

March 2021 Newsletter



Spring is here and our 2021 tennis season finally begins!

We hope that everyone has remained healthy during the latter parts of this lockdown and we know that members are eagerly awaiting the Club re-opening on

Monday 29th March!



It has been possible to do some preparation work on some of the courts once the weather conditions improved. We are really grateful to Peter and Barrie who have, once again, put in a tremendous effort to maintain our courts and grounds.

Peter using the court cleaning equipment on court four; a messy and very physical job. Courts three and four have been deep cleaned.



Recognise the chain saw expert? See page six for details!

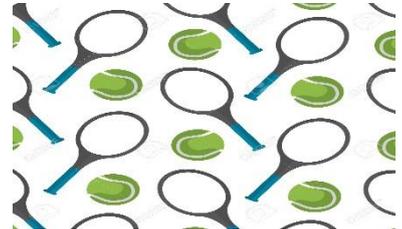




Stages of cleaning – court four after cleaning to the areas apart from the service boxes.

The Club purchased specialised cleaning equipment approximately four years ago.

Prior to that we paid contractors which was a far more costly approach and didn't allow flexibility.



Tennis in England to return in March

Following publication of the Government's roadmap for exiting lockdown, it has been confirmed that outdoor tennis can return from 29 March



The following is taken from the LTA website ~

UPDATE: Resumption of outdoor tennis activity from 29 March
Government Roadmap for easing of lockdown restrictions

The Government has today (22 February) published its roadmap for the gradual and staged easing of lockdown restrictions in England, made possible by the pace of the vaccination programme. Restrictions will be eased across all areas of England at the same time. The announcement confirmed that:

- Outdoor tennis courts will be able to open from 29 March. This will mean recreational tennis will be able to resume, including singles and doubles social play, 1:1 coaching and formally organised activity for groups, including group coaching (maximum group size and court ratios subject to confirmation)
- Indoor courts to remain closed until later in the roadmap
- Tennis in schools can resume from 8 March

Therefore, our Club will reopen on Monday 29th March and you will be able to book courts to play on ClubSpark from Monday 15th March (see more details on page 4).



As before it is vital that all members only play tennis when they are well. It is important to note that, whilst we are returning to both singles and doubles this time, the guidance states keeping to the 'rule of six outdoors' and the importance of social distancing at all times.



SUMMARY GRID: COVID-19 RESTRICTIONS IN ENGLAND STEP 1: PERMITTED TENNIS ACTIVITY FROM 29 MARCH

- This grid outlines a summary of what tennis activity will be permitted under the Government restrictions across England from the 29 March. Where activity is listed as permitted, this may still be subject to additional restrictions and protocols - venues, coaches, players and officials should therefore refer to the LTA's full COVID-19 secure detailed guidance once updated documents are published.
- This guidance is for recreational tennis – elite tennis is subject to separate strict protocols and can continue in line with these indoors and outdoors. Further detail for future Steps will be added to this grid once it is confirmed. Please refer to the main LTA coronavirus information page for all the latest coronavirus updates at www.lta.org.uk/coronavirus

OUTDOOR		OUTDOOR		OUTDOOR		OUTDOOR		OUTDOOR	
SOCIAL PLAY		1:1 COACHING		ORGANISED GROUP ACTIVITY		COMPETITIONS		SPECTATING & SUPERVISION	
<ul style="list-style-type: none"> ■ Permitted ■ Singles & Doubles ■ Rule of 6 		<ul style="list-style-type: none"> ■ Permitted ■ Number of clients in a day not limited 		<ul style="list-style-type: none"> ■ Permitted (adults & children) ■ Covers formally organised group sessions and coaching ■ Recommended max 12 adults per court ■ Max group size for children of 15 ■ No group socialising before/after 		<ul style="list-style-type: none"> ■ Permitted (adults & children) ■ Singles & Doubles ■ Competition draw size subject to COVID-19 secure capacity of venue & risk assessment ■ Avoid socialising before or after matches 		<ul style="list-style-type: none"> ■ Spectating not allowed ■ Parent/guardian supervision permitted (one per player) 	
SOCIAL DISTANCING TO BE MAINTAINED BEFORE, DURING & AFTER ALL OUTDOOR TENNIS ACTIVITY									
INDOOR		INDOOR		INDOOR		INDOOR		INDOOR	
SOCIAL PLAY		1:1 COACHING		ORGANISED GROUP ACTIVITY		COMPETITIONS		SPECTATING & SUPERVISION	
<ul style="list-style-type: none"> ■ Not permitted 		<ul style="list-style-type: none"> ■ Not permitted 		<ul style="list-style-type: none"> ■ Not permitted 		<ul style="list-style-type: none"> ■ Not permitted 		<ul style="list-style-type: none"> ■ Not permitted 	
FACILITIES		FACILITIES		FACILITIES		FACILITIES		TRAVEL	
COURTS		GENERAL INDOOR ACCESS		TOILETS & CHANGING		CATERING			
<ul style="list-style-type: none"> ■ Outdoor courts – open ■ Indoor courts – closed 		<ul style="list-style-type: none"> ■ Not permitted ■ Floodlight access permitted ■ Throughway access to outdoor courts subject to confirmation 		<ul style="list-style-type: none"> ■ Use of toilets subject to confirmation ■ Players to arrive changed ready to play, and to shower at home 		<ul style="list-style-type: none"> ■ Bar/Café/Restaurant closed ■ Takeaway service permitted (excluding alcohol) 		<ul style="list-style-type: none"> ■ Minimise travel where possible ■ No overnight stays 	



This is the summary grid taken from the LTA website, updated 3/3/21

<https://www.lta.org.uk/globalassets/news/2021/summary-grid---permitted-tennis-activity.pdf>

Club membership 2021

The previous newsletter had a substantial piece on the 2021 season membership details. A separate email was also sent to all members and Jane Argent (Membership Secretary) has recently sent out a further email explaining the arrangements for members donating (with gift aid if possible) the membership renewal discount.



We hope that members feel they are able to support the Club in terms of funds for the capital builds project and future developments.



Membership payments are required by **Wednesday 31st March**.

If you have any questions concerning Club membership then please contact Jane Argent on shmembership@hotmail.co.uk

Thank you



Club re-opening

Monday 29th March is the date! We know that everyone is really keen to get back on court and to ensure fairness and a balanced approach to court availability, please follow these guidelines:

- Use ClubSpark to book a court at the Club or at the school
- Book a one-hour session (singles or doubles) only per day
- Remember that all previous recurring bookings have been removed from ClubSpark
- You can book a court from Monday 15th March
- Please only book courts two weeks in advance

Please note that only members that have joined by 1/4/21 will be able to access ClubSpark and book courts on-line.



We will review these initial re-opening arrangements after one month. If you have not booked courts before through ClubSpark or have any queries with regard to ClubSpark then please contact Milton Wimpenny ~ thank you.

milton.wimpenny@gmail.com

Restringing

If players need a racket re-string after the lay-off, or lack of recent use results in a broken string, then please contact

Darren Minjoot
darren@mobilityengineering.co.uk



Darren has very kindly offered to make a contribution to the Club for every adult restringing.



SHLTC
STOCKTON HEATH LAWN TENNIS CLUB



Club developments

An electrical survey has been completed on site and we are obtaining the final arrangements for upgrading the supply for the floodlighting.

We should hear very soon about the outstanding grant applications. The LTA has confirmed our loan application, however the final amount has not yet been agreed as we need to know how much grant contribution we will have to add to the 'pot'. Club funds are a very important part of this and we ask all members to support our fundraising in as many ways as they can.

Tenders will be sent out shortly and thanks go once again to all those people involved in this project. Coronavirus has impacted on all our lives over the last year and unfortunately it has significantly altered the working practices of funding and grant awarding bodies. Applications and approvals has always been a long process but financial restrictions, withdrawn sources of funding and closed offices/wfh have made it very slow!



Tennis opportunities at SHLTC



At the moment the exact nature of what tennis activities will be allowed as we move through the various stages of the roadmap, as an LTA affiliated Club, is not clear.

However, we believe that a full range of tennis activities will be available to members during the 2021 season at some point. Here are some of the likely events to be planned:

-  Conclusion of the Monday night Winter League
-  Numerous American and special event tournaments
-  Mixed doubles Summer Leagues
-  Lower and Higher Leagues tournaments
-  National League fixtures (Cheshire region)*
-  Internal doubles ladders
-  WDLTA Club fixtures*



These are in addition to the regular Saturday afternoon social tennis, squad tennis and the opportunities for coaching (see below). * The participation in fixtures involving other clubs will only happen if travel and 'mixing' are allowed within the roadmap guidelines.

Coaching at SHLTC

Remember to contact Ant (Head Coach) or Iain if you would like to take part in personal or small group coaching sessions.

Ant McCarthy -
xltennisuk@gmail.com

Iain Warburton -
iain.warburton@ntlworld.com

New members receive a free coaching session



'How I came this far is a miracle, but you can too'
Naomi Osaka AO Champion 2021



Social Calendar

As soon as we can a full calendar of events will be published. These are a really important part of the Club, both in terms of the social side but also to help us raise funds for improving the Club.

Please contact Alison Lewis if you have any suggestions for Club events.

aliboblewis@hotmail.com



The graphic features a blue header with the text "SHLTC 100 CLUB" and a logo on the left. Below the header, there are four colored arrows pointing right, each with text: a yellow arrow for "Tickets: £15 per quarter", a grey arrow for "40% of pot in prize money", an orange arrow for "60% to club funds", and a blue arrow for "Funds go towards major club redevelopment". To the right of the arrows are three images: a trophy with a starburst and a pound sign, a small photo of a tennis court at night, and a pattern of tennis rackets and balls.

Alison also runs the SHLTC 100 Club – please get involved if you aren't already.

The next draw is Saturday 17th April and to be eligible you will need to have set up your payment by 31st March.

In January the three prizes shared the £444 total pot!



Did you recognise?

Graham Lewis

Thanks also to James and Adam Lewis who helped out with some important grounds work



Staying well

When we do return to playing please remember the following:

- the advice on social distancing remains the same
- arrive ready to play, as there are no changing facilities available
- toilets only can be used in the Clubhouse
- regular hand washing /use of hand sanitiser is essential
- courts will have access to hand sanitiser and there are new auto dispensers in the Clubhouse
- there is soap and hand sanitiser by the tap close to court 5
- place equipment and bags away from others to encourage distancing
- cross over at separate court sides
- leave court nets up at end of your game

Ready to play?

After such a long lay-off it will be really important that players prepare before their first game. Here are some tips taken from one of the many tennis warm up articles out there!

*Among all your match day routines, there is nothing that is more important than effective **pre-match tennis warm-up**. It not only prepares your body for competition but also reduces the risk of tennis injury and it helps get you mentally ready for the competition too.*

Here are 5 steps to achieve effective tennis warm-up, which should take you around 10-15 minutes to complete.

Perfect timing - Allocate 10-15 minutes to complete your tennis warm-up and then allow that same period of time for a breather before you step on the court.

1. Cardio

3-5 minutes of either skipping or running (forward, backward, and lateral) is the perfect way to start your tennis warm-up. Remember the aim is to boost your heart rate and circulation, so increase the intensity with each minute. We really encourage all our players to skip.

2. The Range of Movement (ROM)

These exercises are a great way to mobilize joints and lengthen muscles throughout the body. ROM exercises can be seen as an active stretch or loosening up of the body.

3. Stretching or Foam Rolling

You may find you some problematic area's that get a little tight, that need to be released or lengthen prior to exercises. Implementing some simple foam roller exercises and stretches for tennis, can all help elongate muscles and open joints up for correct movement patterns. To avoid any injures it is imperative you have a good range of motion throughout all joints, as this will help with creating power throughout your shots.

4. Muscle Activation

Activating muscles works by stimulating specific muscles and waking them up prior to your match or tennis training session. Most people have muscle imbalances or potential instability issues around certain joints, so it is important to stimulate the correct muscles and encourage them to work.

5. Shadowing

This is the final phase of the tennis warm-up sequence. Shadowing mimics, the movements that would be performed on the court. It will fire up both your nervous system and your body by following specific tennis movement patterns. Perform tennis shadowing for three minutes, alternating between forehands, backhands, overhead or smash, and volleys.



LTA Advantage

Please visit the LTA website and sign up to the Advantage scheme. You can sign up for free, or pay a modest yearly subscription, for access to discounts and the Wimbledon ticket ballot.



Equipment for sale

From the next newsletter there will be a regular section outlining second-hand tennis equipment for sale from members.



Court codes

All the court gate padlock codes have been re-set.



Please continue to record your details, for track and trace purposes, if you enter the Clubhouse. Forms are located in the porch.

More details to follow in April.



SHLTC website: www.shltc.co.uk



Please note: court photos used in this newsletter were taken before Coronavirus restrictions were in place. Photos are used in newsletters – please speak to Brian if you would like to 'opt out'.



Contacts:

Please use the following emails to contact key people at the Club

Chairman: Sue Hendry shlhc-chairman@hotmail.com

Membership Secretary: Jane Argent shmembership@hotmail.co.uk

Health and Safety: Milton Wimpenny milton.wimpenny@outlook.com

Welfare/Safeguarding: Chris Taylor/Joanne Maskery

Chris5_30@yahoo.co.uk jo.maskery@googlemail.com

If you have any items for future newsletters, then please contact

Brian Aitchison

secretary@shlhc.co.uk

