

GISELLE DELGADO



“The results aren’t important. The friends, the good times, and the calorie burn are!” This was Giselle Delgado’s response when asked about what she might say to encourage someone to play squash. Those of us familiar with the game will readily agree, although in fairness, she has achieved some pretty amazing results.

She was born in Chile 33 years ago and came with her family to live in northwestern Ontario in 2003. During her first year at the University of Western Ontario, she and a friend decided to join a squash club, and because of some earlier tennis and badminton experience, she picked up the sport quickly. After finishing a master’s degree there in 2012, she moved to Vancouver where her family lived then. She has worked as a squash coach at both the Vancouver Lawn Tennis & Badminton Club as well as at the Bentall Centre Athletic Club. Since 2014, she has lived in Victoria and is currently one of the professional squash coaches at the Cedar Hill Squash Club.

She has won numerous tournaments and sportsmanship awards in both singles and doubles events, including gold and bronze medals. In addition to winning provincial tournaments, she has played for Chile in several South American and Pan American championships. She is very proud of the bronze medal she earned in a doubles event at the Pan Am games in Lima in 2019 and hopes to earn another medal at the 2023 Pan Am games in Santiago.

She believes playing abroad has been an enormous learning experience for her on many levels other than squash. She says she is now much better at accepting that there are things that she can’t control (e.g., match times, whether her bag arrives on time) and ensuring that she is as ready as possible for the things she can (e.g., fitness, nutrition, rest).



She encourages both old and new players to think of themselves as beginners “eager to learn and improve, and you may be surprised at where you end up!” One important lesson she has learned from playing is, “More is not always better.” She believes that sweating isn’t necessarily an indicator of effective training and that players should take the time to learn about and listen to their bodies. “Squash is hard....so train to play squash!”

There are many women players she admires, including recently retired Raneem El Welily of Egypt, but there also are many personal traits she admires: passion, dedication, focus, strength, the ability to overcome deficits, and respectful playing. She says she loves that playing squash is her job now because of the social nature of it and because it enables her to be active. “Squash is my life now.”