

To The Point

Gareth and Gaz—Fluent in Japanese! あなたへの歓迎すべて



At West Bridgford we are proud to be proving that sport brings people together. Some of our Japanese members are seen here flying the flags of friendship.

Second Service

This second issue of "To The Point" this autumn has come about due to popular demand! Just how popular and by whose demand we not at all sure!! But undeterred here we are again.

We hope that you find this issue of interest, illustrating in some way the club's achievements on and off the court this summer.

It has been a summer dominated by "inclement" weather, but despite the rain, wind, floods, tempest, storms and thunder tennis was played and enjoyed.

We try to touch on all aspects of our club when compiling "To The Point" and we would like to stress **your** contributions make this truly a "Club Magazine".

A wet but very successful Canterbury Tale

The 13th West Bridgford Junior Series Grand Prix saw a bumper entry of 191 competitors from all over the country.

Despite appalling weather during the week, which caused severe headaches for Kay Wakefield and Jill Shelvey, the tournament team managed to get all Grand Prix events completed on time. This year we welcomed a strong contingent of twenty players from Gerrards Cross in Buckinghamshire who acquitted themselves well but most credit should go to our own young players for very strong performances.



Seen outside the sponsor's shop are:
Toby Leonard & Ryan Parmar Boys Under 12 Doubles Winners.
Rachel Wood Girls Under 12 Doubles Winner.
Tom Wood Boys Under 18 Singles Winner.
Charlotte Phillips (not in picture) Winner of both the Girls Under 14's and Under 16's Singles.

Hardly Shangai'ed—好運在上海 Lesley

In recognition of all her work done at the club, in the borough and her initiative and enthusiasm in developing disability tennis in the county Lesley Whitehead our TDO, in July, was voted Rushcliffe Coach of the Year 2006/7.

This award followed on her appointment as Head Coach to the Great Britain Tennis Team at The World Special Olympics in China this month. We send her and her team our very best wishes.

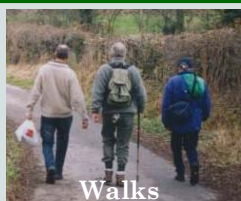
The picture shows Lesley with Mark Cox and her team showing off their new Olympic outfits before flying off in pursuit of gold.



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Club Together



Walks



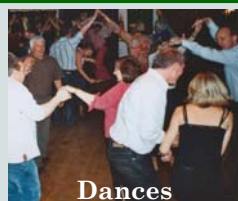
Cycling



Skittles



Themes



Dances



Quizzes

Since our last issue, we socialites have been quizzed by our genial Quizmaster Tim (winners Team Roger) visited Kedleston Hall, cycled 17 miles round Rutland Water and at home enjoyed a great Italian supper (huge thanks to Joanne Higham). Dates for your diary are **Friday 12th October**—Our annual visit to the Wheatsheaf at Cropwell Bishop for **Skittles**. On **Sunday 4th November** we will be holding a **Cycle Treasure Hunt** for young and old alike. Starting from the club at 1.00 pm groups will depart at a few minute intervals. You will be cycling and pondering for about 2 hours. Our **Autumn Walk** is on **Sunday 11th November** starting at the Okeover Arms Mapleton, Derbyshire.



The Wakefields acting as dietary consultants to Tom Wood (Under 18 Grand Prix Singles Winner)

Due to the success of this years Mid-winter Walk we will have another walk on **Sunday 3rd February 2008**.

Thank you all for your continued support and hope that many new members will join us.

Derek Bolton



Oh what a Summer! Even the artificial grass courts are over grown! - We shouldn't have sold the lawnmower Mr. President!!



Tony Walker and Maggie Parker
Spring Cup Champions

Who's who on the Committee

John Kingston joined the Committee in 1999, just before the major development in which the club gained three indoor tennis courts. He joined WBTC in 1963 when a student, was club men's singles champion for 18 years from 1966 (see the Club Honours Board!), and started the club web site in 2000.

John is married to Judy and they have two grown-up children, Jenny and Ben, and five grandchildren. In 1970 Jenny could be seen sleeping in a carry-cot in the club's ramshackled old wooden pavilion (where a bungalow now exists) while her dad played tennis matches on real grass (mown regularly by our ageless indefatigable president). John and Judy often travel to Kent (Jenny) and to the USA (Ben) to see their family.

John was a student and mathematics lecturer at Nottingham University for 44 years and, although retired, still checks national A-level maths question papers, in advance of the exams, and sits on the University Sports Bursary Committee which distributes bursaries to talented and worthy students, including Olympic medallists.

First playing tennis and table tennis for Northamptonshire, John switched to playing tennis, table tennis, and squash, for Nottinghamshire. He was a British Universities table tennis double gold medallist (singles and mixed), 9-times Notts. squash champion, won a national over 45 squash title, and represented the England



over-45 squash team for 3 years. Arthritic knees put pay to squash and this was the start of John making a nuisance of himself on the WBTC committee. In recent years John has organised club member training (?) weeks in Florida (whence photo) and Atlanta. In the latter, our tennis team, representing GB, soundly beat the USA.

John believes attitudes to tennis are changing and that modern members increasingly prefer to play their tennis in clean, well-maintained and well-supported conditions, and prefer to organise their tennis activities more efficiently to fit in with today's busy life style. A high priority for him, also, as a Committee member, is to encourage developments which improve opportunities for members (a) to meet more fellow members and (b) to play better tennis, to play more tennis, and, above all, to enjoy their tennis.

Bright Ideas for a Bright Future

The committee would like any ideas you may have to improve the club; there is a sub-committee looking at a 5 year plan. This year the club has:

- Re-furbished the floodlights and cleaned courts 1, 2 & 3
- Had artificial grass courts cleaned every 3 months
- Purchased court benches & court "tidys"
- Laid new carpet in the activity room.
- Had the wooden bar floor sanded and re-polished

Please pass on any (bright) ideas onto—Lesley Whitehead - TDO or Jill Shelvey—Club Secretary

Tennis Matters

Internet Singles Ladder Success

The Singles League started in April this year and now has 28 people actively involved. Its aim has been to give more opportunity for people to play singles against people of a similar standard, and against people they might not normally play against. Players of any ability can enter – there are currently players from the Mens 1st team down to non-team players involved **(though Ladies are also welcome)!**

The main focus is on taking part, and there are several ways that this is encouraged: There is no fixed format to matches – for example, you can play the best of 12 games, a couple of sets, or more, depending on how energetic you are both feeling! By splitting the league into divisions that last a month, each player has 3 matches a month to play. One player goes up and one down each month. You get a point for playing a match even if you lose, so those who play all their games have a chance of staying up even if they lose them all.

The league runs via a website, so its easy to see who you need to play each month. Results are also entered on the website and you can check how matches are going in your division. This approach has worked fine except for a couple of promotion/relegation deciding matches where both players had assumed the other was putting the score in!

For more information and rules go to the website, or contact Nick James (0115 928 0912). Joining is easy – just fill in the form on the internet at <http://www.littlebounds.co.uk/ladder/> the password is obtainable from Nick James or reception, and you will be included in the following months league.



Senior Club Championships

The finals of the Senior Club Championship were held on Sunday 9th September; results were:

| | | | | |
|---------------------------------------|-----------------|--|--------------------|--|
| Mens Singles | Winner: | Tom Wood | Runner-up: | Dan Sturt |
| Ladies Singles | Winner: | Melanie Whitehead | Runner-up: | Sue Alexander |
| Mens Over 40s Singles | Winner: | Andy Wood | Runner-up: | Nick Manders |
| Mens Doubles | Winners: | Gareth Billingham & Ross Savage | Runners-up: | Anthony Peters & Dan Sturt |
| Mixed Doubles (Played July 07) | Winners: | John Giblin & Sheila Eustace | Runners-up: | Matthew & Melanie Whitehead |



Sheila Eustace and John Giblin
Mixed Doubles Champions

In 2008 we intend to hold these club championships between January and June . This year as in previous years we have found the problems of getting rounds played during the August holiday period very difficult. **We encourage all those wishing to compete in 2008 to support this new trial format.**

Age is no barrier!

The club's Veterans Teams are having their most successful year in National Competitions. This is the position as we go to "press".



Over 50's Ladies Team have just reached the semi-final, having beaten two seeded teams on the way. They now play the number one seed and European Champions, Bridgewater. Team: Ann Brown, Sue Copestake, Margaret Fincham, Jill Shelvey & Sheila Eustace.

Over 40's Mixed Team have also just reached the semi-final with a recent win over Stourbridge. Team: Tony Alexander, Elaine Masters, Peter Whitehead & Ann Brown

Over 50's Mixed Team were winners in their quarter final against Aylesbury to reach the semi-final where they will travel to Woodford Wells in Essex. Team: Gerry Radford, Margaret Fincham, David Carter & Jill Shelvey (Shown after their victory in 2005)

Not to be upstaged the **Over 45's Mens Team** beat The Queen's Club in London to reach the semi-finals of their event Team: Peter Whitehead, Tony Alexander, Eddie Fox & Gerry Radford.

Lets hope for further success.

The Net Post

Junior Competitive Opportunities

The Mini Tennis Tournaments and the Junior Match Play & the Notts. Grade 5 Circuit entry forms for the autumn and winter 2007/08 are available now from reception. Mini Tennis tournaments are organised for Red (8 & under), Orange (9 & under) and green (10 & under) levels, while the match plays and Grade 5 events cater for 12, 14 & 16 & under age groups. The majority of the tournaments are played indoors therefore providing guaranteed competition.

Junior Club Tournament

The Club's Annual Junior Club Tournament Finals was held on 10th June. The event which is for junior club members was divided in to different age groups. The tournament began in early March with players playing their respective rounds until each event reached the final round. All the finals were contested in good spirits and the results were:

| | | |
|-------------------------------------|----------------------------------|------------------------------------|
| Boys 11 & Under Singles | Winner: Toby Leonard | Runner-up: Daniel Wright |
| Girls 13 & Under Singles | Winner: Stephanie Skermer | Runner-up: Eleanor Hawketts |
| Boys 13 & Under Singles | Winner: James Defusto | Runner-up: Alex Buckley |
| Girls 16 & Under Singles | Winner: Michelle Akerman | Runner-up: Viki Monk |
| Boys 16 & Under Singles | Winner: Callum Chivers | Runner-up: David Scales |



Summer Camp August 2007

What's Next

October 2007 to March 2008

| | | | | |
|-------|--------|---|--------------|----------|
| Sat | 06-Oct | 12 & Under Matchplay 9.1, 9.2, 10.1, 10.2 & no rating | 4.00 - 9.00 | Outdoors |
| Fri | 12-Oct | <i>Skittles Evening</i> | | |
| Sun | 21-Oct | Mini Orange Tournament (9 & under) | 10.00 - 1.00 | Indoors |
| Mon | 22-Oct | 12 & Under Matchplay 9.1, 9.2, 10.1, | 12.00-5.30 | Outdoors |
| Tues | 23-Oct | Mini Red Tournament (8 & under) | 1.00 - 3.30 | Indoors |
| Thurs | 25-Oct | Mini Green Tournament (10 & under) | 1.00-4.00 | Indoors |
| Sat | 27-Oct | 14 & Under Matchplay 8.2, 9.1, 9.2, 10.1 and 10.2 | 4.00-9.00 | Outdoors |
| Sun | 4-Nov | <i>Cycle Treasure Hunt</i> | | |
| Sun | 11-Nov | <i>Walk in Derbyshire</i> | | |
| Wed | 05-Dec | <i>Ladies Social Doubles</i> | 10.00-3.00 | Indoors |
| Sun | 16-Dec | Mini Red Tournament (8 & under) | 10.00-12.30 | Indoors |
| Sat | 22-Dec | 16 & Under Matchplay 8.2, 9.1, 9.2, 10.1 & 10.2 | 12.00-6.00 | Indoors |
| Thurs | 27-Dec | Mini Orange Tournament (9 & under) | 1.00-4.00 | Indoors |
| Sun | 30-Dec | <i>Christmas American Mixed Doubles</i> | 1.00-4.00 | Indoors |
| Thurs | 03-Jan | Mini Green Tournament (10 & under) | 1.00-4.00 | Indoors |
| Sun | 03-Feb | <i>Walk in Derbyshire</i> | | |
| Sun | 10-Feb | Mini Green Tournament (10 & under) | 10.00-1.00 | Indoors |
| Tues | 12-Feb | Mini Orange Tournament (9 & under) | 10.00-1.00 | Indoors |
| Thurs | 14-Feb | Mini Red Tournament (8 & under) | 1.00-3.30 | Indoors |
| Sat | 01-Mar | <i>Japanese Evening</i> | 7.00-10.00 | Indoors |
| Wed | 12-Mar | <i>Ladies Social Doubles</i> | 10.00-3.00 | Indoors |
| Tues | 18-Mar | 14 & Under 8.2, 9.1, 9.2, 10.1 & 10.2 | 12.00-6.00 | Indoors |

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freestyle
there's an idea

COMING SOON

West Bridgford Tennis Club Physiotherapy Clinic

What is Physiotherapy?

Physiotherapy is centred around rehabilitation and the prevention of injury. Physiotherapists treat a wide variety of problems. These include work related injuries, conditions that seem to have crept up on people during everyday life through to those sustained by amateur and professional athletes. It uses several treatment techniques to achieve this. Manual techniques such as specialist massage, manipulation, therapeutic exercise programmes and sport specific rehabilitation are used. Many people tolerate aches and pains for too long, by seeking the correct advice and treatment quickly, any suffering is reduced. Emphasis is placed on maximising patients' function and speeding their return to activity. Your tennis club physio is a Chartered Physiotherapist and registered with the Health Professions Council. This ensures qualifications to a professional standard and regulation by a suitable governing body.

Why Physiotherapy?

A modern lifestyle means people are increasingly using their leisure time to engage in active pastimes. In addition to this, employment can involve long hours in sedentary environments or manual work requiring repetitive movements. Unfortunately, this can lead to aches, pains, stresses and injury so it's important to pay close attention to these problems as they arise. Physiotherapy can be used as a preventative measure in addition to guiding recovery from injury. Getting a speedy response to problems is essential to lessen the possibility of long-term damage. From the social sportsperson to the serious athlete this essentially means spending less time injured and more time doing the activities you enjoy. Having a professional oversee your rehabilitation and training can mean quicker results, better performance and an improved quality of lifestyle.

Physiotherapy and Tennis

Tennis is a fast, dynamic game involving a unique combination of co-ordinated power and endurance. The fact that it involves repetitive movements, foot-work skills, and is often single-handed lends it to a variety of problems. Acute injuries such as sprained ankles, knees, shoulders and muscle pulls or chronic neck and back injuries, and the classic "tennis elbow" are common. It is therefore no surprise that all of the professional players have their own physiotherapists. In addition to treating the presenting injuries, physiotherapists work closely with the coaches to analyse shot technique and physical conditioning. This can help to minimise the likelihood of future injury as well as boost performance.

Physiotherapy at the Club

Once started, the clinic will run one evening a week and offer very competitive rates to club members. As well as tennis specific injuries, examination and assessment through to effective advice and treatment will be available on all musculoskeletal problems. This could be for a recent injury, an old niggling complaint or simply a need to improve function. Our aim is to provide club members access to physiotherapy when they need it, so they can get back to everyday activities and enjoy their game no matter what level they play at. **Look out for club announcements** when the clinic is due to commence.

Dan Sturt

BSC (Hons) Physiotherapy MCSP SRP

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