

GRANTHAM TENNIS CLUB

November 1, 2023

From the Clubhouse



We are excited to bring you the latest edition of our newsletter, filled with updates and insights on the latest trends and developments in our club. As always, our team has worked hard to curate a selection of articles and features that we believe will be of interest to you.

In this edition, we will be exploring a range of topics, including new shop products, club events, and tennis community stories. We hope that you will find these articles thought-provoking, and that they will help you stay up-to-date with our club.

As always, we welcome your feedback and suggestions for future editions of our newsletter. Please feel free to reach out to us with any comments or questions you may have at the email or telephone number provided below.

Indoor Pickleball



Exciting news is afoot at Grantham Tennis Club! If you haven't seen already, we have recently installed brand-new indoor pickleball lines and we are ready to embrace the wonderful world of pickleball with open arms. Our mission is to not only nurture the growth of this sport but also to vibrant and inclusive provide environment for the Grantham Community to enjoy pickleball alongside tennis.

Pickleball is a sport that has been gaining tremendous popularity across the nation, attracting players of all ages and skill levels. Known for its blend of elements from tennis, badminton, and ping pong, pickleball is a fast-paced, engaging, and incredibly fun game that offers a fantastic way to stay active and socialise with fellow sports enthusiasts. Here are some reasons why we are so enthusiastic about introducing pickleball to our club...

Inclusivity: Pickleball is a sport for all ages and skill levels. Whether you're a seasoned athlete or a complete novice, you can quickly learn the basics and enjoy some competitive fun on the court. Social Engagement: Pickleball is not just a game; it's a social event. Our club aims to promote a strong sense of community, and pickleball provides an excellent opportunity for members to connect, make new friends, and engage in active recreation.

Physical Benefits: Pickleball is a low-impact sport, making it accessible for people of all fitness levels. It is an excellent way to improve cardiovascular health, balance, and coordination.

Adaptability: The beauty of pickleball is that it can be played both indoors and outdoors. By adding indoor pickleball lines, we can ensure that players can enjoy this sport year-round, regardless of the weather.

To kick off our new courts, we hosted a pickleball taster session. Members and non-members were openly invited to come try the sport and test out the new courts! HEAD generously supplied us with their top-notch pickleball paddles for the everyone to try out. Paddles are available to buy and hire at the club.

For all of November, we are hosting pickleball on Wednesdays 7:00 – 8:00 PM and Saturdays 3:30 – 4:30 PM for only £5. Bring your friends and family members to try something new and get active!



Halloween Party



The Halloween spirit has truly taken over at our club as we recently hosted an enchanting Children's Halloween Party, and it was a hauntingly good time! Children, adults, and staff dressed in an array of creative costumes, gathered together to celebrate this ghoulishly delightful holiday with a myriad of thrilling activities, including games, a pumpkin judging contest, costume contest, and countless smiles.

The essence of Halloween lies in the delight of dressing up, and our young club members did not disappoint! The children arrived in a mesmerizing array of costumes, transforming themselves into witches, superheroes, ghosts, princesses, and countless other characters. The creativity and attention to detail were nothing short of astonishing.

Our party was brimming with excitement as children embarked on a journey through a series of delightfully spooky games and activities.

Thank you to all our club members who attended, and a special shoutout to the young Halloween enthusiasts who joined us in their finest costumes.

Sarah, the club manager, said "We didn't want to disappoint Colleen with her first Halloween away from the States but we never expected such an amazing turn out! Well done Colleen!"

We look forward to hosting more delightful events like these, strengthening the bonds within our club, and creating unforgettable moments for our children. Stay tuned for future events and updates, as there's plenty more fun on the horizon! Thank you to our Staff members, Tennis leaders, volunteers, President, and Chairperson for assisting on the day and making it a memorable event!







Presidents Day Tournament



Presidents' Day at GTC took on a whole new level of excitement this year, thanks to our lovely Tennis Club President and Vice President. It was a day filled with fierce competition, camaraderie, and a delightful buffet.

Keeping indoors from the brisk autumn weather, club members gathered on our indoor tennis courts, ready to take part in the Presidents' Day Tennis Tournament. The tournament featured a classic "American-style" format organised by Lianne Firth. In this setup, players are assigned different partners for each match, and each team competes against the others in a fun, competitive, and spirited manner.

The players, ranging in abilities, embraced the American style with gusto. The tournament format kept everyone on their toes, as participants rotated partners and opponents throughout the day, fostering a sense of unity and shared enthusiasm. From thrilling rallies to pinpoint serves, the tournament showcased the true spirit of

After the competition, players were treated to a

Scrumptious buffet and several glasses of fizz. The presidents also ran a free raffle for all the players to partake in. Prizes varried from Chilli Mugs to several different monogrammed goods with GTC's logo. (all available to purchase from our glass cabinet items).

The Tournament was won by Michele Thompson and runner up Mike Roys, each receiving a bottle of champagne

We thank our lovely President and Vice President for hosting such a wonderful and memorable event. Lianne Firth for conducting the tournament. Andy and Judy Beddows for assisting. GTC cafe, bar, and reception staff for assisting with the event. And last but not least, Melanie Bloodworth for assisting in the planning and execution of the event.





GTC Staff takes on Extreme Scream Park



Tennis & Gym Coaches Awards



This past month, two of our staff members (Jessica and Madison) had taken on the challenge of working as part of the scare actors in the Xtreme Scream Park at Twinlakes in Melton Mowbray. Jessica wanted to share with our club members about her experience.

Jessica was stationed within the scare maze, the village as a pupil and as a blackboard in the school classroom section. During the run, Jessica switched roles to where she was needed on the night. As a pupil, she took on the role of a statue to blend in with the other mannequins around her with a white sheet over her body. Whenever people would walk past her, she would jump up from her seated position, shouting to scare the unsuspecting people walking past.

It is not unusual for people to get to her stationed area and state, "I know someone is real under these" for when she would jump up from her position and scare them! We are thrilled to invite you to our Tennis and Gym Coaches Awards, an afternoon dedicated to celebrating the outstanding achievements of our tennis players and gym members.

Our coaching team will be presenting awards to deserving players and members in various categories, acknowledging their outstanding performance, improvement, and commitment.

(Players receiving an award will be personally invited)

12 November Presentation begins 3:00 -5:00 pm

Awards consist of; player of the year, most improved player, most enjoyable player, best effort, the "what ever award", volunteer of the year, young volunteer, happy family trophy, player of the year boy, player of the year girl, Sean Jonnalagadda award, most improved gym member, best gym individual, gym challenge award, Max Hubbard junior award, and new this year...the Finlay Topham Award for Junior Disability (cup has been donated and will be presented by finlays the family)

Mike Roys Team Report



A Letter From the Chair and Updated Club Rules



Mike received the league tables for Lincoln and District and it turns out we won Mixed Division 2!

This is a great, and unexpected, result achieved by a great team who played every match with a smile, even the away match to Eastgate who absolutely smashed us that evening.

Overall we beat Eastgate and Sleaford at home but lost away and then beat Nettleham both home and away.

Thanks to Steve Johnson, Rachel Brook, Gallon. Sarah Medcalf. Paul Stuart Sheardown, Liz Hewitt, Stuart McLean. Kate Richardson, Nick Cook, Sara Skelton, Matt Fleckney, Dee Harrison, Greenwood, Jackie Wilson, Chris Matthews. Christina Clough, Dave Wilson, Goodberry, Jo Jones, Ben Pitcher, Tracy Hobson and Veronica Stephens

A special email has been sent to all our valued club members from our Chairperson, Lianne Firth. This email contains important information, news related to our club, and updated club rules.

To access the email simply scan the QR code provided above. Once you scan the code, you can find the message awaiting your attention.

We encourage all our members to take a moment to read the message. We look forward to your continued participation and engagement in our vibrant club community.

Thank you for being a valued member of our club, and we can't wait to share exciting news and upcoming events with you. If you have any ideas or thoughts about the club, please speak to a member of staff or a member of our committee

If you wish to receive emails about our club and upcoming events, please email Melanie and she will add you to our email list. melanie@granthamtennisclub.co.uk

Locker Room Rules



Crafting Club



At GTC we take pride in offering a clean, secure, and well-maintained locker room environment. To ensure that all our members can access the lockers smoothly and securely, we provide lockers with keys in exchange for a pound (The pound is returned upon return of the key). Lockers are intended to offer a safe place for your belongings while you work out, play tennis, or pickleball

keys should always be returned after each use to ensure lockers are available for the next member who needs one. Nobody wants to wait for a locker when they're eager to start their workout or get on court.

Lockers are periodically cleaned out by staff so please be sure to return your key each day to avoid losing any valuables. We appreciate our members that respect our locker policy and return keys upon each use of the locker.

Get ready to dust off those knitting needles, break out the crafts, and unleash your inner creativity because Craft Club is back! After a hiatus, we are thrilled to announce the return of Craft Club, a beloved gathering where artisans and craft enthusiasts come together to share ideas, create beautiful projects, and foster a sense of community. Join us for this exciting revival of Craft Club, and let your imagination run wild!

Craft Club has been a haven for those who find joy in crafting, whether it's through knitting, crocheting, or any other creative endeavor. It's a place where novices and experts alike can come together, learn from each other, and engage in the art of making. Soup and Rolls will be available to purchase in the café.

Every 2nd Tuesday of the month 12:30 PM – 2:30 PM Next date 14th of November

Hoodie Season



Cards for SALE



As the leaves change colours and the temperatures drop, it's time to prepare for the chilly months ahead. What better way to stay cosy and show your love for tennis than by donning a Grantham Tennis Club personalised hoodie?

As the holiday season approaches, consider our personalised, quality hoodies as a thoughtful gift for the tennis lovers in your life. It's a gesture that will surely warm their hearts, just like the hoodie will keep them warm during the winter months.

Visit reception to see all 36 colours to choose from! To receive by Christmas, Place your order before Dec 1st. Children £20 | Adults £23 With the option to add a name to the back for £2.

In a world that often moves at a rapid pace, it's the little moments that truly matter. That is why we have chosen to stock a range of cards for sale, designed to help you convey your sentiments and make each moment special.

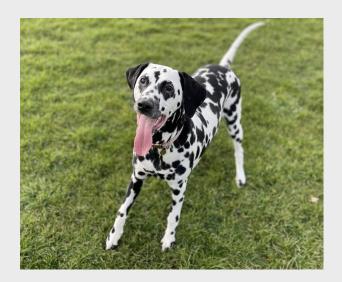
From wishing a Happy Birthday to simply telling a friend you're thinking of them, we've got you covered with a diverse selection of cards that cater to all your special occasions.

Our custom card options allow you to add a personal touch to your messages, making your greetings even more special. By purchasing a card from us you're not only sharing only getting a quality product, you are supporting your Tennis Club.

info@granthamtennisclub.co.uk

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Dog Balls for Sale



Come Make Baubles with us



Calling all dog owners!!

Looking to stock up on tennis balls for your furry friends, or perhaps some creative DIY projects? Your search ends here! We're selling sets of 20 retired tennis balls for just £5. That's right, 20 tennis balls for only a fiver! Not only will this offer save you money, but it will also benefit our club's initiatives and activities.

For just £5, you can get a pack of 20 retired tennis balls that are perfect for your dogs' enjoyment. Whether it's fetch, outdoor play, or simply keeping them entertained, these tennis balls are ideal for your pet's pleasure.

Apart from playtime, these retired tennis balls can also be repurposed for various DIY projects or creative uses. See reception for details 'Tis the season to get crafty and spread holiday cheer! We invite you to help us make Baubles for our Christmas tree that will be on display at the St. Wulfram's Christmas Tree Festival.

The holiday season is upon us, so embrace your creativity and join in the fun where we'll make unique Christmas tennis baubles. Your participation and craft supplies will be the key ingredients to a festive experience! Aimed at our younger community but open to all.

Bring craft supplies you would like to use and share and we will provide the tennis balls. If you have any craft supplies your would like to donate, drop them off with reception.

Saturday, 18 November 2023 10:00 AM - 1:00 PM

info@granthamtennisclub.co.uk

01476 591391

Mark your calendars for Winter Camp



As the festive season unfolds and the magic of Christmas fills the air, we invite our vibrant community to extend the holiday spirit into the new year at our Winter Tennis Camp.

Save the dates for the perfect opportunity to keep the children active and busy over the half-term break. Winter camps are held indoors away from the wet and the cold. Available to book starting Dec. 1





Mini / Junior Tennis Camp Thursday Dec. 28th & Tuesday Jan 2nd Age: 6 - 14 years old

Full Day 9.30am - 4pm £26.25 member | £35 non-member

Half Day 9.30am - 12.30pm or 1pm - 4pm £15 member | £20 non-member

Tots Tennis Camp
Thursday Dec. 28th & Tuesday Jan 2nd
Age: 3 - 5 years old
10am - 11am
£7 member | £9 non-member

Drop In Classes (Not taking place Dec. 30)

Tots and Mini Drop In
Age 3 – 9 Years Old
Saturdays 9am - 11am
£5 member | £7 non-member

Junior Drop In Age: 10 - 18Saturdays 10am - 12 noon £6 member | £8 non-member

Safeguarding Word Search





BALL
CLUB
GRASS
DAVIS CUP
DEUCE
RACKET
SERVE

SAFEGUARDING SET AMBASSADOR WELFARE MATCH RALLY





PRO SHOP

Demo Rackets Make the perfect Gift



The holiday season is just around the corner, and finding the ideal gift can be a delightful yet challenging task. This Christmas, why not surprise the tennis enthusiast in your life with the perfect present, a tennis rackets? We invite you to come and experience the magic of our tennis rackets through a 'demo' that will leave you convinced that they are the ideal gift for this festive season.

We understand that selecting the right tennis racket can be a challenging task. That's why at GTC we provide a 'Demo' service. At our tennis shop, you can take advantage of this opportunity to test our range of tennis rackets on the court. This hands-on experience ensures that you choose a racket that suits your

playing style and preferences perfectly. Discover the excitement of giving the gift of tennis by shopping at our store!

Our friendly and knowledgeable staff are passionate about tennis and are here to assist you in finding the ideal gift. Whether you're shopping for a seasoned pro or someone just starting their tennis journey, we'll provide expert guidance to help you make an informed decision.

Our tennis shop offers a wide selection of tennis rackets from top brands, each designed to cater to different skill levels and playing styles. Whether you're looking for a power-packed racket or one that offers precision and control, we have the right options for you.

Beyond tennis rackets, our shop features a fantastic array of tennis accessories and apparel that make perfect Christmas gifts. From tennis balls, bags, and grips to stylish tennis-themed clothing and Chilly bottles, we've got you covered for all your tennis-related gifting needs.

This Christmas season, we invite you to make a visit to our tennis shop a part of your holiday tradition. Here's how you can make the most of your visit:

PLAYER OF THE MONTH-



Samuel Roberts

Samuel started playing tennis in our tots group sessions at 4 years old. He will be turning 6 in the next couple of months and moving to red ball from tots in January. Samuel has always been a pleasure to coach. He always gives 100 % in every session he comes to and he always walks in with a big smile on his face. He has progressed from being hand fed tennis balls to now rallying with the coaches, which is really good to see. Keep up the good work Samuel!



Shannon Bennett

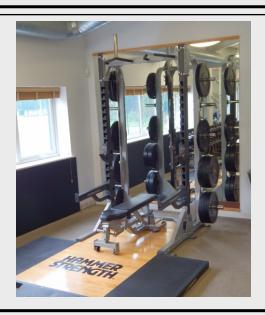
Shannon has been playing brilliant tennis lately, she has improved in all area's. She hits stronger and deeper, serves more consistently and runs around the court faster. She does two groups per week with Paul and regularly competes at regional tournaments. In the last few months she has won 5 gold medals including a gold at Grantham. She is also part of the Midlands Special Olympics team who train once a month at Grantham. Good luck to Shannon and all our players competing in the LTA Learning Disability Finals held in Bolton on Friday, 10 Nov. – Sunday, 12 Nov.



Harrison Griffiths

Harrison only recently joined GTC after coming to our half term camps. He is an absolute star, energetic, and engages during training with a smile and a fist bump. He moved to our performance green lessons straight away and carried on impressing us all with his attitude and work ethic. He is a strong hitter and never gives up. He also actively competes and recently won a 10&U tournament at Caunton.

GYM CLASSES

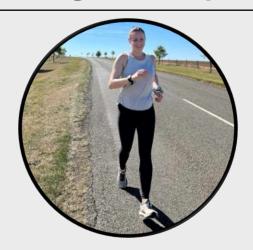


EXCLUSIVE OFFER FOR GYM MEMBERS!

We're thrilled to announce that we are making your fitness journey even more amazing! Starting today, and through the rest of the year, we are offering ALL our gym classes for FREE to our valued members.

We understand the importance of staying active, especially during the holiday season. That's why we're giving you the gift of unlimited access to our wide range of fitness classes. Whether you're a weights enthusiast, a cardio warrior, a strength training pro, or looking to try something new, we've got something for everyone.

GYM Member of the Month



Kayleigh Barret

Kayleigh has been a member with us since 2021 and found out about our gym through her partner, since then she has been consistent and taken regular programmes with Gav. Kayleigh has now become confident in the gym in doing her own workouts and asking advice from coaches. From a girl that had never set foot in a gym she is not a regular and making amazing progress. We are all so proud of her. (This girl definitely can!)



Harry Thomas

Harry joined us a few months ago now, originally training with his friends. Over the last few weeks his friends have gone off to Uni to start their next chapter in life. We all know it isn't easy losing your gym buddies, but Harry has remained consistent and has continued to work hard in the gym. Well done buddy!

Gym Circuit Training



GYM Body Pump Class



Are you tired of the same old boring workout routines that yield little results? Are you ready to take your fitness journey to the next level? Look no further! Welcome to our dynamic exhilarating Circuit Training and Joining this class means Class. becoming part of a supportive and encouraging community. You'll sweat, laugh, and push each other to new heights. Surround yourself with likeminded individuals who share your goals and aspirations and experience the power of collective motivation. Together, we'll celebrate victories, overcome challenges, make lasting and make fitness progress, new friends.

> Every Wednesday 7:00pm - 8:00pm Free for all gym members

goodbye Say to boring and monotonous workouts! Our Body Pump training sessions are filled with energy, excitement, and camaraderie. Each class is packed with a variety of exercises, including strength training, cardiovascular drills, and functional movements. With the guidance of our expert trainer, you'll never have a dull moment in our class. Whether you're a seasoned athlete or just starting your fitness journey, our class is tailored to suit all fitness levels. Get ready to push your boundaries, shatter your limits, and discover what you're truly capable of!

> Every Thursday 7:00pm - 8:00pm Free for all gym members

ADVERTS

YIN YOGA



Yin Yoga can help with flexibility, boosts circulation, lengthens connective tissue, improves joint mobility, helps to reduce stress and anxiety, helps to improve sleep, helps to calm both the mind and the body.

Every Friday 6:00pm - 7:00pm @ Grantham Tennis Club Bookable and payable in advance. £28 for a 4-week block £8 Single sessions To book: email jowinterjoga@yahoo.com

Chair Yoga



Chair Yoga is a gentle form of yoga that is practiced while seated on a chair or using a chair for support. It's suitable for all ages and fitness levels, making it an excellent choice for those seeking a mindful and relaxing practice.

Classes are Fridays from 2:00am – 2:45am. contact Stefan for pricing and scheduling phone: 07963 542356 Email: granthamyoga@mail.com

MINDFUL PILATES



Pilates for the body and mind working on flexibility, balance, and strength. Beginners are welcome! The next courses will be starting shortly.

Monday 6pm & 7pm (4 week term) Tuesday 9am & 10am (6 week term) 4 week course £28 6 week course £42 Contact Jette to confirm your place Telephone: 07901555499 Email:jette@exhaletherapy.co.uk

DANCE CLASS



For adults over the age of 55, GTC hosts a dance class. Sessions focus on a variety of dance styles and adaptable routines suitable for a range of abilities

Classes are every Thursday from 11:30am-12:30pm. Everyone is granted 1 free trial. £7 after 1 free trial class. Book online at: movingtogether.co.uk/book-online

DROP IN CLASSES

ADULT GROUPS

Walking Tennis

Monday 11:30am - 12:30pm £6 per person

Walking Tennis

Monday 12:30pm - 1:30pm £6 per person

Walking Tennis

Monday 1:30pm - 2:30pm £6 per person

Adult Coaching

Tuesday 10am - 11am £7 members | £9 non-members

50+ Adults

Tuesday 1:30pm - 2:30pm £7 members | £9 non-members

Feeling Good

Wednesday 10am - 11am £5 members | £6 non-members

Teen / Adult Pickleball

Wednesday 7pm - 8pm £5 for anyone

Adult Improvers/Intermediates

Thursday 1pm - 2:30pm £10.50 members | £13.50 non-members

Cardio Tennis

Friday 9:30am - 10:30am £7 members | £9 non-members

Feeling Good

Friday 1pm - 2pm £5 members | £6 non-members £3 members | £7 non-members

Cardio Tennis

Saturday 9am - 10am £5 members | £7 non-members

Adult Coaching

Saturday 1pm - 2pm £7 members | £9 non-members

Teen / Adult Pickleball Beginners

Saturday 3:30pm - 4:30pm £5 for anyone

CHILDREN GROUPS

Teen / Adult Pickleball

Wednesday 7 pm - 8 pm £5 for anyone

Tots and Mini Tennis Age 3 - 9

Saturday 9am - 10am £5 members | £7 non-members

Junior Tennis Age 10+

Saturday 10am - 12 noon £6 members | £8 non-members

Cardio Tennis Age 10+

Saturday 9am - 10am £2.50 members | £4.50 non-members

Teen / Adult Pickleball Beginners

Saturday 3:30pm - 4:30pm £5 for anyone

For termly lessons, visit our website or see our receptionist

DISABILITY GROUPS

Learning Disability Performance Coaching

Thursday 3:30pm - 4:30pm £7 members | £9 non-members

Learning Disability Coaching

Thursday 4:30pm - 5:30pm £7 members | £9 non-members

Learning Disability Coaching

Saturday 2:30pm - 3:30pm £7 members | £9 non-members

Junior Disability

Saturday 12pm - 1pm £5 per person

Wheelchair Coaching

Saturday 1pm - 2:30 pm £10.50 members | £13.50 non-members

MEET THE WINTER TEAM CAPTAINS



Grantham Mixed 1st Sarah Patton



Grantham Mixed 2nd Sue Cox / Helen Jackson



Grantham Mixed 4th Pam Aust



Grantham Mixed 4th Kate Richardson



Grantham Mens 1st Rob Start



Grantham Mens 2nd Pete Elphick



Grantham Mens 3rd
Pete Moseley



Grantham Mens 4th Jack Barnes Thompson



Grantham Ladies 1st Melanie Bloodworth



Grantham Ladies 2nd Ros Elphick



Grantham Ladies 3rdKate Richardson



Grantham Ladies 4th Sarah Brown

The club runs various teams in both the Lincolnshire and Nottinghamshire leagues to cater for both juniors and adults. Playing in a team is not only a great way to take your tennis game to the next level but you will also get involved in the tennis community where you will meet new people and develop lasting relationships. If you are interested in playing team tennis, please contact reception or a club coach who will put you in touch with the relevant captain.

GTC also has its own Sunday Night League which has 3 divisions. Watch out for new ladder leagues coming ASAP!

ORGANISATION-

CLUB PRESIDENCY



PRESIDENTJean Firth



VICE PRESIDENTSue Taylor Woods

Committee members can be found on court, in the gym, and around the clubhouse at various days and times during the week.

CLUB COMMITTEE



CHAIRMAN Lianne Firth



VICE CHAIRMAN Rob Isaac



SECRETARY Elaine Maplethope



TREASURER Glenn Hooper



MATCH SECRETARY Rob Start



MEMBERSHIP SECRETARY Melanie Bloodworth



WELFARE OFFICER
James Pitcher



COMMITTEE MEMBER Mike Roys



COMMITTEE MEMBER Lorraine Walton



COMMITTEE MEMBER
Colin Walton



COMMITTEE MEMBER Tracy Hobson

GET IN TOUCH

Tennis Open Hours

Monday | 8 am – 9:30 pm

Tuesday | 8 am – 10:00 pm

Wednesday | 8 am – 9:30 pm

Thursday | 8 am – 10:00 pm

Friday | 8 am - 9:30 pm

Saturday & Sunday | 8 am - 6:00 pm

Gym Open Hours

Monday - Friday | 6 am – 9:00 pm

Saturday & Sunday | 8 am – 4:00 pm











01476 591391



Grantham Tennis Club Gonerby Rd, NG31 8HU



