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**Nunthorpe**
Squash Club

Issue
One
Jan
2024

An insight into what's going on at Nunthorpe Squash Club

on Court



Current Projects >>> *Court refurbishments & Upgrades*

The recent upgrades at the time on going to press have been completed.

Martin Bradley project lead must be congratulated in getting these major investments over the line with minimal disruption.

Initial feedback has been extremely positive so much so that feedback received has noted that we are offering some of the best facilities in the Northeast.- A great team effort.

Thanks to the members for their ongoing support.



Tennis & Squash Merger Update... Legal Challenge & Thanks for your feedback!

Welcome to the first edition of *"on Court"* your new regular club newsletter which aims to share all things that are happening with Nunthorpe Squash club .

Firstly , in this edition we would like we would like to thank all the members who took time to provide feedback and voice their concerns to the decision made by the NMPFA to reject our merger proposal.

And **secondly**, we would like to inform you (at the time of publication) where we are with our dialogue with the NMPFA.

Our meeting on 2nd November with NMPFA , the committee, Geoff, Kelvin & Graeme identified that the criteria used to score the proposal had changed during the proposal process and as such put our case at a disadvantage.

42 replies received. (37.5%) of adult members indicating. they thought the NMPFA decision to reject the merger was wrong and NMPFA have acted not in the spirit of the

1965 Lady Harrison Constitution

NSC requested an opportunity to review reading materials presented on the night and it was agreed NSC would be given the opportunity to present a second business case with a further action to ask for feedback from our membership , we submitted all members feedback on 14th Dec anonymously .

We also declined the opportunity to submit a second proposal and further requested that circulated minutes of the meeting to be re wrote as the original version contained errors and issues and commentary not discussed on the evening.

A subsequent request to arrange a meeting to discuss members feedback was also politely declined on the basis it would be an unproductive exercise. Tennis & squash committees have also submitted a legal challenge to the NMPFA decision and awaiting legalities to be resolved. We have also submitted a formal complaint to the NMPFA regarding their recent actions and a requested for the complaint to be investigated and resolved within 4 weeks as per NMPFA policy. Updates to follow when we know more .

We've listened. >>>

Recreation Club Update

Recently some of members experienced a difficult situation whilst trying to gain entry to Recreation club on a events evening – on investigation we realised that there were no clear rules and perhaps during time things had been forgotten.

Graeme Lewis reviewed members benefits with the recreation club and as part of that exercise Ian Bell and Martin Bradley met with Alan Calvert and Mick Bringloe to agree and confirm a new approach for members.

So, it is now agreed that NSC annual members are required to complete a recreation club members form and pay a nominal £1 for an ID card – that will allow unlimited entry to recreation club.

Monthly members will need to pay an annual fee to gain entry.

All details to be cascaded in due course.



A Great result

We would like to pass on our thanks to both committees and members affected by this issue for their cooperation and consideration in sorting out this very grey area that has been in the background for years.

Membership Benefits >>>>>

	Annual Membership benefits	Fee's Applicable
	Access to 4 Modernised Squash & Racket Ball courts	£4 fo 45 Mins
	Access to Squash Club Team events	£15 - Insurance required by England Squash
	Access to Squash Club Competitions	Free
	Free Access to well equiped Gym	Free
	Access to Saunas *	£1 for 15 Mins
	Table tennis	Free
	Free Showers	Free
	Unrestricted hours to club	£35 for key & FOB - Refundable
	England squash affiliation & Insurance	£15 - required for team squash events
	Access to Recreation Bar & Events	£1 for membership
	Discount in Recreation Bar	Coming Soon
	Discount & Access to local buisnesses ar discounted rates	Coming Soon
	Access to exclusive club news & digital content	Free
	Access To England Squash Recognised Coaches	POA
	Free Car Park	f
	Free Sky Sports	f
	Free Wifi	f
	Refreshment area	Coming Soon



Membership update

Squash clubs and players across the country will benefit from an enhanced membership scheme from spring 2024, providing fantastic benefits and money-can't-buy experiences. Find out how the new scheme will benefit you and how to join the conversation.

<https://www.englandsquash.com/new-membership>



Nunthorpe Player/Member of the Month award

A sporting club is only as good as its members and the committee have recognised that we have some fantastic members so to recognise some of the great input that routinely occurs in club we wish to announce we will be implementing a club/ member of the month award.



December 2023
Player/member of the
Month award

Graham Stamp

Graham on a regular basis supports the coordination of the mini leagues and has created WhatsApp groups to help with maintaining teams' communication – he used to be a postman don't you know !

Well Done Graham a big thankyou from the committee and fellow members

It's a bit of fun with a serious message in that we wish to recognise a member monthly who contributes positively to the Club .

It may be someone who plays in a very sportsmanlike manner, someone who support team squash or events , someone who supports the committee , a role model for juniors or other players or.... anything that you think warrants that member a nomination.

All you need to do is complete a feedback form on website noting who you would like to nominate. and why by **25th Of every month.**

Ps You can't vote for yourself, and committees' decision is final.

An award at the end of year is waiting for NSC member of the year.

February's vote is now open !



NSC accepted on Lottery Scheme.

Details to follow but NSC has been provisionally accepted onto the Middlesbrough lottery Funding scheme – watch this space for further details.

Middlesbrough Lottery is an exciting weekly lottery that raises money for good causes in Middlesbrough. All good causes supported by the lottery will benefit Middlesbrough and its residents.

Play the lottery, support Middlesbrough & NSC - it's that simple!

Sauna UPDATE ...

As you know supply costs are up and down like a fiddler's elbow currently We are committed to review the additional charges for sauna use but as we have not received new invoices, a decision on these fees will be slightly delayed – a update will follow in due course.

NEW Club Secretary

Kelvin Bowes , yes Michaels Dad has recently joined the team. Kelvin's main role is to bring all administration of the club up to date and he would like to give his thanks to the longstanding committee for their warm welcome and help in recent weeks.

Watch out for club updates. – coming your way

ask the Committee >>>

Q: How do I get in contact with committee if I have an issue or need information ?

A: Simply log into website and fill in a feedback form – contact us on.

<https://www.nunthorperecreationclub.co.uk/feedback.php>



10 great reasons to

PLAY SQUASH

It's FUN

Whatever their age or ability, the number one reason people play squash is because it's fun!



It gets you

FIT

Squash involves burst of high intensity followed by short periods of rest - the very definition of HIIT training. With all its stop-starts and turns, it can give you a strong body as well.



It's

SOCIAL

Whether having a hit with friends or joining a drop-in session at your local club, squash helps people to connect and form new social circles.



It BURNS CALORIES FAST

From just 30 minutes of squash, you can burn up to 500 calories. That's more than running, cycling or swimming according to research on calorie expenditure by Forbes.



It's for EVERYONE

You don't need to be the fittest, the strongest or the most skilled to play squash. With programmes like Squash Girls Can and Squash 101, there are opportunities for everyone.



It's a

QUICK WORKOUT

Court bookings typically last 40 minutes making squash a great fitness option for those who are short of time.

It can
help
you

LIVE LONGER

People who regularly play racket sports are 53% less likely to experience cardiovascular disease according to the British Journal of Sports Medicine.



It is AFFORDABLE



Basic equipment is cheap and court hire can be as little as £5 per person. With affordable social group sessions at clubs and leisure centres, squash has never been easier to access on a budget.



It's

ALL-WEATHER

Come rain or shine, squash can be played all year round.

It makes you HAPPY

There's nothing like hitting a ball against a wall as hard as you can to help get all that negative energy out! Squash can help reduce stress, release endorphins and improve your mood.



final thoughts...

FROM GEOFF SMITH – CHAIRMAN

Welcome to the inaugural edition of our "on court" Newsletter!

As we embark on this exciting journey, I extend my heartfelt gratitude to each member of the committee for their unwavering dedication and hard work throughout 2023. Your commitment has played a pivotal role in shaping our club's success.

In the spirit of celebration, I am thrilled to announce two major events that will not only elevate the status of Nunthorpe Squash Club but also showcase our facilities. Firstly, we are honored to host the **DCSRA County Master Competition** this January 22nd, a testament to our club's standing in the squash community. Following that, in March, our club will be buzzing with energy as we host a **DCSRA County Juniors Competition**, providing a platform for our and the county's talented young players to shine.

These competitions mark significant milestones for us, offering a prime opportunity to put Nunthorpe Squash Club on the map. The recent enhancements to our courts and balcony areas, made possible by your support and our collective vision, will undoubtedly be well-received by players and spectators alike.

As we set our sights on the future, it's worth noting that squash will feature in the Olympics for the first time. This global recognition resonates with the inclusive and dynamic spirit of our club. We, as a committee, eagerly anticipate the positive impact this will have on our sport and, in turn, our beloved Nunthorpe Squash Club.

Our doors are wide open, and we look forward to welcoming more members—both adult and junior—into our close-knit family. Together, let's continue building a thriving community centered around a shared passion for squash.

Warm regards,

 **Nunthorpe**
Squash Club



coming soon >>>

In the next issue

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Team & Mini Leagues News

Masters Competition update



Instagram

see socials
for regular
updates.

junior academy stars ...

The junior academy is going from strength to strength with over 25-30 juniors attending Saturday morning sessions on a regular basis .

At Christmas we held a great Christmas bowling event at Hollywood bowl where the committee took all the kids to a fun pack morning and held a Christmas event here at the squash club .

We even drafted in a new member of the committee for his yearly one-off visit ! – well done guys and especially to the juniors and parents for making our academy stars team go on from strength to strength.

Junior Squash Academy runs on a Saturday morning and welcomes all juniors from the ages of 6 years to 16 years.

The sessions are open to anyone, you don't have to be a member, there is a nominal cost of £4 per session for members and £5 for non-members.

The fun sessions are coordinated by our England squash recognized coaches and the emphasis is on having fun, building confidence, making friends, and of course maintaining and improving health.

Equipment is provided.

Sessions run from 9:00 – 10:00 and 10:15 to 11:15