

Silver Leys, Hadham Road,  
Bishops Stortford, Herts, CM23 2QE

England Squash & Racketball Club of the Year 2007 & 2013

Tel: +44 (0)1279 652897 [www.stortfordsquash.co.uk](http://www.stortfordsquash.co.uk)  
Club Manager: Nick Mulvey [admin@stortfordsquash.co.uk](mailto:admin@stortfordsquash.co.uk)



## Coaching Services

### Bishop's Stortford Squash & Racketball Club

In association with Limitless Squash, the club provides coaching for members and guests of any standard and supports coaches who wish to develop and improve their skills. Coaches are available for one-to-one or group sessions and are suitable for beginners, intermediates and more advanced players.



**Nick Mulvey** - Contact Details: 07860 873032 / [nick@limitlessquash.co.uk](mailto:nick@limitlessquash.co.uk)

England Squash Level 2 Qualified. Nick is a dedicated and friendly squash player and coach and regularly competes on the Professional Squash Association 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. He is the current Stortford Squash Club Vice-Captain.

**Jake Byrne** Contact Details: 07811 420343 / [jake@limitlessquash.co.uk](mailto:jake@limitlessquash.co.uk)

England Squash Level 3 Qualified, Jake is a passionate and enthusiastic coach and player. Coaching and studying sport since 16, he is also winner of multiple internal club tournaments and is currently the club's 1st team captain.

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



All coaches working at Bishop's Stortford Squash & Racketball Club are required to hold adequate Public Liability Insurance, a recent Disclosure and Barring Service (DBS) check and a minimum of an England Squash Level 2 qualification to coach alone. The Club Manager oversees all coaching at the club and is responsible for working with all coaches to ensure they adhere to the club's Code of Conduct for Coaches.



Please contact Nick or Jake directly for coaching prices and availability. Sessions can be for adults, juniors, pairs or groups.