



# February 2020 Newsletter



*Apologies in advance for the essential maintenance being carried out in the Clubhouse over the next few weeks. The Iverley Room will be closed from midday on Monday 24<sup>th</sup> February and will reopen as normal Wednesday 26<sup>th</sup> February. Access to Tennis Courts and Pedmore Lounge is via Squash Courts for the duration of work.*

We are pleased to announce we will be having a greener, cleaner infrared Sauna installed mid-March! Our Gym Manager Jon Hope advises that there are far more benefits to using a FIR (infrared sauna) to that of a traditional sauna. Medical research states that the benefits include help with cancer, CHD plus many more diseases and ailments. It is also far better for common colds and flu (you cannot use a traditional sauna). A traditional sauna only penetrates the skin by one inch when a FIR penetrates the skin four inches deeper which gets down to cellular level. In a traditional sauna you are only allowed to use for approximately 10 minutes, a FIR is 30 mins.

Also, a dedicated 30/100 fibre line June 2020 =  
super fast wi-fi at SLT&SC!!!

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## Racketball

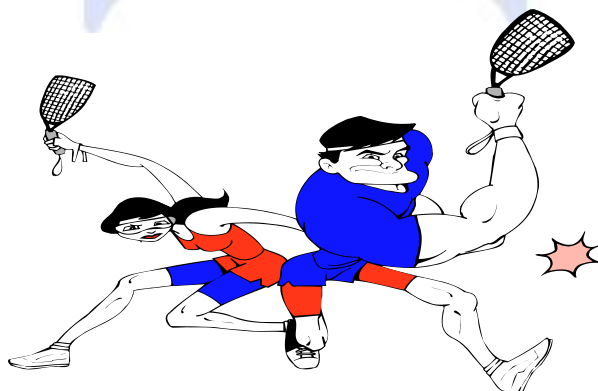
### CLUB RACKETBALL CHAMPIONSHIPS 2020

SPONSORED BY G I SYKES LTD

**Fancy some excitement? Come down and watch...**

SEMI FINALS Monday 24<sup>th</sup> Feb and Tuesday 25<sup>th</sup> Feb for the plate semi finals

**FINALS from 7pm on 28<sup>th</sup> February 2020**



## **IRIS EDEN**

### **Mixed Doubles Tournament**

**MONDAY 16<sup>TH</sup> MARCH, 9AM START**

**Enter with a partner of choice, all standards welcome, if you can't find a partner enter on your own and wait to be paired up**

**Sign-up sheet on Racketball noticeboard by 9<sup>th</sup> March**

**Prizes: Winners £15 each on members card,**

**Runners up £10 each on members card**

**Racketball Taster Course was very successful with 15 attending and all very enthusiastic about the coaching received from Darren Bradbury**

### **MIX-IN's**

**Are you interested in two extra mix in sessions on a Saturday morning 10-12 and Wednesday evening 7-9.**

**Sign-up sheet by Indoor Court 1**



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### **Squash**

***Come and support Jake and all the players competing in the Beat Brewery Stourbridge Open from the evening of Thursday 12<sup>th</sup> March through to Finals Sunday afternoon on 15<sup>th</sup> March.***

***Hot food available throughout with the Six Nations Rugby on our TV screens! Also, Beat Brewery takeaways can be purchased from their pop-up shop in Pedmore Room!!***



## Beat Brewery Stourbridge Open 2020

PSA \$1k Thursday 12th - Sunday 15th March  
Graded Squash Tournament Sat 14th - Sun 15th March

**£20 Entry includes a tshirt and 2 matches guaranteed**

Enter Online - [www.stourbridgesquash.co.uk](http://www.stourbridgesquash.co.uk)

Tournament Organiser Jake Eden  
[stourbridgesquash@gmail.com](mailto:stourbridgesquash@gmail.com)



## Over £1,000 of Prizes to be won!

PSA - £300 Winner, £150 R/U, £75 SF and £40 QF  
Prizes for all B-E Grade Winners, R/U and Plate Winners

## St Patrick's Day & Six Nations Finals

All weekend drinks offers, Six Nations and St Patrick's  
themed event for all participants and club members

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## TENNIS

A reminder from our Tennis Chair, Richard Walker to juniors and parents. Please try and play your league matches. They are fun and a great way to meet other youngsters and improve your game!

### ***Tennis 2020 – What's On!!***

Wednesday 22<sup>nd</sup> April - Wimbledon Ballot Night

Saturday 25<sup>th</sup> April – American Tournament

Saturday 2<sup>nd</sup> – Sunday 3<sup>rd</sup> May – U14 County Cup

Tuesday 5<sup>th</sup> May – Member's & Non-Member's Beginners & Intermediates  
Introductory Course

Sunday 10<sup>th</sup> May – Non-Team Coaching

Saturday 13<sup>th</sup> – Sunday 14<sup>th</sup> June – U10 County Cup

Saturday 4<sup>th</sup> – Sunday 5<sup>th</sup> July – Tennis Finals and Open Day

Sunday 9<sup>th</sup> – Saturday 15<sup>th</sup> Aug – LTA Grade 3 Rankings Tournament

Thursday 3<sup>rd</sup> September – Ladies Open Tournament

## AMERICAN TENNIS TOURNAMENT



Saturday  
April  
25th

1 pm start

Get your names on  
the board now!

£10 each  
Including food

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Children aged 10 and under must be accompanied by an adult at all times, whilst children are having lessons please feel free to have a coffee in our Clubhouse but please ensure you collect your child from our coaches after lesson (bye-law C.g)

Thank you, Lucy & Jane



### **NO FOOTBALL ON OUR COURTS**

We spend a lot of money maintaining our courts to the highest standard so please use correct footwear and do not play football on either indoor or outdoor as it costs money to remove marks from walls and floors and repair nets. If you see anyone playing football, please report to The Club Manager. Thank you!

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### **Forthcoming functions: -**

|         |                                      |         |              |
|---------|--------------------------------------|---------|--------------|
| 28/2    | Club Racketball Championships        | 7pm     |              |
| 7/3     | Private Function                     | 6:30pm  | Iverley Room |
| 13-15/3 | Beat Brewery Stourbridge Squash Open | All day |              |
| 21/3    | Quiz Night                           | 8pm     |              |
| 26/3    | Private Function                     | 6:30pm  | Pedmore Room |

Please note part of the balcony may be sectioned off for private parties as included in hire

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