Inter Services title beating Capt. Navneet Singh (3-0). **AUGUST 15:** Osters "B" beat Osters "A" (2-1) in Continental Contractors, Monarch & Havell Restaurant Handicap Team Squash Championship. **SEPTEMBER 1:** Rodney Eyles beats Jansher Khan (3-0) in Cathay Pacific Hong Kong Open. **SEPTEMBER 6:** Steel Made Furniture Championship: Boys' Under 19 - Shondip Ghosh beat Gaurav Juneja (3-0); Under 16 - Gaurav Juneja beat Parth Doshi (3-2); Under 14 - John Paul Rotlie beat Siddharth Suchde (3-0); Girls' Under 19 - Rhea Bhanderkar beat Aisha Shah (3-1). **SEPTEMBER 20:** Arjan Singh beat Akhil Behl in the 5th Kalyani Pune Open Squash Championship (3-0); Under 19 - Rohan Juneja beat Gaurav Juneja (3-2). **SEPTEMBER 28:** Little Masters at Willingdon Sports Club, Mumbai: Under 19 - Shondip Ghosh beat Ritvik Bhattacharya (3-1); Under 16 - Parth Doshi beat Bikram Oberoi (3-1); Under 14 - Alok Mathur beat Siddharth Suchde (3-1); Girls - Anjali Ponni beat Rhea Bhanderkar (3-0). **OCTOBER 9:** MCC India Cement National Squash Championship: Shondip Ghosh wins Boys' Under 19 Title beating Ritvik Bhattacharya of Dehradun (3-0); Parth Doshi wins Under 16 Title beating Arjun Krishnan (3-2); Siddharth Suchde wins the Under 12 Title beating Mumbai's Mihir Seth (3-1); Abhimanyu Jain of Rajasthan wins the Under 14 Title beating Siddharth Suchde (3-1); Anjali Ponni wins the Girls' Under 19 Title beating Rhea Bhanderkar (3-0); Rhea Bhanderkar wins the Girls' Under 14 Title beating Joshua Chinappa (3-0). **OCTOBER 14:** Arjan Singh beat Ravindra Malik (3-0) in Asia Sugar Delhi State Squash Championship; Under 19 - Amit Pal Kohli beat Gaurav Juneja (3-1). **OCTOBER 28:** Kingfisher Diet Open Squash Event - Akhil Behl beat Rajdeep Brar (3-1); Raj Arora beat Anil Vaidya (3-1); Mekha Subedar beat Anjali Ponni (3-0); C.S. Pawar beat Vaman Apte (3-1); Siddharth Suchde beat Juan Pablo (3-1); Sahil Vora beat Alok Mathur (3-0); Gaurav Juneja beat Parth Doshi (3-1); Shondip Ghosh beat Amit Pal Kohli (3-0).

Sponsor: **Continental Contractors**
Human Resource Consultants (6439515/6/7)

ALL ABOUT THE ISP

What is the ISP? It is a company, called Indian Squash Professionals, incorporated under Section 25 of the Companies Act, 1956, with the sole objective of promoting squash. It was formed by a group of devoted squash lovers, whose primary aim is to give the professional, commonly referred to in Indian as markers, the necessary encouragement which in turn will lead to a raising of the level of the game in this country.

These unsung men of Indian squash, who function at clubs in various ways related to the game have for decades been working in much the same conditions, without anyone giving a thought to their life and ambitions, and have been largely taken for granted. For some of them nothing more than a vicarious delight in having helped to fashion the youngsters of today into the champions of tomorrow.

The attention the professional deserved was long overdue and it is in the ISP's avowed intention to give them a fair chance to rise to their full potential. This is planned to be done by providing the best possible facilities like provision of equipment, exposure to international competition and training under world class coaches. This is in addition to financial and medical assistance and here it would be appropriate to mention Chandrakant Pawar, for whose assistance the ISP is deeply indebted.

There is not a doubt that Pakistan's long sustained supremacy in World Squash was triggered off not so much by the performance of Hashim Khan, who won the Western India Championship at the Cricket Club of India for several years and the National Professional title in 1944, but by his sponsored trip to England in 1950 when he won the first of his five British Open Championships. This was the spur that saw a host of Pakistanis dominate after that, with Jansher Khan today ruling supreme after a long reign by Jahangir.

Maybe now with the ISP making their presence felt much of the gloom hanging heavy on the Indian professional will be dispelled and while the prospect of a world beater emerging from our ranks of Pawars, Mohites and Mores in the near future is bleak, the Indian professional scene can look to brighter days ahead, with the ISP offering their promotions gold, silver and bronze not in medals but in cash.

While the ISP is concentrating on the professional who earns a living only from the sport, the other aspects in the development of the game have not been lost sight of. Conducting seventeen tournaments in three years has been the proud boast of the ISP and the promotions with the assistance of sponsors include one exclusively for top executives in the corporate world, inter-club doubles and handicap tournaments, and coaching camps and events for Juniors.

The following is the list of the winners and runner-up of the competitions held:-

Monarch & Mudra's Rs. 25,000 1st Pro-Master: C.S. Pawar beat Gopi Mohite 15-12, 15-5, 17-15.

Monarch & Mudra's Rs. 10,000 Suburban Inter-Club: Otters Club beat The Leela 3-2; Doubles: C.S. Pawar and Vinit Chouhan beat Arif Paul and Cyrus Poucha 15-8, 10-15, 15-12, 12-15, 15-9.

Transworld's Rs. 75,000 Twin - Juniors & Pro: Vinit Asthana beat Rishad Billimoria 15-11, 15-11, 7-15, 15-11; Professionals: C.S. Pawar beat Anant More 15-11, 15-11, 15-14.

The Leela & Oberoi Rs. 20,000 Handicap (Team Event): The Leela beat Otters Club 3-2.

Monarch, Timmy Builders & The Leela Doubles: D. Pandole and D. Surti beat Neeraj Shirgaonkar and Akhil Behl 15-7, 9-15, 15-13, 7-15, 15-10.

The Leela and Kanakia Suburban Handicap : The Leela beat Otters Club 3-2.

Monarch, Haveli & Big Ben Creations Rs. 25,000 2nd Pro-Masters: C.S. Pawar beat Gopi Mohite.

Jindal's Rs 1,00,000 Pro-Masters: C.S. Pawar beat Anant More.

DIRECTORS



VIJAY KUMAR GAUTAM



MAHENDRA AGARWAL

Monarch & Shiva Marketing Rs 25,000 Doubles: N. Shirgaonkar and Akhil Behl beat C. Pawar and Mangesh Nadkarni.

Haveli Restaurants & Hyabs Designer Leather Rs 5,000 One-dayer: Haveli beat Hyabs 5-4.

The Leela President's Cup: Arif Paul beat Vaman Apte 3-15, 15-12, 15-9, 15-8.

Ovenfresh & Monarch Rs 25,000 Handicap (Team Event): Khar Gymkhana beat Otters Club 3-1.

Kanakia & Monarch Rs 25,000 Top-16: Daniel Ezra beat Vinit Asthana 9-5, 9-4, 9-1.

Monarch & Continental Rs 25,000 Khar Gymkhana Open: Under-19: Akhil Behl beat Arif Paul 9-5, 5-9, 9-5, 9-2. Over 35: Tarig Gore beat Suresh Ramchandani 15-12, 15-11, 10-15, 15-12. Doubles(Over 35): S. Shirgaonkar and B. Shah beat C.S. Pawar and K. Billimoria 15-10, 15-9, 15-12.

S.K. Corporation & Hotel Kamal Palace Rs. 50,000 Professionals:C.S. Pawar beat Gopi Mohite 17-16, 13-15, 15-9, 15-5. Doubles: Arif Paul and Vicky Singh beat Neeraj Shirgaonkar and Manan Shah 15-11, 6-15, 15-10, 17-15.

Continental Contractors & Monarch - Club Aquaria Rs 25,000 Invitation Open : Paul Ferreira beat Manish Chotani 3-9, 5-9, 9-4, 9-6, 9-3 Under 19: Abhijeet Kukreja beat Faraz Patel

Continental Contractors & Monarch Rs 25,000 Handicap (Team Event): Otters Club "B" beat Otters Club "A" (2-1) Neeraj Shirgaonkar beat Paul Ferreira 15-10, 11-15, 15-8, 11-15, 15-9; Cyrus Warden beat Mangesh Nadkarni 15-14, 15-14, 13-15, 14-15, 15-10, Vinay Bajaj lost to Nikhil Behl 12-15, 14-15, 15-11, 14-15.

In addition to the competitions the ISP, thanks to the sponsorship of Monarch and Mudra conducted a free coaching camp for beginners and juniors, about 50 in all, at the courts of the Andheri, Sports Complex. Others to benefit from the ISP were Nandkumar Gajane a pro at Khar Gymkhana, who received Rs. 5,000 for medical benefit. Arif Paul and Akhil Behl were given Rs. 5,000/- each for excellency on the Asian Circuit. Arif Paul was also given air passage for coaching and competition in the U.K. In November 1995 ISP spent about Rs. 40,000/- on the passage and lodging of the professionals from Bombay to participate in the Nationals at Delhi. Professionals were also provided with track suits on the occasion of Diwali in 1995.

A special donation of Rs. 10,000/- was made to the wife of Nandkumar who passed away, unfortunately, in April 1996. In September 1996, professionals were given passage and lodging to participate in the Pune Open Tournament.

ISP's efforts to help in the development of Arif Paul's game was given a further boost by Subhash Wali, of Continental Contractors who paid all expenses for Paul's participation in tournaments in this country for the year and has capped his sponsorship by paying for Paul's entry into the Professional Squash Association. This will enable Paul, now studying in the States, to compete in the PSA circuit in the U.S.A.



FAREWELL ARIF !

For Indian squash aspirants at least one way to the stars is through the portals of the American University as did Anil Nayar a long time ago and as did the Ezra brothers, Adrian and Daniel recently by becoming Inter-Collegiate champions of U.S.A. There the level of squash is much higher than ours and it is an ideal coaching ground.

This belief is borne out by the influx of our promising youngsters who have both the academic and playing abilities to secure scholarships at American Universities and the latest to join the list is Arif Paul, the former under-16 national champion and the current under-19 title holder, who recently captained the Indian team for the World Junior Championships at Cairo and was in the team for the world event in 1994 at Christchurch, N.Z.

At the Denison college in Ohio, Paul, who was a second year junior college commerce student at Sydenham College, is aiming to be a Bachelor of Business Administration. However he still has his sights on the Professional Squash Association circuit and thanks to the sponsorship of Subash Wali, of Continental Contractors and Haveli Restaurant Paul has secured a six-month entry on the circuit.

While Paul has been granted leave of absence by Denison College to participate in the PSA events in the states, he has still to get the money for travel and stay wherever the competitions are being held. Though under a year's contract to Subash Wali, the terms and facilities offered are only for playing in India. It is hoped that well-wishers will come to his aid.

In the four to five years that Paul has started playing squash the 5 foot, 66 kg lad has made remarkable progress. He secured playing membership at Otters Club in 1992, was coached by Adrian Ezra for some time in 1993, was under Bajwa in May, 1995, with SRAM securing the sponsorship of Credentia Finance and in May 96 went to Scotland was under Dr. George Meiras, a former coach of Scotland for 25 years.

While Paul's parents are not affluent enough to give not much more than moral support, he managed thanks to the encouragement from some Otters Club members and now Subash Wali to meet his equipment expenses which could be about Rs. 30,000 a year. Then he gets Prince racquets directly from America through NRISA, and with the 3 1/2 hours of practice he puts in daily Paul should go places.



LET'S ENSURE A BRIGHTER FUTURE

By Capt. Rajdeep Brar, Coach to India's Junior Team at the Ninth Junior Men's Championships at Cairo in July 1996.

At least three of its members - Ritwik Bhattacharya, Rohan Bhappu and Shondip Ghosh, all 16 years old, gained valuable exposure. It is going to stand in good stead in future as these boys have an Asian Junior championship coming up in February 1997 and another world championship coming up in February 1997.

Unfortunately, just when Arif Paul and Akhil Behl had started playing good squash at the international level, they have graduated into the senior ranks with Arif leaving for the Ivy league in the U.S. The Indian junior team was distinctly unlucky to lose to Holland in a crucial group tie in the world championships at Cairo in July 96. With the tie evenly poised at 1-1, Rohan Bhappu just could not get past his Dutch opponent despite 5-1 and 6-2 in the deciding fifth game. As a result, Holland finished 12th and India 17th. Much weaker teams like Hong Kong and U.S. finished 13th and 17th respectively, and it is widely acknowledged that India's ranking would actually be 12th or 13th.

The one player who shone was Akhil Behl who played rock solid squash in the team

event and won all his matches.

One major emphasis now has to be to groom sub-juniors at the under 10, 12, 14 levels. A judicious mix of training, coaching and tournament exposure both at national and international level is the key to developing sub-junior talent.

A string of victories by Indian juniors in the last year or so in Malaysia and Singapore, where some of the boys like Arif Paul, Akhil Behl and Gaurav Juneja have actually won tournaments has been just reward to their hard work and dedication though admittedly, some of these tournaments have been with depleted fields. Yet, these cannot be discounted especially Gaurav Juneja's win in Hong Kong where he won the Under 16 title beating a Pakistani and the top-seeded New Zealander before getting past brother Rohan in the final.

We have a fine bunch under 16 boys in the Juneja twins, Parth Doshi, Abhijit Kukreja and a few others ready to bloom further. Their parents have been very helpful in sending them abroad for exposure and the fact that most of them hail from Mumbai

helps in providing good competition readily available. But the crucial aspect here is coaching.

The sub junior boys of all age groups need constant supervision of coaches to guide them and put them through their paces and also to push them hard in the bargain. This is being done by various agencies like squash Rackets Federation of India for the national team, the Squash Rackets Association of Maharashtra for its local Mumbai team and well-meaning private sponsors who chip in and ensure top line coaches like Satinder Bajwa are available for much-needed doses of the latest in coaching techniques.

Unfortunately, this is not enough and more needs to be done if results are to be positive and in a systematic manner.

All squash bodies at various levels, along with the well-meaning private sponsors, have to get together to forge an alliance and devise the best possible solution for the benefit of the junior squash and the upliftment of the game in India and ensure a brighter future for all those who are involved.

DIRECTORS



SUBHASH WALI



RASESH KANAKIA



CHANDRAKANT PAWAR



CIRCUIT EVENTS

PSA EVENTS : Colombian Open - \$ 9000: Tim Garner beat Stuart Cowie. Singapore Open - \$ 31,000: Martin Heath beat Jubair Jahan Khan (3-2). Head Satellite Malaysia - \$ 8,000: Oma Elborossy beat Jamie Davis (3-0). Head Satellite 2 Malaysia - \$ 6,000: Jamie Davis beat Paul Steel (3-1). Australian PSA Satellite - \$ 5,000: Michael Kiteni beat Paul Price (3-0). Head Satellite 1 Malaysia - \$ 6,000: Jamie Davis beat David Palmer (3-0). Oklahoma City Open - \$ 5,000: Jamie Crombie beat Michael Puertas (3-0). Talbot Open - \$ 4,000: Michael Puertas beat Jamie Crombie (3-2). Squash Inn Classic - \$ 10,000: Marcos Mendez beat Marcos Berrett (3-2).

HTECH PSA SUPER SERIES STANDINGS: 1 Jansher Khan (6538pts.); 2 Rodney Eyles (4307 pts.); 3 Chris Walker (2037); 4. Peter Nicol (1995 pts.); 5 Ahmed Barada (1827 pts.); 6 Brett Martin (1488 pts.); 7 Julien Bonetat (1390 pts.); 8 Anthony Hill (1258 pts.); 9 Mark Chaldiner (1173); 10 Mark Cairns (1108 pts.);

INDIAN RANKINGS: 97 Arjan Singh (291.450pts.); 108 Dave Malani (211.000pts.); 127 Akhil Behl (118.750pts.); 213 Arif Paul (19.500pts.).



SQUASH TALENT DRAIN

The next US collegiate squash championships look like being a Mumbai University event. This is thanks to the peculiar phenomenon of a game which is never able to cast off its elitist label.

Ninety percent of the young talent that reaches the top goes off to the US or the Ivy League as it is called.

The latest to join the squash talent drain is Arif Paul. India's

Under-19 champion and its foremost junior on the international circuit. He has proceeded to Denison College, Ohio.

Arif will threaten to wrest the US title from another Indian, Harvard lad Daniel Ezra who emulated Anil Nayar and his own elder brother Adrian by becoming the rare Indian to win the title.

Also in the fray will be the Ashiana twins Vineet and Vinay, who are at Franklin Marshall where there is also the latest from the famous squash clan Jamshid Pandole and Rashid Billimoria.

Indian juniors should make hay in the US colleges while the sun shines, for in years to come the Americans will no doubt catch up. Now they have completely switched from the hard to soft ball which the Indians are familiar with, and Joe Nummick, American president of the Professional Association, gives them 10 years to produce a world champion.

SQUASH NUTRITION

by Alex Cowie

So, what is a healthy diet for squash players? A high carbohydrate diet is necessary to sustain high intensity training on a daily basis. The reason carbohydrate is so important is because during exercise the glycogen that is stored in the liver and in the muscles is broken down into glucose to supply the muscle with energy, when these stores become depleted there is less energy, so fatigue sets in.

To build up these stores, you should eat foods like bread, cereals, potatoes, rice, pasta, beans, root vegetables and confectionery, fruit, fruit juices, and sports drink also contain carbohydrate. These foods will also include other essential nutrients and they are a great source of dietary fibre.

One of the major problems that players have at tournaments is eating after playing, particularly if the match is played late at night. Not only is it difficult to eat after a hard match but sometimes facilities are not always available to eat the correct food. After a hard match it is essential that you refuel immediately, otherwise you will be short of energy the next day and it will be too late to start loading up a few hours.

The most important thing to do after the match is to consume a carbohydrate based drink and then try to eat almost half an hour later either a sandwich, bananas, cereal bars, fresh or dried fruit, or even plain biscuits. If it is not too late you can eat a main meal (again, loaded with carbohydrates) before you go to bed.

Let's go back to the drinking problem. I know of several players who have without doubt lost matches through dehydration particularly in warm weather. Increase fluid intake is necessary to avoid dehydration and may improve performance during prolonged exercise especially when the sweat loss is high.

Water is probably the best all round drink but in certain countries players have to be careful and therefore a diluted fruit juice or a commercial sports drink is advisable. The secret is to drink when you are not thirsty. You are already dehydrating when you are thirsty, so drink before you train, drink while you are training and drink after you have trained.

Lack of fluid can actually cause stomach cramps, sickness, dizziness, and

diarrhoea apart from being a major source of fatigue. Another area of confusion is the amount of protein that is required. Many athletes used to believe that vast amounts of steak and eggs would increase their strength... but in fact any protein taken over and above requirements will be used as an energy source or stored as body fat. Generally an intake of about 1.59 gr. of protein per Kg. of body weight per day is sufficient.

However proteins must be included in your diet and you will find good sources of poultry, fish, eggs, soya beans, meat yoghurt and cheese. Cereals, nuts, pasta, rice also contain protein so it shouldn't be difficult to include them in your diet.

The last area of interest is the word FAT. It is unfortunate that all the lovely foods such as oats, chocolate, cream, gravy, butter, ham, bacon, sausages, chips, beef burgers, crisps, full fat cheese, bread and butter pudding, etc. are all loaded with calories. Since fat provides a less important source of energy than carbohydrate for exercise, the intake of high fat foods such as those aforementioned should be avoided.

So, for the younger female athletes who are concerned over their weight, try to cut down rather than cut out fat otherwise you could go the "other way" and we all know the problems of anorexia. After all, food is one of life's great pleasures and it is all about getting the balance right.

To sum it all up: • Carbohydrate is the most important fuel for exercise and carbohydrate rich foods should form the basis of your diet. • Generally 1.5 gr. protein/Kg. body weight will be sufficient for sports people. • Limit your intake of high fat foods by substituting them with fresh fruit and vegetables. • Cut down on meat and eat more fish and poultry. • Small but frequent amounts of fluid must be taken before, during and after exercise. • For vegetarians whole grain, cereals, nuts, pulses, green vegetables and fresh fruit should provide sufficient nutrients.

Those people who do not eat meat or dairy products, they need to include the vitamin B12 in their diet. This vitamin can be obtained from fortified soya milk and soya products, breakfast cereals or through a simple vitamin supplement.

