



## County Athletes Programme Athlete Profile Form

**Name** Sarah-Jane Perry

**Picture**

**Sport** Squash



**How Long have you been doing your sport?**

12 years

**What influenced you to take up the sport?**

My Dad used to play, so I always went down the club with him and then when I was old enough joined in junior coaching on Saturday mornings. Soon after I moved to Kenilworth, my coach Steve Townsend took over the job of coach at the club and he got me entering my first tournaments.

**What have you achieved in your sport?**

Currently ranked first in England for junior women. Quarter finalist Women's World Junior Individual Championships, Hong Kong 2007. 5th Women's World Junior Team Championships (played at number 2) European Junior Championships semi-finalist 2008, 5th place 2007. Scottish Junior Open Champion 2007. British Junior Championship finalist 2007 & 2008. British under 17 finalists 2006.

Semi-finalist Leinster open (Senior professional tour event) Warwickshire Senior Champion 2007. National Junior Clubs finalist 2008. Last 16 Senior British Championships 2008. Semi-finalist British under 15 Championships 2006. Highest Senior World Ranking of 112. Twice Mid West Junior Champion.

**What are your future aspirations in your sport?**

After completing an engineering degree at Warwick University starting September 2008, while competing occasionally on the senior pro tour, I hope to join the tour full time and travel to as many places as possible but also reach the top 10. Also to play in the Olympics in 2016 when squash is finally instated as an Olympic sport!

**How often do you train?**

3 to 4 on court training sessions a week. 1 to 2 matches a week and usually 4 off court sessions per week. More in the summer (off season); up to 7 on court sessions and 5 off. Less leading up to big tournaments with different emphasis from normal training.

**Why do you enjoy participating in sport?**



## **CountyAthletesProgramme**

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Every little thing is a challenge, whether it is getting up at 6am to go training or pushing that extra bit in the fifth game at 8 all to force the win. When you hit a shot that you believe to be perfect at the time, you realise it can be bettered and striving to achieve this and then when you get there the results show for all the hard work that you have put in. It's an extreme thrill, challenge and fun game all at the same time with the lightning pace giving you no time to think and just play!