

# Squash

Eustace Miles

**Sophie's Squash** Pat Zietlow Miller,2021-06-08 Kids will love this playful story of of a unique fall friendship between a girl . . . and her squash! On a trip to the farmers' market with her parents, Sophie chooses a squash, but instead of letting her mom cook it, she names it Bernice. From then on, Sophie brings Bernice everywhere, despite her parents' gentle warnings that Bernice will begin to rot. As winter nears, Sophie does start to notice changes.... What's a girl to do when the squash she loves is in trouble? The recipient of four starred reviews, an Ezra Jack Keats New Writer Honor, and a Charlotte Zolotow Honor, Sophie's Squash will be a fresh addition to any collection of autumn books.

**Squash** James Zug,2007-11-01 The first comprehensive history of squash in the United States, Squash incorporates every aspect of this increasingly popular sport: men's and women's play, juniors and intercollegiates, singles and doubles, hardball and softball, amateurs and professionals. Invented by English schoolboys in the 1850s, squash first came to the United States in 1884 when St. Paul's School in New Hampshire built four open-air courts. The game took hold in Philadelphia, where players founded the U.S. Squash Racquets Association in 1904, and became one of the primary pastimes of the nation's elite. Squash launched a U.S. Open in 1954, but its present boom started in the 1970s when commercial squash clubs took the sport public. In the 1980s a pro tour sprung up to offer tournaments on portable glass courts in dramatic locales such as the Winter Garden at the World Trade Center. James Zug, with access to private archives and interviews with hundreds of players, describes the riveting moments and sweeping historical trends that have shaped the game. He focuses on the biographies of legendary squash personalities: Eleo Sears, the Boston Brahmin who swam in the cold Atlantic before matches; Hashim Khan, the impish founder of the Khan dynasty; Victor Niederhoffer, the son of a Brooklyn cop; and Mark Talbott, a Grateful Dead groupie who traveled the pro circuit sleeping in the back of his pickup. A gripping cultural history, Squash is the book for which all aficionados of this fast-paced, exciting game have been waiting.

Squish Squash Squished Rebecca Kraft Rector,2021-02-16 A pair of kids learn what it is really like to be squished together during one hilarious and eventful car ride! When Max and Molly can't stop complaining about being squished in the back seat of the car, their clever mom knows exactly what to do--offer rides to their animal friends, who are happy to pile in and come along! As the back seat fills up with a wiggly piglet, two flitting ducklings, and three woofing puppies, soon Max and Molly are not only squished--they're SQUISH SQUASH SQUISHED! So when they notice Mom slowing down to wave at Scooter Mooter and his calves, Max and Molly don't say a word--they hush-mush. Thankfully, Mom keeps driving--and after everyone's dropped off and it's time to hustle-bustle home, Max and Molly are happy to stretch out in the back seat of their suddenly gracious-spacious automobile.

Science of Sport: Squash Stafford Murray, Mike Hughes,2016-06-30 The Science of Sport series is essential reading for students, coaches and performers, physiotherapists, club doctors and professional support staff working in sport. The Science of Sport: Squash offers both scientific research and athlete testimonials to show that squash is one of the most physically demanding, mentally draining, and tactically challenging sports in the world. Success in this sport requires extreme levels of fitness, optimal and specific strength, relentless psychological toughness, intelligent tactical prowess, and sublime technical proficiency. Key topics covered include: how sports science has developed in squash and how it is deployed by elite players and coaches; case studies and testimonials from some of the world's greatest players and coaches highlighting the value and impact of sports science in elite squash; sports science methodologies and interventions that all players and coaches can use to enhance the physical, mental, technical and tactical attributes required to succeed in squash; an overview of the principles and practice of sport science and how these impact on player development at all levels of sport; a detailed analysis of the latest ways in which science has influenced and improved the sport of squash. Of great interest to sport science professionals, teachers and students and squash players and illustrated with 38 colour photographs, graphs and tables.

**The Compleat Squash** ,2004-01-01 Detailed instructions on how to plant, cultivate, harvest, and propagate a variety of pumpkin, squash, and ornamental gourd varieties are accompanied by more than 150 glorious color photographs, horticultural tips, and delicious recipes.

*Squash* Peter Hirst,2014-06-30 Crowood Sports Guides provide sound, practical advice that will make you a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your game. Contents include: information boxes containing 'Top Tips' aimed at all levels of ability; the history and rules of the sport, how to get started and the equipment you need; techniques, skills and tactics; practical advice about how to practice, plan, refine your strokes and develop your game; training, fitness, injury prevention and mental toughness; colour action images, sequence photographs of the strokes and helpful diagrams; a useful glossary and list of addresses. Superbly illustrated with 137 colour sequence photographs and 13 diagrams.

The G Spot, A Book About Squash Tony Griffin,Caitríona O'Leary,2014-09-29 'Tony Griffin takes us with him on a personal journey of enquiry into key squash ideas. These he explains, follow from his concept of the G-Spot. He takes a fresh look at familiar topics and investigates what factors affect the optimal hitting experience. The question Tony poses is, 'how to make this both natural and effective?' His ideas, experiences and influences come together into an important work which will challenge inquisitive players and thoughtful coaches to rethink some familiar concepts.While the G-spot is all pervasive in many of the discussions, Tony also throws in advice and innovative methods on such things as how to maximise the chances of 'lucky' back corner nicks and the elimination of 'free shots'.An interesting journey, challenging analysis and entertaining anecdotes make it a timely addition to squash instructional writing.'Ian McKenzieEditorThe Squash Player magazine This a great book for all levels . Nice anecdotes and a good technical focus with lots of insights . A good read with a different twist from other squash books Liz Irving Former World n 2 and coach of 7 times World Champion Nicol DavidWhat a fantastic resource for coaches and players alike. This comprehensiveguide is a must for those who wishing to give squash enthusiasts the fundamentalsof the game. Like anything mastering techniques and having a good understandingof all the facets of playing squash will not only improve your game but give you somuch more enjoyment . I commend Tony on his ability to bring this all together.Dame Susan DevoyWinner of 8 British Open and 4 World Open TitlesWriting a coaching manual on any sport is difficult. Tony has succeeded brilliantlyhere by writing clear, easy to understand descriptions of how to learn toplay and develop all the basic shots played in squash. His book importantly includespairs routines, mental fitness, exercises, warm up routines and stretching,making it a complete coaching manual. The illustrations are a great addition. Theycapture in detail exactly what Tony is explaining. The catchy title lends itself verywell to the way the book has been refreshingly written.Ross NormanFormer World Champion.I have always believed that squash is about where and how you hit the squashball. Tony's book explains this simply and clearly. He also talks about some of thefiner points of squash that many players do instinctively without really understandingthe full reasons behind them. I love the fact that the title of a book aboutsquash can put a smile on people's faces.Stuart DavenportFormer World n 3Tony is a wise man of our sport. He has a natural and instinctive way ofunderstanding squash that comes from years of playing in tournaments and coaching.His experience and personal approach has allowed him to become an excellentcoach. Many of my achievements are thanks to the way he is able to adapt hisknowledge to each individual player. I am very happy that he has decided to sharesome of his know how in this book.Oriol Salvia CorcollTwelve times Catalan Champion,Two Times Spanish Champion and winner of two PSA Tournaments.Some years ago Tony talked to me about writing a book. I am very happy that he has finally managed to do it and share his fasinating vision of oursport. He is a master at analizing the many aspects that make up squash. This is a great opportunity for all those who love playing squash to gain a deeper understandingof the game and define areas in which they can improve.Elisabet Sad GarrigaFormer British Open under 14, 16 and 19 Champion,seven times Spanish Champion and ten times Catalan Champion.

*Raising Big Smiling Squash Kids* Richard Millman,Georgetta Morque,2006 Offering a complete roadmap to all the game has to offer, this resource offers practical advice ranging from the best age to get your kid started in squash, to pursuing a career in professional squash, to finding ways squash players can give back to their communities.

Squash Philip Yarrow,1997 Participation in squash is growing rapidly with 15 million players in more than 100 countries around the world. Squash: Steps to Success will help beginning and intermediate squash players to develop solid fundamentals and compete with confidence. Yarrow guides readers from basic strokes and court movement to specific shots and strategies. Illustrations.

*Squash Diary: the Story of How Squash Saved My Life* Kiran Dellimore,2010-05-11 Squash Diary is an inspiring, true story about one man’s amazing recovery from a near fatal car accident through his passion for the game of squash.

**The Game of Squash** James Ethan,John North,2018-03-14 Squash can become very addictive but what a wonderful addiction! This book was written to help beginners as well as advanced players get more out of their game and discover new ways to win more matches. Most players strive to improve, but the lack of discipline or knowledge can hold them back. That's why we designed this book to give you an easy resource for all things squash. · Who can play squash? · A basic understanding of the rules · How to choose the best squash racket · Advanced Tips and tricks for improving your game · Nutrition ideas to improve your health and energy levels · The importance of injury prevention ...and a whole lot more! If you’ve ever felt even mildly interested in playing squash, this is the resource for you. It will tell you absolutely everything you need to know, and encourage you to make squash a valuable part of your life. And for those of you who are seasoned players, here’s a positive goldmine of secrets to help you take your game to the next level.

The Game of Squash Eustace Miles,1900

Squash Julia Rutland,2019-10-08 Keep That Fresh-from-the-Garden Flavor at Your Table Easy to grow and often abundant, squashes are a garden delight. Don’t just drop them off at your neighbor’s front door. Squash is a cookbook by Julia Rutland that features 50 easy recipes for busy cooks who enjoy great flavor. The author is a professional writer, recipe developer, recipe tester, and television/media demonstrator, so you can be certain that every recipe is a crowd-pleaser! And when your gardens are filled with more than you can eat, you’ll find simple and delicious ways to preserve those fresh bounties. Book Features 50 recipes—tested and tasted by the author, an expert food stylist Desserts, breakfasts, breads, soups, and main dishes Full-color photography from a professional food photographer Tips on buying, cooking, cutting, and preserving squash People love squashes because the flavor connects them to holidays, special occasions, and shared family dinners. Add Squash to your cookbook collection, and savor this wonderful variety of delicious recipes. It features the most popular types of summer and winter squashes: zucchini, yellow, butternut, pumpkin, acorn, spaghetti, and more. These dishes are sure to become instant family favorites.

**Smart Squash** Austin M. Francis,2014-08-05 After more than one hundred years of playing squash with a hard ball, Americans switched, almost overnight, to using a soft ball. In order to aid this transition, Austin M. Francis wrote Smart Squash: How to Win at Soft Ball, a comprehensive guide to winning squash with this new method. For players of all levels, whether switching from hard ball or new to learning the game entirely, Smart Squash: How to Win at Soft Ball is a must-have. Francis draws from experience and advice from over thirty US and international coaches, champions, and professionals, covering all aspects of the game. Readers will learn tactics, strokes, shots, drills, match play, and strategies from this invaluable source of instruction and inspiration. Experienced squash players and novices alike will gain enormous wisdom and expert techniques from this all-encompassing guide to soft-ball squash. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Benji and the 24 Pound Banana Squash Alan Fox,2017-10-16 With seeds he saved from a squash they had for dinner last year, Benji plants and carefully tends a plant in their spring garden with the goal of growing a giant banana squash.

*Squash* ,1971

*The Science and Strategy of Squash* John O. Truby,1975

*The Squash* Arneo Nizzoli,1998 The squash is the first book in the series meant to allow the reader to rediscover old flavors. The intention is to reintroduce some of Italy's important traditional dishes which have been neglected too long. The book begins with an introduction to the history of the squash written by the food historian Alberto Capatti, followed by a careful analysis showing how this vegetable possesses all the qualities demanded by modern nutritional standards. Arneo Nizzoli is a restaurateur from Dosolo near Mantua. he is dubbed King of the Squash by the press because of the time and enthusiasm he devotes to studying this vegetable, which has led him to become a unchallenged authority on the subject. Nizzoli recommend the Squash for both traditional dishes and completely new ones. In addition, over forty of Italy's best chefs and pastry cooks have been invited to contribute a personal recipe encouraging the use of this sweet yellow vegetable. Giuseppe Vacarini, a member of the Associazione Italiana Sommeliers (Italian Wine Waiters' Association), has selected the perfect wine to accompany each recipe. thus, squash is promoted from the status of humble foodstuff to that of a prized ingredient in haute cuisine.

**Squish Squash Squeeze!** Tracey Corderoy,2018 At first, Mouse's new house is just perfect. But before long it's bursting at the seams with growling, SNAPPING, slidinghouse guests. What a squish-squash-squeeze! The CD contains witty narration plus original music and sound effects, and page-turning prompts for learner readers to join in!

**Racquets, Tennis, and Squash** Eustace Miles,1902

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