



Hello! Welcome to our Newsletter.

In this edition you'll see news from the club, including general chitchat and more specific articles - latest news, sport-specific news, tennis trivia, advice on hydration, welfare and safeguarding etc.

If you'd like something to be included in future editions, let us know. If you have an article to add to future editions, let us know. If you want to comment on something in any of the newsletters, let us know. Contact the club secretary by email: secretary@burtontsc.co.uk.

Tennis: John Matthews, Tennis Captain, reports:

Wimbledon is over for 2024, but for our Burton & Derby League sides the matches are coming thick and fast during the rest of July and through to the end of August.

Our Ladies B Team are on fire and looking good for promotion to Division 4. Our Mixed B Team are also top of their division with just 2 matches to play.

Our Ladies A Team are holding their own in a very strong Burton Division 1 as too are our Mixed A Team.

Our Men's teams are not having the rub of the green and have been on the wrong side of some very competitive fixtures. There's still plenty of matches to improve this situation.

This summer we have introduced Junior / Family nights on the last Friday of the month. These have been well attended and participants have had a super fun time on court.

The latest Fun Doubles round robin tournament was won by Lisa Satchwell and Dick Lathbury. We're looking to run one final edition for this year in early September.

The Internal Tennis tournaments are well under way, and thanks to an idea put forward by Rob Lathbury, this year we are running a Mixed Doubles plate competition.

Don't forget social tennis is Sunday 09:30 to 11:00 and Tuesday evenings from 18:30.

Hope to see you on court very soon!

Hot Off The Press:

John has very recently heard from Adrian Murphy that our Men's A Team are top of the Derby League Division 2 and are hopeful of being promoted back to Division 1.

Good to hear – congratulations to all the team!





Squash News:

We are pleased to announce we have secured a top class Squash tournament to be held at BTSC!

Millie Tomlinson, an international squash player with 27 England Caps and 15 PSA World Tour Titles will be running the **305 Squash Open at BTSC Saturday 10th August**.

This is great opportunity for our members to enter and/or to watch some fabulous squash in a highly regarded competitive competition. If you're not going to take part, why not come to watch as all members, family and friends are welcome - the clubhouse will be open throughout.

We would be grateful if you could support this event, by either playing or spectating, as we believe this would help highlight what our club offers to attract similar events and players to join BTSC.

The format is MONRAD (Best of 3) graded squash, with an entry fee of £25 which includes a T-Shirt.

For more information and how to enter please contact burtionsquashopen@gmail.com or follow the links on Millie's Instagram account: [millie_tomlinson](#)

If you want more information on how the competition is run or about the day, please contact either Liam Morton, Jase Morton or Steve Nicholson.

Kitchen News

Vice Chair Heather Green has had a clean up of the kitchen following the purchase of a new fridge. The old one had definitely seen better days.

In future, food which is out of date, including bottles and jars, will be disposed of – this makes it much more pleasant for anyone opening the fridge. There is a general request that you take with you anything that you don't want (your edibles etc) to be disposed of, that you don't bring any foodstuffs which are about to go out of date (or already have!), and that any spills in the fridge are wiped up as soon as possible.

The fridge has been recalibrated as it was running too cold. The current setting is monitored by person/s responsible for this but if you're aware of it being too cold or warm, let a member of the committee know and it will be adjusted.

The kitchen area as a whole has also been blitzed. **Water bottles** will be labelled with dates and disposed of one week later. **Lost property** boxes have been put in both the men's and ladies changing rooms. Please check regularly that nothing of yours is in there as items which linger will be disposed of. If there is any doubt that your property may be in the other room, ask a female or male member to check the boxes in their room for you, or to bring the box out temporarily so you can have a rummage before the box is returned to the relevant room.



Racketball National Championship News

The dust has settled on what was one of the best, if not THE best UK Racketball tournament to date. The British Racketball National Championships 2024 at Edgbaston Priory (and Sutton Coldfield) in Birmingham.



Over 200 players from the age of 13 through to 89 took part, Men's and Ladies players alike, competing in 19 different draws (plus a Sunday Morning Fun Doubles comp) across three days of superb Racketball action on the third weekend of this month. By the time the last finals finished at 5pm on the Sunday afternoon, there were new Champions crowned, titles regained, and an overwhelming sense that Racketball is really developing and pushing forward positively as a sport at all levels of the game.

A series of upsets in the over 70s draw saw the unseeded BTSC club member Rob Lathbury put in a tremendous shift to knock out no fewer than three higher seeded players on the way to the title, in a really high-quality match against EPC member and Racketball coach Rob Shay in the final, scraping through 3/2 (6-11, 11-5, 11-7, 3-11, 11-6). Shay had earlier also overturned previous Champion Graham Greensall in the semi-finals.

We have a new star amongst us ... our very own superstar!

Well done Rob, we are really proud of and for you.



Welfare and Safeguarding

We take our responsibilities in this area very seriously and the BTSC Safeguarding Policy and Safe Recruitment Policies are written in accordance with the relevant Lawn Tennis Association (LTA) policy templates and were both updated in May this year. The LTA requires registered clubs like ours to have a designated welfare officer who has completed the LTA accredited training course; this accreditation has to be renewed every three years and I attended a course in June to do this. The Club Safeguarding Policy is available on the website and is also displayed on the noticeboard in the Clubhouse. The email address for reporting a concern is safeguarding@btsc.co.uk.

The Club has a Policy for the Use of Changing and Showering Facilities to safeguard both children and adults and this is also available on the website and displayed on the noticeboard in the Clubhouse; this has also been written in accordance with the relevant LTA policy template and I would like to take the opportunity to remind members that juniors should use the disabled changing facilities.

The Accident Book can be easily found in a holder on the wall in the kitchen and is checked regularly by the Committee; any member suffering an accident must complete an entry in the Book and these are all followed up via a welfare phone call to the member concerned by a member of the Committee. Members are also reminded that juniors should not be left unattended in the kitchen, never be behind the bar area and should be provided with a drink if attending a coaching session or playing at the Club.

The Club is proud of its commitment to the highest possible standards in safeguarding practice and members are thanked for their continued support and continued vigilance.

Updated Club Rules and Constitution

Updated versions of the Club Rules and Constitution will shortly be issued to all members. The existing Constitution was very outdated and has been completely redrafted to comply with the LTA template and to ensure that it reflects the Club Rules.

I would particularly like to draw members' attention to rule 29 which relates to playing guests and states: *'Any individual may only be introduced as a playing guest on three occasions in any twelve- month period and must join the Club as a member if they wish to make any further use of the playing facilities.'* I am sure all members will appreciate the importance of this as the access of playing guests needs to be limited so that subscription paying members always have the priority use of the playing facilities and because it is also not right that playing as a guest on a regular basis provides a means for individuals to avoid joining the Club and paying subscriptions. Members are thanked for ensuring that this rule is adhered to.

Martin Cain
Welfare Officer



Language

Swearing and offensive language appears to be on the increase in the club, and we are receiving reports of members and guests being offended by this. The club's Code of Conduct reads:

'Conduct from members which is discriminatory, intimidating, hostile or offensive is strictly prohibited. This may include telephone calls, email, gestures, touching, teasing, remarks, comments or questions of a harassing nature or any behaviour which threatens the well-being or safety of others.'

We regard swearing as being offensive, especially to others in the vicinity, including juniors and both male and female members, and would remind all members that we strive to create a pleasant atmosphere here. Please do your bit to help. Thank you from all the Committee.

Welcoming

The club provides receptacles, water and ice for players and guests, which seems to come as a pleasant surprise to many visiting players. May we politely ask that you return used beakers to the kitchen, wash them and put them on the side.

Nobody wants to drink out of someone else's cup or glass or beaker, so bear that in mind when you need a drink and there are no clean beakers.



And when you've finished a drink purchased from the bar, take your glass/es back to the bar. All bar staff are volunteers but we should all pull our weight in keeping the club clean and tidy to make it welcoming for all.

Furniture

You may have noticed our wooden decking furniture disappearing, one item at a time, and coming back later, having undergone a thorough (and much-needed) refurb. This is all thanks to Clive Powis. Rest assured, he doesn't take the furniture on his bike, but he's doing a cracking job. Thanks Clive, we're grateful and impressed.

Working Parties

Many thanks to all those who have helped out on the recent Saturday morning working parties on our grounds and premises. We achieved a lot on the areas tackled and those areas now look bigger and lighter. You don't have to have any particular skills to get involved, but we ask that you bring any implements that may be needed – litter pickers, secateurs, saws, loppers etc. and can work as a team.



TENNIS TRIVIA

- A** = ATP (Association of Tennis Professionals) the governing body of men's professional Tennis
- B** = Balls – Specifications; the official diameter is 6.54–6.86 cm (2.57–2.70 inches). Balls must have masses in the range 56.0–59.4 g (1.98–2.10 ounces). A tennis ball is generally pressurised at 12 pounds per square inch.
- C** = Court – A regulation tennis court that supports doubles and singles play measures 78 feet in length x 36 feet. The singles court is narrower, measuring 78 feet x 27 feet.
- D** = Davis Cup – Great Britain have won “The World Cup of Tennis” 10 times
- E** = Evert – Chris Evert won 18 Grand Slams
- F** = Federer – Roger Federer, surely the greatest of all time
- G** = Grand Slams – Australian Open, French Open, Wimbledon, US Open
- H** = Hawk-Eye – a technology system that tracks ball flight and determines close-line calls in professional matches, with the exception of clay court tournaments
- I** = Iga – Swiatek is the best female tennis player on the planet – the stats don't lie
- J** = James Keothavong (top British umpire) who umpired the 2021 Wimbledon Men's final
- K** = Keothavong – Anne Keothavong MBE is James' sister, now retired, Anne is a regular pundit on TV coverage of tennis
- L** = LTA – The Lawn Tennis Association is the governing body of tennis in Great Britain
- M** = Murray – Sir Andy Murray, Jamie Murray OBE, Judy Murray OBE
- N** = New Balls Please – changed after the first 7 games and then every subsequent 9 games of a match
- O** = Osaka – 4 times Grand Slam winner Japanese player Naomi Osaka has done much to raise awareness of mental health issues in the sport
- P** = Prize Money – The Wimbledon Men's & Ladies singles winners each received a cool £2 million in 2024
- Q** = Queen's Club - Established in 1886, The Queen's Club was the first multipurpose sports complex ever to be built, anywhere in the world. Andy Murray has won five titles at The Queen's Club, more than any other player
- R** = Roland Garros – a French WWI fighter pilot after whom the French Open is named
- S** = Serena – Serena Williams, surely the greatest of all time
- T** = Tie-Break – Invented by Jimmy Van Allen, first used in a main draw event in February 1970
- U** = Umpire – Mohamed Lahyani has to be by far the most entertaining umpire on the circuit
- V** = Virginia Wade – won Wimbledon in the Silver Jubilee year of Queen Elizabeth II but also won both the US & Australian Open singles titles
- W** = Wimbledon - The Championships 2024 was played over 14 days from Monday 1st to Sunday 14th July.
- X** = www.tennis-x.com where you can all the latest tennis news
- Y** = Yonex – the new racket of choice for Andy Murray is the Yonex EZONE 100
- Z** = Alexandar Zverev – Won Gold for Germany in the 2020 Tokyo Olympics



STAY WELL @ BTSC



BE THIS



NOT THIS



During physical activity, our bodies generate heat, which can lead to an increase in core temperature. To maintain a stable temperature, our bodies rely on the process of sweating to dissipate the excess heat.

As the sweat evaporates from our skin, it cools us down, helping to regulate our body temperature. However, this process also leads to fluid loss, which can result in dehydration if not adequately replaced.

- Dehydration decreases endurance, strength, and overall output.
- Playing members should drink enough fluids to maintain energy levels and enhance muscle function.
- Consider exercise intensity, duration, and sweat rates when hydrating.
- Staying hydrated improves movement, recovery, agility, and mental clarity. Even a 2% fluid loss can reduce sport performance.

Optimal hydration aids in maintaining blood volume, ensuring efficient circulation and transport of nutrients and oxygen to muscles. It also assists in regulating body temperature and reduces the risk of heat related illnesses during strenuous activities!

1. Dehydration accelerates the use of glycogen, the stored form of carbohydrates in muscles and the liver. This can affect endurance and overall energy levels.
2. Muscles rely on neural pathways from the brain for movement. Inadequate hydration can slow down this process affecting coordination and reaction time.
3. Dehydration decreases blood volume, impairing nutrient and oxygen delivery to muscles. This can lead to increased fatigue, reduced focus, physical symptoms like cramps, dizziness and decreased performance.

Remember to **be hydrated before, during and after play** to optimize your sports performance! And to take your bottles home or they'll be thrown away.