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## N.S. Squash Masters Team Goes to National Championships

By Judy Myrden

Team Nova Scotia held their own at the **2025 Canadian Masters Teams Championship** in Moncton, New Brunswick on January 24-26, coming in 5th place.

The co-ed team included Team Captain **Darlene Acton, Katherine Stringer, Judy Myrden, Martin Dumas, Justin McDonough, Josh Rudolph** and **Ryan Breetzke**.

“The spirit of the Nova Scotia Team gelled both on and off the court, and played at a very competitive level,” said Acton, who played in 50+ slot for Team N.S. and played in the tournament last year.

Last year Team N.S. was ranked 4th, and finished 4th place competing with nine teams competing in **Winnipeg, Manitoba**.

This year the team went into the competition in 5th place after late team changes which results in a 5th place seeding.

Two new members to this year’s team were Martin Dumas, who was a listed spare, and Katherine Stringer, who was recruited in January to the team, both stepped up and agreed to represent Team N.S. when **Matt Bishop** and **Leah Boody** withdrew, resulting in Team re-seed from 4th to 5th.



This year there were 10 teams participating made up of players from across the country, including Team Atlantic, which was created by Team New Brunswick - the host province can enter two teams.

Several Nova Scotia players helped fill spots on the New Brunswick Team and the second Atlantic Team. They included: **Belinda Lau-Beaton, Carrie Terry** and **Janet MacLeod**.

The annual event consists of seven players per team (four men and three women) in the age divisions of Men’s 40+, 45+, 50+ and 55+ and Women’s 40+, 45+ and 50+. In total 70 athletes competed from across the country.

### Upcoming Events

Feb 7-9: [Lighthouse Junior Gold Open](#)

Feb 13-16: [Ray Souchereau Memorial Classic](#)

Feb 28-Mar 2: [2025 Renee Blanchard Law NB Open](#)

Mar 21-22: [KCSC Valley Junior Bloom Tournament](#)

Mar 27-30: [Nova Scotia Open](#)

Apr 11-13: [Atlantics Regional Championships](#)



*N.S. Masters Squash Team member Josh Rudolph digs out the ball in a match against Manitoba. (Photo by Judy Myrden)*

Teams battled it out on the first day in the pool stage to determine the teams for the championship and consolation rounds, and culminated on the final day with Ontario Team winning their third consecutive and ninth overall championship title.

Nova Scotia’s first round against New Brunswick ended in a 7-0 win. The team went on to lose to Ontario 4-3, and on the final day two matches with a win against Manitoba 4-3 and then a loss to British Columbia securing their 5th place finish.

“After getting off to a very strong start, we faced a very strong Ontario Team (defending champions) and still performed well losing 4-3”, Acton told **In The Nick**.

The championship held their annual banquet on Saturday night, the social highlight of the weekend, which included “off court” competitions between teams.

Quebec took home the Netty Award for the team who performs the best skit of the evening. Last year Team Nova Scotia was the winner.

## Kings County Squash Club Rings in 2025 With A Bang

The **Kings County Squash Club** hosted its second annual **Winter Thaw Junior Tournament** with 30 juniors, competing in five different divisions, bringing in 2025 with the first junior tournament. The event was held January 10 to January 11 at the private-club in **Kentville** which has two glass-backed squash courts. A special thanks goes out to squash coaches **Janet MacLeod** and **James Wiseman** for organizing the two-day tournament to kick off the New Year. Sponsors for the tournament included **Family Valley Optometry** and **Nova Scotia Realty Group (EXP)**. The following juniors were presented with medals for placing in their respective divisions.

Jr Div 1: 1st Kayin Burrell, 2nd Victor Onyebuchi, 3rd Riley Zwicker-Cohen

Jr Div 2: 1st Lilly Bishop, 2nd Aaron Pulsifer, 3rd Nathan Woo

Jr Div 3: 1st Rylan Hale, 2nd JaMarcus Benard, 3rd Jshawn Anderson

Jr Div 4: 1st Sophia Myers, 2nd Marin Woo, 3rd Jase Wiseman

Jr Div 5: 1st Cooper Wiseman, 2nd Henry Myers, 3rd Hugh MacKinnon



*From left: Hugh MacKinnon, Henry "fast-feet" Myers & Cooper Wiseman (Photo by Janet MacLeod)*



*From left: Aaron Pulsifer, Greg "soft-hands" Myers & Lilly Bishop (Photo by Janet MacLeod)*

# New Players Score Big At Dalhousie Squash Tournament

By Emily Burke

A strong cohort of new players marked the **Dalhousie 2025 Open Squash Tournament** on January 16-19. This year's edition of the annual Dalhousie Open Squash Tournament included 20 new players participating in their first official squash tournament in their careers, several finishing first and second in their divisions.

In All Mixed Division 5 there were 16 players and new squash players **Jarrett Dinn** and **Sean Irvine** placed 1st and 2nd, respectively. Two other new players also were prize winners including, **Stefan Hall** who came in 1st place in the All Mixed Division 4 and **Julian Oxner** captured second place.

The tournament attracted 105 squash players, up from 67 players last year, playing in eight divisions. Over the four-day event there were 175 matches played at the Dalplex in Halifax.

Top men's squash players **Evan McNicol** and defending Champion **Mahmoud Abouelleil** faced off for the second year in a row in the All Mixed Division 1 Final, with Abouelleil taking the first place title in four games.

The All Mixed Division 2 was dominated by **Dalhousie Squash Club** member **Will Garvey** and **SMUfit** player **Richard Khan** battling it out in the finals placing 1st and 2nd respectively.

After some time away from the post, **Bill Milliken** won the All Mixed Division 3 title, after a nail biting match to 5 games against 2nd place winner **Cordale Hann**. Another contender in the All Mixed Division 3 was **Kevin Cosgrove**, who had several matches go to five games, including one game against **Sukhpreet Singh Aujla** that went to 18-20.

In the two Women's Division players from **SMUfit's Ladies Monday Night Squash** program dominated the courts. **Darlene Acton** and **Megan Nearing** placed 1st and 2nd in the Women's Division 1, and **Cindy Wheeler** and **Monique Guilderson** winning 1st and 2nd place.

The Juniors played amazing matches with **Henry Quach** and **Hanin Abdelnaby** capturing the titles of 1st and 2nd in the Junior Mixed Division.

The Dalhousie Squash Executive team and tournament organizers also gave a special thank you to the Dalhousie Squash members who gave their time to help run the event and the many sponsors for their support.



From left: Division 4 runner up Julian Oxner with Division 4 winner Stefan Hall



From left: Division 5 winner Jarrett Dinn with Division 5 runner up Sean Irvine



# Ask The Ref!

## Officiating Terminology During Match Play

By Lee Kirby, Abdo Abdallah, Zal Davar, Elvira Mitraka, Thomas Hori

In a squash match, the referee plays an important role in maintaining the flow of the match and ensuring that the rules are followed. In some tournaments there can be a two-person system. One person acts as a marker and one as a referee. The marker keeps track of the score and waits on the decision of the referee on any calls and appeals. Here is an overview of the most common announcements, calls, and decisions made by the official(s) during a squash match

### Match / Game Start

- **Announcement of Players and the Event:** Introducing the event, the players and the match format.
- **Service Order:** Confirming which player serves first, who is receiving and the number of games.
- **Half time:** The warm-up has reached the two minute mark.
- **Fifteen seconds:** The time remaining for the players to return to court after a break.
- **Love all:** Begins play.

### Scoring and Points

- **Hand out:** A “hand out” happens when the serving player loses their turn to serve because the opponent won the point.
- **Point Awarding:** Announcing the score after a rally has finished. Players must wait until the score is announced before play can resume.
- **Game ball and Match ball:** When a player reaches 10 points, the next point announcement is followed by “Game ball”. It is replaced by “Match ball” if the player has already won two games as well.
- **“A player must win by two points”:** This call is made when both players reach 10 points in a game. The call is made during the first occurrence in each game.

### Service Calls

**Let:** A let may be called if the receiver is not ready for the serve.

**Fault:** Announcing a fault if the serve doesn't meet the rules (e.g., hitting out of bounds, hits the front wall below the cut line).

### In-Play Decisions

- **Not up:** Calling “not up” happens when a ball is not returned correctly, usually when it bounces twice. Can also include a scoop or carry.

Each month our local **Black Shirt Ref Crew** responds to questions from the readership about rules, specific situations, and officiating decisions in general.

Through this column, players will build knowledge into both their games and their own officiating skills.

Please submit your squash officiating questions by email to [inthenick@nssquash.ca](mailto:inthenick@nssquash.ca).

- **Down:** A “down” call is made when the ball is hit but bounces on the floor before it touches the front wall, or if it hits the tin.
- **Out:** The referee calls “out” when the ball is returned but hits the wall outside of the court markings. The lines are considered to be out.
- **Let:** Calling a "let" if there's interference that affects play.
- **Stroke to:** Awarding a "stroke" to a player (where appropriate) if the opponent obstructed their ability to hit the ball directly to the front wall.
- **No Let:** Declaring that no let is awarded if the interference was minimal, the player was not able to get to, and play the ball.
- **Stop:** When the players are continuing to play after a call has been made or if the referee notices something that impedes play (e.g. blood injury, fallen object on the court)

### **Conduct and Behaviour**

- **Conduct Warnings:** Issuing warnings for unsportsmanlike conduct, excessive appeals, or other breaches of conduct.
- **Conduct Point Penalty:** Awarding a point penalty for serious misconduct or repeated violations.
- **Conduct Game or Match Penalty:** Issuing a game penalty for severe infractions.

### **Timeouts and Injuries**

- **Timeout Announcement:** Recognizing a player's request for a timeout due to injury or other reasons ( eg. racquet replacement).
- **Injury Assessment:** Allowing a player time to recover and assessing if they can continue.

### **End of Game/Match**

- **Game Announcement:** Announcing the end of a game and the winner and the match status.
- **Match Conclusion:** Declaring the match result and congratulating the players.

### **Challenges or Reviews (if applicable)**

- **Video Review:** If technology is available, the referee may call for a video review to assess disputed decisions.

### **General Announcements**

- **Game Procedure:** Reminding players of the rules or game procedures as necessary.
- **Intermission Announcements:** Informing players and audience of any breaks or intermissions.

These calls and decisions help maintain the integrity of the game and ensure fair play.

# Sierra Cox Joins Squash Nova Scotia Board

By Judy Myrden

**Leah Boody**, President of **Squash Nova Scotia**, recently announced Sierra Cox is its newest board member.

The 18-year-old **Saint Mary's University** student was elected to the board on January 7 as a Member-at-Large bringing the total number of board members to 12.

“I am thrilled to have Sierra join our board,” Boody said in an e-mail to **In The Nick**. “I am always happy to bring on additional female board members.”

Currently, in her first year of university studying Criminology, Cox started playing squash four years ago in **Kentville** at the **King’s County Squash Club** as part of the **902SquashEd** program. The non-profit aims to empower students of African descent through the sport of squash.

“Additionally, Sierra represents the Valley squash region and was a member of the 902SquashEd program. Sierra’s perspective on the positive impact of squash will be invaluable,” said Boody.

Cox told In The Nick she’s hoping to bring “a fresh diverse perspective” to the growing squash community.

She’s also on the board of directors of 902SquashEd.

Now a regular at **SMUfit Ladies Monday Night Squash** and a member of the **Halifax Squash League** she’s looking forward to meeting new players.



*Sierra pictured with Kings County Squash Club coach James Wiseman*

Contributions to **In The Nick** are welcome! Send in your letters, stories, or feedback to us here:  
[InTheNick@nssquash.ca](mailto:InTheNick@nssquash.ca)

Editor in Chief: Judy Myrden    Contributor: Craig Potts  
Director: Emily Burke    Logo: Fei Gao  
Layout: Michael Cook    Sport NS: Veronica Todd  
Communication Manager:  
Heather MacElwee



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