# Squash

#### Why try Squash?

Squash is a fantastic sport, whether played at high performance or recreational level. Pupils develop hand-eye coordination skills which marry well with many other sports. The very nature of the game generates character-building competitiveness, allowing a real degree of sportsmanship in a genuinely fun environment.



#### Who can do it?

Squash is available to all pupils as a games option, and Year 9 can choose squash as their Thursday club sports option. The programme offers pupils the opportunity to play matches against other schools and clubs. Pupils also have the option of playing competitions at all levels as part of the squash squad.

## Highlights from 2018-19

- Five teams of boys and girls competed in the National Schools Championships at U13, U16 and U19 level
- U19 boys were National Schools Semi-Finalists
- Squash integrated into the Millfield Prep programme from Years 3 to 8
- Successes in European competitions

## Looking forward to 2019-20

- National competitions
- National Schools Championships
- Junior tournaments in Europe

### Squash

#### **Development Programme**

Squash offers a comprehensive and structured programme for all squad players on a daily basis. Every squad player is allocated time for group coaching, pressure sessions and strength and conditioning coaching. We collaborate closely with academic staff to ensure pupils are able to find a sensible balance between school work, social and sporting demands.



Both Old Millfieldians, Mohamed ElShorbagy regularly visits Millfield, and Marwan ElShorbagy regularly returns to train with Director of Squash Ian Thomas.



### Success stories and future stars

We relish the fact that so many of our pupils have become professional players and coaches. In recent years we have had 14 players go on to top American universities including Ivy League.

The success of the ElShorbagy brothers has been amazing and is an inspiration to all our squash players to reach their potential, particularly as the brothers continue to visit Millfield.

OM success in order of world ranking:

2. Mohamed ElShorbagy

11. Marwan ElShorbagy

17. Yathreb Adel

66. Peter Creed

87. Aditya Jagtap

106. Colette Sultana

141. Angus Gillams

174. Roee Avraham

218. Aadit Zaveri

231. Andrea Malinova

248. Michael Harris