



## Squash

The Solihull Arden Club was proud to host the England Squash Masters tournament in the first week of June this year, the event was a huge success and really showcased all the Solihull Arden Club had to offer.

The Club are happy to announce that Josh Saysell is back from the United States and coaching here again at the Solihull Arden Club. Josh brings a wealth of knowledge and international experience to the club.

## Squash Club Championships

The Squash Club Championships 2024 are now complete with an amazing, well supported finals night with loads of members supporting all the players.

The winners of each category were;

Squash Open Championship	James Averill
Ladies Open Championship	Rosie Kirsch
35 – 45 Squash Championship	Bruce Hopkin
Over 55 Squash Championship	Nigel Clemett
League 5 and Below Championship	Fawaz Aslam-Pervez
Junior U17 Championship	Vinayak Chikermane
Squash Open Plate	Oliver watts

## Racketball

The Racketball Club Championships are now open for registration, categories include; Open, Doubles, Ladies, Over 40s, Over 50s, Over 60s and League 6 & Below.

If you are looking at taking up Racketball we have Club Night on Friday's from 6pm onwards and social sessions on Sunday Mornings from 10am onwards, all sessions are free of charge and run by qualified Racketball Coaches.



## Tennis

The Tennis Club Championships are up and running, please keep to the time table allocation for matches in order to complete the Championships matches in time.

We now have new court brushes for the tennis and Padel courts so please use them after your matches (if possible) as it really does improve the playing conditions and increases the lifespan of our carpet surfaces.

## Tennis Coaching

Take a free trial on a Junior Coaching programme, view our comprehensive Junior Coaching programme schedule using the link, we have sessions for all ages and abilities and you can book a trial online, simply click on the session you wish to book and click 'Book a free trial'. <https://astartennissac.classforkids.io>

Come and Join us for our Cardio Tennis session every Tuesday 6:30-7:30pm, Cardio Tennis is a high energy and fun Tennis session, players can expect to hit lots of balls though drill based and game based activity. Suitable for all ability levels, ages 16+. Even if you don't play tennis you will get a great work out and have loads of fun. We would love to recruit some new players to the session, to book a free trial please contact [info@astartennis.co.uk](mailto:info@astartennis.co.uk)

## Gym & Fitness

We are pleased to announce that we are adding additional fitness classes to the current timetable, they are;

Hatha Yoga - Fridays @ 18.30 – 19.30 (studio) Starts 4<sup>th</sup> July 2024

R-Den One – Mondays, Wednesdays and Fridays @ 07.15 – 08.00 (studio)

Total Body Workout – Thursday's 09.15 – 10.00 Starts 18<sup>th</sup> July 2024 (Replacing Zumba)

New additions to the gym are; Ez Curl Bar (Olympic Collars) and another BOSU Ball



## Padel

### Spring Tournaments

The spring tournaments, which took place on consecutive weekends in May, benefited from excellent weather and a full turnout of 16 pairs in each event. Both events were well contested, with the final of the advanced competition drawing a large audience and providing an extremely exciting contest. The results were as follows:

#### Intermediate

Winners	Asa Cleverley	Tim Cleverley
Runners Up	Charo Lacal	Rachel Woolford

#### Advanced

Winners	Martin Langston	Matt Alderson
Runners Up	Alexis Pellegrin	Luis Mavare

### Club Championships –

The inaugural Solihull Arden Club Padel Championships are currently taking place. There is a strong entry for the men's doubles with 30 pairs contesting the event while the mixed doubles and over 55 men's doubles also have encouraging entries. Following the introduction of the ladies' Padel league, we believe there will be a larger entry in future years for the ladies' doubles event. The initial rounds in all events take place throughout the summer with the semi-finals and finals scheduled to take place on the weekend of the 7<sup>th</sup>/8<sup>th</sup> September. Members can follow the progress of these events on: **MyCourts** < **Menu** < **Tournaments**

### Nick Hart Tournament

The annual Nick Hart Memorial Tournament will take place on Saturday 28 October. The event will follow a similar format to last year with the intermediate competition taking place in the morning and the advanced event during the afternoon. Members will be advised of the details and entry arrangements in due course closer to the event.

### Internal Leagues

The leagues continue to flourish with around 65 pairs competing in 13 divisions in the current league programme, which ends on Sunday 7 July. The next league programme will take place over a ten-week period due to the increased demand for courts because of the concurrent club championships. Any members wishing to join the leagues should contact: **John Thomas** (league organiser).



## Ladies' Padel League

We are delighted that the new ladies' league is now active. There are currently three divisions with 4 pairs in each. Ladies can compete in both the open leagues and the new ladies' league. Any members wishing to join the leagues should send an email to: [ladies.padel@solihullarden.co.uk](mailto:ladies.padel@solihullarden.co.uk)

## Social Padel

The social Padel sessions on Thursdays (18.00-19.15 and 19.15-20.30) and Saturdays (14.15-15.30 and 15.30-16.45) continue to be very popular, with demand significantly outstripping available places. Following a successful trial, we are now operating an additional session on Fridays (13.00-14.15). The transition to 75-minute slots has gone well with sessions now comprising 5 x 15-minute games. This helps ensure a good mix of playing partners and opponents.

Social Padel sessions can be booked on the Arden app from a week in advance. We would strongly request members to book **only one slot** at a session to maximize participation by others. While not a hard and fast rule, the earlier time slots on Thursday and Saturday, as well as the Friday session, are aimed more at beginner/intermediate level and the later Thursday and Saturday slots are aimed at intermediate/advanced level.

'No shows' are particularly disruptive to the smooth running of the sessions. It would be appreciated if anyone unable to play would provide as much notice as possible when cancelling their booking or place on the waiting list, ideally at least 24 hours beforehand, to allow someone on the waiting list to take their place. Finally, if you are on the waiting list and receive notification that you now have a place, please cancel this promptly if you are unable to take this up.

## Social Padel Mexicano Competition

We organised some social sessions as mini Mexicano tournaments. These take place on the first Saturday each month. The next Mexicano event will take place on Saturday 6 July (15.30-16.45).

Finally, many thanks to Zach for his particularly supportive and enthusiastic leadership and organization of the social Padel sessions. Any member who wishes to learn more about social Padel sessions should contact: **Mike Hearn, Ash Naik, Kellie Homer** or **Sarah LaTouche**



## Court Bookings

The Padel court booking rules are now in place. These booking rules are intended to ensure equity of opportunity. They reflect the fact that there are only three Padel courts and the extremely heavy demand for access to these courts, particularly during peak times.

We would remind you that:

- Members are not permitted to book more than one court during peak times each day
- Members may book a court during peak times and another during non-peak times on the same day
- Members are not permitted to play on more than one occasion during peak times each day other than in exceptional circumstances
- **All members must be listed on MyCourts prior to playing**

From July 2<sup>nd</sup> it will be mandatory for members booking courts to include the name of at least one playing partner/opponent to confirm the court booking. Of course, players' names can be changed/removed/added at any time prior to playing commencing play to allow suitable time for the person booking the court to confirm the other players.

We would respectfully request members who are attending social Padel sessions on Thursday evenings or Saturday afternoons not to book Padel courts during peak times before or after these social sessions to help ensure wider access to the courts.



## 151<sup>st</sup> Anniversary Celebration

If you haven't already please sign up for some of the events on our 151<sup>st</sup> Anniversary Celebration day in aid of Prostate Cancer on 31<sup>st</sup> August 2024!

There is Tennis, Squash, Racketball and Padel tournaments running as well as non stop Fitness Challenge for all fitness abilities.

Also running will be various family and junior activities, a tombola, outdoor games and activities.

Exhibition Match –

Back by popular demand – 'PIZZA MAN, IN A VAN'

All Event entries are £5.00 which 100% goes to Prostate Cancer

Please register for all events at the reception