

September 2022

Nunthorpe Squash Club Newsletter



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Guisborough Road, Nunthorpe, Middlesbrough

www.nunthorperecreationclub.co.uk

WOMEN'S SQUASH WEEK

The club are participating in "Women's squash week" from September 17th to 24th 2022 and are looking for female players to join in.

Courts will be booked on Wednesday 21st, 6.30pm to 8.30pm. We will be playing games and a coach will be on hand for any tips needed or routines that may be helpful.

Please come along and get involved as it would be great to increase our ladies participation.

Wednesday 21st, 6.30pm to 8.30pm

Reasons to take part:

- Free session with coaching
- Meet new players
- Try a new sport
- Equipment provided



PRE-SEASON EVENT - LAST CHANCE TO ENTER



FREE TO ENTER, JUST PAY FOR YOUR LIGHTS

The Club are running a friendly pre-season competition for **ALL** members in September.

We'd love to involve as many members as possible (including team players) and the aim is get people back into the swing, ready for the new season.

Last Day to sign up via sheet in the club:

SUNDAY 28th AUGUST

The competition will run for three weeks from 1st September to 23rd September.



**1st – 23rd
September**

Depending on numbers, the competition will be either a league format or a cup draw.

**GOOD LUCK
TO ALL!**



The Squash Academy

Guisborough Road, Nunthorpe, Middlesbrough, TS7 0JA

Cost:	£4 for Members £5 for Non-members
Sessions:	Saturday 9am-10am Saturday 10:15am-11:15am
Suitability:	Boys and Girls of all abilities From 6-16 years old

First session free

Junior Performance

Junior Yellows

Junior Reds

Junior Blues

Start

JUNIOR SQUASH COACHING AGED 6-16



COME AND JOIN US!!

The Squash Academy has a consistent group of juniors and are steadily gaining new members. They are a real asset to the club and county. We meet on a Saturday morning. See our website to join. All equipment provided and new members always welcome.

Recycling Scheme – see a coach to donate!

We will accept any good quality items. Aims are:

- Helping other Academy families with financial savings
- Protect the squash courts by wearing non-marking shoes
- Contribute to reducing our carbon footprint





SQUASH ACADEMY SPONSORED WALK 2022

**Squash Academy
Juniors**

—
**24th Sept 2022
9.45a.m.**

—
**Start: Newton Under
Roseberry Car Park**

—
**Via Roseberry
Topping**

—
**Finish: Nunthorpe
Squash Club**

The Nunthorpe Squash Academy will complete a sponsored walk up Roseberry Topping.

Older juniors will continue back through the public bridleways to the Squash Club.

The walk is to raise funds to support the Squash Academy to purchase clothing and equipment.

Squash members and families can accompany us if they wish!

To sponsor us, please speak to a committee member.

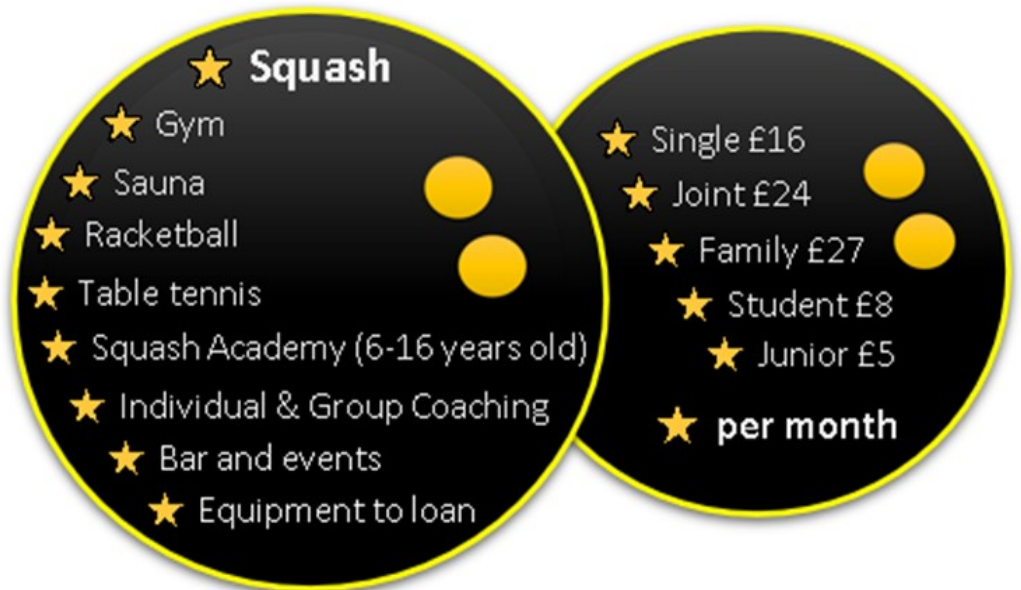
MEMBERSHIPS - JOIN NOW!

Reasons to join:

- Keep fit
- Have fun
- Meet new players
- Try a new sport
- All weather sport
- Take part in competitions

Membership includes:

- Squash courts- 45 mins
- Online booking
- Showers and Sauna
- Drinking facilities
- Gym
- Bar access



★ Squash

- ★ Gym
- ★ Sauna
- ★ Racketball
- ★ Table tennis
- ★ Squash Academy (6-16 years old)
- ★ Individual & Group Coaching
- ★ Bar and events
- ★ Equipment to loan

★ Single £16

★ Joint £24

★ Family £27

★ Student £8

★ Junior £5

★ **per month**

RENEW/JOIN via
our website:

www.nunthorperecreationclub.co.uk



WAYS TO PAY...

Monthly subscription or
Pay annually – pro rata (lasts until
01/06/23)

This includes Court, Gym and Bar access.



TEAM NOMINATIONS PROPOSAL (1ST DRAFT)

Position	First name	Last name	Team
1	Graeme	Lewis	1st
2	Michael	Bowes	1st
3	Ian	Williams	1st
4	Anthony	Leatherland	1st
5	Mark	O'Shea	1st
6	Dan	Leech	1st and 2nds
7	Ben	Suggitt	1st and 2nds
8	John	Redding	2nd
9	Peter	Harrison	2nd
10	Martin	Bradley	2nd
11	Barry	Norman	2nd
12	Paul	Walsh	3rds
13	James	Hewson	3rds
14	Andy	Millard	3rds
14	Geoff	Smith	3rds
15	Peter	Spaldin	3rds
16	Jordan	Bedford	3rds
17	Keller	Ruddock	3rds
17	Adam	Walker	3rds
17	Charlie	Plews	3rds
17	Rhuari	Hill	3rds
17	Ben	Lewis	3rds

Three teams are being entered in to Durham & Cleveland Leagues.

In order to be involved, adult members are required to pay £15 to England Squash (which gives to £10 million of public liability and personal accident cover plus additional benefits).

This season the 1st and 3rd team will play on a Wednesday evening and the 2nds will play on Monday.

Please note: that the nominations are currently provisional.

These nominations are subject to change, please contact: Michael Bowes or Martin Bradley if you want to involved or wish to query.

Best of luck to everyone!!!

- Teams consist of 5 players and are ordered on ability (so respective numbers 1's play each other, 2's play each other, down to the number 5 playing the opposite number 5).
- Home teams players are expected to mark at least 1 match (senior/veteran players are on hand to assist juniors)
- Team etiquette is for players to socialise after the match where:
- Home teams provide food for the opponents. (The senior /captain should arrange; this is normally pizzas, pies or similar for matches at Nunthorpe, but at times we have seen home cooking, curries and other flamboyant recipes being delivered).
- The cost of the of food is shared out between home team members. The club subsidises the majority of the food cost and there is an additional subsidy for juniors (so this cost should be minimal, if any cost at all).
- There is no cost for away team matches.
- Matches are scheduled to start at 7:15pm. Teams generally depart around 10ish, depending on match time and time spent socialising.
- There is a commitment to the team and regular attendance required, as we do need 5 players to play each match.

CLUB SHOP



All the gear...

Navy Club Shirts:

as worn by all the team players...

Only £12 each



SQUASH ACADEMY

Shirts:

Members only

£8 each



Measurements	XS	S	M	L	XL	XXL	3XL	4XL	5XL
1/2 Chest	44.5cm	48cm	51.5cm	55cm	58.5cm	62cm	65.5cm	69cm	72.5cm
Body Length	67.5cm	70cm	72.5cm	75cm	77.5cm	80cm	82.5cm	85cm	87.5cm
Sleeve Length	23cm	23cm	24cm	24cm	25cm	25cm	26cm	26cm	27cm

Balls & Grips:



Available from the vending machine.

A variety of grip colours are available.

Junior Rackets:

See Academy Coaches for range and prices.

Place your order now by emailing:
website@nunthorperecreationclub.co.uk

CLUB
ACTIVITIES
GET
INVOLVED
JOIN IN
HAVE SOME
FUN



Mini-Leagues

Mini-leagues are running well. These club based internal leagues run throughout the season. Sign up to on the events section on the club website or email:

Michael.Bowes@ntlworld.com

Teams

If you would like to play in the teams please see Michael Bowes or Martin Bradley. Anyone can participate, just put your name forward.

Remember to play you need to be England Squash affiliated, costing £15.

Club Night

Every Friday evening, from 7.00pm, all courts are booked for Club Night. This is where members of all playing abilities, from novices to team players, can come and play each other in a friendly non-competitive atmosphere. To take part just turn up.

Squash 101 Adult Squash (all abilities – to develop and support new players):

STARTING SOON – EVERY Wednesday

This initiative is geared to provide players tips to improve their game. Experienced players will share their knowledge with you in a relaxed environment.

The Squash Committee

Vacancy: Club Secretary

Graeme Lewis



Treasurer and squash coach

Geoff Smith



Chairman, secretary and County Committee representative

Martin Bradley



Membership Secretary

Ian Bell



Committee member and squash coach

Michael Bowes



Committee member, 1st team club captain and squash coach

Pete Spaldin



Committee member

Malcolm Leech



Committee member and squash coach

Ian Williams



Committee member

RECREATION CLUB BAR

Bar Opening hours

Mon to Wed: 6pm–10pm

Thurs and Fri: 6pm– 11pm

Sat: 3pm – 11pm

Sun: 3pm – 10.30pm

Times may vary depending on demand.

