



STREET-FIGHTER-STYLED SQUASH PLAYER IS TOP OF HER GAME AT 70

Laura Ramsey is considered a legend in the sport of squash in Canada. She first started playing racquetball in 1978 when she and her husband moved to Coquitlam from Toronto. She initially played at the Blue Mountain Racquet Club there until it closed. She then joined Vancouver Lawn Tennis & Badminton and eventually Evergreen Squash Club in North Vancouver.

To say she is a squash fanatic is an understatement. Within a few years of picking up a squash racquet as an adult, she competed at national competitions and performed at a high level. Since that time (1980's), her level of sport excellence has led to a string of awards and titles from squash tournaments regionally, nationally, as well as on the international front.

She has won seven age category national championships in both singles and as well as doubles squash events, multiple gold medals (Americas Masters Games), as well as titles in the Canadian Masters Team Championships and World Masters Squash Championship.

With a passion for fitness and improving her game, the 70-year-old retired school teacher and former squash coach attributes her on-the-court successes to massive drills, training, combined with a self-professed Type 'A' personality. She describes her playing style as a “street fighter,” a term that implies that her strokes are not necessarily pretty but results driven. And high performance results and this BC squash player are synonymous with her name.

In 2018, she was awarded the Ernie Rogers Bowl, an award presented by Squash BC to an athlete in the province of BC with the best record in national and International

competitions. That same year, she managed a tournament hat trick, securing a Runner Up position in the World Squash Masters Championship (Women 65+), Winner of the Canadian Squash Championships (Women 60+), and finally Runner Up in the Canadian Doubles Squash Championship (Women 60+) against highly competitive fields.

She lives in Vancouver and you can often see this force of nature cycling around the city and to her north shore squash club sharpening her excellent competition-ready shape.

