

Julia Dorrius



Squash playing sisters Julia and Sophie Dorrius of Revelstoke, BC

“Try it!” “Go for it!” “It never hurts to try anything!” That’s the consistent inspirational message from Julia Dorrius, a 19-year-old from Revelstoke about playing squash. “If you end up not liking it, at least you can say you tried!”

She started playing when she was 7 when her father, Kevin, was running a junior squash program in her home town because she wanted to by just like him. He was instrumental in her training, as was Adam Terheege, her coach for four years. With these individuals’ amazing knowledge, experience, and talent, she says it was hard not to try new things. She also says she really respected all the women who in the Professional Squash Association and watch many clips of their matches. She has won several tournaments playing in both Women’s and Men’s B divisions.

Squash taught her to be dedicated and focused in everything she does. The most important lesson for her? To ask for help or for someone to show you how. She says Adam and her father taught her that it’s not only okay to ask for help but encouraged her to do so. Indeed, she believes that playing squash helped with her self-identity, something that many young girls struggle with. She says that it was always something that she felt a part of and that the squash court was always a place where she could be herself. “I always felt like I belonged.”

Although she’s currently taking a break from the sport, it has been a major part of her life for over 12 years, and she has no doubt she’ll come back to it because of the love she has for it.