



Issue 113 October 2019

## Coming Up at Tawa Squash

Summer Fitness Programme from November 9<sup>th</sup>  
Squash Wellington Annual Awards Saturday November 23<sup>rd</sup>  
Tawa Ham & Turkey December 10<sup>th</sup> – 15<sup>th</sup>

### Every Month

Junior Club Night 5pm – 7pm Fridays in School Term, \$5 non members, Free members

Small Nix (5-8 year olds) 5pm – 5:30pm Fridays in School Term, No Charge

Mums N Bubs Thursdays from 9:30am – 11am \$5 non members, Free members

Senior (Adults) Club Night Mondays 7pm – 9pm No Charge

#### USEFUL CONTACTS

Tawa Squash Club  
232 8200  
[info@tawasquash.co.nz](mailto:info@tawasquash.co.nz)  
[www.tawasquash.co.nz](http://www.tawasquash.co.nz)

Club Manager  
Peter Bowers  
027 65SQUASH  
(0276 778 274)

President  
Geordie Grieve  
027 493 6689

Club Captain  
Chris Sinclair  
027 437 0966

Junior Convenor  
Nikki Farmer  
021 053 3292

Interclub Convenor  
Chris Sinclair  
027 437 0966

Club Coach  
Nick Mita  
021 526224

#### Bar Hours

Normally:  
Mon 5pm - 9pm  
Tue 5pm - 10pm\*  
Wed 5pm - 10pm\*  
Thu 5pm - 10pm  
Fri 5pm - 8pm  
Weekends As required

#### Pro Shop Hours

Normally:  
Mon 5pm - 9pm  
Tue 5pm - 10pm\*  
Wed 5pm - 10pm\*  
Thu 5pm - 10pm  
Fri 5pm - 8pm  
Weekends By appointment  
During Tournaments  
\*During competitions

### Tawa Ham & Turkey Squash Tournament – already 100 entries!

As popular as ever, our most unique tournament is coming up. You are advised to get your entry in early because once it's full we will likely close entries. There are only 23 spots left and we are still 6 weeks away from the start!

All participants win a prize – 1<sup>st</sup> = a ham, 2<sup>nd</sup> = a turkey, 3<sup>rd</sup> = a meat pack and 4<sup>th</sup> = a chook.

The event is played in divisions of 4 playing Round Robin 1 x 25 minute game after a 5 min warmup and is open to graded and ungraded players.

The tournament starts Tuesday 10th Dec and finishes Sunday 15<sup>th</sup> Dec and you can secure your spot via iSquash, return email or the notice board at the club.

You are advised to get your entry in early because when it reaches the targeted number of 128 we are most likely to close the entry list.

### Summer Fitness Training starts Sat 9<sup>th</sup> November

Summer fitness training starts again on November 9<sup>th</sup> and runs through to the end of March.

This will help you get fit, fast and strong for the 2020 season. Join the summer training crew and get a huge head start on all of your opponents. This is for everyone from juniors, seniors to masters and for all levels from beginners through to high performance. The programme is tapered to suit players at all levels of strength and fitness. More details are on the poster at the club and you can reserve your spot by contacting Nick on 021526224 or emailing [mitasquash@gmail.com](mailto:mitasquash@gmail.com)



### Squash Wellington Annual Awards

This years' Squash Wellington awards ceremony is being held at Kapiti Squash Club on Saturday 23<sup>rd</sup> November from 7pm. All members are welcome, especially those who were in winning winter interclub teams.

Tawa has the following nominations:

- Debbie Dunbar – Senior Squash Woman of the Year, Masters Woman of the Year
- Hannah Dunbar – Junior Girl of the Year
- Oli Dunbar – Junior Boy of the Year
- Tawa Squash Club – Club of the Year
- Chris Sinclair – Volunteer of the Year and
- Liam McGrath – Most improved junior boy

### Inaugural Tawa Doubles Tournament

In our first official doubles tournament held earlier in October, we had 16 entries in the open division and 12 entries in the social division – a total of 56 players. The numbers were especially pleasing considering it was our 3<sup>rd</sup> event in 4 weeks which hindered the amount of promotion we put into it. This very close timing of tournaments also kept Chris Sinclair particularly busy as

the “co-ordinator” – to Chris’s great credit the end result on the “report card” excellent. The open division winners were Nick Mita and his idol Richie Hoare.

Two new timber trophies have been expertly crafted by Chris Sinclair (a hobby he has perfected) for the open and for the social winning duos. These trophies will help ensure that this new event on our calendar is here to stay.

### Working Bee

Minor maintenance work is to be done on Sunday 3<sup>rd</sup> November which will include some cleaning, painting, mowing, and weedeating. Please contact Simon Hogg if you are able to help out. His address is: [simonhogg@yahoo.com](mailto:simonhogg@yahoo.com)

### Ladies - Know the Basics of your Car

Craig at North City Motors (Kenepuru) is hosting a Ladies night at his work on Tuesday November 19<sup>th</sup> from 6:30pm – 8:30pm to help you deal with the basic maintenance of your car. This includes checking oil, changing a tyre, and what the lights on your dash mean etc. This is a free evening with appetisers, wine and prizes. Contact [northcitymotors@xtra.co.nz](mailto:northcitymotors@xtra.co.nz) to secure your spot.



### Want to learn to coach?

Squash Wellington are hosting a coaching the coaches course at Thorndon Squash Club from 3-6pm on Sunday 1st December. The afternoon will cover

- How to coach
- Planning a session
- Plus technical aspects

The course will be facilitated by Evan Williams and there will be no cost to attend. It is limited to 8 coaches. Please send expressions of interest by Friday November 22<sup>nd</sup> back to [info@tawasquash.co.nz](mailto:info@tawasquash.co.nz).

### Congratulations Hannah and Good Luck

College Sport Wellington has selected Hannah Dunbar as a finalist for their Sportsperson of the Year Awards representing Squash. Great stuff Hannah and well deserved. The club awaits the results from the event on Sunday November 3<sup>rd</sup> with eager anticipation.

### Warm Up Etiquette (from Squash Magazine)

In the warm up before a match:

Share the ball: Hit the ball to yourself a maximum of twice before you hit the ball to your opponent. You will never see any self-respecting Pro hit the ball to themselves four, five, six or more times. It is simply bad manners and ignorant behaviour. Sometimes it’s possible that a new player doesn’t understand. If so, quietly show them this article and hopefully they will change their way.

Be courteous even if you are trying to investigate your opponent’s strengths and weaknesses: Hitting the ball twice to yourself and then sticking the ball in the nick is not courtesy. By all means throw up a couple of lobs and try a boast or two, but don’t be aggressive with your attitude. Save that for the match.

### Summer Fun Series



This popular event was fully subscribed within 2 weeks. Deon Van Rensberg and Simon Hogg have shown an interest to get involved in the running of Summer fun and together with a couple of sponsors, TravelHub and North City Motors Kenepuru, some subtle changes will likely be introduced adding to the enjoyment of this series.

TRAVEL HUB



### Thanks a Million

Nick Hogg, Angela Jones and Anna Du Plessis – the juniors set up shop at the Spring Into Tawa Fair with a BBQ inside a marquee with the Farmer family in charge raising money for the juniors. Nick, Angela and Anna all volunteered to help cook the food but didn’t really know what they were getting themselves into – 10kg bacon, 2 kg steak and 250 sausages later, the group netted almost \$800. This was a brilliant result but it took a lot of effort from this small group. Well done and thanks.

### Thanks to our Sponsors

Please support our Sponsors as they provide immense help to our Club

