



# MINNESOTA SQUASH NEWS

## JANUARY 2017

### *JANUARY 2017-MEMBER SPOTLIGHT*

This month's Minnesota Squash Association Spotlight Member is Shoby Gul.



Mubashir (Shoby) Gul

**MSA:** When and where did you first start playing squash?

**Mubashir (Shoby) Gul ("SG"):** I started playing squash when I was 11 years during my summer break in Pakistan with my uncle Jamshed Gul who was my coach. I started playing squash in Pakistan at our local club. The club is called Army Squash Complex which was started by my grandfather and passed on to my uncles. The Army Squash Complex club is currently run by my cousin. Our Club hosted many legends of international squash, such as Jahangir Khan, Qamar Zaman, and Hashim Khan.

**MSA:** Where do you play now?

**SG:** I am the head Squash Professional at Life Time St. Louis Park and Life Time Minneapolis Athletic Club. Currently, my primary role in squash is as a coach and teaching professional, although I do play squash on occasion for fun.

**MSA:** What is your squash game style?

**SG:** My game style and the style that I teach my students is an attacking style. I stress to my students that they need to take volleys early and often. I love taking volleys when I play. In playing the volleying style, I stress that I want the drives and cross courts to be perfect to pressure the opponent and to open up more opportunities for volleys and then to put the ball away.

**MSA:** Who has inspired you the most in squash and why?

**SG:** I would say my family. I belong to a “squash family” which includes many international squash legends. My uncle and coach, Jamshed Gul was probably my biggest motivator and my dad provided me with endless support. They both played squash at the World Top 10 level, they became national coaches of several different countries and they had the opportunity to train squash world champions. I got my inspiration from watching these family members and I have always wanted to be like them.

**MSA:** What do you like most about the sport of squash?

**SG:** I like the discipline required to excel at squash. Squash is a very disciplined sport. As a junior player, squash kept me away from developing bad habits. Squash taught me how to manage my time well and to be independent and self-reliant.

**MSA:** What is your favorite squash memory?

**SG:** I have so many great moments and memories that it is really hard to choose just one! However, I think my favorite memory as a player was probably when I was a junior. I was able to beat an opponent who at one point was leading 2 games to 1 and 14 to 9 match ball up. I was able to come back to win the next two games and then take the match 3 games to 2. That was great moment for me as squash player!

I also have so many great squash memories as a coach. Some that stand out are when some of my students won the British Junior and the Asian Junior Championships. I have also had the great honor of being able to train some of the top ranked players in the world and I had the opportunity to be the National Elite Coach of Malaysia. However, some of my proudest memories are about developing squash here in Minnesota and seeing many of my students winning at state, national and international events in the last 2 years.

Moving to the USA and to Minnesota has been a dream come true for me. I truly enjoy every bit of it. My goal is to continue to develop and grow squash in Minnesota. I love the community

here and I love coaching both juniors and adult students; they are all amazing people and their squash has improved so much!

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## **BEYOND WALLS RETURNS FROM SUCCESSFUL TRIP TO PHILADELPHIA**

Two Beyond Walls Urban Squash teams, coached by Arturo Manzur, just returned from Philadelphia where the boys and girls squads played in the Urban Team Nationals January 14 - 15, 2017.

The girls won the Consolation draw in the U19 A division and the boys returned home as National Champions Winning the U 19 B Division!

Congratulations to the teams and all of the players!



Bottom L to R: Phia Yang, Gil Viveros;  
Top L to R: Jesus Viveros, Yang Yeng, Coach Arturo Manzur, Tre'Allen Warner



Bottom L to R: Suimey Lee, Tracy Lee;  
Top L to R: Noely Espinoza, Xatziri Viveros, Coach Arturo Manzur, Pajchia Vang

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## **TWO LOCAL PLAYERS EXCEL AT NY SQUASH'S GRAND OPEN**

Two Minnesota Squash players, David Almeida and Eric Zolnosky played January 13 to January 15 at NY Squash's Grand Open in New York City. The Grand Open Tournament is an amateur event held in conjunction with the professional Tournament of Champions. Both players are based out of the Commodore Squash Club, in St. Paul.

David Almeida won the 5.0 division which fielded 38 players.

Eric Zolnosky played in the 4.5 division which had 45 players in the draw. Eric lost in the semifinals 13-11 in the 5<sup>th</sup> game to a 17 year old!

The results from these two Minnesota players should make it very clear that the best players don't always come from back east. Minnesota squash is officially on the map! Congratulations Eric and David!



David Almeida

Eric Zolnosky

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# UPCOMING EVENTS

See the MSA Squash Calendar Here:

<http://www.mnsquash.org/events>

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## **\*\*\*ATTENTION LADIES\*\*\* MINNESOTA SQUASH ASSOCIATION ROUND ROBBINS FOR WOMEN**

Come join other women squash players in the Minnesota Squash Association Round Robbins exclusively for Women!

The Minnesota Squash Association Women's Committee has organized monthly squash round robin shootouts that will be held at a variety of locations throughout the Twin City area. These round robins will be an ongoing events on one Sunday of the month for fun and a little competition. All skill levels are welcome. It is not necessary to be a member of the host club to come to these events. Better yet these events are FREE!

### **WHERE and WHEN**

**February 12th, 2017, 2— 4 pm, Life Time Fitness, 5525 Cedar Lake Road, St. Louis Park**

**March 12th, 2017, 2 — 4 pm, Life Time Fitness, 18425 Dodd Boulevard, Lakeville**

**April 9, 2017, 2 —4 pm, U of M Rec Center, 123 Harvard Street SE, Minneapolis**

**May 14th, 2017, 10 – 12 pm, Commodore, 79 Western Avenue N, St. Paul**

### **PLEASE RSVP TO:**

Tina Gonsior

Minnesota Squash Association Board Member/Women's Squash Committee Chair

952-221-9401

[Gonsior12@charter.net](mailto:Gonsior12@charter.net)

Also, mark your calendars: In September 2017 we will kick off the *Women's Squash Week* and will continue with Squash Sundays for women. **PLEASE** don't forget to RSVP!

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## U OF M WINTER JUNIOR SQUASH ACADEMY

The registration for the U of M winter junior squash academy is open. Classes will be held on Saturdays from 8:45 to 10:00 am on the following dates:

January 28 to March 4, 2017

For more information and to sign up, please click on the link:

[https://apm.activecommunities.com/umnrecwell/Activity\\_Search/2852](https://apm.activecommunities.com/umnrecwell/Activity_Search/2852)

Contact:

Coach Arturo Manzur [manzurarturo@gmail.com](mailto:manzurarturo@gmail.com)

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## SQUASH CHALLENGE LEAGUE AT LIFE TIME SLP

Shoby Gul and Life Time SLP hold a Squash Challenge Round Robin League the last weekend of each month. This fun event includes A, B and C level Divisions, with a round robin format (1 game against each other player) with the winner being the player with highest point total. All squash players are welcome to try these events. There is a nominal fee for these events. Prizes are awarded to the winners.

Contact:

Coach Shoby Gul [MGul@lifetimefitness.com](mailto:MGul@lifetimefitness.com)

(571) 353-9079

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## ***DATE SET FOR SPRING JUNIOR BRONZE***

The MSA has set the date for the next US Squash sanctioned Junior Bronze national tournament in the Twin Cities: **March 11-12, 2017 at The Commodore Squash Club in St. Paul, Minnesota.** Please save the date! Registration is now open at: [https://modules.ussquash.com/ssm/pages/tournaments/information.asp?tournament\\_id=7583](https://modules.ussquash.com/ssm/pages/tournaments/information.asp?tournament_id=7583)

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# SAVE THE DATES!

## ***2017 MINNESOTA SQUASH ASSOCIATION STATE CHAMPIONSHIP TOURNAMENT***

***April 24 to 30, 2017***  
***Locations to be Announced***

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***THE MINNESOTA SQUASH ASSOCIATION  
ENCOURAGES MINNESOTANS TO JOIN US SQUASH***



Some of the many benefits of a US Squash Membership include:

- Getting a rating
- Building your club ranking
- Ability to view your match history
- Track up to three (3) players
- Access the live scoreboard
- A subscription to *Squash Magazine*

Click here to join: <https://www.ussquash.com/participate/join/>

The Minnesota Squash Association is a Minnesota non-profit corporation and is an affiliate of US Squash. These entities' missions are to increase participation in squash, to enrich the

experiences of their members of all ages, and to build awareness of the sport of squash, while supporting excellence, professionalism and fiscal responsibility.

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## ***CALL FOR BOARD MEMBERS/COMMITTEE MEMBERS***



The Minnesota Squash Association Board is making a call for potential new Committee members. The Association is run by a volunteer Board of Directors. We are looking for additional volunteers to serve as committee members for the upcoming year. The following committees are in need of volunteers (you do not need to be a Board member to participate on a committee):

- State Tournament committee
- Juniors committee
- Women's Squash committee
- Communications committee
- City League committee

This is a great opportunity to meet like-minded squash enthusiasts, socialize and have input into planning and strategy for MSA events and programs for the future. If you love squash this is the ideal time to get involved and provide leadership for our great sport. Please contact Todd Iliff, Communications Chair, 952-239-9747; [todd@boastsquash.com](mailto:todd@boastsquash.com) or [squashmn@gmail.com](mailto:squashmn@gmail.com).

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## ***2016-17 CITY LEAGUE***

The Minnesota Squash Association 2016-2017 City League is up and running.

For the week of January 12, 2017, the following results are in:

**Racquet Science def. Commodore Starboard 3-2**



**Commodore Port def. The Supreme Court 3-2  
Lakeville United def. SLP Morning Krew 4-1**

2017 City League is off to a great start!

**The MSA wishes to thank the venues and their respective pros/squash coordinators for hosting the City League!**

If you would like to participate, please contact the Minnesota Squash Association at [squashmn@gmail.com](mailto:squashmn@gmail.com) or any Board member. Thank you!

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## ***JUNIORS' CORNER***

### ***Junior Touring League***

After four matches, the Minnesota Squash Association Junior Touring League the standings are as follows:

<u>Team</u>	<u>Team Matches won/lost</u>	<u>Total Games won/lost</u>
1. Team LTF-SLP	3/1	11
2. Team Commodore	2/2	9
3. Beyond Walls Gold	2/1*	8*
4. Beyond Walls Green	0/3*	5*

*\*January 2017 results pending*

**The next Minnesota Squash Association Junior League match date is February 11, 2017 at 10:00 AM at the U of M Rec Center, with the following teams facing off:**



**Team SLP  
Vs.**



**Team Beyond Walls Gold**



**Team Commodore  
Vs.**



**Team Beyond Walls Green**

**The final match of the season will be at the Commodore Squash Club on March 25, 2017 at 11:00 am.**

Plans are also in the works for a second “developmental” junior league for beginners and less experienced players. If you have a junior player interested in participating, please contact us. All skill levels and club affiliations are welcome! For more information, please contact your club pro/program director or the MSA: Todd Iliff, Communications Chair, 952-239-9747; [todd@boastsquash.com](mailto:todd@boastsquash.com) or [squashmn@gmail.com](mailto:squashmn@gmail.com).

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***MSA STATE CHAMPIONSHIP TOURNAMENT  
T-SHIRTS AVAILABLE***

Jealous of all those stylish trendsetters at the Club wearing past MSA Championship t-shirts? Washing machine just ate your old favorite?

We have 2014, 2015 and 2016 MSA tourney shirts available for purchase!!! ONLY \$5.00-  
2014: S, M, and L or Youth M only. 2015: L and XLs only. Contact:  
[squashmn@gmail.com](mailto:squashmn@gmail.com).

***SEND US YOUR SQUASH NEWS!***

The “*Minnesota Squash News*” newsletter is a regular publication of the Minnesota Squash Association and is distributed to our email lists of squash enthusiasts.

**But we need your help! Can you provide us with any news, events of interest or other squash related matters at your club/program?**

**We want to know about local players’ participation and success in tournaments or events, etc. If you know of any interesting stories to share with the squash community, we want to hear from you. We can also publicize upcoming events at your venue if desired.**

Contact any MSA Board member or email us at [squashmn@gmail.com](mailto:squashmn@gmail.com) or

Todd Iliff  
Board Member/Communications Chair  
952-239-9747; [todd@boastsquash.com](mailto:todd@boastsquash.com)