

HOW WORK PAYS OFF FOR SOPHIE DORRIUS

As soon as she could hold a racquet, Revelstoke native Sophie Dorrius started playing squash. Her Dad Kevin Dorrius started the then three year old with a beach ball gradually moving to smaller balls.

She says she remembers the close losses more than significant wins, especially the ones where she was close to winning against a very strong player. She says she has learned to focus on what to do differently instead of what she did wrong.

At sixteen years old, she is not sure what her life would be like without squash. She really enjoys playing and being competitive and is appreciative of how the sport she loves makes it easy for her to stay fit.

She says "My dad is my biggest role model and mentor. He puts all of his time into coaching me and [my sister] Julia and thinks nothing of driving seven hours down to Vancouver for tournaments or to other places in the province so I can improve my game".

She also has a great deal of respect for Adam Terheege as a coach. He played as a junior in the UK and has developed unique and creative ways of coaching her. Squash can be frustrating for some people at the beginning, she says, especially if you don't have good hand-eye coordination. But she feels if you stick with it, it can be really fun.

Currently, she Sophie is the only girl on her local team, something she is okay with. She feels very much a part of a team, even though everyone competes individually. Squash has also been influential in bolstering her confidence so she can do other things. She says she was initially afraid to play basketball, but through squash, she recognized her athleticism and her ability to handle the pressure. As result of this, this junior-age player now plays on her school's senior basketball team. She has also found that squash has been helpful in providing a means to get her emotions out. When she is unhappy or anxious, she will go to her club and spend an hour with the ball machine just hitting balls and it does the trick.

She says the most important lesson from squash for her is perseverance. She's learned to work hard for a long time and it has paid off.



Squash playing sisters Julia and Sophie Dorrius of Revelstoke, BC