





# Carlisle Squash Club Junior Open: Serves Up A Success

The Entry for this months Carlisle Squash Club Junior Open, sponsored by Armstrong Watson, at Carlisle Squash Club proved to be as big as ever, with over 90 players taking part from all over the country. The competition proved to be great with all competing players having a great weekend of squash; taking full advantage of the great facilities available at Carlisle Squash Club. All players received a goody bag provided by Armstrong Watson and Karakai. In particular the north west players did incredibly well in the tournament with them picking up 4 winners titles with another 5 players coming in as runners up; all of whom are part of the current North West Regional programme. Below is a list of all the results:

Age Group	Winner	Runner-up
Under 11 Girls	Jordan Corlett (Cumbria)	Erin Vitty (Northumbria)
Under 11 Boys	Harry Little (Northumbria)	Joseph Broadley (Carlisle)
Under 13 Girls	Rachel Tang (Cumbria)	Josie Barker (Northumbria)
Under 13 Boys	Lewis Southward (Yorkshire)	Ross Singleton (Cumbria)
Under 15 Girls	Georgia Webster (Northumbria)	Molly Tweddle (Cumbria)
Under 15 Boys	Stuart McGregor (Yorkshire)	Michael Andrews (Northumbria)
Under 17 Girls	Victoria Watson (Carlisle)	Ashleigh Hunter (Carlisle)
Under 17 Boys	Connor Sheen (Merseyside)	Elliott Carr (Northumbria)
Under 19 Boys	Tom Lee (Yorkshire)	Mitchell Parr (Cumbria)



# The Racketball Revolution: Making a big hit in Cheshire.

1 County, 12 Centres, 144 Hours, 450 matches and over 170 participants; and the Racketball Revolution is complete.

The racketball revolution was the exciting new pilot scheme launched by England Squash and Racketball **exclusively** to the county of Cheshire. This scintillating new initiative was the brain child of ESR's Cheshire development Coach, Anna Vaughan Hawkins and involved her visiting 12 designated leisure centres across the county; playing 12 hours of racketball at each from 8am to 8pm and inviting anyone, any age and any ability to come down and give it a try. But fear not before you ask Anna did not ask each participant to play 12 hours' worth of racketball but instead just too merely go along pick up a racket and give the fastest growing racket sport in the UK a go. The reasoning behind this exciting new pilot scheme was to increase racketball participation in leisure centres across Cheshire, bringing new players and beginners into the sport at a recreational level, building in to England Squash and Racketball's national target of increasing participation in both racketball and squash.

It is also key to remember for anyone that compares it or classes it under the same remit as squash and then questions their ability and age to be able to play, to not do so. Racketball is and should always be classed as a sport in its own right, and unlike its sister sport squash, Racketball has a larger bouncier ball with a larger racket making it easier to play and easier to get a rally going. So if you are looking to get active, meet new people and have fun then Racketball is indeed the sport for you; as it not only burns up to 700 calories every time you play but it can be played by all ages and all abilities!

The success of this never been done before pilot scheme can be put down to the hard work and strong partnership between the leisure centres, the north West team at England Squash & Racketball and most importantly it's inventor and challenger Cheshire Development Coach Anna Vaughan Hawkins. The Revolution started off strong at it's first leisure centre Macclesfield, with 18 people signing up to the scheme at the centre and registering a keen interest in carrying on with the sport; it gave the Revolution a momentum that carried on throughout the whole of the revolution, spreading the Racketball Bug to all those that have crossed it path.

So tell your friends, get involved, head down to your local leisure centre and pick up a racket and give the fastest growing racket sport in the UK a go!

For More information on where you can play racketball please call:  
Anna Vaughan Hawkins at 07787 254818  
Sarah Chatterley 0161 438 4307

You can also follow the North West team on Twitter @ESR\_NorthWest for more updates and goings on in the region.



# **Cheshire Court Challenge Series:**

## **Enter NOW**

So 12 Centre's, 144 hours, 450 matches and over 170 participants later the Racketball revolution visited its last centre! But fear not its not over yet.... for all those that had the chance to participate and for all those that missed out, the next stage of the Revolution comes in the Form of **3 Squash and Racketball Court Challenge Series around the county of Cheshire.**

The Court Challenge Series is based on localised competition for racketball and Squash players of all abilities and ages. Aimed particularly at participants who play in leisure centres with their friends, colleagues or in a box league, alternatively it may also appeal to participants that have been on beginner/intermediate courses and are looking to play in a friendly organised competition.

The entry fee is £10 for both adults and juniors and is incentivised with t-shirts for every player, an ESR annual membership, plus the chance to win the 'winner's jersey' , magazine subscription and prizes including winners racket and runners up Dunlop back pack.

**As mentioned above each court challenge series will be split up based on ability, as it based around the idea of providing a Fun and enjoyable providing a great place to meet new people!**

### **Court Challenge Series: Venues & Dates**

Macclesfield Leisure centre: Saturday 14th Jan

Moss Farm Leisure centre: Sunday 15th Jan

George H Carnell centre: Sunday 22nd Jan

To Enter Click on the link below, fill in the form and either email it back and make a payment over the phone or send in the post. Or visit the North West Web page on the ESR Website



**<http://www.englandsquashandracketball.com/clubs/in-your-region/north-west>**

**Email:** Sarah.chatterley@englandsquashandracketball.com

**Address:** Sarah Chatterley, National Squash Centre, Sportcity,. Manchester. M11 3FF

# **North West U11 Squash Festival**

**Under the age of 11, interested in Squash, have the ability to serve a ball and live in the North West? Then enter out North West under 11 Squash Festival!**

Entry Fee is just £5 (to be paid on the day) and all you need to do is email/phone us with your child's name, DOB, email address and contact number to.

The day will consist of lots of fun matches with the regional Lead, Chris Lengthorn on hand to offer advice, support and spot potential players to invite into the North West regional programme.

## **Criteria**

- Under the age of 11
- Over the age of 6 years old.
- Must be able to serve.

**Dates:** Saturday 28th January, 10.00- 4.00

**Venue:** National Squash centre, Sportcity, Manchester M11 3FF

**Cost:** £5 (to be paid on the day)

## **How to enter**

Call/ email Sarah Chatterley with your **Child's name, DOB & Contact info (email & number)**

Tel: 0161 438 4307

Email: [sarah.chatterley@englandsquashandracketball.com](mailto:sarah.chatterley@englandsquashandracketball.com)

**Closing Date: 20<sup>th</sup> January**



# EXPLORE AND GET INVOLVED...

## TWITTER

The North West Team are now LIVE on TWITTER! So FOLLOW us on: **@ESR\_NorthWest** for updates on tournaments, competitions, Team England News, Regional News, Coaching, courses, funding, opportunities to play and much more. We are also using the world of twitter to promote everything that's going on in the North West so if you have anything that you want promoting and advertising then let us know!

Tweet You later!



## JUNIOR SQUAD

England Squash & Racketball have recently launched the new exclusive **Junior Squad Membership Club** designed for juniors aged 6-11 and 12-19; the club is led by mascots Seb, Steph and Benson. Membership is available to all juniors and squad members receive a membership pack containing lots of exclusive goodies, and access to the squad zone of the website where as a member you'll be able to create your own individual profile, add your profile picture, tell other members a bit about yourself and embed your favourite YouTube videos and see your friends profiles and videos too!

Each member also has access to our online forum to discuss training, events and any other squash or racketball news. Link your profile into the forum so you can show everyone your favourite videos and see what other people are watching, or start a thread for your local club or an upcoming tournament!

Everyone is given special access to the pro-zone where you can get all the latest top tips to help you improve your game. Plus view all of our latest videos and get regular tips and hints from all of the England players including Nick Matthew and Jenny Duncalf. And, you'll be able to download wallpapers for your computer, door hangers, spot the difference and plenty of pictures of Seb, Steph and Benson. Plus don't forget you can only play our online squash and racketball game if you become a squad member!

All this for only £10 per year! For more info and to become a member visit:

[www.juniorsquad.com](http://www.juniorsquad.com)





## [www.OrganiseMyGame.com](http://www.OrganiseMyGame.com)

*The UK's first Sporting Social Network that organises your games!*

- **We can list players** who want to play near your
- **We can send game requests** by email, text and online
- **We show players responses** in your gaming calendar
- **We have players email, mobile** and address details so you don't need to
- **You can invite** multiple players to a game (First come first served)
- **You can find** new players
- **You can message** other players in your friends list

OMG facilitates organising games with players by **text, email** with a simple to use website. It stores the emails, phone numbers and addresses of players so **you don't have to**.

OMG can **send game requests free** of charge by text and email. Show replies and manage double bookings so you can organise games in seconds. Games can be organised without having to worry about double booking or forgetting when, where or who you are playing.

\* In January 2012 we are rewarding our members with free Squash Rackets. Simply use OMG to organise your games and respond to game invites to be in with a chance to win thanks to our sponsors at [www.iSQUASHstore.com](http://www.iSQUASHstore.com)

**never text, email or phone players  
again!**

**sign up now and get free unlimited text and emails to organise your games**

**[www.OrganiseMyGame.com](http://www.OrganiseMyGame.com)**

## NW Regional Contacts

North West Regional Office, National Squash Centre, Sportcity,  
Manchester, M11 3FF  
Office Phone: 0161 438 4307

[angela.cwaczko@englandsquashandracketball.com](mailto:angela.cwaczko@englandsquashandracketball.com)  
(Regional Manager)

[Sarah.chatterley@englandsquashandracketball.com](mailto:Sarah.chatterley@englandsquashandracketball.com)  
(Regional Administrator)

[YOU CAN NOW FOLLUS ON TWITTER: @ESR\\_NorthWest](#)

## NW DEVELOPMENT COACHES

Chris Lengthorn - NW Regional Lead  
[chris.lengthorn@englandsquashandracketball.com](mailto:chris.lengthorn@englandsquashandracketball.com)

Andy Breen - NW Development Coach Merseyside  
[breen\\_drew@hotmail.com](mailto:breen_drew@hotmail.com)

Anna Vaughan Hawkins—NW Development Coach Cheshire  
[annarvaughan@hotmail.com](mailto:annarvaughan@hotmail.com)

## COUNTY ASSOCIATIONS

Cheshire Squash  
<http://http://cheshiresquash.com/>

Lancashire Squash  
[www.lancashiresquashandracketball.co.uk](http://www.lancashiresquashandracketball.co.uk)

Merseyside Squash  
[www.merseysidesquash.com](http://www.merseysidesquash.com)

Cumbria Squash  
[www.cumbriasquash.co.uk](http://www.cumbriasquash.co.uk)

NW Counties Squash League  
[www.nwcsi.org](http://www.nwcsi.org)

## COUNTY SPORTS PARTNERSHIPS

Greater Manchester Sport Partnership  
<http://www.greatersport.co.uk>

Merseyside Sports Partnership  
<http://www.merseysidesport.com>

Lancashire Sports Partnership  
<http://www.lancashiresport.org.uk>

Cheshire & Warrington Sports Partnership  
<http://www.cwsportspartnership.org>

Cumbria Sport Partnership  
<http://www.cumbriasport.com>

## OTHER USEFUL CONTACTS

[www.englandsquashandracketball.com](http://www.englandsquashandracketball.com)  
[www.englandsquashmasters.com](http://www.englandsquashmasters.com)

If you have any GOOD NEWS STORIES about your club, players, tournaments or events, please email them in with a Photograph so we can feature them in the next NW Regional Newsletter.

*Angela & Sarah*