

### Women's World Team Championships 2016, Paris

Having been given the opportunity to attend trial matches to be part of the Welsh Squad for the WWTC 2016, Paris, and permission to have the time off work if selected, I decided to give it a shot! After taking just over a year out to complete my PGCE in Cardiff Metropolitan University, I decided to begin competing again in January 2016.

The trial matches were based in Newport. All people involved had to enter and compete in the Coors Newport Open in order to be in contention for a place. I was seeded 3 in the event and went on to win it beating Nia Davies (2 Seed) in the semi-final and Lowri Roberts (1 Seed) in the final. I was very pleased with my performances as I'd put a lot of effort into training around my work commitments. A week later I received a message off the National Coach (David Evans) confirming that I had been selected to represent Wales at the Championships. I was very pleased and was looking forward to playing with Wales on the back of my shirt once again!

To prepare for the Championships I have arranged individual coaching sessions with my former coach Andrew Evans, training sessions with professional players Rachel Chadwick and Tesni Evans (team-mate), target practice sessions with my Dad, continued to play high quality matches in the North Wales and North West Counties League and also strength and conditioning circuit sessions with IPC Coaches Jon and Aaron Aby.

The Championship pools are out on the official website (see below) - Wales are in with England (2 Seed), USA (7 Seed) and Canada (10 Seed) - very tough! Wales have been seeded 14 because of the withdrawal of professional player and Welsh Number 2 Deon Saffery due to injury. Matches will be live streamed; I have attached the link below.

The team fly to Paris on Sunday 27<sup>th</sup> November and return the following Sunday. I would like to say a massive thank you to my sponsor, Mantis Squash, everyone at Wrexham Brymbo Squash Club, IPC Wrexham and to John Summers High School for their support and allowing me to have the time off.

Au revoir!

Website: <http://wsfwomensteams.com/>

Live Streaming: <http://wsfwomensteams.com/streaming/>

