

To The Point

Club Finals Day * Sunday 12th July * A day for your diary

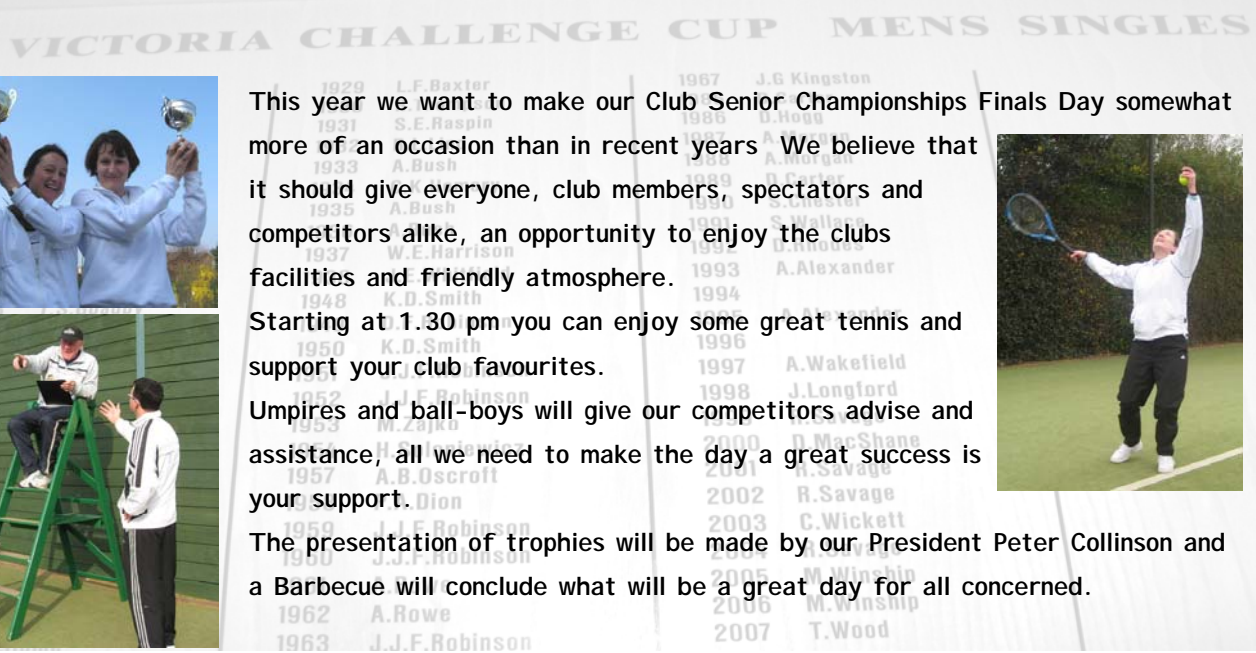


This year we want to make our Club Senior Championships Finals Day somewhat more of an occasion than in recent years. We believe that it should give everyone, club members, spectators and competitors alike, an opportunity to enjoy the clubs facilities and friendly atmosphere.

Starting at 1.30 pm you can enjoy some great tennis and support your club favourites.

Umpires and ball-boys will give our competitors advise and assistance, all we need to make the day a great success is your support.

The presentation of trophies will be made by our President Peter Collinson and a Barbecue will conclude what will be a great day for all concerned.



Veterans' Club of the Year 2009

The great news that West Bridgford has been awarded the accolade of "Veterans' Club of the Year" has just been announced by Vets Tennis GB.

This award recognises West Bridgford Tennis Club's support for veterans tennis generally, the success of the Veterans' Open Tournament held in January, our teams' successes in National Inter-Club competition and their recent selection to represent Great Britain.

The two senior teams representing Great Britain in the European Club Championships in September of this year will be the Ladies 50's team captained by Jill Shelvey who will be playing in Portugal whilst the Mens 55 team captained by David Carter will be competing in Switzerland. This honour for the club is due to both team's success in national events over recent years

To emphasis our strength as a club even further at "Senior" level we are also delighted to announce that John Taylor is now ranked third over 55's singles player in the UK.

10th Anniversary Celebrations

To celebrate the 10th anniversary of the opening of our new clubhouse and indoor courts we are holding a special theme day on Sunday October 4th

You will of course know that the emblem of a tenth anniversary is the Daffodil ! With this in mind it is proposed that our central theme of this event will be the colour **yellow** which coincides neatly with our chosen charity, Marie Curie.

The format of this "yellow tinged" day, still to be finalised, will reflect the 1970's particularly 1977 the year of our "golden girl" Virginia Wade's victory in the Ladies singles final at Wimbledon.



1999—Danny Sapsford, the Mayor and Mayoress of Rushcliffe open our new facility



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Club Together



Walks



Cycling



Skittles



Themes



Dances



Quizzes



The brave few who disregarded the severe winter conditions.

Winter Walk - Sunday 8th February

Heavy snow and therefore dangerous conditions around Whatstandwell caused the abandonment of what would have been our intended walk. However a rescue plan was afoot and with Penny's 'Walks in Notts' Book and David's navigation skills, on Sunday morning a few of us set out from Tollerton to Cotgrave via Clipston Woods. We replenished ourselves at the Rose & Crown and walked back across snowy fields to Tollerton. Thanks Penny and David.

The date of our Spring Walk will be May 17.

"Hello, Good Evening and Welcome" to all you social climbers, walkers and cyclists forget "the downturn" and join in.

Derek.

Cycle Ride Sunday 28th June

When I picked a weekend in June for us to get on our bikes, I decided to go for something different. The plan consists of a club - club ride and enjoy on our return a splendid meal cooked and served up by Karen. This idea fits in nicely with a suggestion that we could have a social event from the club and invite Karen to produce a menu to show off her skills.

I've discussed possible routes with cyclist Phil and after consulting a bike ride map we will follow a route to Attenborough, Trent Lock and onto Sawley marina. Here we can rest awhile, have a coffee and then return the same way back where Karen's delights will be waiting

New for 2009

Alan Trease, owner of Weavers of Nottingham, is kindly arranging a wine tasting evening for us. It will be held in the atmospheric setting of his 18th century Georgian house - 17 Castle Gate on Friday evening

April 24. This tasteful event will prove very popular. There is a limit of 36 people and tickets (£15.00) are on sale at reception at the club from the beginning of April. Watch out for posters when selling commences and hurry!



Didn't they do well!

Congratulations Peter.

This year, 2009, Peter Collinson is celebrating his 25th anniversary as President of this tennis club. His commitment and allegiance is well known; often being referred to as Mister West Bridgford Tennis Club! At the recent Notts. LTA awards, Peter won the runner-up prize in the volunteer of the year category, seen here at the presentation with the Mayor of Nottingham. In all - a huge well done!



Nishit Tanna

Our members will have known Nishit Tanna as a friendly and cheerful staff member who has now left to return to India. (His thoughts about Nottingham are on Page. 6) He enjoyed his time in Nottingham and we thank him for all his

help and enthusiasm both as a member of staff, player and captain. We wish him all the best in his chosen career.

Gareth's Girls



Gareth Billingham seen here with his Friday morning coaching group.

Away from the Courts!

My Hobby

Like many hobbies, mine started with the need for a new challenge when my family left home. I chose art which was new to me and I had no expectations.

On my first course, beginners were left to their own devices – a slow start! But I was hooked! So I found an art group where members encourage and inspire with their efforts. Painting is just like other skills – there are naturally talented people but for others skill improves with every painting.

I have also read books, watched DVD's, attended workshops and holidays and most of all practiced.

I started in watercolours (the hardest medium), but I love its transparency and it is at its best when painted spontaneously, capturing the subjects atmosphere. When you put your heart and soul into a painting it's a great feeling, especially when it is bought and enjoyed by someone else.

I mainly paint places I have visited and as I am keen on taking photographs I have many images to work with.

This hobby has been a complete life change. I've made new friends, been more observant and most importantly, I achieve enormous pleasure from painting.



Verna Crowther

Have YOU got an interesting hobby you would like to tell us about?

Fit For Tomorrow

Cardio Tennis Sessions

CARDIO TENNIS is a new, fun group activity featuring tennis drills to give players of all abilities an ultimate, high energy workout. Taught by one of our coaching team, CARDIO TENNIS includes a warm up, cardio workout and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try CARDIO TENNIS.

The club will be running CARDIO TENNIS sessions for senior members on (need to give you days, times etc) Come and try it on Friday 24th April from 2.00 pm to 3.00 pm outdoors £ 5.00 per session. Weekly sessions to follow.

Physiotherapy

Dan Sturt our resident physiotherapist is available at the club on Thursday evenings for all your sports related injuries and problems. Book your appointment at reception

Club Gym

Why not come and try our refurbished gymnasium. Excellent value, whether you pay as you exercise or join as an annual member. Contact Suzanne, Dave or Lesley at the club.

Yoga

Yin yoga is a lovely style of yoga particularly effective for working on hips, back bends, forward bends and twists. www.yoganottingham.co.uk

Wednesday evening at the club 6.00 to 7.15 pm and 7.30 to 8.45 pm

Instructor: Mike Morris 0115 9110732

Massage

Suzanne Cooper Dip.PT. Therapist is available for sports and remedial massage

Phone Suzanne at the club for an appointment

Wimbledon Tickets - Important Information

This year only British Tennis Members may apply for tickets from the club.

Your application should be made on the Wimbledon ticket allocation form which is enclosed with this publication.

Juniors wishing to apply for Wimbledon tickets must collect an application form from the club reception.

Tennis Matters

Non-Members Open Day

An Open day for non members will be held on Sunday 21st June. Our coaching team will be taking the **FREE** clinics. If you know anyone who would like to start playing again or have a go for the first time then invite them to come along. All standards welcome. Literature available at reception. The following clinics will be held.

Mini Tennis coaching clinic for 3 to 9 years from 1-30pm to 2-30pm

Junior Tennis coaching clinic for 10 years upwards from 2-30pm to 4-00pm

Adult coaching clinic from 2-30pm to 4-00pm

Gym sessions from 2-30pm to 3-15pm & 3-15pm to 4-00pm. Sessions will need to be booked in advance.

Team Practise Nights

The weekly team practice nights officially begin on Wednesday 1st April for ladies and men on Thursday 2nd April, both from 6-30pm. All team and prospective team players welcome. This year for the ladies practices, there will be no specific weeks for certain teams to come and play. Instead everyone is invited to come along each week and a specific person will be designated to organize the players who attend. For the men's practices, teams 1, 2, 3 & 4 will have 3 courts from 7-30pm and teams 5, 6 & 7 will be allocated 2 courts from this time. Team captains will be expected to organize players for their courts.

Ladies: The coach led doubles match play drills sessions will continue again this year. These sessions will be held on April 22nd, May 27th & June 24th from 6-30pm to 7-30pm. A charge of £2-00 per person will be charged on the night. This is good value for a session which will be valuable to all team standards.

Summer Holiday Adult Coaching

During the summer school holidays we will once again be running the popular 5 weeks of adult coaching. On Wednesdays a beginner course will run from 6-30pm to 7-30pm and an improver course from 7-30pm to 6-30pm. A further improver course will run on Thursday evenings from 6-30pm to 7-30pm. All courses will start on Wednesday 29th or Thursday 30th July and run weekly through to Wednesday 26th or Thursday 27th August.

LTA Veterans Open Tournament

In January the club hosted the Annual Men's Vet Tournament which attracts players from across the UK. Several club members competed in the Over 50 and Over 60 age groups, with Peter Whitehead beating Eddie Fox in the 50's final. Richard Tutt, (Leics) beat Hampshire's Joseph Flaherty in the 60's final. The Over 50's doubles was won by Mark Wayman & Colin Ayling (Leics) beating Eddie Fox and Paul Denyer (Glos) and Neil McPherson & Phil Ingram (Staffs) beat Jeff Gould & John Rickards (Derbys) in the final of the Over 60's doubles.

Coaching Corner

The majority of matches played at clubs across the UK are doubles rather than singles. Doubles is a great game involving teamwork. All successful teams, in all sports, have essential elements:

1. Communicate with your partner
2. Train together
3. Learn from matches

To improve your doubles game try and incorporate all of these into your training. The single biggest difference between international level doubles and club level is the amount of communication. Find out

essential information from your team mate - serve direction, tactical intention, court positioning etc. The more you communicate the better the team will function.

Ever found yourself with a partner you have never met before? Team training will improve the team's social side and allow players to play with the entire squad before entering matches. Why not design a weekly team training session time - then go out for a drink?

Find out everything you can about yourselves and your opponents. What are your **teams** strengths? Can you find your opponents weaknesses? For example, under pressure players will tend to serve to the same place. Once you have this information use it to your advantage - play to your strengths & opponents weaknesses.

Good luck improving your game.



Matt Wildt

Tyrrell — Formula One.

Isabelle Tyrrell

Following an operation early in 2008, Isabelle has come back to form with some excellent results at international level. In October she was selected to be the captain of the Over 35 Great Britain team competing in the ITF World Team Championships in Turkey. The team beat Spain, Turkey, Austria and Holland on their way to a 9th overall place. Isabelle was undefeated in all her singles matches and took bronze in the doubles with Jo Louis from Devon.

In December Isabelle played in an ITF Tournament in Spain where she competed against opponents from across the world and won the ladies singles and doubles events.

At the end of the year she attained a World ITF Ranking of 6th in the world. In January Isabelle won the Best Individual Performance - International category at the Notts LTA Annual Awards evening.

Isabelle has also been awarded The Canterbury's Cup for adult achievement at the club for 2008



Junior Matters

Summer Holiday Junior Programme

This years Summer Holiday Programme will run for 5 weeks from Monday 27th July to 28th August. Activities will include Under 5's sessions, mini tennis & tennis clinics and tournaments. The popular Tennis Camp for 11 to 16 year olds will be held over the week of 10th to 14th August and the Mini Tennis Camp for 5 to 10 year olds will run from 24th to 28th August.

Notts Summer Grade 5 Indoor Tournaments

The club are organizing Grade 5 tennis tournaments for boys and girls at 12 & under and 14 & under age groups throughout the summer. Players will need to be a British Tennis member to enter so speak to Lesley or your coach for more details. Entry forms available from reception.

Mini Tennis Indoor Grade 5 Tournaments

The club runs several mini tennis tournaments at red, orange and green standard throughout the year. The new Summer Tournament Programme is out now so if you can serve and rally, why not get a British Tennis membership and enter one of our events. Speak to Lesley or your coach for more details on how to do this. Entry forms available from reception.



MANOR PHARMACY



High Achievers

Alex Eustace

Alex, 17, has been attending the learning disability coaching sessions at West Bridgford Tennis Club for 2 years. In that time he has shown a commitment to regularly attending and together with his tenacity to work hard to improve, he has made exceptional progress.

In May of this year, Alex was selected by the Tennis Foundation to represent Great Britain in a Three Nations Tournament in Milan, Italy, organised by Special Olympics Italy. One of four GB players, Alex competed over 3 days in singles and doubles against players from Italy and Holland. On his maiden outing representing his country and playing on European clay courts for the first time, Alex's achievement was even more remarkable, when he won an outstanding gold in the singles and a bronze in the doubles.

In October 2008, Alex continued to show the improvement he has made over the last year by winning the singles gold medal in his division at the National Learning Disability Tennis Event in Nottingham, where he competed against players from across the UK.

Alex has now been selected to represent the East Midlands in the National Summer Special Olympics Games in Leicester in 2009. This event, run every four years, will see 2,700 athletes compete in 21 sports over 7 days.

Alex was rewarded for his efforts at the recent Notts LTA Annual Awards evening, where he won the Most Improved Junior Player category and was presented with his trophy by the Mayor of Nottingham.

Ayaha Horie

Ayaha first came to the club in September 2003 when she was just 3 years old and barely big enough to see over a mini tennis net. By attending the under 5's coaching sessions it was soon apparent that Ayaha had a talent for the game and she was moved up to the Performance mini programme. The tennis bug is very strong and members will not be surprised to find Ayaha playing on the courts most days in the week where she will be attending squad coaching, individual lessons, fitness or competing in mini orange tournaments. In 2008, playing in mini red events, Ayaha won two County Mini Red Challenge tournaments and then went on to win the Series Final. Since moving to orange she has already been a runner up and a winner in tournaments in 2009. Ayaha's achievements and dedication to her tennis was acknowledged when she was awarded the Coaches Award for Junior Achievement 2008.



Mumbai to Nottingham

Nottingham is a lively city; full of sports clubs and pubs and the best night life in UK. How does life here compare to Mumbai? How was my experience of the life in Nottingham and West Bridgford Tennis Club? What is my story from Mumbai to Nottingham? If you want to know, read on..

Well, let us start from where I am originally from - Mumbai. We call it Aamchi Mumbai - meaning our Mumbai. And it truly is vibrant city. Very busy city in the day and incredible night life and social life. I was born and brought up in Mumbai and both my parents being doctors, they were extremely busy maintaining their own 17 bedded hospital. I learned the value of hard work from them. They have always been my source of inspiration and I sincerely respect them for their hard work and sacrifices.

I was anxious to visit UK and more anxious how will I be able to continue playing tennis? I heard that living here was a little expensive and I was prepared to work part time to support my living. But then, would I be able to play tennis? Or will it be too expensive for me to afford and I would have to give it up for some time? Fortunately, my friend and I came across West Bridgford Tennis Club's website and I decided to pay a visit to the club. The club had excellent facilities in terms of tennis especially compared to the club where I used to play in Mumbai. Compared with other big clubs in Nottingham, West Bridgford had a very good price for annual membership fees and the location of the club was very much suitable for me. I came to UK in September 2006 and joined the club in October 2006. I have been a member of the club since then and very much enjoy playing tennis here.

Compared to Mumbai, I found that people here are very friendly and well mannered. Saying 'Thank you' and 'please' is not one of the habits in India and being humble is one of the good things I learned from culture in UK. Besides that I learned the importance of organising and time keeping. I was notorious for being late in India. I almost never went in time for my classes or university, even exams at times! Here, I managed to organise my-

self and started developing habit of arriving in time. I was enjoying my tennis here and I started taking private lessons from one of the club coaches. I immediately noticed the difference in coaching style. Compared to India, I found that there was more attention given to develop the style and technique and the coach worked very hard to improve the skills of the students.

At the same time as playing tennis, I had to focus on my studies. Post graduate studies are not very easy and lack of concentration could have been fatal at a crucial stage in my career. I

worked very hard and got 2:1 in my masters. My family and I were very proud of the result and I cannot forget the graduation day. It was truly special. I am now working as a Web Developer with a company in Nottingham city centre. I still work part time at the club on weekends because I like being part of the club and it keeps me busy.

As far as my experience of this country and culture, it was fantastic. I still have to discover few more parts of the country as I never had chance to explore UK a bit more in terms of travelling. I was always busy with studies and work, so I would like to take some time out and travel across the Europe at some point. I am sure I have a lot more things to learn and experience. Well, that was my story from Mumbai to Nottingham and I would like to thank people at the West Bridgford Tennis club to give me this opportunity to share my experience with you.



Nishit Tanna

History of Ladies Fashion in the 1950's / 1960's / 1970's
Following the austere years of World War II, tennis clothing in the early fifties was what may be described as functional - quite often clothes were made up at home, pleated culottes worn with baggy blouse tops. The championship Committee at Wimbledon (Wimbledon reopened in 1946) decided to attempt to make post war ladies tennis clothes more feminine. This resulted in 'Teddy Tinling' a couturier involved in the game for more than 30 years asked to create dresses but still in all white. Tinling compromised in 1949 when he added a white lace trim to knickers worn by Gussy Moran. Lady players, however, were still divided in their requirements - Louise Brough, Doris Hart and others preferred a more tailored look opposed to the likes of Maureen Connelly who preferred more feminine lines and styles.



The sixties saw the advent of man made fibres, nylon, polyester, etc and were drip-dry. Even a disposable paper tennis dress was worn on the centre court by Britain's Pat Ward! The Fred Perry - sponsored look was very popular and favoured by such

champions as Margaret Court and Billy Jean King - short sleeved shirts worn with a kilted skirt. However, there were players who thought their tennis attire ought to be more feminine and they included Brazilian beauty Maria Bueno as well as Lesley Turner and Darlene Hard. Although still restricted to white, Tinling set fashion trends with pretty pastel linings and lacy petticoats. He created a stir when he designed a shocking pink lining for one of Maria's dresses. Her 'star' quality and elegance were further advanced by the beautiful feminine dresses made for her by Tinling. These feminine - style dresses were further established into the 1970's by Evonne Goolagong - (Wimbledon singles winner 1971) and Chris Evert who's looks and grace on court delighted spectators, sporting her Mondessa tennis wear. More traces of coloured clothing crept in in the early 70's and when Billy-Jean took on Bobby Riggs in 73, she wore a mint green / royal blue outfit and blue shoes!



Derek Bolton

On The Line

The Eight Year Rota

When the indoor courts were opened in September 1999 it took a few years for members to adjust to the idea of playing indoors in good weather and also to the idea of paying for the privilege, on top of membership fees. So initially the courts were not used much in the summer, except to escape the rain, or even in winter. Years of acclimatisation to playing in the cold or in drizzle under floodlights meant that going indoors was for softies.

In the early years the club committee and managers spent much effort generating new ways to increase indoor court usage. One of the first significant block bookings for senior members, starting on two courts on Tuesday 9th January 2001, 18:30-20:30, was made, under the names of Carter and Kingston, by a group of 8 men. Initially the system was cruelly simple. If one of the 8 had to be re-



La Manga 2001
Tim Phillips, Xavier Lenclud, John Kingston, Paul Farmer, Nick Shelvey, David Carter, Barry Cooper



2009

Nishit Tanna, Nigel Cartwright, Tim Phillips, Jeremy Fowler, Ashley Looker, Ivo Elliott, Gavin Mallalue, Phil Barnatt.

placed then the replacement took over the regular slot from that time forward. It meant that members would play with one leg rather than risk losing their place. This booking proved so popular that it was extended even through the warm, bright, balmy evenings of the Nottingham summer of 2001. Other members, including the Club President, used to think we were daft.

Soon after, the group was extended to around a dozen, and three 4-monthly rotas were designed every year to specify eight players for each Tuesday. This continues to the present day although the group steadily changes as players leave and join. The operating method is simple and needs no overall controller. If anyone cannot play when

scheduled it is his responsibility to find a replacement. When replacements appear evenings often start with "Who are you today?" or "I am Raphael", the latter obviously being ridiculously optimistic. Of course, it is important that the group keep fit, so frequent training camps have been arranged in Devon, Spain, and the USA. Also, regular beer and curry nights ensure that fitness is kept in perspective.

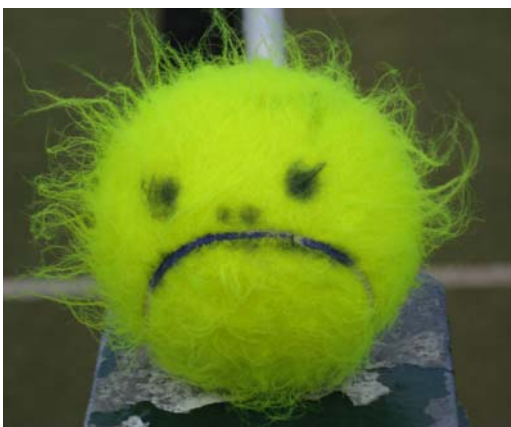
We recommend the system. The club benefits from a steady court income throughout the year. Players benefit from knowing exactly when they are playing (start and finish), that they will be playing regardless of the weather, and also from having regular structured tennis at the Club for very little effort.

As indoor court usage continues to grow the time may come when block bookings have to be restricted to give all members fair opportunity to book, so it is uncertain whether or not this particular block booking will manage to make its 10th anniversary unchanged. But here's hoping.

John Kingston

Puzzle Corner

Dell's Caption Competition (1)



Jot down your witty caption for this picture and your answers for the other questions and hand them into reception by 30th April.

Odd one out! (2 &3)

- | | | |
|-----------|---|---------------|
| Argentina | • | Denmark |
| Chile | • | Great Britain |
| Brazil | • | Holland |
| Bolivia | • | Ireland |
| Ecuador | • | Spain |

Connections (4,5 &6)

What connects "Gone with the Wind" and a WW2 fighter plane? (No, not Hurricane)

Who connects the 1959 FA Cup Final with Elton John?

Who's Great Grandmother was the first lady to serve over-arm at Wimbledon?

Do you know your city? (7)

Watson Fothergill's office 1897



Where is it?

On The Line

Competition & Social Calendar

April 2009 - September 2009

Saturday	04-Apr	Start of Outdoor Summer Season (with cream teas)	1.30 - 4.00	Outdoors
Sat-Sun	18-Apr/19-Apr	Invitational Vets Tournament	10.00 - 6.00	Indoors
Friday	24-Apr	Wine Tasting Evening		
Saturday	25-Apr	Spring Cup (Mixed) (restricted entry qualification)	1.00 - 5.00	Outdoors
Sunday	26-Apr	Adult & Child (14& Under) Tournament	2.00 - 5.00	Outdoors
Sunday	26-Apr	Mini Red (8yrs & Under)	10.00 - 1.00	Indoors
Sunday	07-May	Mini Orange (8 & 9yrs)	10.00 - 2.00	Indoors
Sunday	17-May	Club Walk - Melbourne, Derbyshire	9.45am Start	Outdoors
Sunday	31-May	Mini Green (10yrs)	10.00 - 2.00	Indoors
Saturday	06-Jun	Junior Club Finals Day	9.30 - 1.30	Outdoors
Sunday	07-Jun	Mini Red (8yrs & Under)	10.00 - 1.00	Indoors
Sunday	21-Jun	Club Open Day	1.30 - 4.00	In/Out
Wednesday	24-Jun	Ladies Summer Charity Doubles	10.00 - 3.00	Outdoors
Sunday	28-Jun	Cycle Ride from the club to Sawley Marina	10.00 - 3.00	Outdoors
Sunday	28-Jun	Mini Orange (8 & 9yrs)	10.00 - 2.00	Indoors
Sunday	05-Jul	Mini Green (10yrs)	10.00 - 2.00	Indoors
Sunday	12-Jul	Club Finals Day (Festival of Tennis)	10.00 - 2.00	Outdoors
Sun - Sat	19-Jul-25-Jul	Junior Grand Prix	9.00 - 6.00	In/Out
Sunday	09-Aug	Mini Red (8yrs & Under)	10.00 - 1.00	Indoors
Mon - Fri	10-Aug-14-Aug	Junior Summer Camp	10.00 - 4.00	In/Out
Sunday	16-Aug	Mini Orange (8 & 9yrs)	10.00 - 2.00	Indoors
Sunday	23-Aug	Mini Green (10yrs)	10.00 - 2.00	Indoors
Mon-Fri	24-Aug-28-Aug	Mini Summer Camp	10.00 - 1.00	In/Out
Wednesday	16-Sep	Ladies Social Doubles	10.00 - 3.00	Outdoors
Saturday	19-Sep	Presidents Cup Mixed Social Doubles	1.30 - 4.30	Outdoors
Friday	25-Sep	Skittles Evening at Cropwell Bishop		

club sweatshirts



Navy, White and Black

unisex sizes

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Order at reception before 25th April 2009

Kit for Kenya

Last November, Kay and David Wakefield lead an appeal for clothes, books and any other useful items to help a school in Mombasa, Kenya. The response was excellent and in February they re-visited The Victory Academy to see the staff and children, who were all thrilled with the donations. Kay and David would like to pass on to all our generous members their grateful thanks coupled with those of the school.

Committee	David Wakefield	Zoeb Laheri
President and Chairman: Peter Collinson	Trevor Wright	Caroline Newson
Treasurer: Eddie Fox	Management	Karl Patterson
Secretary: Jill. Shelvey	Club Manager: David Carter	Gerry Radford
Tim Hubner	Tennis Manager: Lesley Whitehead	Karen Ransome
Val Kirkham	Club Administrator: Suzanne Cooper	Coaches
Penny Richardson	Staff	Gareth Billingham
Jeff Robinson	Derek Bolton	Gareth Griffiths
Paul Smith	Verna Crowther	Matt Wildt

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