

PRO-S

SWIKIRTI JOINS ISP AS ADVISOR



A new advisor has come aboard the Indian Squash Professionals. She is Swikirti Sharma, wife of famous encounter specialist Inspector Pradeep Sharma and mother of Ankita, who won the under-11 title at the ISP Golden Jubilee event.

A former state-level volleyball player, Ms Sharma expressed her wish to join the ISP after seeing the pioneering work they have done for the last decade. ISP director Mahendra Agarwal promptly entrusted her with the of overseeing

ISP's camps and tournaments.

In her letter to Mr. Agarwal, Ms Sharma said: "I must emphasize that I have been very impressed by your efforts at promoting an often-neglected sport like squash. The successful completion of your 50th tournament recently, made me sit up and take notice of all the good work

you have done all these years to ensure that our favorite sport remains on the map". ISP's 50th tournament at the Khar Gymkhana was all the more significant for me as my daughter Ankita Sharma claim the Girl's U-11 title....

"Seeing your enthusiastic team make a significant contribution to the growth and development of squash, especially at the grass roots, has now inspired me to join your movement. I wish to focus on our coaching camps for schoolboys and girls, junior professionals and referee clinics. These, I believe, are the key areas that need urgent attention if we have to see the sport blossom further."

Thanks for your sentiments, Ms Sharma, welcome aboard.

PAKISTAN INDIA SHARE THE GOLD AT SAF GAMES

(24/4/2004)

It is not often that Pakistan and India clash in the game of squash but the chance came at the 9th SAF Games at Islamabad in March. Mansoor Zaman and Farrukh Zaman clinched gold for Pakistan routing India 2-0 in the Men's Final at the Roshan Khan courts, named after the father of the legendary Jahangir Khan.

Farrukh knocked out Manish Chotrani 9-3, 9-1, 9-0. Mansoor outplayed Ritwik Bhattacharya 9-0, 9-1, 9-6. Pakistan and India bagged a singles gold each. Mansoor beat compatriot Shahid Zaman in five-setter. The world No 19 from Peshawar twice came back from a game down, and in the fifth was

RESULTS :

Singles

Mens

Mansoor Zaman bt Shahid Zaman 3-9, 9-6, 0-9, 9-4, 10-9.

Womens

Joshna Chinappa (Ind) bt Mekhala Subedar (Inc) 9-4, 8-10, 9-5, 9-1

Team Event

Men:

Pakistan beat India 2-0

Farrukh Zaman beat Manish Chotrani 9-3, 9-1, 9-0;

Mansoor Zaman beat Ritwik Bhattacharya 9-0, 9-1, 9-6.

Women:

India beat Pakistan 2-1

Joshna Chinappa beat Aliya Sarfraz 9-1, 9-0, 9-2;

Mekhala Subedar beat Muqaddas Ashraf 9-0, 9-1, 9-1;

Alisha Mashruwala lost to Maria Toor 9-4, 9-5, 3-9, 8-10, 2-9



Mekhala Subedar



Alisha Mashruwala



Joshna Chinappa

3-9 9-6 0-9 9-4 10-9. The cousins beat Indians Saurav Ghosal and Ritwik Bhattacharya, respectively in the semi-finals. In the Women's Team final India beat Pakistan 2-1. Joshna Chinappa and Mekhala Subedar, both scored victories over their respective rivals after Alisha Mashruwala had lost the opener to Pakistan's Maria Toor 9-4, 9-5, 3-9, 8-10, 2-9. Joshna walloped Aliya Sarfraz 9-1, 9-0, 9-2 and Mekhala brushed aside Muqaddas Ashraf 9-0, 9-1, 9-1 to complete victory for India.

The women's event was an all Indian encounter with Joshna Chinappa convincingly beating her compatriot Mekhala Subedar 9-4 8-10 9-5 9-1.



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PAKISTAN, MALAYSIA SHARE ASIAN TITLES

(27/06/2004)

Pakistan men were tops at the Asian Squash Championships in Kuala Lumpur, beating Malaysia 2-1. The Malaysian women proved they are still the best in Asia by retaining the title. They stroled to a 2-0 win over Hong Kong 2-0 in the final. India were third among men beating Kuwait 2-0. Their women were fourth losing to Japan.

Men's Final: Pakistan bt Malaysia 2-1 (Farrukh Zaman lost to Kenneth Low 7-9, 9-2, 8-10, 4-9; Mansoor Zaman bt Ong Beng Hee 9-3, 10-8, 8-10, 9-7; Shahid Zaman bt Mohd Azlan Iskandar 9-5, 10-8, 2-9, 2-9, 9-7). For 3rd place: India bt Kuwait 2-0 (Siddharth Suchde bt Ali Al Ramzi 9-7, 9-0, 9-0; Ritvik Bhatnagar bt Bader El Hussaini 9-1, 9-2, 9-5). For 5th place: Hong Kong bt S. Korea 2-0. For 7th: Japan bt Jordan 2-0. For 9th: Singapore bt Indonesia 2-0. For 11th: Taiwan bt Macau 2-0. Women's final: Malaysia bt Hong Kong 2-0 (Tricia Chuah bt Annie Au 9-6, 9-5, 9-1; Nicol David bt Rebecca Chiu 1-9, 3-9, 9-4, 9-1). For 3rd: Japan bt India 2-1 (Kozue Onizawa bt Supriya Balsekar 9-3, 9-3, 9-3; Mami Nishio lost to Joshua Chinappa 2-9, 6-9, 9-7, 4-9; Chinatsu Matsui bt Mekhla Subedar 10-8, 9-0, 9-2).

Malaysia's Ong Beng Hee and Nicol David retained their individual titles. Beng Hee, the top seed, had to overcome stiff resistance from Pakistan's Mansoor Zaman, the second seed, before winning 9-2, 4-9, 10-8, 9-6 in a final that lasted 67 minutes. It was Beng Hee's third consecutive title. He also defeated Mansoor in the 2000 and 2002 finals.

For Nicol, she proved too good for compatriot Sharon Wee, the joint third-fourth seed. She took only 22 minutes to win 9-4, 9-2, 9-2 to equal Singaporean Mah Li Lian's record fourth straight title.

ISP'S SQUASH AWARENESS CLINICS A BIG DRAW

(24/04/2004)

What is the essence of squash? A move towards explaining this has been made by the Indian Squash Professionals the only non-profit making sports NGO in India. They have begun conducting free squash coaching clinics to the newly-built squash courts at the housing

complex and clubs in Mumbai and India. ISP wishes to organise 30 such free squash awareness clinics throughout the year. The first clinic was held at Acres Club, Chembur, followed by ones at Oberoi Gardens Housing Society at Kandivli, Ghatkopar Jolly Gymkhana and Goregan Sports Club. The response to this clinic was unbelievable as more than 25-30 players participated in each event and learnt the basics.

The ISP hopes a future champion will emerge from these new squash pockets of the City.

TALE OF TWO POPULAR CAMPS

(20/05/2004)

There were several converts at the Squash Racquets Association of Maharashtra's month-long summer coaching camp for children at the Bombay Gymkhana. These kids had played other sport but turned to squash on advice of their parent. They like the new sport and should be seen on the circuit Chandrakant Pawar (chief coach) lead a group of six coaches the others being Vijay Waghela, Vijay Sonavne, Baban More, Gopi Mohite and Rakesh Solanki all from the Indian Squash Professionals who oversaw the camp.

Though the numbers were good some could not complete the camp because of having to go on vacation. But the purpose of imparting basic knowledge was achieved. At the other end of the city, Juhu, there was another popular camp. Over sixty trainees made it to the month-long Raju Chainani Squash Camp conducted by the Squash Racquets Association of Maharashtra (SRAM) and Indian Squash Professionals (ISP) at the Juhu Vile Parle Gymkhana proved how popular the sport is getting in the city.

Trainees in the age group 8-16 got the hang of the basics from ISP coaches Kishore Bamania, Sanjay Pawar, Sachin Jadhav and Anil Mohite. Bamania said "It means many of them have talent but are not members of any club. If they get membership in club or play regularly at Andheri Sports Complex, were courts are available on hire, they can be good players."

SRAM member Sanjay Goyal hoped more such camps would be held at Juhu Gymkhana in the future.



The Times of India 13-12-1996

THE BEST OF RAJU

From a collection of articles
written by
Raju Chainani

Asiad to include squash, kabaddi

BANGKOK: Squash has found a Santa Claus in the Olympic Council of Asia (OCA). Sheikh Ahmad Al Sabah, president of the OCA, told the general assembly on Monday that the 1998 Asian Games at Bangkok would include squash as a discipline.

The Asian Squash Federation's efforts were almost thwarted as last Sunday Bangladesh put in a bid for kabaddi to be included. The OCA held over their final decision for 24 hours before announcing that both sports would be given entry. An impressive presentation to the OCA by the

ruling bodies in squash did have the necessary effect. The facts pointed out were that squash had been included in the 1998 Commonwealth Games, squash was part of major multi-sport events like the South East Asia Games and the Pan American Games, squash has 27 member countries in Asia, squash's men's world champions were mainly originated from Asia.

In addition, the continent would have hosted eight world championships including two junior championships in the six years from 1993-1998. In the overall analysis, an extensive document 'New trends in world squash, 1985-95,' by Indian journalist Raju Chainani has been widely acclaimed.

The Squash Rackets Association of Malaysia (SRAM) was deeply involved in the Asian Games program. The World Squash Federation stood solidly behind using its political clout.

The media has played an important role. Be it print, television or of late the internet, squash has become a much more widely acknowledged sport than a decade ago. Within Asia, countries like Pakistan, Malaysia, Hong Kong and India have given extensive coverage of major championships.

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PSA APPOINTS MCWIL AS OFFICIAL COURT PARTNER

(22/04/2004)



Pictured at the signing of the agreement during the PSA Qatar Masters in Doha are (L to R): PSA President Mark Chaloner; McWIL Courtwall Managing Partner, Europe, Asia and Africa, Wolfgang Denk; and PSA Chief Executive Gawain Briars.

The Professional Squash Association (PSA) and McWIL Courtwall have signed a three-year commercial partnership agreement in which the leading international squash court construction company becomes the "Official Tournament Court Partner" of the PSA.

The agreement is established to broaden the appeal of men's professional squash through the use of four-wall glass courts, and for

the further purpose of making such courts more readily available to promoters who want to present men's professional squash in a state-of-the-art facility.

Gawain Briars, Chief Executive of the PSA, stated: "This is an exciting new development in squash and an important announcement which is very good news for all parties. We have inspected and play-tested the new McWIL Courtwall all glass court in major event conditions, and I am delighted to confirm that this product is a valuable new addition to the market."

The spectacular new court made its debut at last month's highly successful inaugural **Bermuda Open**. "The court's characteristics, including the floor, lighting and glass walls, are all of the latest technology and will bring a new dimension to showcasing men's professional squash around the world," Briars continued.

"We are satisfied that this court is as good, if not better, than any other comparable product on the market, and PSA is very pleased to have the opportunity to partner McWIL Courtwall in this global agreement. We believe that PSA events held on this brand new court will prove to be more attractive to our promoters, spectators, event and tour sponsors, and players," Briars added.

A special discounted price structure has been negotiated in the agreement, whereby PSA promoters who choose to hire this court for sanctioned events will benefit from a substantial rental discount off the market rate.

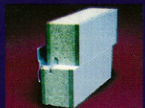
"PSA is of course aware of the financial challenges our promoters continue to have in placing world class events in iconic venues. This agreement is designed to assist them in crafting viable budgets, thus encouraging greater prospects of presenting the best players in the best venues," Briars concluded.



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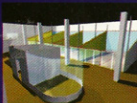
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For the record, **Supreet Singh** of **Otters Club** beat **Khar Gymkhana's Rohan Gracias** 11-15, 15-6, 15-5, 15-6 in the Men's Singles Final. He claimed Rs 6,000 and Gracias Rs 4,000. In the doubles, **Sanjay Goyal** and **Chandrakant Pawar** were up against younger lot **Avinash Bhavnani** and **Carl Bokdawala**, of Otters Club. But they combined well with Pawar marshalling the tactics superbly to win the final.

RESULTS :

Singles

Finals

Supreet Singh bt Rohan Gracias 11-15, 15-6, 15-5, 15-6.

Semi-finals

Supreet Singh (Otters Club) bt Vikram Malhotra (Otters Club) 17-16, 15-5

Rohan Gracias (Khar Gym) bt Sachin Jadhav (JVPG) 15-13, 15-13

Doubles

Finals

C.S.Pawar & Sanjay Goyal bt Avinash Bhavnani & Carl Bokdawala 15-11, 13-15, 11-15, 15-14, 15-10

Semifinals

Avinash Bhavnani & Carl Bokdawala bt Sashi Gupta & Hari Sehnawa 15-10, 15-13

C.S. Pawar & Sanjay Goyal bt Sunil Goel & Insp. Pathan 15-13, 15-13

SPEED 93 INTER CLUB SQUASH

(12/04/2004)

Sahil Vora can bully players of his age with his robust approach. But he could do nothing against former national champion **Manish Chotrani** in the Men's Final of the **Speed 93 intra-club and Inter-club Squash Championship** at the **Cricket Club of India** courts. He lost 15-17, 1-15, 15-12, 16-17.

Vora fought tooth and nail but the mistakes he made while attempting winners cost him dear. Vora has taken big strides in respect of his stamina.

Deepali Anvekar claimed the Women's crown after a long time beating **Madhura Paranjpe**.

RESULTS :

Womens

Deepali Anvekar (Otters Club) beat Madhura Paranjpe (Bombay Gym) 15-4, 15-3, 15-3.

Mens

Manish Chotrani (Otters Club) beat Sahil Vora (CCI) 17-15, 15-1, 12-15, 17-16.

Men's over 35

Darius Surti (CCI) beat Gopi Mohite (Bombay Gym) 15-4, 15-8, 15-8.

Men's over 45

Chandrakant Pawar (Otters Club) beat Vaman Aple (Bombay Gym) 15-6, 14-15, 9-15, 15-2, 15-2.

ISP'S PAANCH PANDAVS HONOURED



Mahendra Agarwal (Director ISP) along with Paanch Pandavs from left Adesh Gamre, Vijay Sonawane, Rajesh Sonawane, Vijay Waghela and Kishore Bamanian at the Golden Jubilee event.

When the **Indian Squash Professionals** celebrated its **Golden Jubilee** at the **Khar Gymkhana** on February 1, 2004 on completion of its 50th tournament the Rs. 2 lakh prize money **HERO HONDA-ISP Golden Jubilee Squash Tournament** it was as a dream come true for all its 100 members on that memorable Sunday.

It was time for celebrations and reason enough to reminisce a rewarding and glorious past that began way back in 1992-93. In the process, ISP became the **first sporting NGO in the country to organise 50 tournaments**.

There were individuals who went into rewind mode and recollected some fascinating moments that led to their being awarded the **Best Professionals** for their significant achievements and contribution to their favorites sport.

Among ISP's members, who play a key role in the promotion and development of squash in Mumbai, were **Rajesh Sonawane** (Willingdon Catholic Gymkhana), **Vijay Waghela** (Khar Gymkhana), **Adesh Gamre** (Golden City Club, Vileparle), **Vijay H. Sonawane** (Andheri Recreation Club) and **Kishore Bamanian** (Juhu-Vileparle Gymkhana).

ISP's Paanch Pandavs were finally rewarded for efforts that extended from coaching to organising squash tournaments all over the city, as they proudly exhibited their glittering mementos.

The five also owed it to nine-time Professional champion and **ISP's founder directors Chandrakant Pawar and Mahendra Agarwal** for keeping the country's first NGO to organize **50 tournaments** afloat.

From organising tournaments, to conducting **clinics** and constructing squash courts in the districts, ISP's efforts began to reflect a revolution of sorts with more enthusiasts taking to the game.

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WORLD SQUASH DAY

The rise and rise of squash

(24/04/2004)



All participants at Jindal Squash Academy Thane - Vashind at the World Squash Day on 24 April 2004

It was **Sachin Tendulkar's** birthday. Yet, **Thane's** squash-enthusiasts celebrated **April 24** for other reasons not only was it **World Squash Day**, it was also the Birthday of their much-loved coach **Sunil Verma**. So how did they celebrate the day? Of course, by playing their favorite sport. And with as much fervor as they could garner! 100 kids from across Thane aged between 7 and 15 years, gathered at the **Jindal Squash Academy, Thane - Vashind**, and played squash until they could no more. What better gift could the coach expect!

This keen interest in a sport that was virtually nonexistent in the city just a few years ago can be largely attributed to the opening of **residential clubs** which provide **high quality squash courts** to their residents. And when the question of talent arises, there is no paucity of it in Thane. Already, as many as **seven children** from Thane have participated at various **National and State Level Squash Championships** organized by **Indian Squash Professionals**, better known as **ISP and Squash Racquets Association of Maharashtra**. Some of these kids had also participated at the **Milo All Star Junior Squash Championship** held in the first week of June 2004 in Malaysia.

Squash, for the uninitiated, is the newest of all racket sports. The sport was apparently invented at **Harrow School in England** by boys who kept knocking their turn to play a game of rackets.

Across the country, the popularity of squash is on the rise, not just among sport enthusiasts but also among celebrities. **Aamir Khan, Salman Khan, Akshay Kumar, Sachin Tendulkar, Sunny and Bobby Deol, Sanjay Dutt, Kapil Dev and Akshay Khanna** are among those who play Squash. The sport enjoys the support of many influential people as well as large Indian companies like the **Leela group and Jindal Steel**. Recently, when **ISP** organized the **50th Squash Championship, Ex-Prime Minister Atal Bihari Vajpayee** appreciated the sport in his letter saying, "Squash is gaining popularity both as a mean to achieve physical fitness. **The big B Amitabh Bachchan** says, 'It will come as no surprise to all of us to soon see **India** a strong contender the world over, in this dynamic sport.' Despite this rise in status of squash as a sport, it does not enjoy official status in Thane. One reason could be lack of facilities.

The good news is that **Verma**, who is himself an official coach at the **Jindal Squash Academy** and member of **ISP and SRAM**, intends to change this. In order to promote squash, **Verma** conducted a weeklong camp in mid May. The camp covered essentials of squash like **field training sessions, fitness and strength training, speed, squash technique and tactics and diet**. "In squash, **stamina** is as important as technique and if you dream of playing at international level, then it is equally important as technique and if you dream of playing at the international level, then it is equally important to develop both your stamina and your technique to match world standards," the ace coach explains.

Source: Times Of India

TULIP STAR - ISP DOUBLES & MEN'S TOP 8

Tulip members chip in for good cause

(1/4/2004)



At the prize distribution Ceremony: Mahendra Agarwal (Director ISP) and the sponsors of 'Tulip Star-ISP Doubles and Mens Top 8' tournament with all the winners.

One good deed deserves another. Seeing **ISP** organise one event after another the members of the **Tulip Star Health Club**, who play doubles squash, contributed Rs 10,000 each to make the 53rd ISP event possible.

The tournament received more than **48 entries** in the **doubles** and had players from **Chembur Gymkhana, Mandapeshwar Club, Goregaon Sports Club, Matunga Gymkhana, CCI, Bombay Gymkhana and Country Club** participating. Five years ago these clubs wouldn't have known what squash was.

People like **Vicky Kalludi, Mukesh Desai, Ganesh Jain, Vivek Abrol, Salim Mistry, Ayub Ghorri, Sunil Goel, Bunty Singh, Aslam Lashkaria** came together to make the event possible. **Kalludi** has already sponsored two squash tournaments and will sponsor one more in July 2004.

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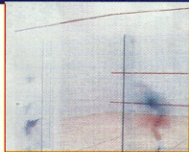
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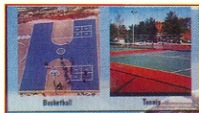


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INDIAN OIL OTTERS OPEN SQUASH CHAMPIONSHIP 2004

Alisha shows promise in final

(29/5/2004)



Winners of The Oters Open showing off their trophies

- by Pradeep Vijayakar

It is a tribute to his humility that on eve of the final **Saurav Ghoshal, India No.2**, said **Manish Chotrani**, before his home crowd would be a tough call in the men's final of the **Indian Oil Servo Oters Cup Open**. He reminded that Manish had beaten **Ritwik Bhattacharya** the National Champ on the courts. However in reality Manish did not rise to the occasion. Saurav mixed the game up far better to run away victor in straight sets.

Seventeen-year-old Ghosal's speed and court coverage was far too good for the liking of 34-year-old Chotrani. **He won at 9-7, 9-1, 9-3**. The opening set was the best. Ghosal, up 8-5 muffed a **backhand** and Chotrani drove home. Chotrani's **deep forehand** on the next point and a winning drive took the score to 7-8. But Chotrani's forehand error gave the initiative back to Ghosal. As he began getting big leads in the next two games, Ghosal began playing **some difficult shots** like the backhand overhead though not fully in position. That must have indicated to Chotrani that his opponent was a **tough nut to crack** and he faded away without a fight. Ghosal claimed a double beating Navy's **Vikas Jangra** to take the under-19 crown.

Chennai's **Joshna Chinappa** ruled the roost in the absence of her arch-rival **Mekhala Subedar**. She claimed the **under-19** and the women's titles. Chinappa routed **Sonali Philip** 9-1, 9-0, 9-0 in the juniors but had a little contest in the women's final. Here Mumbai teenager **Alisha Mashruwala** played some effortless winners which wrong-footed Joshna. But the Chennai girl, 17, is really strong and that carried her to a 9-4, 9-6, 9-5.

Among **professionals**, a new name came to light. Vijay Sonawane of Oters made it to the final where he lost to **Balamurugan**. He gave a fight in the third set. He says he plans to do better next time around. A new face was there in the over-45 with professional **Prakash Yelve** meeting **Vaman Apte** in the final. The match was well contested.

In girls under-15 **Surbi Mishra** showed promise. It is good to see talent from **Rajasthan** coming through not only from **Chennai** and **Maharashtra**. In the under-11 Sachika Balwani kept her nerve in face of competition from Chennai's **A.Anaka**.

RESULTS:

Mens

Mens

Saurav Ghoshal (Chennai) bt Manish Chotrani (Mumbai) 9-7, 9-1, 9-3

Womens

Joshna Chinappa (Chennai) bt Alisha Mashruwala (Mumbai) 9-4, 9-6, 9-5

Girls

U-19: Joshna Chinappa (Chennai) bt Sonali Philip (Chennai) 9-1, 9-0, 9-0

U-17: Alisha Mashruwala (Mumbai) bt Surbi Mishra (Rajasthan) 9-3, 9-0, 9-4

U-15: Surbi Mishra (Rajasthan) bt Aniwesha Reddy (Chennai) 9-1, 10-8, 4-9, 9-4

U-13: Aniwesha Reddy (Chennai) bt Harita Om Prakash (Chennai) 9-0, 9-1, 9-3

U-11: Sachika Balwani (Mumbai) bt A Anaka (Chennai) 9-7, 8-10, 9-4, 9-7

Boys

U-19: Saurav Ghoshal (Chennai) bt Vikas Jangra (Navy) 9-7, 9-4, 9-0

U-17: Sandeep Jangra (Mumbai) bt Manek Mathur (Mumbai) 9-0, 9-0, 9-1

U-15: Vikram Malhotra (Mumbai) bt Laxman Joshi (Mumbai) 9-3, 9-7, 9-0

U-13: Ravi Dixit (Delhi) bt Aditya Jagtap (Mumbai) 9-2, 9-3, 9-10, 2-9, 9-4

U-11: Mahesh Mangaonkar (Mumbai) bt Abhishek Prachan (Mumbai) 10-9, 8-10, 9-5, 4-9, 9-7

Professionals

B Balamurugam (Chennai) bt Vijay Sonawane 9-1, 9-2, 9-4

Over-35

Darius Surti (Mumbai) bt Deepak Moolani (Pune) 9-7, 9-1, 9-3

Over-45

Vaman Apte (Mumbai) bt Prakash Yelve (Mumbai) 9-1, 9-4, 9-7

INDIAN KID SHINES IN CANADIAN SQUASH

(25/04/2004)

Alad of **Indian origin, Arjun Gupta**, won the **under-13** event at the **2004 Canadian Jr. Squash National Championship**. The kid from Toronto scored over **Nicholas Sachvie of St. Catharines, Ontario** 4-9, 9-6, 8-10, 9-7, 10-8.

James van Staveren of Etobicoke, Ontario was third. Ottawa's Robin Clarke and Victoria's Jennifer Blumberg won **National Junior Squash titles**.



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SNAIKH DOES HIS BIT FOR MUMBAI SQUASH AGAIN

(17/04/2004)

Abdul Shaikh is a model for our Indian professionals. He was a professional in badminton at Central Railway Institute between the Western and Central railway platforms. He went to US and turned himself into a pro in tennis and squash. He comes back to India from time to time on a holiday and spares time to pass on his knowledge to the Bombay people.

Some 25 pros, parents and players benefitted from his experiences at the Khar Gymkhana. The clinic was about modern methods of physical and mental training at Khar Gymkhana on April 17 organized by the Squash Racquets Association of Maharashtra. The physical training section includes topics like periodisation (pre-season, in-season, post-season), flexibility (warm-up, cooling down), energy system, resistance, sprints, skipping, medicine ball training, Swiss ball stability and core conditioning among other things. Besides there were talks on relaxation, positive self-talk, activation, visualization, concentration and body language control.

CITY LADS SIZZLE AT MALYSIAN JUNIORS

(5/6/2004)

The city's two top U-11 boys squash players have taken their rivalry to Malaysia now. Mahesh Manganakar and Abhishek Pradhan took the courts in the U-11 final of the Malaysian Junior Open at the Astaka Squash Center in Petaling Jaya, Malaysia.

Manganakar, the top seed at the event, eventually prevailed 9-6, 9-7, 9-6 on a day that saw India's top seed women's players Joshua Chinappa claim the girls U-19 title beating third-fourth seed Malaysia Delia Arnold. The Chennai girl came from being a game down to win 3-9, 9-3, 9-5, 10-8 in 46 minutes. Top seed in the U-19 boys category, the National Junior Champion Sourav Ghosal lost the U-19 final to Pakistan's Khalid Atlas Khan 5-9, 3-9, 1-9.

Another Mumbai lad, Vikram Malhotra also made it to the boys U-15 final, but was mauled by Malaysia's Kamran Khan 2-9, 5-9, 0-9. Nessrine Ariffin beat top seed V. Anvesha Reddy 9-7, 5-9, 9-4, 9-0 in the semis on way to the girls' under-13 title.

Source: Express News Service

WORLD MENS RANKINGS JUNE 2004

Pos.	Player	From	Last Pos
1	★ Peter Nicol	Eng	1
2	★ Lee Beachill	Eng	4
3	★ Thierry Lincou	Fra	3
4	★ David Palmer	Aus	5
5	John White	SCO	2

PENANG INTERNATIONAL JUNIOR CHAMPIONSHIP

RESULTS :

BOYS UNDER 17

3rd/4th: Elvinn Keo (Pg) bt Harinderpal Singh (Ind) 9-4, 9-5, 9-9, 9-6

BOYS UNDER 15

Final: Kamran Khan bt Vikram Malhotra (Ind) 9-6, 10-9, rtd.

BOYS UNDER 13

Final: Aditya Jagtap (Ind) bt Rahul D'Cunha (Ind) 9-6, 7-9, 10-8, 9-4

BOYS UNDER 11

Final: Mahesh Manganakar (Ind) bt Tarun Nambiar (Ind) 4-9, 10-8, 8-10, 9-7, 10-8

3rd/4th: Abhishek Pradhan (Ind) bt T.Devamuthan (Sel) 9-4, 9-0, 9-0

GIRLS UNDER 11

Airin Abd. Rahman (Mel) bt Sachika Balvani (Ind) 10-9, 9-3, 7-9, 9-3

3rd/4th: Anika Sharma (Ind) bt Saumya Kharki (Ind) 10-9, 9-6, 9-3



PAWAR 50 AND NOT OUT

Insp. Pradeep Sharma and Swikriti Sharma celebrating Chandrakant Pawars Birthday.

WORLD WOMENS RANKINGS

Pos.	Player	From	Last Pos
1	★ Cassie Jackman	Eng	1
2	★ Rachael Grinham	UAS	2
3	Vanessa Atkinson	Ned	3
4	★ Natalie Grainger	USA	4
5	★ Natalie Grinham	Aus	5

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