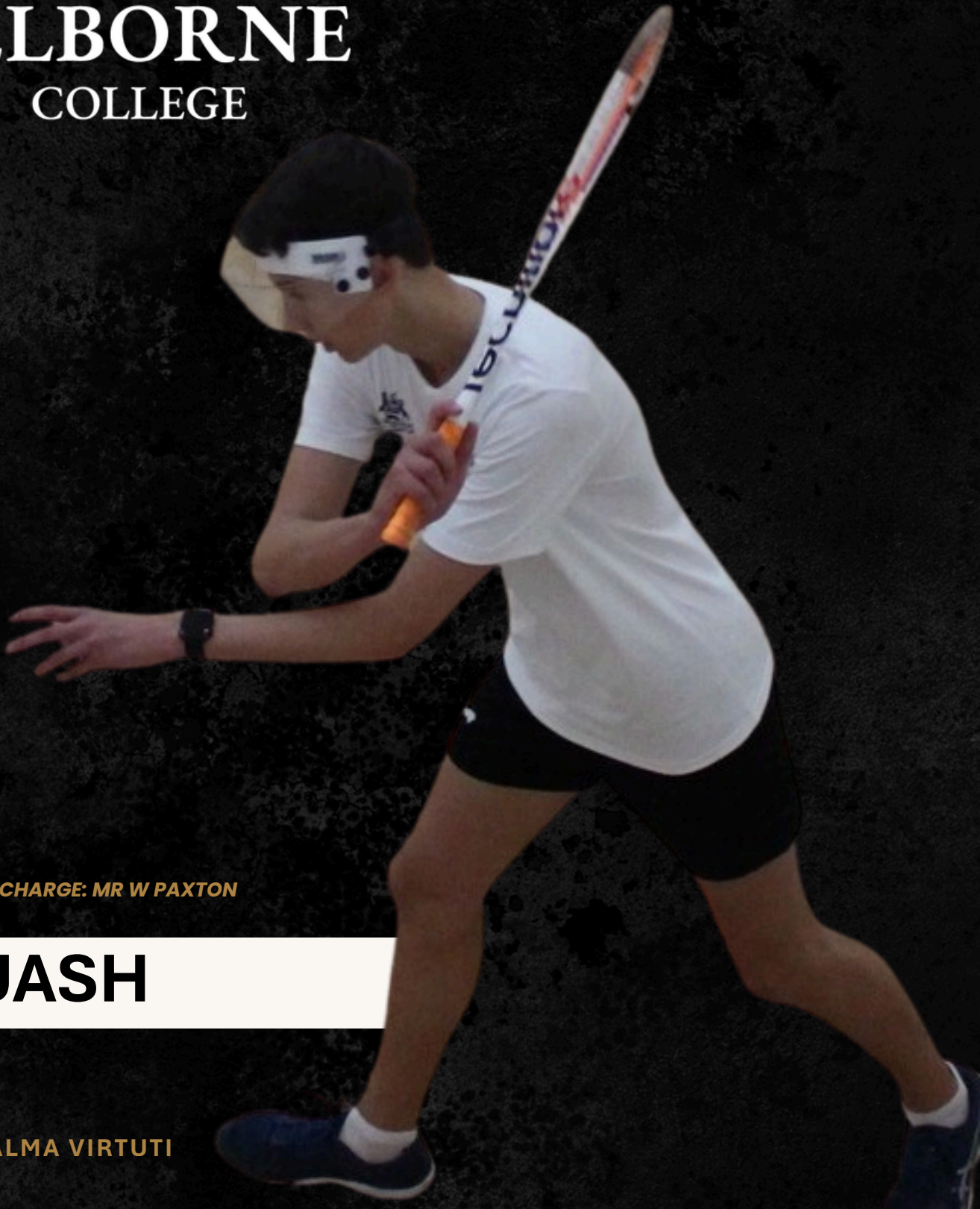




2026

# SELBORNE COLLEGE



TEACHER-IN-CHARGE: MR W PAXTON

## SQUASH



PALMA VIRTUTI



# SELBORNE COLLEGE



## SQUASH MORE THAN A SPORT

Squash demands focus, discipline and resilience. Although played individually on the court, it is very much a team sport at Selborne. Every result contributes to the overall outcome, and each player carries responsibility for more than himself. Boys learn quickly that preparation, effort and composure affect the entire team.

The game requires sustained concentration and the ability to recover from setbacks without losing control. Players develop mental toughness, strategic thinking and emotional regulation under pressure. In a time when many young people are increasingly inactive, squash promotes physical fitness while also building habits of perseverance and self-discipline. These qualities extend far beyond the court and contribute meaningfully to the formation of a Selbornian.

## THE SELBORNE APPROACH

Squash at Selborne caters for both competitive and social players. Some boys participate for the enjoyment of the game and the personal challenge it offers, while others commit to league competition and higher performance goals.

Our more competitive players work towards being among the strongest teams in the Border region, with the aim of qualifying for and competing at South African Top Schools level. Regardless of level, all players are encouraged to improve steadily, represent the school with integrity and contribute positively to the team environment.



## EXCELLENCE IN ACTION



Selborne Squash has competed strongly in the Border Squash League in recent years, regularly winning across various age groups. A number of players have progressed to Top Schools level, where Selborne has on several occasions finished first in the country. These results reflect consistency, commitment and a genuine passion for the sport.

The programme also competes in traditional derby fixtures against a range of schools. While court availability limits training time, with teams generally practising once a week, players are encouraged to use additional opportunities to develop their game independently.

Looking ahead, the vision for Selborne Squash includes the addition of two glass-backed courts. Improved facilities would increase participation, raise training capacity and help sustain the high standards already established within the programme.

## BEYOND THE CLASSROOM / FIELD / MEETING ROOM

Selborne Squash participates in key festivals, including the Dave Hodgson Festival at St Andrew's in Makhanda and the Standard Bank St Andrew's Festival in Bloemfontein. The programme also competes regularly at the Top Schools Tournament.

For players aspiring to national representation, participation in recognised national tournaments is essential in order to secure ranking points. Boys are supported and encouraged in pursuing these opportunities, should they wish to compete at that level.





**SELBORNE**  
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# THE SELBORNE MAN

At Selborne College, we are not merely preparing boys to pass examinations, win fixtures, or collect accolades. We are forming young men.

## **A Selborne man is:**

- **Intellectually Disciplined**  
He thinks carefully. He questions respectfully. He pursues understanding rather than surface familiarity. He is not afraid of rigour.
- **Morally Grounded**  
He understands responsibility. He acts with integrity when no one is watching. He knows that character is revealed in pressure.
- **Courageous in Effort**  
He does not withdraw from difficulty. Whether in the classroom, on the field, or on the stage, he learns to persist.
- **Articulate and Thoughtful**  
He can express his ideas clearly. He listens as well as he speaks. He engages the world with curiosity rather than cynicism.
- **Committed to Brotherhood**  
He understands that strength is built in community. He supports others. He leads by example.
- **Prepared for the Future**  
He leaves Selborne adaptable, capable, and ready to contribute meaningfully to society. Every subject, every sport, every society exists to shape these qualities.

That is the Selborne standard.

