



**July, 2017**

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### ***Heba El Torky, World #24 at PSC***

Heba el Torky, former World #24 with 5 career PSA tournament championship titles to her name, visited PSC on June 17 and July 2 for a special edition of Play the Pro. Originally from Alexandria, Egypt and educated as a pharmacist, Heba will be coming to the club on Mondays for complimentary 30-minute skill assessments and to give lessons.



***Heba will be at PSC on Mondays to give lessons. If you are interested in getting on the court with Heba,***

***email Jay or Heba, at [jay@jahangirsquash.com](mailto:jay@jahangirsquash.com) or [heba@jahangirsquash.com](mailto:heba@jahangirsquash.com)***

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## ***Completion of PSC Interior Renovation***

The final stage of the renovation of the PSC clubhouse will take place in August. This entails repainting of the court walls and refurbishment of the men's locker room. A detailed message will be sent to PSC members shortly.

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## ***New members: Charles, Afrouz & Bijan***

Charles Anderson, his wife Afrouz and toddler son Bijan recently joined the club when the Rio Sport & Health closed. They started playing a year ago after they found that their rallies playing racquetball ended too soon and decided to switch to squash.

Charles runs his own import-export trade consulting firm while Afrouz is doing her post-doc at NIH. Charles prefers to play in the 7 pm - 8 pm range during the week and early mornings on weekends. Afrouz likes to play after work in the 5 pm - 6 pm range when time permits. They are both looking for games and are a welcome addition to PSC!!



Charles Anderson and Sergio Rosenzweig battle it out on Court 2

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## ***Player of the month: Adel Labib***

Some of you may have been wondering - where's Adel? Well, the thrice weekly player with the infectious smile is coming off a procedure on his meniscus and is starting to get back out on the courts and test his knee.



Adel fell in love with squash at 13 when he went to a club in his hometown of Cairo, Egypt where two World #1 players from the 1980s inspired him to take up the game. It was not long before Adel was getting games with President Hosni Mubarak, a squash enthusiast, and his son. After college Adel moved to the U.S. and has the distinction of having played in squash leagues not only for PSC, but also in San Francisco, Egypt, Kuwait, the U.A.E, UK, France and Malaysia. One of the things he is known for here is how he warms up for a league match by playing a "friendly" match

earlier in the day, which would tire out most of us.

In any event, last year Adel had open heart surgery in September and by November he was back on the courts playing squash. We wish him similar luck as he heals his knee!

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## ***Our Squash Pros***

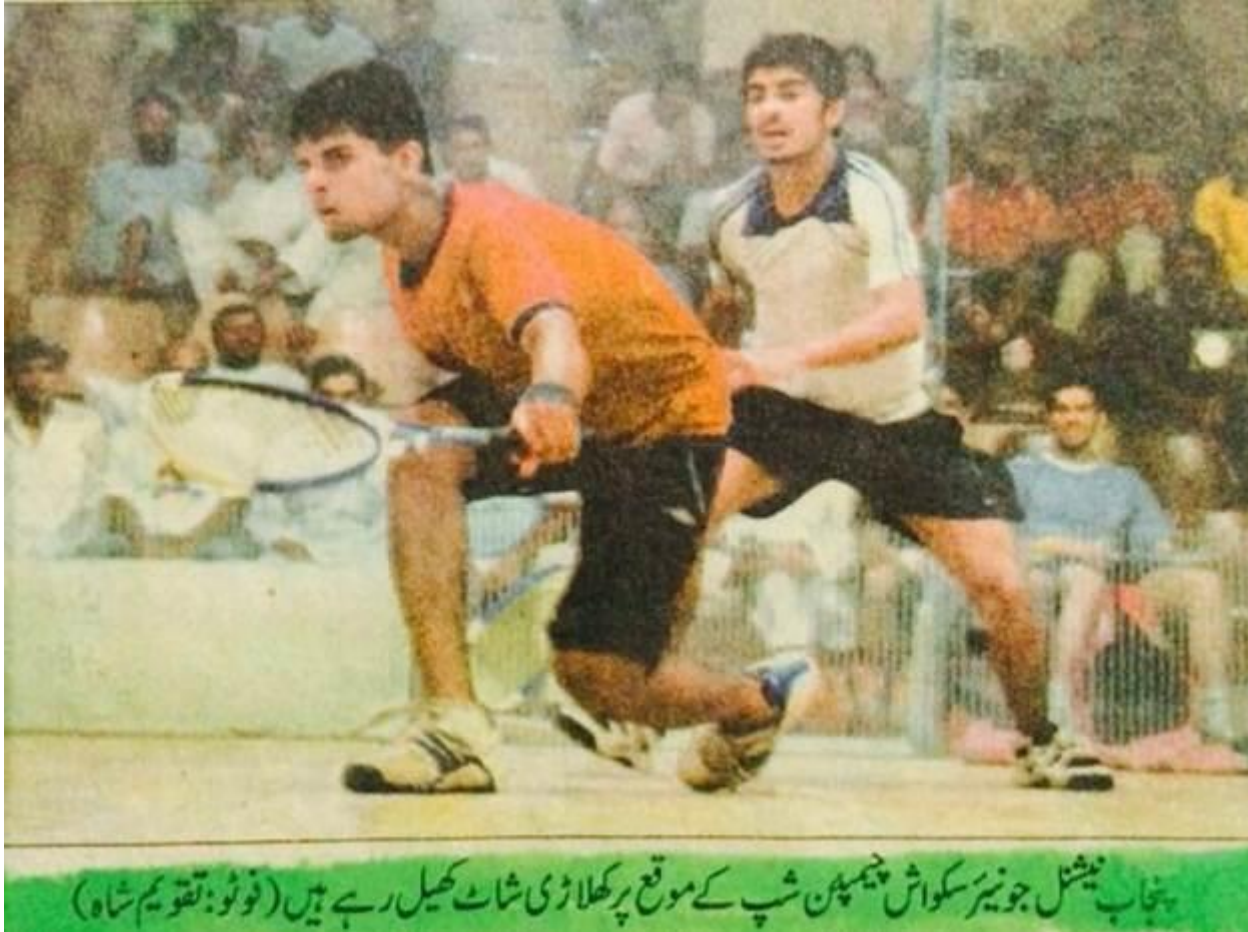
Our Pro Jahangir Naseem, who has been coaching at our club for the last 5 years, is doing a fantastic job providing personal and group instruction for our members, as well as attracting top professionals to show us how the game is played at its best. He has created a wonderful team of his assistants who are also coaching at PSC, including Shahid Hussain and newly arrived Heba El Torky. In this edition of the newsletter we will tell you about Shahid, how he picked up the squash racquet, and started his coaching career.



### **Play Squash coaching team with James Willstrop & Eddie Charlton**

Shahid Hussain, was 11 when his uncle took him to a nearby squash club in his home town of Lahore, and the rest is history. Shahid got serious about the game quickly, and by the time he reached the U-14s he was ranked #7 in Pakistan. He got his PSA membership at 18 and rose as high as #4 in Pakistan in U-19 before moving to Bahrain to play and coach. There he won the national championships two years in a row (2013-14), after which he moved to Malaysia and won the national championship there in 2015. Shahid has since coached in Texas, Louisiana and California before coming to Maryland and joining the Play Squash Team. Recently, he beat the world #55, Karim El Hammamy, 3-1 in Houston. Shahid credits his success to a focus on fundamentals and basic technique. He has added "squash fitness" to his coaching menu at PSC and many members have found he really helped them improve their game.

***If you like to schedule a lesson with Shahid, contact him at [shahid@jahangirsquash.com](mailto:shahid@jahangirsquash.com)***



Shahid hits a backhand against Asim Khan in the Finals of the 2013 Bahrain Championships, which he won 3-1

## ***Growing Juniors at PSC***

CONGRATULATIONS to Aadil Husain who won this year's National Bronze Championship in BU19. The Bronze Nationals were held at

Chelsea Piers in Stamford, CT during April 28-30.

Aadil is a rising senior at the Potomac School in Virginia, where he will be captain and play number one on the varsity boys squash team this fall.



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## ***Play the Pro***

Test your mettle against our pros during our weekly play-the-pro event Sundays at noon.

Please sign up at least 3 hours in advance and then come and have a hit!



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## ***Free Clinics for PSC Members***

Jay and Shahid run weekly clinics for players of all skills. Schedules are as follows:

<b>Target Players</b>	<b>Day</b>	<b>Time</b>
Beginning/Intermediate	Tuesdays	7:15-8:15 pm
Intermediate/Advanced	Saturdays	noon - 1 pm
Women	Saturdays	2 - 4 pm

Clinics are open to PSC members over the age of 19 only. Non-members may participate in the women's clinic for a fee.

Please sign up for clinics on our reservations site at least three days in advance. Clinics will be cancelled if no one has signed up three hours prior to the clinic start time.

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## ***Leagues at PSC***

### ***Men's Division 5 Team wins championship for the WINTER Season. CONGRATS!***

As anticipated, we hosted the finals of the Division 5 (player ratings up to 3.5) on May 15th. There were many Pentagon team supporters present and they made a lot of noise as early on it did not look very good for PSC.

After three games on each court, we trailed 2-1 on both. At #1, our Mansoor Qureshi was down 6-0 and 7-1 in the fourth game, before tying at 7 all and going on to win 15-10. In the fifth, he led 6-1 but was himself caught and tied at 7 all, and the game was very tight the rest of the way. Mansoor won the fifth game for PSC 15-13. In the #2 match, Otto Louis-Jacques squeezed out a win in the fourth game at 15-13, and won the fifth at 15-12.

In the other two matches, both Anthony Garcia and Samarth Chugh led 2-1 for PSC and with much less drama than in the other two matches, each went on to win at 3-1.

So our team, having won all four matches against Regency in the semi-final on May 8th, won all four against Pentagon in the finals on May 15th.

We had also had the best record for the regular season (which

allowed us to play both playoff matches at home), so our Division 5 players had a very good season.

***Congratulations to:***

***Mansoor Qureshi,***

***Otto Louis-Jacques,***

***Jaro Vostal,***

***Samarth Chugh,***

***Basil Herzstein,***

***Anthony Garcia,***

***Adam Lee and***

***Nauman Ilias.***

**Summer season:**

**Division 4**

For players with a USSRA ranking of 4.0 or less at the beginning of the season, PSC's DIV-4 team is currently in 3rd place out of 6 teams with a 3-2 record. Mansoor Qureshi leads the team with a 3-0 record and Emma Wolf is 2-0. Javed Jahangir plays the ever tough #1 spot and is 2-1. The team plays on Thursday nights at 7 PM.

**Division 5**

For players with a USSRA ranking of 3.5 or less at the beginning of the season, PSC's DIV-5 team is currently tied for 1st place out of 7

teams with a 1-0 record. In their only match so far Samarth Chugh, Basil Herzstein and Otto Louis-Jacques all won their matches to shut out Bethesda, 3-0. The team plays on Monday nights at 7 PM.

## **Division 6**

Div 6 is the beginning DC wide league for beginners and advanced beginners (USSRA ranking less than 3.0) will start July 16th. If you are interested in playing please contact Ubu Grace ([dkhosh@nih.gov](mailto:dkhosh@nih.gov)).

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Dick Gann, President | Potomac Squash Club |

[www.potomacsquash.com](http://www.potomacsquash.com)



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