

THE SCORE SHEET

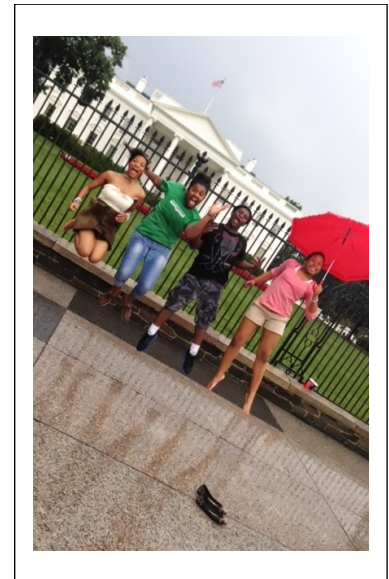
DATES AHEAD

<i>METROsquash Junior Silver Tournament</i>	Feb 14-16
<i>METROsquash Windy City Open Tournament</i>	Feb 26-March 3
<i>Lifetime Fitness Junior Silver Tournament</i>	March 21-23
<i>10th Grade College Tour</i>	April 3-4
<i>Squash Trip to Toronto, Canada</i>	April 25-27
<i>Midwest Urban Team Challenge in Cleveland, Ohio</i>	May 9-11
<i>METROsquash 5K Run and Walk</i>	May 18

WELCOME TO THE METROSQUASH FAMILY NEWSLETTER!

We hope you enjoy 'The Score Sheet,' METROsquash's first official family newsletter. Look for appearances in your mailbox every two months, with updates on programming, student highlights, dates ahead, articles by students, staff and everything in between to keep you in-the-know on our favorite youth program in Chicago! For this issue, students were asked to share answers on their favorite parts of the first half of the season and what they are looking forward to in 2014. METROsquash spotlights two students for their work in the Middle and High School Staff Shoutouts. Squash Director Mike MacDon-

ald contributed an introductory explanation of squash for our recurring squash feature, "The Back Wall," and students are recognized for strong grades and attendance on page 2 and 3 columns. To the left is a list of upcoming events that students may be eligible to participate in; we want everyone to take advantage of what METROsquash offers, and priority will be given to students with attendance above 85%, strong grades and a terrific attitude and effort at practices. The back page includes METROsquash contact information, including



METROsquash students are literally 'jumping for joy' about the newsletter.

our web address. Don't hesitate to be in touch and let us know what you think of our first publication! Sincerely, The METROsquash Team

ORANGE TEAM UPDATE BY LILIANA VAZQUEZ (ARIEL ACADEMY)

At METROsquash, we engage in a lot of athletics and extracurricular activities. My favorite tournament that I took part in was the St. Louis trip. Not only did we get to compete, but we also

toured a beautiful garden. Minnie, the High School Coordinator, also hosted a "Life Skills Day" and we also have had a pot-luck. My favorite was the "Mix-it-up-Friday" where we learned how to dance

from professionals. Another favorite was when METROsquash discussed the meaning of bullying. METROsquash hasn't been just a sport, but something more.

MIDDLE SCHOOL STAFF SHOUT-OUT : KAYA THOMAS (KOZMINSKI ELEMENTARY)

ACADEMIC ALL-STARS!

The following students have a 'B' average or higher in their high school courses:

9th
Kameron Calbert
Kayla Calbert
Kendall Calbert
Kyle Larry
Nubia Beasley-Bartee

10th
Anathiel John-Charles
Maxwell Okwuedei
William Pemberton

11th
Regan Allen
Eric Lo
Annie Phaovisaide
Weifeng Mei
Deearia Watkins

12th
Gabriel Burton
Abrianna Carter
Khameelah Bailey
Karyn Dukes
Valencia Scaife
Khadijah Muhammad

Kaya's commitment to the METROsquash program is outstanding. Not only does she have a 95% attendance rate, she always remembers to



6th grader Kaya Thomas (far R) on court with her teammates.

bring her squash clothes and something to work on during academics. She also attends all Saturday programming including life skills sessions and

community service projects. Even though this is only her second year in the program, she was invited to her first tournament in 2013 because of her dedication and positive attitude. She regularly gives out

compliments during our TEAMboasts, and she has placed in the top three in November and December for our BRAINGames which are daily mental puzzles. In the classroom, Kaya is excelling well with almost all A's to prove it. We are excited to see Kaya's growth throughout our program, and we hope she continues being a great success at METROsquash. Way to go Kaya!

JUNIOR-SENIOR TEAM UPDATE BY KEANTHONY THOMPSON (KENWOOD ACADEMY)

The first half of the season at METROsquash has been really fun. For one, I was able to get a mentor. His name is Abdur. He's a professor at the University of Chicago or something like that. But

anyways, he's really cool. We've been to Edwardo's and to the University Club (I didn't even know he played squash!). And then I'll be able to go to Philadelphia with squash for the first time. I'm

looking forward to doing more stuff to just keep me engaged, like the "Mix-it-up" days at METROsquash has been having. They seem like a really nice thing to do.

VOLUNTEER PERSPECTIVE

Andy Corken helps at the squash courts Monday afternoons and has been a terrific help. Here's what he has to say about his experience:

I greatly enjoy my time spent on the court with the METROsquash participants....One recent highlight of my involvement in the program was when I was challenged to a one-on-one game with

one of the better players following a discussion on youth and speed(him) vs experience (me).It turns out we played a close game and discussed that with work on technique and experience,

he could develop in to an exceptional player. I mentioned to my opponent that he had the home court advantage and I hope to have a rematch game with him at my home court at UCCO soon.



METROsquash super volunteer Andy Corken plays for keeps!

FRESHMAN-SOPHOMORE TEAM UPDATE BY JULIAN RUSSELL (KENWOOD ACADEMY)

Ever since I've been back at METROsquash this season has been going great. My highlight of the first half of the season was receiving a mentor. I met my mentor in December and his name is Peter. So far have hung out three times together. The last time my mentor and I did something was last Sunday. We played squash for about 2 hours, and then we went out to lunch at Medici with my

friend Gabe Johnson, a junior at METROsquash. I had a lot of fun that day with him. In the second half of the season I'm really looking forward to the next trips or tournaments. I have been improving my squash game a lot, and I can't wait to show it off. In addition, I just found out that I'm going to the Dayton team tournament and I might be



Julian Russell with teammates Regan Allen and Gabe Johnson (L-R).

going to Williams. METROsquash is a great after school program to be a part of, and I'm really looking forward to the second half of the season.

ATTENDANCE PROS!

The following students have made 85% or more of all practice days this year:

5th
Crystal Dixon
Jamara Dixon
Malik Messenger

6th
Meredith Okwuedei
Jarrell Russell
Kaya Thomas

7th
Kyla Armistead
Aryel Carter
Taezia Irving
Alexis McCarroll
Mason Simpkins
Kayla Wadley
Jordan Walls
Jacquise Wilson

8th
Gabe Green
Christopher Ferguson
Na'imah John-Charles
Kayland Jones
Elijah Hamilton
Michel'le Messenger
Davion Owens
George Turner
Mekhi Washington-Castro
Elijah Washington-Castro

9th
Kameron Calbert
Kayla Calbert
Kendall Calbert
Latrell Crawford
Infinity Chambers
Kyle Larry
Gerald Massenberg
Cameron Steele

10th
Anathiel John-Charles
Michael Johnson
Maxwell Okwuedei
Julian Russell

11th
Chun Lo
Clarissa Martin
Emari Tyus

BLUE TEAM UPDATE BY MYLEENA WEBB (KOZMINSKI ELEMENTARY)

In the first 1/2 of the season, the people in my grade did fabulous squash routines. We worked on all types of cool squash related things like volleys, boast shots, forehands and backhands and more! My highlight

of the first half of METROsquash was working on volley shots. It's a fun shot to do, but it takes practice, practice and practice. As Ed says, "practice doesn't make perfect, but perfect practice does!"

I also participated in the tournament and—boy, I tell you, it was a doozy! However, I enjoyed it.

BLUE TEAM UPDATE BY MICHAEL WASHINGTON (FISKE ELEMENTARY)

My highlight was when I hit 25 backhands in a row. I had reached a new goal. I was trying to hit 10, but I was on a roll, so I kept at it and then I reached 15, then 20. Next thing I know I was at 25. I personally think backhand is the best. What I



METROsquash students on court at the Henry Crown Field House.

am looking forward to doing in the second half of the season is to get back on the court and play squash. I was out for so long I missed so much! So I am going to be rusty. I need to make a speedy recover so I can play my favorite sport.

METROsquash

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*Teamwork makes the
dream work.*

Find us online:
www.metrosquash.org

THE BACK WALL: FROM SQUASH DIRECTOR MIKE MACDONALD

You may not know it, but squash is one of the most popular sports in the world. As an indoor sport (similar to racquetball), squash is played year round in a small room or court. The ball is small and doesn't bounce very much until you warm it up with a few hits. But don't be fooled. Squash is one of the fastest sports in the world. The hardest hit squash ball clocks in at 175 MPH! It takes quick reflexes and good hand-eye coordination to play.

Squash is also as much as mental game as it is physical. Players who start with the basics, must learn the strategy and think while they play (almost like Chess on the move). Squash players cooperate to allow each other to play the ball, and at the same time they are trying to move them around the court and wear them out to exhaustion. To watch a squash match, pay attention to the following: players try to control the "T", the middle off the court. Good players cut the ball off as it is

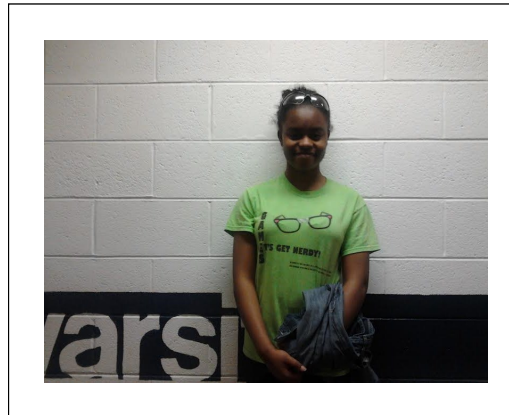


The 'T': where every squash player wants to be!

driven out of the back of the court and try to hit shots that will make their opponent run from one part of the court to another. Like anything else, practice is the key to becoming a great squash player.

HIGH SCHOOL STAFF SHOUT-OUT: ANATHIEL JOHN-CHARLES (YWLC SCHOOL)

The High School Programming staff is happy to announce that Anathiel John-Charles, a tenth grader at Young Women's Leadership Academy, is our High School Student Spotlight for this month! We are very proud to have Anathiel in our program and cannot express how much we appreciate her enthusiasm for academics and squash. Even with a very challenging academic schedule, she still manages to maintain a competitive GPA and balance her numerous



Sophomore Anathiel John-Charles after practice.

extracurricular activities such as the Girls Scouts and Chicago Youth. Moreover, Anathiel will jump at any chance to become more involved in METROsquash. Currently, she is involved in the BOOKspin

Reading Project at METROsquash and working with Ryan, our Middle School Director, to apply to competitive boarding schools nationwide. This past December, Anathiel (along with her sister and fellow METROsquasher Na'imah) was chosen by her school as an honoree in "The Other Grammy's," which is an awards and performance ceremony that showcases the diverse talents and accomplishments of young women leaders. Great job, Anathiel; keep up the awesome work!