

[WORLD SQUASH DAY](#) | [SMUFIT TOURNAMENT RECAP](#) | [CHRIS WILCOX](#)

Young N.S. Squash Players See Opportunities And Challenges

By Judy Myrden

Two promising young squash players are back in Halifax after a week spent experiencing the sport's elite level at an Ivy League school.

Adele Workman and Jack Comeau travelled to Ithaca, N.Y. with Nova Scotia provincial coach Josh Rudolph for a prospects' camp at Cornell University – where the head coach is two-time world champion David Palmer – late last month.

“The prospect camp was eye opening, the level I will need to get at,” said Workman courtside during a recent SMUfit training session. “It was a really good experience and David Palmer is really nice.”

Workman and Comeau, who are both 15 years old and in grade 10, were members of the Nova Scotia squash team at the Canada Games earlier this year, and coached by Rudolph.

Now, they're thinking about where to attend university, and if they could make the cut to play squash at a top-tier U.S. school.



“It would be like a dream of mine to go down to a school in the United States and play Division 1. Definitely going to be hard and take a lot of travelling and training,” said Workman, who attends Citadel High School.

Comeau, who studies online at Blythe Academy in Ontario, described it as an “amazing” experience to be coached by Palmer.

Rudolph said the prospect camp was \$500 for each player and they spent three hours each day with Palmer, and got a taste of the level of player they would be competing against in the U.S.

“Just the experience of getting coached by someone with a background that he has is a little inspiring,” said Rudolph during a break in coaching juniors in Halifax.

Upcoming Events

Nov 10-12: [Moncton Open](#)

Nov 17-19: [902SquashEd Tournament for Education](#)

Nov 24-26: [NS Junior Open](#)

Dec 1-3: [NB Closed](#)

Dec 9-12: [2023 Canadian Junior Open \(Ontario\)](#)

Jan 11-14: [Dalhousie Open](#)

Contributions to **In The Nick** are welcome! Send in your letters, stories, or feedback to us here: InTheNickSubmission@nssquash.ca



Milk Sport Fair

Squash Nova Scotia was pleased to be represented at the Fall Milk Sport Fair in Halifax October 11-13. The 3-day event saw over 3,500 Grade 3-8 students get introduced to squash through an inflatable court on loan from Squash Canada.



A young player displaying fine racquet control in the inflatable squash court.

“Pretty sure they took a lot of value from the experience. They seemed to enjoy themselves quite well.”

Workman said she learned a lot from the prospects’ camp, where she mostly focused on her backhand.

Rudolph met Palmer 14 years ago during the Bluenose Tournament at SMU. When Palmer’s Black Knight racquets didn’t arrive on time, Rudolph loaned the pro his Black Knights.

Since then, the two squash players have continued their friendship, with Rudolph joining Palmer at his squash camps in the U.S. on several occasions.

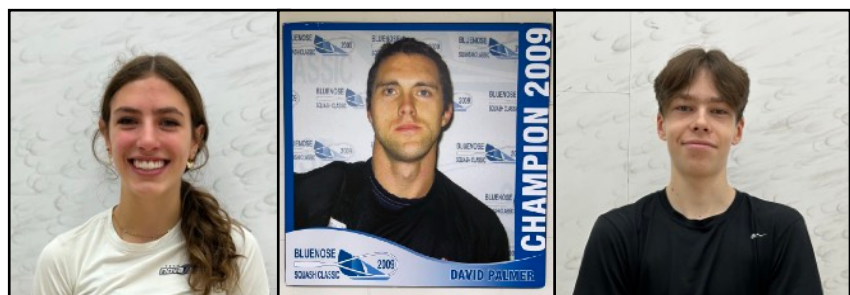
Workman’s takeaway from the camp is that competing at a higher level will require a lot of time playing and travelling to other tournaments.

“I was not as high level or experienced as the people there, but that’s also from not playing as many tournaments,” said Workman.

Just because players are from a small province doesn’t mean they can’t compete nationally or internationally, said Rudolph, who heads up the junior squash program at SMUfit and has been involved with squash for over 20 years as player and coach.

“They are in the realm of being able to do it,” he said.

“Obviously, Cornell is one of the higher schools which is more difficult to get in but there are a lot of other schools, other people from here have done it.”



From left: Adele Workman; David Palmer’s Bluenose 2009 championship banner at SMUfit; Jack Comeau

World Squash Day

World Squash Day was on October 14th and Squash Nova Scotia participated by hosting a free try-it event at Decathlon Dartmouth with an inflatable court. Over 150 people were introduced to squash through this event and we were able to give away a pair of Dunlop racquets courtesy of Squash Canada and a \$25 gift card courtesy of Decathlon.

N.S. Junior Squash Players Score Big At SMUfit Tourney

By Craig Potts

SMUfit hosted their annual fall tournament October 26-29 on a beautiful autumn weekend in Halifax, with temperatures on Saturday reaching into the 20s. Tournament name sponsor Black Knight, working with organizers for the 2nd year in a row, delivered a fun-filled event.

The courts ran hot and the rallies ran long as a draw of 102 players battled it out over 200 matches across the four day event, welcoming players from Prince Edward Island, New Brunswick, Cape Breton, the Annapolis Valley, and the Ottawa area.

The tournament draw included 9 divisions and was structured as a 3-match guarantee for all players, with many playing 4 or 5 matches. Sunday at the courts brought some incredible squash with the final matches on the main and consolation brackets of each division. All results can be seen on [Club Locker](#).

The tournament organizers recognized and thanked a deep group of event sponsors, including a major donation by Paul & Kylah MacNutt of Red Door Realty Halifax who generously donated a 55 inch "Live Scoring Monitor," as well as lunch on Saturday for all. The monitor will be permanently mounted in the squash court area at SMUfit.

N.S. Junior Squash also came away a winner at the tournament. Event organizers ran a 50/50 draw in support of the junior program with the winner taking home a Black Knight squash racquet and half the proceeds from ticket sales. The winner of the draw, Troy Burke of Moncton, accepted only the racquet, asking that the full pot of \$550 go entirely to N.S. Junior Squash!



*Rohan Gorman (PEI) faced his father Ashley in a close family matchup.
Photo by Adam Morris.*



*Leah Boody (left) triumphed over Samantha Lawther to claim the Women's Division 1 title.
Photo by John Arnold.*



*Chris Cowper-Smith lunges to return a tough shot from Garreth Beckles.
Photo by Adam Morris.*

Remembering “Superfan” and Squash Player Chris Wilcox

By Judy Myrden

When Halifax squash player and classical music buff Chris Wilcox died in early October, obituaries ran across the country. Websites and blogs marked his passing.

He was 82.

Most of his fame came from founding the Scotia Festival of Music in 1980 and opening of The Music Room at 6181 Lady Hammond Road.

While he was a pillar of the music scene locally and nationally, Wilcox was also a big presence in the Halifax squash community as an avid squash player, organizer, and “superfan” for over 30 years.

Halifax squash player Matt Bishop remembered Wilcox almost always attending the finals of every tournament and organizing rust remover events at the Dal-Tech squash court over 25 years ago.

“He was a great organizer and always had new faces there supporting the game,” said Bishop, the reigning Canadian Men’s over 45 champion.

Wilcox had been living with Parkinson’s Disease since 2015 and continued to play squash two or three times a week at SMUfit with squash partners and friends Manny Drapeau and Paul Hopkins, right up until three weeks before his death on Oct. 3.

Drapeau remembers Wilcox was in charge of renovations at the old N.S. Technical College (which later merged with Dalhousie University) squash courts and had the upper line on the courts three feet higher than the specifications.

When Drapeau asked, “Why did you do that?” Wilcox replied, “So we wouldn’t have so many balls go out.”

Born in Winnipeg and raised in Ontario, he was also a star basketball player, according to his obituary.

He is survived by his partner Lisa Isaac and long-time dear friend and colleague Cindy Haines.



*Chris with his beloved pal Uncle Louis.
Photo by Ian Selig.*

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