SQUASH TIME
NOV'19 EDITION

HCL SRFI INDIAN TOUR
CHENNAI LEG

HCL SRFI SUB JUNIOR/JUNIOR
NATIONAL CHAMPIONS 2019

REFEREE CLINIC

SRFI RANKING

WWW.INDIASQUASH.COM
1. National Circuit

2. PSA Results

3. IndiaSquash TV

4. Squash Family

5. SRFi Ranking
Keen competition from 155 participants formed a feature of this event with good strength of entries in most categories. Farman Khan and Radhika Rathore emerged the men’s and women’s champions. Overall a well-conducted championship, conducted under aegis of the Madhya Pradesh Squash Rackets Association and SRFI. Mrs. Shivprabha Singh, Chairperson, GS Squash Foundation was the Chief Guest at the Opening Ceremony while Mr. Sumer Singh, President, Education Salad was the chief guest on closing. I am heartened by the response of players, it is good to identify fresh talents and this will be a good inspiration for them, said Secretary MPSRA, Dr. V.K.Dabas while thanking the Chief Guests and the SRFI for all their support and encouragement.

The CNS stadium in Palayam locality was the centre of attention for 102 squash enthusiasts for three days as all players from Kerala attended a well-organised championship. Competitions were held in all age categories aside from men and women which made this two-star event, held under the aegis of the Kerala State Rackets Association and SRFI a complete one. R.V. Rejin Raj and B. Neeraja rose to become the men’s and women’s champions. The championship was a great opportunity for the state talents to show their mettle. Squash in Kerala is going from strength to strength, said Anil Mathew, Secretary Kerala Squash. The closing ceremony was conducted with Sri. Loknath Behera IPS (DGP & State Police Chief) as the chief guest. Other noted guests who attended the ceremony were Sri. Manoj Abraham IPS (ADGP-Head Quarter), Sri. S Rajiv (Secretary, Kerala Olympic Association), Smt. Dhanya Sanal, IIS (Chief Spokesperson, Ministry of Defence), Col. S Pillai and Rajiv Reddy (SRFI).
The J J Sports Academy was the venue for this inaugural four-day, one Star event conducted under the aegis of the Tamil Nadu Squash Rackets Association and the SRFI. Competitions were held in most age categories including men. Entries had come in from various parts of the country and overall it was a well contested tournament where top seeds were to the fore. We are happy to have conducted an event in a new location with good participation from other state players, said K. Rajendiran, General Secretary Tamil Nadu Squash Rackets Association.
HCL-SRFI SUB-JUNIOR / JUNIOR NATIONAL CHAMPIONSHIP; (16 - 22 OCT) | 7 STAR
Indian Squash Academy

Tremendous is the word to describe the competition as the country’s best known juniors and several aspiring young-sters made it a memorable congregation at the Indian Squash Academy in Chennai. Held alongside the PSA event, specially to inspire the young players, the move of the HCL and SRFI combine seemed to rub off well as the contests in the nationals showed. Of course surprises were few in the end but two Tamil Nadu boys, Darshil Parasrampuria (U-11) and K.S. Arighth (U-13) showed their mettle by winning the titles against odds. It was nice to see Maharashtra’s Yuvraj Wadhwani graduate to higher category (U-15) in style by emerging victor at the expense of the top seed and favourite Paarth Ambani. Neel Joshi & Yash Fadte looked dominant while they won the U-17 & U-19 titles respectively. In the girls’ section while Delhi’s Anahat Singh (U-13) and Sanya Vats (U-19) underlined their superiority, the surprise came in the U-15 section where Tiana Parasrampuria of Maharashtra and Tamil Nadu’s Pooja Arthi stole the thunder by finishing one and two. Table Tennis sensation Sathyan along with Rajat Chandola, GM - Marketing & Brand Strategy & Cyrus Poncha, Secretary General SRFI, gave away the prizes to the medal winners. While parting Cyrus Poncha Secretary General SRFI said The overall standard and competitiveness of our players has certainly increased, these are good signs for Indian squash.
A PSA event with rich participation is proving a big welcome to Indian squash talents. The Chennai leg did not see an Indian winner but Mahesh Mangaonkar did himself proud by making it to the final but Indian challenge in the women did not cross the quarters with Sunayna Kuruvilla's exit. Harinder Pal Sandhu, coming into serious competition after a long absence, showed he still can be a surprise package. Dismissing Egyptian and fourth seed Shehab Essam was his first noteworthy move and then Mahesh, the second seed himself got a taste of his country-mate's fighting abilities in a five-game semi final encounter. Aditya Jagtap was the other Indian semi-finalist. In the final however Mahesh's heroics did not work ultimately against top seed Malaysian Ivan Yuen though the contest went full distance. Ivan won 7-11, 12-10, 11-6, 5-11, 11-8. The women's winner was also a Malaysian, the experienced. Rachel Arnold who beat her team mate Wen Li Lai 11-1, 11-4, 6-11, 11-5. There was a good sprinkling of Indians in the event and in keeping with the promoters ideal and SRFI goal, the PSA tournament did the job of inspiring young squash minds, since it was held alongside the sub-junior and junior national championship. Our effort has been to give the sport a thrust by having the juniors mingle with the senior pros. Watching the seniors in itself was an education for the up and coming talents. We are looking to greater awareness for the sport in the days ahead, said D. Sarangi, IAS (retd.), President SRFI who gave away the prizes along with Sundar Mahalingam, Chief Strategy Officer, HCL, V. Baskaran, Olympian (Gold Medalist Hockey) & Cyrus Poncha, Secretary General SRFI.

LIFE TIME CHICAGO OPEN 2019 (16 - 20 OCT)
Chicago, United States

Semi Finals :
11-3, 11-5, 11-5 (39m)

Quarter-finals :
8-11, 11-9, 11-6, 11-9 (50m)

2nd Round :
11-4, 11-4, 11-9 (40m)
2019 FS INVESTMENTS U.S. OPEN SQUASH CHAMPIONSHIPS (05-12 OCT) | PLATINUM
Philadelphia, United States

3rd Round :
12-10, 11-6, 11-7 (32m)

2nd Round :
[12] Joshna Chinappa (IND) bt Donna Lobban (AUS) [h2h]
7-11, 11-3, 11-6, 10-12, 11-9 (50m)

CIB PSA WOMEN'S WORLD CHAMPIONSHIP 2019-2020 (24 OCT - 01 NOV)
Cairo, Egypt

3rd Round :
11-5, 11-3, 11-6 (21m)

2nd Round :
[12] Joshna Chinappa (IND) bt Ho Tze-Lok (HKG) [h2h]
11-5, 11-4 ret. (12m)

1st Round :
[12] Joshna Chinappa (IND) bt Haley Mendez (USA) [h2h]
9-11, 12-10, 8-11, 11-6, 11-6 (49m)

1st Round :
[17] Nele Gilis (BEL) bt Sunayna Kuruvilla (IND) [h2h]
8-11, 11-7, 11-4, 11-5 (40m)

JOSHNA CHINAPPA

SUNAYNA KURUVILLA

WATCH ALL THE MATCHES LIVE @ www.indiasquashtv.com
CIB EGYPTIAN SQUASH OPEN 2019 (25 OCT - 01 NOV) | PSA WORLD PLATINUM

Cairo, Egypt

3rd Round:
[9/16] Fares Dessouky (EGY) bt [9/16] Saurav Ghosal (IND) [h2h]
11-6, 11-5, 11-5 (42m)

2nd Round:
[9/16] Saurav Ghosal (IND) bt Yip Tsz Fung (HKG) [h2h]
11-9, 11-5, 11-4 (43m)

1st Round:
Ryan Cuskelley (AUS) bt Vikram Malhotra (IND) [h2h]
11-7, 11-7, 11-7 (31m)

1st Round:
Mostafa Asal (EGY) bt Ramit Tandon (IND) [h2h]
11-5, 11-3, 11-9 (42m)

LAUNCHING SOON!!

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• Event calendar
• Event Registration / Withdrawal
• Tournament Page
The sub-junior and junior national championship came in handy to conduct a Referees clinic as a routine exercise to brush up the officiating standards. In all 20 Referees who were doing duty in the nationals took part where Mr Srikanth Seshadri, WSF World Referee & SRFI Director Referees took pains to explain the various rules to tone up the officiating levels. There was bright interaction in this one-day session and at the end of it, the general refrain was one of satisfaction and clarity.

On October 11, 2019, Cyrus Poncha was in New Delhi to attend a meeting called by the Ministry of Youth Affairs and Sports. During the meet Mr. Poncha had a chance to personally interact with the Union Sports Minister Mr Kiren Rijiju. Top officials, Radhey Shyam Julaniya, IAS, Secretary (Sports), Sandip Pradhan, Director General, SAI and IOA President Mr Narendra Batra, were among those in attendance for this meet.
PROTEINS – PLANT BASED VS ANIMAL BASED

Sport Nutrition Tips

- Did you know that plant based proteins provide Antioxidants called Phytonutrients?
- Animal based proteins give you a higher Essential Amino acid content.
- Consuming a plant based protein may give you a much lower leucine content.
- If supplemented correctly, plant based proteins can yield better results than animal based proteins.
- Whey vs Soy protein - Which has the quickest digestibility?

Here is a graph comparing the EAA and leucine content of animal-based proteins to plant-based proteins.
HCL SQUASH PODIUM PROGRAM

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- NATIONAL CIRCUITS
- PSA CHALLENGER TOUR
- WSF REFEREE PROGRAMME
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