



I have been playing squash since I was 13 and it is a sport which has given me so much enjoyment since then. As I was Sponsorship Officer for the Oxford University Squash Committee, I have had experience organising events to bring people together and have run workshops with people of beginner levels to teach them how to improve their game. Being able to spread my love for the game has added to my fondness for the sport. At Oxford, playing squash for the university team gave me fulfilment greater than when winning individually and allowed me to meet and learn from a diverse range of people. Squash has trained me to be mentally resilient, creative and decisive as it uniquely situates you and your opponent within touching distance and closes you off in its four walls. It is a severely underrated sport and I sincerely hope that more people will enjoy it the same way I have. 😊