

Click on me   



Best rankings reached!

Training of the month

Right after the US trip, I took a few days to recover through physio treatments.

Then a short week of training in Toulouse to get ready for the national championship.

A break was necessary after the disappointing result at the national championship. This 10 days without squash, included one week of relaxation, that helped me to recover mentally and to move into my new appartement in Blagnac quietly.

Upcoming events

- Riga PSA 5k, March 1 to 5
- CalgaryPSA 15k, March 5 to 12
- British Open PSA WS, March 19 to 22
- University championship organisation, March 29 to 31
- Dublin PSA 15k, April 19 to 22

Note of the month

Happy to represent France and our know-how, South West and its wild nature, with the brand 64.

Look at their website by clicking on their logo below to discover their wonderful collections.



Few Harrow rackets models are available. Try them and adopt them!



Tournaments of the month

The goal of the month was top 3 at the national championship. I started well by reaching the semi final without losing any games. Good start vs Oceane Cebollada, then good win 3-0 vs Maud Duplomb, one of my best friends.

Unfortunately some days it is not your day....

I lost 3-2 in the semis vs Julie Rossignol, I was not relaxed enough to play my game. She played well, fought for an hour and finally won the battle.

I was very disappointed by the loss, I finished 4th behind Laura Pomportes.

This loss encourage me to work on my match mental approach and build on my fighting spirit!



My current world ranking is 56. My individual goals are now focused on my international effort to achieve a top 40 ranking and PSA title this season.

Acknowledgements

-Squash & Form and the Padel Club to invite me to train in their great club near Toulouse.

-Césaire Haller for his following in NLP (mental training).

World ranked 56 & french number 3



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