

PERPUSTAKAAN SULTAN ABDUL SAMAD



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UPM sets up squash club

Undergrads learn basics of the game as well as leadership skills

UNIVERSITI Putra Malaysia (UPM) has initiated a programme to introduce squash to its undergraduates.

The newly formed UPM Squash Club launched the two-month programme – Leadership, Exploration And Development (Lead) – with about 50 undergraduates taking part.

UPM Squash club vice-president T. Mithila said they were pleased with response received from the students.

“Most of them are first-timers and our aim is to introduce squash to them. We invited several former squash players to share their experience with the participants.

“We taught participants the basics in squash as well as rules and regulations. They were also given an insight into refereeing.

“There was a lot of positive feedback and we are convinced they will continue to be active in squash,” said Mithila.

The programme was supported by the UPM Sports Centre, YR1M and UPM Care.

The undergraduates were taught squash skills, leadership skills and fitness during the first stage of the programme.

Former national hurdler Noraseela Mohd Khalid spoke on leadership skills in sports while UPM undergraduate P. Narresh enlightened the participants on the importance of fitness and nutrition in sports.

The second stage of the Lead programme was a competition among the participants.

The competition was quite intense with participants displaying their talents.

In the women’s category, the champion was Nabilah Nooh while the second and third spots went to Teoh Liu Ying and Peh Xin Ying, respectively.

Lim Li Ren was the winner in the men’s category while Abdul Rhafiq Mhzan came in as runner-up. Muhammad Afzal was third.

The final stage was a coaching clinic conducted by former internationals Sharon Wee, PT Pushppa Devi and Zulijah Azan.

Several young children attended the two-hour clinic, mini games and exhibition.

Sharon said the UPM squash club should be commended for initiating the programme.

“It was an opportunity for the university students to pick up squash as an activity.

“They should go another step further and organise coaching and refereeing courses.

“A monthly competition will also keep the students active in the game,” said Sharon.

Mithila, who had represented Selangor in the Malaysia Games and other local and international age group championships, said they had received positive feedback from the participants.

“We have met the vision of developing potential squash players in UPM. The programme was also an opportunity for the participants to develop leadership skills through sports,” added Mithila.



The participants displaying their certificates after the programme



The participants going through a warm-up session.



Pushppa Devi (right) and Sharon Wee (second from right) sharing their experience with the participants.