

## **Q&A with new ORC's new Squash Director, David Heath**

### **How did you hear about the position at ORC?**

I heard about the position from Mark Sachvie, the Squash Director at the White Oaks Resort in Niagara. Mark and I have met a couple of times at his club in Niagara when I have been in Ontario visiting my brother Martin, who is also a squash coach and lives with his wife and family in Toronto.

### **What does this move to Canada mean for you on a personal and professional level?**

On a personal level I am delighted to have the opportunity to live near my brother and his family. My brother's son is almost 3 now and I look forward to having the chance to spend more time with him and enjoy being an uncle. I am also looking forward to being close to such a culturally diverse and socially vibrant city like Toronto and otherwise to enjoy the sights and attractions of Ontario.

On a professional level I am looking forward to the challenge of running and building the program at ORC. After playing semi professionally in Europe for the past few years I am ready to focus my attentions completely on helping others learn, improve and achieve their own personal goals in squash.

### **What are you most proud of as a coach?**

There are many things that make me proud as a coach but what gives me most pleasure is to watch juniors whom I have coached grow as players and individuals, support each other as a team, behave respectfully towards others and have fun on court. I was very proud of my juniors from Liechtenstein last season for all of these reasons and for the success they had in Switzerland by winning more medals in junior tournaments than any other club.

### **What do you hope to bring to ORC?**

My hope is to build a vibrant squash program at the ORC where everyone feels welcome, regardless of their age or personal circumstances. I hope I can help bring

across to others my passion for the game of squash and the physical and mental well-being that can be gained from working hard and learning to master the various elements of the game and from adopting an active lifestyle.

**Can you tell me something about who you are as a person—your interests outside squash?**

I am a sports lover (particularly ball sports) and I enjoy playing and watching most sports! Besides squash when I have time I like to play some golf, tennis and snooker. I also enjoy getting outside when I can to walk, run, cycle and hike. I am a keen reader and besides good fiction I also enjoy reading about history and science, particularly physics and astronomy. I also love good biographies and true adventure stories of those who test their mental and physical limits. I love different kinds of music but if i had to pick one era it would have to be the 70's, bluesy rock and progressive rock. I love Asian food, hot and spicy, Islay single malt whisky, movies that make you think, laugh or both and in-depth conversations about what it's all about!

**I know you have played in Canada before, but please give me the facts of when and why. Have you been to the Mississauga area before (what about ORC)?**

I have played a couple of tournaments in Canada, both in Montreal, I think in 2005 and 2006 and unfortunately both times I lost in the final! One time I felt rather aggrieved as I feel the ref was rather biased towards the home player and unfortunately the match is on [www.youtube.com](http://www.youtube.com) to haunt me any time I feel masochistic enough to watch it! I have only passed through Mississauga and have never been to the ORC but I am aware of the strong reputation the club has in Ontario.

**What does the game of Squash mean to you on a personal level?**

Squash has been a massive part of my life since I was 10 years old and I still think it's a great game after all these years. I feel I have learned so much through squash, about overcoming hurdles and dealing with success and failure, about the value of hard work and discipline, about learning to express myself freely and without fear and about how good and consistent training can redefine the concepts of mental and physical limitations. Squash has also given me the opportunity to visit and live in many places around the world and that has helped to broaden my horizons and shape me as a person, hopefully mainly for the better.