



# Cranston Chronicle!

Edition 001 – 23/06/19



Cranston Parks' very first Chronicle! I'd like to take this opportunity to thank everyone for making me feel very welcome in my new role over the past 8 weeks. I've been playing at Cranston for 16 years, and now I'm really looking forward to taking the club forward as Head Coach. I'd like to say a special thank you to the committee for all their support and guidance they've given me. I thought having a newsletter is a great way to communicate with everyone at the club with what has been happening, results and any upcoming events we have planned.

I'd like to take this opportunity to welcome new club coach Darren Adams to the team. Darren is 32 years old and has many years of experience coaching at Redbridge Sports and Leisure centre. He also boasts an impressive playing career, winning National team tennis titles when he was U18, winning the U18 County Cup for Essex and playing on the British Tour. Darren is around full-time and part of the mini-tennis coaching programme. He is also available for individual lessons. You can contact him on 07989655729.

To improve the quality of the mini-tennis programme, the club have invested in lots of new coaching equipment, including correct size U8 mini tennis nets. Playing over these nets gives the younger players more enjoyment and a more beneficial way of learning the best sport in the world!

Also we have recently had courts 5-8 resurfaced with Tiger Turf by the company Tennis 2000. These artificial grass courts have optimal drainage qualities, minimal impact to muscles and joints and also reduced degradation ensuring years of free draining play. We hope you enjoy playing on them!

## Future plans

I am looking to change the mini tennis programme slightly, again to improve the quality of coaching, so that all groups will have a fully qualified lead coach with them. I have experience of developing many county tennis players, and it is essential that all players are on the correct ball for their age and ability. This is not only to progress players correctly, but also for them to get as much enjoyment out of the sessions as possible. So please keep an eye out for the new Mini Tennis programme being released soon.

## Meet the head coach day / open day

A date for everyone's diary! **Sunday 21<sup>st</sup> July @ 10am-1pm** we will be holding the clubs **Nature Valley Big Tennis Weekend!** This is essentially an open day for anyone from adults to tots, members and non-members, beginners to advanced to come and sample our club. There will be FREE mini, junior and adult tennis clinics, cardio tennis, exhibition match, BBQ plus lots more! Look out for more information on this soon! It would be great to have a day where all members can invite their friends and family, get together for a fun social occasion celebrating the amazing club that we have.



## Summer timetable

We have lots on offer over the summer holidays to keep you busy!

**Tennis Camp – 5-13 year olds** - A fun 3 hour session full of a few drills, lots of games and guaranteed fun, and an opportunity to meet up and make new friends. Please make a note of the following sessions:

**Tuesday 30<sup>th</sup> July, Thursday 1<sup>st</sup> August, Tuesday 6<sup>th</sup> August, Tuesday 20<sup>th</sup> August, Thursday 22<sup>nd</sup> August – ALL AT 9.30AM-12.30PM**

**Junior Cardio Tennis – 9-16 year olds** – A high-tempo, fun session which combines cardiovascular fitness with the skill of tennis through various drills, games and competition, whilst listening to a motivating music playlist. Please make a note of the following sessions: **Wednesday 31<sup>st</sup> July, Wednesday 7<sup>th</sup> August, Wednesday 21<sup>st</sup> August – ALL AT 9.30-11AM**

If you would like to book any of these sessions please contact Lee on 07952183359. Please note that the evening adult coaching sessions will continue to run during the summer holidays, but all junior and mini coaching will stop.



## Birthday parties

We now offer children's tennis birthday parties. Organise the perfect birthday party for your child with the fun, enthusiastic coaches here at Cranston Park. We guarantee games, prizes, balloons and plenty of fun, not to mention a big fuss of the birthday child. You can also hire our hall and kitchen facilities afterwards to provide food afterwards. Contact Lee for more info and bookings.

## T - shirts coming soon

Keep an eye out for Cranston Parks new sample t-shirts which can be personalised and will be available for purchase this summer.

## Clubhouse available for hire

Just to remind all members that we do hire out our facilities for parties, Christenings, Holy Communions, Anniversary's etc. We have a bar with a vast selection of drinks, not to mention cheap!

## Facebook / Instagram follow share and review

Please follow, share and review our Facebook and Instagram (cranstonparkltc19) pages. We are constantly updating them with results of our teams and club players, details of events at the club and much more.



## Date for your diaries

- Sunday 21<sup>st</sup> July – OPEN DAY
- Sunday 8<sup>th</sup> September – Club Finals Day
- Saturday 30<sup>th</sup> November – Club Dinner & Dance at Upminster Golf Club

### **Road to Wimbledon**

Congratulations to Adam Johnson and Harry Cossington who have both qualified for the County Finals of the Road to Wimbledon competition. They will compete on the weekend of 6<sup>th</sup>/7<sup>th</sup> July against other club winners for the chance to play at the Wimbledon AELTC! Good luck Adam and Harry!



### **Jack Petchey Award winners**

Congratulations to brothers Adam and George Gray for winning the Jack Petchey award for the months of May and June. Adam and George have been members of the club since they were very young, and have represented the club in many teams throughout their time here. They are always available to play matches for the club, and were also regular helpers in the Mini Tennis coaching sessions when they were younger. Two very deserving winners of this award, congratulations Adam and George.

### **Racquet restringing**

Hitting the ball too hard and breaking a string? I can restring your racquet for you and have a selection of strings available, or you can provide your own string! You can leave it with me and I'll get it back to you ASAP.

### **LASTLY – Come and support the team!**

Cranston Park Men's 1<sup>st</sup> team have made it through to the Essex Summer Cup Final! The final will be held at Thorpe Bay Tennis club on Sunday 7<sup>th</sup> July, please feel free to come and cheer on the team, there will be refreshments available and a bar open!

As you can see, we have a lot of exciting events happening at the club. Please try to get involved where you can. If anyone has any ideas or questions for me, please do not hesitate to get in contact with me. I look forward to seeing everyone on court soon!

Many thanks

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