

# MY GAME PART 1 RAMY ASHOUR

In part one of a short series from Prince, *Squash Player's* Ian McKenzie talks to Ramy Ashour about living in New York and the most famous shot in squash

**Q. Where did you start playing squash?**

I started playing at six years old at the El Shams Club in Cairo.

**Q. Now you are living in New York. Where do you train there?**

I train at the New York Athletic Club and the CityView Club. I work with my coach, Hesham El Attar, and train with other players – Clinton Leeuw, Campbell Grayson, Ramit Tandon, Jesus Camacho, Eric Christiansen, and sometimes Todd Harrity. There's a good bunch of players.

**Q. Why New York?**

I feel more professional and organised there. I enjoy being in New York, as a lifestyle, as a human being and as an athlete.



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**Q. Is it an exciting city to be in?**

It is. You get absorbed in the lifestyle and I like the challenge of being regimented. I am happy there, going out, having fun, proper fun. I get rewarded for my hard work.

**Q. What is your favourite shot?**

Backhand crosscourt volley nick.

**Q. You take it high overhead and bring it down. How do you find the nick when you do that?**

You have to position yourself in a certain way and hit the shot with precise timing, very fine timing. You think about the timing and the process rather than the result.

**Q. If someone wants to copy that stroke, what would be your advice?**

I wouldn't let them know it now, obviously – I am still playing! It takes a lot of practice and training. I found that shot. What is interesting about squash is that everyone has their own style and everyone has a shot that other players can't do as good as they can. But a lot of players don't dig inside themselves enough to find the shot that they can excel at. I just found that shot and I train on it a lot. Now I just do it naturally. I practise it by myself and also with my coaches.