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Issue 6  
June

2024

# On Court >>>



An insight into what's going on behind the scenes at Nunthorpe Squash Club

## Club AGM Update >>>

This month's edition's main feature leads with a brief review of the recent AGM and looks at one of the key members and supporters who are active within the club.

The annual AGM was well attended, and the committee would like to take this opportunity to thank not only the members who attended the meeting but also members who couldn't make it on the evening and who positively passed on their thoughts in recent weeks

Whilst we accept all feedback good bad or indifferent it feels like the club is benefitting from everyone's input and pulling together which is very pleasing to see – Thank you all for your continued support

We also have a feature and a shout-out to **Heather Blackburn**, club coach who supports our coaching team.

Heather as you know has been a familiar face at NSC for a long time and is one of the main contributors to the success along with others, of our junior academy.

We also have a rallying call for our famous junior-sponsored walk event, more details to follow but please spread the word on this fantastic highlight event of the junior academy year

And finally, there is a reminder to all members that subscriptions (boo hiss!) are now due for our forthcoming season – details on how to renew your memberships are detailed within this edition and available on the website – once again, your continued support in helping make Nunthorpe Squash club one of the best clubs in the region is very much appreciated – we have big plans 2024. 2025 so your support and contributions are fantastic

### **The Committee**

# Membership FEES

It's a no-brainer really but here at Nunthorpe Squash Club, not only do you get fantastic courts to play on but you get one of the best clubs in the region with gold-rated England squash facilities, saunas, a gym, coaches and a committee to help you develop and enjoy the game of squash .

We are appreciative of your continued support, but we wanted to let you know where we see Nunthorpe in the local area – Generally local clubs typically charge much more for your chosen sport and some offer a worse environment, courts and facilities so why delay – **spread the word and renew your membership today!**

We are growing our membership whilst others are reducing their membership numbers – **so ask any of the committee for details or see details on our website for instructions on how to renew or join**



- ★ Squash
- ★ Racketball
- ★ Gym
- ★ Table tennis
- ★ Individual Squash coaching
- ★ Group Squash coaching
- ★ Squash Academy (6-16 years old)

- ★ Equipment to loan
- ★ Free Squash Mini leagues
- ★ Modern changing facilities
- ★ Sauna
- ★ Online booking system
- ★ Bar and events
- ★ Free car parking

Subscription/Membership Type	Monthly Fee	Annual
<b>Single</b> 1 single adult	<b>£17</b>	<b>£160</b>
<b>Joint</b> Married or co-habiting	<b>£25</b>	<b>£240</b>
<b>Family</b> 2 adults plus up to 3 children	<b>£29</b>	<b>£288</b>
<b>Student</b> Student in full time education	<b>£10</b>	<b>£96</b>
<b>Junior</b> 16 years and under	<b>£5</b>	<b>£48</b>



[www.nunthorperecreationclub.co.uk/join.php](http://www.nunthorperecreationclub.co.uk/join.php)

## Nunthorpe Squash Club Merchandise

If you wish to take advantage of these great products and offers

All you need to do is email "Nunthorpe Squash Club" & a member of the committee will arrange for your order to be handed over at a convenient time for you- no delivery fees and try before you buy!



### Description - Adult T Shirt

This adult sized T shirt provides excellent ventilation with high durability and it's easy to combine thanks to its colour and design - allowing players to enter the court in a sporty and comfortable style.

It features club logos front & back and features a round neck, all in a regular fit.

£15



### Description- Academy T Shirts

This junior sized T shirt provides excellent ventilation with high durability and it's easy to combine thanks to its colour and design - allowing players to enter the court in a sporty and comfortable style.

It features club logos front & back and features a round neck, all in a regular fit.

£8

Measurements	XS	S	M	L	XL	XXL	3XL	4XL	5XL
1/2 Chest	44.5cm	48cm	51.5cm	55cm	58.5cm	62cm	65.5cm	69cm	72.5cm
Body Length	67.5cm	70cm	72.5cm	75cm	77.5cm	80cm	82.5cm	85cm	87.5cm
Sleeve Length	23cm	23cm	24cm	24cm	25cm	25cm	26cm	26cm	27cm



### Description- Junior Dunlop Armour protective eyewear

Stay focused, stay safe. Keep your eye on the ball. These WSF-approved goggles provide lightweight, durable, and very comfortable eye-protection for junior squash players.

£15



### Description- Performance Squash Racket

An excellent all-around racket from Dunlop .

In our opinion, the racket offers accuracy While it's not the most powerful, nor the most manoeuvrable racket on the market, it still manages to deliver in all areas, and helped produce some of the most precise, consistent shots out of all the squash rackets we've road tested- great for beginners and accomplished players. Try before you buy.

Adults

£65

Juniors

£25



### Description- NSC Designer Drinks Bottle

Much sought after ....Need we say more.

£4

We also have several academy hoodies available in limited sizes – see committee for details - Grips and balls are available in the vending machine.



As a committee, we are keen to recognise and celebrate some of the great work and support that is provided by our members.

One such person is Heather Blackburn who regularly leads sessions and supports coaches on a Saturday morning, helping our junior's coaching sessions go on from strength to strength.

Heather is a familiar face in and around the club and we asked her recently if she would like to tell us why she loves Nunthorpe Squash and does all the great work supporting the coaching sessions

**What inspired you to join NSC? and when? you to join NSC? and when?**

I have been a coach for around 2 years now. My children were attending on Saturday mornings, and I asked if the coaches needed a hand. Many years ago, I completed a squash coaching award and have been a PE teacher for over 20 years so felt I could offer some experience. Then we joined as a family and used the courts regularly.

**As a coach and supporter could you share your most memorable coaching day and what it meant to you?**

There are many memorable days, seeing new young people start and come back week after week is great. It's brilliant to see their faces when they get star of the week, but the best thing is when the skills they have practised come together and they can see their progress. Getting those serves over the line is a biggie!

**What aspects of squash do you find most challenging, and how do you overcome them?** From a coaching point of view, we need more courts to fit in more young people who want to play on Saturdays.

**What squash achievements are you most proud of, whether it's related to your skill development or sportsmanship?** I have played squash on and off for 25 years and am pleased my children have followed in my footsteps and taken up the sport. After playing competitively when I was younger, I have enjoyed the fact that I can turn up and just play anyone at any level from the club with no pressure it's about having fun and keeping fit.

**Off the court, what hobbies or interests complement your passion for squash, giving us a glimpse into your life beyond squash?**

I like to keep fit, swim regularly and we like to take the dog out on walks in and around the Cleveland hills. I love working with young people and now support children with disabilities who need respite care during holidays.

**As a dedicated squash member, what advice would you give to someone new to the sport, based on your journey and experiences?**

Join the club, come along and take part in club night. We need some more ladies to come down and join us!

**Are there any squash-related rituals or superstitions you follow before a match, or perhaps a lucky charm that accompanies you to the court?**

I don't play competitively anymore but used to make sure that I did a good warm-up before any match.

Outside of the coaching what do you enjoy most about Nunthorpe Squash Club – the camaraderie, events, or something else?

Everyone is friendly and going to club night is a great way to meet new people. It's easy to book courts and some of the events organized by the recreation side are great to attend

**Favorite Food & Drink?** Must be chicken parmo (once in a while)

**Your idea of a perfect night or day out?** Taking my boys and the dog out to the beach and eating fish and chips!

Night in must be film nights.



Join us for a Fun-Packed Day  
at the  
**Junior event of the year**  
—  
**Sponsored Walk!**

We are thrilled to announce one of the highlights of our junior section's calendar - **the Junior Sponsored Walk** around the picturesque Roseberry Topping. This event is set to be a fun-filled day for all our juniors, their families, and friends.

**Date & Time:** The walk will take place on **13th July**.

Please arrive by **9:45 -10:00 AM** for registration and briefing at Newton under Roseberry Carpark.

**Location:** The event will start from the carpark and trek to the summit of Roseberry Topping and finish back at the carpark then onwards to the Squash Club

**Participants:** All juniors are welcome to participate, and we encourage parents, guardians, and family members to join in the fun.

**Activities** The day will be packed with a variety of activities, ensuring everyone has a great time: Older junior members can return to the club via bridleways and footpaths – Smaller juniors can be collected at the Carpark

**Sponsored Walk:** Our main event, the walk around Roseberry Topping, offers stunning views and a great opportunity for some exercise in nature.

**Fun Stations:** Along the route, there will be guaranteed laughs all along the way with games and challenges for the juniors to enjoy.

**Picnic Lunch:** After returning to the car park for those wishing to walk back to the club, we will gather for a picnic lunch. Please bring your lunches – all lunches must be carried in a small backpack by Junior.

**Safety:** The safety of our juniors is our top priority. To ensure a safe and enjoyable experience for everyone:

- All juniors will be chaperoned by DBS-checked and qualified first aiders throughout the walk.
- Children need to wear suitable clothing and footwear for the weather conditions, comfortable trainers and a must along with a water bottle and bag/ Backpack

**How to Participate & join the Walk:**

1. **Register:** emails will be sent to all junior academy members/guardians, there will be a consent form and sponsorship form along with details – The consent form must be returned by **Sat 22 June**
2. **Sponsorship:** Each participant is encouraged to seek sponsorship for the walk.  
Sponsorship forms can be obtained during registration.

**Any junior raising more than £15 gets a free academy t-shirt!!**

3. Expected pick-up times after walk
  - a. **Newton under Roseberry carpark 11:15**
  - b. **Squash Club 13/:3**

**Why Participate?** This event is not only a great way to enjoy the outdoors and have fun but also an opportunity to support our junior section. The funds raised through the sponsored walk will go towards enhancing our junior programs and activities. We look forward to seeing you all there for a memorable day celebrating our juniors and their achievements!

For more information and updates, please visit [[website/link](#)].

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## ANNUAL GENERAL MEETING

A well-attended AGM meeting was held on 15<sup>th</sup> May. As per normal yearly activities and in line with the NSC constitution, full communication of procedures and notices were displayed within the club and emailed to all members.

Full Draft minutes will be uploaded to the website once they have been agreed upon at the next AGM and the committee would like to thank all members who attended and provided valuable input to the running of our club, your thoughts were much appreciated by the committee. The meeting lasted 90 minutes and covered a wide range of topics.

**Geoff Smith - Chair, Graeme Lewis – Treasurer, and Kelvin Bowes Secretary** produced respective reports and accounts and specific agenda points were proposed and voted upon, these will be uploaded onto web site again shortly.

Membership fees and slight changes to membership criteria were all discussed, changes were proposed and voted upon.

The nominations for the continuation of 2023.24 committee members and proposals for new committee members were also voted upon – **all passed without objection.**

### **2024. 2025 Season - Committee Members**

- **Chairman Geoff Smith**
- **Treasurer Graeme Lewis,**
- **Secretary Kelvin Bowes**
- **Membership Secretary Martin Bradley**
- **Committee Member Pete Spaldin**
- **Committee Member Ian Bell**
- **Committee Member Ian Williams**
- **Committee Member Michael Bowes**
- **Committee Member Donna Bell**
- **Committee Member Ben Suggitt-NEW Committee Member**
- **Committee Member Ben Harrison- NEW Committee Member**

The elected committee would like to extend a warm welcome to the 2 new committee members the 2 Bens! for the forthcoming season, we all look forward to another successful season working on behalf of the club & the membership.

# final thoughts.. FROM GEOFF SMITH – CHAIRMAN



Dear Squash Club Members,  
I hope this message finds you well. I am writing to extend my heartfelt thanks to all members and committee members for your valuable contributions and support during our recent AGM meeting. Your dedication and active participation are what make our club a thriving community.

As we enter June, I would like to remind everyone that this is the month for membership renewals. It is crucial to renew your membership promptly to continue enjoying the facilities and camaraderie that our club offers.

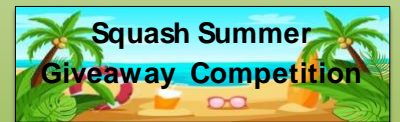
I am pleased to announce that the committee has made a commendable decision regarding our membership fees.

After thorough deliberation and proposals, put to a vote, we have decided to keep the capitation and membership fees the same as last year for most of our members. While there will be minimal increases for certain classes of membership, this decision reflects our commitment to supporting our members during these challenging times. Considering the current cost of living crisis, maintaining stable fees for most members is an outstanding achievement.

Thank you once again for your ongoing support and enthusiasm. Let us continue to work together to make our club the best it can be.

Warm regards, Geoff

## Members reminders



## Nunthorpe Squash Club Member of the Month Award

A sporting club is only as good as its members and the committee has recognised that we have some fantastic members, so to recognise some of the great input that routinely occurs within the club, we wish to celebrate some of our fantastic members every month.

If you'd like to nominate a fellow member

Please contact the committee on our usual email address

The closing date is the 25<sup>th</sup> of every month.

## In the next issue

Club Projects Update

Club Member of the Month

Chairmans thoughts

Ball Launcher update



Like, share and click away on all our social media pages – raising the profile helps the club enormously.



## Well Done, Mike Cindery

Mike has been long standing and a true friend and supporter of NSC - he is one of the most active and likeable members in the club- thanks Mike for your continued support