

**UCT Squash**  
**League Cheat Sheet 2024**  
*Your Guide to playing Squash for UCT*



## 1. WELCOME TO LEAGUE SQUASH

Welcome to League Squash 2024! We are so excited for each one of you to join us this year to play some squash and have even more fun. We have compiled this little “cheat sheet” as a guide and helping hand during the 2024 season. From match etiquette to fuel reimbursements, this cheat sheet should have everything you need to have a smooth and fruitful year with UCT League Squash.

**Below are some important contacts and their information:**

**James McFarland (UCT Squash Chairman)**

Cell: 076 821 4689

Email: [mcfjam003@myuct.ac.za](mailto:mcfjam003@myuct.ac.za)

**Roxanne Comyn (Secretary-General)**

Cell: 082 367 7656

Email: [squashclub@uct.ac.za](mailto:squashclub@uct.ac.za)

**Caitlin Poole (Women’s Club Captain)**

Cell: 076 611 2811

**Mitchell Flanegan (Men’s Club Captain)**

Cell: 064 652 0062

**Lloyd Landsberg (Treasurer)**

Cell: 081 576 9432

**Louisa Zainal (Transformation Officer)**

Cell: 082 485 9002

**Yondi Gcilishe (Women’s Marketing Rep)**

Cell: 083 382 0849

**Adam Klaasen (Men's Marketing Rep)**

Cell: 082 304 2468

**Kerr Rogers (UCT Squash Sports Co-Ordinator)**

Email: [kerr.rogers@uct.ac.za](mailto:kerr.rogers@uct.ac.za)

**Shalom Abiodun (Chair Student Sports Union)**

Email: [ssu@uct.ac.za](mailto:ssu@uct.ac.za)

**2. YOUR LEAGUE FEES**

Below is the breakdown of where your League Fees go to:

<b>Description</b>	<b>Amount</b>	<b>Recipient</b>
Squash SA Levy	R250	Squash South Africa
WP Affiliation Fee	R200	Western Province Squash
Meals	R450	Abeeda/Rugby Club
League Shirt	R300	Bould Gear
VAT @ 15%	R255	University of Cape Town
Coaching	R245	Ian Harvey
<i>*External Fee</i>	<i>R100</i>	<i>UCT Squash Club</i>
<b>Total League Fee 2024</b>	<b>R1600 (UCT Students)</b> <b>R1700 (Externals)</b>	<b>UCT Squash Club</b>

On top of the above, we also provide the following: Fuel Reimbursements for AWAY Fixtures, Reduced entry cost to all of the UCT events, Internal League, Club Championships, Braais, Opening Quiz Night etc. Your money is well spent!

**3. TRAINING, FITNESS & TOP 9**

**PRACTICE TIMES (8 April – End of 3<sup>rd</sup> Quarter)**

**Wednesdays:** 19h00 – 20h30 (Top 9 UCT Players)



(This was voted for in the 2023 AGM as UCT teams will only receive funding if they place in the top five of their USSA tournament)

**Thursdays:** 19h00 – 20h30 (All League Players)

**Coach:** Ian Harvey

### **FITNESS SESSIONS (Hosted on Middle Campus Cricket Pitch)**

Fridays: 06h00 – 07h00

Sundays: 09h00 – 10h00

(Times may change but will be communicated on the League Group)

### **What is Top 9?**

The University Sport South Africa (USSA) Squash Tournament is the intervarsity tournament hosted in the first week of July every year. Each University sends 7 men and 7 women to play. At UCT, teams that do not perform do not go to UCT. In 2023, at our Annual General Meeting (AGM) it was voted by the entire club to reinstate the Top 9 Contracting of players.

Top 9 players are contractually obliged to attend extra training, fitness testing and sessions, and play a certain percentage of league matches. This is to ensure that UCT performs at USSA which allows the following year's players to attend USSA 2025.

Up until the end of April, any League player may challenge in to the Top 9 training Squad. On Wednesday 1 May, the USSA Selection Committee meets to invite the USSA players. From then on, Top 9 training sessions become USSA Team Training Sessions to prepare our USSA Team for the gruelling and taxing tournament.

## **4. LEAGUE MATCHES**

**Important Links (The links below include all important info from your captains)**

### **Women's Leagues**

<https://docs.google.com/spreadsheets/d/1q-AEk46t2jVNoVKZnQkaYolrtrIYbetD3Vu1ZBwokw/edit?usp=sharing>

### **Men's Leagues**

<https://docs.google.com/spreadsheets/d/12HAj1sEKuCeDyiE1Uj49EWFZ2458yFksfiE6Am7Q2kw/edit?usp=drivesdk>

## **MATCH INFO**

- **WHEN:** 18h30 until late on your league's evening. (Expected to be there at 18h00 for home and away).
- **DRESS CODE:** league shirt. Look smart as repping UCT.
- **FUEL:** reimbursed if team carpools from UCT Information Centre to away club and back. (Information will be shared by Lloyd Landsberg- Treasurer 2024).
- **CATERING:** Each league evening you will receive a meal which your team captains organise. If you are playing at home, the meal will be for the rugby club. If you are playing an away team that is catering, they provide the food. If you are playing an away team that is non-catering, your captain will receive money from the clubhouse to organise a meal for each player.
- **PROTOCOL:** If you are playing at home, you are expected to offer your opponent a drink from the clubhouse.

Four players from each team will play each week. Your team captains have been told how to balance and select each week to make it as fair as possible for everyone. There are many factors that go into determining teams and if there are any queries pop your relevant Club Captain a message (Caitlin for women and Mitchell for men).

## 5. ISSUES?

### REPORTING TOOL:

- If there are any issues, please speak to the committee OR your team captain.
- Louisa is the head of transformation, and she has set up the anonyms online reporting tool:

[https://docs.google.com/forms/d/1t2kdWZiY860fEWBa9UlcNPHXAdw4mg4TTz8-zGGjO0E/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1t2kdWZiY860fEWBa9UlcNPHXAdw4mg4TTz8-zGGjO0E/viewform?edit_requested=true)

Issues outside of the club must be reported immediately to James!