

## Why try Squash?

Squash is a fantastic sport, whether played at high performance or recreational level. Students 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.



## Highlights from 2019-20

- Millfield hosted the South West Millfield Gold Tournament, which featured 330 competitors from 11 nationalities
- Amelie Haworth won the girls under 17 category at the Polish Junior Open, the under 15 Dunlop English Junior Championships, German Junior Open and the French Junior U15 Girls' Open Super series
- Three teams progressed to the finals of the National Schools Squash Championships in Nottingham

## 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 students the opportunity to play matches against other schools and clubs. Students also have the option of playing competitions at all levels as part of the squash squad.

## Looking forward to 2020-21

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

## 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 students are able to find a sensible balance between school work, social and sporting demands.



Old Millfieldians Mohamed and Marwan ElShorbagy with Director of Squash Ian Thomas and Millfield squash players



## Success stories and future stars

We relish the fact that so many of our students 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:

1. Mohamed ElShorbagy
7. Marwan ElShorbagy
13. Yathreb Adel
65. Aditya Jagtap
100. Peter Creed
121. Colette Sultana
153. Aadit Zaveri
208. Roe Avraham
230. Michael Harris