



CLUB NEWSLETTER

FEBRUARY 2007

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A WARM WELCOME TO BOTH OLD AND NEW MEMBERS IN 2007

Both myself and Tony wish everyone a happy and active new year and look forward to meeting you all regularly throughout the coming year, whether its in the swimming pool, on the squash or badminton court or even upstairs in our forthcoming Gym.

Overall, we think the club has been a great success since we opened in September and with everyone's support will continue to be in the future.

We know that parking can be a little bit of a problem, but please don't park on both sides of Rishworth Mill Lane outside the club. Please use Heathfield car park instead! Also as some of you may or may not know a new car park below the swimming pool is planned for the spring.

GET THE RED CARPET OUT!

Rishworth Sports Club is going to be officially opened by Her Royal Highness Princess Anne. She is scheduled to arrive on Wednesday 28th February near lunch time and she will be given a tour of the facilities and shown the work in progress, and our future plans will be explained. And of course if she brings her costume she may even swim a few lengths!



RISHWORTH SPORTS CLUB

Tony Anderson/Ian Myles

Rishworth Sports Club

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GYM DEVELOPMENTS

As most of you already know, we are designing and installing a brand new Gym overlooking the swimming pool. As is the case with all building projects involving the conversion of old buildings there have been a few unforeseen problems to overcome. We want the gym to be fully completed before we open which we hope will be sometime towards the end of April. We will keep you up-

dated. All current members will be offered the additional Gym Membership before we make it available to non members. Currently the floor plans have been designed and there will be enough space for over 40 pieces of equipment, nearly 20 of which will be cardio-vascular. The CV suite will be overlooking the pool and the 2 rooms behind will be the resistance training rooms.

As in the pool reception when the club is open, there will always be a qualified member of staff in the reception upstairs overlooking things in the gym. Each member will receive an induction together with a generalised training plan to help you achieve your personal goals. Prices and times for the gym will be announced shortly.

MINI LEAGUES

The Squash/Badminton and Racketball mini leagues for juniors and adults started before Christmas. The take up was more than I expected with more than 40 people in the squash, 20 people in the badminton and 10 people in the racketball leagues giving it a go. Although still in its infancy, the participants seem to be getting the hang of it. As all the leagues settle down the matches are becoming more and more competitive, which is exactly as it should be. We

have noticed that the courts are becoming busy during the week so we have decided to open the courts on a Tuesday night from 6pm until 9pm. Please note:- only the courts will be available. This will start week commencing **Monday 19th March**.

Individual Squash Coaching is now available, so if you want to improve your game then ask at reception or lookout for the notices.

COMPETITION

After the summer when there have been more mini league 'runs' I am wanting to run a rackets Club Championship. This will be a knockout competition for all 3 racket sports for Adults and Juniors. Hopefully by then I will have much more of an idea about the overall standard of play and be able to produce an accurate(ish) draw. Please let me know of

your interest when passing....

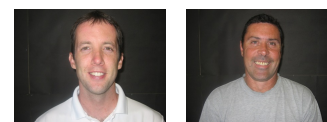
As you have probably guessed I'm a big fan of most racket sports, and will always encourage people to take part and have a go. Currently Rishworth Sports Club has 1 squash team in the Calderdale & Kirklees squash league which I am involved in. I would like, if

MINI TENNIS AT RISHWORTH SPORTS CLUB

During the summer term I hope to start some mini tennis coaching in the badminton hall. This will be for children aged around 4 to 8, it will be an introduction to tennis and all the kids who take part will learn all the basic strokes and simple tactics in a fun and active environment. Look out for more information on the notice board in reception. And please, if you think you or to be more precise your future mini Tim Henman, is interested then let me know.



"And the club champions are....."



See you soon!

Ian Myles / Tony Anderson

NEW OPENING TIMES

Monday:- 7.00am-8.15am (Lane Swimming)
6.00pm-9.00pm (8-9pm Lane swimming)

Tuesday:- 7.00am-8.15am (Lane Swimming)
6.00pm-9.00pm (Racquet Only)

Wednesday:- 7.00am-8.15am (Lane Swimming)
6.00pm-9.00pm (8-9pm Lane Swimming)

Thursday:- 7.00am-8.15am (Lane Swimming)

Friday:- 7.00am-8.15am (Lane Swimming)
6.00pm-9.00pm (8-9pm Lane Swimming)

Saturday:- 8.00am-4.00pm (8-9.30am Lane Swimming)

Sunday:- 8.00am-4.00pm (8-9.30am Lane Swimming)

HEALTH & SAFETY

Please note:- For everyone's safety, please follow the pool rules of no diving OR jumping.

