

Club Update

May & June 2008



General Club Information

Welcome to our latest newsletter. It is packed with the busy comings and goings within the club over the past couple of months and for the future months to come.

I would like to thank Mark for doing such an excellent job co-ordinating the Club Tournament and all members who entered. It was a brilliant event with finals night matches an excellent standard of play.

We are still unable to give anyone a more precise update on the Planning application issue. The company withdrew their original application on grounds that it was very likely to have been refused. We assume they will re-submit an amended copy shortly. Please keep your eye on this as any objections for the previous application will not count and will need to be re-submitted with any new application. We will do all we can to keep you updated as we hear any further news.

Ladies you may have read about the unfortunate incident regarding a lady having her rings stolen from a locker in the changing rooms. Helen Price, a committee member, suggested we sell cheap money wallets that members can use to put their very valuable items in when they need to come to the club with them. We felt this was a good idea and if you have any other ideas that will help reduce opportunities for these criminals then please let us know asap.

We have been very pleased with the start to the new year here at the club. We would like to thank all members for their loyalty and business and hope that despite the credit crunch you will retain your membership to help de-stress in times of pressure! If you would like to know how to make the most out of your membership or to check you are on the correct membership category for your usage please contact us asap.

Sadly, we are to lose Dave Galvin, who is changing career and has retrained to manage websites. He is taking up a contract with Mars and will be leaving us as of 31st May 08. We would like to thank Dave for all his hard work and support of the club. He has been a great asset to the club during his employment here.

We hope that you are enjoying the great weather of late and we look forward to continued success throughout the summer and onwards with the club.

Best wishes
Toggs
(Louise Brown)
General Manager

Personnel News

We have a number of new members of staff who have joined us over the past few months. They are as follows:

- **Pia Davis** – Duty Manager, reception, Bar and Gym cover
- **Natasha Straw** – Reception, Café and Bar
- **Chris Moyes** – Reception and Cafe

All are great fun and committed to delivering you our legendary friendly welcome!

Squash News...

April was dominated with the Squash Championships and this year we had a record entry of over 70 players taking part and 125 entries across the seven events. The results are below and the Tournament report, for those who haven't read it, will soon be posted on the Club website along with photographs from Finals Night. The tournament seems to grow every year and what was great this year was the support on Finals Night with over 80 people in the club watching which was terrific.

Squash Championships 2008 Tournament Final Results

Men's Open	Paul Johnson 3 - 2 Gurbhaj Khalon	4/9, 9/3, 9/1, 6/9, 9/6
Ladies Open	Tanya Gee 3 - 0 Alex van Hoorn	9/1, 9/0, 9/3
Men's over 35's	Jason Wrixen 3 - 1 Dave Hilton	9/6, 9/6, 4/9, 9/5
Men's over 45's	Steve Lewis 3 - 2 Andy Stangroom	3/9, 5/9, 9/3, 9/2, 9/7
Men's over 55's	Brendan O'Sullivan v David Smith	9/2, 9/2, 9/3
B Grade	Ian Mckenzie v Rob Rielly	TBA
C Grade	Alex van Hoorn 3 - 0 Lewis Donovan	9/6, 9/1, 9/6

Plate Finals

Men's Open	Adam Lee 3 - 0 Leon Gelderblom	9/5, 9/4, 9/1
Men's over 35's	Warren Jones 3 - 2 Gary Paragpuri	6/9, 7/9, 9/6, 9/2, 9/5
Men's over 45's	Jeremy Ellis 3 - 1 Phil Ross	9/6, 9/4, 7/9, 9/6
Men's over 55's	Joe Kerridge 3 - 1 Max Woolfenden	6/9, 9/4, 9/7, 9/4
B Grade	Phil Collings 3 - 0 Mohammed Iqbal	9/7, 9/3, 10/8
C Grade	Marcus Rose 3 - 0 Ted Sulley	9/7, 9/4, 9/1

Team Squash

The teams have had a very busy year with the Men's 1st team retaining the Premier Division title which is a great effort so well done to Paul Johnson, Gurbhaj Khalon, Tim Burrell, Simon Rodwell, Andy Armstrong and Adam Rodwell. The Men's 2nd team had a tough year coming 5th in Division 1 likewise the 3rd team also 5th with one match to go. Thanks to Andy Stangroom and Andy Burrell for their efforts in organizing the men's teams.

Ladies squash in Berkshire has been a struggle this season with a lot of teams dropping out leaving just 4 teams in the two divisions. The Ladies 1st were 4th with one match to go the 2nd team 3rd with one match to go. Well done Alex van Hoorn in your role as Ladies Captain even with only three in a team it hasn't been easy getting teams out.

On to the Veterans and the 1st team have won the top division for the fourth successive year which is a superb effort! Let's hope they have the opportunity to go for a fifth next year. Congratulations to Alan Stieglitz, Andy Stangroom, Wade Kirkaldie, Steve Lewis, Rory Lavelle, Nick Pellew and Brendan O'Sullivan. The Vets 2nd team is a creditable 3rd with one match to go thanks to Ken Nicholls for running that team.

Ladies County Championships

Tanya Gee was looking to defend her Ladies County title that she won for the first time last year and was facing Sarah Parr, a very accomplished player. Sarah raced to a 2-0 lead and went 7-3 up in third and the match looked over but Tanya wasn't going to give in that easily. She clawed back to 8-8 and took the third 10-8. In the fourth Tanya was in the ascendancy as Sarah started to tire but after taking an 8-3 lead Tanya just held on the win 9-7. Then in the fifth Tanya raced to a 3-1 lead and with Sarah totally exhausted the title looked Tanya's only for disaster to strike and on retrieving a ball from the forehand back corner Tanya turned her ankle. It was clear straight away it was a serious injury and she would not be able to continue and sadly had to concede the match and the title. Still it was a great match and a gutsy comeback from Tanya, sadly only to be robbed at the last.

Summer Team League

We will soon be organizing this years Summer Team League so look out for the emails. It will run as usual during June and July on Tuesday evenings. Eight team captains will be required, so any volunteers please make yourself known. Also if anyone has any good ideas for team names let me know. mrkquinton@yahoo.co.uk

For any information or feedback relating to squash at the club please contact Mark on 07795 082329 or email on the above email.

Studio News

➤ **Sweat Towels**

Please be aware that we are to enforce a 'No Towel... No Cycle' policy for all of our Cycle classes from the beginning of May as requested by current class users. Members that do not have a sweat towel will be asked to go and hire a towel from reception or be turned away by the instructor of the class. Members can hire a towel from reception for £2.00

Please help use to look after our bikes!

➤ **Bank Holiday classes**

Please be aware we will be running a reduced timetable on both Bank Holiday Mondays in May. See reception for details.

➤ **Studio Testimonials**

Thank you to all members that have completed a studio testimonial form. We have received some really great feedback. If you would like to let us know your thoughts on the classes you attend, please complete a form by the end of April. *We will make a display explaining the classes from a member's perspective.*

➤ **Extra hand weights**

We have taken delivery of extra 4kg hand weights in the studio for the Body Pump and Body Sculpt classes. We hope they solve the problem.

➤ **Timetable Changes**

In an effort to be reactive to members comments we have been making timetable changes on an "as and when" basis. Some members have commented that they feel confused about when the timetable will change so we will look to work to more of a structure moving forward. The next time we will review the timetable will be in June.

We will then look to review classes over the summer holiday period, in September and then again in December for Christmas and the New Year.

Gym News

After ongoing comments that the stretch / core room is very "tight" at busy periods we are looking to alter the layout of the resistance area to accommodate the Ab machine currently taking up space in the smaller room. We have to dismantle this heavy equipment to move it, plus relocate the gym desk and the electrics to it, so we are trying to co-ordinate the best date to do this (at time of writing). We hope you will find the changes an improvement, but we ask that you continue to be considerate when using core balls, weights and other kit while in the stretch area while others are also trying to stretch. Sensible use of the fire exit is also vital to comply with health and safety regulations.

We must also ask members to NOT answer their mobile phones in the gym. If you must take the phone with you it must be on silent and if you must answer it please go out in to the either the garden (if the crèche are not using it) or somewhere that people do not have to suffer the equivalent of a sketch from Trigger Happy TV!!!

Social Activities and member Events planned for May and June 2008

Date	Theme	Where	What to expect!
Tuesday 13th May 08	Members Committee Meeting 6.30pm	Bar	Members Committee meet on a monthly basis to discuss issues relating to operations, maintenance and performance of the club. Please identify the committee members from the pictures at reception and discuss with them your ideas or issues or complete a comments card and leave it for Toggs at reception.
Friday 6th June 2008	Team Club Quiz	Bar	Come and play either as a team of 4 or come as an individual to make up a team on the night. £5 per person includes a meal at the interval and prizes for the winning team! £3 if you do not wish to eat, but PLEASE give us an indication of your intentions so no food is wasted.
Sat 14th June 2008	Screen 4 Health 11.30am – 3pm	Bar	Screen 4 health offer a menu of screening options for both male and female health issues. Booking will be made at reception. Further details will be placed
Friday 27th June 2008	DAFT play live at the Clubs summer party!	Bar	Come and be entertained with a live band. Tickets will be available from Monday 2 nd May. £5 per member and £7 per guest. Booking will only be made with payment. Only 85 spaces available! Book early for a great night.

Would you like to hire the bar area?

The bar area is excellent for a range of functions from business meetings to full on parties (starting at over 21's) holding up to 150 people. We can also offer excellent catering services all at reduced rates for members. If you need further information please contact Toggs on toggs@thewindsorclub.co.uk or call on 01753 867001.

Additional Services – Beauty Therapy

**Pamper Yourself Beauty Therapy
Also offers a Mobile service**

**Please use this voucher to receive 10% off
of any mobile treatment.**

Contact Reception for a treatment list

*Only one voucher per person, voucher cannot be
used in conjunction with any other offer
Expires 31st May 2008*

Additional Services – Truly Scrumptious

The Truly Scrumptious School of Cabaret
Workshop - Saturday 31st May at 2pm

If you have seen the posters around the gym and curiosity may be getting the better of you, then why not try a Truly Scrumptious 90 minute workshop where you will be learning all the saucy floor moves done by dancers in the clubs today.

Pia will be taking you through a step by step routine of some of her favourite moves that are often used in the dance routines she teaches on Wednesday nights in the club.

Booking through reception
£10 per person

Additional Services – Sports Massage

**LORNA KENNARD
SPORTS MASSAGE
& REHABILITATION**

VOLUNTEERS WANTED!!

FOR CRANIO-SACRAL THERAPY PRACTICE

As a qualified Sports Massage Practitioner and Sports Rehabilitator Lorna Kennerd has begun training in Cranio-Sacral Therapy. Her training requires 100hrs practice of a 10-step protocol. Volunteers will receive at least

FREE 1 HOUR SESSION

Benefits of this gentle therapy include:

- ***Reduce Chronic pain***
- ***Relief stiff joints***
- ***Relief headaches & Migraines***
- ***Improved injury recovery***

INTERESTED?

**Then please call Lorna Kenard on
07748 908454**

Committee Members

We are looking for a new representative for the Committee, preferably a male of 18 – 35 years of age. If you can give us an hour once a month then we would love to consider you for the committee. The role requires you to gather a selection of information from others. You then bring that information to the meetings to share with us all and we will also discuss current club issues and gather your opinions on the club over the month. If you are interested please contact Toggs on toggs@thewindsorclub.co.uk or call on 01753 867001.

*Thank you very much for taking the time to read through this News Update.
We hope it has helped you feel more in tune with your club and encourages you to
make full use of everything we have to offer.*

*We continue to look forward to extending you a warm welcome and a great service in the coming months.
The Windsor Club Staff Team!*