

New Initiatives

Summer tennis and squash – what a pleasant prospect to look forward to! I hope everyone has an enjoyable season.

This edition of our newsletter is out earlier than in the past. We have moved our year end to 30 September from 31 December so that our subscription year coincides with our financial year. Our AGM will be at 8pm on 20 April 2016. The formal notice is on the right but may I encourage you to join us then at the Clubhouse as this is a genuine opportunity for you to influence how the Club is run. We have only one objective: that is to deliver the facilities and opportunities our members want so far as our resources allow. I look forward to seeing as many of you as possible on the 20th and hearing your thoughts.

I am pleased to report that membership numbers are up this year and our financial position remains sound with a surplus that allows us gradually to build up a fund to deal with the major works we will ultimately face on our tennis and squash courts and pavilion. Particular thanks are due to Jenny Taylor for her unstinting efforts as Honorary Treasurer over the last eight years and a special welcome to Bernard Lo who has agreed to take on the mantle.

There have been a number of initiatives over the last six months from which I hope you are already benefitting. On the tennis coaching front, Lucy Dean is working with Dinny Ravet to deliver more coaching. Dinny retains most of the group coaching this summer but Lucy offers a number of sessions and is available for private coaching. Especial congratulations to Lucy on qualifying as a level 5 coach last month – the highest level possible.

Squash coaching has also involved some innovations for which we have to thank Vickie Prow. A particular pleasure has been to see more ladies try squash under the tutelage of Andras Pal. It is many years since this particular male bastion was last breached and it is long overdue. At the same time junior coaching and schools coaching have continued their regular slots organised by Vickie with Lucas Cannistraci, Tina Fuseli and Andras.

Hanover's building work on the new St Luke's estate continues apace. Parallel with that, our own arrangements with them for use of the St Luke's court are changing. One of the planning requirements is that the court is used for community purposes and to this end we will be sharing it with St James's School and, in due course, residents of the estate. From the summer term, the arrangement will involve St James's having first right of use of the court during school days. We still have first right for evenings and the weekend. We are working with St James's to ensure that when not used by the school the court is still available for us. For the time being we will try to use the booking sheets as a mechanism for helping members manage this.

However, our booking system is clearly an area in which we could improve. Software is available that allows remote booking and we plan to install that over the next few months. The advantages are obvious for squash and tennis members alike; it should mean that you will no longer have to come down to the courts to book them or to see if they are free. It also means that the mechanisms for booking the St Luke's court can be more efficient and reliable. All courts will still be available for use by those who drop by on the off chance – and I know that often applies to juniors – if they are not in use or formally booked on the system. A natural extension of online booking will be to integrate it with our membership system. That will follow in due course.

Especial thanks are due to Simon Ruff for upgrading and rapidly implementing our new website. I am sure that some of the growth in membership numbers and new member enquires can be attributed to it. Thanks also to Dinny who as part of her role as Club manager is dealing with membership matters whilst we continue our search for a new membership secretary.

Finally, I would like to thank all members of the Committee on your behalf. They give their time freely and without them the Club could not function. We are always looking for new members of the Committee and other volunteers to help run different aspects of the Club, in particular membership secretary. Please contact me or any Committee member if you would like to get involved.

Tony Hulse, Chairman

Annual General Meeting

The Annual General Meeting of the Stormont Lawn Tennis & Squash Rackets Club will take place on Wednesday 20 April 2016 at 8.00pm in the Stormont Clubroom.

AGENDA

- 1 Apologies for absence
 - 2 Minutes from previous Annual General Meeting to be read and approved
 - 3 To consider, and to adopt, the Annual Report
 - 4 To consider, and to adopt, the Financial Report
 - 5 Election of Officers and Committee Members for the coming year
 - 6 To determine the subscription rates, entrance fees, guest fees and categories of membership for the year 1 October 2016 – 30 September 2017
 - 7 To approve the standard terms of the banking facilities used by the Club
 - 8 Any other business and any other points which members would like the Committee to consider during the following year
- Nominations for the Committee to be sent in writing before the date of the AGM to the Secretary, c/o Stormont LT & SR Club, 13 Lanchester Road, Highgate, London N6 4SU or tony@hulse.cc

Stormont Calendar 2016

- **APRIL 3 SUNDAY** Handicap Squash Tournament 2-6pm
- **APRIL 11 MONDAY** After school lessons begin
- **APRIL 16 SATURDAY** Junior Tennis matches begin
- **APRIL 20 WEDNESDAY** AGM 8pm
- **APRIL 23 SATURDAY 10am-2pm** Ask Sal brings tennis clothes and shoes to Stormont for us to buy
- **APRIL 24 SUNDAY 1pm** Stormont Wimbledon Ballot
- **MAY 2 BANK HOLIDAY MONDAY 1pm** David Dorton Doubles Tournament – bring something to share for tea
- **MAY 2** Entries for Stormont Closed Tennis Tournaments close
- **MAY 7 SATURDAY** Road to Wimbledon – Junior knockout 4-8pm
- **MAY 8 SUNDAY AT 1pm** Parent and Child Tournament (non-members are welcome)
- **MAY 15 SUNDAY** Road to Wimbledon – Junior knockout 1-5pm
- **JULY 3 SUNDAY 1pm** Stormont Closed Tennis Finals
- **JULY 8 FRIDAY 4.30-7.30pm** Junior BBQ

AGM

Wednesday

20 April

8.00pm

*free drink
before*

STORMONT WINTER FLOODLIT TEAMS

Thanks to everyone who played, particularly those who filled in at the last minute.

Great to have Lucy's strength added to the teams.

LADIES' FIRST TEAM

Dinny, Gina, Lucy, Sally, Sue Goddard fought hard with support from Wendy, Norma and Barbara. In the last match Angela and Amira stepped in and battled away enthusiastically. A huge roar went up when they won their first game against the first pair. What great Stormont spirit. With Hannah recovering well from her broken ankle and then poor Sue hurting her knee we won't be going back up to Division 1 next season

Dinny Ravet, First Team Captain

LADIES' SECOND TEAM

Ladies II had some good results in Division 4 and, with one match still to play, promotion back to Division 3 seems almost certain. The final outcome will not be known until after publication of the newsletter but we are hoping to finish top of the Division. Meanwhile, many thanks to everyone who played – Norma, Wendy, Barbara, Jeni W, Sarah and Patricia.

Patricia Prichard, Second Team Captain

LADIES' THIRD TEAM

Stormont 3 have had a challenging but fun winter floodlit season. We still await the outcome of 2 matches to be sure but we should stay in Division 5. Fantastic support from all the team, particular thanks to those stepping in at last minute. Many thanks to Jenny T, Sarah, Ping, Jane A, Jane D, Amira, Nancy and Angela.

Sheena MacCallum, Third Team Captain

MEN'S FIRST TEAM

Still in the unknown...

At the time writing, the fate of the Men's I team is still undecided. One thing for sure is that we will not be relegated as we are currently top of Division 3.

Our goal is to go back up to Division 2, however opponents' matches are still to be played and as there are 4 teams tightly bunched beside us, we could easily drop to the 2nd, 3rd or 4th spot within the next week.

Fingers crossed for some luck this year (though I am not that optimistic).

For once, our pool of players was very consistent and our performances reflected this.

However a few hiccups may have

prevented us from winning promotion, not to cite them all, but:

- A brother popping in at 8pm! = -4 points,
- 2 tie breaks lost against our closest rivals = -8 points differential,
- 2 sets blown in the wind... = -4 points.

Three small things without which we would have easily been crowned champions of this division.

Lessons to learn: more training, more confidence and less deference to our opponents.

One of the punishments for underperformance will be the reinstatement of the soup diet...

More seriously a big thank you to the team comprising Tim, Ben, Nick and Matthieu.

Fabien Zinsner, Mens First Team Captain, Cook, Driver and B&B

MEN'S SECOND TEAM

M2 are currently lying 6th out of 8 in East Division 7 after a character-building season.

A reasonable haul of points in the last match should produce survival.

Team from: Antonis, Tony, Howard, Bernard, Everton, Ian, Keith, Peter Spens, Eric, and Peter Ware.

Peter Ware, Second Team Captain

FIRST MIXED TEAM

Fabien, Matt, Sally, Lucy, Nick Ruff, Ben, Keith, Dinny and Sue Goddard are top and hope to climb to Division 1.

Dinny Ravet, Mixed I Captain

SECOND MIXED TEAM

With all the talk of meldonium flying around, Stormont Mixed 2 may well come under the scrutiny of the LTA testers as we built yet another successful winter campaign after year on year promotions. Keith, Ed, Lucy, Norma, Gina, Lou, Barbara, Hannah, and Sue did the club proud winning the majority of matches in Division 3. No special secret to the success (that I'm admitting to) but just shows we have some pretty competent players at Stormont. At the time of writing we may well be heading for Division 2 next year. Well done everyone.

Tim Clarke, Mixed II Captain (now retired)

Wimbledon Ballot: Sunday 24 April at 1pm in the Club House

Stormont has been allocated 39 pairs of tickets for our Wimbledon ballot. Thank you to all the members who opted in and to Dinny for chasing us up. Our ballot will be held on Sunday 24 April at 1pm in the Club House. With this many tickets, every family has a reasonable chance of winning a pair this year, so do come along. The prices are 6% up from last year for most days though semi-finals and finals day centre court prices are up 9%. Full details are online at www.wimbledon.com. Wimbledon runs from 27 June to 10 July. The main ballot conditions are as follows:

- You must be a British Tennis member and aged 9 or over to enter the ballot. Your British Tennis membership details (including email addresses) need to be up to date
- You must have opted in to the 2016 Wimbledon Ballot by February 2016
- You or your delegate must attend the ballot in person and your delegate must be able to select tickets on your behalf
- Only one pair of tickets will be allocated per family

As in previous years, winners will be drawn by lot which entitles you to select your tickets from those available. Thus the first winner can select his or her preferred court and date from all the tickets (we do not know the seat numbers); the last winner (no 39) will have no choice (other than to refuse the ticket). We will draw some reserves in case there are a number of refusals. We will input the winners' ticket allocations to the LTA website immediately following the ballot. The LTA will contact winners by email as per their British Tennis membership details and allow them 14 days to claim the actual tickets allocated and to pay for them online. Please accept and pay or reject them immediately so that if you do not want them they can be offered to the reserves before the 20 May deadline. There will also be a telephone purchase facility (0208 487 7000). The LTA will post out the tickets. If you do not claim your tickets by 8 May, they will be reallocated to reserves. Reserves may win a ticket any time up to 20 May as a result of the LTA reallocation process so watch out for emails or online at www.LTA.org.uk/ballotlookup.

TENNIS MIXED SENIORS

Keith, Patricia, Bernard, Tony, John Lanham, Howard, Norma, Dinny, Jeni and Angela all played. Some of the weather was mean and so were some of the opponents. We came 4th.

Dinny Ravet, Mixed Seniors Captain

Members are welcome to bring non-members to play tennis and/or squash at Stormont or at St Luke's (tennis only), but remember there is a £1 adults, 50p juniors visitors' fee to be put in the visitors' book using 50p stamps from the machine before you start to play. After a visitor has played three times, they must join the club to continue playing.

The St Luke's padlocks need to be treated gently.

Make sure the numbers are lined up on the slight metal ridge.

The brick is there to encourage the bolt to close because it's very stiff!!

AGM

Wednesday 20 April 8.00pm

free drink before

TENNIS

SUMMERTIME IS THE WARMEST TIME TO PLAY TENNIS

Join groups or club times.
Bring your friends.

Non members welcome up to three times.

£1 visitors fee applies

TENNIS TOURNAMENTS

Monday May 2 starting at 1pm David Dorton Tournament is a fun Doubles Day. David Dorton was a keen gardener so prizes are plants. Turn up and depending on how many come you play with the same or different opponents and play loads of tennis. Bring something yummy to share for afternoon tea

Sunday 8 May at 1pm Open (non-members are welcome) Parent and Child Tournament where the idea is to introduce the children to doubles, play appropriately to the youngest and/or weakest player on the court and all have fun. There may be a chance to "adopt a child" for the day.

Stormont Closed Tennis Tournament is our club Knockout Championship Tournament (you must be a member of Stormont). Ladies and Mens Singles, Ladies and Mens Doubles and Mixed Doubles. Entry forms are on the notice board downstairs between the squash courts. Once the draws are up you arrange and book courts for your matches and bring balls. Winners go through. Finals with umpires and ball kids are on July 3. Start at 1pm followed by a delicious BBQ.

EASTER TENNIS CAMPS 29 March – 31 March & 4 April – 7 April

These are tennis camps for kids aged 4 – 16 years and of all ability standards run by LTA qualified and licensed coaches. We will run over the two weeks of the School Easter Holiday, week 1 is Tues 29th to Thurs 31st March and week 2 is Mon 4th to Thurs 7th April. Each day will

session	age	times	cost per day (member/non-member)	cost for week 1 (member/non-member)	cost for week 2 (member/non-member)
mini tennis	4-9 yrs	10-12pm	£12/£13	£34/£37	£46/£50
yellow ball	10-16 yrs	2-4pm	£12/£13	£34/£37	£46/£50

JUNIOR COACHING

MONDAYS 11 APRIL – 4 JULY

3.50-4.35pm Yellow ball 16 years and under
4.35-5.20pm Mini orange 8-9 years
5.20-6.20pm Yellow ball 19 years and under

TUESDAYS 12 APRIL – 5 JULY

3.50-4.35pm Yellow ball 12 years and under
4.35-5.15pm Mini orange 8-9 years
5.15-6.00pm Mini green 10 years and under
6.00-6.40pm Yellow ball 14 years and under

FRIDAYS 15 APRIL – 8 JULY

3.50-4.35pm Mini green 10 years and under
4.35-5.15pm Mini orange 8-9 years
5.15-6.00pm Yellow ball Girls 12 years and under
6.00-6.45pm Yellow ball 14 years and under
6.45-7.30pm Yellow ball 16 years and under

One hour courses £102 for the term 45 minutes £78 for the term

DINNY'S ADULT TENNIS COACHING GROUPS

Beginners and Improvers Drop-in Groups

Monday 10.00 – 11.30am***
Wednesday 10 – 11.30am***

Improvers and Rusty Players Drop-in Groups

Friday 9 – 10.15am
Saturday 10 – 11.00am

Invitation Groups

Tuesday 1.30 – 3.00pm
Tuesday 7.30 – 9.00pm***
Saturday 11 – 12 noon
Friday 10.15 – 11.45 Knowledgeable and wily doubles players

*** term-time only

Dinny restrings rackets and demos rackets



Contact Dinny Ravet
29 Fortismere Avenue
London N10 3BN
mobile: 07961 434889
dinnyravet@gmail.com

COST
Individual lessons £30 an hour
One hour drop in £8
One and a quarter hours £10
One and a half hours £12

For more information please contact the coaches individually -

Dinny 07961434889 or dinnyravet@gmail.com or Lucy 07846872043 or lucy.o.dean@googlemail.com All juniors aged 8 years and older must be a member of the club to participate – details can be found at www.stormontltsrc.com



LUCY DEAN has recently started coaching tennis at Stormont and will be running sessions this Summer for both adults and juniors.

Qualification: Master Club Coach (Level 5)

Experience: Lucy has been coaching for a total of 9 years. She has worked at Liverpool Tennis Centre as Mini Tennis Coordinator, David Lloyd Birmingham as Junior Tennis Pro and most recently as Head Junior Coach at Coolhurst LT & SR Club.

Achievements: Middlesex Coach of the Year 2013 & AEGON Coach of the Month Jan 2014.

Individual Rate: £40 an hour

Contact: 07846 872043 or lucy.o.dean@googlemail.com

JUNIOR COACHING

DAY	TIME	SESSION	COST (12 weeks)	DATES
WEDNESDAY	5-6pm	YELLOW BALL (10+ years)	£102	13th April - 6th July
THURSDAY	4-5pm	MINI RED (4-7 years)	£102	14th April - 7th July
THURSDAY	5-6pm	MINI ORANGE (8-9 years)	£102	14th April - 7th July

ADULT COACHING

DAY	TIME	SESSION	COST	DATES
WEDNESDAY	10-11.30am	IMPROVER DROP IN	£12	every Wednesday
SATURDAYS	10.30-12pm	ADULT BEGINNER CLASS	£12	every Saturday

14 YEARS AND UNDER – ROAD TO WIMBLEDON BOYS & GIRLS TOURNAMENT

7 MAY 4-8pm, 15 MAY 1-5pm

focus on a different shot - forehand, backhand, volley, serve with plenty of time for some competition and fun games also. This is either a great introduction to the game or a good way to get plenty of extra practice in.



To book and for more information email Lucy Dean at lucy.o.dean@gmail.com or on 07846872043

SQUASH

Squash Team Boasts & Drives

Stormont's finest put coals of victory onto the fire of potential promotion from Middlesex Division 5 this winter. Unfortunately, after an incendiary first half to the season, our hopes were then doused by some fiery opposition and we're set to come third or fourth as the last few matches are scraped.

Seasoned Ruffs took care of business at the top of the order, with a lightly garnished Alfie Lake putting in sterling efforts at no.3. A somewhat braised Peter Key was reliable in attendance if not victory at no.4 and a well-simmered Fabien Zinsner achieved some superb wins alongside zesty team mates Tony Hulse, Stuart Miller and Puneet Mehta at the chiffonade end of the team.

Having enjoyed some delightful motor tours of North and West London in a selection of magnificent vehicles, the team is now raring to refine its technique, sharpen its fitness and hit the ground running in the summer squash season – New players are always welcome!

Simon Ruff Squash Captain



We started a Ladies 6 weeks squash coaching course back in February to encourage ladies' participation, enjoyment and fitness in the game. I would say the course was very successful.

We had a consistent turnout of 5-8 players who wanted to learn more about this amazing game. Week by week I could see how they were drawn into it, not to mention their joy and keenness as they improved. That is the fun and beauty of the game: once you get going and learn more, you enjoy it more and more. At first you want to get better, then you want to beat your friends, and then you want to beat your coach.

Everybody's progress was good so we decided to finish the course with a friendly

match against a similar group from Oakleigh Park. It was great to see the competitiveness unfold, the matches were entertaining and the courts buzzed with life, occasional gasps after a good rally, laughter and commentary. The evening finished with a nice meal and lots of chatting. Thank you to all the players, helpers and the club who made this night special.

I hope this is just the beginning and the coaching as well as the matches will continue.

Andras Pal Esr level 2 coach
Email: andras.pal.uk@gmail.com
Mobile: 07402 557654

AGM Wednesday
20 April 8.00pm
free drink before

STORMONT BOOK GROUP

This winter the book group has read books from around the world. *Song of Solomon* by Toni Morrison, *Cloudstreet* by Tim Winton, *Dispute Over a Very Italian Piglet* by Amara Lakhous, *The Dinner* by Herman Koch, *The Buried Giant* by Kazuo Ishiguro and *Colorless Tsukuro Tazaki and His Years of Pilgrimage* by Hanuki Murakami, and finally *The Faithful Couple* by A D Miller. One American, an Australian, a Dutchman, two Japanese, an Algerian and finally a Brit. We are very outward looking. Do join us if you are interested.

carolstegmann@hotmail.co.uk

Stormont Lawn Tennis and Squash Rackets Club
13 Lanchester Road, London N6 4SU

www.stormontlsrc.com

JUNIOR SQUASH COACHING APRIL – JULY 2016

Wednesdays – Starting 13th April 16

4.45pm – 5.30pm Girls only First 6 sessions Free!!!!

5.45pm – 6.30pm Mixed First 6 sessions Free!!!!

(Free sessions for new participants only)

Thursdays – Starting 14th April 16

4.45pm – 5.30pm (Beginners), 5.30pm – 6.15pm (Intermediate), 6.15pm – 7pm (Intermediate 13yrs+)

(Currently full with waiting list)

Fridays – Starting 15th April 16 – new timings

4.30pm – 5.30pm (Beginners 7–11yrs), 5.30pm – 6.30pm

(Intermediate and Advanced)

Fees for 13 week term (no sessions during half term)

Wednesdays – £78 members/£93 non member

Thursdays – £78 members/£93 non members

Friday – £80 members/£95 non members

First session free for new players & fees calculated pro-rata on joining

With Lucas Cannistraci, Tina Fuselli, Andras Pal & Vickie Prow
Level 2 England Squash Qualified Coaches

Booking is essential for all coaching and can be made at any time.

Please contact Vickie Prow on 07796181286,

email: northlondonsquashcoaching@gmail.com

to book and secure your place.

Individual coaching available on request.



Junior Squash Easter Camps

For all levels and ages (7 – 17 years).
Lots of fun, skills, technique, games and fitness

Date	Time	Session	Coaches
30, 31 March, 1, 4, 5, 6 April	9.30 – 12.30pm	Beginners	Steve, Andras or Julian
29, 30, 31 March, 1, 4, 5, 6 April	1 – 3.30pm	Intermediate & Club Players	Steve, Andras or Julian

Fees: £18/session members or £20/session non members

£15/session or £18 non members if more than three days booked over Easter holidays.

Booking is essential: **contact Vickie Prow on 07796 181286 or**

email: northlondonsquashcoaching@gmail.com

Rackets, goggles and balls will be provided but feel free to bring your own.

Participants must wear clothing suitable for sport and clean non marking trainers.

Squash Coaching for Women

For Beginners and Intermediate Level

Coaching Wednesdays 6.30 – 7.30pm

Starting 16 March 2016

£6.50/members or £7.50/non members per session or

£25 for 4 weeks paid in advance. Booking required.

Contact Vickie Prow to book your place: Tel 07796 181286

Email: northlondonsquashcoaching@gmail.com

Minimum of 4 participant per session required

Equipment provided – just wear your kit.

Bridge at Stormont

Bridge has continued throughout the year. We meet once a month, usually on the second Friday, at 8pm to play bridge in the Club room. Please contact Patricia or Jon on 0208 883 7567 or 07774 146644 for further information if you are interested in playing.