



## One Year of Serving Up the News!

### 🟡 Welcome to the July Edition of Our Club Newsletter! 🟡

It's hard to believe it's already been a **whole year** since we launched our very first newsletter! What began as a simple way to keep everyone in the loop has grown into a fun, informative, and community-driven snapshot of everything happening around the club. Whether you've read every edition or just joined us recently, we're so grateful to have you as part of our growing community.

In this issue, you'll find all the latest updates, including match results, upcoming coaching opportunities, social tennis info, and helpful reminders to stay sun-safe during your time on court.

### Who are you backing to win the title this year?

**With Wimbledon in full swing, our courts have never been busier!** It's great to see our social sessions packed, with members even **on the bench waiting to step in**. Whether you've been enjoying the action at Wimbledon from your sofa or hitting the courts yourself, July is a great time to embrace the tennis buzz, both on TV and right here at PYF!



## Socials

We're thrilled to welcome several **new members** to the club — it's fantastic to see our community growing and thriving.

**If you're interested in joining or would like more info, please scan the QR code to join our community, or email the club and we can add you to the 'WhatsApp' groups.**



**Mon & Thurs 6pm-8pm**  
**Wed & Fridays 10am-12pm**  
**Sundays 10am-12pm**

*Hope to see you there soon!*

## Here Comes the Sun ☀️



The Beatles weren't wrong when they said it feels like years since it's been here, but summer has definitely arrived!

With the recent spate of good weather and more soaring temperatures predicted for the coming weeks, here are our **top tips** for staying protected in the warmer weather:

- **Wear your suncream!**

Apply a broad-spectrum suncream of SPF30 (or ideally higher) at least 20 minutes before you start playing. Reapply every 2 hours, or more often if you're playing hard and sweating a lot. Don't forget your ears, nose and back of the neck, as these areas are often forgotten about and prone to burning.

- **Water for the win**

It's important to stay hydrated when playing tennis at any time, but it's especially important in the sun. Start hydrating at least a couple of hours *ahead* of when you'll be playing and remember to keep drinking between points. Being sufficiently hydrated will also help keep your game on point.

- **Choose the right time**

The sun is strongest between 11am and 3pm, although high temperatures will last well into the evening. Consider booking a court earlier in the morning or later in the evening if you can.

- **Breaks in the shade**

Take regular breaks in the shade where possible. Our clubhouse generally stays nice and cool – if you haven't already requested clubhouse access and would like to use the facilities, please email [penyfforddtennisclub@yahoo.co.uk](mailto:penyfforddtennisclub@yahoo.co.uk). We also have a parasol available to use in our seating area.

- **Opt for the right clothing**

Wearing a hat or cap will provide additional (though limited) protection to the vulnerable areas on your head. Try to wear clothing that allows your skin to breathe and consider long sleeves and high collars. Close-woven material will help prevent UV reaching your skin underneath. Please remember to dress appropriately and in a way that is respectful to our neighbours, e.g. no bare tops.

**Sun, sun, sun, here it comes** ☀️

## Meet the Committee Member

**Name:** Mike Herd

**Role:** Head Coach

**Been playing tennis for:** 25 years! 🤖

**Righthand or lefthand player:** Lefty!

**Prefers forehand or backhand:** Always the forehand!

**Strawberries & cream or Pimms:** Strawberries and cream

**Wimbledon Predictions – who do you think will win the Ladies' Singles trophy?:**

Sabalenka

**Wimbledon Predictions – who do you think will win the Gentlemen's Singles trophy?:** Alcaraz

**Would you rather play tennis in flip flops for the rest of your life or play tennis with a badminton racket for the rest of your life?:** flip flops and just go for the winners 🤔



*Thanks Mike 😊*

## NORTH WALES SUMMER LEAGUE UPDATE

### Men's Div 2

TEAM	PL	W	D	L	PTS	R	S	S	GM	GM	HISTORY
1 Bangor Tennis Club 2	5	5	0	0	10	19-1	39-2	95.1%	239-49	83.0%	W W W W
2 James Alexander Barr Tennis Centre 2	6	2	3	1	7	14-10	28-23	54.9%	209-207	50.2%	L T W T
3 Prestatyn Tennis Club 3	5	2	2	1	6	11-9	24-19	55.8%	176-142	55.3%	L W W T
4 Pen-y-ffordd LTC 2	5	1	1	3	3	8-12	16-26	38.1%	130-199	39.5%	W L T L
5 Denbigh LTC 3	5	0	0	5	0	0-20	3-40	7.0%	83-240	25.7%	L L L L

### Men's Div 4

TEAM	PL	W	D	L	PTS	R	S	S	GM	GM	HISTORY
1 Craig y Don Community Tennis Club 1	6	4	2	0	10	18-6	39-13	75.0%	262-150	63.6%	T W W W W
2 Denbigh LTC 1	7	4	2	1	10	17-11	37-30	55.2%	258-251	50.7%	W W W L T
3 Pen-y-ffordd LTC 1	5	3	0	2	6	13-7	28-16	63.6%	205-148	58.1%	W L L W W
4 Ruthin LTC 2	6	1	1	4	3	7-17	16-36	30.8%	169-243	41.0%	T W L L L
5 Rhos-On-Sea LTC 3	4	0	1	3	1	4-12	12-25	32.4%	115-170	40.4%	L L L T
6 Rhos-On-Sea LTC 2	2	0	0	2	0	1-7	3-15	16.7%	45-92	32.8%	L L

### Ladies Div 3

1 Ruthin LTC 1	6	2	4	0	8	15-9	33-21	61.1%	235-200	54.0%	T W T T
2 Rhos-On-Sea LTC 2	5	1	4	0	6	11-9	24-20	54.5%	187-174	51.8%	T W T T
3 Pen-y-ffordd LTC 1	5	0	4	1	4	9-11	20-22	47.6%	184-177	51.0%	T T L T
4 Bangor Tennis Club 2	3	0	3	0	3	6-6	12-15	44.4%	100-120	45.5%	T T T
5 Brymbo LTC 1	5	0	3	2	3	7-13	15-26	36.6%	146-181	44.6%	T L T T





Open Court



INCLUSIVE  
RACKETS

# WALKING TENNIS

To book contact Mike on 07527 908808 or  
[mike@inclusiverackets.co.uk](mailto:mike@inclusiverackets.co.uk)

<https://inclusiverackets.co.uk/ptc-walking-tennis/>

## Tennis, Badminton And Squash Racket Restringing

*\*Your Strings Are the Engine - Don't Drive a Ferrari on Worn Out Tyres! \**

You wouldn't buy a sports car and ignore the tyres - but that's exactly what many players do with their racket strings. Most players keep strings in until they break, but by then, they're well past their best.

Strings lose their elasticity and playing properties over time. Dead strings reduce control, power, and comfort, and can increase the risk of injury. Factory strings are often poor quality. In fact, many are strung very loosely - almost pulled by hand - so rackets can be sold quickly. As a rough guide, you should restring as many times per year as you play per week (e.g. play twice a week? Restring twice a year).

A fresh restring, done properly, with the right string type and tension can transform your racket - improving feel, protecting your arm, and helping you play your best. All restrings are carried out by UKRSA stringer & technician Mike Herd, who has strung for players including a junior who represents Great Britain.



Contact Mike to find the best string and tension for your game on 07527 908808

## Recycling



Collected every week

Collected every week



We're so pleased that the club is now consciously recycling a wide range of items, including plastics, paper, tennis balls and garden waste. To help us keep this going, we kindly ask that you place your used items in the correct bins and bags provided.

**PLEASE DO NOT DISPOSE OF ANY GENERAL WASTE IN OUR BROWN GARDEN BIN!**

**THANK YOU ALL VERY MUCH FOR YOUR CONTINUED SUPPORT!**

## Guest fees

We're always pleased to welcome guests to our club and. hope they enjoy their time on court. If you are bringing a guest to play, **please make sure to register their name when booking a court.** Full details on our Guest fees can be found on our website <https://www.penyfforddtennisclub.com/pay-guest-fees-online>.

***Guests must be always accompanied by a member.***

You can pay guest fees when you book online, either using the Booker App on your mobile phone, or using a computer. Click on the **Add** tab on the app when you book a court.

[< Back](#) **Add Participant** [Save](#)

Joe

Blogs

Membership status 

Member

**Guest**

**Booking details**

Court 1, Today at 10:00

30 mins 

−

+

2 Participants [Edit](#)

**Discount & Credits**

Discount code

[Apply](#)

**Cost breakdown**

1 Guest

£1.50

**TOTAL COST**

£1.50

Apple Pay

[Pay by card](#)

**We appreciate members' support in ensuring guest fees are paid.**

**STAY UPDATED: FOLLOW OUR CLUB'S LATEST NEWS ON SOCIAL MEDIA!**

Instagram: [Penyfforddtennisclub](https://www.instagram.com/penyfforddtennisclub)

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

