

## **UP & COMING DATES**

### **Wimbledon Ballot Drawer**

Draw will take place in the Bar

Tuesday 30<sup>th</sup> March 6.00pm

### **Easter Opening Times**

Friday 2<sup>nd</sup> April 9.00am – 8.00pm

Saturday 3<sup>rd</sup> April 9.00am – 6.00pm

Sunday 4<sup>th</sup> April – CLOSED

Monday 5<sup>th</sup> April 9.00am – 6.00pm

All other days normal times.

### **Junior Tennis Tournament**

Monday 5<sup>th</sup> – Saturday 10<sup>th</sup> April. Limited courts available for members – more availability as the week progresses (subject to weather) contact Derek Perry through the week.

### **Tennis Court refurbishment -12<sup>th</sup> April**

Courts 1, 2 & 3 are being covered with a porous cushioned acrylic surface starting Monday 12<sup>th</sup> April. The works will take approximately 2 ½ weeks subject to the weather!

### **Squash Club Championships & Disco**

Monday April 19<sup>th</sup> – Finals Day Saturday 24<sup>th</sup> April

(£2.00 per entry. Entrants must be available for the whole week. Please enter on Squash notice board)

**Presentation & Disco Saturday 24<sup>th</sup> April 8pm-12am**

### **NORFOLK SQUASH LEAGUE**

### **TITLE DECIDER- FRIDAY 23<sup>rd</sup> April**

#### **7.40pm start**

Our 3<sup>rd</sup> team plays our 1<sup>st</sup> team in a top of the table decider to see who wins the county league this year. Come along and enjoy a great night of Squash.

### **Tennis Team Practice/Selection**

If you are interested in playing for the clubs adult tennis teams this season then please come along on

**Sunday 11<sup>th</sup> April 2.00pm start (approx 5.00pm finish)**



EATSC squash 4<sup>th</sup> Team aiming to win promotion to top division next year



Ian Cox (left) – Squash County Champion 2010



LIAM NOLAN – STRINGER  
UKRSA TECHNICAL DIRECTOR

#### LOCATED AT EATSC -

The string tension is always dropping as the inner molecules try to separate. This is called "tension creep" and never stops. Gradually, the string loses its elasticity and power, you have to change the way you play the shot, you need to hit the ball harder and so the arm suffers more shock and vibration.

The general rule of thumb is that you need to have your racket strung as many times a year as how many times a week you play. So if you play 3 times a week, then put your racket in for stringing every 4 months at least.

You play better and suffer less arm soreness if you have fresh strings.

Liam Nolan  
Technical Director  
UK Racket Stringers Association [www.ukrsa.com](http://www.ukrsa.com)  
Master Racket Technician USRSA  
[liam@ukrsa.com](mailto:liam@ukrsa.com) 07861 380981

#### NORFOLK COUNTY SQUASH CHAMPIONSHIPS MARCH 2010

Congratulations to the following members of East Anglia Tennis & Squash Club and their achievements in this years county championships

<b>Mens Winner</b>	<b>Ian Cox</b>
<b>Ladies Winner</b>	<b>Suzanne Scarlett</b>
<b>Over 45's Winner</b>	<b>John Cordeaux</b>
<b>Over 55's Winner</b>	<b>Jon Paling</b>
<b>Under 23's Runner Up</b>	<b>Alex Williams</b>
<b>Ladies Runner Up</b>	<b>Sophie Croft</b>
<b>Over 45's Runner Up</b>	<b>Simon Cullum</b>
<b>Over 55's Runner Up</b>	<b>Brian Hawkes</b>
<b>Over 60's Runner Up</b>	<b>Nigel Reeve</b>

#### CLUB CLOTHING

Available in BLUE (with some white)  
and WHITE (with some blue)

POLO SHIRTS	£17.00
ROUNDNECK SHIRTS	£15.00
BLUE T-SHIRTS ADULTS	£9.00
JUNIORS	£6.50

#### COMING SOON – HOODIES & SWEATSHIRTS

#### MESSAGE NOW AVAILABLE

**TUESDAY AM & THURSDAY PM**

**Please contact Claire Martin directly on**

**07842 908855**

**£15.00 for 30mins or £25.00 for 1 hour**

# EAST ANGLIA TENNIS & SQUASH CLUB

## NEWSLETTER

### APRIL 2010

#### Tennis Dates for your Diary

Sunday Mixed Social American Doubles Events  
9<sup>th</sup> May, 13<sup>th</sup> June, 11<sup>th</sup> July 2010

Ladies Libby Ferris Open Doubles Tournament –  
Wednesday 12<sup>th</sup> May 2010 - FULL

Ladies Vanilla Open Doubles Tournament –  
Wednesday 16<sup>th</sup> June 2010 - FULL

Tennis Club Championships –  
Saturday 11<sup>th</sup> – Sunday 26<sup>th</sup> September 2010

Louise Willgrass Ladies Charity Tournament –  
Wednesday 15<sup>th</sup> September 2010



Hot & Cold snacks are now available

**Monday to Friday 10am – 6.30pm**

**Thursday evenings food available  
until 9.00pm with a**

### Weekly Special

If there is sufficient support these hours  
will be extended.

## Membership

We currently have a total of 805 members, up from 650 last April – split 257 Squash & 502 Tennis plus social and life members. If we could increase this to 1,000 members much more money would be available to spend on maintenance and upgrading of the facilities.

#### MEMBERSHIP OFFERS

If you have friends who might like to join please bring them along. Their £5 guest fee will be refunded if they join and you will receive a free club t-shirt. Encourage 3 new members to join and you will earn yourself a free month's membership. Don't forget you may only bring a particular person 6 times per year as a guest. Please pay **before** using the club's facilities.

## Social Events

Friday 7<sup>th</sup> May – Fun Squash Tournament  
See Squash board for details

Saturday 8<sup>th</sup> May – Wine & Cheese Evening

Sunday 9<sup>th</sup> May – Tennis Social  
Tournament- American Doubles format  
See Tennis board for details

Friday 14<sup>th</sup> May – **LIVE BAND** see posters  
in club