



— 2019 —
HOWE CUP
WOMEN'S
NATIONAL
CHAMPIONSHIPS
SEATTLE, WA

NOVEMBER 15-17

US SQUASH



SEATTLE ATHLETIC CLUB

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SEATTLE ATHLETIC CLUB

The Seattle Athletic Club would like to acknowledge and recognize our community sponsors that have supported the growth and development of our squash in our community.



Please join us in supporting the companies and organizations that support our game.

Dear Howe Cup 2019 Participants:

Welcome to our beautiful Emerald City and the Seattle Athletic Club! The Howe Cup is one of the largest women's squash team events and our local planning committee is thrilled that you are participating. Our goal has been to design the event with the player's perspective in mind. We know that this weekend will create memories and lifetime friendships whether it is your first or your twentieth time at Howe Cup.

Our planning committee has been named "Ocean's 9" because of our stealthy abilities to get the job done under pressure and specialized talents that contributed to completing this mission. We think you will enjoy getting to know some facts about us:

Amanda (First Howe Cup) is a Wealth Planning Associate and the young gun of our team with fresh ideas and solutions;

Annelize (First Howe Cup) is our Squash Pro and professional DJ with mad organizational skills;

Hallie (First Howe Cup) is the Owner of Century Ballroom/party planner/dance instructor with happy feet on the squash court and dance floor;

Julie (20+ Howe Cups) is a National Sales Director for beauty products galore with a flair for dancing on bars;

Karen (10+ Howe Cups) is one of Amazon's finest, who has juggled the task of matching players and teams with the cool calm of an air traffic controller;

Kathy (10+ Howe Cups) is a former Postmaster and Rugby Coach that tells it like it is with a sense of humor like no other;

Laura (20+ Howe Cups) is a Commercial Developer and Paris Trained pastry chef who makes truffles that make your eyes roll to the back of your head;

Lulu (15+ Howe Cups) is a Milliner/Former Pharmaceutical Rep who is willing to do the split lunge to get to a drop shot and lead the "Dancing Queen" dance.

Tatu (First Howe Cup) is our Squash Professional and logo artist, who is the Main Man of this team.

Thank you all so much for helping us make this event what we dreamt it could be. Here's to a weekend of playing your best squash game, meeting extraordinary people and dancing your squash booties!



Seattle Planning Committee:
Amanda Thorman, Annelize Naude,
Hallie Kuperman, Julie Santos, Karen
Arango, Kathy Nash, Laura Bachman,
Lulu Chou and Tatu Murronmaa

Event Schedule and Info

THURSDAY, NOVEMBER 14

4:00-8:00pm Registration Open at Seattle Athletic Club

4:00-10:00pm Practice Courts Available on a First Come, First Served Basis

FRIDAY, NOVEMBER 15

8:00am Registration Opens

9:00am Officiating Clinic outside of Glass Court

10:00am Matches Commence

11:30am Lunch Opens

1:15pm Yoga Stretch Session at the Basketball Court

2:00pm Lunch Ends

5:30pm US Squash Women's Committee Meeting at Squash Courts

7:30pm Matches Finish

SATURDAY, NOVEMBER 16

8:00am Matches Commence

11:30am Lunch Opens

12:30pm Yoga Stretch Session at the Basketball Court

2:00pm Lunch Ends

6:00pm Matches Finish

7:00pm Howe Cup "Dress to Impress" Dinner Party at Century Ballroom

SUNDAY, NOVEMBER 17

8:00am Matches Commence

2:00pm Matches Finish

FOOD & BEVERAGE

Coffee, lunch, and drink vouchers will be provided at registration. Additional food can be purchased on facility grounds throughout the weekend.

As you explore Seattle, be sure to check out local restaurants including: Uptown Hophouse, Etta's, Seatown Market Diner, Lola, Dahlia Lounge, Kell's Irish Restaurant and Bar, Cantina de San Patricio, the Original Starbucks, and Portage Bay Cafe (brunch spot).

HEALTH AND WELLNESS

There will be Howe Cup Yoga Stretch classes to help players warm up and cool down taking place at the basketball court on Friday at 1:15pm and Saturday at 12:30pm.

A message therapist will be available onsite throughout the weekend. Appointments can be made at the tournament desk.

Locker rooms will be available for use onsite and towels will be provided.

PARKING

Seattle Athletic Club has validated parking. Use the Market Place Garage located on the corner of Lenora St and Western, at 65 Lenora St, Seattle, WA 98121. Validation rates are valid for 3 hours at the following rates:

5:00am-10:00am \$2 | 10:00am-3:30pm \$4 | 3:30pm-10:30pm \$2

CONNECT ONLINE

Visit ussquash.com/howecup to follow the action all weekend long. Live scores can be viewed by clicking a match on the draw. Tune into the live stream of the glass court.

As you share your Howe Cup experience with friends new and old - on and off the court – be sure to use the following tags:



@ussquash
@seattleathleticclub



@USSQUASH
@SACDT



US SQUASH
Seattle Athletic
Club Downtown



#USQHoweCup
#SquashIsFriendship
#WomensSquash

VISIT OUR PARTNERS ONSITE



US Squash would like to thank the sponsors of the 2019 Howe Cup U.S. Women's Team Championships

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Lulu's Hattitudes
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JEANNE
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BLASBERG

Etta's



SEATTLE SQUASH
RACQUETS ASSOCIATION

WARREN
LIBMAN
D.D.S. M.S.D.
PROSTHODONTIST





So proud to be representing Boston at the Howe Cup...



"A helicopter mom turns out to be no match for a well-funded conspiracy; engaging, with a likable young protagonist." —KIRKUS

...and send home my new novel with all of you!

JEANNE McWILLIAMS BLASBERG

the Zach Santos Band



Wishing you all a great 2019 Howe Cup! My music available on all digital platforms. Congratulations, Zach Santos

zachsantosband.com

Warren J. Libman, DDS, MSD, PS

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2019 Howe Cup U.S. Women's Teams

DIVISION A

Brady Bunch
Chicago
New York
Philly Phab Phive
Philly Phinest
Seattle's Orange Force
The Olympic Club

DIVISION B

Arctic Poppies
Bee on the T
Boston B
Boston BB
Boston BBB
California B
Chicago – B1
Chicago – B2
MAC Attack
NCS Sharks
New York
Philly Phanatics
Seattle Squash Sisters

DIVISION C

Boasting Babes
Boston C
California C
Emeralds are a Girl's Best Friend
GCC Boosters
Hot Shots
Los Angeles
Lucky Nicky
MAC – Landia
New York
New York B
Philly Phantasicks
Philly Phasinators
Portland, Lloyd Athletic Club
Seattle Sweet Shots
The MAC Pack

DIVISION D

Boston D
BostonB
Chi-Town Boosters
Phightin' Phillies
Seattle Squash Blossoms
Squashington Nationals
StreetSquash Newark

Howe Cup History

Howe Cup is the United States' largest squash event for women and an annual team championship tournament run by US Squash.

The annual women's five-person team tournament began in 1928 as an inter-city competition between New York, Philadelphia and Boston. It received the Howe Cup title in 1955 when Virginia Griggs of New York City donated a permanent trophy, the Howe Cup, named in honor of Margaret Howe and her twin daughters Peggy and Betty.

Margaret A. Howe was the US Champion in 1929, '32 and '34. Peggy Howe White was the US Champion in 1952 and '53. Betty Howe Constable was the US Champion in 1950, '56-'59 and then went on to become the Women's Squash coach at Princeton University from 1972-1991.

The B Division was started in 1958, the C Division was added in 1968 and the D division in 2008. In 1993 the Howe Cup tournament converted from hardball to softball. Since the conversion participation in the tournament has grown so much that often regions send several teams in each division.

Recent Champions:

	A DIVISION	B DIVISION	C DIVISION	D DIVISION
2018	Philly Phab Phive	Boasting Bellas	New York Racqueteers	Chicago D1
2017	National Capital Aces	Boston Queen B's	Boston C-Party	Philly One Hit Wonders
2016	NY Bleed Blue	Cabernet Canucks	Boston C-Party	Purple Reign
2015	Philly Annihilators	Fairfield Flash – Yellow	Boston Knows Howe	Back Bay D-Vas
2014	Four Corners	California Giants	Brooklyn Cyclones	DC Darlings



Congratulation to The St. James who won the Women's Squash Week Photo Contest!



SPORTSMANSHIP | 

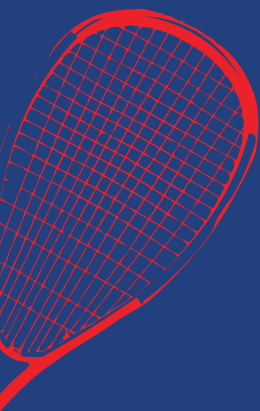
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US SQUASH

2019-2020 SINGLES CHAMPIONSHIPS

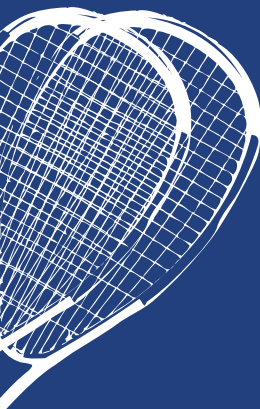


U.S. Women's Team Championships (Howe Cup)
November 15-17, 2019 - Seattle, WA

National Squash Championships (Age Division)
April 3-5, 2020 - Washington, DC

National Hardball Singles Championships
April 24-26, 2020 - Baltimore, MD

2019-2020 DOUBLES CHAMPIONSHIPS



U.S. Century Squash Doubles Championships
January 17-20, 2020 - New York, NY

U.S. Squash Doubles Championships
March 5-8, 2020 - Twin Cities, MN

U.S. Parent-Child Squash Doubles Championships
April 17-19, 2020 - Greenwich, CT

U.S. Mixed Squash Doubles Championships
April 24-26, 2020 - Baltimore, MD

Register Today!
ussquash.com/championships