

Junior Squash "Drop-in" SUNDAY LEAGUE 2009-2010



AT BETHESDA SPORT&HEALTH

The Sport&Health Fall/Winter 2009-2010 Weekend League Program will have drop-in round robins playing at Bethesda Sport&Health. Matches on Sundays from 12:30-2:00pm will be facilitated by a Bethesda Squash Pro and will include match play tips. All results will be recorded and put into the Sport&Health Ratings Ladder.

RANKING: As per the Sport&Health Ratings ladder.

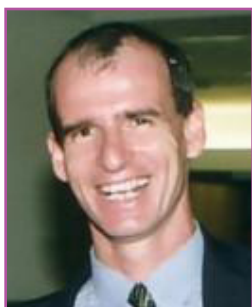
COST: Casual rate: \$20/day members, \$25/day nonmembers

UMPIRING: Participants gain knowledge and confidence from umpiring games and should mark/umpire on occasion. Advise a senior team member or a coach/supervisor if you need assistance.

SCHEDULE: The program will be run most weekends through Fall/Winter though not on Sport &Health tournament weekends. Please drop us a line if you are planning to attend.

THE COACH: Rod Barnes learned to play squash through the 1980's in Brisbane, Queensland during a golden era in Australian squash. Rodney and Brett Martin, Rodney Eyles, Chris Robertson, Tristan Nancarrow and many others that played in Brisbane through that period went on to be some of the world's top players. Rod chose a different path through life, sitting in an office chair, throughout this easy lifestyle he has made a habit to find time to get out on the court and whine about how much joint pain he is in, suggesting that lesser men would be in wheelchairs. To his credit he has maintained a state grade standard for 25 years and in his 40's still holds close to a 6.0 NCSRA rating, remaining one of the top players in the tri-state area.

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Rod Barnes

sport&health

BETHESDA

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