

HGSRC News

Welcome back, it's been a busy couple of months, and on the committee we are growing into our new roles and getting used to working alongside one another. We hope the club is moving in a direction you are proud of and want to be a part of. We aim to provide a friendly and welcoming club for all our members. We are also planning to hold regular events throughout the year (details of the next events below). This approach will encourage a growth in our membership and make us, alongside the HGSA, a standout part of Holmer Green and the surrounding area. Please don't forget that by introducing a new member you get 10% of the membership fee added to your club account and the new member gets the same.

Current/Future Events

- **Sunday Night is Club Night.** Launched at the start of January, this is gaining more and more support. It runs from 17:45 to 19:30 each Sunday across 3 courts and is available for Squash and Racketball players of all standards. This is a great way to meet other members. Prospective members are actively welcomed. The cost is just £2 for members and £4 for non members. Your host is Andy Carr.
- **Racketball Club Night.** We are looking to launch a Racketball Club Night on Wednesday evenings from 6:30 to 8:00. This will take the same format as Sunday Club Night, and we really hope it can also match its success. Further details will be released soon. Rackets can be provided.
- **Get Squash Fit.** A fitness session designed to help your Squash and Racketball. You work at your own pace! Feedback so far has been excellent. Members (£5) and non-members (£7) welcome. Next dates: Thu 18th Feb, 10th Mar, 17th Mar & 24th Mar.
- **The Nathan Dugan Handicap Trophy.** With the fantastic uptake on the event (35 players – over 20% of the membership) the original format was revised to introduce a group stage, a little like the Champions league, but with no qualifying round and a little less money! This has guaranteed a minimum of 3 games for each player. We enter the knock out stages from the start of March culminating in the semi-finals of the cup and plate on Thursday 17th / Friday 18th March and Finals Day on Saturday the 19th. Please come and support and give banter in equal measure!
Nathan is honoured to have the tournament named after him and has kindly offered to purchase the trophy.
- **Doubles Tournament.** A knockout doubles tournament, starting early March with Semi-Finals and Finals on the 15th/16th April. This will take a different format to the successful Christmas Doubles as you will select your partner, This is open to all. Please enter via the noticeboard or by emailing chairman@hgsrc.co.uk
There will also be a Plate competition for first round losers.
Entries by Thursday 25th February.

And now for something extra special

- The committee are proud to announce the first ever 24 hour Squashathon to be held by HGSRC. The aim is to get as many members as possible on court and to create a real buzz in the club. We will have 24 hours of continuous squash on the Glass Court. There will be lots of activities and events including the Finals of the Doubles Tournament, Wooden Rackets, Rock Squash, Junior Handicap Tournament and much more.
There will be lots of other activities going on across the other courts including a coaching and fitness session, various activities for juniors and the chance to bring along family and friends to try squash and racketball. More details to follow over the coming weeks.
It will be free to participate and we will be raising money for a local charity: Hearing Dogs for Deaf People.
We plan the event to start on Fri 15th April at 17:00 so please the 15th & 16th April free!

Leagues

- Before giving the January league results, we would like to take this opportunity to thank John Richards for taking the time to manage the leagues over the past couple of years. I'm sure he'd willingly accept any offers from members to take on the task, one which is now much simpler than in the old Quill and Parchment days when he started them! The committee are looking for ways to get as many league games played and as with everything we would appreciate any ideas or opinions.
January League winners:-

Division 1	David Albin		Division 5	Richard Peters		Division 9	No games Played
Division 2	Vibert Hector		Division 6	Stuart Baker		Division 10	No games Played
Division 3	Mark Turnbull		Division 7	Duncan Butler		Division 11	No games Played
Division 4	Matty Gallagher		Division 8	Mark Soper			

A special mention to Matty Gallagher who scored a Maximum 24 points on his way to victory!

Junior Leagues are back. Please see the noticeboard and website for more details.

Coaching

- The club offers a comprehensive junior coaching programme from beginners to county players. We are keen to offer squash and racketball coaching for adult members. If you are interested in being part of an adult coaching programme organised by the club, then please email chairman@hgsrc.co.uk
- We have three high quality coaches at the club – Roger Dugan (Level 2), Matt Davies (Level 3) and Sam Mueller (Level 2, just taking her Level 3 exams). They all offer a variety of coaching opportunities
- Sam Mueller joined the club in September to coach the advanced and elite junior groups on a Saturday morning. Sam is currently working towards her Level 3 certifications. Sam offers 1:1 coaching to both adults and juniors. For more information please contact Sammueler71@gmail.com / 07342-692680
- Roger Dugan offers 1:1 coaching for adults and juniors for squash and racketball. Roger also offers a restring service. For more information please contact rogerjd12@gmail.com / 07768-607995
- Matt Davies offers 1:1 coaching on a Thursday early evening. For more information please contact mattdaviescoaching@gmail.com / 07530 850966
- To incentivise members to have 1:1 coaching, members who have 1:1 coaching at off peak times will only pay half the court fee (i.e. £2)

Junior News

- **Squash Camp.** Sam is running a squash camp at the club during half-term on Wednesday 17 February from 1.30 pm – 4.30 pm. Lots of fun, skills, technique, games and fitness. Contact Sam direct for further details or see the flyer on the HGSRRC website.
- **Junior League News.** We are pleased to announce that these are starting up again. Please see the noticeboard and website to see which league you are in. These are being played over 2 months, so plenty of time to get your matches played! Juniors already playing in the All Member Leagues have not been included in the Junior Leagues
- **Annual Junior Tournament.** This was held at the end of the Christmas holidays. 32 juniors entered across the five age categories – boys' singles, girls' singles and mixed U15, U13 and U11. It was great to see a lot of juniors enter who have not played in the tournament before. The spectators were treated to some fantastic squash, all played in great spirit and camaraderie. It is always a pleasure to see the youngsters all supporting each other and offering tips and advice between games. The mixed U11 and U13 competitions were played as a round robin. The U11 tournament was a family affair between Maya, Chris and Lucy Baker with Maya taking the honours on this occasion. In the U13 category, Konrad Pompe took on Bertie Carr in the final with Konrad securing the victory. The mixed U15 category saw the top two seeds in the final, Jasper Kettle and Sunil Popat. Jasper came out on top to take the title for the second year in a row. By coincidence, both boys then reached the final of the boys' singles trophy. This time Sunil took the honours. It was only fitting that each of them took one title each! The girls' singles final was again played out between the top two seeds, Becky Meyrick and Sarah Jackson. Sarah was out to defy Becky a fourth title in a row and succeeded after a great match.
Well done to everyone who entered. Thank you to Rachel Albin for running the tournament itself assisted by Matt O'Regan. A big thank you also to Suzanne Holland for organising the tournament café and making the fantastic sausage rolls!

Finance Matters

- At the end of January we had £3,543 in the bank. This was helped by very healthy court usage during January. We have paid half of the showers invoice but we still have a few significant invoices to pay on top of general running costs. We continue to carefully manage the finances and expect to have the finances in a healthy state by Q2 2016.

Club Sponsorship

- We are keen to grow sponsorship at the Club and also advertise local businesses who will offer HGSRRC members a discount.
Would your company like to sponsor HGSRRC and/or offer a discount to HGSRRC members? Alevia Healthcare already sponsor the tins at the club. <http://aleviahealthcare.co.uk/>
For more information on sponsorship, please contact andyhcarr@btinternet.com

Twitter

- Please follow us on Twitter @HGSRRC for the latest club information and great squash and racketball tips

HGSA News

- Did you know the HGSA has a Social Membership, giving a 15% discount on all bar purchases and discounts on music nights? If you need liquid refreshment after a game (who doesn't!) then we recommend taking out the HGSA Social membership. Cost is just £25 per adult. Please contact admin@hgsa.co.uk for more information or join at the bar.

Club System

- We have experienced a number of reliability issues with the Club System and our broadband connection recently and we want to apologise for this. We are working with the supplier to implement a more robust solution to ensure minimal issues in the future. I would like to thank John Richards and Paul Haley for helping to get these issues resolved. Since the last newsletter, we have published a User Guide for the Club System and also enhanced the system rules to make them more member friendly. The user guide and rules can be found at http://www.hgsr.co.uk/media/1152/hgsr_club_system_guide.pdf

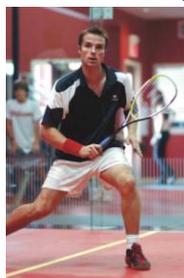
Other News

- As at 31st January, the Club has 159 members, consisting of 90 adults, 54 juniors, 13 senior, 2 students.
- The committee have reviewed the membership categories and fees with the aim of simplifying the membership format and offering value across all membership categories. Details of the improved Membership Categories and Costs will be communicated soon.
- All Committee matters, including AGM and Committee meeting minutes will be available to all members in the About Us section of the Club Website.

Quiz Time

Answer to the December Quiz

1. Which current member has been a member of Holmer Green Squash Club the longest? **A: There are actually three founding members of the club: Jon Barlow, Richard Chantler and Bob Chaney (sorry, no picture ☹ – yet!!).**
2. What is the highest World ranking achieved by Nathan Dugan? **A: Nathan (pictured below) reached a high of 46 in the world. Who will be HGSRC's next world ranked player?**
3. Who is the current Women's World No.1. Squash Player? **A: It is England's very own Laura Massaro (pictured below)**



February Quiz

1. In the picture above right, who is pictured with Nathan and Laura Massaro?
2. How many different ways can a server, serve a fault in squash?
3. In which country was Racketball founded and in which year?