



CHAMPIONNAT CANADIEN DE SQUASH DES MAÎTRES PAR ÉQUIPE 2019

On behalf of the tournament committee and la Sportheque, I would like to welcome you all to the 2019 Canadian Masters Team Championships and wish you good luck in the tournament! As you may have seen, our courts at Sportheque are converted racquetball courts so they are 1 foot narrower, which means less running and more volleys! Here is some important info that you may need during the tournament.

- Maxym Leclair, Tournament Chair

Squash Outaouais

Squash Outaouais is a non-profit organization that enhances the visibility of squash and promotes the sport's practice throughout the community of Gatineau and Chelsea. We manage all the squash programming at Sportheque including tournaments, academy, leagues and much more! We are now the leading junior squash program in Quebec with 60 kids starting from 7 in 2015.

Sportheque

With 5500 members and 2000 special program clients, Sportheque is one the best sports and fitness facility in Outaouais.

Gym : The gym is located on the 2nd level. Feel free to use it for warm up and cool down.

Pool : You can also use the pool when it is available. (There is a hot tub!) Ask the front desk for a pass.

Locker room : They are located on the 2nd level.

Contact

Maxym Leclair - Tournament Chair : maxym@squashoutaouais.ca - 819-209-5910

Shaun Thorson - Transportation Manager : shaunthor@me.com - 613-862-7545

Sportheque : 72 rue Jean-Proulx, Gatineau, J8Z 1W1 - 819-777-5656

Ramada Plaza : 75 rue d'Edmonton, Gatineau, J8Y 6W9 - 819-777-7538

Practice Courts

2 practice courts are available on Thursday night from 6pm and 4 practice courts on Friday morning. Please send us a email at info@squashoutaouais.ca to book one.

Transportation

Transportation will be provided during the tournament from the hotel to the club. Shaun Thorson, is the Transportation Manager for the event. We will have a schedule posted in the players lounge.

Players Room

- The players lounge is located near the yoga room.
- No alcohol is allowed in the players lounge. We have a beautiful bistro/bar for that and alcohol is allowed in the squash alley.

Tournament Shirt

Please come and see us at the tournament control desk to get your tournament shirt. They are long-sleeve polyester shirt made in Montreal.



Food

- Dinner on Friday and Lunch Saturday is included. They will be served in the players lounge (near the yoga room).
- There is a food table located in the players lounge (Fruits, Granola bar, juice)
- Saturday Night Dinner from 7:30pm with live music
- * **\$35 for additional ticket, please let us know before Wednesday January 9th if you need one**
- Breakfast is available at the hotel.
- There is a small cafe at Sporthèque with sandwiches, salads and smoothies.

Social Media

We do like social media and we will use it a lot during the tournament!
Use the following hastags : #cmt2019 #squashcanada #squashoutaouais

Follow us:

Facebook: facebook.com/squashoutaouais OR www.facebook.com/squashcanada

Instagram and Twitter: @squashoutaouais OR @squashcanada

Live Streaming

Matches on Court A will be live streamed on our Facebook page. We will need some commentators over the weekend, so if you feel like the next Joey Barrington let us know!

Towels

Please use a maximum of 2 towels a day and will be available in the players lounge, please bring it back there.

City

Here are a couple places that you might need during your stay in Gatineau! They are all located walking distance from hotel or Sporthèque. You can also easily take a taxi and go in downtown Gatineau or Ottawa for many others great restaurants, bar, shopping or even visit Gatineau Park or the village of Chelsea and Wakefield. If you have enough time, ask us about the Nordik Spa, the biggest in North America!

- Supermarket: Super C, 725 Boulevard de la Carrière (2 minute walk from hotel)
- Health Food Store: La Boîte à Grains, 581 Boulevard Saint-Joseph (15 minute walk from hotel)
- SAQ (Wine store): 705 Boulevard de la Carrière (1 minute walk from hotel)
- Casino du Lac-Leamy (Casino, ALEA Night Club, Restaurants): 1 Boulevard du Casino (10 minute walk from hotel)
- Restaurant: Saint-Éloi Café Bistro, 100 rue Atawe (4 minute walk from hotel)
- Sports Pub: La Station , 611 Boulevard Saint-Joseph (15 minute walk from hotel)
- Shopping mall + Drugstore: Les Galeries de Hull, 320 Boulevard Saint-Joseph (20 minute walk from hotel)
- Subway: 1030 Boulevard St-Joseph, (5 minute walk from the club)
- Micro-Brewery:
 - Gainsbourg: 9 rue Aubry (Downtown Gatineau, 10 minute drive from hotel)
 - Brasseurs du Temps: 170 rue Montcalm (Downtown Gatineau, 10 minute drive from hotel)