



Our CJS High School Champs are moving to a new date!

Hi

In this newsletter:

- *Date change for the CJS High School Club Champs*
- *CJS Players in the Growthpoint SA National Finals*
- *Important Upcoming Events*
- *Why attendance matters*



Date Change for CJS High School Club Champs

Please note that the CJS High School Club Champs will no longer take place from 29–31 August. The new dates are **17–19 October**, and the event will now be held on the same weekend as the CJS Primary School Club Champs. We're looking forward to an exciting combined weekend of squash, great matches, and plenty of team spirit!



CJS Players in the Growthpoint SA National Finals

The Growthpoint SA National Finals are happening in Cape Town over the next two weeks. This week, the u17 and u19 players are battling it out for the title, while the u15 and Senior players are playing next week.

Good luck to the following CJS players who are travelling to Cape Town to play in the finals of this prestigious tournament:

- Chanté Leppan (Hoërskool Zwartkop) - Girls u19
- Judah Phillips (Home School) - Boys u19

- Starla Phillips (Home School) - Girls u17
- Elzandri Janse van Rensburg (Midstream College) - Girls u17
- Amelia Lubbe (Midstream College) - Girls u17
- Logan Kidson (Hoërskool Zwartkop) - Boys u17
- Tiaan Goosen (Hoërskool Zwartkop) - Boys u15

Upcoming Events

- **Parys Junior Squash Open 2025, 5-7 September** - A great and fun tournament for all our players, in the small town of Parys!
- **NJSA Start of Season Tournament, 12-14 September** – A chance to get onto the NJSA ladder or improve your ranking!
- **NJSA Primary Schools League, 16-19 September** – Players represent their schools in exciting matches against other schools.
- **CJS Primary and High School Club Championships, 17–19 October** – Compete for our special CJS trophies at the year-end prizegiving!

Why Attendance Matters

- At CJS, every training session is more than “*just another practice.*”
- Think of your game like a **brick wall** — every time you attend a class, you add another brick. Over weeks and months, that wall gets stronger and higher, giving you a solid base to perform at your best.

When a player misses sessions, it's like leaving gaps in that wall.

Those gaps can manifest later in match performance, confidence on court, and tournament results.



Often, players wonder why they're not improving as quickly as others, or why they feel less confident in competitions. ***The answer is often in the training time they've missed.***

Right now, these weeks are crucial. We are building fitness, sharpening skills, and preparing for the league, tournaments, and the CJS Club Champs. This is when those extra hours on court count.

We completely understand that life is busy and that other sports, schoolwork, or family commitments can get in the way — but even if you can only make one session a week, it will keep your momentum going and your “brick wall” strong.

Your coaches are here every week — ready to coach, encourage, and help you grow. But it’s your commitment, week after week, that will make the biggest difference when you step onto the court. As Robert Collier said, ***“Success is the sum of small efforts, repeated day in and day out.”***

Let’s keep showing up, adding those bricks, and building towards a strong finish to the season!



Squash love,

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