

# Sphynx Club

52 Ashdown Close PR8 6TL

[www.sphynxtennisclub.co.uk](http://www.sphynxtennisclub.co.uk)

01704 544292

---



Dear Member

Welcome to your new look newsletter for 2015. For those of you that haven't been to the club lately, you've missed out on some changes!

The court fencing has been replaced along the car park and the field. I am sure you will agree this is a major improvement to both the appearance and the effectiveness of the fencing.

Following an audit from the Fire Service, it was highlighted that some work needed doing in order for us to fully comply with regulations and as a result, the clubhouse has undergone some major refurbishment work!

- Almost completely redecorated
- Tables refurbished
- Dancefloor & bar varnished
- Carpets and upholstery deep cleaned
- New curtains
- Major electrical work
- New fire escape hardware

Whilst some of the work had to be carried out by contractors, I am sure we are all very grateful to those members and friends of the club who helped us to achieve the new look of the building, and I would like to thank Dorette, Derek, Brian R, Brian W, Elaine L, Rachel B, David C, as well as Liz and Karl. Some of our members put considerable time and effort in to achieving what we now have and without their help we simply could not have done it.

Thank you for your patience whilst the work was being carried out. I hope you will agree it is worth it to see a fresher, cleaner club which also complies with fire & electrical regulations! KC

---

---

## 2015 Committee Members

- David Clifford  
Chairman
- Derek Blundell  
Treasurer
- Paul Bond  
Secretary
- Richard McGregor  
Selection & Match  
Secretary
- Katya Clifford  
Bar & Maintenance
- Doreen Bradley  
Club Captain &  
Juniors
- George McGregor  
House
- Andrew Rushton  
Maintenance
- Social Secretary  
Vacant

---

## Christmas Presentation Night

**Saturday 6 December 2014**

The club held its Presentation Night on a cold December Saturday, but the atmosphere inside the clubhouse was warm and cosy. Everyone was invited to the night, as always, and the clubhouse was full again. The quite astonishing haul of trophies that our adults and juniors won in 2014 were presented to captains and representatives of the teams.

There was a fantastic night of Christmas music (?!) and quizzes, masses of trophies presented, and good food for everyone. It was lots of fun and we look forward to this year's night in December. No matter how many trophies we may or may not win this year, and matching 2014 may just be impossible, we will celebrate the year once again.

### Juniors

2014 was a year of titles and awards for the juniors at Sphynx. The juniors compete in the now huge Southport & District League, as well as the county AEGON leagues. They won no less than 5 county titles and 5 District Titles. Over 300 Juniors compete in the district league, which is organized by Sphynx's Dave Clifford, and it seems to go from strength to strength each year.

We were confirmed by Lancashire LTA as having the highest number of competing juniors in the whole of the county, which is a staggering achievement and one that is down to the drive of our head coach and the dedication of the parents and children to be willing to travel to matches and host visitors every weekend in the summer season. As a result of this, the club was awarded with £500 worth of mini tennis equipment.



---

### 2014 Adult Achievements

- Christiana Hartley champions
- Division 1 champions
- Division 4 Champions
- Division 7 Champions
- Division 9 champions
- Division 2 County Champions

### 2015 Adult Team Info

- Adult league fixtures are available on the league website and on club noticeboard
- Season begins w/c 27 April and ends w/c 27 July
- First three and last two matches start at 6.30pm
- Adult Match Practice  
Mon 6 April 6.30pm  
Mon 13 April 6.30pm  
Mon 20 April 6.30pm

---

## Cardio Tennis & Touch Tennis

**Cardio Tennis** is a high impact workout which takes place on the tennis court. Sam Jalloh would like to offer two free taster sessions. These sessions will take place on Wednesday 8<sup>th</sup> & Wednesday 15<sup>th</sup> April at 6.30pm.

Everyone is welcome to come and try what is a great way to burn calories and have some fun.

Following the taster sessions, Sam would like to start regular sessions on a Wednesday night. Please talk to Sam at the taster sessions for more details about cost and for more information about what you can expect from these Cardio Tennis.

**Touch tennis** is now an established sport in its own right. [www.touchtennis.com](http://www.touchtennis.com) According to the website, it is "an attractive alternative to the mainstream game, the key to touchtennis lies not in manipulating the ball with raw power but rather with deft stroke-play and chess-like manoeuvres. Played on a reduced size court with foam balls and 21 inch kids racquets, its carefully calibrated regulations aim to level the playing field for competitors by fostering long, intense rallies and clever angle play."

Sam Jalloh would like to offer everyone a free session at the club on Saturday 18<sup>th</sup> April from 1-2pm. Following this taster session, regular Saturday sessions will take place. More info on cost what you can expect from touch tennis will be available from Sam at the taster session.

## Heart Screening with the Vital sounds Foundation

**15-35 year olds can receive free heart screening on Saturday 25 April from 9am -4pm at Paymentsshield on the Kew Industrial Estate.**

For more information please see [www.vsf.org.uk](http://www.vsf.org.uk)



---

## 2015 Diary Dates

- 8<sup>th</sup> April 6.30pm  
Cardio Tennis Taster
- 15<sup>th</sup> April 6.30pm  
Cardio Tennis Taster
- 18<sup>th</sup> April 1pm  
Touch Tennis Taster
- 6<sup>th</sup> April  
13<sup>th</sup> April  
20<sup>th</sup> April  
Adult match practice
- 27<sup>th</sup> April  
Adult League begins
- 30<sup>th</sup> April  
Deadline for discounted subscription rate
- 23<sup>rd</sup> July 6.30pm  
Joseph Lord Final at Sphynx
- 27<sup>th</sup> July – 1 August  
Southport & District Junior Tournament at Sphynx

## Southport & District Tennis League 2015

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>	<u>Division 4</u>	<u>Division 5</u>
1 Aughton 2 North Meols 2 3 Argyle 4 Campion 5 Sphinx 6 Formby HT 7 North Meols 8 Birkdale	1 Blundellsands 2 Hillside 3 Birkdale 2 4 Ormskirk 5 Croston 6 David Lloyd 7 Southbank 8 Mawdesley	1 Ormskirk 2 2 North Meols 3 3 Mawdesley 2 4 Formby 5 Formby HT 2 6 Sphinx 2 7 Maghull 8 Argyle 2	1 Campion 2 2 Hightown 3 Ormskirk 3 4 Blundellsands 2 5 Mawdesley 3 6 Carlton 7 Birkdale 3 8 Waterloo	1 Formby 2 2 Hoole 3 Formby HT 3 4 Aughton 2 5 Carlton 2 6 Argyle 3 7 Hillside 2 8 Ormskirk 4
<u>Division 6</u>	<u>Division 7</u>	<u>Division 8</u>	<u>Division 9</u>	
1 Sphinx 3 2 Southbank 2 3 Carlton 3 4 Formby 3 5 Ormskirk 5 6 Croston 2 7 North Meols 4 8 Formby HT 4	1 North Meols 5 2 Birkdale 4 3 Town Green 4 Hillside 3 5 Blundellsands 3 6 Mawdesley 4 7 Formby HT 5 8 Carlton 4	1 Formby 4 2 Formby HT 6 3 Mawdesley 5 4 Sphinx 4 5 Argyle 4 6 Ormskirk 6 7 Hightown 2 8 Southbank 3	1 Hillside 4 2 Maghull 2 3 Southbank 4 4 North Meols 6 5 Carlton 5 6 Hightown 3 7 Birkdale 5 8 Hillside 5	

### **FIXTURES LIST**

Monday, 27 April 15 ( 6.30 )	4 v 1	3 v 2	6 v 5	7 v 8	Sunset times 20:37
Monday, 4 May 15 ( 6.30 )	1 v 6	2 v 7	8 v 3	5 v 4	20:49
Monday, 11 May 15 ( 6.30 )	7 v 1	6 v 2	3 v 5	4 v 8	21:02
Monday, 18 May 15	1 v 3	2 v 4	5 v 7	8 v 6	21:13
Monday, 25 May 15	5 v 1	8 v 2	7 v 3	4 v 6	21:23
Monday, 1 June 15	1 v 8	2 v 5	3 v 4	6 v 7	21:32
Monday, 8 June 15	2 v 1	3 v 6	4 v 7	5 v 8	21:39
Monday, 15 June 15	1 v 4	2 v 3	5 v 6	8 v 7	21:44
Monday, 22 June 15	6 v 1	7 v 2	3 v 8	4 v 5	21:46
Monday, 29 June 15	1 v 7	2 v 6	5 v 3	8 v 4	21:45
Monday, 6 July 15	3 v 1	4 v 2	7 v 5	6 v 8	21:41
Monday, 13 July 15	1 v 5	2 v 8	3 v 7	6 v 4	21:35
Monday, 20 July 15 ( 6.30 )	8 v 1	5 v 2	4 v 3	7 v 6	21:26
Monday, 27 July 15 ( 6.30 )	1 v 2	6 v 3	7 v 4	8 v 5	21:15