

# FIRST

# SERVE

Warsash Tennis Club, Osborne Road, Warsash, Southampton

[www.warsashtennisclub.net](http://www.warsashtennisclub.net)

## MEN'S CLUB CAPTAIN WITH EGG ON FACE

On a bright breezy morning just before Christmas Warsash Men's 3 arrived in Southsea for their away match with Southsea 3. The usual procedures prior to a match had been meticulously followed. Our team had been contacted confirming both availability and travel arrangements. The opposition Captain had been emailed to confirm the fixture and this had been acknowledged. Everything was in place for the match to start at 10am on Sunday 7th December.

Warsash 3 duly arrived at 9.45am having parked up and primed the meter on Southsea front for a 4 hour stay. The Clubhouse at Southsea was deserted apart from a few locals availing themselves of a cooked breakfast. We were all relaxed about this as it is usual for the home players to arrive last for a home fixture. Just after 10am we were relieved to see some men arriving with

tennis rackets. However on approaching them we were advised they were involved in a mix-in and not a match.

Becoming a trifle concerned as Team Captain, I took the initiative of phoning the opposition Captain. His wife comfortingly advised that Bob was on his way and picking up his team en route. We then took to the courts for a warm up when my mobile phone rang. It was Mark Lance stating a team from Southsea had arrived at Warsash expecting to play Warsash 3.

"Oh s...!" I said, explaining we were in Southsea. I quickly looked through my papers and to my horror and embarrassment I had transposed, somehow, a home fixture to an away fixture when advising my teammates. I asked Mark to tell the opposition we were on our way back to Warsash! We arrived back in Warsash appearing rather ruffled and red faced at 11am, having mimicked Lewis Hamilton on the way (and me a JP!) The opposition were nicely warmed up and somewhat surprisingly seemed in good temper. To our dismay their team looked quite different and significantly younger than the Southsea 3 teams previously encountered. We were soundly beaten but on the upside we did avoid preparing refreshments having only time to collect match balls on route! Their non playing Captain was kind enough to raid the local Co-Op for emergency supplies.

As Men's Club Captain and Team Captain you can imagine how I felt. This was not helped by the obvious amusement it gave to Mark and his squad who appeared to rather enjoy my obvious embarrassment. My only consolation in all this was that I was accompanied by no less than the Portsmouth and District League secretary, Michael Isaacs, who was a member of my team!

*Nick St John*

**Get fit outdoors - not in the gym**

*(and learn a new skill at the same time)*



All are welcome to this new fun fitness session held on Monday mornings where you get to hit lots of tennis balls (racquets supplied) and enjoy some great cardio exercise in the fresh air and followed by refreshments.

**No tennis skills needed. Non members welcome.**

**£6.50 per session**

**First session only £5.00**

**Every Monday 9.15 - 10.15am**

at Warsash Tennis Club, Osborne Road, Warsash  
For info phone Rob Norris on 07519 633559

**Warsash Tennis Club Ten Pin Bowling Night**  
**Friday 27th February**  
**Fareham/Gosport Bowl**

**£20.00 per person**

Adults & Juniors welcome

Includes buffet, one free drink & prizes.

Numbers limited to 36 so please book up early

with Helen Rawlins on 07771 744303 or email

[helen.noble2@btopenworld.com](mailto:helen.noble2@btopenworld.com)



# ROB'S COACHING NEWS

## ADULT TENNIS

The adult tennis sessions have been running reasonably well even though the weather has affected some groups over past few weeks. Rob feels there has been a marked improvement all round, especially at the higher level of the Club, mainly due to regular attending of the tennis weekly sessions, which is seeing some good solid team performances against other Clubs.

If you would like to get involved in the coaching program and want to improve your game then speak to Rob who can let you where best to cater for your tennis needs.

A new session has been started - **Cardio & Coffee morning** which runs on a Monday at 9.15 - 10.15am. It is for all levels and is designed to get the heart pumping whilst hitting lots of balls. It's lots of fun with the emphasis on movement and a work out rather than hitting the perfect ball. The session follows with some biscuits and tea or coffee and a chance to chat with other participants. So if you want to get fit and meet new people this is the session for you.

## JUNIOR TENNIS

The junior side of the Club has developed well with regular weekly sessions which are being attended by all ages and with the after-school clubs and curriculum sessions, Rob is able to help children get a grasp of the game and gain confidence.

More juniors are playing in external tournaments and a U14 boys team played in the Wessex league which is a good way to test the boy's levels in a more competitive way.

The team consisted of Adam Hesketh, Jake Betteridge, Dillon Norris and Ben Aston.

A great effort from all the boys and special thanks to Mike Betteridge for being their team captain.

## EQUIPMENT

A lot of members are accessing Rob's great deals on racquets, equipment and restrings, so if you are looking for anything then let him know and he will look to help and accommodate your needs.



## ROB'S TOP TENNIS TIP

If you want to improve your timing with groundstrokes then try hitting the ball on or inside the baseline without retreating, this will encourage you to take the ball earlier and reduce the chance of late balls being hit.

# HALF-TERM TENNIS CAMPS

Monday 16th, Thursday 19th & Friday 20th February

3 days of fun. Hit lots of balls, lots of games and structured tennis on each session, some sessions may include football and/or rounders

9am - 2pm £21.50 per child (member) £22.50 (non member)

9am - 12noon £16.50 per child (member) £17.50 (non member)

For all ages 4 1/2-15yrs

All Coaches are LTA Qualified and Licensed

To book a place or for more info please contact Rob Norris on 01489 781947 or 07519 633559



# Dates for your diaries

## FRIDAY 27th FEBRUARY BOWLING NIGHT

WTC social event at Fareham/Gosport Bowl. See overleaf for details

## WEDNESDAY 25th MARCH WTC AGM

8pm 'The Ferryman Pub' Warsash

All members are encouraged to come along and hear about the club's progress and vote on committee nominations and current issues.

## SATURDAY 18th APRIL SOLENT CUP

Annual competition climax with the winners of the Portsmouth and Southampton Winter Leagues playing against each other to determine the ultimate Solent Champions. Held in 2015 at Winchester Tennis Club - please come and support this event. We are hoping that Warsash Mens 1st team will qualify for this once again!

## SUNDAY 17th MAY ANNUAL OPEN DAY

Our flagship Open Day to showcase our club to the local community - invite your family, friends and neighbours to come along and try some fun tennis and meet our members and committee. More details to follow. Volunteers to play tennis and help set up required please.

## SATURDAY 4th JULY WARSASH FESTIVAL

Held every two years on the Strawberry Field in Warsash and WTC will be represented there once again at this fun event. Any volunteers to help Denise make a WTC Scarecrow for the competition and help out on the day would be very welcomed!

## SATURDAY 12th SEPTEMBER FINALS DAY

The Club Closed Tournament Finals day followed by prize giving and meal at St Mary's Church Hall. You must be available to play on Finals Day to enter the Summer tournament so please put it in your diary today!

**Mix in sessions** Just a reminder that our regular club night mix-in sessions are a great opportunity to play and meet other members. We do need more volunteers for the club night duty rotas please. Please contact Denise Franks for more information.

**Thursday is Team Practice night** Rob offers specific match doubles training from 7pm - 8.30pm (£8.50 a session) on Thursdays. It is a perfect opportunity to get your squad to come out and practice partnerships and tactics for the weekend's matches. All standards welcome. (You don't have to play in a team to go as Rob will run the session according to attendees.)

**Spring cleaning of the courts** Thanks go to Chris Coote and David Sadler for organising the cleaning of our courts. The results are already appreciated with the courts definitely more grippy in damp conditions now that the moss has been removed. Four new nets are also being purchased and fitted and possible ice protection for court 1 is being investigated.



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