BLACKHEATH SQUASH

NEWS & UPDATES

CLUB TOURNAMENTS 2025
Revised Dates:

Singles	Quarter Final	Play by Sunday	29th June 2025
	Semi Final	Play by Sunday	12th July 2025
Over 45's	Quarter Final	Play by Sunday	29th June 2025
	Semi Final	Play by Sunday	13th July 2025
Racketball	Semi Final	Play by Sunday	15th June 2025
Over 60's	Semi Final	Play by Sunday	13th July 2025
Doubles	Semi Final	Play by Sunday	13th July 2025
Singles Plate	Second Round	Play by Sunday	22nd June 2025
	Quarter Final	Play by Sunday	29th June 2025
	Semi Final	Play by Sunday	13th July 2025

Finals night is now Friday 18th July

If you are in the tournaments please check the revised dates and contact your opponent to arrange your match.

The previous winners of the Club Tournaments going back over seventy years can be found on our website:
Blackheath Squash Club Tournaments

Any questions please email info@blackheathsquashclub.com

SquashLevels

All of the top 3 had a double-digit improvement last month:

- **Samuel Adebiji improved by 16.5%, with some amazing tournament results, to reach a level of 1,409**
- **Jonathan Murphy's rise up the box leagues has seen his level improve by 13.6% to 493**
- **Omar Badr has a similar rise of 13.4% to reach 542 which also reflects his rise up the box leagues**

Keep it up!

A big thanks to Dan Mogridge for providing the monthly stats!

SquashLevels is very simple to set up and a great way to track your progress. If you have any questions or need help with SquashLevels please let us know: info@blackheathsquashclub.com

BOX LEAGUES

Winners this time round!

1. **Abishek Jaywant**
2. **Lloyd Campton**
   George Agar
   Simon Haworth
3. **Ashley Kisnay**
   Omar Badr
4. **Simon Dempsey**
5. **Stuart Gibbs**
   Guy Head
6. **Tom Beckwith**
7. **William Hirth**
8. **Noah Watkins**
9. **Florin Stoian**
10. **Vincent Sanchez**
11. **Natasha McFann**
12. **Shammus Sultan**
13. **Patrick McAndrew**

Well done to Abhishek for playing and winning all your matches in Box 1!

The current Racketball Box league is due to finish on the 30th June 2025 when it will split into two leagues

If you would like to join the squash boxes send an email to:

blackheathboxleague @gmail.com

If you would like to join the Racketball Box League send an email to:

info @blackheathsquashclub.com

Upcoming events and calendar

Let, no let or stroke game?

Play the "Let, no let or stroke" game!

Check out the videos below and decide what your call would be if you were refereeing the match!

These videos may help to clarify some those situations on court when you and your opponent are unsure of the call?

Watch the videos and then check your call against the official decision.

Video One   - Let, no let or stroke?
Video Two   - Let, no let or stroke?
Video Three - Let, no let or stroke?
Video Four   - Let, no let or stroke?
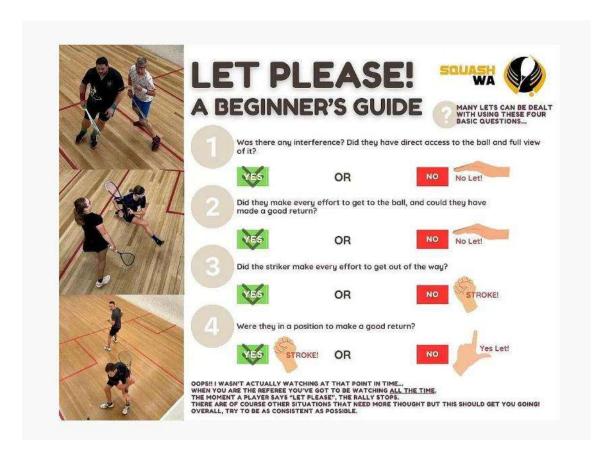Video Five   - Let, no let or stroke?
Video Six   - Let, no let or stroke?

Click on this link "check your refereeing calls" below to find the answers.

How many did you call correctly?

There is also an informative youtube site with more examples:
So you think you can ref?

CLUB AGM – 28th AUGUST 2025

The Squash Club Annual General Meeting will be held on Thursday 28th August 2025 in the main Sports Club bar area. This event provides an excellent opportunity to meet the committee once again and learn more about how they manage the club and ensure its (mostly) smooth operation.

If you want to learn more, or contribute to the running of the squash club, this is a great opportunity to explore further!

SQUASH DRILLS & TIPS

We have created a new section on our website where we will include links to videos and content that may help you improve your game.

DRILLS AND ROUTINES TO IMPROVE YOUR GAME

Something different this month
A podcast "Between the Lines" with Laura Massaro and elite performance coach Ahad Razahis.

What separates world class squash players from everyone else? It's not just talent, it's focus, strategy, mindset and the ability to keep learning. Well worth a listen with many insights into the game of squash!

Comedy Corner