



NEWS

March 2022

Welcome to the latest news and events for all our members

GET READY FOR A GREAT SUMMER OF TENNIS!

We have a very full schedule of events coming up this summer and we would love it if you were to take part. If you've come along to any of the tournaments we've held in the last couple of years, you will know how much fun they are.

The first event is a repeat of The Battle of the Clubs, when players from Newport Pagnell face off against our great rivals at Olney Tennis Club. Play will take place simultaneously at both venues, so half our players will be at 'home' and half 'away'. Please let Trevor know (details below) if you'd like to join in. Watch out for details of other events as we go through the year.



Event	When?	Time	Who's organising?
Battle of the Clubs	Mon 2nd May	10am - 1pm	Trevor Hill 07970 798341
French Open	Sun 22nd May	10am - 12pm	Trevor Hill 07970 798341
Jubilee Event	Fri 3rd June	All day	Jenny Spencer 07875 945307
Wimbledon tournament	Sun 26th June	10am - 12pm	Gill Lee 07742 148654
Newport Pagnell Carnival	Sat 2nd July		Loren Nally
Community Sports day	Sun 17th July	12pm - 3pm	TBC
Ladies' tournament	Sun 24th July	1pm - 3pm	Trevor Hill 07970 798341
US Open tournament	Sun 4th Sept	10am - 12pm	Angela Bramham 07884 012295
Club Championships final	Sun 11th Sept	10am - 12pm	Nigel Willard (adults) Loren Nally (Juniors)
AGM and Quiz Night	Thurs 10th Nov	eve tbc	Jenny Spencer 07875 945307
Christmas mulled wine	Sun 11th Dec	10am - 12pm	Jenny Spencer 07875 945307

WHY PLAY TENNIS?

Here are 10 reasons why tennis is a great game to play, at any age:

1. Get Fit!

In one hour of tennis you can burn between 580-870 calories.

2. Strong Heart, Muscles and Bones

Compared with other sports, tennis players have the lowest incidence of cardiovascular disease.

3. Live Longer

Playing just 3 hours per week drops your risk of heart disease by a whopping 56%.

4. Improve Hand-Eye Coordination

Also improves balance, agility, co-ordination and reaction time.

5. Problem Solving

Tennis is a sport based on angles, so it takes some working out!

6. Brain Power

Tennis enhances the neural connections in the brain, so good for all ages.

7. Stress Reducer

Tennis increases your capacity to deal with stress as it brings mental, physical, social and emotional challenges.

8. Improved Social Skills

It is said that tennis outperforms all other sports for developing positive personality characteristics.

9. Family and Friends

Tennis is great for the whole family regardless of age. Bring a friend or find one at the courts!

10. Develop Teamwork and Sportsmanship

Whether social or competitive play, tennis develops our ability to communicate and work together.

Well, it's food for thought...!!!

MEMBERSHIP PAYMENTS DUE NOW

So that leads us on nicely to another reminder to pay membership fees, if you haven't already done so (and many of you have, so thank you!)

If you have not paid already then please make sure you do soon. Apart from the many reasons to play tennis, there are also advantages to being a member of a club:

You can book courts 14-days in advance; with 4 floodlit courts availability has never been better. Floodlight usage is free (not the case at all tennis clubs.)

There are team playing opportunities for both Adults and Juniors. If you would like to play in a team, please let Trevor Hill, our Match Secretary know (07970 798341).

There are opportunities for social play. For adults these are Wednesday evenings (6-8pm), Friday mornings for vets (10.30-12) and Sunday mornings (10-12pm). All you need is a racquet! For Juniors there is Junior Club Night, 5.30-6.15 for Foundation-Year 2 and 6.15-7pm for Years 3-6. Racquets can be provided for this one!

Club membership also offers you free LTA membership. As a result, all members can enter the Wimbledon ticket ballot. If you aren't a member, you can't apply!

Members have priority for coaching and enjoy a discount on fees.



Do you have any news to share with other members? If so, please email Jenny Spencer at jenny@theoldredhouse.net