

SUMMER NEWSLETTER 2016 FROM LYMPSTONE TENNIS CLUB



If you are feeling inspired by Andy Murray's fantastic performance at Wimbledon and the recent Davis Cup success for Great Britain, don't forget club sessions continue over the summer, on Tuesday evenings from 6.30pm and Saturday afternoons from 2pm.

Our own mixed doubles tournament was held during Wimbledon and was keenly contested in a round robin format. Congratulations to the winners, Jackie Forshaw and Malcolm Lyon. The afternoon was rounded off with a very enjoyable barbecue.

ADULT COACHING has now finished, but Ollie Sharpe, who ran the sessions, is looking forward to running another course after the summer holidays. This will start on Thursday 8 September and will run for 5 weeks. If you are interested in signing up, please email jilldixon100@hotmail.com by **Wednesday 3 August**, so we can book Ollie. Places are limited.

We have recently been sent some useful information by a Physiotherapist, aimed particularly at encouraging us to keep ourselves fit and active on the tennis court as we get older. It includes advice on warming up (especially in colder weather) and simple exercises to improve strength, flexibility and balance. You will find a copy on the club notice board and on the website.

Coming soon - dates to follow:

Curry night (if you missed it last year, you will definitely want to order one this time). Free delivery in Lympstone village.

Triples competition - a fun evening suitable for all levels.