



Matt Bishop Captures His 7th National Title

By Judy Myrden

When **Matt Bishop** won the **Men's 45+ Canadian Senior Championship** in **Toronto** last month for the second time, it added to his unprecedented number of national titles.

The steely determination of the **SMUfit** player has seen the 47-year-old from **Halifax** win seven national squash titles since 2008, winning his first in the Men's 30+ championship.

"I was feeling good this week after really slowing down training over the last couple of weeks. Lots of good treatments and finally had the body feeling able to perform," Bishop told **In The Nick**.

After his first national title in 2008, he went on to win the Men's 35+ in 2017 and 2019 (as they didn't have enough entries in the 40+), Men's 40+ in 2018, Men's 40+ in 2022, and Men's 45+ in 2023.

Bishop won the most recent title, never dropping a game, in three matches at the **Toronto Cricket Club** from May 8-11.

His final match against his nemesis, **Winnipeg, Manitoba** squash pro **Trevor Borland**, was close, taking the match 11-2, 11-9, 13-11.

They last played in **Winnipeg** at the **Canadian Masters Championships** in January 2024, where Borland won in a close five match game.

"I was nervous playing Trevor as he has always had my number. I never beat him before although he had lost in draws to players I had beat in a different round," Bishop said.

Bishop said he was determined to be more proactive and have a great start.

He said he was "lucky" to steal out the second game win, which proved pivotal to keep the momentum to "limp home at the end after giving up a few match balls."

He felt grateful to have the support of family members - his sister, **Anna**, who is a member of the Cricket Club and played in the Women's B Division, his father, **Harv**, who played in the Men's 70+, on hand to cheer him on, along with his mother, **Liz**.



Matt Bishop rallies against Trevor Borland in the final match.



From left to right: Jeff Thompson (Matt's brother-in-law), Ethan Thompson (4 year old nephew), Matt, Anna Thompson (Matt's sister), Madison Thompson (10 year old niece), Harv Bishop (Matt's father), and Liz Bishop (Matt's mother).



Joining Matt Bishop at the Canadian Junior and Senior National Championships in Toronto were, from left to right: Liam Jinks, SMUfit player Evan McNicol, Matt, and Lester Jinks of P.E.I.

Canada To Host World Juniors Next Year

By Judy Myrden

For the first time since the 1980s, Canada will host the prestigious **World Junior Squash Championships** next year, **Squash Canada** announced last month.

The world's top junior athletes will gather July 20-31, 2026 at the **Mark Sachvie Squash Center** at **White Oaks Resort and Spa** in **Niagara-on-the-Lake, Ontario**, and will be supported by the new **Jack Aylott Center** at **Ridley College**.

"We thank World Squash for awarding us this prestigious event at such an important time," said **Jamie Nicholls**, Squash Canada CEO, in a news release. "With an Olympic era upon us, squash has the wind at its sails, and we intend to build on that momentum with a truly memorable world Junior Championships."

The event will feature both the Junior Men's and Women's Individual Championships, as well as the Junior Men's and Women's Team Championships.

Over two hundred of the world's top-performing Under-19 athletes are expected to compete, representing delegations from all five Continental Federations.

The return of the world juniors to Canada follows a historic podium finish for Canada's Junior Women's team at the 2024 World Junior Championships held in Houston, Texas, where the squad of **Hermione Cao**, **Ocean Ma**, **Spring Ma**, and **Maria Min** earned the bronze medal.

2024-2025 Squash Season Snapshots



Clockwise from top left: 902SquashEd players with James Wiseman; Kevin Cosgrove and Sukhpreet Singh Aujla, Alex Chin, Will Garvey, Tim Hatcher, Maegan Burke, and Rawan Abouelela at the Dal 2025 Squash Tournament; Luke Boody, one of the youngest squash players, matches up against Lee Kirby, the oldest player in the community; Group photo from SMUfit Ladies Monday Night; and Leah Boody coaching and supporting Emma MacGillivray during the N.S. 2025 Open.

Support 4 Sport Awards

Seven Nova Scotia squash athletes and volunteers were recently recognized at an awards dinner in **Halifax** at the **Halifax Convention Centre**.

Each year **Sport Nova Scotia** asks provincial sport organizations, including the squash community, to nominate deserving players or volunteers and officials across the province who exemplify special qualities with each award.

These awards are a meaningful recognition of their dedication, hard work and achievements over the past year.

The following award winners were recognized on May 24.

- Official of the Year - **Thomas Hori**
- Volunteer of The Year - **Emily Burke**
- Senior Male Athlete of the Year - **Matthew Bishop**
- Senior Female Athlete of the Year - **Darlene Acton**
- Junior Male Athlete of the Year - **Jack Comeau**
- Junior Female Athlete of the Year - **Lilly Bishop**
- Team of the Year - Big Nick Energy - **David Westwood** (Captain)



Squash players from left to right Lilly Bishop, her father, Matt, and Jack Comeau received their awards at the Sport Nova Scotia Support 4 Sport ceremony in Halifax on May 24.

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