

squash

Men and women interested in joining should contact
squash@rhkyc.org.hk

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It's all over! Well done Yachties!



RHKYC receive the wooden spoon!

would be honoured to have him play with us again next year.

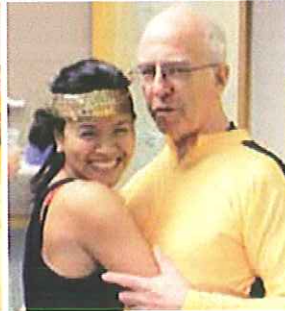
We would also like to thank the RHKYC for generously donating a sail training course voucher, and those members who have donated so kindly to the charity. So, in the spirit of our team's outfits for this year, let us end this report with a quote well suited to the cause, from Bruce Lee himself: "Real Living is Living for Others".



Kung Fu Squash from Andy Ho



Hot and Sweaty Iggy spreading the love!



Team convener Adrian Peirse keeping up inter-club relations

A Spoonful of Squash in this edition of the RHKYC Squash News:

The Wing Ding Charity Squash Tournament, held on Saturday 20 November at the HKFC, was a great success for three reasons: it raised HK\$1,100,000 for the needy in Hong Kong and China under Operation Santa Claus, it was highly entertaining for spectators and players alike, and our team, sporting full length orange sparring outfits reminiscent of Bruce Lee's glory days, won the coveted prize in the shape of a spoon, all hand-carved out of solid wood – for finishing (for lack of a better word) "DFL".

Big thanks go out to our team convener Adrian Peirse who puts in the long hours each year to get the team playing on the day, to our authorised "couturières", head seamstress Sarah Stewart and her trusted apprentice Angus for never failing to deliver original and sometimes revealing outfits, and to our 10 squash players, all game from start to finish: William, Peter, Andy Ho, Elliot, Andrew Sullivan, Paul Denham, Ignacio Aguilar, Chris Kay, Adrian Peirse and Susie. They played hard squash for 13 matches back-to-back. Then, after catching their breath, they got up and cheered their teammates on till the very last buzzer! So maybe we did finish last, but

as we see it, we finished First in Class, as the loudest and most supportive team there!

A special mention goes out to our No.1, William Fan, kindly "borrowed" from the HKFC to fill the position nobody dares to play in. His task was to play 52 minutes of high octane squash against the best players in Hong Kong. At 58 years old, you'd think that would be a big ask, equivalent of a bowman having to douse an A1 kite in 25kts with his hands tied behind his back and the leeward mark approaching fast! Well, William kept his cool and gave his much younger opponents a real run for their money. It was quite a spectacle to finish off the tournament, and though he may only be a land-based human, he showed us he has the true will of a Yachtie, and we



Team RHKYC in Bruce Lee outfits

The internal league

November remained relatively quiet, with many member players committed to the Hong Kong leagues. However, Sander Holman did not disappoint, winning all of his matches to top Section A. Max Von Poelnitz finished second whilst Bob Ikin won Section B and will be looking to challenge the big Dutchman for the top of the hill next month. For those interested in playing in the internal league, please contact squash@rhkyc.org.hk.

The Hong Kong League is approaching the midway point. RHKYC 1 and 2 remain in contention for a final-four showdown, whilst RHKYC M is struggling with (many) more losses than wins – but Masters' Convener Adrian Peirse is confident there will be a strong push for the summit in the second part of the season, so stay tuned!

OUR TOP TIP FOR THIS MONTH:

STOP BALL BASHING! Trying to hit the ball too hard is all too common in squash (I should know). It wins points at the beginner/intermediate level, but once you start to play more advanced players, hitting hard can start to work against you. The simple reason is that a ball hit hard will bounce more, giving your opponent more time to retrieve it. So try hitting with 75-80% of your maximum power, not forcing your drives, and you will notice improved accuracy, better length, and you will also conserve energy. Give it a go next time you are on the squash courts.

Until next month, Good Squash! 🏸