

# AUGUST 2021 NEWSLETTER

 **Nunthorpe**  
Squash Club

Welcome to the  
Nunthorpe Squash Club  
Newsletter



Junior Squash  
Academy  
Sponsored Walk

Mini Leagues,  
Club Night  
&  
Team Matches



**NEW AND OLD  
MEMBERS  
WELCOME!**

Brand New  
Club T-Shirts  
**Order yours now!**

Take up an either  
annual subscription  
or  
monthly membership!  
**Join now!**



**SQUASH**

is for

**EVERYONE**

## MEMBERS INFORMATION

### WAYS TO PAY...

Monthly subscription or  
pay annually – pro rata  
(lasts until 01/06/22)

This includes Court, Gym and Bar  
access.

## RETURN TO FULL SQUASH UPDATE

### Covid Update

In accordance with Government guidelines, we are lifting COVID restrictions and welcome a full return to Squash. This includes:

- Remove COVID notices
- Return squash court times to 45 mins
- Increased shower capacity
- Make saunas available for use
- Turn on the drinking water facilities
- Re-stocked vending machine
- Relaxed gym restrictions

Please respect other players by continue to practice good hygiene measures.

PLEASE RENEW & JOIN  
THROUGH OUR WEBSITE:  
[www.nunthorpercreationclub.co.uk](http://www.nunthorpercreationclub.co.uk)

Our website will hold our most up to date risk assessment.

Make sure you renew your membership as FOBS are deactivated.

Once you have rejoined, Stewart Wright will be available to reset your fob access at the club.

**PLEASE REMEMBER WHEN ON  
COURT NON-MARKING SHOES  
MUST BE WORN.**



# JUNIOR COACHING AGED 6-16



# THE SQUASH ACADEMY



A huge well done to all who joined us on the Sponsored Walk – the weather was amazing! We safely navigated to the peak of Roseberry Topping and made it back to the Squash Club, for ice creams. All funds raised will be spent on Academy T-shirts and equipment for our junior sessions.

A BIG thank you to everyone who sponsored us – so far we have raised £530! There is still time to contribute – just speak to or email one of the team.

Check us out on Facebook, where we keep everyone up to date with our weekly events.





# CLUB T-SHIRTS

**ORDER NOW...**



| 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   |

### Club Shirts

We are getting squash t-shirts printed with the orange design. If you would like one please email the number of shirts required and the sizes to:

[website@nunthorperecreationclub.co.uk](mailto:website@nunthorperecreationclub.co.uk)

Shirts costs £12, or free to members playing team squash. T-shirts can be picked up from the club.

**Only £12 each**

**LAST DATE TO ORDER IS  
SUNDAY 8<sup>th</sup> AUGUST 2021**





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**CLUB MINI LEAGUES**

**JOIN ON THE CLUB WEBSITE**

The club has its own internal leagues which run throughout the season.

There are five players of around the same standard per league, with 'league 1' being the top. Each player competes against the other four and, dependent on the score at the end of each game, enters points against each player's name.

At the end of each calendar month, the highest two scorers will go up one league and the lower two scorers go down one league.

At the start of each season, players will be assessed as to which is the most appropriate league they should start in, based on their squash standard.

**SIGN UP BY: 1<sup>st</sup> August 2021**

**[Sign up to the Mini leagues on the events section on the club website](#)**

**[or email: Michael.Bowes@ntlworld.com](mailto:Michael.Bowes@ntlworld.com)**



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**CLUB NIGHT**

**STARTS FRIDAY 23<sup>rd</sup> JULY**

Every Friday evening, from 7.00pm, all courts are booked for Club Night. This is where members of all playing abilities, from novices to team players, can come and play each other in a friendly non-competitive atmosphere.

Each person plays different people in a 'round robin' format, over a 20-minute period. Upon arrival, you put your name on a sheet and wait for your turn to go on court. After the 20-minute game, the winner stays on court until they have been beaten and the loser puts their name on the bottom of the list of players. The loser then waits until they get to the top of the list to see who their next opponent is.

Hopefully, by the end of the evening, you will have enjoyed playing against different opponents and the social side of the game.



visit: [englandsquash.com](http://englandsquash.com)

## TEAM SQUASH

### DURHAM & CLEVELAND SRA

TEAM SQUASH IS BACK!!.....The club enters teams into the County Leagues (dependent on the number of players interested) where they play teams from other clubs in the Durham and Cleveland area. Each team is in a division - the higher the division, the better the team.

Each division play on a specific night and each team will play both a home and an away match either side of Christmas. As a player, the club will provide you with a team shirt, court time and squash balls, along with a subsidy for home match food.

Please note: - there is a code of conduct which you will be required to adhere to.

**[Sign up on the events section on the club website](#)**

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



## RECREATION CLUB

### A message from the bar

Following the relaxation of covid rules, the bar will be open 7 days from Monday 26th July.

#### Opening hours

Mon to Wed: 6pm–10pm

Thurs and Fri: 6pm– 11pm

Sat: 3pm – 11pm

Sun: 3 – 10.30pm

Opening and closing times will be monitored and adjusted in response to demand. Track and Trace will be active so all members will need to sign in or scan the QR code on entry to the club. Members can order at the bar but face masks must be worn while ordering. It would also be appreciated if members could wear face masks when entering or leaving the club.

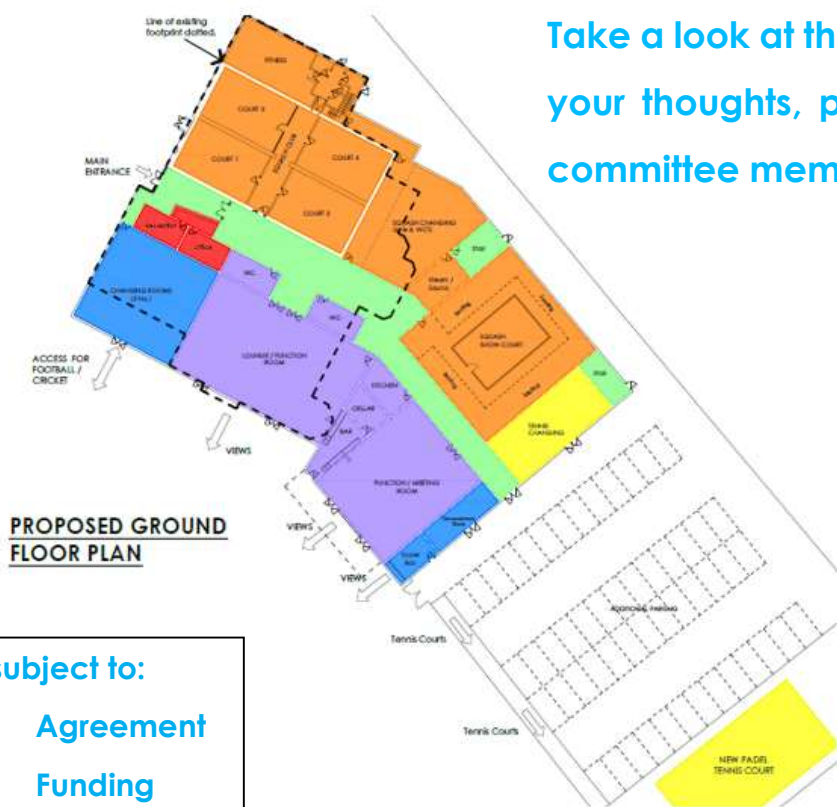


# PFA DEVELOPMENTS

## Possible future developments...

The Playing Fields Association, which Squash is a part of, are looking at developing the facilities and have asked for input from Squash on future plans.

Take a look at the first draft of ideas and feedback your thoughts, preferably via email, to a squash committee member (See Squash Notice boards).



- All subject to:
- Agreement
  - Funding
  - Planning



# THE SQUASH COMMITTEE

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

**Graeme Lewis**



Treasurer and squash coach

Membership Secretary  
and PFA representative for

Ormesby

**Stewart Wright**

**Malcolm Leech**



Committee member and  
squash coach

**Geoff Smith**



Chairman  
and County Committee  
representative

**Michael Bowes**



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