



Supplementary Issue 120 April 2020

Coming Up at Tawa Squash

THE CLUB IS CLOSED UNTIL FURTHER NOTICE

USEFUL CONTACTS

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When are we likely to re-open?

Who would have planned for an event as devastating as COVID-19?

Many members are probably chomping at the bit to get back on court, even if it's hitting on their own, BUT we have an obligation to keep the club closed until the government advises that it is safe to re-open.

At this stage the country is tracking extremely well but there is a long way to go. An impending change to alert level 3 will allow widespread activity to begin with more people back at work, but maintaining those strict things around physical separation, hand hygiene, and so on, to prevent infection. It seems logical to expect the playing of squash would still be outside these requirements although socially we may be able to regroup for and tasks around the club may be able to be done. Next week better indication will be revealed.

Even at alert level 2 physical distancing would still need to be practised so playing squash might still be a wee while away.

Did you know.....

The Titanic had a squash court, and professional player Fred Wright went down with the ship. It seems they had an issue, as do many squash clubs, with wet walls!



Free Online Squash Fitness Sessions

Nick Mita is running a free online squash fitness programme Mon, Wed, and Fri at 7pm, Tues, Thurs and Sun at 10am. Nick goes live on his Facebook 10 minutes beforehand. Friend "Nick Mita" on Facebook and join in. You just need a little bit of space in your garage, lounge, deck or outside. Over 150 have participated at different times from all over NZ, Australia, Rarotonga, Saudi Arabia and more. From beginners to advanced, the program suits all. It's free and is

designed to keep us all in touch and fit.

Send your best stories from your COVID-19 experiences...



How can you stop touching your face? Anna and Deon have come up with a novel way. Anna has discovered if you have a beer in each hand I have a good feel about this catching on.

Here is a picture of Anna in action – now you can see why Deon is so keen to get back to work!



I was cooking tea last night and looked what was in the carrot bag! My mum used to encourage me to eat my vegetables but I couldn't bring myself to ruin such a piece of art!

Keep up the Great Work

that you have been doing to help overcome the Coronavirus so far. It would be a shame to have progress hindered by taking the foot off the pedal now. And the instructions can't be clearer – stay home. Or if you need fresh air or supplies, stay local (in your own suburb.)

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