

## in this issue >>>

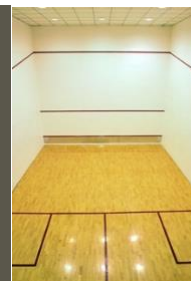
NMPFA Update  
Club Member of the Month  
Chairmans thoughts  
Focus on Committee Member  
Junior Academy Update  
England Squash Update  
DCSRA Junior event update  
Fire Sport Update – National Competition

 **Nunthorpe**  
Squash Club

Issue 7  
July  
**2024**



# On Court >>>



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

## NMPFA Update >>>

Capitation budget meeting was held on 5<sup>th</sup> June with Graeme & Kelvin who had requested the meeting to enable NSC committee to set members fees and budgets for the forthcoming season

In attendance were Alan Calvert & John Mc Dermott , Kelvin , Graeme and Wade Tovey (Tennis)

PFA presented proposed budgets along the requirements for 2024 .

Whilst the meeting was amicable , the meeting was challenging in parts as trustees could not provide required details that we requested and have also how asked NSC to consider and pay for water usage and capitation fees on “monthly members” which we historically have never been a requirement.

We pointed out, there is no fair process for accurate water billing currently for **ALL** sections , there appears to be no fair PFA maintenance strategy for NSC and there is no mechanism provided by PFA for us to consider capitation payments for monthly members.

Further discussions confirmed no clear PFA financial or development plan for the charity .

As such , GL left the meeting and we have written to Alan Calvert in the spirit of cooperation for PFA to propose workable plans and detail required , we are quite clear that we are not evading our responsibilities, but we require the evidence, details and PFA policies to enable us to recommend any changes to our members. We await a reply and have set 2024 rate at £35 per annual member.

## NSC Goes National !

*There's sun in the sky >>>*

This July bumper edition features some important information regarding our annual junior academy fun walk and an acknowledgement to you the members

***The committee would like to formally acknowledge all the members who have renewed their memberships so far , your continued support is truly magnificent and much appreciated***

We have a Q&A session with one of our new committee members Ben Harrison who “ volunteered “ to share some insights on how he enjoys and loves the game of squash here at NSC.

We also would like to announce our very own EGM on 12<sup>th</sup> July at 18:00 in the squash club – notices sent and available in and around the club  
And as we look towards the summer months there's a reminder for our summer giveaway competition

Whilst we know summer months are traditionally a quieter time in around the club just to let you know the committee are hard at work planning for our busier Autumn period

We hope you find this edition as informative as ever.

**The Committee**

**The Junior Sponsored Walk is just around the corner**



**REMINDER  
CONSENT FORMS Must be sent in ASAP –**

**No Form - no Walk**

**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:**

**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 ASAP**

1. **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!!**

2. 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].

We look forward to seeing you all there for a memorable day celebrating our juniors and their achievements!

As a at time of going to press we have had some further issues with the roof with water ingress around the flue covers . On inspection it looks like historic previous repairs by PFA have failed however we have re repaired them and it appears following further heavy rain downpours the repairs have worked . The whole situation is to be monitored in coming weeks

As per opening note , we have formally again requested PFA to confirm repairs past and present are to be paid by PFA , we have had verbal agreement from Alan Calvert that repairs would be paid however we have requested that the confirmation is to be made in writing and clarify the situation on general maintenance policy for all sections . We await a reply however we have been made aware that Alan has since resigned from trustee's and PFA so we will inform NSC members of any developments when we hear more .

Court cleaning is now in progress and been actioned by Mal Leech & Ian Williams – thankyou both for this work to support the club and members



## Nunthorpe Squash Club goes National !

No doubt you may have heard on the squash grapevine, but Nunthorpe Squash club has gone national ! – Every year the National Fire Service have annual competitions against Crown Organisations like the Civil Service – The annual competition this year was played at Nottingham Squash & Rackets Club and our very own committee members Michael Bowes and Ian Williams not only represented Nunthorpe but their respective brigades against a very strong field from the Civil service



Based on England Squash levels , both played 2 games against strong opposition , Ian ( Played pos 2 ) convincingly won both of his games and Michael ( Played pos 1 ) new to the event won 1 and lost one against former champions

The event is a regular fixture in the FIRE SPORT calendar ( Fire Service Sports organisation) with the next competition is in the Autumn and both Ian and Michael are looking forward to the next challenge

Great news is that the Fire Brigade team were convincing match winners and not only did Michael play as Number one he even got roped in to marking 2 matches , which is unusual in its own right – A great day out , and a great result and the marking was good also !

Well Done both

### British Fire Brigade National Team v Civil Service National Team

Michael Bowes v James Hodson	1 – 3	L	John Simpson	3 - 0	W
Ian William v Joe Shil	3 - 1	W	Ray Burke	3 – 1	W



**DURHAM & CLEVELAND**  
**squash**



DCSRA Next junior event is to be hosted by NSC on **20<sup>th</sup> July**  
– timings to be announced shortly as there is no academy session that weekend- details to follow – See DCSRA website for details



## Exciting News: First Aid Training for Our Squash Club Coaches, Volunteers & Committee !

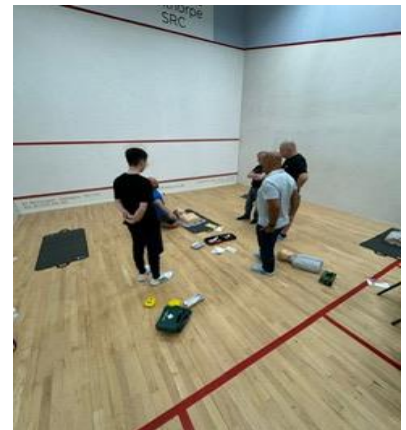
We are thrilled to announce that we have taken the decision to review all first aid qualifications of our dedicated volunteer coaches at the squash club

The first of several planned sessions coordinated by our new committee member Ben Harrison has been rolled out and attendees completed comprehensive first aid training. This significant achievement means that every attendee and coach is now certified to provide first aid cover if the need arises. All coaches updated skills will be uploaded to England Squash website over the coming weeks

This initiative is a major step forward for our academy and brings immense value to the squash club and ensures the club takes the lead in supporting the NMPFA Trust with their H&S responsibilities. It ensures that our members, especially the young players, are in safe hands during their training and matches.

Parents can now have peace of mind knowing that their children are supported by coaches who are equipped to handle any first aid situation.

We are incredibly proud of our coaches & Volunteers on their commitment to the club and their willingness to enhance their skills for the benefit of our community. Their dedication not only fosters a safer environment but also strengthens the trust and confidence of our members. We are also reviewing other aspects of our obligation within the club and reinvesting some club funds to support all – updates to follow on this . Some pics from the training day !



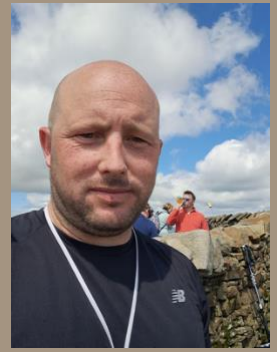
Ben is a qualified First Aid Instructor with many years' experience and qualifications – The FAA Level 3 award in Emergency First Aid (RGF) workshop qualification will be submitted to England squash over coming days– so with 2 serving Cleveland Fire Brigade Fireman on the committee and serving Fireman with Mines Search & Rescue – you now know ....that everyone is in safe hands ....

Thanks Ben and all the coaches , committee members and volunteers for your continued support

# Focus on Ben Harrison



## New Committee member >>>



### **What inspired you to join NSC? And when?**

I have been a member of NSC since I was junior having been introduced to the game through my dad, it's fair to say to a certain degree I have grown up around NSC.

### **What was your most memorable victory on court and what it meant to you?**

I haven't got a game that springs to mind in terms of my most memorable win however there are always milestones that you pass when playing squash and progressing up the teams; generally, there is always a player at each level that is tough to beat, but once you have beaten him/her then you have progressed into the next tier or are ready too.

### **What aspects of squash do you find most challenging, and how do you overcome those challenges?**

The physical nature of the game is extremely challenging, and you need to continually play to be able to compete at the level you play at and compliment it with coaching of both a technical and physical nature, I often find racket work quite boring, but a 'needs must' to compete.

### **What squash achievements are you most proud of, whether it's related to your own skill development or sportsmanship?**

There are a few achievements that I am proud of such as representing the army u25's being the club player of the year and representing Nunthorpe 1<sup>st</sup> team in the premiership over several seasons.

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

I am an active person, outside of squash I also partake in martial arts, enjoy walking and keeping fit in general.

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

Play people of a similar standard to get a workout and to promote development ensure you play people who are slightly better than you.

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

No, just make sure you are warmed up before you go on court and then play your game.

### **Outside of the competitive aspects, what do you enjoy most about Nunthorpe Squash Club - the camaraderie, events or something else?**

I like the fact that I have a facility on my doorstep where I can train and have a beer. I have been a member so long it is simply a part of my routine.

### **Favourite Food and Drink?**

Like a hobgoblin, don't have a favourite food but I'd never turn down a curry.

### **Your idea of a perfect night or day out?**



# 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.



**Well Done,  
John Edwards**  
for running his weekly "keep-fit/boxercise" sessions regularly and enthusiastically on Tuesday evenings  
  
Pictured with former member of the month  
**Andrew McKittrick**



An early entry to the great summer giveaway competition. With our very own committee member wearing his club t-shirt all the way from MEXICO



Don't miss out on the chance to be a hero for **Nunthorpe Squash**.  
Purchase your lottery ticket today and be part of something truly special!

We have created a FAQ sheet on web site to provide further information or you can scan your smart phone at the above QR code, but you can join up today for as little as £1 per week. – All funds raised get reinvested into the club.  
**Remember you must be in it to win it!**

<https://www.middlesbroughlottery.co.uk/support/nunthorpe-squash-club>





# final thoughts..

FROM GEOFF SMITH –  
CHAIRMAN

Dear Members, Firstly, I would like to extend my heartfelt thanks to all members who have recently renewed their subscriptions. Your support is truly appreciated and vital to the continued success of our club.

As we enter the summer holiday period, traditionally a quieter time for us, the committee is taking this opportunity to coordinate a period of maintenance within the club. We are mindful of the fact that this may cause some disruption to court availability. However, please be assured that we are striving to minimize any inconvenience. We thank you in advance for your cooperation and patience during this time. Additionally, I would like to remind everyone of the upcoming **NMPFA Annual General Meeting on July 17th at 19:00**. This will be an important occasion to address and challenge some of the misleading social media posts and statements that have been circulated. I urge all members to attend, if possible, to listen to the discussion points and participate in this important dialogue.

We have a busy period ahead, and I want to take this opportunity to thank you once again for your continued support. I wish you all a relaxing summer period and hope we experience some warm weather. Geoff

Best regards,

## In the next issue >>>

- Club Projects Update
- Club Member of the Month
- Chairmans thoughts
- DCRSA Junior Competition
- Club developments



## Coming Soon – Coaches Corner



Shortly we will be signposting our Coaches corner within the club – the area will be set up to recognise all the coaching options and services we can offer our members – watch this space for details

## Social media – Why bother ?

Did you know that every time you **like , share , click or comment** on any of our social media pages , you further support **Nunthorpe Squash club and fellow members**. We cannot thank you enough for the interaction all our members show by contributing to features, but **we want more** . The more you contribute by **liking , sharing , clicking, or commenting** on the great activity occurring here at Nunthorpe Squash Club , the greater we as a committee can reach out to sponsors , the public and importantly funding groups which will help all of us here at the club.

**Go on give it a try !**

## NSC Team Player Code of Conduct Update

We are now in the process of firming up our intentions for this year's team matches and league involvement , as a result we have recently updated and circulated our code of conduct policy which is applicable to all team players who represent Nunthorpe Squash Club

Full details have been uploaded onto the web and we urge and ask all current and new team players to read carefully the policy - if you feel you cannot honour the requirements then perhaps team squash is not for you ,

However, we want NSC to be successful this year push for honours and we want the 3 teams to work together to be one big successful team –

It's fun social event and a great way to develop your skills - ask team captains or committee for further info

