

July 2024

Penyfforddtennisclub@yahoo.co.uk



## Welcome to Pen-y-ffordd Tennis Club's monthly newsletter!

### July's roundup includes:

- Clubhouse & court improvements
- Coaching & Socials
- Leagues
- Summer at Pen-y-ffordd Tennis Club
- Meet the committee member

### Clubhouse & Court Improvements

Some of you may have noticed that the clubhouse has undergone a bit of a transformation recently with new seating, bulletin boards, more table tennis equipment, and new flowers in our pots.

A big *thank you* to all the volunteers who have helped make the clubhouse look so good!

It doesn't stop there, however. Many thanks also to our team of volunteer hedge cutters who have kept the walkway neat and tidy. We've also had Wrexham Weed Control out recently to keep our courts in good condition.

Pen-y-ffordd Tennis Club is run by those with a passion for tennis and who give their time for free. As you can imagine, there are always things to be done! If you think you could spare an hour or two occasionally to help the club, please reply to this email. ***We're always grateful!***



## Coaching & Socials

Firstly, welcome to all our new members over the past month! It has been lovely to see so many of you on the courts. We have a range of social tennis sessions where you can meet other members and play plenty of doubles tennis.

If you're interested or would like more info, please email

[penyfforddtennisclub@yahoo.co.uk](mailto:penyfforddtennisclub@yahoo.co.uk)

*Hope to see you there!*

### **Socials**

Mon & Thurs 6pm-8pm

Wed & Fridays 10am-12pm

Sundays 10am-12pm

### Coaching

As always, coaching is very popular at the club. The club is lucky to have Mike Herd as our head coach. Mike and his team of qualified coaches can support you, whatever your needs. Mike is further supported by 6 new volunteer tennis assistants who are all DBS checked and helping with various sessions.

Mike Herd



Inclusive rackets

[www.facebook.com/inclusiverackets/](https://www.facebook.com/inclusiverackets/)

## Summer Leagues

PYF have 3 teams competing in the Domaine Des Jeanne North Wales Summer League 2024.

Men's **Division 2** have finished all their matches with 10 points on the board. They have the chance of finishing in second place, dependent on the results of other outstanding matches.

*Fingers crossed for you Div. 2 🍀*

Men's **Division 4** have two matches left to play. If they win both, they could finish in second place.

*Good luck! 🍀*

Ladies **Division 4** have just one match of the season left to play, and despite few wins and finishing at the bottom of the division, the team have had an enjoyable experience and excited for the winter league.



*Well done to everyone*

## Summer at Penyffordd Tennis Club

We might just dare to say summer has finally arrived! With the warm days and bright evenings, we hope you're enjoying the good tennis weather. With that in mind, a couple of reminders to keep it enjoyable for everyone:

- **Parking:** Please only park in the designated spaces by the courts to park. If these are full, there is plenty of parking on Vounog Hill.
- **Children:** It is recommended children under 13 are supervised by a parent or guardian when at the club. Additionally, under 18s must always be supervised in the clubhouse. Parents are responsible for any juniors playing unsupervised.
- **Dress code:** Please remember to dress appropriately and in a way that is respectful to our neighbours, e.g. no bare tops. This is part of the club rules everyone agrees to when using the courts.

Tip: Tennis shoes are specifically designed to enhance performance and provide crucial support on court. They offer lateral stability, which is essential for the quick side-to-side movements. Their soles provide optimal traction on various court surfaces, reducing the risk of slips and falls. Additionally, they often have reinforced toe caps and durable materials to withstand frequent play. Finally, enhanced cushioning and arch support further contribute to comfort, reducing fatigue and the likelihood of injury.

### Meet the Committee Member

**Name:** Matt Perkins

**Role:** Chairman

**Been playing tennis for:** 4 years (not that you could tell).

**Righthand or lefthand player:** Right

**Prefers forehand or backhand:** Forehand

**Staycation or vacation:** Vacation - give me somewhere hot and sunny any day of the week.

**Netflix or Prime:** Disney +

**Tennis or football:** Football

**Dogs or cats:** Dogs

**Would you rather have seven fingers on each hand or seven toes on each foot:** Toes

**Would you rather never get a cold ever again or never be stuck in traffic ever again:** Never get stuck in traffic again.



**Matt Perkins**  
Chairman

## **And to finish off... Did You Know?**

Before tennis players used racquets, people used the palm of their hands to hit the ball back and forth over the net. People in the 12th century suffered from swollen and red hands in a game called “jeu de paume”, meaning game of the palm. It was not until the 16th century that racquets were used.

You can find us on our social media pages at:

Instagram: Penyforddtennisclub

Facebook: <https://www.facebook.com/penyforddtennis>