

What's the Score?

West Bridgford Tennis Club Newsletter

March 2003



Little Bounds
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Joint Managers

Sue Reesby
David Carter

Head Coach

Terry Hunt

Tennis Development Officer

Lesley Whitehead

Summer is arriving

Come on down! Enjoy all our
activities. Plenty on offer for all
standards and abilities.

Guess what!

As the club, slowly followed by the
staff, has entered the world of
technology, we **will be** using e-mail to
promote future events etc

If we do not have your e-mail address –
don't miss the boat – leave us a note at
reception

Juniors * Juniors * Juniors

Summer Camp 2003

Following the success of last year's camp, this year it will run from
**18 – 22 August from
10 .00 am to 4.00 pm.**

The camp is designed for juniors age 10-16 years of all playing standards.

Each day will consist of:
4 hrs coaching designed to improve your skills through:

**drills to develop & improve technique
video analysis
ball machine practice
tactics
increased fitness
plus**

**1 Fun hour to include football, kwik cricket, table tennis
1 hr for lunch which will be provided from a varied menu each day**

Children will be supervised at all times.

Pick up a leaflet from the club reception

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**Under 5 Co-ordination Classes
Mondays 1.30 – 2.15 pm
Mondays 2.15 – 3.00 pm**

£2.75 per week

Book one week in advance at reception

Limited spaces as very popular

Summer Term Coaching Programmes now available. Places filling fast

Summer Mini Tennis Camp 2003

**26 to 29 August
from 10 am to 1 pm each day**

FOR 5 to 10 YEAR OLDS

**Quality Coaching and lots of fun
Each day will have a fun session such as football, kwik cricket etc**

After which a lunch will be served before you go home

Pick up a leaflet from the club reception

Junior Club Tournament

Your last chance to enter. Sign up sheets in gym corridor.
**U10,U12,U14,U16
Inc Road to Wimbledon**

To be played in your own time by given dates with a set finals day –
**U14 singles Mon 9 June
U10,U12,U16 singles –
Mon 7 July**
.....

**LAST ENTRY DATE
EASTER SUNDAY**

**DO YOU WANT
DOUBLES
TOURNAMENTS?**

Girls 12-16 years *Fitness Sessions in the Gym*

**Monday evenings
(with Shelley)**

**4.45 – 5.30 pm (3 spaces left)
5.30 – 6.15 pm (full)**

Maximum of 6

**Next 5 sessions start on
Monday 10 May**

Leave your name at reception

**Cost: £15 members
£17.50 non members**

Juniors * Juniors * Juniors

West Bridgford Robinson Aces Tournaments for boys and girls

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10 and under on Wed 28 May

10 – 2 pm

(no rating or 7.3, 7.2, 7.1)

and

12 and under on Wed 13 August

10 – 2pm

(6.3 rating or below)

.....

ENTRY FORMS OUT SHORTLY

May ½ term & summer holiday
programmes will be available
shortly
Keep your eyes open

You may ask - where is the summer
matchplay leaflet?

With the LTA rating 'changes', the club
has decided to try something new for the
summer season. Many parents have been
asked to organise (with our assistance) a
ratings/non ratings/singles/doubles or just
fun event to give our members matchplay
opportunities whilst inviting non members
to join in.

Any other parent who would also like to
run something similar – please contact
Lesley

The Tournament & Events list on the last
page shows club events in hand, whilst
more will be added as suggestions arise.

Mini Tennis Red Courts

Parents why not hire a mini tennis
red court & give your child some
extra practice. Courts can be
booked throughout the year at off
peak times. Cost £3.50 per ½ hr
which includes all equipment

You may even enjoy yourself

Consider our Rusty Racket membership?

Mini tennis red & orange balls may be
purchased from the club

The **summer mini tennis
matchplay** entry forms
are now out. These are
tournaments for those of you
who play mini tennis – red,
orange or green

A MESSAGE FROM HELEN

Fitness advisor & CCA coach

Hi

Sorry for my limited availability since September
but I will be back from University for 4 months
from the middle of May and look forward to
being around the club

If anyone wants to catch up on their fitness
during the summer, or try it for the first time,
please contact me on 07966 168140
GETTING FIT IS GOOD FUN

Juniors * Juniors * Juniors

Remember

MAKE THE MOST OF YOUR MEMBERSHIP
AND TELL YOUR FRIENDS

- **Table Tennis** Bring a friend with you to play tennis (visitor fee £2 if not a member) and then enjoy a game of table tennis (bats/balls for hire)
- **Tuesday Holiday Club** 1 – 3 pm School years 7 – 11. Supervised play by a coach. Members free/non members £2. Come & enjoy yourself.
- **Monday Starter Club** 8 – 13 years (every Monday except Bank Holidays) 5.30 – 6.30 pm
For non members to try tennis. £2.75 each
- **Junior Night**
5.30 – 6.30 pm 11 years & under (able to rally with at least an orange ball) Members only. Free of charge.
6.30 – 8 pm 12 years & over. Members only. Free of charge.
Every Monday except bank holidays. Supervised by a coach.

MORE INFORMATION AVAILABLE FROM RECEPTION

* Sponsorship *

Our sincere thanks to

Mercedes Benz of Nottingham

For sponsoring

The Mercedes Benz of Nottingham
Junior Series at the club
July 20 – 26th
U10/U12/U14/U16/U18

Entry forms now available.

Enter early to avoid disappointment.

Do you know of any one
else who would like to
support the club whilst
gaining publicity?

Manor Pharmacy

For sponsoring

Our Mini Tennis teams who wond the
County League this winter

B Petchell Ltd (specialist gates)

Britannic Assurance

(Nick Manders – Financial advisors)

Hawathorne Parkes

(Ray Holden – Insurance Brokers)

Edge (Nottingham Tennis Centre)

Canterbury's Delicatassen

Please give our sponsors your
support

* Home National League Fixtures *

3 teams to support this year, normally starting 12 noon

Ladies	20 April 18 May	v Ashby Castle v Roundhill	Mens 1	11 May 18 May 15 June	v David Lloyd Aspley v Barnsley v David Lloyd Birmingham
			Mens 2	18 May 8 June	v Cheadle David Lloyd Solihull

A busy day on 18 May !!

* Social Scene *

Saturday	10 May	Caribbean Evening	<i>7 pm start. Demo by professional chef followed by a scrumptious meal. £8 per head. Nos to reception as limited places.</i>
Sunday	11 May	Walk in Derbyshire	
Saturday	17 May	Club Fundraising Day followed by social tennis & Chinese takeaway supper	
Sunday	8 June	Cycle Ride along Grantham Canal	
Sunday	29 June	Play Tennis Open Day	
Sunday	6 July	Club Mixed Doubles Championships/BBQ and watch Wimbledon Mens Final	
Friday	11 July	Car Treasure Hunt	

With more ideas to follow

* We need your help *

Club Fundraising Day (seniors and juniors) 17 May 2003



- **Take part in various sponsored activities**
- **One senior member has offered to run a tombola and raffle on the day** (she would welcome prizes which can be handed in to the club at any time)
- **Run a car wash**
- **Run a stall** (cakes are always popular)

*Some activities will be totally for club equipment funds,
others will raise money for the club and a charity*

**If you have any ideas or would like to offer your assistance in any way, please speak to
Dave, Sue or Lesley**

**It is meant to be a fun day for all members or non members so we look forward to seeing
you**

SUMMER IS HERE

Men and lady members – come on down

Ladies - Wednesday evenings 6.30 pm onwards
Enjoy organised play and in May/June have the option of drill sessions (see separate letter).
Open to all peak time members.

Men - Thursday evenings 6.30 pm onwards
Enjoy organised play.
Open to all peak time members.

We hope to see you all next week

Wimbledon Tickets

Interested? If you are a full senior member, see the enclosed letter and remember to beat the deadline

Saturday 10 May

2 – 4.30 pm plus BBQ

Start of season outdoor tennis afternoon.

Come & join in. All welcome.

Let us get into a habit of Saturday tennis



MORE TENNIS THIS SUMMER

- **Sign up for the summer singles ladder to start after Easter**
- **Tuesday morning adult play. Every week 10.30 – 12 noon. New faces welcome.**
- **Get into the routine of coming down to play on Saturday and Sunday afternoons**
- **Organise some team practices or just some friendly groups**
- **If a peak time member come to ladies and mens night**
- **Tuesday evening adult mixed night**
- **See the Events & Tournaments list for some extra competitive play – with more to follow**
- **Keep your eyes on the notice boards, new playing opportunities arriving all the time**

Renew your gym membership and get fit for your holidays. Have your induction and even ask Helen to write a programme for you.

Give yourself a sense of well being for the summer

Group summer coaching programme now out for beginners and improvers

or treat yourself to an individual lesson with one of our coaching team

Mini Tennis

a friend or partner, perhaps not a tennis player, try mini tennis. Book a court and borrow equipment. **Great fun.**

WATCH OUT – COMING SHORTLY !!!!!!

Table Tennis

Available for members and non members. Bats & balls to hire from reception. Whilst you are playing tennis, the rest of the family can play.

- **A hair dryer in the men’s changing room**
- **Doors on the ladies showers**

The Courting Week – April to September 2003

Monday	Open U5 Co-ordination Pay & Play		Indoor	1.30 - 2.15 pm	£2.75
	<i>Book at reception - places limited</i>		Indoor	2.15 - 3.00 pm	£2.75
	Open Starter Club 8 -13 years-non members	All courts	Outdoor	5.30 - 6.30 pm	£2.75
	Junior Night - supervised play - members only	5 courts	Outdoor	(Indoor activities if wet)	
	11 years & under who can rally with a transition or tennis ball			5.30 - 6.30 pm	Free
	12 years upwards			6.30 - 8.00 pm	Free
	(prospective members may attend after speaking to Terry Hunt on payment of a visitor fee)				
Tuesday	Open Adult Social Mixed Doubles	3 courts	Outdoor	10.30 -12.00	**
	** free to members/£3 non members				
	Adult Mixed Doubles play (all courts)		Outdoor	6.30 - 9.30 pm	Free
	- members & prospective members only				
Wednesday	Ladies Night - peak time members only	4 courts	Outdoor	6.30 - 9.30 pm	Free
Thursday	Mens Night - members only	4 courts	Outdoor	6.30 - 9.30 pm	Free
Friday	Notts Veterans Team Practice	3 courts	Indoor	10.30am - 12.30 pm	As agreed
	- invitation only by county team captains				
	Senior Club Matches - Notts League	3 courts	Outdoor	from 6pm	
	- as per fixture list				
Saturday	Junior Coaching - group and individual	most courts	Outdoor	to 12 noon	
	Adult Mixed Doubles	3 courts	Outdoor	2 - 4.30 pm	Free
	- peak time members & prospective members				
	Senior Club Matches/Junior League				
	- as per fixture list				
Sunday	Adult Mixed Doubles	4 courts	Outdoor	2 - 4.30 pm	Free
* no floodlights	- members & prospective members only				
	Senior Club Matches /Junior League				
	- as per fixture list				

NOTE:Club matches have priority on courts when the weather is poor.

A weekly programme of home matches, special events and coaching programme will be posted in the porch of the clubhouse. Hopefully this will help members to choose their best time to play, and will indicate any changes to the fixture list