

Letchworth
Sports and Tennis Club

Weekly Update: 19th February 2010



willow
foundation

special days for seriously ill young adults

As you are probably aware, Craig and I have organized a sponsored bike ride in aid of The Willow Foundation.

We want YOU to join us on the ride!!!

For just £5 entry fee

(plus any sponsorship money you can get)

Join us on our 60 mile ride for a great cause

To join in, please contact me at

lstc.reception@live.co.uk

If you would rather just support, please go to our Just Giving page to sponsor us. The web address is

Please give generously.

On behalf of Willow and the team here at LSTC,

a huge thank you for your support

Pat Mills.

St Christopher School
LETCHWORTH GARDEN CITY

You and your family and friends are welcome at our

Nursery and Junior School Open Afternoon

Friday 26 February, 1.30pm-3.15pm

Come and see our teaching and learning in action.

Contact Marie McAlister for more information on 01462 650947 or
admissions@stchris.co.uk

www.stchris.co.uk

Club News

Congratulations Josh Sapwell!!!



Top British Junior, Josh Sapwell, continues his terrific form that has elevated him to 28 in the Tennis Europe Rankings with a solid performance in the Winter Cup. This year's winter cup was held in Sweden and 3 British Under 14 Players travel to compete in this event that has 29 different nations playing in 4 separate groups. Great Britain had a tough group with Sweden, Belgium, Denmark, France, Germany and Switzerland, with France receiving a bye to the semi's as No.1 seeds. GB played Switzerland and won the tie 3-0 with Josh playing singles against the Swiss No.2 Matej Kostadinov (European Ranking 155). Even though Sapwell's performance was below par, he came through 6-3 6-2 in the match.



GB went on to reach the semi finals against the home country Sweden. Josh played the Swedish No.2 Elias Ymer (European Ranking 41) and produced a great performance to take the match 6-0 6-2. Josh went on to team up with fellow Brit, Peter Ashley, in the doubles to beat the Swedish number one and two 3-0.



Sapwell and the team went on to compete against the number 1 seeds, France, in the qualification final. In the French team they had the Tarbes winner and Teen Tennis runner up, two of the best Under 14 players in Europe. Unfortunately France proved too strong for Team GB as they lost all three rubbers. After being 2 rubbers to 0 down in singles, Josh's team mate was injured which unfortunately resulted in them forfeiting the doubles match. In Josh's singles match he lost to Thomas Brecehmier (European Ranking 18) 4-6 5-7. After this match Josh said, "I felt the other guy played better on the day and deserved the tight victory, but I'm pleased with how we have performed throughout the event and that we have qualified for the team finals."

What a fantastic achievement, Well done Josh!!!

Keep up the good work!!!

Tennis News

This week the club hosted the Letchworth Junior Indoor Open and what a great week it was!!! There was some fantastic tennis played by all. A big well done to all those who took part. Please see individual winners below.

8 and Under Singles Winner - BEN STEVENS
9 and Under Singles Winner - DAVID LATTER
10 and Under Boys Singles Winner - ALEX LONGTHORPE
10 and Under Girls Singles Winner - JEMIMA GRAVATT
12 and Under Boys Singles Winner - HARRY TURNER
12 and Under Girls Singles Winner - NATASHA CARTER

16 and Under Boys Singles Winner - DANIEL WATKINSON

16 and Under Girls Singles Winner - AMY JOHNSON

Club Box Leagues...

The Summer Box Leagues will commence in March, please sign up on the notice board at the club in the next couple of weeks.

pwp.com | Tennis
Squash
Badminton
Europes No 1 Racket Specialist

Members Challenge...

For a chance to win a £20 voucher to spend in PWP shop, just answer this question...

Since 1989, name ALL of the Wimbledon Men's AND Ladies Singles Winners in chronological order.

Those with all the correct answers will go into a prize draw!

GOOD LUCK!!!

Fitness News

Fitness Tip of the month

Looking to burn more calories with your existing workout?

Then try training in unstable environments.

It sounds complicated but it's really simple.

Just try:

Standing

Perform your exercise standing up instead of sitting down on a bench. Or try standing on one leg instead of 2.



This will increase the activation of your core muscles and the main musculature in the legs and glutes. Increasing the amount of calories burnt as well as toning and strengthening more areas at the same time

Sitting

Sit on a Swiss ball instead of something solid i.e. the bench.
Once you are used to this try sitting on the ball with only 1 leg on the floor.



This will make your core muscles work harder to control your position and balance and again increase the amount of calories burnt.

Bar/Café News

Sporting Specials...

Get a Pint, Sausage and Chips During any Sporting event
for just £4.00!!!



NOW IN HIGH DEFINITION

Live at LSTC

This Week's Events and Matches

*Come along and support your teams in action this
weekend*

Saturday - Letchworth 6 V Elliswick

Sunday - Letchworth 4 V Herford 3

This Weekends Live Sport on the Big Screen

A Host of Premier League Football this weekend,
On Saturday, Everton V Man Utd followed by
Portsmouth V Stoke and on Sunday, Villa V Burnley
with Wigan taking on Spurs at 4pm
Come along and watch on our Big Screen TV

...TV NOW IN HD!!!!

Sporting Drinks Offers

(During any of the above fixtures)

£2-00 Pint of BECKS VIER

2 for 1 on Bottles of BUDWEISER

Pat Mills

Customer Service and Operations Manager

Letchworth Sports and Tennis Club

www.lstc.org.uk

reception@lstc.org.uk