

Faces of Women in Squash

November 2018



Shahira Tejpar

Shahira Tejpar was introduced to the game of squash as a teenager and her love of the game continued while attending Simon Fraser University (SFU).

"As a student having the courts on campus with unlimited access was very helpful in building my skills" says Shahira. The practice paid off and within the year Shahira would be playing on the SFU Squash Team.

From this berth on the university team she segued competitively into tournaments, both locally and throughout British Columbia. From this juncture she never looked back.

Shahira speaks candidly about how the game has been instrumental in finding a common ground in new communities while living abroad in France and Nairobi.

"By playing squash there is an instant access to a small strong community," she stated.

The sport has helped her develop many long-term friendships while also has playing a central role in sustaining her high level of health, fitness and competitive skills.