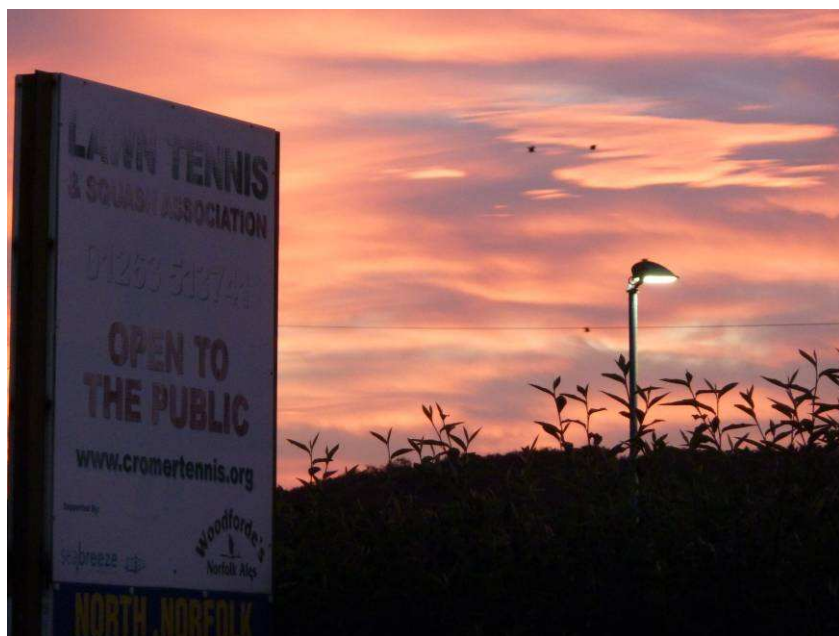


## December 2011 newsletter



### Chairman's Update



First can I wish all our members – running, tennis, squash, table-tennis and possibly croquet - a very Happy Christmas and a prosperous New Year.

You will see set out below our tennis grass court bid in conjunction with the Norfolk County Council, for Olympic tennis practice.

As all our tennis players are very aware, the UK is now the only country that holds tennis tournaments on grass which is quite a different (alien) surface for most professional tennis players. We have passed all the LTA criteria and below is part of our bid which included a small personal video demonstrating our facilities and the quality of our courts, hotels and surrounding area.

### **CROMER LAWN TENNIS & SQUASH ASSOCIATION PRE GAME TRAINING CAMP INVITATION**

#### **Why choose Cromer Lawn Tennis & Squash Association?**

We would like to invite you to train at our Club. We are one of the venues listed in the London 2012 Pre Games Training Camp Guide for Olympic Tennis (Male and Female).

We have been recognised by the British Tennis LTA as one of the top 5 grass courts in the country. We can tailor to your team's needs and requirements during your stay with us as you prepare for your Olympic ambitions.

#### **Our offer to you**

- Some of the best grass courts in the UK. Excellent training facilities and courts (10 high quality grass courts, 2 artificial grass courts, 2 macadam courts).
- Onsite catering facilities and meeting rooms.
- Newly built Cromer and District Hospital approx 5 minutes away with £15 million facilities including new MRI scanner

- Very good transport links.
- Large choice of accommodation within 1 mile of the club.
- Vibrant cultural activities in Norfolk – host of 2011 Stage 7 and 2010 Stage 6 Tour of Britain, National Trust buildings, beautiful coastline and Norfolk Broads, warm friendly community.
- Clean, green and safe environment.

### **Our hosting experience**

- Each year we host the Group 2 men's grass court county national championships.
- Norfolk Open – Men's, Ladies.

### **Where are we?**

Cromer is located on the North Norfolk coast and within easy reach of London (Wimbledon) by car, train or plane and is within easy reach of other beautiful regions of the UK.

By car – travel time from to Norwich is 42 minutes by car, Cromer to Stansted Airport is approx 2 hours 14 minutes (by car). Cromer to London under 3 hours (by Train)

By train – we have a very good rail network links to London, Cambridge, Stansted Airport

By air – Norwich International Airport has flights to many destinations in the UK, Europe and rest of the world via Amsterdam Airport Schipol.

During the summer, I took part in Excel 2000 (with the help of Cheryl and Howard) which was a promotion of sporting and other facilities in our area.

To try and accrue some new members we set up a mini court with nets and lines and sponge balls and enticed lots of the attending people to partake in mini tennis – some for the very first time.



We spent the whole morning promoting the club, met our local MP, Norman Lamb, and encouraged as many people as possible to take up sport.

As you will see from the calendar included in our newsletter, we have, with the help of Alison Cushing and her Social Sub-Committee, already promoted a golf day, race night and wine tasting with lots of help from a very small band of members.

Some of these events have not been very well supported and it is vital for our club (non-profit making) to make as much money as we can for CLTSA.

The facilities at Cromer are not only rated as in the top five grass courts in the country, this facility which is open to the public with many members playing most weeks is a very rare and precious commodity for the town and your support is vital to keep us afloat.

Please look at our calendar to make sure that your social events don't clash and we look forward to seeing many more of you in the future.

Alison's last event for 2011 is a very smart Casino Night being held on New Year's Eve. See Danny or any of the bar staff to reserve your tickets (limited numbers – first come first served).

Whilst talking of events over the winter months, I must just mention Derek/Kathy who have organised catering for all of these events as well as the winter tournaments with the help of Annie Cowper-Johnson.

**PLEASE, PLEASE SUPPORT ALL OUR SOCIAL EVENTS AS THEY ARE PUT ON FOR YOUR ENJOYMENT.**

I hope I haven't missed anybody out, but if I have, to those people many thanks.

**LOOKING FORWARD TO 2012 – ESPECIALLY THE GRASS. SEE YOU ON COURT - NICK AMIS**

## Groundsmanship

Due to the fabulous early weather, the courts opened early this year and were well used during the extra bank holiday.

The autumn courts programme has included solid tyning, slitting and scarifying with the baselines re-seeded using rye grass. This will be followed by the usual brushing, spiking and spraying.

I have just replaced the old mid-court gates to allow easier access to the mid-courts and we are doing an assessment of the balcony.

The winter painting programme will include the squash court changing rooms and later on the hall walls.



I have also been asked to prepare the area by the referees hut for Howard to experiment with some winter croquet.

## 24 hour Marathon

Thanks everyone for helping put together this event.

We raised £2265.17 for the East Anglian Air Ambulance.

Thanks to all our supporters through the night

Till next time-Jordy.



## Tennis update – by Heather

### Open Tournaments

The summer saw our three major tennis events.

Junior week hosted 291 children and thank goodness the weather held out. The event was the 3<sup>rd</sup> largest to be held in Tennis East.



County week saw some of the best amateur players in the country competing, with Norfolk getting promotion to Division 1. Senior week saw club members Heather Bottomley, Mary Ogden and Rich Keeble successful.

In June, we hosted an Open Ladies day sponsored by the Cliftonville Hotel. The day raised £500 for the club and the chefs provided a superb lunch. We plan another next year 5<sup>th</sup> July.

### Leagues

The teams did really well with Men's 'B' team promoted to the first division and the Ladies 'C' team also being promoted. Well done to all team players in particular the promoted captains, Andrew Buck and Tanja Wright.

### Club Evenings

In the summer we had Tuesday night club-night on the grass culminating in a social evening with excellent food provided by Derek Mackey and Kathy Seville – thanks to all those who came.

Ladies team practice is now a regular event held fortnightly with sign-up sheets in the pavilion.

A mixed club evening is also taking place alternating with the Ladies night.

## Presidents Invitation Tournament

The Presidents Invitation Tournament was held on Saturday June 4<sup>th</sup> followed by a fabulous buffet from Derek and Kathy.

## Club Tournaments

Tea and cake tournaments have proved successful and will become a regular feature of the programme.

The Annual Winter Club tournament finals day will be on April 22<sup>nd</sup> with food. Please come along to support if you are not playing.

A new tournament will take place in the summer with the finals on 24<sup>th</sup> June. There will be Singles events with Doubles and Mixed events where you enter as a pair. There will be a plate event for first round losers. Look out for the sign up sheets in the new year.

## Open Day – 19<sup>th</sup> May 2012

We plan to organise an open day on May 19<sup>th</sup>, to encourage new members and look for support from everyone at the club.

- Rusty Racquets / Mini Tennis / Cardio Tennis
- Equipment/shop/Service speed
- Squash / table tennis / beach runners
- Publicity through allplay
- Catering / bbq / Tombola

If you have any ideas for this please let Heather know. The tennis committee will need your help and support.

## BTM

Don't forget, if you have not registered for British Tennis Membership, please do at [www.ita.org.uk](http://www.ita.org.uk)



## Squash news from Martin Braybrook

Cromer's thirtieth season in the Norfolk Summer Leagues came to an end and the summer has proved to be one of the club's most successful with the first team finishing third in Division Two and just missing out on promotion to the top flight by a mere eight points while the second team finished runners-up in the third division. The team has come a long way since 1982 when the following summer the two teams finished in third place in Divisions Seven and Nine respectively.



The success in part has been due to the more focused training sessions instigated by newly appointed Technical Director, Barry Starling which has left first team captain Henri Paul free to concentrate on selecting and running the team. After a shaky start to the season which saw three losses the team went on an unbeaten run winning five and drawing two of their next seven matches - results which saw the team climb rapidly up the division and come close to gaining the second promotion spot.

The team enjoyed a well earned break prior to the start of the new winter league season in October when they are playing their thirty second consecutive season of Norfolk League Squash. Having gained promotion from Division Three six seasons ago they will be hoping to improve on last season's highest ever league finish of third place in the second division and they will have been boosted by the return of a suitably refreshed Michael Holdom from his trip to Australia.

Not to be outdone the second team completed their twenty third summer league season with their best ever finish as they finished runners-up in Division Three. They first played in 1983 and after a blip in the 1990s when the club was only able to field one team the second team, under Starling's astute leadership, has made steady progress since 1998 when they finished fourth in Division

Eight and they have now had six successive summers in Division Three.

This summer they won seven out of twelve matches, finishing nine points behind the eventual league winners Wensum Lodge and actually beat the Norwich based champions 16-7.

They, too, are now competing in the new winter leagues where they have had three consecutive seasons in Division Three and they will be looking to build on last season's sixth place finish.

### **KEEBLE'S SPEED AND ATHLETICISM IS TOO MUCH FOR BRAVE COPEMAN**

No.1 seed and defending champion, Richard Keeble, became only the fifth player in the 30 year history of Cromer Squash club's annual club tournament to successfully defend his title when he wore down the brave challenge of No.4 seed, Matt Copeman, who was appearing in his first ever final, eventually coming out on top 9-2 9-10 9-1 9-5 after 42 minutes of top quality squash.

In the semi final Keeble defeated the No.3 seed and beaten 2008 finalist Alex Foster while Copeman had an excellent victory over the No.2 seed Ben Herrieven who could not improve upon his 2009 and 2010 runners up position.

The plate competition for those who lost their first round matches was won by David Young who beat Jean Spruce 9-7 9-3 9-6.

## Tennis Coaching by Rich

The coaching programme is going through a transition phase at the moment.



Having lost some of our stronger performance kids to the likes of College and University, we are trying hard to find and develop more children from a younger age base. A big part of doing this is to get into the schools. A school link has been developed with The Belfry junior school in Overstrand this term and the hope is to cover a new school every half term. Once the children have participated in the taster sessions they are then given the opportunity to continue playing tennis by the use of a free coaching session voucher for our already existing groups.

The groups at the club have had a good start. None have been cancelled due to the weather yet (touch wood)!

The participating children are now regularly competing in every 5th session. This is an LTA initiative which encourages healthy competition for kids to grow their game. Also some of the children are now competing outside Cromer as well. We have several children in the Winsum League which is a Norfolk based league competition. Please look in the club or on the internet for more information on this.

It's nice to mention that Tom Fisher is competing nationally. He has been playing at Cromer for several years now and I'm sure you will recognise him if you see him hit a ball!

He recently played at Wimbledon in an U14's tournament against the best in the country, whilst also playing many other tournaments around the country. It's nice to report that he is playing fantastically and is continuing to show improvement.

I am hoping to begin a full ball junior tournament to co-inside with the adult version for the winter. The finals day will be the stage for the junior final also. This tournament will be open to mixed gender and anybody who plays with full balls in groups are welcome to participate.

The adult coaching sessions have seen a mixed response so far. The Thursday Ladies morning session has just about been a success so far. Numbers are border line at the moment, but hopes are that some of the more regular participants will return soon.

A beginners session was advertised (possibly not in the right places!!!!) but with very little uptake. I think the wording of "beginners" might have been the wrong way to advertise also. I would like to run a session for club players to hopefully improve the technical and tactical tennis played. Realistically this will not happen now until after Christmas.

My last words on this coaching report are more of a request.

As I'm sure most people are aware we/the club need more tennis and squash participants. This in-turn should improve the social side of our club and hopefully raise the awareness of the undoubted quality that is here.

If you know anybody who once played or would like to start playing then please introduce them to the club or any of the sessions that are provided. This includes the Zumba classes or table tennis teams that the management here have kindly set-up.

If these activities are not productive enough then they will surely be stopped and that really affects the service that we try to provide.

Thank you  
Rich Keeble

## **Coaches Corner**

Return of serve:

The first point I wish to make is obvious but needs mentioning. If you can return serve to a relevant standard to have the best chance to apply pressure to your opponents.

The set-up/start position is often something that I see a lot of players get wrong. The tendency is for the returner to be standing too narrow inside the tramlines.

This leaves you with one part of the service box far too open for it to be covered effectively. This normally is done because players wish to cover their weakness! However any clever server will spot this and at least attempt to hit that area.

For me, the best way to look at this is 'that weakness' will never get any better unless you use and practice it!

So read my following ideas and try them to improve your return of serve.

### **Position**

In singles tennis my return position is to have my outside leg on the first (inside) tramline.

I would only adjust this if the speed of the server is either faster or slower than expected. In which case, I either move inside or behind the baseline.

In doubles, the server tends to stand wider on the baseline. My position for this is to in-turn start more in-between the tramlines. This is because of the angles the server has into my service box.

Again minor adjustments must be made according to the speed of the serve.

The only other factors I would consider whilst playing are:

- the servers ability (or lack of) to only hit a particular serve
- If I wish to make a premeditated attack on what serve I expect to receive.

The next point I wish for you to think about is the pace that is on the ball. If the server has a decent amount of speed on the ball then you do not need to add your own pace.

You can simply use the pace already there. The way to do this is to shorten your swing. Ideally to the point that you can make contact with the ball a little in front of your body. By shortening your take-back (swing) you will have the benefit of having a little more time to line up where you wish to hit the ball.

If the serve has little pace then I would start well inside the baseline to apply pressure. On top of this, if the serve lands short in the service box then I would use the opportunity as if it was a short ball (particularly in doubles) and get to the net straight after hitting it.

On a slow or 2nd serve you need to have a more aggressive approach. This means a slightly larger swing but not to the stage that you become wreckless.

Remember you have a chance if you make lots of returns, but none very little chance if you only make a few. More can be learnt from watching, reading or trying these things!

Rich Keeble

## North Norfolk Beach Runners - Graham Kinch

The club continues to participate in races here in Norfolk, the UK and abroad with many successes particularly in the seniors and 60+ categories.

The club celebrated its 25th anniversary in June with a BBQ which Nick and Danny attended as well as a couple of our original members.



In September the club took part in the 194 mile, 25<sup>th</sup> Round Norfolk Relay. We entered two teams and the first team came 4<sup>th</sup> out of 31 in the Open category and took 9 minutes more than the predicted time of 22 hours and 4 minutes.



Chris Merrylees won the prize for the fastest time for the Cley to Cromer leg a distance of 10.81 miles along the shingle, up and down Skelding Hill, over Beeston Bump and then up to Runton Road car park in 1 hour 7 minutes an astonishing 6 minutes 12 seconds a mile.

Chris Merrylees and his stage prize

Three of our members received medals for running the Round Norfolk 10 times. This team also came 2<sup>nd</sup> in the category of members of the Association of Running Clubs.



Ten year medals for John Christopher, Guy Shepherd and Ian Wade

Our second team was 1 hour 5 minutes longer than the projected time and were 19<sup>th</sup> in the Club category.

This was longer than expected as Jim Hayes our Chairman was hospitalised on the Friday before the race and

Eddie Carman (pictured) had to run the last 12 mile leg for him at short notice.

The club was responsible for the changeover points at Cromer and Mundesley. The RNR has a photographic competition associated with it and Graham Kinch was runner up in the "Handover " category.

The club organised a very successful Bakers and Larners of Holt 10K race in October. This replaced the North Norfolk 7 mile race and instead of being all on road was multi terrain, using Gresham's school playing fields, the road and tracks across Kelling Heath. The weather was perfect and we had 292 entrants out of a race limit of 300.

The Beach Runners are again organising the Boxing Day Dip at 11:00 on Monday 26<sup>th</sup> December by the pier at Cromer.

The chosen charity is "The Big C" in memory of one of our runners Jeff Dodds who died earlier this year.



The Tennis Club are invited to participate and to collect donations/sponsorship for the Big C.

## Club House News

You may have noticed how smart we all are with thanks to our sponsored polo shirts from Hayes & Storr!!



Cromer Sponsored sport wear is now available to purchase. Just ask Danny to add your name to a list! He just needs colour, style and size.



The old fridge was replaced and the dishwasher packed up for a time but is now ok - phew.

The pool table was taken away to create more room for social events such as the successful wine tasting. This did expose the faulty heater which has also been replaced.



## A word from the manager:

First of all, I would like to welcome you all to the latest edition of the club newsletter. I hope that you found the various reports and articles of interest as we head towards the festive period.

Speaking of which may I take this opportunity to wish all of you a very merry Christmas and best wishes for a prosperous new year. I think that this has been a promising year for the club and I would hope the club can build upon this in 2012.

The social element at the club continues to grow with the newly formed social committee providing many fresh ideas to stimulate the club. Please keep an eye out for emails and posters advertising events being held.

On this topic, could anyone who has recently changed email address or hasn't in the past given their address to the club,

please do so as it is vital in terms of the club communicating info to the members.

As ever, my staff and I continue to try to provide you all with a friendly environment in which to play your chosen sport and it is hoped that you continue to enjoy the club for many years.

If you ever have any ideas or topics you would like to discuss with me, please do not hesitate to come and see me. Finally, I would like to thank Howard Bottomley who has once again compiled the newsletter and I think you will agree has done a great job.

On the tennis side, in September we appointed Rich Keeble as the new Head Coach. Rich is taking over this role from Gareth following several years under Gareth's tutelage.

With Gareth facing increasing demands on his time through his burgeoning fishing career, Rich has taken over the role with Gareth providing much needed support on the coaching side. I would like to take this opportunity to thank Gareth for all his work over the years, producing many good young players such as Tom Fisher, Matt Broughton, Ross Murray, Rhodri and Alex Oliver to name but a few.

Another key part of the role is to bring about improvement in those slightly more senior in years, and I am sure that those who take the bold step of having individual lessons with either Gareth or Rich will concur that their games have improved thanks to the coaches influence.

We have witnessed many adults take this path and many of those are now playing regularly in teams and this can only be good for the club (and the individual!) On this topic, I would like to encourage those reading this to consider this as in Rich's words it is never too late to learn! I cannot think of a player who has taken lessons and not both enjoyed and gained from the experience.

Many thanks and hope to see you again soon at the club,  
Best wishes, Danny

## Social

In addition to the regular quiz evenings, we held a golf day followed by a fabulous curry and raffle and it seems like coming second is good as Derek, Cheryl, Andrew and Howard got our photo taken even though John Chapman's team won!! Sorry John.....



More recently there has been a Wine Tasting Evening and a Race Night.

**THE WINE TASTING EVENING** was over subscribed and was a huge success making £259 with over 40 cramming into listen and taste wines from around the world. Thanks to Tanja for all her hard work in organising this and if anybody wishes to purchase any of the wines which they tasted please contact Tanja on [tanja@egharrison.co.uk](mailto:tanja@egharrison.co.uk)

**THE RACE NIGHT** was held on 11<sup>th</sup> November with sponsored races, owners horses and a last race tricast.



Thanks to **The Cliftonville Hotel, Bumblebee Toys, Starlings, Icarus Hines, Cromer Trophies and Engraving, Nick Amis, Chris Hoffman and Chrissie Ericksen** all of whom kindly agreed to sponsor one race.

The event raised £136 and saw 8 Race Owner winners including Alison who won Nick's race on Raspberry Ripple and Mary Partridge picked up the top prize of £40 on the tri-cast. Well done all the runners and riders....

## Future events:

The bank holiday beer festival with 10 real ales on sale went well and we look to repeat the event next year.



Don't forget the monthly quiz. Get your teams of four – with Fish & Chips at the break.

On **NEW YEAR'S EVE, SATURDAY DECEMBER 31st** there will be a **FUN CASINO EVENING** with a buffet from 8 p.m. to 1 a.m. and a free drink upon arrival.

Admission will cost £20 per person and will be by ticket only.

Tickets, which will be strictly limited and can be reserved by contacting Alison Cushing or the club direct.

**THE GRAND CHRISTMAS DRAW** will take place in the club house on **FRIDAY DECEMBER 16th** at 7.30 p.m. with mulled wine and mince pies to get everybody in the mood for Christmas.

**JIM BRADLEY AND HIS BAND** are being booked for **FEBRUARY**

**A CLTSA Winter Golf Day** will be arranged in **MARCH**



## XMAS OPENING HOURS

We will be open as usual, with the following exceptions.

<b>Saturday 24<sup>th</sup> December</b>	<b>CLOSED</b>
<b>Sunday 25<sup>th</sup> December</b>	<b>CLOSED</b>
<b>Monday 26<sup>th</sup> December</b>	<b>CLOSED</b>
<b>Tuesday 27<sup>th</sup> December</b>	<b>CLOSED</b>
<b>Saturday 31<sup>st</sup> December</b>	<b>CLOSED</b>

**(Open in evening for Casino Night)**

<b>Sunday 1<sup>st</sup> January</b>	<b>CLOSED</b>
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## 2012 Calendar

A 2012 calendar of events is being developed with the Tennis & Social Committees to be confirmed at the AGM



- Ladies Team Practice
- Mixed Team Practice
- Men's Night
- Golf Day March
- Club Handicap Tournament March 5th - March 9th
- Winter Finals 22<sup>nd</sup> April with food
- Open Day 19<sup>th</sup> May supported by a new member programme
- Gresham Day
- Presidents day
- Schools week
- Open Mixed event - 2nd Sunday June
- Hayes & Storr Corporate Night
- New Club finals 24<sup>th</sup> June
- Tea Tournaments
- Mid-Week Ladies Sponsors - The Cliftonville Hotel - 5th July
- County week
- Possible Olympic practice
- Junior week
- Senior week
- Men's Curry Night
- Summer Club tournament finals September
- Jazz Night
- Golf Day September
- Annual Club Tournament October 8th - October 12th
- Casino Night 2<sup>nd</sup> Friday in October
- Wine Night 2nd Friday in November
- Jeff Morris Memorial Tournament (Over 35s) Nov.19th - 23rd
- Veterans Tournament (Over 45s) December 3rd - 7th
- Jazz evening
- Christmas Mulled Wine, Mince pies and Grand Draw
- Boxing Bay Swim with the beachrunners
- Quiz nights last Friday of the month except July / August