

**REOPENING  
SQUASH  
AND  
GYM**

**SPRING  
2021  
NEWSLETTER**



Welcome to the  
Nunthorpe Squash Club  
Newsletter



We have been making  
some improvements  
whilst we have been in  
lock down.

Keeping you up to date  
with the latest news about  
squash reopening.



**NEW AND OLD  
MEMBERS  
WELCOME!**

**Subject to National  
guidance,  
We can begin to reopen  
from APRIL 12<sup>th</sup>.**

**Join now!  
Take up an annual  
subscription now and  
benefit from an  
additional two months  
free membership.**

# SQUASH

is for

# EVERYONE



## MEMBERSHIP

**NEW! PAY AS YOU GO,** monthly subscription or pay annually now and benefit from Gym and court access for an extra two months free.

**Annual subscription lasts until 1<sup>st</sup> June 2022**

### Membership Type and Options (PLEASE SELECT ONE)

Type	Annual Total	Monthly Fee
<b>Single</b> 1 single adult	£150.00	<input type="radio"/> £15.00
<b>Joint</b> Married or co-habiting	£225.00	<input type="radio"/> £22.00
<b>Family</b> 2 adults plus up to 3 children. Includes 1 junior only fee for capitation	£250.00	<input type="radio"/> £25.00
<b>Student</b> Student in full time education. 75% capitation.	£75.00	<input type="radio"/> £8.00
<b>Junior</b> Under 19. 60% capitation.	£38.00	<input type="radio"/> £4.00

**No fee increases for 2021-2022**

**Pay annual subscription now and start using the gym and courts, following national guidelines, for two extra months free.**

**Pay monthly. Perfect for those wanting to try out our facilities and members new to squash.**

**Competitive fees, the costs of joining the squash club beats most other local sport charges.**

**PLEASE RENEW & JOIN THROUGH OUR WEBSITE:**

**[www.nunthorpererecreationclub.co.uk](http://www.nunthorpererecreationclub.co.uk)**

**COVID-SECURE measures in place. See website for our most up to date risk assessment.**

**From 12<sup>th</sup> April, same household squash and juniors can reopen, Plus 1:1 coaching. From 17<sup>th</sup> May, modified squash can be played.**

**All conditions inline and subject to Government and England Squash guidance.**

# BACK TO SQUASH

## LATEST FROM ENGLAND SQUASH

### BACK TO SQUASH TIMELINE

Last updated 25 March

This is intended as a guide to show what is allowed at the various steps and is subject to change dependent on UK Government advice/legislation. For all guidance on the return to play, visit [englandsquash.com/backtosquash](http://englandsquash.com/backtosquash)

#### CURRENT STATUS

We're working with Sport England to facilitate the reopening of courts from 12 April in line with Step 2 of the Government roadmap.

Whilst we await further detailed Government guidance for Step 2 (expected no earlier than 5 April), we're working on providing early draft guidance to support clubs and venues to reopen.



#### From 8 March

##### Step 1A

*Sport for education permitted in specific circumstances.*

- **Curricular and OOSS (Out-of-school settings)** squash allowed (must follow schools'/DfE guidance)

#### From 29 March

##### Step 1B

*Indoor disability sport permitted*

- Indoor **disability** sport with no social contact limitations whilst participating

#### From 12 April\*

##### Step 2 TBC

*Squash courts can open for use by individuals or same household groups.*

- Adults – **solo practice or same household** squash
- U18s – organised (coach/club led) **out-of-school settings** activities for up to 15 players
- **One-to-one coaching** for adults
- **Outdoor hospitality** areas may open, including club bars and cafés

#### From 17 May\*

##### Step 3 TBC

*A group of up to six people or two households can meet indoors.*

- Adults and juniors – **modified version** of squash
- **Coaching a group** of up to six players (adults and juniors)
- **Internal club competition**
- **Indoor hospitality** areas may open, including club bars and cafés

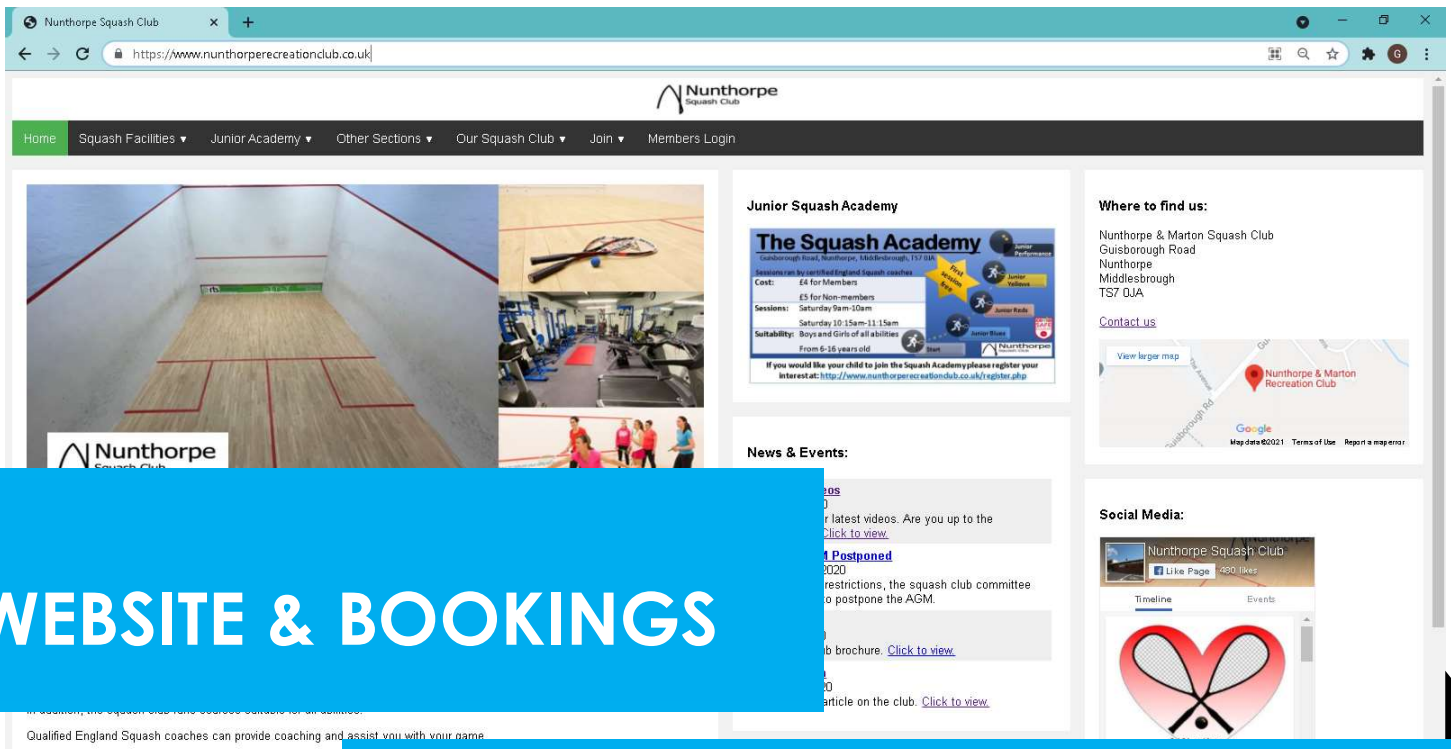
#### From 21 June\*

##### Step 4 TBC

*Social contact measures relaxed.*

- All play, competitions and coaching
- All hospitality areas open without restriction

\* All dates are subject to change by UK Government, and will be at least five weeks after the previous step.



# WEBSITE & BOOKINGS

[nunthorperecreationclub.co.uk](https://www.nunthorperecreationclub.co.uk)

Please visit our new and improved website:

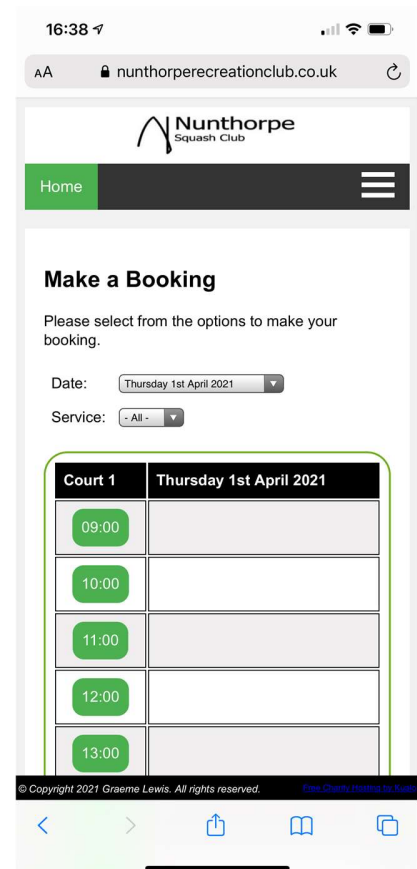
[www.nunthorperecreationclub.co.uk](https://www.nunthorperecreationclub.co.uk)

On here, we have launched a brand new booking system.

Through the booking system you will be able to:

- ✓ Book squash courts (for singles, doubles, 2 on 1)
- ✓ Make a gym booking
- ✓ Add members or guests to your bookings (visitor stamps will still be required)
- ✓ Keep a record of your results, matches and training days

**PLUS FREE WIFI FOR ALL MEMBERS, WHILST VISITING THE CLUB. SEE DISPLAY BOARDS FOR ACCESS.**



# The Squash Academy

Guisborough Road, Nunthorpe, Middlesbrough, TS7 0JA

Sessions ran by certified England Squash coaches

<b>Cost:</b>	£4 for Members
	£5 for Non-members
<b>Sessions:</b>	Saturday 9am-10am
	Saturday 10:15am-11:15am

**JUNIOR COACHING IS NOW...**

## THE SQUASH ACADEMY

Coaching for Juniors aged 6 to 16 years

<b>Graeme Lewis</b> Level 2 England Squash Coach	<b>Malcolm Leech</b> Level 3 England Squash Coach	<b>Michael Bowes</b> Level 2 England Squash Coach
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### New Squash Development Programme

We have created a development programme for children to learn and develop their skills. On entry to The Squash Academy, children will be assessed to determine their colour grouping: Blue (beginners), Red (Intermediate), Yellow (Advanced) or Black (Club level). Each colour has 3 sub-divisions, e.g. Blue 1, Blue 2 and Blue 3.

Coaching sessions will support children to develop their skills in a fun way, through games, practice and competition. They will receive achievements as they progress through each level and sub-division. Sign up and see more details on our website.





Lockdown has been tough, including for our squash courts – in particular, Court 3, which started to encounter serious problems with the flooring.

#### IMPROVEMENTS

- ✓ REPAIRED COURT FLOORING
- ✓ CLEANED COURTS
- ✓ LED LIGHTING ON ALL FOUR COURTS





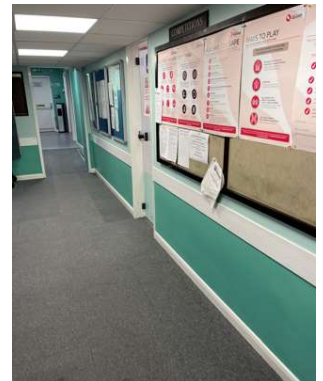
# DECORATING

[nunthorpercreationclub.co.uk](http://nunthorpercreationclub.co.uk)

We have decorated the entrance to the courts to reflect the modern improvements we are making as a Squash Committee.

## Additional improvements:

- ✓ Walls plastered and painted
- ✓ Noticeboards have been refreshed
- ✓ Club Honours boards have moved and are also viewable on our website
- ✓ New squash imagery
- ✓ And ....we now have a digital clock!





# THE SQUASH COMMITTEE

**Vacancy: Club Secretary**  
Nominations and volunteers required by AGM TBC

The committee can't wait to welcome old and new members back into the squash facilities. We welcome new ideas, help and support so please get in touch.

**Graeme Lewis**



Treasurer and squash coach

**Malcolm Leech**



Committee member and  
squash coach

Membership Secretary  
and PFA representative for

Ormesby

**Stewart Wright**

**Geoff Smith**



Chairman  
and County Committee  
representative

**Michael Bowes**



Committee member, 1<sup>st</sup> team club  
captain and squash coach