

# HGSRC Spring Newsletter

Welcome to our third newsletter, packed with news of upcoming events and reviews of the year to date.

## Upcoming Events

- **Ed Cusick Music Night.** On Friday 6<sup>th</sup> May, popular singer & guitarist Ed Cusick, will be playing at HGSA. Tickets are only £6 and available from [membership@hgsrc.co.uk](mailto:membership@hgsrc.co.uk) or at the HGSA bar. Hope to see you all there.
- **Racketball Team.** HGSRC have entered a racketball team in the Bucks Racketball League. Home matches will be played on a Wednesday evening after Racketball Club Night. If you are interested in playing in the team please contact Racketball Captain Jon Carrington at [racketball@hgsrc.co.uk](mailto:racketball@hgsrc.co.uk)
- **Get Squash Fit.** Running on a Thursday from 20:00 to 20:45, we are trialling a six week fitness course which finishes on the Thu 26<sup>th</sup> May. If you haven't subscribed to the six week course you can still turn up and train for a one-off cost of £7 for members and £10 for non-members. The sessions are fun, varied and you work at the pace you want to!
- **HGSA Squash and Tennis Event.** On Friday 1<sup>st</sup> July, during Wimbledon, we will be holding a tennis and squash event to coincide with Wimbledon. More information to follow
- **Ladies Squash and Racketball.** We are keen to offer Ladies only squash and racketball sessions and are looking for one or two members to run these sessions on a similar line to the Sunday Night Club Night. If you are interested in helping run these sessions then please email [chairman@hgsrc.co.uk](mailto:chairman@hgsrc.co.uk). The club have also signed up for the England Squash #squashgirlscan initiative and also the Proctor & Gamble Always promotion. More to follow soon on both of these campaigns.
- **Members Forum.** We are holding a Member's Forum on Mon 6<sup>th</sup> June from 20:00 to 21:00 to get feedback and input from all members on how the club is being run and what should be happening at the club. All members, including juniors, are welcome to attend.
- **Doubles & Beer Festival.** To coincide with the HGSA Beer Festival on Sun 29<sup>th</sup> May, we will be holding a fun doubles event where you will get the chance to play with and against a number of other members. It will be run on similar lines to the Doubles event at Christmas. Cost will only be £3 per member. An entry form will go up on the noticeboard or you can email [chairman@hgsrc.co.uk](mailto:chairman@hgsrc.co.uk) to book your place.

## *Committee Review – The Year so Far*

- The first five months of our tenure have passed incredibly quickly. Although it is early days, we hope you like the events arranged, the information being providing and the positive atmosphere around the club.
- On the events front, we have reintroduced Sunday Night is Club Night and Racketball Club Night and opened these to non-members. We offer four club nights per week so please do give them a try. Since the start of 2016, we have held a successful Handicap Tournament, 24hr Squashathon, Doubles Tournament, Junior Tournament and fitness sessions. Further events will be held throughout the year. Any suggestions you have and any offers to run events would be gratefully received!
- The committee meet monthly for a maximum of two hours. We aim to ensure the meetings are friendly, inclusive and productive. Minutes from each meeting are published on the website. We have also started producing this periodic newsletter. If you have any ideas you would like discussed by the committee or if you are interested in joining the committee then please let us know.
- On the finance front, please see below a summary of the 1<sup>st</sup> half of the financial year (Oct '15 to Mar '16):

|   |                |                     |
|---|----------------|---------------------|
| <b>Bank Balance 1st October 2015</b>  |                | <b>10,890</b>       |
| <b>Income</b>   |                |                     |
| Membership Fees   | 7,044          |                     |
| Court Fees  | 10,246         |                     |
| Coaching  | 3,469          |                     |
| External Court hire, club nights,<br>vending, tournament revenue<br>& other revenue | <u>1,503</u>   |                     |
|   |                | <b>22,262</b>       |
| <b>Costs</b>  |                |                     |
| Member Loans  | (9,200)        |                     |
| HGSA Fees   | (2,727)        |                     |
| Clubnet System  | (5,511)        |                     |
| Signage   | (1,383)        |                     |
| Shower Booster  | (3,863)        |                     |
| Cleaning  | (1,944)        |                     |
| Coaching  | (2,873)        |                     |
| Association Fees  | (1,539)        |                     |
| Maintenance   | (729)          |                     |
| Operating Costs   | <u>(1,603)</u> |                     |
|   |                | <b>(31,371)</b>     |
| <b>Bank Balance 30th March 2016</b>   |                | <b><u>1,781</u></b> |

The cash balance at the start of the financial year was immediately used to repay loans from the previous financial year. When the new committee took over at the start of December, the bank balance stood at £441 and the club owed almost £10k (including £2,520 to ClubNet, £3,862 for the Shower Booster, £2,792 to Robert Reid and £622 Utility payments to HGSA).

Through careful financial management the club has been able to pay off the majority of the debts while keeping the bank balance positive. The debts will be fully paid off in the next couple of months and we expect to report a healthy financial position at the AGM later this year. If anyone would like more detail on the finances then please contact [treasurer@hgsrc.co.uk](mailto:treasurer@hgsrc.co.uk) or raise the issue at the forthcoming Member's Forum.

- There has been a small increase in membership numbers since the AGM. With a marketing campaign being worked on, we hope to see this trend continue through 2016. Please don't forget that if you introduce a new member then both the new member and yourself receive 10% of the membership fee added to your club account.
- With regards to court usage, in the first six months of the financial year 2,653 courts were booked at the club. The peak/off peak split is approx. 45% peak / 55% off-peak. 31% of the total courts booked were booked by juniors.
- We look forward to a successful and enjoyable 2<sup>nd</sup> half of the year.

## *Squashathon Review*

- A massive thank you to everyone who helped organise and who took part in HGSRC's very first Squashathon. The event certainly achieved its aim of creating a buzz in the club. Over the 24 hours we had 60 members playing a total of 4,836 points on the Glass Court.

On the Friday evening the event was appropriately launched by the Club's founding members. There was great support for all players during the evening and at 22:00 all three courts were packed out for Fast and Furious. In the early hours of Saturday morning the hardy and foolish players not only played to a few equally hardy supporters but also had the accompaniment of some quality rock music.

Later on Saturday morning the courts were full of juniors, with over a dozen children trying squash for the very first time. The Squashathon concluded with a high quality doubles final; Tor Stockdale & Sunil Popat against Mark Mellett & Trevor Howes followed by an exhibition match between Tor and Alex Hartley.

Off court, James Molony (<http://aleviahealthcare.co.uk/>) provided well needed massages. A huge thank you to James. Please see James's fitness tips later in this newsletter.

Another huge thank you to the Hearing Dogs volunteers who brought along two puppies and a fully trained Hearing Dog which ensured the HGSA lobby was packed out.

We raised over £2,000 for Hearing Dogs for Deaf People through sponsorship (£1,287), donations on the day (£522) and the no. of points competition (£235).

We ran a few competitions during the event and the winners are:-

|                                 |                                |
|---------------------------------|--------------------------------|
| Doubles:                        | Tor Stockdale & Sunil Popat    |
| No, of Points:                  | David Albin (prediction 4,827) |
| Most Sponsorship Raised:        | Adrian Goode                   |
| Most Sponsorship Raised Junior: | The mini Bakers                |
| No. of Sweets in the Jar:       | Dorothy Knight                 |
| Name the Cuddy Toy:             | Emma Raftery                   |

The event featured in the Bucks Free Press:

[http://www.bucksfreepress.co.uk/news/14428615.Players\\_to\\_take\\_part\\_in\\_24\\_hour\\_squashathon\\_for\\_dog\\_charity/](http://www.bucksfreepress.co.uk/news/14428615.Players_to_take_part_in_24_hour_squashathon_for_dog_charity/)

## Juniors

- The league season is almost at an end for the juniors. The 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> teams have all played their final matches. The 1<sup>st</sup> team are taking their bid for the title down to the wire this coming weekend.
- The final results for each of the four divisions have not yet been published; however we are very reliably informed that the 3<sup>rd</sup> team have won the 3<sup>rd</sup> division title. A fantastic result and huge congratulations to the following juniors who have all played for the 3<sup>rd</sup> team this season and had a hand in securing the title – Rachel Albin, Daniel Allington, Ethan Andrews, Bertie Carr, Dominic Holland, Matt Holland, Sarah Jackson, Simon Jackson, Alysha Martin, Becky Meyrick, Jacob Pompe, Konrad Pompe and Conor Taylor.
- A couple of weeks ago, the 1<sup>st</sup> team were trailing AGS 1 by 34 points. Having recently secured a 19-1 win over Chesham Bois 1, the gap has narrowed substantially! The team now face Wycombe 1 on Saturday 30 April and are hoping for a similar result to take the title to a dramatic finale on Sunday 1 May against AGS 1. This final match of the season will take place at home starting at 2.00 pm. Please come along and support the team in their endeavours to win the 1<sup>st</sup> division title for the first time in a long time. It promises to be very exciting!

## Men's Squash Teams

- The Bucks Squash season is over for 2015/16. The 1<sup>st</sup> Team did well to finish in the top half of Division 1 and were involved in some high quality matches throughout the season. The 2<sup>nd</sup> Team finished a creditable 7<sup>th</sup> of 11 in Division 2 and the 3<sup>rd</sup> Team finished an excellent 3<sup>rd</sup> of 10 in Division 3.

## New Members

- Welcome to the following new members: James Kettle and Maddie Ashwin and welcome back to returning members Kevin O'Regan, Robert Bagley and Phil Beukes.

## *Fitness Tips from Alevia*

### Balance

- To turn and accelerate is key to playing fast and getting into position for your next shot. The ability to utilise your ankle strength and knee muscles are fundamental for this.
- Test your balance by crossing your hands over your chest and stand on one leg with the opposite leg no more than 6 inches off the ground. Do not let the legs touch each other. Hold this position for 10 seconds to 'acclimatise', now shut your eyes. If you can manage to hold your balance for over 10 seconds without the legs touching your standing ankle is communicating to the brain effectively.
- To maximise your knee strength, you need to squat with good form. Tie a resistance band around your knees with the legs at hip width apart. Push the knees out slightly to maintain an outward force. Keep the back straight and attempt to sit down while pushing the knees out. Repeat when standing back up, remember to keep your back straight and go slow!!
- Finally, if you have suffered from ankle sprains in the past and if you cannot stand for more than 10 seconds on a single leg you are more than 40% more likely to suffer from repeated ankle sprains. Wear an ankle support, a simple neoprene support will reduce your chances of repeated sprains significantly.

## *Leagues*

Here are the League winners for March:

|                   |                        |  |                   |                        |  |                    |                      |
|-------------------|------------------------|--|-------------------|------------------------|--|--------------------|----------------------|
| <b>Division 1</b> | <b>Sunil Popat</b>     |  | <b>Division 5</b> | <b>John Richards</b>   |  | <b>Division 9</b>  | <b>Peter Dowling</b> |
| <b>Division 2</b> | <b>Keith Fisher</b>    |  | <b>Division 6</b> | <b>Mike Gibbon</b>     |  | <b>Division 10</b> | <b>Tom Fisher</b>    |
| <b>Division 3</b> | <b>Matty Gallagher</b> |  | <b>Division 7</b> | <b>Chris Whitfield</b> |  |                    |                      |
| <b>Division 4</b> | <b>James Robinson</b>  |  | <b>Division 8</b> | <b>Alan Phipps</b>     |  |                    |                      |

## *Quiz Time*

### The Spring Quiz

1. In which year was the Holmer Green Squash club founded?
2. Which two HGSRC juniors contested a national U15 Boys Final in March this year?
3. Name all the sections of the HGSA

### Answer to the February Quiz

1. In the picture, who is pictured with Nathan and Laura Massaro? [Nicol David](#)



2. How many different ways can a server, serve a fault in squash? [There are Five:-](http://www.englandsquashandracketball.com/play-squash-and-racketball/rules-of-play/squash)  
<http://www.englandsquashandracketball.com/play-squash-and-racketball/rules-of-play/squash>
3. In which country was Racketball founded and in which year? [USA in 1952](#)