

JAKE BYRNE

Professional Squash and Racketball Coach
England Squash Level 3

Lead Coach at Bishop's Stortford Squash and Racketball Club

Founder/Director of Coaching at Limitless Squash

BSc in Sport Development with Coaching

National Diploma Distinction in Sports Studies

Lead Essex County Coach

East of England Assistant Regional Coach



Jake is a passionate and enthusiastic coach and player who loves a boast! Coaching and studying sport since 16, he is winner of multiple internal club tournaments including Open, Doubles, (squash and racketball), League cup, Handicap and Club Night Challenge.

He is currently the clubs 1st team captain where Stortford have won the last Herts 1st division and Cup in 2018 and 2019 alongside the Essex 1st division in 2017. National Non-County 2018 team's champion.

Away from Stortford he was a nationally ranked junior and during university was the first captain to win the BUCS Cup, League and Varsity Hat-trick.

A former fitness instructor, Jake also runs private and twice weekly group squash fitness, strength and conditioning sessions.

Jake is sponsored by and sells Eye Rackets Equipment. Use contact details below to get in touch if you'd like to test/buy any equipment.

OTHER VENUES

Head Squash Professional
Brentwood School

Head of Junior Squash
Saffron Walden

Nuffield Health Granta
Park

Haileybury School

Chantry Squash Club

**PLEASE CONTACT JAKE DIRECTLY FOR COACHING PRICES,
AVAILABILITY AND TIMES:**

e: Jake@limitlesssquash.co.uk

t: 07811 420343

NICK MULVEY

**Professional Squash Player and England Squash
Level 2 Coach**

Lead Coach at Bishop's Stortford Squash and
Racketball Club

Squash Professional Broxbourne Squash Club

Lead Coach and Director of Tournaments and
Operations at Limitless Squash



Nick is the current Stortford Squash Vice-Captain. After being ranked #4 in England Squash Juniors (U19's), Nick has held a HWR of #159 and still plays on the PSA World Tour circuit.

He has won multiple internal Club tournaments over the years and appears on the Club honours board a number of times in various events. Nick formed part of the winning teams when Bishop's Stortford previously won the Herts and Essex 1st Division Championships.

He was also a previous u19's National Racketball Champion, East Region Men's Racketball Champion and was a key player in the 2019 National Clubs Racketball winning team for the Club.

He was Herts County Squash Champion in 2017 and has won 3 Men's Inter County Championship titles with Hertfordshire.

**Nick is the clubs master
re-stringer and sponsored
by Black Knight rackets.**

OTHER VENUES

Broxbourne Squash Club

Nick also plays league
squash for Colets &
Hazelwood

**PLEASE CONTACT NICK DIRECTLY FOR COACHING PRICES,
AVAILABILITY AND TIMES:**

e: nick@themulveys.co.uk

t: 07860 873032

SATURDAY MORNING ASSISTANT COACHES

SIMON EVANS

England Squash Level 1 Coach

A vastly experienced player, Simon has played to a great standard is a brilliant volunteer coach at our junior mornings putting the kids through their paces!

Herts County player o35/o45, Stortford Squash + Racketball Club Champion, Club 1st team player.



CHRIS WEARDEN

England Squash Level 2 Coach

Chris is a successful product of the Stortford Junior program and alongside his high level on court is now giving back to the junior section.

Junior County player, Club 1st Team player, University 1st Team Captain.



WILL JOHNSON

England Squash Level 3 Coach

Another Stortford Junior who has come through the program. Will holds the record at 5 for the most junior club championships! A great asset to the coaching team. He was also a Junior county player, Stortford racketball champion and club 1st Team player. Assistant Coach for Limitless Squash.



OUR CLUB COACHES ALL HAVE PUBLIC LIABILITY INSURANCE,
SAFEGUARDING CERTIFICATE AND A RECENT DBS CHECK.

SATURDAY MORNING ASSISTANT COACHES

ANDREW MULVEY

England Squash Level 2 Coach

Club Manager since 2010, dealing with every aspect of running a private member's Squash Club. He has won previous tournaments at the Club and has played in various Club teams. He is regularly involved in schools coaching participation programs at the Club.



PETER BANHIDAI

England Squash Level 2 Coach

A regular team player at a high standard and repeatedly volunteers at junior squash coaching sessions. A great asset to the Club and has assisted in coaching his own son to a very high standard.



CLUB PROCEDURE FOR COACHING

Limitless Squash is responsible for coaching at the Club, overseen by the Club Manager. They're responsible for working with all coaches to ensure they're adhering to the Club's Code of Conduct. Individual coaches must also aim to ensure that those receiving coaching are benefiting from their lessons.

- Where possible, all lessons, individual, group and schools will be advertised on posters around the Club and each day will be displayed on signing in sheets.
- Coaches will be able to use a 'light meter key' for coaching only (not general play), under the guidance of the Club Manager.
- Coaching may not take place from 6:45pm to 8:30pm during Wednesday Club Nights, without the prior permission of the Club Manager.
- Coaching may not take place when two or more county team matches are taking place at the Club, without the prior permission of the Club Manager.
- For all group coaching involving juniors, the wearing of protective eyewear by the Junior is mandatory. For individual junior and adult coaching the club strongly recommends that protective eyewear is worn.
- Bishop's Stortford Squash & Racketball Club will accept No Liability should any member and/or their guests ignore the rules and suffer injury through not wearing suitable eye protection.