



Your Friendly Neighbourhood Tennis & Squash Club

Stormont

SEPTEMBER 2013

www.stormontltsrc.com

RADICAL STEPS

Welcome to the 2013/14 membership year. As always I hope that all members have a great season of tennis, squash, racketball and squashercise (if you don't know what that is, read on).

Congratulations to the men's first tennis team for winning promotion to division 2 after several years of knocking at the door. Fabien Zinsner's report on page 2 gives you some idea of the trials and tribulations involved. Other reports speak of the efforts of the other five Stormont tennis teams, all mid-table apart from ladies II (to whom commiserations) and the sheer amount of tennis played at Stormont. That is excellent. It is also a pleasure to hear members choosing to play at St Luke's and enjoying the excellent new surface there after so many years of complaints about the old one.

It has been clear for some time that squash at Stormont has not matched tennis for the level of enthusiasm and support it generates. We have therefore decided to take a radical step and promote squash actively inside and outside the club through local schools. I am pleased to welcome Vickie Prow and Lucie Colt to help us with this. They have a track record of success as a team elsewhere. Vickie is chair of Junior Squash for the Middlesex Squash Rackets Association and a coach. For many years a junior champion and now part of the Middlesex team, Lucie is a Level 2 coach with seven years' experience coaching both adults and juniors. Both Vickie and Lucie coach racketball as well as squash, and working with Dinny Ravet, they plan to offer sessions for a wide range of player ages and abilities. Dinny will continue to run tennis coaching at Stormont.

As a particular innovation, Lucie and Vickie will offer squashercise. This is a fun, female friendly, activity class for everyone based on squash and racketball fitness, movements and skills. Squashercise is notably more effective at burning calories and considerably more enjoyable than many other forms of fitness training.

Vickie and Lucie's plans are set out on page 4. Further details about squashercise can be found at www.thebighit.net.

My thanks to Mark de Ridder for

his coaching and invaluable support to the squash team last year; we wish him well with his business venture, Squash Potential, through which he will continue to provide squash equipment and restringing and keep in touch with us (see Stormont's web site for further details).

I am delighted to report that the rising damp in the ladies changing room has been resolved, at least for the time being. Careful readers of this Newsletter over the years will be aware of the sorry saga, a function of several factors, not least the leaking water main in Woodside Avenue and the situation of the building at a low point in our part of Lanchester Road. I encourage ladies to take full advantage of the facilities there. Just so the men do not feel left out, their changing

room has also been redecorated!

The driving force behind the ladies changing room and all else as regards maintenance in recent years has been Jon Prichard as chairman of the Maintenance Committee. As I reported in April, he has decided to hand over his hammer and chisel to a new man. I am delighted to welcome Panos Savvides to the job and thanks again to Jon for his sterling work over many years.

Finally, my thanks on your behalf to all committee members for their work at the Club and my regular plea for more volunteers, not least as Secretary to the Committee. Please do not hesitate to contact me or any committee member if you would like to discuss what is involved.

Tony Hulse, Chairman

Tennis Finals 2013

Tennis Finals in brilliant sunshine

Fabien played eight sets in blistering sun and won all three of his matches. We bow to his power and finesse.



Fabien Zinsner beat Dodo Levin (left)



Wendy Levin beat Hannah Rustin (above)

Sue Goddard and Gina Titheridge beat Lou Edwards and Hannah Rustin (above right)

Sally James and Fabien Zinsner beat Dinny Ravet and Matthieu Zinsner (right) Fabien and Matthieu Zinsner beat Sam and Dodo Levin (left)



Thanks to all umpires, line judges and ball boys.

Great BBQ thanks Rich Sparks. Fab bar thanks Val and Kevin. Delicious food. Big thank you everyone

TENNIS NEWS

Ladies First stay in the first division

Wow every single set counts!

Ladies I in Division 1 tussled forever and finally came fourth after a scorching Sunday afternoon match vs determined Mayfield. Dinny, Sally, Hannah, Lou, Gina and Wendy battled away with help from Susie T, Zoe, Norma, Jeni Walwin, Ping and Patricia and Susie Prichard. Sue Goddard rejoined the team when her ski injured knees allowed her to.

Dinny Ravet First Team Captain



Ladies Second Team Relegated

Ladies II had a difficult season, following promotion back to Division 3. The standard of competition was significantly higher and in the event proved too much, so sadly we are back down to Division 4.

Thanks to everyone who played and battled valiantly despite injury, cricket balls etc. – Norma, Kate, Carol, Patricia, Susie T, Barbara, Anne R, Sue Goddard, Jenny, Jeni, Ping, Wendy, Susie P, Zoe, Sarah, Sheena, Jane A and Pippa.

Patricia Prichard Second Team Captain



Ladies Third Team comfortably stay in division 5

Having been promoted two divisions in one year, the 3rd team were expecting, and met, some tough opposition in Division 5. They played some really good tennis and enjoyed the level of competition to comfortably stay in the Division. With very many thanks to Jeni W, Ping, Jenny T, Sarah, Pippa, Jane A, Maria, Nancy, Carol, Sue G, Kre-mena, Zoe and Harriet F.

Sheena MacCallum Third Team Captain



'White Heat'

Mens' Second Team enjoyed a thoroughly solid campaign, 4th place out of 9 after a surprise promotion to Div 8, finishing 20 points clear of the next team. Competition for the division top spot was 'white heat' between three teams, with 1st and 2nd dropping only 20 sets between them!

M2's squad produced a larger playing group this Summer and competition for places showed through. Well done to Max Browne, Tim Clarke, Olli Clifford, Ed Cox, Chris Jones, John Lanham, Joe Lo, Ian Lush, Keith Radcliffe, Simon Ruff, Keith Sargent, Peter Spens and Tom Ware.

Peter Ware Second Team Captain

Summer Mixed Vets

The opposition were tough but always fair in division 1. The hard thing proved to be getting a team. So many lovely things to do in this beautiful summer. Our last match was played on 28th August with the date rearranged four times. Tony, Tim, Keith Radcliffe and Peter Ware, Sue Goddard, Sally, Patricia, and Dinny played hard (to get). We came 4th but there were only five teams.

Dinny Ravet



Tennis Clubtimes Wednesday 6-9pm and Sunday 10-1pm continue throughout the year



Winter tennis matches for men's, ladies, mixed and veteran mixed teams and Men's, Under 17, Under 15 and Under 13 Squash matches start against other clubs soon.



STORMONT TENNIS & SQUASH

DIARY DATES

- **9 September** Private Junior Tennis groups after school begin. No forms so talk to Dinny direct 07961 434 889
- **19 September:** Junior Thursday and Friday Squash Coaching Groups begin. Send in your applications to Vickie now.
- **Friday 27 September**
 - Also 9.30-11.00am. Introductory session for Squashercise. Contact Vickie for further details.
 - **Friday 27 September** Macmillan's Biggest Coffee Morning
 - Tennis lessons as normal. Please bring extra money and something nice to share and eat at 10.15 and/or at 11.45
- **All coaching forms available to download from the website www.stormonttsrc.com**
- **Send your membership form in by return and before 1 October, quote your British Tennis membership number and get 10% off your subscription.**

Bridge at Stormont

Bridge has continued throughout the year. We meet once a month, usually on the second Friday, at 8pm to play bridge in the Club room. Please contact Patricia or Jon on 0208 883 7567 or 07774 146644 for further information if you are interested in playing.

STORMONT BOOK GROUP

The book group has continued to meet monthly in the clubhouse, when convenient, or in Julia's house, throughout the summer. We welcome any interested members and also ideas for books to read from those unable, or not so keen, to come to meetings. This summer we have read *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce, *Capital* by John Lanchester, *The Good Father* by Noah Hawley, *The Big Sleep* by Raymond Chandler and *Gone Girl* by Gillian Flynn. We are currently reading *The Yellow Birds* by Kevin Powers.

Carol Stegmann

Reminder: British Tennis Membership

Join British Tennis for free at lta.org.uk/membership. Put that you are a member of Stormont which is in Middlesex. Our Wimbledon ticket allocation and your entry into our ballot depends partly on the number of Stormont B.T members we have.

Also 10% off your subscription if you rejoin before 1st October and are a member of British Tennis

Further details are on the membership application/renewal form.

DINNY'S ADULT TENNIS COACHING GROUPS

Beginners and Improvers Drop-in Groups

Monday 10.00 – 11.30am***
Wednesday 10 – 11.15am***

Improvers and Rusty Players Drop-in Groups

Friday 9 – 10.15am
Saturday 10 – 11.00am

Invitation Groups

Tuesday 1.30 – 3.00pm
Saturday 11 – 12 noon
Friday 10.15 – 11.45 Knowledgeable and wily doubles players

*** term-time only

Dinny restrings rackets and demos rackets

FOR ALL YOUR TENNIS COACHING NEEDS

Contact Dinny Ravet
29 Fortismere Avenue London N10 3BN
mobile: 07961 434889

COST

Individual lessons £28 an hour
One hour drop in £6
One and a quarter hours £8
One and a half hours £10

Junior tennis groups
Monday, Tuesday and Wednesday after school





After many happy, achy, years of squash coaching I have decided that squash hurts toooo much. It's been GREAT. Thank you. Younger models, Lucie and Vickie, will now be taking the baton. Squash coaching will continue on Fridays and now Thursdays, starting on 19 September.

I am still coaching tennis and this liberates me to do tennis groups on Fridays. The Jonny Humphries group have already, I think, grabbed straight after school. Other sessions are up for grabs for those who don't usually do squash. There are also spaces on other days of the week. Call me - 07961 434 889. Tennis lessons started week beginning 9 September.

SQUASH and RACKETBALL

This season will see further efforts to bolster squash and increase court usage at Stormont. As detailed in my report on the front page, our approach will be to encourage more juniors, including from local schools, more ladies, more coaching and more racketball.

Everyone is welcome and encouraged to participate. Squash and racketball are good sports, you do not have to be super fit to play them and you can choose the bounciness of the ball to suit your game. Do ask Vickie Prow and Lucie Colt for help with improving your game or with squasercise; fitness will follow naturally.

The squash leagues restart this month as do Wednesday squash club nights, continuing last year's experiment of having club night for tennis and squash at the same time. The only difference is that whereas tennis starts at 6.00pm, squash starts at 7.30pm. Earlier play is welcome - just ask a

committee member to turn on the squash court lights. As I have said before, it doesn't rain in a squash court so if you can't play tennis outside, try squash or racketball inside.

The Middlesex Squash Leagues for 2012/13 start in October and we have a team in Division 4. Team practices will follow Club time each Wednesday and we are very keen to encourage more players to participate and hopefully join the team. Give me a ring on 07802 608580 or email me on tony@hulse.cc if you would like to find out more or just turn up.

Tony Hulse

Squash and Racketball Coaching Courses With Lucie Colt and Vickie Prow ESR Coaches

For further information call Vickie Prow 07796 181286 or email middlesexjuniorsquash@gmail.com

Juniors

Starting Thursday 19th September - 12th December 2013 & Friday 20th September - 13th December (12 weeks)

(No coaching 31 October/1 November - half term)

Mini Squash/Beginners 7 - 9 years	4.15pm - 5pm
Intermediate 10 - 12 years	5pm - 5.45pm
Advanced 12+ years	5.45pm - 6.30pm

Adults

Starting Thursday 19th September - 31st October 2013 (6 weeks)

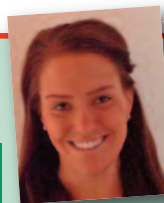
(No coaching 31 October/1 November - half term)

Adult Improvers	6.30pm - 7.15pm
Adult Racketball	7.15pm - 8.00pm

Squasercise details to follow - see website www.stormontlsrc.com and posters

Introductory session 27 September 9.30 - 11am
+tea/coffee

All coaching forms available to download from the website www.stormontlsrc.com



Lucie Colt



Vickie Prow

COACHING COURSES PRICES

Junior Members £72

Junior Non-Members £82

(one term only)

Adult members £36

Adult Non-Members £46 (introductory offer)

Half Term and holiday squash coaching sessions will be available with Lucie and Vickie. Watch this space...

We will be organising Junior Squash Teams for U13s, U15s and U17s, to represent Stormont in the Middlesex County League. Please contact Vickie or Lucie if you are interested in playing