

# What's the Score?

West Bridgford Tennis Club Newsletter

November 2003



Little Bounds  
Off Wilford Lane  
West Bridgford  
Nottingham  
NG2 7QA

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at the Club's site)

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manager @west -bridgford-tennis-club.co uk

Web site:  
[www.west-bridgford-tennis-club.co.uk](http://www.west-bridgford-tennis-club.co.uk)

Joint Managers

Sue Reesby  
David Carter

Head Coach

Terry Hunt

Tennis Development Officer

Lesley Whitehead

Your support please  
Your support please

## Annual General Meeting

In the Clubhouse

On Thursday 4 December

At 7.30 pm

The committee and Management Team  
would welcome your support and ideas

### Present Committee Members:

President & Chairman  
Hon Sec  
Hon Treasurer  
Committee

Peter Collinson  
Val Kirkham  
Peter Scott  
Alistair Higham  
Ray Holden  
John Kingston  
Chris McNeill  
Penny Richardson  
Jill Shelvey  
David Wakefield

At least two vacancies are available, come and join our friendly team and help us maintain the club in a way we can all enjoy. New members will be made very welcome. Nominations please before the meeting.

# Juniors \* Juniors \* Juniors

## Terry is now putting up new box leagues to cover December/January

- Get out of the house during the winter months
- Gain some match play experience
- Christmas holidays – play tennis, have a snack to eat and give your parents a well earned break

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**IF YOU ARE NOT IN A BOX LEAGUE, OR WANT TO PLAY OTHER KIDS YOUR STANDARD SPEAK TO TERRY – DON'T JUST NOT PLAY**

.....

*Have you joined up for the holiday activities*

- *Try table tennis to be run by Gerry Radford who plays in the Notts League*



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

£3.25 per week

Book one week in advance at reception

Limited spaces as very popular

**Spring Term Coaching Programmes now available. Places filling fast**

## **KINGSMILL**

- **HELP US TO SAVE AS MANY TOKENS AS POSSIBLE FROM BREAD WRAPPERS**

**TO SAVE FOR EXTRA SPORTS EQUIPMENT FOR THE CLUB**

**EVERYONE HELPS**

**HOW MANY ?**

## **Mini Tennis Red Courts**

Parents hire a mini court & give your child some extra practice. Can be booked at off peak times.  
£3.80 for ½ hr to include equipment

**Spring Mini Tennis Matchplay – Red Orange & Green**

Entry forms now available.

A great way to improve

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

**Monday evenings**  
(with Shelley)

4.45 – 5.30 pm  
5.30 – 6.15 pm

Maximum of 6

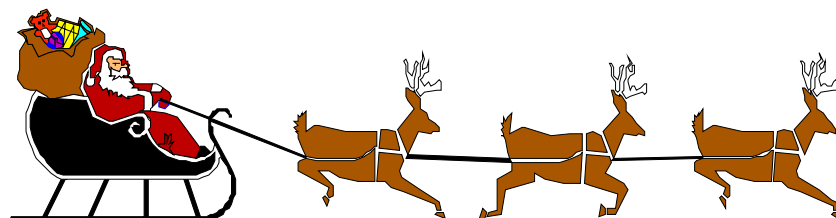
**Next sessions start on Monday 5 January**

Leave your name at reception

Cost: £15 members  
£17.50 non members

# ACTIVITIES FOR JUNIORS IN DECEMBER & CHRISTMAS HOLIDAYS

Mon 8 <sup>th</sup> Dec	<p>American Doubles Event (by invitation) - indoor courts 4-30 to 6-30pm</p> <p>For 12 &amp; Under Perf. players &amp; 14 &amp; Under Inv players - £3-00 per entrant</p>	Tues 23 <sup>rd</sup> Dec	<p>Mini Tennis Green Tournament for boys &amp; girls 1-00 to 3-00pm £5-00 per entrant</p>
		Tues 23 <sup>rd</sup> Dec	<p>Tuesday Holiday Club – useful tips from the coach 1-00 to 3-00pm For 11+ age group Free to members - £1-50 non members</p>
Tues 9 <sup>th</sup> Dec	<p>3 to 8 year olds Christmas party – mini tennis- food- games- Santa 4-30 to 6-30pm</p> <p>£4-50 members - £5-50 non members</p>	Wed 24 <sup>th</sup> Dec	<p>Mini Tennis/Kwik Cricket/Football for 5 to 9 year olds 11-30 to 1-30pm £5-50 members - £6-50 non members</p>
Fri 12 <sup>th</sup> Dec	<p>Mini tennis red courts available to hire indoors 4-00 to 6-30pm</p> <p>£3-80 per ½ hour inc. equipment</p>	Wed 24 <sup>th</sup> Dec	<p>Mini tennis red courts available to hire indoors 1-30 to 2.30 pm £3-80 per ½ hour inc. equipment</p>
Mon 15 <sup>th</sup> Dec	<p>9 to 11 year olds – Christmas Junior Night – Indoor court games/food 5-00 to 6-30pm</p> <p>£2-50 members only</p>	Mon 29 <sup>th</sup> Dec	<p>Fun table tennis tournament – 10+ age group 11-00 to 1-00pm £1-00 per person</p>
Mon 15 <sup>th</sup> Dec	<p>12+ Christmas Junior Night – Fun games – food 6-30 to 8-00pm</p> <p>£2-50 members only</p>	Tues 30 <sup>th</sup> Dec	<p>Tuesday Holiday Club – useful tips from the coach 1-00 to 3-00pm For 11+ free to members - £1-50 non members</p>
Tues 16 <sup>th</sup> Dec	<p>Mini Tennis Red &amp; Christmas Crafts – 4 to 8 year olds 4-30 to 6-30pm</p> <p>1 hr of mini tennis &amp; 1 hr of Christmas crafts - £5-50 per child</p>	Fri 2 <sup>nd</sup> Jan	<p>Mini Tennis/Kwik Cricket/Football for 5 to 9 year olds 12-30 to 2-30pm £5-50 members - £6-50 non members</p>
Wed 17 <sup>th</sup> Dec	<p>American Doubles Event (by invitation) – indoor courts 4-30 to 6-30pm For 14 &amp; Under Perf/18 &amp; Under Inv/adult team players - £3-00 per entrant</p>	<div style="border: 2px solid black; padding: 20px; margin: 0 auto; width: 80%;"> <p style="text-align: center; font-size: 1.2em; font-weight: bold;"><i>PLACES LIMITED</i></p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;"><i>SIGN UP AT RECEPTION TO AVOID DISAPPOINTMENT</i></p> </div>	
Thur 18 <sup>th</sup> Dec	<p>American Doubles Tournament (by invitation) – indoor courts 4-30 to 6-30pm For Mini Tennis Orange/Green Fast Track players - £3-00 per entrant</p>		
Fri 19 <sup>th</sup> Dec	<p>Girls American Doubles Tournament – play with a different partner each round 4-30 to 6-30pm Any age - £3-00 per entrant – indoor courts</p>		
Mon 22 <sup>nd</sup> Dec	<p>Fun Mini Tennis &amp; Games for 3 to 5 year olds 11-30 to 1-00pm 1 ½ hours of fun - £4-00 members - £5-00 non members</p>		
Mon 22 <sup>nd</sup> Dec	<p>Mini Tennis Orange Tournament for boys &amp; girls 1-30 to 3-30pm £5-00 per entrant</p>		
Mon 22 <sup>nd</sup> Dec	<p>Junior Night American Doubles Tournament – 12 + age group 6-30 to 8-30pm £3-00 per entrant</p>		



# Rushcliffe Physiotherapy & Sports Injury Clinic

## Words of advice from one of our sponsors, and endorsed by Fitness Advisor Helen Reesby

### Sport & the Growing Child:

We are all aware of the many benefits of sport for all age groups, but we are perhaps less aware of some of the problems that the 'sporty' child may face. The growing child faces a unique set of circumstances in that their body is undergoing so many, sometimes rapid changes. The sporting child should, therefore be seen as completely individual and unique because no two children will grow and change in the same way and in the same time scale. Coaches, parents and the children themselves should be aware of the signs and the consequences of growth spurts. They must all be aware that during growth spurts, they will need to respect the growing musculo skeletal system, that it will certainly need, tailored, individual management at times, and that a child should never be thought of as a mini adult.

### Growth spurts:

Growth occurs at the growth plates that are situated at each end of the long bones (Femur, tibia, humerus etc.), the vertebral bodies and various other bony points such as the heel and tibial tuberosity (just below the knee). The cells that make up these growth plates are not bony but cartilage – on xray they look like a gap in the bone. Growth spurts are controlled by the endocrine system that releases various growth hormones. These hormones act on the growth plates and cause the cells to multiply at a high rate, producing new bone cells and there increasing the length and width of the bones and the height of the vertebrae.

The changes in bone length, bone width and weight distribution in the skeleton, in terms of the laws of physics would be described as changes in lever arms, axes of rotation and changes in moments of inertia. In practical terms this just means that the forces, stresses and strains that the brain (the control system) was accustomed to, have changed very suddenly (sometimes it can occur overnight). The brain then has to start a process of relearning to control the new forces that it is being exposed to. This will **not** happen overnight. Combine this re-learning process with a highly skilled sport such as tennis, and you can understand how the brain may struggle with all of the demands being asked of it. The sure sign of this growth related 'bodily confusion' is that the young player will lose form, techniques will deteriorate and previously conquered skills will vanish. This is often a time of extreme frustration for the youngster, the coach and the parent. It is often at this time that the youngster gets so disheartened that they lose interest and give up the sport.

The growth spurt is also a time when the youngster is vulnerable to injury. One injury risk is damage to the growth plates. These are not as strong as the surrounding bony tissue. Repeated, high intensity forces such as those caused when serving can cause damage to the growth plate. This will present in the form of pain. Common sites are at the tibial tuberosity (Osgood-Schlatter's) and the heel (Sever's disease). Growth plate trauma may also occur at the wrist. At the end of puberty, the growth plates fuse together and the risk of injury to them ends.

A second injury risk area is the soft tissues. The increase in length in the skeleton is not mirrored by an increase in the muscles, tendons and various other connective tissues. These quite literally get left behind and it may take up to six months for their length to catch up. There will simply be not enough length in the muscles for movement through a full range to take place. The best example of this is in the straight leg raise (hamstring) stretch. This can dramatically reduce from a respectable 110 degrees to 45 degrees. It is essential that the young player monitors his/her flexibility. A gentle stretching regime may lessen the muscle tightness and will certainly improve body awareness. In the meantime it is more than likely that there has been another growth spurt. This can mean that a young athlete may be in the state of 'catchup' for a considerable time.

The third injury risk are is the joints. Tight muscles further contribute to changes in the way joints move. Common mal-alignment problems are seen at the knee (patello femoral joint), feet, in the spine and the shoulder joints. Careful stretching, posture awareness and correction are vital at this stage. Coaches and parents are invaluable here. So too is patience and understanding.

**In summary, parents must monitor young players for growth spurts. Measure height on a weekly basis. Report a growth spurt to your coach and fitness advisor. All must be aware of the risks of**

- **Loss of performance**
- **A tendency to be accident prone (acute injury)**
- **A tendency to overuse type injury to growth plates, soft tissues or joints**

**Any sign of pain should be treated with immediate caution and respect.**

# Juniors \* Juniors \* Juniors

## Remember

MAKE THE MOST OF YOUR MEMBERSHIP  
AND TELL YOUR FRIENDS (sorry not mini members)

- **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)  
No charge if members bring their own equipment
- **Tuesday Holiday Club** **1 – 3 pm School years 7 – 11.** Supervised play by a coach. Members free/non members £1.50. Come & enjoy yourself. Sign up at reception for the Christmas holidays.
- **Junior Night** **5.30 – 6.30 pm** 12 years & under (able to rally with at least an orange ball) Members only. Free of charge.  
**6.30 – 8 pm** 13 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

For contributing to this leaflet:

**Rushcliffe Physiotherapy  
& Sports Injury Clinic**

**Ragdale Hall**

**Manor Pharmacy**

For sponsoring

Our Mini Tennis teams who are  
currently competing in the County  
Leagues

**B Petchell Ltd (specialist gates)**

**Britannic Assurance**

(Nick Manders – Financial advisors)

**Hawthorne Parkes**

(Ray Holden – Insurance Brokers)

**Mercedes Benz of Nottingham**

**Canterbury's Delicatessen**

Do you know of any one  
else who would like to  
support the club whilst  
gaining publicity? The  
smallest of contribution  
helps to keep our costs  
down

**Please give our sponsors your  
support**

# ACCESS TENNIS CLUB SESSIONS \*

Fun tennis sessions for players with disabilities. Held at the club on the indoor courts on alternate Saturday evenings from 7.30 – 9 pm. The club is fully available to all.

Taken by an LTA qualified and licensed coach. For parents/carers a chance for a social evening in our comfortable lounge overlooking the indoor courts.

Please contact Lesley Whitehead if you know of someone who would like to come along.

## \* Social Scene \*

**XMAS SPECIAL**

**SATURDAY & SUNDAY, 20 & 21 DECEMBER**

**INDOOR COURTS - £5.00 PER COURT INCLUDING ANY VISITOR**

*Also*

**Relax after the last minute shopping !!!**

**SATURDAY, 20 DECEMBER**

**HAPPY HOUR 6 – 7 PM**

**All drinks £1**

**And indoor courts booked for mixed casual play, so join your friends  
from 4.30 – 6 pm (£2 each) and stay & have a drink  
before partying the night away**

# \* Boards \*

## Activity Room

Small Meetings,  
Demonstrations

Etc etc

£6 per hour or special  
rate for days, half days

## Birthday Parties

1 hr indoor Mini  
Tennis & games with  
LTA coach & helpers  
£50

Hot or cold food &  
drinks £3.50 per head

**GREAT FUN**

### Reminder:

- Non marking soled shoes must be worn on indoor courts
- Drink bottle or water only on to all courts
- Recognised tennis clothing
- When using outdoor courts place your membership card in the rack to secure your court

## Winter Indoor Court Prices:

**Monday – Friday 5.30 to 9.30 pm (Peak)**

**Members            £11.00**

**Non Members    £15.40**

**All other times (Off Peak)**

**Members            £ 7.60**

**Non Members    £10.00**

**Visitors playing with members are charged  
at £2 junior/£3 adult**

**Junior Members (playing on a vacant court –  
may be booked only 1hr in advance) at  
£7 peak times, £5 off peak times.**

## Christmas/New Year Indoor Closing

**Christmas Eve            3.30 pm**

**Christmas Day            closed**

**Boxing Day                closed**

**New Years Eve            3.30 pm**

**New Years Day            closed**

**Merry  
Christmas**

**Gym Membership**

**Only £72 per year**

**To keep fit**

**A bargain and its FUN!!!**

# SENIORS

## More opportunities for play:

- **Vets Tournament**                      **16 – 18 January 2004**  
Mens Singles 45 & over  
Mens Singles 55 & over  
Mens Doubles 45 & over  
Mens Doubles 55 & over  
Ladies Doubles 40 & over – played on Sat 17 Jan only

Let us have a good entry from the club – Closing date 8 January.

- **Adult Supervised Doubles Practice Sessions**  
**Next one – Monday 8 December 11.30 – 1 pm**  
Coach to organise you & offer tips.
- **Ladies Social American Christmas Doubles Tournament**  
**Thursday 18 December 10 – 3.30 pm**  
Xmas Buffet and mulled wine  
Spaces filling quickly.
- **Adult Coaching Programme for Spring Term now available**  
**Includes an ‘Advanced Course’**  
**To be held on Sundays 11 – 12 noon.**  
Your opportunity to improve.
- **Adult Mixed American Doubles Tournament**  
**Saturday 27 December 1.30 – 4.30 pm**  
Get rid of your Christmas excess
- **Mixed Adult Social Play**  
  
**Every Tuesday throughout the winter**  
**10.30 – 12 noon**  
**Members £2.75    Non members £3.50**  
**Everyone welcome – just turn up and play**

*More information on all the above at reception*