

# Debenham Squash Club

## NewsLETTER

We are only a few days into the New Year, and already we are seeing signs of growth in the numbers of our junior players, mainly from the High School. From next week we will be running 3 after-school sessions, on Mondays, Tuesdays and Fridays. The DHS is also benefitting from funding from Sport Unlimited, which helps alleviate the cost to parents.

### Recent Events

We had our usual Xmas Handicap tournament on 27th December, and although the attendance was not as high as we would have liked, some of us braved the cold and managed to get the ball warm before too long and shed a few festive calories.

Some of our local juniors made the trip to play in a tournament at Ipswich Sports Club, where there was a good turnout, and our lads did extremely well and were amongst the prize winners. This event was not only good as a playing experience, but is also a good social event.

### Sunday Club

This takes place every second Sunday of the month and is becoming quite popular, especially with families. It gives everyone the opportunity to come to the club and play whatever takes their fancy. Whether you're looking to start or resume playing, you have the chance to go on court and hit a ball and improve your movement and co-ordination skills. Parents can play together with their children, and at only £5 per family, represents a good-value, healthy Sunday afternoon. If you've never been, give it a try in February!



### Mini-Squash - Update

Taster-sessions were held at Stonham Aspal Primary School last week, where 60 pupils were involved. We hope to see some of them at the regular sessions at the Leisure Centre soon. Some of the current mini-squashers are already showing formidable talent and should progress to greater things in years to come.

### Racketball has arrived!

We are now qualified to coach Racketball at the club and we are wasting no time as there is a "**Ladies Racketball**" taster session this coming Sunday (18th) and there are still one or two places left. It is hoped to raise the numbers so that we can start a Ladies social league before long.

Racketball has become very popular and has to be tried to be appreciated. It is an excellent game for those who do not want the rigours of full-blooded squash, but want to maintain their fitness and co-ordination levels. It is also a great winter alternative for tennis players who do not have access to indoor courts.



### Coaching for Adults

Our affiliation to England Squash is already paying dividends as we will be given funding to run a squash coaching course (8 sessions) for beginner-level adults this Spring. If you are interested, and would like more details, please call Dennis on 01449 711306 or 07976 925 016.

### Important dates :

Sunday 18th January - Ladies Racketball Taster Session

Sunday 8th February - Sunday Club

Please send this email/newsletter to a friend, so we can get full use of the facilities and stay fit!