



## GRANDSLAM NEWSLETTER

ISSUE 005- JULY 2019

### SHOUT OUTS

We have 15 teams at STC and without the voluntary roles of the team captains they wouldn't run.

We are now over half way through the season and we thought it would be nice to do some special shout outs from the team captains!

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A huge shout out to **Joe Eastham**, he is heading to South Africa next month to be volunteer and be a part of Project Trust. Joe has been playing at STC since he was 5 and is a vital member of the mens 1st and 2nd teams. You will be missed Joe, good luck!

A shout out from Jackie to **all the other team captains**. You all do an amazing job. It's a juggling act, especially when a match gets rained off. Always pray for sunshine!

To the **womens 3rd team** who are brilliant. You are all so motivated, so willing, so helpful and very supportive of each other making playing tennis a pleasure.

Final shout out goes to the **mixed 3rd team** who have now been promoted! STC now have regained the status of the club having 3 teams in Division 1 again.

**Amazing work to everyone involved!**

### STC'S NEW BEST FRIEND



During the Wimbledon Championships Adam had the pleasure and honour of meeting Sue Barker. Sue had been following the story of STC after the awards in 2018 and had also paid close attention to the club after the presentation of Skipton's journey to the National panel for British Tennis in London. Sue made a call to Adam to ask further questions and showed a genuine interest in the clubs history and future. The call resulted in Sue asking Adam to join her in the BBC Media centre on the first Monday of Wimbledon. Also in the media centre were Tracy Austin, Clare Balding and Tim Henman, it was a fantastic experience. Adam saw Sue deliver her Wimbledon round up live and was in awe of her true professionalism.

Sue spoke with Adam about the journey the club has been on and was particularly interested in the models and innovative ideas the club uses to drive awareness of tennis in Craven and beyond.

Sue Barker went on the say 'it is a wonderful example where people can experience the sport, make new friends and get all the things they should get out of being part of an open and inclusive tennis club' she went on to say the thought the schools programme and community initiatives were fantastic.

Adam said 'it was amazing to meet Sue and she was kind and caring about Tennis in general, and the fact she allowed my mum to share the experience too made it extra special.

### STC TEAM NEWS

**Adam and Ella** got married in Ibiza on the 20th July! An amazing day was had by all!

**Tom Feather** our holiday camp super star coach graduated from Edge Hill University with a First Honours degree . Tom is starting his PGCE secondary PE Teaching in September. His first

placement is at Skipton Academy. Well Done Tom!

Another holiday camp super star and club member **Emily Carr** is moving to Spain at the end of the month to be an English Teacher. You'll be brilliant Emily and missed at STC



## FINAL GRAND SLAM



For all you avid tennis players the final Grand Slam of the year is approaching, the US Open! The tournament will start on the 26th August and run until the 8th September.

You will be able to catch all the action on Amazon Prime TV or you can download the US Open Tennis Championship app both on Android and Apple. It's a great app that will update scores and info live from USTA Billie Jean King National Tennis Centre in New York.

Our very own Coach Jonny will be attending the Grand Slam whilst on his honeymoon. We have asked him to send us lots of pictures and videos to post on our social media platforms. Keep a look out for those.

Will Novak Djokovic claim the Men's Singles title again this year? Will Serena make another US Open Final? Let the fun begin!

## COACH TIP OF THE MONTH

This month's tip comes from Adam... **Commitment & Consistency**

Everyone who plays tennis has shown commitment to start learning. From making the commitment or decision to start playing consistency and routine will become the key to improving your game. No matter what age you are, commitment and consistency with your practice sessions or lessons will be the key to you seeing improvements in your game. Tennis is a sport that keeps giving, the longer you play, the more you improve and the more you get out of the sport. Tennis is a fantastic cardio workout, a sport where you can see the gains and it will provide lots of social opportunities. Also, please remember it truly can be a sport for life playing at age 3 or 83. Please remember that when you find it difficult and frustrating or start learning new aspects of the game this is most likely the very time you are making the most progress. So, once again commitment and consistency will bring the rewards.

## IN THE COMMUNITY

Our crazy friend **Sam Boatwright** who is a personal trainer across at Sandylands Fitness Centre has completed his latest challenge - The Epic Triathlon. This isn't Sam's first endurance challenge, it all started in 2012 when he ran 50 miles every day for 50 days and in 2017, he crossed America in 32 days, consecutively cycling 150 miles one day and running 50 the next.

Sam's plan was to swim the Channel, cycle from Land's End to John O'Groats and then run back to Land's End from John O'Groats. However, due to elements out of his control he did a 5.5 mile swim in the channel, at midnight. Lands end to John O'Groats on the bike, was on track for world record but with biblical weather and faults on the bike he couldn't sustain the pace and effort required. He made it 613 miles, finally ending in Glasgow. After seeing what the roads had been like on the way up and to make the challenge more of an adventure he tackled the North Coast 500. With the NC500 plus the journey home to Skipton the total mileage is 1518.5. He has climbed Everest twice over the course of the country and burnt more than 200,000 calories!

Still such an incredible, eye watering challenge and a unbelievable achievement. This is all for **SSAFA - The Armed Forces Charity**. I'm sure you will all agree a fantastic cause. Should you wish to sponsor Sam there's a bucket on the desk in the clubhouse or head to **Samboatwright.com**



## MEMBER OF THE MONTH

### LOUISE HOURIGAN

A huge thumbs up to Louise, she is currently in her first season as team captain for the second Ladies team.

During her first year there has been lots of challenges but has dealt with them positively and always with a smile on her face!

We love this positivity Lou!

There's a (big) bottle of Gin on it's way to you, enjoy!

## STRESS BUSTER

### A happy employee is a productive employee!

We put together a team building, stress busting event for our club sponsors Walker Foster and their clients. during July.

The evening consisted of an hours activities and games followed by a catered buffet and drinks. The whole emphasis of the evening was informal, relaxed and a brilliant way of promoting team work in a fun environment.

You could see everyone was a little apprehensive on arrival about playing tennis, however as soon as the activities started everyone soon realised no tennis

ability was needed; simply teamwork, communication and lots of fun!

This is something relativity new for STC and something we are very keen to develop and grow further.

We are currently re-branding this service and all new information will be available on our website and in the clubhouse in the very near future, keep your eyes peeled!

Should you like any further info about our '**stress busting**' company events please email [info@skiptontennis.com](mailto:info@skiptontennis.com)



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