

The Spectator's Guide To Squash

By Hameed Ahmed '11

While the squash team is already four matches into the season, it's time for the first home match of the year today. The Yellowjackets (#4) face the Princeton Tigers (#3) in an important match for both teams. Princeton has beaten Rochester in the CSA third place match in each of the last two years. Rochester prevailed, 5-4, the last time the Tigers came here.

To make it easier for spectators to follow the matches, here's a quick guide on the basic rules of the game and what to observe during a match.

In college squash, teams play nine individual matches and whichever team wins more matches, wins the overall tie. To win an individual match, the player has to win three games, each played up to 11. At 10-10, the player has to win by two points.

The ball can hit several walls as long as it hits the front wall before bouncing. Players have to play the ball before the second bounce.

At all times, the ball has to stay within the highest lines on all four walls (out line) and the lowest line on the front wall (tin). The serve has to hit the front wall between the middle line (service line) and the out line.

The most controversial rule in squash is the let/stroke rule. If interference occurs on court, a player can stop the rally and ask the referee for a "let" (a replay of the point). Without going too much into detail, the three possible outcomes are:

Minimal or no interference: No let (point to other player).

Some interference: Yes, let (replay).

A lot of interference: Stroke (point to player who stopped play).

In terms of tactics, players tend to keep the ball as close to the side walls as possible for most of the time. If the ball is stuck to

the side wall, it is hard and frustrating to play it and it is more likely to get a loose ball in the middle of the court.

It is also important to hit the ball deep – ideally so that the second bounce of a straight drive lands close to the corner of the back wall and floor. This puts pressure on the opponent to play the ball before the back wall.

It is helpful to watch, who controls the middle area of the court (T-area). If one player only takes one or two steps off the T while the other one is running from corner to corner, it is safe to say that the player on the T is controlling the game. Recovery is key – players don't want to give up the T and they want to get back to the middle as quickly as possible after their shot.

One good trick to see who is in control is to look for who hits the ball earlier and volleys more. Volleying usually occurs close to the middle of the court so the one volleying more, often dictates the pace of the game and controls the T.

As in any other sport, body language plays a significant role in squash too. If someone is taking more time between rallies to recover, it often shows that the player is tired and likely to be the underdog in the following rallies.

While these tips might help to form a better image of the game, the best way to understand the dynamics of squash is to watch it live.

Hameed Ahmed currently serves as assistant coach of the Rochester squash team. As a player here, Hameed captained the team in the 2010-11 season. He was a three-time All-American.



Rochester "Yellowjackets" vs. Princeton "Tigers"

Sunday, January 8, 2012 - Peter Lyman Squash Courts

ROCHESTER	Ht.	Wt.	Yr.	Hometown/Last School
Mohamed Abdel Maksoud	5-10	165	Fr.	Cairo, Egypt / Modern Education School
Bjorn Ahbel	5-11	188	Jr.	Deerfield, MA / Deerfield Academy
Joseph Chapman	6-0	172	Sr.	Tortola, British Virgin Islands / Cedar International
Jesse Cramer	6-3	190	Sr.	Red Creek, NY / Red Creek
Matthew Domenick	5-6	150	Sr.	Philadelphia, PA / William Penn Charter
Andres Duany	6-3	188	Jr.	Lima, Peru
Benjamin Fischer	5-11	150	Sr.	Lucerne, Switzerland / Kaufmannische Berufsschule
Juan Pablo Gaviria	5-7	165	Jr.	Bogota, Columbia / Gimnasio Compestre
Juan Herrera	5-7	155	Jr.	San Salvador, El Salvador / Escuela Americana
Karm Kumar	5-8	160	So.	New Delhi, India / TSRC
Oscar Lopez Hidalgo	5-9	139	Jr.	San Luis Potosi, Mexico / Universidad del Valle
Raymond Moore	5-11	140	Fr.	New York, NY / Thurgood Marshall Academy
Adam Perkiomaki	5-8	155	Jr.	Portland, OR / Lincoln High
Charlie Rockwell	6-0	170	Jr.	Buffalo, NY / The Nichols School

Head Coach: Martin Heath

Assistant Coach: Hameed Ahmed '11



ROCHESTER SCHEDULE & RESULTS

Nov.	19	Vassar%	9-0	W
	19	St. Lawrence%	5-4	W
	20	Bard%	6-0	W
	20	Hobart%	9-0	W
Jan.	8	PRINCETON, 1 pm		
	13	Western Ontario#, 6 pm		
	21	YALE, 12 pm		
	25	CORNELL, 6 pm		
	27	at Trinity (CT), 6 pm		
	28	at Harvard, 3 pm		
	29	at Dartmouth, 12 pm		
Feb.	1	HOBART, 6 pm		
	4	FRANK. & MARSH., 12 pm		
	17	CSA Nationals \$		
	18	CSA Nationals \$		
	19	CSA Nationals \$		
Mar.	2	CSA Individual Champs &		
	3	CSA Individual Champs &		
	4	CSA Individual Champs &		

Key:

- in Toronto, Ontario

% - Liberty League Champs (@ St. Lawrence)

\$ - at Princeton University

& - at Amherst College

PRINCETON	Yr.	Hometown /High School
Clay Blackiston	Sr	Greenwich, CT/Bruswick School
Chris Callis	Sr	Wyndmoor, PA/Penn Charter
Ash Egan	So	Haverford, PA/Haverford
Chris Greco	Jr	Brooklyn, NY/St. Ann's School
Steve Harrington	Jr	Philadelphia, PA/Penn Charter
Todd Harrity	Jr	Philadelphia, PA/Episcopal Academy
David Hoffman	Fr	Lutherville, MD/Gilman School
Samuel Kang	Fr	Singapore/Raffles Junior College
Jacob Lee	Fr	West Simsbury, CT/The Westminster School
Tyler Osborne	Fr	Kingston, ONT/Bayridge
David Pena	Sr	Mexico City, Mexico/Loomis Chaffee
Kelly Shannon	Sr	Calgary, Alberta/Western Canada
Taylor Tutrone	Fr	Towson, MD/Gilman School
Dylan Ward	So	Chestnut Hill, PA/Chestnut Hill Academy

Head Coach: Bob Callahan

Assistant Coach: Neil Pomphrey

PRINCETON SCHEDULE & RESULTS

Nov.	19	at Frank. & Marsh.	7-2	W
	20	MIDDLEBURY	9-0	W
Dec.	3	at Pennsylvania*	9-0	W
	9	WILLIAMS	9-0	W
	10	GEO. WASH.	9-0	W
Jan.	8	at Rochester, 1 pm		
	14	at Dartmouth*, 12 pm		
	15	at Harvard*, 2 pm		
	30	at Rochester, 12 pm		
Feb.	1	at Trinity (CT), 4:30 pm		
	4	YALE*, 12 pm		
	5	BROWN*, 12 pm		
	10	CORNELL*, 2:30 pm		
	12	at Columbia*, 2:30 pm		
	17	CSA NATIONALS\$		
	18	CSA NATIONALS \$		
	19	CSA NATIONALS \$		
Mar.	2	CSA Ind. Champs &		
	3	CSA Ind. Champs &		
	4	CSA Ind. Champs &		

Key:

* - Ivy League matches

\$ - at Princeton University

& - at Amherst College