

FROM ME TO YOU

Kelli Hinchey, General Manager/Owner



It's hard to believe that our annual **Territorial Squash Championships** is done and dusted! And what a week it was! We are so grateful to have the support of our sponsors, without whom, we could not have hosted this top level tournament. Thank you to our major sponsors, **Roy's Audio Video Unlimited, NWT Squash, Denesoline Corporation, Stewart, Weir, MacDonald Ltd., Aurora Ford, J & R Mechanical, DTE Electrical Contractors, Lucki's Exercise Equipment Ltd.** We also thank our divisional sponsors, **Ron's Autobody, Delta 9, Konge Construction,**

Catherine Ardiles/Stella & Dot, and Birchwood Dental for sponsoring our Lightning Round. Many businesses also donated draw prizes and we thank, **Sasha Jason from Merle Norman Spa, Fletcher & Miranda Stevens from NWT Brewing Company, Dr. Hassan Adam of Adam Dental, Terra Pagonis of Territorial Beverages Ltd., Sam Marriott/Marriott Massage Therapy, Kenzie Lye/Massage Therapy at the Club, Northbest Distributors, Flowers North and Northern Fancy Meats.**

We were overwhelmed by the assistance of our member volunteers who helped us with court control, registration/ticket table attendance and whatever else they could do to help. Our phenomenal front desk staff, led by Dave Zethof, ensured that our members' needs were attended to by providing exceptional service at the main bar and on the deck. Thank you to Hugh Richardson, Mark Warren, Vince Barter and Rod Lowen for manning the bbques during the week. To Perry Campbell, Lester Walters and Ron Allen for perfect lobsters on Saturday evening. To Murray, Shirley and Jo Jones for exquisite fish tacos on Thursday and for taking care of our salad bar on Saturday night.

We were blessed to have a large contingent visit us from Whitehorse, as well as players from Edmonton, Fort Smith and Vancouver. They changed the flavor of the tournament greatly and we are so glad that they made the effort to be with us. Our visiting squash pros, Nikki Todd, Alix Younger, Danielle Letourneau, Jamie Laird, Nick Sachvie, Connor Turk, Jake Hooker and Thomas Brinkman, showed us what exceptional squash should look like!

A big shout out to my Management Team of Melina Turk/Head Squash Professional, Devin Madsen/Assistant Manager, Karen Depew/Member Services Manager, Nikki Johansen/Front End/Special Events Manager, Dave Zethof/Members Services Lead, Jeff Hipfner/Assistant Squash Pro and Social Media Manager, and Catherine Ardiles/Fitness Manager. This crew worked so hard in the months leading up to this event and went above and beyond to ensure that everything ran seamlessly. They are an exceptional group of individuals and I am lucky to be able to work with them each day!

Finally, thank you to our members for your continued support, for your belief in our Vision and Club philosophy and for participating in this major event. We love working for you and will continue to strive to go above and beyond. I hope you all enjoy the summer and our beautiful deck space. Please come out for our Summer Solstice Party on Wednesday, June 20th and celebrate, what we hope will be the start of a glorious northern summer!

"Every day our best gets better".

JUNE EVENTS

MONDAY, JUNE 4TH
JUNE FITNESS SCHEDULE STARTS

WEDNESDAY, JUNE 20TH
SUMMER SOLSTICE PARTY

6:00-11:00 p.m. Come and enjoy beverages and food on our beautiful deck. Live music provided by Autumn Beemer. Non members are welcome!

THURSDAY, JUNE 21ST
HAPPY ABORIGINAL DAY
CLUB CLOSED

WEDNESDAY, JUNE 27TH
FEATURE CLASS – "POUND ON THE DECK"

With Diana Curtis – 6:45-7:30 p.m. Stay after for drinks and munchies. Pre-register at the front desk – no fee!

SUNDAY, JULY 1ST
HAPPY CANADA DAY!
CLUB CLOSED

TUESDAY, JULY 3RD
KID FIT CAMP STARTS!

Only a few spaces available in this nine weeks of activity filled summer camps for kids ages 6-9. Call us to reserve your spot!

FITNESS NOTES

Catherine Ardiles, Fitness Director



Welcome to June! A few of us (Natasha R, Diana & Melissa) were in Edmonton for fitness training last week and as usual it was great to see some of the world's top instructors and get some new information (and of course have our butt's kicked a bit in the process!). A few things to note that ALL of the presenters touched on:

1. High Intensity classes should only be done 2-3 times per week (if you are truly working at your maximum), they should be balanced with yoga, stretching, or similar activities on alternate days.
2. Don't skip the stretch! Take the 5 minutes and stretch after your class or on your own – in 10 years your body will thank you for it!
3. People are always looking for 'harder, better, and faster' – but connective tissue doesn't respond to that.
4. The next time you are doing an exercise that isn't 'challenging you', concentrate on your breathing and your posture.
5. We need to work on the physiological as well as the physical.

**Look for some new exercises and new class formats over the next few months!

Our new schedule begins June 4th and a few of our weekend classes will take it outdoors weather permitting (Caroline and Kevin's Afterburn on Saturday and Ken's Stronger on Sunday). Bring your sunscreen and get ready to sweat! **BARRE on SATURDAYS** – new time for the summer 11-12! Get your workout in then go enjoy the afternoon! Diana is going to **POUND** it on the deck for the last class of the summer on June 27th – FREE for both non-members and members so bring a friend, but you must sign up in advance at the desk. Skylar is going to change her **Disco Spin** on Thursdays beginning June 28th – no advanced sign up but you are going to want to get there early to get a bike – this is a new spin class you don't want to miss.

A farewell to Carlyn from our yoga program leaving this month and a big welcome to Leonardo Deni and Tonya Huck, who join our Personal Training Team.

As always – send me an email with your comments and suggestions to catherine@ykracquetclub.com – and have a safe summer!

Gerald Read Memorial Award

I am truly honoured to receive the 2018 Gerald Read Memorial Award. The Racquet Club is my second home (as many of you know) and the staff and members are my family. I have grown greatly in the past two year through the many relationships that I have developed and the opportunities that have been provided to me. Along with the fantastic facilities, it is the people at the Racquet Club that keeps me inspired, wanting to give my all, for myself and all of you.

The award is in memory of Gerald Read as "one of the Club's most endearing, social, gregarious, honest and humorous members." I will strive to honour his memory.

Thank you for your friendship, inspiration and support!!

Ken

SUMMER SOLSTICE KICK^{RC}OFF PARTY

June 20
6:00pm
to 11:00pm

racquet ^{RC} club

YELLOWKNIFE

ykracquetclub.com 857-920-2224



POUND[®]

ROCKOUT. WORKOUT.

ON THE DECK FEATURE CLASS

WEDNESDAY JUNE 27TH
6:45-7:30PM

Sign up at the front desk.
Maximum 20 people! Stay for
drinks and a door prize :)



We wrapped up a fantastic month of squash with our greatest Territorials yet! We had over 100 players in the tournament and another 115 non-players join for the Saturday night dinner and dance. There were 17 players from Whitehorse, 3 from Edmonton, 1 from Vancouver, and 1 from Fort Smith. Needless to say, we had quite the tournament and quite the party. Whitehorse introduced us to some leg wrestling and also showed us up on the squash court, taking home the Yellowhorse Cup yet again. Our top player, Devin Madsen, won the Open event taking down a strong player from Edmonton in the final, and I even won my first exhibition match ever! Thank you to everyone for making my first ever squash season a success! Stay tuned for info about next season. Have a great summer!

Here are the results from the tournament:

Open:

- 1st – Devin Madsen
- 2nd – John Clarkin (Edmonton)
- 3rd – Stephen Messier

A:

- 1st – Jonathan Hawkins (Whitehorse)
- 2nd – Stephen Buckler (Whitehorse)
- 3rd – Dave Bokovay

B:

- 1st – Brad Mercredi
- 2nd – Momo Elserafy (Edmonton)
- 3rd – Chic Callas (Whitehorse)

C:

- 1st – Julien Le Guen
- 2nd – Max Rossouw
- 3rd – Fabien Rioux

D:

- 1st – Randy Caines
- 2nd – Alexandre Larouche
- 3rd – Ken Eng

Men's Exhibition:

- 1st – Nick Sachvie (St Catharines)
- 2nd – Connor Turk (Winnipeg)
- 3rd – Ibrahim Elserafy (Edmonton)

Ladies Exhibition:

- 1st – Nikki Todd (Regina)
- 2nd – Danielle Letourneau (Calgary)
- 3rd – Jaime Laird (Calgary)

Ladies A:

- 1st – Lori Muir (Whitehorse)
- 2nd – India Edwards
- 3rd – Nikki Radziminski

Ladies B:

- 1st – Charmaine Wilson
- 2nd – Jeanette Carney (Whitehorse)
- 3rd – Jill Alain

Ladies C:

- 1st – Jenna Cook
- 2nd – Katie Mercier (Whitehorse)
- 3rd – Gale Payne

Ladies D:

- 1st – Alden Tumoth
- 2nd – Veronica McDonald
- 3rd – Lianne Plamondon

Junior A:

- 1st – Loïc Hipfner
- 2nd – Isaac Maddocks (Whitehorse)
- 3rd – Colton Tumoth

Junior B:

- 1st – Darwin Murray (Whitehorse)
- 2nd – Will Kanigan
- 3rd – Anhad Seth

Doubles:

- 1st – Devin Madsen and Mark Warren

