UPCOMING PSA EVENTS IN INDIA

EASTERN SLAM CHAMPIONS

THE SRFI OFFICIAL APP
SRFI RANKING
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December 2019 Edition

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NORTHERN INDIA SQUASH CHAMPIONSHIP, NEW DELHI, 02-06 NOV | 3 STAR
Delhi Gymkhana Club

Competitions were held in all age categories for boys and girls aside from Men O45yrs with around 260 entries coming in for this three-star event conducted at the Delhi Gymkhana Club under the aegis of the Squash Association of Delhi. In 6 of the 11 categories, players other than the top seeds came under the limelight. “It was nice to see new talents rise. Hopefully they would continue the positive work and emerge stars of tomorrow,” said Bhuvneshwari Kumari Secretary, Squash Association of Delhi.

EASTERN SLAM SQUASH CHAMPIONSHIP, KOLKATA, 09-11 NOV | 5 STAR
The Calcutta Racket Club

Two finals of contrasting styles in the U-19 section featured in this 5-star SRFI event. Delhi’s Sankalp Anand had always found converting a good start into a fruitful result. Not this time though for the top seed as it required an energy sapping five games for this Delhi lad to ensure the title-win against Navaneeth Prabhu of Tamil Nadu. However for Ananya Dabke, in the girls section, the exertion was less with top seed Tanya Parakh of West Bengal unable to last beyond three games. “Happy about the successful conduct of the event. Matching the efforts was the competition of the players, most of them impressing,” said Binod Kankaria, West Bengal Squash Rackets Association.
Contrasting fares formed the feature of the U19 finals, the showpiece event of this three star event. While Chandigarh’s Prithvi Singh, the top seed in the boys section hardly broke a sweat on his way to title-triumph, the girls side saw Delhi’s Gurlin Kaur demolish the top seed Chandigarh girl Jannia Singh in five well contested games before succumbing to the class show of second seed Mumbai girl Ananya Dabke, the eventual winner. Ananya bagged the women’s title too, again beating Gurlin there to make it a memorable double. The men’s winner was Delhi senior Gaurav Nandrajog who had a smooth sailing. The event provided a wide opportunity for men participants as competitions stretched up to over 60 years category. “The idea was to provide opportunities to all. Good to see over 300 entries for this event and keen competition too,” said Paramjit Singh, Secretary, Squash Rackets Association of Chandigarh

Just about the best thing that happened was the emergence of new talent to the forefront. None personified this better than Delhi’s unseeded Nandini Jain in the girls U-17 section and Chandigarh's Shivamraaj Gulati in the Boys U-19 category. Both were respective winners in their section. Mention has also to be made of Chhavi Saran, the second seed in the Girls U-13 section. The Rajasthan girl showed that no match is won until the last point is decided. Down two games she fought back to win the next three against Piya Singh, a 3/4 seed from Maharashtra for the title. Though the total entries just tipped the 150 mark, the event presented total entertainment thanks to the keen competition. “Satisfied with the way the young talents have responded to the challenges. New players coming up is a good happening for the sport,” said Paramjit Singh, Secretary, Squash Rackets Association of Chandigarh
The Squash Rackets Federation of India has henceforth decided to schedule the (Senior) National Championships in the month of February every year. The 2020 edition has been finalised for February and will be hosted by the Tamil Nadu Squash Rackets Association as part of the 20th anniversary of the Indian Squash Academy.

The Committee took note of the recommended period of the WSF and PSA to hold the national championships as this is being followed in other squash playing countries. With seven Indian players currently in the top 75 ranking in the world, conducting the Nationals in February would ensure participation of all leading players, thereby enriching the national competition. The National Championships will also be used as a selection event for the Asian Championships that are usually held in April/May every year.

February is also the time when the weather throughout the country is mostly pleasant, thereby making it even possible to have portable glass courts placed in open arenas.

With tournaments in the country on the rise as also participation, the expectation is that having the nationals on fixed month in the year could bring about a surge in the participation level and through it an improvement in the playing standards.
PSA RESULTS

PSA MEN'S WORLD CHAMPIONSHIP 2019-2020 (08 - 15 NOV)
Doha, Qatar

3rd round:
11-6, 11-8, 14-12 (50m)

2nd round:
[10] Saurav Ghosal (IND) bt Lucas Serme (FRA)
11-8, 11-5, 11-5 (36m)

1st round:
[10] Saurav Ghosal (IND) bt Mahesh Mangaonkar (IND)
11-7, 11-7, 18-16 (56m)

1st round:
Declan James (ENG) bt Vikram Malhotra (IND)
8-11, 1-11, 11-5, 11-3, 11-6 (51m)

1st round:
Borja Golan (ESP) bt Ramit Tandon (IND)
11-9, 11-6, 11-3 (31m)

1st round:
[10] Saurav Ghosal (IND) bt Mahesh Mangaonkar (IND)
11-7, 11-7, 18-16 (56m)

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PSA RESULTS

CHANNEL VAS CHAMPIONSHIPS AT ST. GEORGE'S HILL 2019 (19 - 24 NOV) | GOLD
London, England

Quarter-finals:
5-11, 11-9, 11-9, 10-12, 12-10 (85m)

2nd Round:
11-3, 11-5, 11-5 (37m)

SAURAV GHOSAL

LONDON OPEN 2019 (20 - 24 NOV) | PSA CHALLENGER TOUR W12K
London, England

Quarter-finals:
6-11, 11-3, 11-7, 11-7 (25m)

2nd Round:
[9/16] Sunayna Kuruvilla (IND) bt [8] Nicole Bueyan (CAN)
11-2, 6-11, 12-10, 11-7 (44m)

1st Round:
[9/16] Sunayna Kuruvilla (IND) bt Torrie Malik (ENG)
11-2, 11-9, 11-3 (33m)

SUNAYNA KURUVILLA

PACIFIC TOYOTA CAIRNS SQUASH INTERNATIONAL 2019 | PSA CHALLENGER TOUR W6K
Cairns, Australia

Semi-finals:
Yura Choi (KOR) bt [6] Sachika Balvani (IND)
14-12, 11-2, 11-8 (27m)

Quarter-finals:
11-8, 11-3, 14-12 (30m)

1st Round:
[6] Sachika Balvani (IND) bt Kurstyn Mather (AUS)
11-8, 11-3, 11-5 (20m)

SACHIKA BALVANI
PSA RESULTS

ASTON AND FINCHER SUTTON COLDFIELD INTERNATIONAL | PSA CHALLENGER TOUR M6K
Sutton Coldfield, England

Semi-finals:
11-5, 12-10, 11-7 (42m)

Quarter-finals:
10-12, 9-11, 11-8, 11-5, 11-7 (78m)

2nd Round:
8-11, 11-9, 11-9, 11-8 (67m)

UPCOMING PSA EVENTS

JAIPUR (30 JAN - 02 FEB)  INDORE (18 - 22 APR)
TRIVANDRUM (02-06 MAY)  CHENNAI (26-29 APR)
PUNE (13-16 JUN)  NOIDA (11-15 JUL)
NORTHERN INDIA SQUASH CHAMPIONSHIP, DELHI
02 - 06 NOV | 3 STAR

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(PASSPORT/PAN CARD/DRIVING LICENCE/AADHAAR CARD)
WHICH HAS YOUR DATE/MONTH/YEAR OF BIRTH
IN ORDER TO BE A VALID I-SPIN MEMBER

HCL SRFI INDIAN TOUR
MUMBAI LEG
17 - 21 DEC 2019
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INDIA TV
# How to Approach Off-Season in Squash

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<th>Step 0 (Planning): Recommended duration: 8-10 weeks twice a year or 16 weeks once a year</th>
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<td>Step 1: Post Season: 7-10 day complete break from Squash and Strength training</td>
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<td>Step 2: Start of Off-Season: progress gradually in first 1-2 weeks</td>
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<td>Step 3: During Off-Season: Give highest priority to weight room &amp; conditioning work</td>
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<td>Step 4: During Off-Season: Squash training to be low volume (3-4 times/week) focusing on skill enhancement</td>
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<td>Step 5: End of Off-Season: Transition to more volume and intensity in Squash, reduce Strength training volume</td>
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## Nutrition Tips for Off-Season:
- Eliminate any nutritional deficiencies by focusing on micronutrient intake through natural sources
- Inculcate good habits - Fruit and vegetable intake, Hydration, Sleep hours
- Good time to focus on increasing muscle mass

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