



MONCTON OPEN | NOVA SCOTIA JUNIOR OPEN

MacElwee Exits In The Nick But Not Squash

By Judy Myrden

SMUfit squash player **Heather MacElwee** is stepping away from **In The Nick**, but she's definitely not stepping away from squash.

Since the inception of this provincial squash newsletter two years ago, MacElwee has been the Communications Manager for ITN, a photographer, and an occasional contributor.

“Being a part of In The Nick has been a lot of fun and I’m sad to be going,” she said.

MacElwee’s decision to step down in November from her duties comes as she’s busy with other squash commitments and working in a demanding job with a **Halifax** medical start-up **ClearDynamic Inc.**

The company is exploring new technology to mitigate musculoskeletal pain, specifically in the knee and foot, and MacElwee is the company’s **Associate Quality Management System Manager**.



Heather MacElwee at the SMUfit squash courts preparing to participate in a recent Saturday afternoon squash clinic. (Photo by Judy Myrden)

Upcoming Events

Dec 08: [SMUfit Ladies Night Tournament](#)

Dec 13-16: [Canadian Junior Open](#) (Niagara On The Lake)

Jan 09-11: [KCSC Winter Thaw Tournament](#)

Jan 16-18: [Mill River Open](#) (PEI)

Jan 23-25: [2026 Canadian Masters Team Championship](#) (Montreal, QC)

The 30-year-old says she enjoyed the monthly story meetings to plan coverage of tournaments, squash news, profiles of people, and learning how to capture action photos.

“I saw the value in having a publication for the squash community,” she said in an interview. “We have a lot of interesting stories and news. I saw the benefit to the whole community for getting this started with the group.”

The game of squash thrives when new people join the sport. MacElwee is one of these people.

She started playing in September 2022 and came to the **SMUfit Ladies Monday Night Squash** on the recommendation of her friend, and high ranking women’s squash player, **Niamh Campbell**.

She embraced the game and quickly started playing tournaments in Nova Scotia, and the **Maritimes** and travelling to **Toronto** and **Ottawa**.

Along this journey she has won championship titles and most recently won the **Women’s Division 1** title at the **King’s County Squash Club Rust Remover** tournament in

Kentville in September.

She also volunteers her time at tournaments, plays in the **Halifax Squash League**, and is currently serving on the **Board of Directors of Squash Nova Scotia**.

MacElwee has her Community Instructors course and in the Spring of 2024 helped with SNS pilot program introducing the racquet sport to “new to Canada” youth at SMUfit. For the past two years on an ad hoc basis has volunteered with Squash Coach Josh Rudolph’s junior program at SMUfit on Thursdays and Saturday.

She grew up in Ottawa and moved to Nova Scotia in 2013 to attend **Acadia University** where she graduated with a B.Sc., and then went to the **University of Guelph** where she earned a MSc in Biology.

Both her mother, **Lisa MacElwee**, and sister, **Julie Van Moorsel**, are competitive squash players and she knew how much they enjoyed playing.

“I think having my Mom and sister play I knew how great a sport it was. I like being social and I didn’t like going to the gym by myself, so that’s kind of why I like it too.”

Some advice on learning to play the sport is being patient and and taking the time to develop.

And recommends to anyone wanting to get involved there are ample opportunities to volunteer in the squash community.

Nova Scotia Represents at the Moncton Open

Over 20 participants from the Nova Scotia squash community made the trip to Moncton to participate in the 2025 Subway Moncton Open. Squash NS members were represented in 9 of the 12 available divisions.



*The Wiseman family.
From left to right: Jen,
Ava, and James Wiseman
(Photo by Heather
MacElwee)*



*NS Junior competitors Jack Comeau (left),
Hudson Kinney (center), and Lilly Bishop
(right) (Photo by Heather MacElwee)*



*The Bishop/Shakespeare
family. From left to right
Matt Bishop, Victoria
Bishop, Melissa
Shakespeare, Lilly Bishop
(Photo by Heather
MacElwee)*

Victor Onyebuchi Closes Out His Junior Career at NS Junior Open

By Craig Potts

Bringing Squash Nova Scotia's Fall 2025 Tournament Calendar to a close, **King's County Squash Club (KCSC)** served as Tournament Host for the **Nova Scotia Junior Open** November 22nd - 24th.

38 juniors from around the region converged on Kentville for the weekend, including first time tournament players **Fisher Waita** (Div2), **Jeremy Grossmith** (Div4), **Amos Madduma** (Div4), **Ipoola Ogunbodede** (Div4), **Cameron Kenny** (Div6), and **Kelton Hearn** (Div6).

"The Valley was happy to host the NS Junior Open, with all three Maritime provinces represented on the draws. Junior squash has a bright future in the region" said Tournament Director, **James Wiseman**.

Stepping on the courts a final time as a Junior Player was **Victor Onyebuchi**, as he "ages up" this month.

Originally from **Lagos, Nigeria**, Victor arrived in Canada in 2023, and was immediately introduced to squash the first day he met James Wiseman, and he's never looked back. "He missed the first 32 balls that I fed him. Victor is a great example of what happens when you put in hard work and are persistent," Wiseman told **In The Nick**.

Currently in his 2nd year at **Saint Mary's University** studying Computer Science, Victor trains 6 - 7 days a week, plays in the Halifax Squash League, and has been called up to sub several times in the Halifax Premier League.

"Squash has connected me to a great community, and has pushed me to grow both mentally and physically, not just as an athlete, but as a person as well" Onyebuchi told In The Nick. Victor further credits James Wiseman, **Janet MacLeod** and **Josh Rudolph**. "They've never failed to guide or support me, and I'm truly grateful".



Victor Onyebuchi and Coach Josh Rudolph at the awards ceremony of the 2024 NS Junior Open hosted in Halifax. (Photo by Judy Myrden)



*Co-Refs Henry Myers & Lucas Lyu pose as Christabelle Onyebuchi and Trae Sampson warm up
(Photo by Janet MacLeod)*

Coaches MacLeod and Rudolph echo Wiseman’s sentiments and told In The Nick “Victor’s dedication to improve his game is unmatched” and, “Victor is a pleasure to work with, never complains, and is always happy to help others as well”, respectively.

Full Tournament Results can be seen [here](#).

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

Editor in Chief: Judy Myrden Contributor: Craig Potts
Director: Rawan Abouelela Logo: Fei Gao
Layout: Justin Ching-Johnson Sport NS: Veronica Todd
Communication Manager:
Heather MacElwee



[@squashnovascotia](https://www.instagram.com/squashnovascotia)



[@squashns](https://www.x.com/squashns)



[squashnovascotia](https://www.facebook.com/squashnovascotia)