

Squash Resources

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Email List

We send out a community email every few weeks or so. To be added to the list to receive updates of events please contact [Austin Gilbert | gilberta@northshoreymca.org](mailto:gilberta@northshoreymca.org)

Round Robins

There are regular Round Robins every weekend, in the mornings. Come early if you are more of a beginner, mid-morning for intermediates (9:30-10:30) or late morning for advanced players (10:30 onward).

Club Locker

This is the online system that the LvO uses to manage court bookings, ladders, ratings. It is free to create an account, and takes about 5 minutes:

To create an account go to: <https://ussquash.clublocker.com/login> and click on "Create free account". If you need to choose a "partner", choose US Squash. Complete all the fields and be sure to choose "Lynch Van Otterloo YMCA" as your club (otherwise you won't see our courts!). Once you have an account, you will be able to book courts.

Alternatively, you can stop by the front desk to book courts.

LvO Squash Court Bookings and Process

- Every time you use a court, please reserve it through ClubLocker or via the front desk.
- If you are unable to use the court that you booked, please cancel it through Club Locker, to make it available to others.
- Please follow the rules of the court, listed on the wall opposite court 3.
- Being thoughtful to those that are waiting, i.e. don't play over your end time.
- If you aren't ready to jump on and play and the people on court are still playing, please let them know that they can finish their game.

Squash Ratings

The US Squash Rating (USR) algorithm uses all matches from the previous 45 months in the US Squash database to calculate a relative measure of each player's ability. Your rating is a great way to compare your level against friends and competitors, find a match against some of similar level, or track your improvement over time! The rating scale begins at 1.5 and top rating around roughly 7.0 mark for the top world professionals. The majority of club-level squash players are in the 3.0-4.5 range, levels which would coincide with what were formerly referred to as "C" or "B" level club players. Professional players play at a 6.0+ level.

For more information, go to: <https://www.ussquash.com/about-the-ratings/>

To review a summary of US Squash Rating Criteria by Skill and Level, go to: <https://www.ussquash.com/participate/rating-criteria/>

If you do not play competitive squash and don't have a rating, but would like to know where you would fall, there are several options:

- Ask the people you play with what their rating is. This will give you a general idea of what yours might be.
- Ask one of the more experienced players to watch you and give you a sense.
- Play a match against someone else at the Y, and record your results in Club Locker. You will then get a rating and you can start to build on that.

What's App Groups

A good way to find opponents is to join one of the many level-specific What's App Groups:

2.5 - Beginners - Kirill Shubin (krllshbn@gmail.com)

3.5 - Intermediate - Kirill Shubin (krllshbn@gmail.com)

4.0 - Strong Intermediate - Dylan Selberg (dylansellberg@gmail.com)

5.0 - Advanced - Taylor Milner (ctmilner@gmail.com)

Find new people to play

Your game will improve if you make the effort to play with different people than your regular opponents. Here's one way to do it:

- Log into ClubLocker and within the LvO section click on "Rankings"
- Find yourself and look at the players just above you.
- Reach out to them via email and schedule a match!
- Book a court, add your opponents name to the booking
- Record the match result

If you have any questions or comments, please contact [Austin Gilbert, gilberta@northshoreymca.org](mailto:gilberta@northshoreymca.org)

New to Squash?

If you are interested in learning more about Squash or getting on the courts, reach out to Pat Milner, patmilner1@gmail.com. She can arrange for a Volunteer to get on the court with you.

Or you can register for our Beginner Clinic on Thursdays at 6 pm. Registration is required \$18 per lesson. Georgel@northshoreymca.org