

Squash

Squash is one of the most popular sports in the world and began forming its modern form towards the end of the 19th century. It is played in a confined, orthogonal court (9.75 m X 6.40 m) and is not affected by weather conditions. Each player hits the ball by turn using the racquet; the ball has to reach the front wall, either directly from a player's hit or by first hitting one of the other walls that form the court's perimeter. Squash is one of the most demanding sports, both physically as well as mentally, since it demands quick reaction, speed, explosiveness, endurance, flexibility, dexterity and self-concentration. The Cyprus Squash Federation was founded in 1982, and today hundreds of people of all ages play squash; a number of national tournaments and championships take place in Cyprus every year.

Aiming in introducing and developing the sport within the University community, the following activities are scheduled:

- Squash lessons from an experienced squash coach will be held at the University of Cyprus sports facilities.
- An internal tournament with the participation of members of the University community.
- The way the tournament is formed, will depend on the total number of participating teams.
- Exhibition matches, involving athletes of the Cyprus Squash Federation.

