

June 2010 **news**letter



## Chairman's Update



The winter has been tough for tennis with play impossible for many days at a time. Squash and table tennis were not really affected by the weather. The hardy beach runners have carried on as usual and have had some extremely good results in the older age groups, in particular, the National events.

We held our inaugural school scheme coaching which is ongoing and successful. This is one of the priorities of the LTA and consequently it is very important to maintain liaison with the different schools and coaching the children in our area.

One success of many to note – Tom Fisher is now playing at No 2 for Norfolk in his age group. Well done.

The annual dinner dance was held in March at Northrepps Cottage Country Club, attended by approx 80 people who, on enquiry by me, seemed to all have enjoyed the event – the venue being very smart.

The annual squash handicap tournament was held earlier this year and old foolish person that I am, having not played for two years, decided I would try my hand this time and I was well and truly beaten on Tuesday and could not move on Wednesday, Thursday or Friday! The event was won by Peter Foster who beat Martin Sandville in an extremely exciting final.

Keep a look out in the clubhouse as Danny has organised several tennis tournaments, one or two have already taken place, the partners event was won by the Hoffmans with more to come. Please take part.

As you will have seen, at our entrance, we have taken part in the Crustacean Crawl, Crab/lobster event in Cromer/Sheringham which enables people to collect a saying/limerick/verse by finding all these Crab/Lobsters which have letter clues on them putting them all together to make up the correct words, all these correct

entries are then put forward into a draw to win a prize weekend away etc etc Danny tells me that it has been received well and many members of the public are coming round to collect the letters and we hope have a drink or see our facilities. (Ps thanks to Alison Cushing for the Crab painting)

The annual club tennis tournament is being held at the end of the summer with finals day on 4<sup>th</sup> September this year. This will give people more time to play their matches without clashing with tournaments, county week etc.

Owing to difficulties we were unable to take part in Cromer Carnival procession last year. If anybody would like to help organise the forthcoming event we would be very grateful and would give every assistance and help as we did in 2008. Looking back to the parade I think everybody who took part really enjoyed it, and if a lorry etc. etc. could be found and a theme - it really does help the club with free advertising and is a super event to participate in, especially for the children, and would encourage more people to play tennis.

The Christmas party was held in December and was enjoyed by all who came, good turnout – despite the heavy snow which decided to descend a few days before. It did not put people off and everybody had a good time, and got out of the car park at the end.

At last the long suffering squash players have got their heating installed on the squash courts and very successful it seems to be especially for the visiting matches. Many thanks must go out to the two team captains Martin Braybrook & Barry Starling who have both organised the teams since the inaugural games in 1891/2 - oops sorry, slip of tongue 1981/2

We have brought the club up to standard in many ways over the last 2/3 years. As a result, we have to regenerate our financial situation by being very careful with our finances this year.

Have a wonderful summer.... Bring your friends; remember the courts are open to everyone. **PLAY TENNIS & STAY HEALTHY.**  
Nick Amis - Chairman.

## Groundsmanship



As you will have noticed, the clubhouse has had a makeover (hope you like the colours) new curtains, flooring and all outside fences and sheds have been painted.

As the courts struggled to thaw you may have noticed that we didn't clear the snow. Unfortunately, we have to let nature take its course on the Omni courts as clearing the snow would also move the courts sand and lead to drainage problems.



Over the course of the winter we continued to cut (although not as regularly) aerate, brush and keep an eye out for any disease on the grass courts. The white lining has now been done and all looks good for the summer.

Throughout this time we also maintain our machinery to keep it in good working order. The additional spread of volcanic ash in spring was not too expensive and was done thinly over several days – the source was a supplier from Iceland!

Till next time-Jordy and Mike.



## Tennis Tournaments

The NLTA President's invitation Tennis Tournament and Barbecue took place on Saturday, 5<sup>th</sup> June.



The event publicly inaugurated the Norfolk LTA's plans to take tennis to all reaches of the community. The event at Cromer followed the doubles format recently played at Easton and was a tournament for all standards of play from all over Norfolk.

Each year we host the LTA Inter County Grass Court Championships, usually Men's Group 2. We also hold the Cromer Junior Open and Senior Open (Norfolk Open titles) The standards are very high; competitors come from all over the country

We are hoping to have our Norfolk County Team after their promotion to group 2.

The catering teams achieved record income last year and if you can help out at any of the weeks please let us know. Rota's will be available in June.



The club has also re-introducing the Tuesday evening club session, following the opening of more of the grass courts. The session will commence at 5.30pm and will be **grass only** as the hard courts are used on a Tuesday for junior coaching. Cost for the session is £1.50 as normal.

A Men's Doubles Tournament is being held on Sunday 20th June from 2pm. Cost is £10 per pair.

## Tennis update – by Danny

Last year, the performances of the City League teams were good, with Cromer C Men's and Ladies gaining promotion to Division's 4 and 3 respectively. The club has entered seven teams for the forthcoming season, thank you once again to the team captains for volunteering for this thankless task!

The club tournament attracted a record amount of entrants last year with some new (and some familiar) names amongst the winners.

The men's singles was won by rising star Matt Broughton who held off the determined Adam Smith in a tense final, whilst on the adjacent court, Hannah Codling Thomas lost to the 2008 winner, Val Woodhouse who retained her title in straight sets.

The ladies doubles winners were Roma Lawrence and Anne Armitage who defeated Anne Cowper Johnson and Jean Spruce, whilst in the men's event Nick Kidd and Paul Everden beat Mike Holdom and Paul Roebuck in three close sets.

The mixed final winners were Annie Cowper Johnson and Matt Jordan who scraped home past the determined Chris Hoffman and Fiona Hoffman in three sets.

The Cromer Junior and Senior events went very well and saw an increased number of club members taking part. This year we aim for even more joining in these competitive but fun weeks. Derek Perry and David Weeds will be referees for Junior and Senior weeks respectively whilst Annie will once more be entry secretary for senior week and Howard Bottomley is taking entries for the junior version.

The highlight for me last summer was the emergence of some of the youngsters. Matt Broughton, Alex Youngman, Tom Fisher and Ross Murray in particular put in good performances for the teams and in tournament play, and it is hoped they continue to progress.

Their emergence is testament to the quality of the coaching they receive from Gareth and Richard whose structured coaching programme is starting to bear fruit with the aforementioned players thriving. Tom Fisher has been rewarded with a regular place in the county set up.

We have had three tennis events on Sunday afternoons. The first held was a ladies fun doubles tournament which was very well attended with eventual winners new member Lisa Lowe and Tanja Wright. The next event was a 'Partners' tournament which proved very popular although there were definitely more crossed words than in the other tournaments! Pre event favourites Chris and Fiona Hoffman proved too strong on this occasion.



We also held a men's doubles event which attracted 10 pairs who I split into two round robin groups, winner of each playing a final. Following a terrific afternoon's tennis in fine weather our ground staff of Mike Holdom and Matt Jordan scraped home against Jim Pallister and Alex Meyrick in a tiebreak.

Further events of this type will take place in the summer and I imagine they will again be very popular.

This season we look forward to more of the same with arguably the highlight being the courts once again hosting County Week with Norfolk's Men's team hoping for a strong performance on home soil.

Finally, a date for your diary, the Club Tournament Finals Day will be on 4<sup>th</sup> September following the Seniors event. Matches will start from 16<sup>th</sup> August.

## Squash news from Danny & Martin Braybrook

Hello squash players - Welcome to the latest newsletter.

This warmer time of year brings about contrasting moods in our squash members.



For some, normally the younger ones, it is a time of year they relish with prolonged rallies where the ball will not die no matter the quality of the drop shot! This leads to the canner players pretty much collapsing through exhaustion, as their grinning opponent moves them from side to side and forward and back for what seems like forever!

There are even those who hang up their squash racket to grace the tennis courts in the summer but they will remain nameless. On a serious note, thankfully the days of really cold courts have now gone with our heating system installed, and this has definitely led to improvements in many players' games (and fitness). Hopefully, this will mean when we play on other club's 'warmer' courts we are now fit enough to compete.



Squash has continued to hold its own – no better, no worse – and there is a hardcore of between 30 and 35 members who play regularly in the internal leagues with upwards of 20 of these representing the club in Norfolk League matches.

The 2009-10 Norfolk League season has just finished with the first team winning six of their 18 matches to finish seventh in Division Two while the second team won ten of their eighteen to finish fifth in Division Three.

Last summer the first team finished fourth in Division Two and the second team fifth in Division Three. Two teams will again be entering the 2010 summer leagues.

Within the club Steve Mutton once again won the club championship, beating Ben Herrieven in the final while Alan Harper regained the veteran's title as he beat Gary Spruce while the Jeff Morris Memorial Trophy for Over 35s was won by Henri Paul who beat Matt Copeman. Peter Foster won the annual club handicap tournament for the first time beating Martin Sandville in the final.

Regular press coverage remains good but we desperately need some younger players to take up the sport especially as an ever increasing number of regulars are now the wrong side of 60.

## Tennis Coaching by Gareth



"MY TENNIS ELBOW WONT GO AWAY"  
Over the past few weeks I've had an increasing number of people asking me about solutions for tennis elbow! So here we go here are my top 7 tips to help with tennis elbow.

### 1) RACKET FLEX - Have you got the right racket?

Each tennis frame will flex a little or a lot. The less it flexes on contact with the ball, the more shock that is driven into the elbow tissues. Look at the width of the racket "hoop" The narrower it is the better for your elbow.

### 2) STRING CHOICE- Natural gut string is an absolute saviour for players with tennis elbow.

Yes it's more expensive but the benefits are immense. Natural gut has the ability to absorb harmful shock whilst still delivering an unmatched power return to the ball.

### 3) STRING TENSION - Lower your tension.

This will allow more of the impact shock to be absorbed and will deliver more power to your shot. Most of the top professionals shy away from high tensions. Tensions of around 53lbs for a normal size frame (95 sq ins) are about right.

### 4) RACKET MASS - Avoid ultra lightweight rackets.

The more mass you have available to meet the ball the less worry for your poor old elbow. If you cannot be parted from your lightweight racket, then ask a competent stringer to add lead weight to the frame around the 3 and 9 o' clock positions. Use a qualified stringer to do the work!

### 5) INCREASE GRIP SIZE - Use the biggest grip size you feel you can use comfortably.

Do not use more than 2 grips as the natural feel of the bevels will be rounded off.

### 6) SOFT GRIP - Use a cushion grip, this will absorb lots of the shock.

7) VIBRATION DAMPERS- Are effective in dampening out those vibration frequencies that are particularly damaging to the tissues of the elbow and shoulder.

Steroid injections are an absolute last resort and are NOT a solution to tennis elbow. They will allow a quicker recovery but are totally useless and potentially dangerous if the player walks into the same old trap.

The above 7 golden rules have saved many a players elbow and lead to a much quicker recovery to the court. Hopefully this has been helpful.



Be lucky  
Gareth

## North Norfolk Beach Runners - Graham Kinch

Yes we are the people who clog up the area in to the changing rooms on a Tuesday and Thursday evening.

However we are sharing the changing rooms with a World Champion and a British Champion!

Dena Parfitt was selected to represent Great Britain at the Worlds Masters in Clement France in 2008 and became the World Champion in the Half Marathon in her age group 45 -49.

Malcolm Ball celebrated his 75th birthday in 08 by winning the British Masters 10K Gold Medal for his age in Barrow-On-Soar in Leicestershire.

We have just over 100 members who range from 18 up to our oldest member who is 82 and ran the Flora London Marathon in April 08.

To live up to our name we do, once a year, have a beach race from Mundesley to Overstrand and back.

As a club we organise a number of competitive races each year. In July we organise the Worstead 5 mile race and in October The North Norfolk 7 which goes from Gresham's School down to Kelling and back with up to 300 runners taking part.

We also provide assistance and marshalling for the Cross Country run on the Stody Estate in March organised by the Break charity, the Chase the Train for Crossroads - Caring for Carers Charity, the Cromer carnival fun run and the New Years day race along the prom.

The other event we organise, and hopefully some of you have taken part in, is the Boxing Day Dip by the pier. This year saw the biggest turnout we believe for sometime, with about 150 people braving the North Sea and the collection raised nearly £3,000 for East Anglian Children's Hospices (EACH).

This year we had runners in the Virgin London Marathon with some getting automatic places following their performances last year. Last year we also had runners taking part in marathon runs in Chicago, San Francisco, Berlin, and Scotland.

One of the main events we participate in each year is the Round Norfolk Relay.

This is a 194 mile race run over at least 24 hours with 17 runners and a support team. The race which attracts 55 teams from all over the UK starts at Kings Lynn and each team has to judge when they start so that they complete the total run to end up in Kings Lynn by 09.30 the next day. The Beach Runners enter two teams.



If you feel the call to come running do join us, you would be very welcome. All abilities welcome. Our website is [www.nnbr.co.uk](http://www.nnbr.co.uk).

## Club House News



You may have tripped over the new step covering found the night light useful and been impressed by the new loo flooring.

On the bar side, there has been a slight increase on some items. This was due to the increases in duty; however we still remain very competitive in comparison to pub prices.



Fentmans Ginger Beer & Lemonade is the new addition from our top nutritionists behind the bar..... and the supply of unique beers continues

The club supported Woodforde's Crab & Lobster Ale Trail in May and have now purchased the wonderfully painted crab from the Crustacean Crawl.



Oh and just in case you wondered, a current trend of coming to work naked on Fridays has not extended to the club yet!

## Social

The Annual Dinner at Northrepps Country Club was well supported on 20<sup>th</sup> March with dancing to Saturn Entertainments.



Unfortunately the evening with Jimmy Case and Comedian – not sure he would have needed one – was cancelled in February as Valentines day must have taken priority for us all....

## Quiz Night

Don't forget the monthly quiz on the last Friday of the month – teams of four'ish – with Fish & Chips at half time..... Please come and win – we have too many teams trying for second plaice!



## World Cup

Come and watch the England games and enjoy cheaper beer and sandwiches at half-time. Also have a go at the sweep-stake you never know your luck.....



## A word from the manager:

And finally .....

We hope you enjoyed the latest edition of the club newsletter.

We are all looking forward to a successful summer, with our grass courts already in play. Early comments have suggested that the courts are playing superbly, and I would like to take this opportunity to thank Jordy and Mike for their tireless work on the grounds.

Much of their off season work goes unnoticed, but rest assured our courts are of such a high standard due to all year round care and attention.



You will also notice the grounds are kept very tidy with much effort going into the beds and hanging baskets. This resulted in an award from Cromer In Bloom last season and I know the boys are hoping for more of the same this year!

The next time you are at the club, take a minute to have a look around at the club. We have a small team and we are rightly very proud of how the club works. This is down to an awful lot of work behind the scenes, but it is also down to you. The terrific atmosphere you will find here is because of you, and I hope you continue to enjoy the benefits of being a member at the club.

Don't forget, we are open to the public so please bring all your friends along to join in.

Many thanks, Danny.