

## Madalena Sidoli- My Squash lockdown 2021

### Some of the things I have gained and enjoyed from the squash virtual timetable

- **Forming good habits**
- 1. Drink water straight away as it flushes your system.
- 2. Eat a healthy breakfast. Oats are good for digestion. Eggs keep you fuller for longer.
- 3. Get up as soon as your alarm goes off, don't snooze. Aim for 8 hours of sleep. Go to bed and get up at the same time.
- 4. Rise and shine! Open the curtains. Let the sunshine in. Get the eyes and brain ready!
- 5. Get moving! Stretch/ move/ breathe (downward dog, deep squat, cobra pose, tree balance)
  
- Weekly **fitness** with Derek Ryan (zoom). Seeing my coach Greg Tippings and other players.
- Training tips from Mark Harris. I've adapted my training too.
  
- **Video clips** James Willstrop doing the triple fake. Shorbagy v's Farag (longest rally). It was really exciting to watch, especially liked the shot between the leg from Farag.

- All **highlights** from PSA matches. Sherbini v's Sobhy, Serme v's Gouhar, Makin v's El Shorbagy, Tesni v's Hamid El Hammay,
- **Interviews:** Joel Makin (training, focused, really inspirational)
- Georgia Adderley - 20 years old Christian beliefs, adapted her training in lockdown and is now in the seniors
- **Yoga** with Cat Meffan.
- All the amazing '**Dives**'. My favourite is Selby v's Castagnet. Selby drops racket in complete amazement and disbelief as Castagnet returns shot.
- Looking at the different shots in games and listening to the commentary was good. The **articles** by squash wales coaches helped to keep me focused too.
- I liked the **motivational quotes** and the **mental health topic**.
- I also thoroughly enjoyed the **Home Internationals**, **Danny Massaro** session and answering the **quiz**. I loved seeing my name on the timetable too for ghosting.

## When I go on court, I try to:

- Play the best I can. Work hard.
- Be a good sportsperson. Play fair and respect others, opponents and the referee.
- Be happy, have fun, enjoy it. Keep calm.
- Never give up. Go for every shot.
- Accept my mistakes. Take responsibility for the result or decision.

## My 'which shot?' worksheet.

1. A good         (rail) shot is         or close to the side walls.
2. The         shot is a soft shot that comes off the          wall just         the board. It can be difficult to reach before it's second low bounce.
3. The         is a shot that hits one or more walls before hitting the front wall.
4. The         is a shot that is hit high off the          wall so that it arcs high and lands in the back court.
5. The         is a shot that is hit before the ball bounces.
6. The         is the junction (meeting) of the floor and wall. A very good spot for any shot to land. This is because the ball will bounce very         making it nearly impossible to hit.

## My world champion squash players wordsearch.

M	O	H	A	M	M	E	D	E	L	S	H	O	R	B	A	G	Y	V	M
P	A	T	L	D	E	Y	U	O	K	M	B	R	A	M	R	T	N	W	Y
S	P	L	I	Q	B	A	F	T	P	X	Z	A	S	E	Y	M	N	E	A
A	J	G	F	E	R	T	W	C	G	K	L	S	R	W	B	K	Z	P	O
J	L	X	A	W	N	M	R	E	E	T	Y	S	W	Q	A	X	H	K	B
V	E	I	R	I	M	X	G	K	T	T	I	A	T	Y	K	O	O	B	Y
S	R	I	A	C	P	H	K	N	I	C	K	M	A	T	T	H	E	W	X
D	T	E	G	I	J	E	Z	D	I	T	T	A	W	F	N	H	O	L	T
H	I	G	W	O	O	D	S	R	I	T	D	R	O	E	R	V	A	S	E
G	E	T	B	S	A	O	B	E	T	W	R	U	T	H	A	B	I	C	K
O	D	E	R	H	O	T	B	O	A	S	T	A	D	R	M	O	P	N	I
C	I	R	A	N	E	E	M	E	L	W	E	L	I	L	Y	K	L	O	B
A	V	T	R	A	M	F	L	O	W	H	I	M	S	E	A	L	R	E	D
G	A	R	A	D	W	A	D	E	B	L	I	S	V	R	S	O	A	D	S
Q	D	U	E	R	I	S	Z	V	M	I	K	P	F	O	H	F	A	D	R
D	L	Y	O	P	E	C	H	K	L	I	D	W	O	J	O	K	E	R	S
P	O	L	Y	S	F	O	T	V	I	J	K	Z	A	E	U	E	E	M	R
S	C	H	O	R	B	A	I	N	I	S	L	A	U	R	R	A	S	C	O
P	I	W	A	L	E	S	C	Y	M	R	U	T	O	P	S	P	O	T	Z
I	N	I	B	R	E	H	S	L	E	R	U	O	N	J	O	E	L	T	E

LAURA MASSARO	ALI FARAG
NOUR EL SHERBINI	RAMY ASHOUR

NICOL DAVID	NICK MATTHEW
RANEEM EL WELILY	MOHAMMED EL SHORBAGY

## My squash lockdown poems.

### What is squash?

**S**: super fun

**Q**: quick movements

**U**: unique shots

**A**: amazing rallies

**S**: special events

**H**: happy times!

## Poem 2 (A thank you to Derek Ryan)

### 'It's zoom time!'

I've put on my squash kit  
And it's time to get fit,  
With Derek Ryan  
He helps us to keep trying.

### It's fitness zoom!

### Boom! Boom!

A deep lunge to the side  
On press ups I hide!  
Ghosting is great  
For that shot I was late.

### It's fitness zoom!

### Boom! Boom!

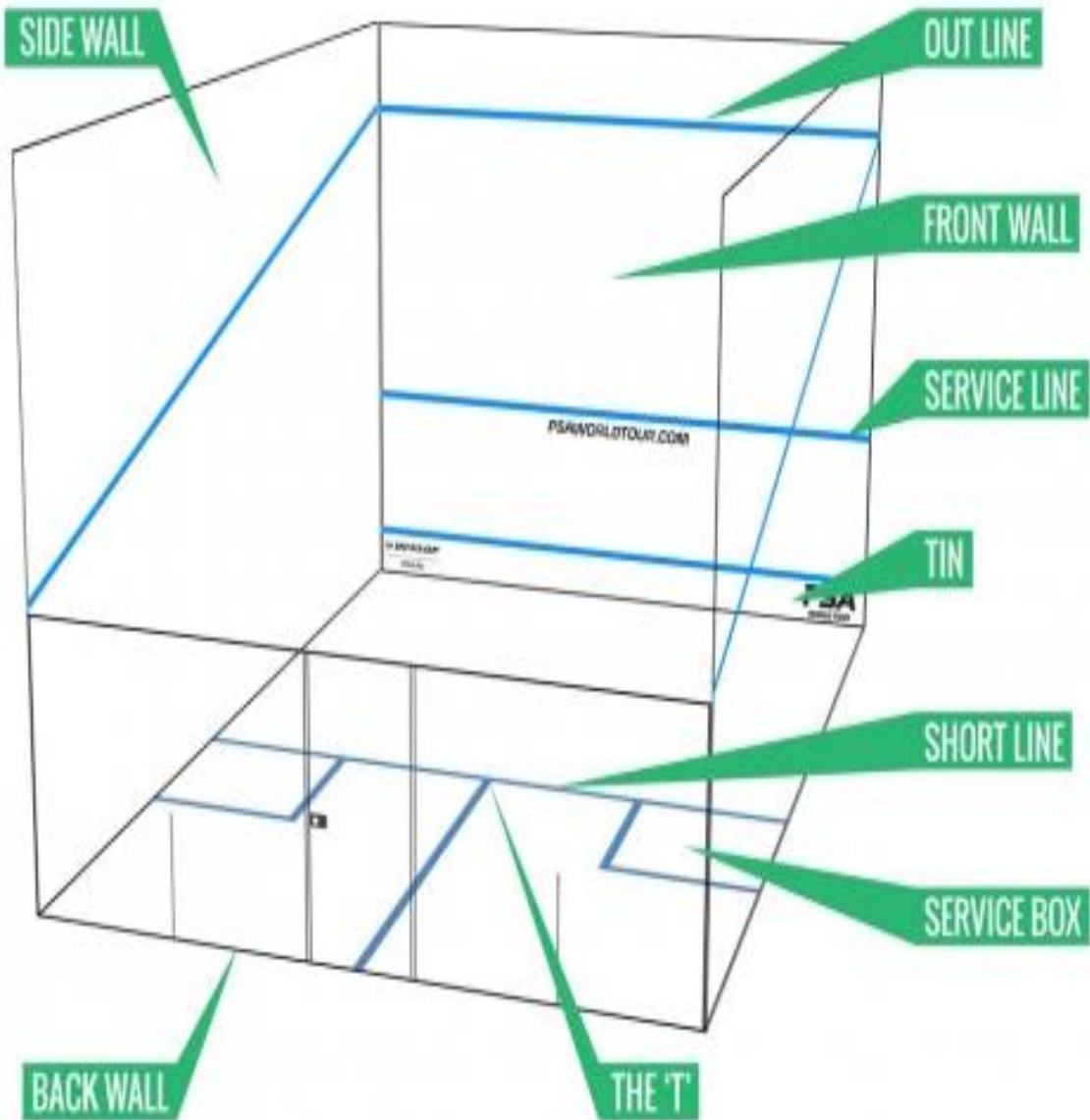
From squats, planks and sets  
Our targets are met.  
How did you do?

I'm aching now, are you?

**It's fitness zoom!**

**Boom! Boom!**

Can you label a squash court?



## Motivational quotes

### **What step am I on today?**

Step 8: Yes! I did it.

Step 7: I will do it.

Step 6: I can do it.

Step 5: I'll try to do it.

Step 4: How do I do it?

Step 3: I want to do it.

Step 2: I can't do it.

Step 1: I won't do it.

Think positive and positive things will happen.

There maybe people that have more talent than you, but there's no excuse for anyone to work harder than you do  
(Derek Jeter)

It's not about being better than someone else,  
it's about being better than you were the day before  
(unknown)

There is no glory in practice, but without practice,  
there is no glory. (unknown)

Squash players with goals succeed,  
because they know where they're going

The most important key to success is having the  
Discipline to do what you know should be done,  
even when you don't feel like doing it.

Every champion was once a contender that refused to give up  
(Rocky Balboa)

"You control your own wins and losses" (Maria Sharapova)

You only fail when you stop trying (Albert Einstein)



# **10 THINGS THAT REQUIRE** **ZERO TALENT**

- 1. Being On Time**
- 2. Making An Effort**
- 3. Being High Energy**
- 4. Having A Positive Attitude**
- 5. Being Passionate**
- 6. Using Good Body Language**
- 7. Being Coachable**
- 8. Doing A Little Extra**
- 9. Being Prepared**
- 10. Having A Strong Work Ethic**