



PROSQUASH

NEWS LETTER OF THE INDIAN SQUASH PROFESSIONALS

(For Private Circulation only) Vol.1 No. 3

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RAHMAT KHAN GETS INTO THE THICK OF IT

From coaching Saket Wali at the Leela courts to the professionals, women and finally the leading juniors of the state, it has been a steady rise to acceptability for Rahmat Khan, the renowned coach of Jahangir Khan during his heady days at the top of world squash.

Rahmat's desire to produce a world champ from India must have been the main reason for the Squash Rackets Association of Maharashtra to rope him in for coaching their juniors.

After coaching the pros, Rahmat handled a bunch of 20 women at the Otters Club and renewed hope in them for big time squash. His instant rapport saw them do well when they played in local events, with Parineeta Choudhary being the best of the lot, and Karishma Juneja not far behind. Rahmat thought the women needed a lot of hard work before they could reach the acceptable standards. Later, the efforts of the new president of the SRAM, Vaman Apte, Rustom Dalal and Subhash Wali, a new entrant to the official body, saw Rahmat coaching the juniors at the CCI courts.

Nineteen players from all over the state took part in the squash clinic during April.

Rahmat has signed a two-year contract with the SRAM. He coaches four times a week. Initially, there was a bunch of 24 which will be pruned down to 12 for Rahmat wants to concentrate on the chosen few so that champion can be given the final touches. The youngsters are still incapable of playing the long-drawn-out game still need brushing up on the basics and the fitness levels have to be considerably boosted so that they can come up to the lofty standards Rahmat has set in the sport. One hopes the players of Maharashtra show enough commitment so that Rahmat's work gets noticed in course of the year through titles in the various national events.



Rahmat Khan coaching women



VEGGIE WHO'S AFTER THE BIG FISH OF SQUASH

Till recently when Abhijit Kulkreja resumed his squash after his tenth exams, Parth Doshi was the lone standard bearer in the Junior Squash Circuit. His effort bore fruit when he won the boys under 16 Perrier title in Singapore and Malaysia in 1996. Back home he won the National title at Chennai, the Little Masters at Willingdon and the Western India at the CCI. In this year's Asian's, he beat Aaron Soyza before losing to Hong Kong's Wong Wai Chung. In 1997, Parth again reached the under 16 final of the Singapore Perrier event, losing to Mohamed Azlan of Malaysia.

On way to the final he beat players from Singapore, Hong Kong and Malaysia. In Malaysia Parth was advised by Maj Manian, under whom he trained for a month, to take part in the higher age group, the under-19, where he could get better competition. Parth played in the first two legs of the Milo-SportExcel Junior Squash circuit. He came fourth in the first leg. In the second he was sixth. Competition in the second leg was stiff as players from Singapore and Australia were in the fray. Parth lost to an Australian player but not before taking a game off him. Indian Squash players have been generally thought to be lacking in direction. They live from day to day, don't have a fixed programme and everything is ad hoc. In Doshi's case it is different. Thanks to sponsorship of Raj Mahtani of Lalchand Dhalamall Jewellers, himself a keen golfer, Doshi has chalked out a systematic plan to develop his game. A last eight place in the British Open Junior under 16 event shows that he can be counted among the top ten juniors of the world, not bad for an Indian.

It is obvious that with more exposure and guidance Doshi can go from strength to strength. There seems to be virtually an army of helpers for Parth. Beginning with doting parents Dr. Prakash and Dr. Purna who take time off from their busy practice at Ghatkopar. Then Dr. Anand Gokani whose dietary guidance is essential, for Parth is a vegetarian and has to look for odd sources for building up stamina and endurance.

Then there is Dr. Rajendra Bhavre, a sport physiotherapist whose work enabled Parth to focus better than before and stay cool and confident. On-court training has been coming from Jansher's manager Satinder Bajwa, Maj. Manian from Malaysia and local coaches Santosh More and Baburao Salvi. Otters Club Bandra have been another pillar of strength for Doshi for free time and access to a squash court is invaluable. The Non Resident Indian Squash Association has helped with Prince rackets sponsorship. When on the circuit Raju Channani, the freelance writer, can be counted upon for help. All in all a big entourage is behind Doshi in his attempt to scale the heights of squash that seem to be unattainable for an Indian because of lack of exposure. One can hope this veggie can eat up the big fish of the game.

VIDEOCON
BRING HOME THE LEADER



NO FROST
REFRIGERATOR

JANSHER AIMING TO BE THE GREATEST

JANSHER KHAN has simplified his ambition of being hailed as the greatest player in squash. By overhauling Jahangir Khan's record of 16 major titles, ten British Open titles and six world titles.

Jansher has two less, 14, with eight British Opens and six worlds. Jansher recharged his batteries by taking a four month break from the sport, spending time with his four children in Peshawar. No player in the history of game has taken such a layoff. It began to worry the connoisseurs of the game who thought Jansher would not be able to pick up the threads once again. But they had reckoned without his hunger for titles and more titles. This drive saw him train six hours a day.

It's interesting how he trains. His brother and coach Mohibullah Jr. tells us that he does 45 minutes running on the ground not roads. After an hour's rest it is two hours training playing the various shots like the drop, boast, drive.

The climax is playing in the evenings against two players. This puts a tremendous burden on his reflexes for it means having to return in double quick time.

This sharpens him, makes him a tougher man to beat than before. But wait, Jansher does not feel the need to be physically so good today. He thinks in events to come he will allow his mental game to dominate and ease the burden on his body. So, when his effort was 80 per cent physical and 20 mental, it will now be 60 per cent mental.

The British Open triumph was more a triumph of mind than anything else for he outthought all his rivals to equal Jahangir's record..

It is a pity that brother and coach Mohibullah can't be at the courtside whenever he plays at the British Open. Mohibullah has been barred from entering Britain ever since that case of drug trafficking and his arrest. It was obvious he was framed by someone who pleaded that he was wanting a job in Britain but was in fact a trafficker and told Mohibullah to carry his bags.

His honesty prevented him from owning up. The other man did and his sentence was reduced. Mohibullah served his full sentence but the stigma remains and also the ban on coming to Britain. This must be another motivation for Jansher to win the British Open. Mohibullah believes he will win it for six years more. But will he outshine Jahangir as the greatest? Mohibullah believes that he will have to play the drop shot as well as Jahangir for that. There's also one more thing. Like being a diplomat for the sport. The sport reached its zenith during the years of Jahangir's supremacy, he took it round the world. Jansher must now also be the ambassador for the sport. He could begin by playing in the Mahindra World Open this winter.



ARIF PAUL'S U. S. CONQUESTS



ARIF PAUL may be lost to Indian Squash but his sponsors and well wishers haven't given him up so easily. Mahendra Agarwal and Subhash Wali keep in touch with Paul's exploits through the Net. An excited Wali, who had sponsored Paul for the Satellite circuit in 1995, once saw Paul's ranking at 17th.

It turned out that was his collegiate status in early season. By the end he had done well enough to climb to the top ten and get into the first team all-American.

The top collegiate sportspersons are ranked nationally on their performances in each sport. The top ten get into the First Team, the next ten in the Second Team and so on.

Paul had a 17-1 record for Denison University and finished ninth in the individual championships. Thanks to his performance, Granville College had a 14-4 year end record.

The Denison Team received the Barnaby award for the most improved team and leapfrogged from 33rd

place a couple of years ago to 12th in the national rankings. Paul lost to Amir Givon of Princeton, the seventh seed, after a bitter fight.

In the plate event for losers, he took in his stride fellow Indians Vineet Asthana from Franklin Marshall, Rishad Billimoria of Harvard and Ben Ari Elias of Rochester. With one loss he had a silver in the event.

Paul has also been successful in the U.S. Circuit events. He won the Denison Open defeating Omar Alvo of Columbia becoming the first ever not to drop a game in the final. In Chicago he won the Windy City Open beating Chicago pro Phil Yarrow 9-0, 10-9, 9-3.

He represented the city for Columbus in the national five team competition and won all his matches at the number one spot. So it's no bad for starters and one can only hope that next year Paul can emulate the likes of Anil Nayar, Adrian Ezra and Darius Pandole by claiming the U.S. Collegiate title.

ABHIJIT BACK WITH A BANG



Abhijit Kukreja came out of a year's forced wilderness because of tenth standard exams by winning the under 16 title in the Sport Excel Milo junior squash championship at Sabah in Malaysia.

Kukreja defeated Malaysia's Teng Kean Guan 9-3, 9-0, 9-7 in the final. Kukreja has been receiving training of Rahmat Khan after his exams.

VIDEOCON
BRING HOME THE LEADER



NEUROFUZZY
WASHING MACHINES



The winners of the **Dewan Housing Squash Challenge** pose with the sponsors, chief guest Mike Ferreira. The winners were Chandrakant Pawar (Professionals) Parineeta Chaudhari (Women) and Akhil Behl (Men).

A LIFETIME IN SQUASH



Always the bridesmaid, seldom the bride. That's been the fate of Faiz Mohammad in the professionals events of the leading squash tournaments. That's how he has set a record of 11 runners-up trophies in the CCI championships of Western India and a fair number in the National where Shyamal Verma always used to come in his way.

But talk to Faiz about that and you will know that this fact does not worry him at all. For, his main job was to teach people to play the game and not win titles. And if you take that yardstick, Faiz has been a winner all the way.

He has been a great motivator for club players to take to the game and not give it up because of its toughness. Faiz began playing at the age of 14 under Jamal Din, the famous professional who was his brother-in-law. It was at the Kalyan British Club. Then he moved with him to the Deolali Officers Mess and finally to College of Military Engineering Pune. In 1957, Jamal Din left for London and Faiz joined the Cricket Club of India.

Good professionals were only a handful in the country and Faiz kept getting and accepting good offers. So he moved to the Navy in 1959 and in 1965 to the U. S. Club where he was head coach in squash, tennis and badminton, something of a Nasurullah Khan, the father of Rahmat Khan.

Otters Club lured Faiz in 1973 and he spent six enjoyable years there. Otters veterans like Aubrey Pereira, Harry Singh, Syuyog Diwivedi, Ajay Chawla have high regard for Faiz.

From Otters the next stop was Playmate Club at SeaRock Hotel. Here a different aura was there with the film crowd coming to the club to tone up their bodies. They played squash with all seriousness thanks to Faiz's involvement. Players like Sunny Shah, Mazhar Khan, Imtiaz Khan and Salman Khan learnt to swing the racket the right way thanks to Faiz. In 1988, it was time for another hop and the last stop for Faiz. He switched to The Resort at Aksa and worked out with the guests there till retirement in 1991. Carrying on his good work are his three sons. Riyaz Mohamed is a confident young man, doing good work as pro at Centaur Hotel, Juhu. He is a key member of the Maharashtra Squash Professionals and the ISP.

Siraj works at the SeaRock Hotel, while the youngest, Ajaz Mohamed, works at the latest addition to the city's squash scene, Willingdon Catholic Gymkhana.

WILL POWER



Different things have happened in the history of squash and there will always be some incident happening to motivate and set examples for the squash players who want to achieve goals in their lives. One such example goes back in history. It was the match of the Dunlop Open Championship at Lansdowne Club (London). Roshan Khan (Jahangir's father) was playing against Azam Khan. Roshan Khan was 2-0 up when Azam's backhand volley hit Roshan Khan on the mouth. Roshan was on the floor with blood pouring out of his mouth. He was taken out of the court and the doctor attended to him. Roshan had lost seven teeth which had to be pulled out. The doctor showed one finger and asked how many. Roshan couldn't see properly and said two fingers. Medically Roshan was not fit to go on the court but his elder brother and his coach great Nasrullah Khan interrupted and asked "Roshan can you see the ball?" Roshan said yes. "Then there is no excuse", Nasrullah replied, This was the battle for pride, A Pathan was injured. An injured Pathan becomes more dangerous. Roshan went on the court promising his coach he will fight. He lost 3rd and 4th game keeping a handkerchief in his mouth so that the blood didn't fall on the court and won 5th game to make history. He lost seven teeth but not his pride and the championship.

The Duke of Edinburgh presented the trophy to the amazing Khan who set an example of WILL POWER.



VIDEOCON
BRING HOME THE LEADER



WASHING MACHINES - REFRIGERATOR - AUDIO - VIDEO - BW T.V. - COLOUR T.V. - AIR-CONDITIONERS

VIDEOCON DHAMAKA IN SQUASH

Fresh from their sponsorship coup of the fourth National Games in Bangalore Videocon International have caused eyebrows to be raised by setting a record of sorts for a local squash event.

They are sponsoring the **Videocon Squash Classic** to the tune of Rs. 4 lakhs. It will be held in the last week of June and will feature all the major players of the city and some from outside. The tournament, the first of the season, is a culmination of persistent efforts of Mahendra Agarwal, Director of **Indian Squash Professionals**. He is fervently hoping the tournament gets good response from players, officials and media so that sponsorship of the game can go from strength to strength and make it broad-based.



VISION IN SQUASH

The eye is the main human organ of sense. Visual search is selective, both from a quantitative point of view, and a qualitative point of view. The subject perceiving concentrates central vision on a few elements, estimating the most important, and committing to peripheral vision the acquisition of the greater part of the data.

Visual search is organised as well as selective. For each task there is a best model of visual information pick-up. We acquire such strategy during training, in a way which is predominantly unconscious. Studies conducted in racket sport evidence a different visual behaviour according to experience level. In fact, novices watch the initial part of the stroke trajectory, while expert players watch the movement of the arm and racket before the stroke. The coach's explanation of the best visual behavior, especially if preceded by analysing previous errors by the pupil, improves the formation of the strategy. Therefore, it is obvious that the important task are.

1. Identifying the best visual behavior pertinent to the various task,
2. Making the pupil conscious of the wrong ones and
3. Explaining the best ones.

We will give another example. The arrangement of objects, up to 15% of eccentricity in the frontal plane, occurs through a saccad (displacement of the eye for a retinal anchorage); over this value a displacement of the head intervenes (for a cephalic anchorage on the target). The eye can pursue with saccad objects moving at the spread of 30% in the frontal plane. Therefore in many sports, like Squash, in which it is impossible to follow the ball, some strategies of visual information pick-up are adopted.

The expert players, by looking, wait for the ball at a point, where they expect it to arrive, orienting during the action with peripheral vision (while the head follows the ball). This strategy is preferable, because it is more effective than following the ball for the whole trajectory. The best visual information pick-up permit expert athletes also to anticipate in a more patient and fast way.

The visual search preceding this action depends, in general, upon extrinsic elements as regards the subject, such as the information which he gets on the task and its nature, and upon intrinsic element, such as the individual disposition and, especially, the subject's experience and the use which he intends to make of the visual information.

Experience is the main element which determines the visual and anticipation, as is proved by the fact that the strokes performed by left-handed players are recognised with more difficulty than those performed by right-handed, which occurs because left-handed players are less numerous.

NEWS NEWS NEWS

EASTERN INDIA

This tournament was held from 4th - 9th February 1997 at Calcutta. The one thing exceptional here other than the prize money was the performance Gajendra Singh of Jodhpur, who upset 4th seed Kalia and entered the semifinals. Arjan Singh regained supreme defeating Rajdeep Brar in the finals.

DSM NORTHERN INDIA

This tournament was held from 5th - 9th March 1997 at Delhi. Arjan the notable feature here was Gajendra Singh's victory over Dhiraj Singh in the quarter final. Rajdeep Brar repeated his Eastern India performance by beating Ravinder Malik in the semi finals in straight games. Arjan Singh beat Brar again in straight games 9-5, 9-5, 9-3 to win the event. The Women's event which had barely six entries as won by Mehak Subedar. The over 35 event was won by Ravinder Malik and the over 45 event by Lalit Varma who beat Vikas Kapoor in the finals.

CHANDIGARH OPEN

Must hold the dubious distinction of being the smallest tournament in the country in respect of both prize money as well as entries. Most of the participants were locals. A bystander squash court, lack of accommodation for outstation players and paltry prize money are obvious reasons for its lack of success. Surely the organisers must be grateful to some top players like Arjan Singh and the Services team for participating in the tournament. For the third year in a row Arjan Singh defeated Rajdeep Brar in the final played on 26th March 1997. This tournament has potential as the ambience is great and the hospitality warm.

NICOL SHOCKS JANSHER

Peter Nicol of Scotland caused the biggest upset of 1997 when he upset world No. 1 Jansher Khan of Pakistan to win the Al-Ahram Open in Cairo. Nicol had lost to Jansher in the British Open final earlier. He won 12-15, 15-14, 15-12, 15-11.

PSA RANK AS ON 1-5-97

| PLAYERS NAME | COUNTRY | NEW RANK | PREVIOUS RANK | AVERAGE |
|-------------------|-----------|----------|---------------|----------|
| JANSHER KHAN | PAKISTAN | 1 | 1 | 1000.100 |
| RODNEY EYLES | AUSTRALIA | 2 | 2 | 917.778 |
| PETER NICOL | SCOTLAND | 3 | 3 | 759.778 |
| JONATHAN POWER | CANADA | 4 | 6 | 504.583 |
| ARJAN SINGH | INDIA | 5 | 7 | 475.156 |
| CHRIS BAKER | ENGLAND | 6 | 5 | 441.344 |
| SMITH PACE | ENGLAND | 7 | 4 | 425.444 |
| DIL HANES | ENGLAND | 8 | 9 | 339.531 |
| ZUBAIR JAHAN KHAN | PAKISTAN | 9 | 10 | 309.750 |
| BRETT MARTIN | AUSTRALIA | 10 | 8 | 291.421 |
| ARJAN SINGH | INDIA | 95 | 95 | 27.021 |
| DAVE WALAN | INDIA | 102 | 102 | 22.663 |
| AKHIL SINGH | INDIA | 119 | 119 | 19.250 |
| AKHIL SINGH | INDIA | 119 | 119 | 2.938 |

RAJESH LHALA (SHIVA LIKATING)

DOWN HOURS SQUASH CHALLENGE 24-03-97

| | |
|---------------|----------------------------|
| DESI | 15-4, 15-10, 15-10 |
| ANIL BEK | BEAT NEERA SHINGARWAR |
| WONDER | 13-15, 15-15, 14-12, 15-12 |
| PANDEY | BEAT KANISHA JANGRA |
| PROFESSIONALS | |
| C. S. INHAR | BEAT SANTOSH MOYE |
| | 8-15, 13-15, 15-14, 15-11 |

PSA RESULTS AT A GLANCE

| | |
|---|----------------------------------|
| SQUASH MALTAITE NO. 1, Bordenham \$10,000 | |
| NICHOLAS TAYLOR BEAT LUCAS BUT 5-9, 9-7, 9-0, 9-0 | |
| HEAD SATTELITE NO. 1, S. Malpova \$10,000 | |
| GLEN WHITTAKER BEAT KENNETH LOW | 15-8, 15-8, 9-15, 15-10 |
| FINCH OPEN, Jansher \$10,000 | |
| JONATHAN POWER BEAT KANISHA ALLEN | 9-1, 2-9, 9-1, 10-8 |
| AUSTRIAN OPEN, \$10,000 | |
| JANSHER KHAN BEAT DICK JENNISON | 15-7, 15-11, 15-10 |
| HEAD SATTELITE NO. 2, S. Malpova \$10,000 | |
| GLEN WHITTAKER BEAT DICK JENNISON | 11-15, 15-16, 15-10, 7-15, 15-9 |
| SQUASH MALTAITE NO. 2, S. Malpova \$10,000 | |
| SMITH PACE BEAT JAMES DAVIS | 9-2, 9-2, 9-6 |
| MALAYSIAN OPEN, Bordenham \$10,000 | |
| JONATHAN POWER BEAT PETER NICOL | 15-11, 11-15, 15-5 |
| SQUASH MALTAITE NO. 3, S. Malpova \$10,000 | |
| RODNEY CUMBERBEE BEAT THEOPHY LING | 9-4, 9-6, 9-7 |
| 1996 GRASSHOPPER CUP Jansher \$18,000 | |
| ALEX GOUGH BEAT JOHN VITT | 0-8, 9-2, 9-4, 9-4, 9-3 |
| LEEKES BRITISH OPEN \$75,000 | |
| JANSHER KHAN BEAT PETER NICOL | 17-15, 9-15, 15-12, 8-15, 15-4 |
| SCOTCH NO. 3, Bordenham \$5,000 | |
| LUCAS BUT BEAT VALLIE DISTON | 9-6, 9-1, 9-7 |
| FINCH SATTELITE NO. 1, S. Malpova \$10,000 | |
| JANSHER KHAN BEAT RODNEY EYLES | 17-15, 15-15, 15-14, 15-14, 15-4 |

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TO OUR READERS
How did you find Pro-Squash?
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