



Squash Provides Hermione Cao Life Balance

Hermione Cao started playing squash three years ago in summer squash camps and private lessons with Richard Yendell, Jericho Tennis Club's resident Squash Pro.

Initially, she says she "honestly thought squash was boring." But the challenge of playing other people and an awareness of how the nature of the game changes as she plays opponents with varying rankings kept the 13-year-old Crofton House student in the game.

Today she has racked up performances in a score of open and closed tournaments as well as local tournaments hosted by various clubs.

One memorable match was with a player much stronger than her. She researched that player's game, watched numerous instructional videos on certain squash shots, and did a lot of solo drilling. She lost the match 3-2 but feels very proud that her hard work paid off.

Her mentor is her dad, Leslie. She says "he's always been very encouraging of me", especially when she feels she hasn't played well. Her participation in squash has given her confidence as an athlete, spurred interest in other sports (especially track and field), and has helped her make new friends.

The level of new confidence had impacted other areas of her life as well. Squash has taught her the importance of endurance and perseverance and she now feels more confident in learning something new, playing piano, and just general studying at school.

Overall, she feels squash is a good use of her time and provides a healthy way to balance her time between various other activities she could be doing.

Things she might tell others to encourage them to play: it's fun, mentally challenging, and a way to push yourself. It's also fun to socialize with others who like to play. At the same time, you learn a great deal about sportsmanship and respect for your opponent, the referee, and your audience.

To find out more about Hermione in tournaments visit [SportyHQ](#).