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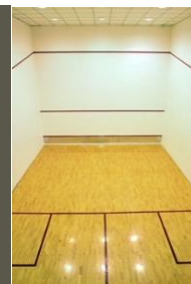
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 **Nunthorpe**  
Squash Club

Issue 3  
March  
**2024**



# On Court >>>



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

## *NMPFA Update >>>*

No significant update to report however the Squash and tennis committees have now accepted a request to formally meet with NMPFA committee. The longer the NMPFA led impasse continues the more financial burden the NMPFA decision is putting on the overall charity, so we need to take a lead and ensure the NMPFA abide by the constitution .

Whilst we still have grave concerns about the way the narrative of the situation and meetings are being recorded, we feel that our members wish would need to be listened to.

John Wilkinson , Tennis chair has in line with other residents and squash committee requests, has asked the NMPFA on how the proposed merger can be added to the agenda at an EGM . NMPFA must hold an EGM or AGM to discuss any changes to constitution and membership must be allowed to vote on such changes.

As soon as we hear anything we will update you all, in due course.



## Focus On our Mini Leagues *From strength to strength >>>*

This editions main feature leads with a look at our growing mini-leagues participation .

The committee are particularly proud of the success of these leagues , in recent memory leagues were not as popular so to have a growing numbers playing on a regular basis is truly a testament to all members who play and to the committee members who coordinate and organise the leagues.

We've asked for some feedback from our membership as to why the leagues are growing and James Hewson kindly provided some feedback that we have shared in this edition.

We also have a Q&A session with Martin Bradley our Membership secretary who " volunteered " to undergo an interrogation 😊 and to share some insights on how he enjoys and loves the game of squash here at NSC.

As we look toward our club finals competitions, we look forward to a busy few weeks ahead at the club.

We hope you find this edition as informative as ever.  
**The Committee**

# Mini Leagues - Members thoughts .... By James Hewson

I joined Nunthorpe squash club and the mini leagues in September 2021 after moving back to the area. Living close to the club and with a new-born limiting my free time, I decided to take squash back up as my sport having not played much since a junior.

As a new member, the mini leagues were a great way for me to meet new people at the club. After a few months I'd played most of those in the leagues and used this to arrange friendlies.

I've found the mini leagues to be enjoyable and competitive at the same time. I've not had a game where I've finished and thought 'I didn't enjoy that' even if I didn't play well. The club have a great set of members who play in the leagues.

My advice to any new squash member is to start with club night and get signed up to the leagues! You won't regret it.

James with our very own fireman Sam "Ben Suggitt" at a recent club match

When I joined the club there were just the 4 leagues and now there are 10, Participation is improving which is great to see. I think club night and the WhatsApp group created is helping this which are great initiatives.

Thankyou James and on that note , if you don't currently play in leagues and are thinking about putting your name down , please direct any enquiries to Michael Bowes who coordinates the leagues, he will be more than welcome to talk you through how the leagues work and will help you, to get started



As at the time of going to press the roof leak **has been fixed** by Andrew McKittrick who owns EnviroBuild building services . NMPFA have now communicated without agreement that they are not responsible for the section of roof above the squash courts but are responsible for all the other areas . We are disappointed in this response as it is apparent that a change has occurred in policy and not communicated to NSC adequately . All repairs above NSC roof area previously have been conducted and paid for by PFA and we have written evidence to support this fact.

A formal request in January for NMPFA to supply maintenance policy has not been forthcoming, (there isn't one) but we have received a statement that NMPFA are only responsible for non-squash areas. There is no annual maintenance policy which is disappointing as guttering issues have contributed to leaks, but Nunthorpe Squash Club have taken the lead and done the job for them. We once again will escalate this issue in our monthly report to NMPFA advising that NSC .  
capitation payment covers maintenance .



# Focus on Martin Bradley *Membership Secretary* >>>

What inspired you to join NSC? and when? *I had been playing at a local leisure centre and decided I wanted to move to a more dedicated squash club that was in 1985*

As an avid mini league player and team captain could you share your most memorable victory on the court and what it meant to you? *I've had many memorable victories (and defeats), but team wins that help the team win the league are the most memorable.*

What aspects of squash do you find most challenging, and how do you overcome those challenges?

*After tough games anything over 50 minutes the lactic acid builds up in the muscles can be painful, I swear by ice baths stay in as long as you can for the best benefits and the next day ready to go again.*

What squash achievements are you most proud of, whether it's related to your own skill development or sportsmanship? *In 1994 I went a full season unbeaten this earned me player of the year for both Durham & Cleveland SRA and Nunthorpe Squash Club*

*In 2022 I was called up to play for Durham & Cleveland County against Warrington I won 2 games and Lost 1*

Off the court, what hobbies or interests complement your passion for squash, giving us a glimpse into your life beyond squash? *I love walking in the countryside, I have a dog a Cockapoo called Wilson, he keeps me company.*

As a dedicated squash member, what advice would you give to someone new to the sport, based on your own journey and experiences? *Find someone of a similar standard within the club and train hard, don't just play games, do court routines to help improve your shots.*

Are there any squash-related rituals or superstitions you follow before a match, or perhaps a lucky charm that accompanies you to the court? *I always warm up on my back hand first. On my way to an important away match, I always listen to The Stereophonics album Decade in the sun.*

Outside of the competitive aspects, what do you enjoy most about Nunthorpe Squash Club – the camaraderie, events, or something else? *I enjoy the social side of squash some of the players at the club I've enjoyed a drink with for nearly 40 years.*

Favourite Food & Drink - *Chinese food and I'm quite partial to a good quality Gin.*

Your idea of a perfect night or day out *A quiet night in watching a good movie with a takeaway and a nice bottle of wine*

If you wish to introduce any new member to Nunthorpe Squash Club or enquire yourself

Martin will only be too pleased to help and advise on how to become a member at our great club .

He can be contacted on the usual WhatsApp group , web contact or by phone.

**07933 208806**



# Nunthorpe NSC

## Member of the Month Award

A sporting club is only as good as its members and the committee has 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.



### Andrew McKittrick February 2024 Player/member of the Month award

Well, Done, Andrew a big thankyou from the committee and fellow members for providing your time in fixing the roof.  
**Pictured here with fellow member John Edwards**

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 25<sup>th</sup> 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.

### March's vote is now open !



Don't miss out on the chance to be a hero for **Nunthorpe Squash.**

**Purchase your lottery ticket today and be part of something truly special!**

We have created a FAQ sheet on web site to provide further information or you can **scan your smart phone at the above QR code**, but you can join up today for as little as £1 per week. – All funds raised get reinvested into the club.

**Remember you must be in it to win it!**

<https://www.middlesbroughlottery.co.uk/support/nunthorpe-squash-club>

### ask the Committee >>>

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

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



# EIGHT BASIC RULES OF SQUASH

## 1. SQUASH EQUIPMENT

Squash is played between two players on a squash court using a squash racket, a squash ball and non-marking shoes.



## 3. HOW TO WIN POINTS

Points can be scored by either player. When a player fails to serve or to make a good return, the opponent wins the point. When the receiver wins a point, they become the server and add one to their score.



## 5. PLAY

After a good serve, the players return the ball alternately until one or other fails to make a good return.



## 7. LETS

If a player thinks they may hit their opponent with the ball or racket or the ball hits their opponent, 'STOP' and play a let. You then replay the point.



## 8. FREEDOM TO PLAY THE BALL

After playing the ball, a player must make every effort to get out of the opponents way.



## 2. SCORING

Matches are the best of 3 or 5 games. Each game uses point a rally scoring to 11. If the score in a game is tied at 10-10, a player must win by 2 clear points.

## 4. SERVICE

The ball must be volleyed and must be served direct on to the front wall above the service line (middle line on the front wall). On its return, it must fall to the floor within the back quarter of the court opposite to the server's box.



## 6. A GOOD RETURN

A return is good if the ball, before it has bounced twice on the floor, is returned by the striker on to the front wall without touching the floor, provided the ball is not hit twice, or out, or touches the tin.





## Improve your squash with Yoga.

A host of squash professionals including James Will strop have turned to yoga to improve their game.

It's not a new phenomenon to cross train one discipline with another, & stretching has always been important to those in racket sports, from amateurs up to ranking professionals. Yoga, however, brings more to the table than solely the physical benefits of strength & supple joints/muscles; it also has the mental benefits of a clear, focused & uncluttered mind.

Recently committee members Martin and Graeme held discussions on behalf of Nunthorpe Squash Club to look at the possibility to offer Yoga to members and non-members at the club .

The initial plan is to offer sessions with accredited providers on days and times that do not impact to greatly on court availability , as a committee we feel that it would be a great addition to our members to help them recover from injuries , build core strength and hopeful ward of any potential futures injuries –

This extra activity needs your help, if we are to get the idea off the ground and if you feel you would be interested in this additional activity.

Can you register your interest via our web chat, and we will hopefully be able to update all shortly.

## NSC Code of Conduct

We have been made aware that heated discussions have been observed in the recreation bar with some strong language & accusations been directed at **NSC Members** Please ensure that all squash members do not retaliate in kind and follow the recently published code of conduct policy for members.

if you believe this unwarranted and unprofessional behaviour requires some formal action then please raise a complaint direct to Recreation management and **James Hayton NMPFA chairman** who is responsible for the conduct of trustees.

All complaints raised must follow the complaints process and will be investigated replied to within 28 days.

## Remembrance Tree

The squash committee's idea to provide a remembrance tree or group of trees has been agreed in principle by NMPFA and TVCA will be visiting the site on 8<sup>th</sup> March to assess funding requirements.

We will let you how the visit progresses.

**TEES  
VALLEY**

# final thoughts.. FROM GEOFF SMITH – CHAIRMAN

Once again, another great month within NSC and I'm really in awe of the activity within the club . With increasing membership , increased activities , this can only bode well for the future . Once again, I thank you all and the committee for their dedication in making NSC a GREAT place to place squash.

This final thoughts piece is really a call to arms to our members , you will remember recently we worked with recreation club to agree a policy to ensure all our members get unhindered access to the recreation club.

Please can I ask all members to ensure they follow the process so that you can get your ID card and start to take advantage of TBC discounted prices within the bar , this will allow you to take advantage of all the benefits we can offer

The £1 nominal fee is for an ID card which will need a photograph submitting with form (it doesn't need to be a passport type pic anything taken on a phone as a photo will suffice)

Monthly members will also need to complete an application form but there is a slightly increased charge of £15 per year, so it makes sense to get your forms and photos in quickly. Thanks Geoff

<https://www.nunthorpercreationclub.co.uk/documents/RecClubApplicationForm.pdf>

Send all completed forms to [nmrecreation@gmail.com](mailto:nmrecreation@gmail.com)



On 20<sup>th</sup> March  
Our coaches will be supporting a fun packed introduction to squash training session for local Beaver Group at 18:00 till 19:00 –

Let's extend a warm welcome to the group on the day .....



Services they provide include:

Pitched Roofing, Flat Roofing, Fascia's & Soffits, Guttering, Landscaping, Garden Maintenance, Decking, Waste Clearance

Contact 01642 711290. Or 07549871020  
[envirobuild1@gmail.com](mailto:envirobuild1@gmail.com)

EnviroBuild installations based in Stokesley Middlesbrough, North Yorkshire are a family run business established in 2005.

All staff are qualified and reliable, and they offer 100% friendly service from start to finish and even aftercare.

They are **TRADING STANDARDS APPROVED** company and you can them in in their register.

20 years' experience in roofing and building and worked on some large projects around the UK, all staff are CSCS card holders and are NVQ tradesmen,

They are free foam building plastics approved installers.



coming soon >>>

## In the next issue

- Club Projects Update
- Club Member of the Month
- Chairmans thoughts
- Club Finals Night
- DCSRA Junior Competition
- Beavers Training Session

## Social media – Why bother ?

Did you know that every time you **like , share , click or comment** on any of our social media pages , you further support **Nunthorpe Squash club and fellow members**. We cannot thank you enough for the interaction all our members show by contributing to features, but **we want more** . The more you contribute by **liking , sharing , clicking, or commenting** on the great activity occurring here at Nunthorpe Squash Club , the greater we as a committee can reach out to sponsors , the public and importantly funding groups which will help all of us here at the club.

**Go on give it a try !**

