



AUTUMN 2018 TENNIS NEWSLETTER *(Editors Ros & Al Clark)*



Dear Tennis Members

What an exciting time for tennis at DTSC, after years of discussions, our courts are finally going to be resurfaced. The GMC have approved the plan and we will have Artificial Clay courts installed in the autumn, probably in October/November, but we'll know more about the dates soon and we'll keep you informed by the normal club emails and the Facebook page. There is bound to be some short term disruption to Club Sessions, normal bookings and match fixtures, but please bear with us as the short term disruption will definitely be worth it in the long run to get fabulous new courts. We will be having a push on new members and advertising the new courts. As a financial incentive, the GMC are still authorising a payment of £30 to be added to your lights money if you introduce a new member. Let everyone at your place of work, kid's school, other local clubs etc know all about us.

Now that the holidays are over, it's time to get back out on court to play your early rounds in the Annual Championships (the draws will be out on the website and noticeboard shortly) or come along to a Club Session or sign up for a team. Interested in competitive tennis? Then the captains of the various teams are always looking for players of all playing levels so don't be shy about contacting them to offer to play. There is a list of teams and captains later in the newsletter. Their contact numbers and email addresses as well as a list of fixtures are on the club's website. The Box leagues will also start again after the Club Championships/court resurfacing.

If you're keen to get involved with the running of the Club, we're always looking for new tennis members to volunteer to join the GMC or the Tennis Committee, please let the Tennis Chairman, Richard Gracie know if you're interested.

As far as joining in socially with tennis events, there will be another fun tournament sometime over the Christmas break. Look out for emails from DTSC or the Tennis noticeboard or the club website for more details.

Another successful tour to Holland (this time split into 2 age groups) was arranged by Kevin Willemse, and the 2nd part of the tour is ongoing now.

Incidentally the club's website www.dtsc.org.uk is a mine of information and has many news articles on it, photographs and forthcoming events, so if in doubt go there first!

Don't forget this is a member's run club, so if you see something wrong report it – don't assume someone else will. Also keep the club environment clean and tidy after you've used it, so that everyone else can find it as you'd like to, so please take all your balls, cans, empty drinks bottles etc away with you or recycle them in the relevant bins just outside the kitchen. Also when you come and play tennis, **please bring some balls with you – the ones at the club are ex-match balls and are for club sessions only.** Many thanks.

DTSC Tennis Calendar of Events - provisional subject to Court Resurfacing

7th October 2018– Annual Tennis Championships Finals Day (as long as the resurfacing work hasn't started - in which case the finals will be played on a date tbc once the courts are reopened)

Oct/Nov 2018 - Court resurfacing tbc

Date to be confirmed (over Christmas break) – Fun Tournament

Facebook 



You can also stay up to date by following our Facebook page www.facebook.com/www.tennisandsquashclub/ or Twitter feed <https://twitter.com/tsquashclub>. Don't hesitate to Follow, Like, Share, Comment or Post on the DTSC Social Media or use it to arrange matches/teams.

Tennis Chairman's Volley

Dear fellow DTSC tennis players.

I hope you've all had a lovely summer of tennis – and that you are enjoying your sport.

This autumn and winter are going to be massively busy, interesting and productive.

The funding is in place, tenders done and a Pre-Contract Meeting being held with our leading tenderer as this newsletter goes to press. We are provisionally looking at the Courts starting in early October for completion by December. We are going for Artificial Clay – which was the most popular choice by members. It is a great surface, and we believe that everyone will really enjoy playing on the new courts after some settling in for both the courts and players.

In order to reduce and alleviate any cross-contamination of the court infill material then there will need to be some amendments to the way the club operates, and how players use the club facilities. We will outline those measures fully soon.

In order to reduce infill being walked around the club, then one change will be that tennis players are to use the changing rooms to change in and out of your playing shoes. You will also be asked to use a shoe bag to transport your playing shoes in and out of the Club.

There will be more information regarding alternative locations for playing whilst the courts are being worked on in due course.

Congratulations to all our teams playing in Summer Leagues, with some great results – especially our 14U Team who are County Champions. Well done to them.

We are a club and we need your help. Your Tennis Committee and GMC are all volunteers. We can't operate and build the club to future successes without the involvement and assistance from you members.

Recently I emailed everyone looking for volunteers to assist in the running of club sessions – simply being on a rota and attending them perhaps once every couple of months. I have had 2 positive responses from the whole membership – and I have to say that I find that a bit disappointing. Also, there is a really fun day in Borough Gardens in September to promote sport, health and wellbeing in the town. A call for people to assist and help us to promote the club resulted in 2 offers.

I would be grateful if any members who can join the club session rota, or who are free on Saturday 8th Sept from 10am to 3pm would please email me at GSalvage3@aol.com and let me know.

We can't improve and develop DTSC without your assistance – and I would be grateful if you could consider that when we next ask for help. Being a member of the club is not simply about playing tennis – it's about a lot more than that – and one major part is occasionally offering to assist in making DTSC the best tennis club in South Dorset.

We have a Marketing Group coming together for the club as a whole and need members to join it. If you have experience in marketing or promotions, feel you may have an aptitude or simply want to help in the promotion of our club then please email me before the end of September.

We are going to move the evening club session from Thursday to Wednesday, starting on Wednesday 5th September. We hope that this will enable more players to attend. Thursday afternoon sessions will continue as before. The first Wednesday of the month will be a Pizza night – where we can get some food in, and have a social get-together after play.

We are inviting squash and racketball members to play tennis at off-peak times, and could do with building up a stock of spare rackets – if you have changed your racket and would like to donate the old one to the club, then we will gratefully receive it. Please leave donations with Adam, or outside the office.

I look forward to seeing you around the clubhouse in the near future.

All the best - Richard

Wimbledon Tickets

The public ballot for Wimbledon tickets for 2019 is open from 1 Sep 2018 and closes on 31 December 2018, details of how to apply are at this website: https://www.wimbledon.com/en_GB/tickets/ballot_uk.html

DTSC is allocated tickets for Wimbledon depending on the number of British Tennis Members, who opt in to the ticket ballot and are fully paid up members of the club. In order to apply for the club's Wimbledon ticket draw you will need to be a fully paid up member of DTSC and be a British Tennis Member <https://www.lta.org.uk/member/> (it's free to join as a Club Member) and you will need to have opted in to the draw (which opens in September 2018 for 2019 tickets).

Don't leave it too late if you want to be considered in the DTSC draw for 2019 tickets which will happen in Spring 2019.

Social Tournaments

Sarah Skidmore, Mike Williams and Grahame Bennett have all organised Social Tournaments this year, so thanks very much to them and thanks to all of you who have supported them and enjoyed playing.

A Peter Cox Memorial Tournament was held on Monday 28th May (Spring Bank Holiday) – the winners were Keith Mason and Lorraine Slowther who beat Mike Williams and Val Welch in the final.



Peter Cox Champions 2018
Keith Mason and Lorraine Slowther



Peter Cox Runners-Up
Mike Williams and Val Welch



Peter Cox participants

A new format Fast4 fun tournament was organised by Graham Bennett on August Bank Holiday 27th August. This was a quick fire first to 4 games, Tiebreak at 3 all, no ad scoring and playing let serves (which was interesting!). 14 members (7 ladies and 7 men) entered which was perfect for all matches to be mixed doubles. The format was played round by round (one set per round) with a change of partner after every round. A point was awarded for every game won. In all 5 rounds were completed and prizes were awarded to the 2 highest scoring ladies and men. The winners were Elspeth Gracie and Mike Williams. The Runners up were Sarah Erickson (after drawing of lots following a 3 way tie with Sue Rippingale and Ann Williams) and Alister Millar (equal on points with Mike but lost the head to head match).

A social lunch followed enjoyed by all participants. Thanks to all for bringing something along to share and for coming along to play.



Fast4 Champions 2018
Elspeth Gracie and Mike Williams being presented with their prizes by Grahame Bennett (centre)



Fast4 Runners-Up
Alister Millar and Sarah Erikson (with Grahame Bennett in the centre)



Fast4 participants - I promised I wouldn't mention the organiser's photographic skills but Mike & Keith were there as well!!!

Club Sessions – Please come along, join in and have fun



ALL CLUB SESSIONS ARE CURRENTLY FREE AND THE NEW TIMINGS ARE AS FOLLOWS:

Wednesdays 7 - 9 pm

New session starting 5th September (replacing Thursday Nights) - all Full members welcome.

Thursdays 1.30 - 3 pm

All members welcome (Day/Full, male/female)

The new Wednesday evening Club session will start on **Wed 5th September and Pizzas will be provided**. Mike Williams will be running a rota of all full tennis members, so contact him if you like to join the rota to ensure we have someone there to run the session.

Anyone you know who might be interested in joining the club is also welcome to come along for a few sessions for free – we would then hope that they consider joining the club.

Thursday Open Afternoon Club Tennis by Jill Maple

Hi all - Did you know that there are open club tennis sessions for **ALL** tennis members on Thursday afternoons!

- No need to book courts
- No need to search out tennis balls

Simply turn up at 1.30pm on any Thursday afternoon for a friendly game or two - ladies/men's doubles, mixed doubles or singles depending on numbers.

We play for 1 1/2 hours so plenty of time for a good variety of games and sets.

Any queries regarding these Thursday afternoon sessions please contact: Jill Maple 01305 853509 or thejmaples@btinternet.com Do come and join us. All welcome!



Guest Fees

As a member it's in your own interest to make sure that any non-member guests you bring pay a guest fee when you play with them, as any monies received go towards the long term upkeep of the club, courts and facilities (and don't forget to encourage any guests to join if they live locally!). A reminder that the guest fees are **£3.30** for an adult and **£2.20** for a junior each time they play. (Any guest can only play a maximum of 6 times per year). Envelopes are provided for cash by the door to the courts and can be put through the office letterbox, or when you book a court and fob to play, you will need to second fob to ensure guest fees are taken off the host's account.

Box Leagues

For those who wish to play some more competitive tennis there is a singles box league organised by Head Coach, Sarah Skidmore. It's a great way to practice your singles and meet other players. The box league is played over a set time scale and is free to enter. Any and all standards of players (Full Members only) are encouraged to enter as you will be placed at a suitable level. Any juniors with an LTA rating of 8.2 or better are also encouraged to join in (if you do not have a rating please ask Sarah Skidmore how to get one). New entrants are strongly encouraged to join in. For more details and sign up please see the Tennis noticeboard. The new leagues will start after the Club Championships/Court Resurfacing are completed, so sign up soon!

AGM & Annual Awards

The minutes of the AGM held at the club on 26th Feb 2018 are on the DTSC website.

The Club Person of the Year was jointly awarded to Mike Williams and Janet Biles and was presented by Club Chairman Neil Foster (centre).



The most improved tennis player of the year was Jill Maple.



The most improved junior tennis player of the year was Eddie Keegan.



Summer League Teams Results 2018

Congratulations and well done to all who played in the teams and those who captained those teams. The results can be checked for all the teams by going to the club's website www.dtsc.org.uk under Tennis - Team play or at these links (they are on the website to save you typing them out!):

Dorset Leagues: <http://lta.tournamentsoftware.com/sport/tournament.aspx?id=D9F43101-850A-459F-85A1-6CA6AA9F57CC>

Y&D Leagues: <https://lta.tournamentsoftware.com/sport/tournament.aspx?id=341F56E9-9E47-4BE3-A60B-77CF79AD34CD>

Dorset Leagues

Men's 1 – Currently 6th in Division 1 (possible relegation)

Ladies' 1 – Finished 2nd in Division 2 (promoted to Division 1)

Men's 2 – Finished 8th and bottom in Division 3 (probable relegation)

Men's Vets – Finished 3rd (of 4 teams) in Division 2

Men's Over 60s – Finished 2nd in the League

Mixed 1 - Finished 2nd in Division 2 (promoted to Division 1)

Mixed 2 – Finished 7th in Division 3 (relegated to Division 4)

Yeovil & District Leagues

Men's – Currently 6th in Division 2 (and will probably be relegated next summer)

Ladies' – Second in Division 3 (and will be promoted next summer)

Dorset Ladies 1 Season Review by Sarah Skidmore

The ladies team this summer has been brilliant! I have had lots of people volunteering to play in the matches, so much so that I haven't had to play at all! So many congratulations go to Alison Beaven, Kayleigh Budge, Katherine Bundy, Elspeth Gracie, Yvonne Henderson, Sue Ramsbottom, Lorraine Slowther and Ann Williams who played so well that they managed to get the team to finish in second place in Division 2 and therefore promoted to Division 1 for next summer.

Dorset Mixed 1 Season Review by Sarah Skidmore

Congratulations to the Mixed 1st team for reclaiming their place in Division 1 for next summer. We have managed to play juniors in the male role for every match with the age ranging from 14 -17 years old, which is great for the youngest to get the experience of playing senior team tennis. The boys have been capably supported by slightly more mature ladies in myself, Yvonne Henderson, Ros Clark and Katherine Butler, and the youth policy has been continued with Kayleigh Budge, although no longer a teenager!

Dorset Men's Vets Season Review by Grahame Bennett

A short season of 3 matches. Our opponents were Victoria Avenue , Sherborne and Corfe Mullen. Our first match v Victoria Avenue turned on 3 tie breaks, win one and victory was ours, we lost all three. Our next opponents Sherborne were grateful that we brought the start time forward as they were keen to be home by 3pm, something to do with England playing in a World Cup quarter final. Another keenly fought match ended in a narrow defeat with both second rubbers going to a champions tie break, we all got away by 2.45pm and home in time for the football. Our final match was away to Corfe Mullen. This was now the wooden spoon match with Corfe Mullen having also lost their opening 2 fixtures. The match was played on a lovely summer evening and saw us win all 4 rubbers with Alister and Harry breaking the teams tie break hoodoo by winning 2 tie breaks. Thanks to all the players that took part this summer Peter Smith, Alister Millar, Harry Offer, Tim Guppy, Chris Porter and the Captain Grahame Bennett.

Yeovil & District Men's Season Review by Mike Williams

At the time of writing, the fate of our Men's team in Div. 2 hangs in the balance, as there remain some unplayed matches. The 'core' squad of Grahame Bennett, Martin Kimberley, Keith Mason, Chris Porter and Mike Williams have won impressive victories over Ilminster, Martock, and North Cadbury (twice). Only Wincanton have beaten us home and away. When an Over-60's match took away Keith, Mike, Derek Hanby and Al Clark, we were boosted by the youthful (and useful) Alex Baker and Joe Chambers for a hard-earned draw at Sherborne. For our match at runaway leaders Taunton, Joe and promising debutant Kevin Willemse helped Grahame and Keith earn another very creditable draw.

Our first-ever season in Div 2 has been hard but enjoyable, testing ourselves against some real 'A' team players.

Yeovil & District Ladies' Season Review by Ann Williams

Ladies - Well, what can I say? Those of you who played in our last Yeovil & District match against Somerton B already know, but I am very happy to report that the terrific win (10-1), resulted in us finishing second in Division Three, only 1 point behind Yeovil and that this means that we are promoted to Division 2 next season!

I hope you will all agree that it has been a thoroughly enjoyable season of evening tennis. We've played some cracking tennis, had some tough matches and some not so tough, met very nice opponents, had lovely after match suppers and generally had a great time. This is our second successful season in the Yeovil and District League, which we entered under Alison's excellent captaincy, and our second consecutive promotion.

I know that some of you did not get to play as many matches as you would have liked. However, our squad this year was enormous. There could be a strong possibility of entering a B team next year if people are interested. This is all dependent on court availability although the tennis committee have tentatively agreed it, so watch this space, more information to follow at some point.

Thank you all for your support, you've been brilliant.

It was an enormous squad - pictured below from (left to right) Sarah, Andrea, Ann, Felicia, Jenny, Sue and Alison. Not pictured - Sue, Helen, Ros, Lorraine, Julie, Ann, Katherine, Claire and Felicity.



DTSC Adult Winter Tennis Teams

The Captains are always looking for more people to play in the teams, so don't be shy, let them know that you are interested. The captain's contact details are as follows.

| Team | Captain | Email | Telephone No. |
|-------------------------|-----------------|--|----------------------|
| Men's 1 | Kevin Willemse | kwillemse@hotmail.co.uk | 07971 047439 |
| Ladies' 1 | Elsbeth Gracie | elsbethag@aol.com | 01258 880605 |
| Mixed 1 | Sarah Skidmore | sarah.skidmore66@gmail.com | 07976 618672 |
| Men's Vets | Grahame Bennett | grayskies100@yahoo.com | 01305 260747 |
| Yeovil & District Mixed | Grahame Bennett | grayskies100@yahoo.com | 01305 260747 |

There is a £2 Match Fee for away games as well as home fixtures. The £2 Fee covers the cost of balls, and lights when required, for home matches and the cost is spread between home and away matches to make it fairer for all.

DTSC Tennis Fixtures Winter 2018/19 - provisional subject to Court Resurfacing

| Day | Date | Time | Team | H/A | Opponents |
|-----------|---------------|---------|------------------------|------|------------------------|
| Wednesday | 10th October | 6.30pm | Mens 1 | Away | Swanage |
| Sunday | 14th October | 5pm | Mixed | Away | David Lloyd Poole 2 |
| Sunday | 28th October | 11.30am | Mens 1 | Away | David Lloyd Ringwood 2 |
| Sunday | 4th November | 10.30am | Mens Vets | Away | Corfe Mullen |
| Sunday | 4th November | 11.30am | Ladies | Away | David Lloyd Ringwood |
| Wednesday | 7th November | 7pm | Mens 1 | Away | David Lloyd Poole 2 |
| Sunday | 18th November | 10am | Y&D Mixed | Home | |
| Sunday | 25th November | 10am | Y&D Mixed | Away | |
| Sunday | 25th November | 10.30am | Ladies | Away | Bournemouth Gardens |
| Sunday | 2nd December | 10am | Y&D Mixed | Home | |
| Sunday | 2nd December | 5pm | Ladies | Away | David Lloyd Poole 1 |
| Sunday | 9th December | 10am | Y&D Mixed | Away | |
| Sunday | 16th December | 10am | Y&D Mixed | Home | |
| Sunday | 6th January | 1pm | Mixed | Home | Corfe Mullen tbc |
| Sunday | 13th January | 10am | Y&D Mixed | Away | |
| Sunday | 13th January | 1pm | Ladies | Home | Milford 1 |
| Sunday | 20th January | 10am | Y&D Mixed | Home | |
| Sunday | 20th January | 1pm | Mixed | Home | Hale Gardens 1 |
| Sunday | 27th January | 10am | Y&D Mixed | Away | |
| Sunday | 27th January | 1pm | Mixed | Home | Milford 2 |
| Sunday | 3rd February | 10am | Y&D Mixed | Home | |
| Sunday | 3rd February | 1pm | Mens | Home | Corfe Mullen |
| Saturday | 9th February | 1pm | Mens Vets | Home | Milford 2 |
| Sunday | 10th February | 10am | Y&D Mixed | Away | |
| Sunday | 17th February | 10am | Y&D Mixed | Home | |
| Sunday | 17th February | 1pm | Mens Vets | Home | St Leonards 2 |
| Sunday | 24th February | 10am | Y&D Mixed | Away | |
| Saturday | 2nd March | 1pm | Ladies | Home | Southbourne 1 |
| Saturday | 2nd March | 2pm | Mens 1 | Away | St Leonards 4 |
| Sunday | 3rd March | 10am | Y&D Mixed | Home | |
| Sunday | 3rd March | 1pm | Mixed | Home | Winton 1 |
| Saturday | 9th March | 2pm | Mixed | Away | St Leonards 3 |
| Sunday | 10th March | 1pm | Ladies | Home | Milford 2 |
| Sunday | 17th March | 1pm | Mens 1 | Home | St Leonards 3 |
| Thursday | 21st March | 6.45pm | ¹³ Mixed | Away | St Leonards 2 |

Coaching – A message from the Club's Head Coach, Sarah Skidmore.

DTSC Coaching Newsletter Summer 2018

We have now reached the end of the summer term, and the coaching year.

The coaching has gone extremely well this year, helped this term by the glorious weather. As far as the Club is concerned, progress is being made towards the resurfacing of the tennis courts, it will mean that we have to carry out the coaching elsewhere for up to 6 weeks but we will keep you posted, and it will all be worth it to get decent courts again.

Junior Team Results

We entered junior teams in the Dorset Team Tennis this summer, with some great results, all of which are outlined below. Some of our juniors have been playing regularly in the adult teams in both the Dorset league and the Yeovil & District League, and we are gradually adding more juniors to these teams. Greg Charles, Ellery Ford, Ed Keegan, Charlie Barnett have joined regulars Joe Chambers, Alex Baker and Matt Smith in the teams.

| Team | Result | Players |
|-------------------------|-----------------------------------|--|
| Boys 16 & under team | 4th Dorset Division 1 | Matt Smith, Ellery Ford, Cameron Robinson, Ethan Robinson, Dani Quinn-Comas, Ed Keegan, Charlie Barnett, |
| Boys 14 & under team | Won Dorset Division 1 | Eddie Keegan, Ethan Robinson, Ben Sanders, Noah Jarvis-Woodbridge, Nathaniel Skinner, Raffy Davies. |
| Boys 12 & under A team | 1st Dorset Division 2 | Ben Sanders, Henry Theobald, Josh Jackson, Joe Slowther, Rafferty Davies, Nathan Sloley. |
| Boys 12 & under B team | 4th Dorset Division 2 | Joe Slowther, Noah Smith, Sam Smith-Rose, Louie Jasaragic, Ben Edwards, Archie Moore. |
| 9 & under Orange A team | Won Division 2 | Herbie Andrews, Joe Sanders, Otis Richards, Oscar Lovell |
| 9 & Under Orange B team | 4th in Division 2 | Ben Randall, Thomas Edwards, Sam Hall, Theo Savva. |
| 8 & under Red | Won West Dorset and 3rd in Dorset | Herbie Andrews, Ben Randall, Felix Sloley, Toby Vincent. |

Very many thanks to Michael for his work with teams, especially the Orange and Red teams, and for the extra time he put into training them and to attending their matches.

**9 & under Orange A team
Winners**



8 & under Red Winners



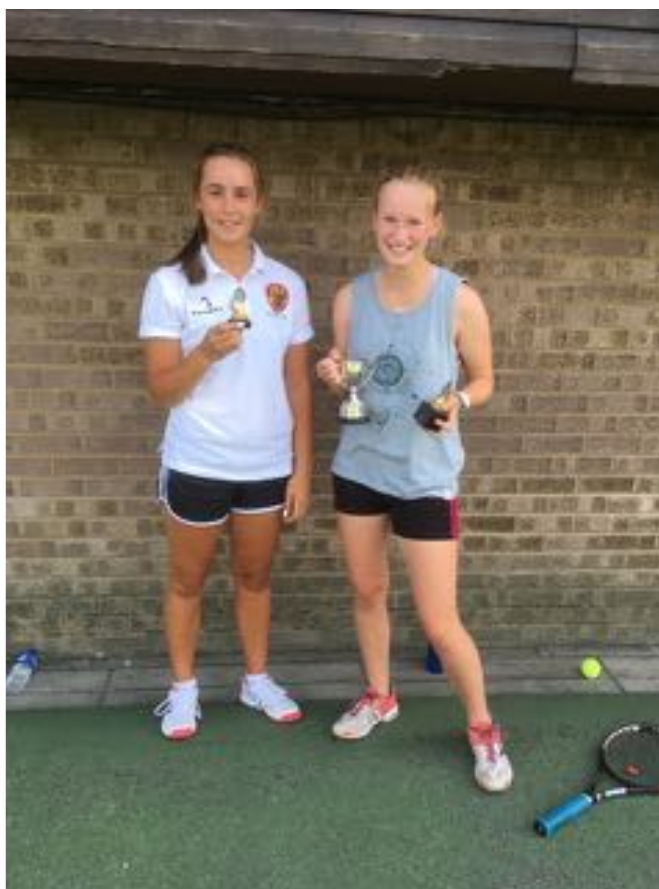
Junior Club Championships

| Age Group | Winner | Runner-up |
|-----------------|----------------|------------------|
| Girls | Immi Reid | Yasmin Radivojsa |
| Boys 18 & under | Joe Chambers | Lorenzo Conti |
| Boys 16 & under | Ellery Ford | Eddie Keegan |
| Boys 14 & under | Ethan Robinson | Eddie Keegan |
| Boys 12 & under | Ben Sanders | Rafferty Davies |
| Mixed 9 & under | Otis Richards | Joe Sanders |

For the first time in a few years we have been able to hold a girls singles championships and actually had 4 girls taking part. They found it extremely hard work to play matches in the heat, but did it, and I hope they are proud of themselves. We have 42 girls taking part in the coaching, for which I am very pleased. I think we have the largest number of girls regularly taking part in coaching in the County. Keep going girls and we will be doing our Pizza and doubles day in the Autumn. We ran out of time this term. The current group of senior girls will soon be playing in the ladies teams, whether they like it or not!!

Girls:

Winner Immi Reid (right)
Runner-up Yas Radivojsa (left)



Boys 18 & under:
Winner Joe Chambers (right)
Runner up Lorenzo Conti (left)



Boys 16 & under:
Winner Ellery Ford (right)
Runner-up Eddie Keegan (left)



Boys 14 & under:
Winner Ethan Robinson (left)
Runner-up Eddie Keegan (right)



Boys 12 & under:
Winner Ben Sanders (right)
Runner-up Rafferty Davies (left)



12 & under competitors



9 & under competitors



Holland Tour

Michael & Kevin are taking 2 groups of boys to Holland this year. They have split the age groups, so that it is mainly 14 & unders going in one group, and the older ones in the other group. 2 of the older boys are also going as coaches for the younger group, which will be a great experience for them. I am not sure how Michael & Kevin do it, and I don't really want to know, but they are obviously doing something right as some of the boys are going for the 4th time! But this year they are taking some younger children, so the age range for the 2 trips will be from 8 to 18 years old.

Adult Coaching

The coaching groups have grown over the past year and we have been able to add in a new adult group which takes place on Friday afternoons. This is mainly comprised of mothers of the children within the coaching programme. We are definitely starting a Dad's group on Tuesday evenings 7.30-8.30pm at St. Osmund's in September. We already have 4 on the list, so if anyone is interested please let me know. We also run an advanced adult group on Monday evenings, and a ladies group on Wednesday evenings. A group of the ladies from the coaching groups came together, with some of the girls, on a Saturday afternoon for doubles, Pimms and giggles. There were some initial nerves, but the standard of tennis improved during the afternoon, to the extent that they played for 3.5 hours, and had a great time. This will lead to more social get togethers as it does wonders for confidence.

Club Membership

All those who receive their tennis coaching at the Club, who are 9 years old and over, are required to be Club members. This covers them for insurance whilst at the Club, and allows them to book courts and play at times other than in their coaching groups. They will then have a 'fob' which allows them access to the Clubhouse and the courts. The gate onto the tennis courts will only be used in exceptional circumstances from now on, so everyone must enter via the club's main door. The viewing from the clubhouse is excellent, tea & coffee is available for a nominal fee and it is warm in there in the winter!

For those who aren't already members of the club the cost for Junior Annual Membership is £51 from 1st April, but this is reduced for those joining throughout the year and from September the cost is only £30. Please contact Adam in the Club's office at admin@dtsc.org.uk for details. For any adult joining, the cost for a Full Tennis member, who can play at all times is £123 from September to the end of March, and for a Day member, if you only want to play between 9am-4pm Monday-Friday the cost is £83.

Individual coaching

Michael, Kevin and I are all available for individual coaching throughout the year for those wanting to enhance their technique. Michael & Kevin are running coaching sessions during the holidays for which you should already have received an email with the information on it. If you haven't please don't hesitate to contact me for details.

Thank you

Many thanks to all the parents who have been fantastic at bringing your children to the coaching groups, providing transport to team matches, making match teas and to those who are venturing on to the court themselves! I also need to thank Michael and Kevin for their support over the last year. We do work very much as a team. Also Alex, Joe, Greg, Cameron and Maddy for their help with the groups. We wouldn't be able to work without them.

Please don't hesitate to contact me for any more information, and Michael, Kevin & I look forward to seeing everyone on court over the summer holidays, and back in the coaching groups in September. The term time coaching will re-start from Saturday 8th September and run for 12 weeks, with the exception of half term, leaving a week spare for weather issues. The group your child/ren will be in is shown in the accompanying email, together with the costs for each group.

Have a great summer holidays, keep playing tennis. Remember that you don't need to have one of the coaches around to play tennis. All members can play at the club at any time that courts are available. Make use of the courts, and keep playing. And we all look forward to seeing you next term.

Sarah Skidmore
DTSC Head Tennis Coach
07976 618672
sarah.skidmore66@gmail.com

Michael Willemse
07597 613244

Kevin Willemse
07971 047439

Welfare Officer

The new Welfare Officer for the club is Ros Clark. The LTA want to ensure that all children, young people and adults at risk are safeguarded from abuse and have an enjoyable tennis experience. She is responsible for promoting safeguarding within the club and working with others to ensure that DTSC is a safe and inclusive environment for all. She is the first point of contact for all children and adults where concerns about welfare, discrimination, poor practice or abuse are identified. If you have any concerns whatsoever, please approach Ros - see the notice boards at the club for her contact details.

Holland Tour

Kevin & Michael split the Holland Tour into 2 sections for 2018. The 1st Tour of 20 and the 2nd Tour of 12 of the more Senior Juniors. The 2nd Tour are pictured here, on the eve of their departure on Friday 24th August with Lee Ford (left) of Vision Independent Financial Planning, who very kindly sponsored their tennis kit and part of the tour.



FAQ - Doubles Tactics

Question: What are the basic principles of good doubles?

Close in on the net and prevent your opponents doing it. Aim shots down and keep them low to force opponents to hit up from below net height.

Play to the opponent furthest from the net when you're in a deep position. Target the opponent nearest to the net when you're in a position to hit down on the ball from near the net.

Target your opponents' weaknesses. Play shots which force your opponents to play to your strengths.

Aim between your opponents. It gives you a great margin for error and your opponents may hesitate while they work out who should play it.

Anticipate, be mobile and adapt your position according to the positions of your opponents and your partner.

Encourage your partner!

Question: Can I serve in a way that helps my partner intercept returns?

Yes! Serve consistently, getting a large percentage of first serves in. If you miss a lot of first serves, your partner's effectiveness as a poacher could diminish. This is because picking off first-serve returns at the net is easier than picking off second-serve returns and also because your partner may get tired of all the "false starts".

Serve mostly down the centre from the deuce court (especially to a right-hander). This cuts down the angles as well as forcing the receiver to play an awkward inside-out backhand return - your partner should be able to pick it off! Serve plenty of serves at the body from the ad court.

Make sure your partner knows where you're aiming the serve!

Question: Is it my job to guard the tramlines when my partner serves?

Yes! And no! If the receiver is regularly passing you down the line, talk to your partner and suggest a different placement!

React to where the serve lands in the court, i.e. guard the tramlines if it's wide; move to the centre if the serve is down the middle.

You can encourage the receiver to play the shot you want, i.e. position yourself wide to encourage a crosscourt return, move towards centre to tempt the pass, close in on the net to tempt the lob, etc. Be active, alert and aggressive (poach, fake poaches, etc). Generally, make sure the receiver is worried about you.

Take the captain's role and suggest service placements. Consider using simple hand signals from the server's partner to indicate where they want the server to aim.

Question: Where should I aim my shots in doubles (when it's not obvious)?

If you can target your opponents' feet, you should be able to pick off the next shot at the net (if it comes back!).

Take advantage of opponents playing one-up-one-back by targeting the area behind the net person.

Aim for the "soft centre". During a barrage of shots, aiming between your opponents may cause neither (or both) to go for the ball! Aiming through the middle also gives you a big margin for error.

It's easier to hit a ball in the direction from which it came rather than change direction, so do this when you're on the defensive.

Question: How often should I try to pass the net player with my return in doubles?

Try to be consistent and not too flashy. Return most serves crosscourt. The ideal is a low, wide crosscourt return, landing no deeper than the service line. Avoid deep returns if the server's partner is a mobile player - the height of the ball will tempt them to poach.

However, sprinkle in some variations, maybe an offensive lob or a drive at the server's partner or a pass down the line, to avoid being predictable or to keep the server's partner honest. The pass down the line becomes a higher percentage option if the serve takes you out wide.

Question: What is my role as receiver's partner?

Your first duty is defence. Keep an eye on the server's partner who is the immediate threat to your team. Take your cue from the quality of your partner's return. If it's high and close to the server's partner, you're under threat - take cover! If it's high and wide, your tramlines are under threat - cover them! If it's crosscourt and low, move towards the centre and be prepared to poach.

Although you can't play a shot until the 4th shot of the rally, try to be dynamic and be ready for an appropriate contribution.

Question: How can I react better when a net player poaches (and avoid getting hit)?

Here's the scenario :- you and your partner are receiving; the serve is struck; you watch the ball land; the serve is good; you turn your head to watch your partner hit the return; you follow the ball and before you know it, the server's partner has stepped across and volleyed the ball right at you! Where did you go wrong?

Your mistake was turning your head to watch your partner hit the return.

Once you've helped call the serve, your attention must turn to the net player - look for any threatening movement. This way you get an early warning which will help you either to take evasive action or even to pick out the direction of the shot and block it back.

Although it seems right to watch the ball, you can't afford to watch your partner if the ball goes behind you. Keep your eyes forwards and "read" what kind of shot your partner has hit by assessing the movements of your opponents. No looking back now!

Question: Where should I aim my returns?

In keeping with the "deep to deep; short to short" principle, you should aim your returns to the server's half of the court (because you're in a deep position and must avoid the threat posed by the nearest opponent, i.e. the server's partner).

In order of priority:

1. Get the ball back into play
2. Avoid the net player
3. Make the server play a low volley (or half-volley).

A good spot to aim for is the area where the service line intersects with the singles sideline.

You should occasionally hit a return down the line or over the net player:

- a. To discourage the net player from intercepting
- b. To catch the net player napping if they have a poor volley or just looks like they've dozed off!
- c. To avoid being too predictable!

Question: Where should I move when my partner is dragged out of court?

Mountain climbers are usually roped together for safety. In the days of Mallory and Irvine in the 1920's, the rope was actually more a bond between mountaineers than a safeguard against falling.

In doubles, you should maintain a bond with your partner in all sorts of ways. But in particular, you should imagine you're joined at the hip with a length of rope like a couple of mountaineers. If your partner's forced wide, you should move towards them, maintaining the distance between you. That way, you avoid large holes appearing between you. Sure, you'll leave some space to your side, but it's better to get your opponents aiming over the higher part of the net and nearer the sidelines than it is to invite them to fire a relatively safe winner right between you.

Move as a team and plug the centre gap. It will force your opponents to take more risks.

Question: Why shouldn't I look back at my partner while they're hitting the ball?

Looking back at your partner can cost you a lot of points. You've got to be ready for both danger and opportunity. Your partner's shot is their concern. You should be concerned with whether or not the opposing net player will intercept it. If you're watching this player, you'll spot the first signs of danger or opportunity.

It takes time to turn your head from watching your partner to watching what your opponent is going to do and you'll miss the early signals. You could even get hit!

So watch the closest opponent. What they do or don't do will tell you who is going to hit the next shot and whether you should back off or get aggressive.

Question: Can I try to distract my opponents by moving when my partner's serving or receiving?

If your intention is to distract your opponents, you can't do it! However, if your intention is to gain a tactical advantage by popping up in an unexpected position, you are quite entitled to make whatever moves you like! The server's partner and the receiver's partner may take any position on their own side of the net, inside or outside the court. However, if a player is creating a hindrance to the opponents, the hindrance rule should be used.

The ITF rules on HINDRANCE state "If a player is hindered in playing the point by a deliberate act of the opponent(s), the player shall win the point".

It's a bit of a moot point really and it depends on your interpretation of "deliberate hindrance".

The advice is to move as much as you like to gain advantage, but tone it down a bit if your opponents object. There's no point getting into an argument over it!

Question: What do we do when our opponents start lobbing?

If you're commanding the net as a team, it won't be long before your opponents come up with the obvious countermeasure and start throwing up lob after lob to frustrate you.

Basically, you have three options and you should consider them in the following order of priority:

Option 1 (first preference):

NO SWITCH (BOTH-UP). Continue your strategy of rushing the net. Both of you retain responsibility for your own half of the court, hitting overheads whenever possible. Move up, back-pedal for an overhead and move up once again. If a lob goes over your head, chase it down yourself - your partner should move back too (and you should both move in again as soon as you

get an opportunity). This strategy will succeed if you both have fairly sound technique on the overhead and if you're both fairly fit. Good footwork and conditioning are a pre-requisite!

Option 2 (second preference):

SWITCH (BOTH-BACK). If you find you can't take many lobs out of the air and you're chasing back to hit them after the bounce, it may work better if you cover behind each other. The partner who was lobbed switches diagonally back towards the baseline and the two of you adopt a solid defensive formation. Move in again as soon as you get an opportunity (e.g. a lob over your advancing opponents).

Option 3 (last resort):

SWITCH (ONE-UP-ONE-BACK). When a lob goes over your partner, you cover it as in option 2. Unlike option 2, however, your partner simply switches across to the other half of the court, so essentially one of you covers the back of the court and the other remains at the net. I mention this option for the sake of completeness only. DON'T DO IT - it's a last resort and not very effective!

Question: I get lobbed a lot. Should I stay back more?

Just about everyone who plays doubles at any level knows that a good team should try to own the net. So why is a principle that is so universally accepted so seldom applied? I suspect it's because many doubles players have a phobia about hitting overheads.

In doubles, you are responsible for your half of the court and if you're lobbed you must strive to hit an overhead so that you can keep your offensive position at the net. Too many players duck out of this responsibility too easily. As soon as any kind of lob goes up, they call "Yours!" and retreat diagonally to the baseline on the other half of the court, leaving their partner to retrieve the situation. Obviously this is necessary at times, but you shouldn't use a last resort first!

Players just don't practise overheads enough! When an opponent tosses up a lob during a match, they're required to hit a shot that they never normally hit except in the cut and thrust of a real point.

You've simply got to develop your overhead if you want to become a useful doubles player. When you practise, track the ball with your free hand and work on moving back sideways to reach deep lobs. Keep your head and your eyes up and strive for full extension as you reach up for the ball. Don't muscle it - let your racket head generate the speed. If you're forced to hit from a difficult position, take some pace off the shot and concentrate on getting the ball back deep.

During pre-match warm-ups, get into the habit of asking your opponent to send up at least half a dozen lobs - and expect to do the same in return.

Your overhead should be one your most lethal weapons. Use it as often as you can.

Question: How can communication help you in doubles?

Communication in doubles is not beneficial in itself - what's required is GOOD communication! Good communication is the special ingredient that helps two individuals think, move, and act as one.

Some of this could take place off the court. For example, you might want to sort out which side you'll play, who will serve first, who will chase the lobs, who will handle the overheads and which of you will take the down-the-middle shots.

Some of the on-court communication is in the form of essential basic instructions (e.g. "Leave!", "Mine!", "Switch!", etc). Some of it is in the form of tactical discussions, such as pre-planning an interception.

Much of the rest of it comes down to establishing the "chemistry" of a good partnership. It takes time and it's not possible to be too prescriptive about it. That's because everyone's different. Some people like to exchange high-fives, some people don't. Some people welcome constructive criticism, others resent it. Some people respond to being gee'd up, others perform better when they're calm. You and your partner need to get to know each other. You need to know what to do when your partner's feeling down or nervous or angry or over-confident. It'll take time before you even get to recognise these things!

In general, it's a good idea to avoid negative talk. Avoid pressurising your partner by saying things like: "don't double fault!", "don't miss this return!" or "we need your first serve here!". Sometimes your partner will have a bad day. Just remember you have them too! You must resist the feeling that you're being handicapped - your partner will sense this and feel alienated. Once that happens, you're both on a slippery slope, heading for disaster. So stay supportive and helpful and positive. Boost your partner with appropriate praise and encouragement. Emphasise the team factor by using the "we" word a lot, e.g. "we'll really focus on this one!", "we're going to turn this around!", etc.

When you've been playing together for a while, you should feel you can discuss some of these issues openly. It will help if you can both identify phrases that annoy you on court. It will certainly help if you and your partner know what to say (or what not to say!) when the other is making mistakes.

Don't underestimate the importance of good communication in doubles. If you communicate well, you're more likely to enjoy the experience. And if you enjoy it, you're far more likely to perform well.

Question: When your opponents close in on the net very fast when they're serving, what can you do?

Faced with a person at the net and a server who follows their serve into the net, your first target is the server because they're vulnerable while they're trying to get in to join their partner. Force them to play a low volley (or, better still, a half-volley) while they're still only about halfway in to the net. You can do this in a variety of ways: by using topspin (to make the ball dip), using slice (taking the ball early while it's still relatively high) or simply by using a soft pace. If you succeed in forcing the server to scrape a ball up off their shoelaces, take advantage and move in because they're sure to hit a rising shot which one of you should be able to put away.

A lob return could be used once in a while for variation - but probably only off a second serve.

Once they're both in to the net, you can still make life uncomfortable for them. Use the lob to take them away from the net or target the space between them.

Even good players often hesitate for a fatal moment when you do this - they sometimes both go for the ball or both leave it!

Question: What's wrong with one up, one back?

One up, one back works fine as long as your opponents co-operate and do exactly the same. If they don't, you'll usually find yourselves in a whole bunch of trouble. "Usually", because a team that tries to own the net must own some decent volleys and a decent overhead.

If you and your partner are serious about improving your doubles, don't waste time practising your groundstrokes for hours. Practise your serves and your returns and work hard at your volleys and overheads. In matches, take the first opportunity to approach the net. That means when you're serving, serve and volley! When you're returning, keep the ball low and close in whenever possible (certainly on second serves)! If you can't get in behind your return, your partner may be vulnerable to an attack. If the attack does not materialise, get in on the next shot! If it does materialise, your partner may be better off joining you for some resolute defence from the back of the court (but if you successfully lob your opponents, move in and take the net).

Question: What are the do's and don't's of poaching?

When you first start playing doubles, there's a kind of unspoken rule that you've got to protect your alley when you're at the net. Well, that's perfectly true, especially when your partner serves wide. But it's also important to poach occasionally. If you don't, you put no pressure on the receiver, which puts more pressure on your partner coming in behind their serve. That's a scenario that will eventually lead to you conceding a service break.

There are two kinds of poaching in doubles. One is an opportunist gambit, whereby the net player spots a weak shot and risks crossing in front of their partner to take advantage of it, and the other is where both players execute a pre-planned switch of sides (usually to intercept a service return).

If you and your partner opt for a pre-planned switch, it's usually a good idea for the server to aim down the middle, because this reduces the angles available to the receiver and makes it less likely that the net player will have to protect their alley.

The net player should always be looking for an opportunity to take out a weak crosscourt shot during a rally, especially when an opponent is forced back behind the baseline. Like the pre-planned switch, an opportunist poach should result in a switch of sides. The poacher should commit to it 100%, targeting the area occupied by the receiver's partner, and their partner should cover for them.

An important aspect to successful poaching is cutting off the ball on an angle, closing in on the net as well as moving across. This diagonal movement ensures the ball has less time to get away from you and also allows you to get some weight transfer into your volley.

Timing is crucial. If you make your move too soon, your opponent will see it and hit down the line. Try to time your poach so that you move when your opponent starts their forward swing. At that point they're committed to the shot and are unlikely to be able to change direction.

When your partner's serving, protect your alley by all means, but don't make life too easy for the receiver - be a gamekeeper, but turn poacher occasionally!

Question: As receiver, how can I avoid a poaching opponent?

It can be intimidating when you come across an opponent who is always looking to poach at the net. It can distract you and force you to make errors as you look to see what the player is going to do. It can make you feel you need to hit better and better returns with the result that you stray outside your comfort zone and make more errors. If you allow yourself to be intimidated like this, the poacher has planted the seeds of doubt in your mind and won the mental battle.

A poacher is vulnerable to down-the-line returns and lobs and you can plant some seeds of doubt of your own by going for a couple of these early in the match. If you go for a lob, which is the lower percentage option, don't worry if your opponents can retrieve it - just make sure you get it high enough to clear the net player. It will backfire badly if you fail to do this.

You can't afford to pay too much attention to what the net player is doing. Focus on the ball and direct your returns away from the middle of the court. The poacher will feel less inclined to cross if you've persuaded them that you may very well go down the line or send up a lob. The harmony between server and partner can easily be disrupted if the net player's alley is selectively attacked. Returning down the line becomes a particularly attractive proposition if the serve takes you out wide. It's also a good idea to fire the odd drive straight at the net player. Don't overdo any of this. You should probably opt for the variations just frequently enough to avoid being predictable.

Once you get the net player worried about protecting their alley, you'll have turned the poacher into a gamekeeper!

Question: Can you suggest some hand signals to use when poaching returns?

Intercepting your opponent's crosscourt return (when your partner is serving) is an important aspect of successful doubles. It's a tactic you don't see too much at club level. We're often guilty of allowing the returner the luxury of a "safe" crosscourt return back to the server. We should at least threaten to pick it off at the net, especially if it's high or weak (or both). Why should the returner have it so easy? Let's put some doubt in their mind and make them come up with a better shot!

We can place even more pressure on them by using pre-planned interceptions. In the professional game, you always see the server and their partner come together before each point to agree a tactic. What are they talking about? Are they busy consoling or encouraging each other? Well, maybe they are (briefly), but what they are certainly doing is agreeing where the next serve will go and whether or not the net player will intercept.

As the top pros nearly always serve and volley in doubles, it's usual for the point to finish with both players close together in the forecourt, where they can quickly touch base. Having a "T-break", the "T" referring to the junction of the service lines, where these discussions are initiated. The "T-break" is a very effective method of communication. Just make sure your backs are turned to your opponents and talk softly so that you're not overheard! Try to plan at least one interception each service game and remember that interceptions usually work best when the serve is directed down the middle. Obviously the server must cross to cover their partner if an interception is planned.

Hand signals are the alternative. If you're going to use hand signals, start with a very simple system - Here are three basic signals - make sure the server acknowledges the signal (just calling "ok" will suffice). The following pictures demonstrate the simple signals you could adopt:

Hand Signals



I'm going to stay put!



I'm going to intercept!

The third signal would be the repeated opening and closing of the hand, indicating a "fake" poach, where you make a move as if to intercept but then return to your "normal" position.

Once again, if an interception is signalled, the server will normally serve down the middle and cross to cover their partner.

Question: What's the best way for me and my partner to practise our doubles?

You can obviously set up drills for the important shots in doubles, e.g. the serve, the return, volleys and overheads. But the best way for two people to sharpen their doubles skills is to play Crosscourt Singles.

Crosscourt Singles is a full game with normal tennis scoring using the diagonally opposite halves of the doubles court. In other words, the first point of a game is played out crosscourt from deuce court to deuce court (including the alleys, of course) and the second point is played out crosscourt from ad court to ad court. To get the maximum benefit of this practice, you and your partner should serve-and-volley, but you don't have to make it a hard and fast rule.

If possible, mark out a line from the centre of the service line to the centre of the baseline using throw down lines (rubber strips). Otherwise, just rely on each other's judgement and honesty!

Crosscourt Singles provides a really intense way for you to develop your doubles skills. Intense, because you don't have a partner to help you out so you're twice as busy as usual. It's no use calling out "Yours!" when you get lobbed!

Question: How do you contend with opponents who use the Australian formation?

The Australian formation is so-called because the Aussies were the first to use it. In contrast to the conventional formation, the net player stands on the same side of the court as the server. The server approaches the net diagonally (or moves across laterally) to cover the empty side. It's usually adopted by a serving pair when they're in trouble, struggling to deal effectively with crosscourt returns - it forces their opponents to hit returns down the line over the higher part of the net.

The first thing to realise is that if your opponents are resorting to the Australian formation, they're doing it because you're causing them problems. It's likely that you and your partner are hurting them with your crosscourt returns. If that's not it, then you're probably doing damage with lob returns or forcing the server to hit volleys on their weaker side. You should draw confidence from this.

There are inherent weaknesses in the Australian formation. The obvious one is that both players start the rally on the same side of the court, so it's difficult for them to cover the far alley. Initially you should aim your down-the-line returns towards the alley to exploit this weakness. After a few points, review the situation, bearing in mind that the middle of the court will become very vulnerable for your opponents if the server moves at too great an angle to cover the alley. And if the server's partner starts to cover the middle, bear in mind that the other alley may then become vulnerable!

They're just hoping to confuse and baffle you for a while. But remember, it was the quality of your returns that forced your opponents to adopt this tactic. You're operating from a position of strength and that should give you the leverage to continue being aggressive. Stay confident and adjust your returns - just give them a fresh set of problems.

Question: Where should you aim your serves when you use "Australian" formation?

You should use the "Australian" formation very sparingly, because it leaves you vulnerable to the angled return into the empty court. However, you can try it occasionally to disrupt the rhythm of an opponent who is consistently causing damage with a cross-court return. When your partner takes

up position on the same side of the court as you, it forces the returner out of their groove - they have got to come up with something different.

If you and your partner decide to try this tactic, the server should stand as close to the centre line as possible and avoid opening up angles for the returner. Try jamming the serve into the body of the returner or force a tight backhand that your opponent can't take too much of a swing at.

It's easy to remember - when you go Aussie, go for the body!

Question: What is the "I" Formation?

The "I" formation is becoming more and more popular in the pro game. It's certainly a useful variation to try when an opponent's return of serve is causing damage and you need to give them something else to think about.

Server's partner squats down low a few feet from the net, right on the centre line. The server takes up position almost right behind them (just to the left or right of the centre mark), such that the two players form a straight line (hence "I" formation).

Having agreed in advance which side each will cover, the serving pair keep the returner guessing as to where the net player will go.

As a rule, serves should be directed straight down the middle or into the body. The returner, figuring that the server's partner is going to move either right or left, may well opt to counter the tactic by returning through the middle. The server must take responsibility for that particular return.

Consider it as a useful extra weapon in your arsenal. Like the Australian formation, where both server and server's partner start the point on the same side of the court, it's best used rather sparingly - something to try when you're behind in a match and you need to change the pattern in the hope of changing the momentum.

Tennis Committee

See below for details of the committee. If you'd like to get involved or volunteer to help in any way, please contact anyone on the committee – they'd be delighted to hear from you.

Ros Clark is also the club Welfare Officer. If any youngster (or adult) has any concerns about appropriate behaviour of coaches or others who have dealings with young people please contact her - contact details are on the club noticeboard.

| | |
|-------------------------------|-----------------------|
| Chairman | Richard Gracie |
| Secretary | Sarah Baker |
| Fixtures/Head Coach | Sarah Skidmore |
| Communications Officer | Ros Clark |
| Social Secretary | Al Clark |
| Junior Rep | Alex Baker |
| Elected Member | Jill Maple |
| Elected Member | Keith Mason |

Automated External Defibrillator (AED)



READING THIS MAY HELP YOU SAVE A LIFE

As a reminder, we have an Automated External Defibrillator (AED) at the club. It is situated at the bottom of the stairs near the payphone (only available for 999 calls) and First Aid Kit.

Formal training has been conducted for the club administrator and others, (please contact the Club Administrator, Adam if **you** are interested in more training), but the AED can be used by **anyone** in an emergency as it gives you audio and visual instructions on how to use it.

Immediate treatment of Sudden Cardiac Arrest (SCA) can save lives. Victims can be saved if persons nearby:

- **Recognise what has happened** - someone losing consciousness, not breathing, turning grey.
- **Call 999** - summon the ambulance service with the minimum of delay.
- **Perform basic resuscitation** (particularly chest compressions).
- **Use an AED** to provide a high energy electric shock to restore the heart's normal rhythm - the AED provides audible instructions and visual prompts and will not allow a shock to be given unless it is needed.
- Each of these stages is a link in a chain of events that provide the best chance of success, but the critical factor is the speed with which the shock is given.

The Resuscitation Council (UK) has produced a really informative interactive app called 'Lifesaver', which teaches resuscitation and lifesaving as an interactive educational programme and is highly recommended for all.

Lifesaver is free and is available at <https://life-saver.org.uk/> and can be played on a computer, smartphone, or tablet.

DTSC will be promoting the club at the following event - if you could volunteer to help, even for 30 minutes or an hour on a rota, that would be extremely helpful. Please contact Richard Gracie, Tennis Chair to volunteer ASAP at gsalvage3@aol.com.

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