

# MY SPORT TESNI EVANS

*Four-time Welsh national champion Tesni Evans, a recent semi-finalist in the W50 Wadi Degla Open, tells Mike Dale about her life on and off court.*

“ I am trying to put more intensity and aggression in my game. ”

**What is your earliest squash memory?**

When I lived in Cardiff, Cassie Jackman and Sarah Fitz-Gerald visited our club to do an exhibition and play with members. I was about eight at the time and it was just amazing and so exciting to see them playing. I had a picture with them both!

**How did you first become involved in squash?**

Mainly because of my dad. He worked for Squash Wales and played all the time, so from a very young age I was at the club playing or watching every night after school. He's taught me everything on the squash court that I know really. He still coaches me to this day; his influence couldn't have been bigger!

**If you'd never become a squash player, what do you think you'd be doing now?**

Good question! I don't actually know. I'm not really good at anything else! I liked languages and psychology, so I would probably have stayed on at school to do one of those. I thought about being a vet, but I would have been too scared to put animals down!

**What has been the most memorable moment of your career so far?**

Winning the Sharm El Sheikh Open last year in Egypt. It was my first tour title (my only one) and I beat a few players who were ranked above me at the time. It gave me so much confidence and belief.

**What's been your worst moment so far as a pro?**

At the British National Championships in 2013 I tore my ankle ligaments playing Sarah Kippax in the first round. I had never had a bad injury before and it was a very painful experience! The pain, not being able to do anything except sit on the couch and having to rebuild the strength again was very hard to deal with.

**FACTFILE**

**Lives:** Rhyl, North Wales

**Club:** Prestatyn Squash Club

**Racket:** Head Cyano 135

**Coaches:** My dad, Andrew Evans, and Wales national coach David Evans

**Sponsors:** Karakal, Ashaway and Sport Wales

**When a match isn't going well, do you have a mantra, technique or tactic you resort to?**

I try to just tell myself to relax. I always find I play better when I'm relaxed, so I try to enjoy it and hope I start to play better!

**What changes would you like to see in squash?**

I would like to see squash become an Olympic sport. We totally deserve it and I think if it happened, the sport would improve and get bigger, which it deserves.

**What is your favourite shot?**

It has to be a backhand volley drop!

**What is your favourite practice routine?**

The person at the back starts with a backwall boast. Then the person at the front has three shots to win the point. It's such a fun routine and makes you deceptive and decisive when you have an opportunity at the front of the court.

**What parts of your game are you trying to develop?**

I am trying to put more intensity and aggression in my game by volleying more and trying to take the ball earlier. I tend to naturally sit back a lot and can go quite passive, so I'm working on that.

**What are your career ambitions?**

My career ambition is to get as high up in the rankings as possible and try and win some World Series events!

**Which three people would you most like to invite round to dinner?**

Steven Gerrard, because I am a massive Liverpool supporter; the Queen, because I'd love to meet and chat to her; and Phoebe from *Friends*, but it would have to be Phoebe the character, not Lisa Kudrow herself!

**What would you cook them and what's your favourite tippie?**

A sweet potato cottage pie, which I make and love. My favourite tippie is a good cider!