



**NEWCASTLE  
UNIVERSITY**

**ACADEMIC AND ATHLETIC EXCELLENCE**

**SQUASH**





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# All about Squash

## Competitive Opportunities

High-level competitive opportunities for aspiring young players include:

**BUCS PREMIERSHIP**

**NORTHUMBRIA LEAGUE  
PREMIERSHIP**

**BUCS INDIVIDUAL  
CHAMPIONSHIPS**

PSA Satellite and graded events are hosted across the season each year at the University and other local clubs offering more competitive opportunities. Combined with the full-time training programme students have a challenging but supportive pathway to progress to the next level.

## Scholarships

We have a range of scholarships available from direct cash instalments, reduced academic grade offers and support services including medical support, sports psychology, S&C, academic flexibility and gym memberships.

## Your Weekly Schedule

We offer a versatile program to fit each player's engagement level. Our full-time staff can work around academic and competitive commitments. A regular week for a performance player can look as follows:

| MON | TUES           | WED            | THURS              | FRI                  | SAT | SUN            |
|-----|----------------|----------------|--------------------|----------------------|-----|----------------|
| S&C | Group Training | Group Training | Local League Match | S&C / Pairs Training |     | Group Training |

# Our Coaching Staff

## Liam Gutcher - Head of Racket Sports and Head Squash Coach



### Playing & Coaching Career

Liam is a former PSA player and two-time county champion with over 18 years of experience coaching in a range of environments. Alongside his role with our students he leads the University's academy programme working with some of the best young talent in the County.

### Philosophy

Liam's coaching philosophy is based around developing better movement patterns to allow players good quality shot options from as many positions around the court as possible. He has a true passion for not just the sport but for people as well, helping his players become more self-aware and fostering an environment in which players can thrive.

## Chris Wiggins - Assistant Squash Coach



### Playing & Coaching Career

Chris is a former student athlete, Northumbria League winner and two-time county closed finalist. Chris has been a huge part of Newcastle University's rise in the squash rankings over the past five years while studying Biomedical Sciences as an undergraduate and earning a master's degree in Oncology.



# Student Testimonial

**Former student and squash player Rob Finch**

'I definitely made the right decision joining the University Squash Club when I started studying Film & Media at Newcastle. It played a massive part of my university experience. Squash gave me the opportunity to meet lots of people and make friends with the many social nights, to travel around the country representing Newcastle by competing against other universities, and allowed me to take a break from studying which I believe was very beneficial. Being involved with the Squash Club gave me access to top quality coaching and S&C, both of which greatly improved my game and allowed me to compete at a good level, one that I continue to play at today'.

**Film & Media  
BA Student**





# Our Facilities

Our squash programme has priority access over Newcastle University Sport Centre's four glass-backed squash courts. The courts are arranged alongside each other in their own sector of the Sport Centre meaning they are ideal for training, matches and hosting small competitions.



Newcastle University Sport Centre offers a world class, 180 station gym for all members but also two modern strength and conditioning suites for scholars and performance teams. Access to our passionate coaches is on hand to monitor their progress.

Our strength and conditioning department supports high performance student-athletes in their pursuit of sporting excellence. They provide individualised coaching delivered within a programme of athletic development and injury mitigation. Alongside Liam, they work hard to develop our students into robust and powerful athletes able to cope with the high demands of competitive squash.



# Our University



Newcastle University is a world-leading university and a founding member of the Russell Group, representing the UK's top higher education institutions. As a world top 125 university (QS World University Rankings 2023), Newcastle University inspires the minds of thousands of students from over 140 countries and delivers an outstanding learning experience that equips students for future success. Newcastle University has been rated 5th in the UK for Student Life (Whatuni Student Choice Awards 2022) and is considered a top 20 university in the UK (Times Higher Education World University Rankings 2023).



# Our City



Voted as one of the UK's greatest student cities, Newcastle is a big city in a small space with a sizeable student population of around 42,000. The city has a proud reputation for sport and is home to several professional sports teams, such as: Newcastle United, Newcastle Falcons and the Newcastle Eagles. Newcastle's reputation for a great nightlife is well-known and with its thriving arts and culture scene too, there's something different to do every day of the week. The combination of a challenging and supportive squash programme with high-level competitive opportunities, a world class education and nationally renowned social life, makes Newcastle University the place to be!



# Information & Links



[Liam Gutcher - \(Head of Racket Sports and Head Squash Coach\)](#)

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[Instagram - @newc\\_squash](#)

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# BELOING