

INSIDE SQUASH

The Official Newsletter for the Friends of Harvard Squash | April 2017

A NOTE FROM OUR FRIENDS CHAIRS

Dear Friends of Harvard Squash,

What a season! Congratulations to our fantastic and talented teams and coaches. As college squash continues to grow with the addition of new and deeper teams, our program once again reaffirmed itself as one of the best, if not the best, in the nation.

We couldn't be prouder of what the teams accomplished, and their highlights speak for themselves:

- Women's National Team Champions
- Men's and Women's Ivy League Champions
- Men's National Team Runners-Up
- Women's Individual National Champion – Gina Kennedy '20
- 5 All-America Honors
- 2 Ivy League Rookie of the Year Awards
- 9 CSA Scholar-Athletes
- Ivy League Coach of the Year – Mike Way

We hope that you had a chance to watch some of the matches this season with more options to follow and support the teams - either at the Murr Center, at away matches, or on the more and more common live streams. For all of you who made it out to a match this year, thank you for your support!

This season, the FOHS and the coaches were happy to accomplish a few initiatives to further support our teams and increase engagement from our alumni network. After years of hard hitting, some of our plaster courts at the Murr Center were beginning to show signs of wear. After patching up parts of the front walls for a few years, we are happy to move ahead with completely rebuilding 8 of the front walls this spring; something that will extend the courts' life spans drastically.

Separately from maintaining a state of the art squash facility, we were happy to renew our contract with Whoop to provide the teams with the best technology in fitness and sleep tracking. Through the Whoop bands and platform, both the

players and coaches have a better understanding of how the teams are doing on a given day and what they might want to adjust to optimize performance.

This season, we organized two alumni events with the teams: A hit around in NYC during the Tournament of Champions and an alumni dinner in California after the women's match against Stanford. We hope those of you who were able to attend got the chance to meet current players on the team; we know they were appreciative of the opportunity to meet many of you.

We also initiated two new fundraising efforts geared towards increasing engagement this year: A phone-a-thon by the team members and an apparel store. If you didn't get a chance to speak to a team member or order some Harvard Squash gear, look out for these events again next season!

Finally, we were very happy to complete and launch a website for the program, www.harvardsquash.org. We hope this website can act as your one resource for everything related to Harvard squash, from match updates to program-wide events and announcements.

Thank you all for your generous contributions to the teams. The time and support that you give make an enormous difference to the success of this special program that means so much to all of us. For anyone considering donating to the Harvard College Fund, we ask that you please remember the Friends of Harvard Squash, as all gifts earmarked to the FOHS still count towards the fund.

Please reach out to either of us if you are interested in being more involved in any capacity; as a former player or a parent of a current or past player. Also please contact either of us if you have any ideas, suggestions, questions or concerns.

For any alumni returning for reunions this May, we hope to see you at the squash hit around on Saturday, May 27th (you don't have to play but just come support those agile enough to play!). We will send you more information on the reunion hit around soon.

Warmest regards,

Friends of Harvard Squash Co-Chairs

Blair Endresen Metrailler and Jason Michas

blair.metrailler@yahoo.com | Jason.michas@gmail.com

A NOTE FROM OUR HEAD COACH

Dear Friends,

The college squash season is over and it's time to reflect on the past year.

Our women's team couldn't have had a better season: the team remained unbeaten this year and won both the Ivy and national championships. Matches particularly against Penn, Trinity and Princeton were very close and it took a lot of mental strength for the women to stay on course. They had a target on their backs this year as defending national champions; that target will grow even bigger next season. To top the season off, Gina Kennedy '20 played some of her best squash to win the individual national title in March.

Our men's team had a remarkable season as well. We won the Ivy title with a perfect record and the only two losses of the season (both 5-4) were against Trinity, the national champion. The men's game in particular has grown a lot during the past few years and it's getting more and more competitive at the top. With many of the Ivy teams not even qualifying for the Potter Cup (top 8 nationally), it shows what an achievement this season was for the men's team.

From a Friends' standpoint, the season has also been eventful: we had a strong showing in New York for our annual hit around during the Tournament of Champions while the women's team traveled to San Francisco and hosted an alumni dinner after playing Stanford. In addition, we've seen so many of you at our matches and national tournaments.

Even after six years at Harvard, I continue to be amazed by the amount of support around our squash programs. It really would be impossible to lead the teams without you and I feel privileged to be in my position.

Thank you again for a great year. I hope to see some of you at the reunion weekend hit around in May.

Best,

Mike Way

Gregory Lee '87 and Russell Ball '88 Endowed Coach for Harvard University

A NOTE FROM THE CAPTAINS

Friends of Harvard Squash,

The 2016-2017 season was very special for us as seniors. The women's team emerged as both the Ivy League and National Champions, while the men's team won the Ivy title and finished the season as the national runners-up. The women had a perfect 15-0 record; the men's team only lost against the national champion, Trinity, twice 5-4.

We would like to thank the Friends of Harvard Squash for all your support; we could not have had such a successful season without it. We would like to thank John-Paul Ho '81 and Mike Halpert P'93 especially for their hospitality in San Francisco and Philadelphia, respectively. While the women's team was in San Francisco, the men's team met many alumni at the hit around in New York during the Tournament of Champions. A special thank you to Richard Chin and his staff at the Harvard Club of New York for accommodating us. The women are looking forward to next year's hit around!

Thank you so much for all of your encouragement and generosity. We realize that our experiences as student-athletes would be so different without all of you.

Go Crimson!

Caroline Monrad '17, Dileas Macgowan '17, Devin McLaughlin '17 & Bryan Koh '17

SOCIAL MEDIA





Photo courtesy Michael Bello (mtbello.com)

2017 Ivy League Champions
2017 CSA National Champions
15-0 Overall, 7-0 Ivy League

WOMEN'S SQUASH HONOR BOARD

Amelia Henley '20	All-America Second Team
	All-Ivy League First Team
Gina Kennedy '20	Ramsay Cup Winner
	All-America First Team
	Ivy League Rookie of the Year
	All-Ivy League First Team
Kayley Leonard '19	All-America First Team
	All-Ivy League First Team
Dileas MacGowan '17	CSA Scholar-Athlete
Alyssa Mehta '18	Holleran South Division Champion
	All-America Second Team
	CSA Scholar-Athlete
Sabrina Sobhy '19	All-Ivy League First Team
Katie Tutrone '17	CSA Scholar-Athlete
Sue Ann Yong '18	CSA Scholar-Athlete

2016-17 WOMEN'S RESULTS

Date	Opponent	Live Stream	Time
Dec 7, 2016	No. 9 Dartmouth *	Ivy League Digital Network	W, 9-0
Jan 13, 2017	at No. 14 Drexel		W, 9-0
Jan 14, 2017	at No. 2 Penn *		W, 7-2
Jan 15, 2017	at No. 4 Princeton *		W, 8-1
Jan 19, 2017	at No. 5 Stanford		W, 9-0
Jan 27, 2017	No. 18 Tufts	Ivy League Digital Network	W, 9-0
Feb 4, 2017	No. 8 Columbia *	Ivy League Digital Network	W, 9-0
Feb 5, 2017	No. 7 Cornell *	Ivy League Digital Network	W, 9-0
Feb 8, 2017	No. 3 Trinity	Ivy League Digital Network	W, 8-1
Feb 10, 2017	at No. 9 Brown *		W, 9-0
Feb 11, 2017	No. 6 Stanford	Ivy League Digital Network	W, 9-0
Feb 12, 2017	No. 5 Yale *	Ivy League Digital Network	W, 9-0
Feb 24, 2017	vs. No. 8 Columbia	CSA Team Championship (@ Princeton)	W, 9-0
Feb 25, 2017	vs. No. 4 Princeton	CSA Team Championship (@ Princeton)	W, 8-1
Feb 26	vs. No. 2 Penn	CSA Team Championship (@ Princeton)	W, 7-1
Mar 3-5, 2017	at CSA Individual Championships (@ Dartmouth)		

2016-17 WOMEN'S ROSTER

Name	Yr.	Hometown / High School
Eleonore Evans	Freshman	Baltimore, Md. / McDonogh School
Amelia Henley	Freshman	Kent, United Kingdom / Wycliffe College
Gina Kennedy	Freshman	Beckenham, United Kingdom / Langley Park Boys' School
Kayley Leonard	Sophomore	Harrison, N.Y. / Greenwich Academy
Dileas MacGowan	Senior	Toronto, Ontario / St. Clement's
Alyssa Mehta	Junior	Toronto, Ontario / Branksome Hall
Sophie Mehta	Sophomore	Toronto, Ontario / Branksome Hall
Keegan Mendez	Senior	Brooklyn, N.Y. / Packer Collegiate Institute
Caroline Monrad	Senior	Newton, Mass. / Noble and Greenough
Sabrina Sobhy	Sophomore	Sea Cliff, N.Y. / North Shore
Katherine Tutrone	Senior	Baltimore, Md. / Roland Park Country School
Sue Ann Yong	Junior	Kuala Lumpur, Malaysia / The Taft School

Gregory Lee '87 and Russell Ball '88 Endowed Coach for Harvard University: Mike Way (6th season)

Assistant Coaches: Luke Hammond, Hameed Ahmed

Strength & Conditioning Assistant for Squash: Beth Zeitlin

Faculty Fellow: Tom Dingman, Dean of Freshmen

Captains: Dileas MacGowan '17, Caroline Monrad '17



Photo courtesy Gil Talbot

2017 Ivy League Champions
2017 CSA Runners-Up
13-2 Overall, 7-0 Ivy League

MEN'S SQUASH HONOR BOARD

Saadeldin Abouaish '20.....	All-America First Team
.....	Ivy League Rookie of the Year
.....	All-Ivy League First Team
Timothy Brownell '20.....	All-Ivy League First Team
Madhav Dhingra '18.....	All-Ivy League First Team
.....	CSA Scholar-Athlete
Bryan Koh '17.....	CSA Scholar-Athlete
Devin McLaughlin '17.....	CSA Scholar-Athlete
Mandela Patrick '18.....	CSA Scholar-Athlete
Bradley Smith '18.....	All-Ivy League First Team
.....	CSA Scholar-Athlete

2016-17 MEN'S RESULTS

Date	Opponent	Live Stream	Time
Dec 7, 2016	No. 8 Dartmouth *	Ivy League Digital Network	W, 8-1
Jan 13, 2017	at No. 6 Drexel		W, 7-2
Jan 14, 2017	at No. 7 Penn *		W, 8-1
Jan 15, 2017	at No. 11 Princeton *		W, 8-1
Jan 21, 2017	No. 25 Tufts	Ivy League Digital Network	W, 9-0
Jan 28, 2017	at No. 1 Rochester		W, 6-3
Jan 29, 2017	at No. 7 St. Lawrence		W, 6-3
Feb 4, 2017	No. 3 Columbia *	Ivy League Digital Network	W, 8-1
Feb 5, 2017	No. 11 Cornell *	Ivy League Digital Network	W, 9-0
Feb 8, 2017	No. 2 Trinity	Ivy League Digital Network	L, 5-4
Feb 10, 2017	at No. 20 Brown *		W, 8-1
Feb 12, 2017	No. 8 Yale *	Ivy League Digital Network	W, 5-4
Feb 17, 2017	No. 7 Yale	CSA Team Championship	W, 8-1
Feb 18, 2017	No. 3 Columbia	CSA Team Championship	W, 5-4
Feb 19, 2017	No. 1 Trinity	CSA Team Championship	L, 5-4
Mar 3-5, 2017	at CSA Individual Championships (@ Dartmouth)		

2016-17 MEN'S ROSTER

Name	Yr.	Hometown / High School
Saadeldin Abouaish	Freshman	Cairo, Egypt / El Alsson School
Timothy Brownell	Freshman	Belmont, Mass. / Belmont Hill
Jack Cooper	Sophomore	Pontefract, U.K. / St. Wilfrid's Catholic
Madhav Dhingra	Junior	Delhi, India / Dhirubhai Ambani International School
Seif Eleinen	Junior	Alexandria, Egypt / Brooks School
Alexi Gosset	Sophomore	Ontario, Canada / Toronto French School
Sean Hughes	Freshman	Newton Square, Pa. / The Haverford School
Bryan Koh	Senior	Singapore / Anglo-Chinese School
Devin McLaughlin	Senior	Villanova, Pa. / The Episcopal Academy
Theodore Mendez	Freshman	Arlington, Va. / The Potomac School
Will Mendez	Senior	Arlington, Va. / Sidwell Friends School
Gordon Michas	Senior	New York, N.Y. / Collegiate School
Dylan Murray	Senior	Bronxville, N.Y. / Bronxville
Mandela Patrick	Junior	San Fernando, Trinidad / Naparima College
David Ryan	Junior	Dublin, Ireland / St. Fintans High School, Sutton
Ethan Shoihet	Sophomore	Cambridge, Mass. / Cambridge Rindge and Latin School
Bradley Smith	Junior	Lancashire, Engalnd / Runshaw Sixth Form College

Gregory Lee '87 and Russell Ball '88 Endowed Coach for Harvard University: Mike Way (6th season)

Assistant Coaches: Luke Hammond, Hameed Ahmed

Strength & Conditioning Assistant for Squash: Beth Zeitlin

Faculty Fellow: Tom Dingman, Dean of Freshmen

Captains: Bryan Koh '17, Devlin McLaughlin '17

Team Manager: Rana Bansal '19



2016-17 Through The Lense (Photos courtesy of Harvard Athletics & Dean Bauer '67)





2017 Harvard Squash Banquet (Photos courtesy of Dean Bauer '67)



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WHAT IS THE FRIENDS OF HARVARD SQUASH?

The Friends of Harvard Squash is a group of alumni, parents and other supporters dedicated toward raising money to support the Harvard squash programs and establishing an active community of current and former Harvard squash student-athletes.

While the athletic department operating budget supports the core operations for the program—intraregional travel, salaries for the head and assistant coaches, and equipment costs—Friends fundraising supports a wide range of other activities for the program including out-of-region travel, special team apparel and new technology, and recruiting just to name a few.

Our fundraising goal for 2016-17 is approximately \$64,143. These funds help to ensure that our student-athletes have every opportunity to succeed athletically, academically, and socially during their time as members of the Harvard squash programs.

Class Credit

All gifts to the Harvard Athletics Friends groups receive class credit. The Department of Harvard Athletics, the Friends groups, and Harvard Varsity Club encourage all alumni to make an additional gift to the Harvard College Fund to support the overall experience of our student-athletes, which includes the College's commitment to financial aid.

For those of you unfamiliar with class credit, each class at Harvard is encouraged to support the Harvard College Fund to raise dollars for Harvard College and FAS priorities, as well as University initiatives. Donors are honored with public recognition by crediting their gift to the College class from which they graduated.

FRIENDS OF HARVARD SQUASH

\$100 \$250 \$500 \$1,000 \$2,500 \$5,000 Other

My company has a matching program (please enclose forms)

Please make checks payable to "Friends of Harvard Squash"
(or donate online at www.gocrimson.com) and return with this form to:

Friends of Harvard Squash
Murr Center
65 North Harvard Street
Boston, MA 02163

Please charge my Visa Mastercard

Card # _____ Exp. Date _____

Signature _____

Name _____ Class _____

Address (Street, City, State) _____

Phone _____ Email _____

*All gifts to the Friends of Harvard Squash are tax-deductible

Internal Appeal Code | FY17FoHSQPOST