



Happy Halfway to March Day

Here we are, still in lockdown wondering and excitedly (but slightly impatiently) waiting to see when we can return to tennis and the gym and come back together as a community.

The LTA released the following statement last week.

"The Prime Minister has announced the intention of the Government to set out during w/c 22 February its plan for how the lockdown in England may be eased, indicating that this will involve a gradual and phased relaxing of restrictions. Ahead of this, the LTA will continue its discussions with the Government on the safe resumption of tennis activity as a naturally socially distant sport. As previously, we will communicate via this page what any plans for the easing of lockdown restrictions mean for tennis activity as soon as we are able to do so following any Government announcement."

So, unfortunately, I have no good news about returning, but should have in just over a week. During lockdown we have been trying to find ways of connecting, communicating, keeping busy and, most importantly, to keep moving. This is both for members, players in coaching and, just as important, the team - all of whom are on furlough or flexi furlough.

Gym Update

In January, all members were invited to join in with the January Challenge by Reece and Tim. All those who expressed an interest in taking part were put into teams. A point was given for one hour of exercise, which could be any form of exercise, inside or out. Seventy-seven members took part, and between them recorded nearly 1,000 hours of exercise. Congratulations to Lauri's Team, The Fitstones, for winning the challenge by one point over my team. Thank you to Stuart and Joe, the other team captains. The challenge was to keep us moving in January and give members opportunities to connect and keep spirits up.

This month, rather than a challenge, Gavin is inviting us all to think about other ways of moving if we cannot get out (or get a little bit bored of walking an hour from home for those who live in town). I think the technical terms for this are NEAT (non exercise activity thermogenesis) and HIIPA (high intensity incidental physical activity).

The following is a message from Gavin:

Hello GTC family,

We are really missing you, and January felt like a long month without you all.

We hope the January Challenge run by gym coach Reece kept you entertained and motivated. We absolutely loved seeing so many new participants in the challenge this year, especially tennis members. It was an absolute joy to welcome you into one of our challenges (might have to see if we can have a gym versus tennis challenge in the near future).

We are still in lockdown. We must not forget that many are still struggling and finding staring at the same four walls is challenging. We would love to see your videos or stories of how you are coping and getting on with lockdown life. I promise you it may seem mundane to you but to someone else it could just make them feel they are not alone in this and not the only one going through the motions.

Make them real, make them fun, it's all about you, show us your personality. The videos can be anything you like from tips on how you can do things better, to my personal favourite of Hide and Seek with the kids.

You can't lose (if I am searching it can take ages). Or, I love the challenge of finding that hiding place they can't find me - I do love them really. Or, have you resorted to extreme ironing to make the day a little more exciting? Share your workouts, share any recipes or baking, both good or bad would be welcome. Some people might be anxious about going shopping, so do you have a tip on a good time of day for them? Anything you like. Even sharing a great walk, and maybe invite that one person who has no one to walk with on it. Don't forget those amazing pictures as well. There definitely is some hidden talent in this club we have seen.

As I have said before, I look around this club, and every day it amazes me and makes me proud. The people who make Grantham Tennis Club & Gym - from the tennis/gym/social members and the volunteers. Let's not forget the staff—everyone part of the club from the beginning to now and into the future. More than ever, it is a time to show that and be there for each other. Making a simple comment on someone's post could make their day or, who knows, a new friendship. You might end up with a new gym buddy, tennis doubles partner, or tennis foe to have years of friendly banter and battles with on the courts or pushing you in the gym.

Gavin

The coaches (both gym and tennis) have been posting videos on social media of ways of keeping moving. If anyone would like the videos but is not on social media, then please head to the below links:-

[Stuart's Court Ready](#)

[Gym Coaches](#)

[Paul and Sue & Joe](#)

[Tennis coaching and a chance to say hello on Teams this week](#)

The coaching team are looking forward to seeing you all back on court soon.

Our weekly coaches meetings are now held by Teams, and we would like to invite anyone who would like to come and say hello this Wednesday 17 February anytime between 2pm and 4pm to 'team' in. [Click here to join the catch up.](#) We will also post the link on our Facebook page at 1.30pm. If anyone wants to but is not used to Teams, it is as easy as Zoom (if you have been doing Zoom calls) and easy if you have not done any. Please email if you would like help. The team would like to say hello to any players - mini, junior, adults or parents.

How are you all getting on with the skipping challenge or Paul and Joe's press up challenge?

[Club Activities](#)

Photography Competition - launched 7 January.

Our competition aimed to motivate people to get some fresh air, exercise, and hopefully find different things to make lockdown a little more bearable. If self-isolating, or unable to get out, people could still take part in the competition each week as the themes can be done anywhere, in your garden or out of your window. No need for a fancy camera - any quality in any format - even post your entry from your Polaroid.

There are still two weeks left, so why not give it a go!

Week 6: 12 February to 19 February - black and white. Use your imagination!

Week 7: 19 February to 26 February - tennis court. You can even draw one and take a photo of it.

We will be holding an exhibition of the photographs as soon as the clubhouse is fully open for members, family, friends and the public.

[Click here for everyone's entries so far...](#)

GTC Best in Show - Launched 17 January

To keep you busy through the darker days and nights we invited you to get crafting – knitting, sewing, painting, colouring, pottery, wood whittling or even my favourite pompom making.

When the club can reopen and hold events, we will be hosting our inaugural 'Best in Show' when crafters can showcase their work, maybe earn a 'Best In Show' rosette, and sell any wares that they would like to. Hopefully, someone will have knitted me a new woolly hat.

GTC Painted Rocks - Treasure Hunt - launch date - Halfway to March Day

Thank you to Sophie Fletcher for this idea. Some of you with younger children/grandchildren may already know about painted rocks.

The idea is simple: gather a few supplies (flat, smooth rocks/stones, acrylic paint, sealer, paintbrushes), decorate your rock ideally as a tennis ball or tennis theme but really, anything you like and seal it. If you do not have acrylic paint, use normal paint or sharpies/felt tips/chalks but make sure you hide it where the snow and rain find it hard to go.

Write instructions on the bottom of the rock/stone that :

- 1) Asks the finder to send a photo to the [GTC Rocks](#) Facebook page once it's found
- 2) Put your initials and a number out of the number that you paint – e.g the first stone I paint will be SP 1/10 (if I paint 10 stones)

Then, go and hide it. You can also take photos of the rock and share on the GTC Rocks Facebook group after it's hidden, giving clues about its location. Popular hiding spots include parks, playgrounds and family-friendly walking routes.

Please do not remove the stones but you can keep a list of all the initials and number of the stones you find and we will give a prize to the child who has found the most from Halfway to March Day to Easter Sunday.

It is a fun thing to do in the half-term holidays with children, but for those who are missing their grandchildren, maybe you could paint and hide some rocks to give more stones for children to find now and ready for you to find with your grandchildren when we can all meet up again.

Please email info@granthamtennisclub.co.uk and let us know how many you have painted.

GTC - History of the club and beautiful club trophies - Launched a long time ago

When first doing the GTC website many years ago the LTA also wanted to see a basic history on every club's website. I started to research and it was something that I found interesting and enjoyable and was going to return to when I had more time!

That time has never come, and I cannot see that it will for a long time yet, so I wondered if anyone could pass my dusty file onto someone who would enjoy a project to do during (after) lockdown. Someone to research the club's complete history that dates back over 100 years and was first situated where the hospital is now. Its beautiful club championship trophies - who was the alderman who donated one of the cups?

Also, if any member has old photographs or memories, or knows someone who has, please get in touch.

Zumba with Laura (one of 1st Team players)

If anyone wants to dance around to a fun Zoom Zumba session with Laura at 9am on Saturday mornings, [please join here](#). Meeting ID: 780 716 8745. Passcode: LauraZumba.

Sustainability

Being responsible for the club's sustainability strategy, one of Rob Start's tasks has been to look at environmental sustainability and to continually investigate ways of reducing our energy use on a day-to-day basis. This has led to him looking at various renewable schemes over the years while also looking for any grant funding available for improvements.

You may have noticed some of our quick fixes such as changing from plastic to paper straws, signing up to [Refill](#) and accessing a tennis ball recycling scheme.

In 2019 Rob applied for a Smart Energy Grant, which started with an expert for IFAS (Institute for Applied Material Flow Management) visiting the club and producing an energy efficiency report and action plan towards better efficiency and reducing our carbon footprint. The biggest energy saving, which I am sure is no surprise, was to change all lights to LED. Rob secured a substantial grant for this change and this project is to start in February with the indoor and outdoor floodlights.

Financial sustainability, and a condition of receiving the LTA loan, is for the club to have a sinking fund. These financial savings, 'sinking funds', are to be used to maintain the club facilities to high standards covering all aspects of the courts and clubhouse. Floodlights have a limited shelf life and due to the club's success, and therefore the high usage, the time to change is now, especially with receiving a grant.

We know there is so much more we can do and will be doing, but please get in touch with Rob by emailing rob@granthamtennisclub.co.uk with any suggestions.

Committee meeting

The committee is meeting by Zoom on the evening of Tuesday 16 February. If anyone has anything they would like to ask the committee, please email questions to info@granthamtennisclub.co.uk or speak to anyone on the committee before Tuesday at 4pm.

Still lots going on, not what we had planned for the start of 2021, but still...

As always, if anyone wants a chat or a walk, please call me on 07930 900979.

Sarah