



THIS MONTH'S MAIN EVENTS

Squash Masterclass

Friday 24th November from 6.45pm

RLTSC NEWS

The first week of winter has been felt this week with the cancellation of last Tuesday's Team tennis session. Therefore, take some advice from Jordan to prevent injury as we all know we need to warm up, but, when we arrive at the club, we just jump out of our cars and hit balls right away. Jordan recommends a slow jog twice around one court as a minimum before rallying in the service boxes for 5 minutes. If you would like a full warm up routine, email Jordan at coaching@rltsc.co.uk and he will send you Julie Caplan's specialised tennis warm up. You are also far more likely to tear a muscle in colder temperatures which is why Jordan would also recommend wrapping up in layers. This starts you off warm and you can gradually strip layers off rather than taking a big winter jacket off and forcing a quick change in temperature on your body.

On health & safety matters we would ask that any potential hazards such as loose matting, wear on courts etc should be reported to the Office. Please take this seriously as these issues cause accidents particularly in the Winter months accidents can happen and are often avoidable.

You will notice some changes in the Wi-Fi around the club in the Squash and the rest of the Club and please note that the Wi-Fi password is 425Watling. The Committee also wish to remind its members that we have terms and conditions for its use, which protects the Club from abuse of this service and all the terms of use are found on the club website <http://www.rltsc.com/files/Policies/RLTSC-WiFi%20-%20TCs.pdf>

Jordan is now looking for volunteers to join an event committee which will attempt to beat the world record for the largest tennis session which stands at 803 people. He has teamed up with Pia Azzuri, and the plan is to attempt to break the record on the Open day in 2018, so please contact Jordan on coaching@rltsc.co.uk, if you can help him raise some money for Charity and have some fun as well.

Tennis News

We urgently need volunteers to help run the Tennis section of the club. Currently, there are only 2 members of the tennis committee. Whilst they would love to run more tennis social events for the Club such as a Christmas American tournament, they simply do not have the bandwidth. Therefore, please think hard if you can also spare some of your time to support the Club, particularly to enhance the social side of tennis, even if it's just organising one event per year. Please let Mike Jaffa or Alison Argyle know if you can help.

This leads on to the next point which is a reminder that on Wednesday November 22nd 2017 at 7.45 pm, the Tennis Committee would like as many Tennis members to come down to an informal meeting to discuss the Social & Competitive issues faced by the Club. An agenda will be published on the night, and it will be run like Question Time intending to finish by 9.00 p.m. It is so important that people attend.

Tuesday Team Training (8pm -9.30pm) is set up for team players for team tennis in 2018. The session specialises in doubles tips to help you improve and think of new ideas on a doubles court. For November, we have made some changes to make the experience better and, so we are asking participants to book a space online and you will pay £5 for the session on the day. If you have any issues booking email coaching@rltsc.co.uk

The next session of Team Training is the 14th November MIXED DOUBLES WEEK

Final result from Woodford Wells...Congratulations to Natalie who was runner up in the final of the girls 16&U singles and was also a runner up with Joe in the 14&U mixed event.

Lastly just a reminder but we have Tennis Box leagues starting again and if you want to play in them please let Jordan know and he will try and include you in this league if possible.

Squash

Can 16 Club Players beat 4 Top Team Players? Here is your chance. Calling all team, aspiring team players and league players, take part in a coach led session to receive key tips to improve your match play at a Squash Masterclass on Friday 24th November from 6.45pm. Each squash court will have 4 club players, who will each play a top team player. During and after play, the Radlett coach will give advice and point out what you need to do to improve. Afterwards each team of 5 players will play each other. Everyone will play their opposite number. All 5 players get 3 matches. Register via the online Club Court system using the link on the club website homepage <http://www.rltsc.com/>, cost £2.

The Squash leagues and sessions continue as normal

Nyall Jacobs

CLUB MATCHES

Please come to watch and support your club's teams

Sunday 12th November from 12pm

Herts Winter Seniors Tennis League
Radlett 50+A v Rickmansworth

Thursday 16th November from 7.30pm

Middx Winter Squash League
Radlett Vets v West Herts 2

Tuesday 21st November from 7.30pm

Herts Winter Squash League
Radlett 3 v Luton and Dunstable 1

Tuesday 14th November from 7.30pm

Herts Winter Squash League
Radlett 1 v Biggleswade 1

Saturday 18th November from 11am

Herts Winter Seniors Tennis League
Radlett 50+B v Standon & Puckeridge

Wednesday 22nd November from 7pm

Table Tennis League

Wednesday 15th November from 7pm

Table Tennis League
Radlett v Harpenden

Sunday 19th November from 2pm

Herts Winter Mini Tennis League

OFFICE OPENING HOURS

Monday 10am - 1pm, **Tuesday** 10am – 1pm, **Wednesday** 10am – 1pm, **Wednesday** 5pm – 7pm

Thursday 10am – 1pm, **Friday** 10am – 12pm.

Outside of these times please email admin@rltsc.co.uk or membership@rltsc.co.uk

BAR OPENING HOURS

Monday 7pm – 10.30pm **Tuesday** 7pm – 10.30pm, **Wednesday** 7pm – 10.30pm, **Wednesday** 7pm – 10.30pm

Thursday 7pm – 10.30pm, **Friday** 7pm – 10.30pm, **Saturday** 11.30am – 1.30pm and 4pm – 6pm.

For squash matches the bar will be open until 11pm

No staff cover for Thursday 9th, Thursday 16th, Thursday 23rd, and Saturday 25th November - the bar may be closed.

WEEKLY EVENTS AT THE CLUB

Thursday	Tennis Cardio Drills coach led from 8pm-9.30pm	9th November & 16th November
Friday	Cardio Tennis 9.30am – 10.30am	Resumes 2018
Friday	Mini and Junior Tennis 4.30pm – 8pm	TBC
Friday	Social Squash from 6.30pm	10th November & 17th November
Saturday	Munchkins Tennis coaching for 4 and 5-year olds 10am – 11am	11th November & 18th November
Saturday	Mini and Junior Squash 10.30-11.30 Book Online	11th November & 18th November
Saturday	Family Social Tennis coach led from 2pm -4pm	11th November & 18th November
Sunday	Tennis Social from 9.30am - 12pm. See website for court allocation	12th November & 19th November
Sunday	Junior Squash Coaching , 2.30pm - 3.30pm, Beginners & Middles, 3.30pm-5pm Seniors	12th November & 19th November
Sunday	Open Disability Tennis coach led 4pm – 5pm	TBC
Monday	Social Squash & Racketball from 6.30pm	13th November & 20th November
Monday	Rusty Rackets Tennis coach led 8pm – 9pm	13th November & 20th November
Tuesday	Cardio Tennis 9.30am – 10.30am	Resumes 2018
Tuesday	Adult Team Training 8pm – 9.30pm, book in advance and pay on the night	14th November & 21st November
Wednesday	Over 60's Drop in Tennis – 9.30am – 10.30am	15th November & 22nd November
Wednesday	Mixed Social Tennis coach led from 7pm - 9pm (junior members by invitation)	15th November & 22nd November
Thursday	Tennis Coaching and Coffee with 'G' coach led from 9.30am - 11am	16th November & 23rd November

TENNIS

Tennis School – Term 3

[Book Online](#)

SQUASH and RACQUETBALL

Sunday Junior Squash Coaching

2.30pm Beginners and U12 Middles

3.30-5pm Middles and Seniors

Further details please contact Julian Craxton 07711 748557

Squash Masterclass

Friday 24th November

Play a top team player, receive coaching tips

Followed by a team format competition

£2 entry fee

[Book Online](#)