

## DSTC Club Bulletin February 2025

### Fitness News

**Jen Smith** will be starting a **6 week Gym Ball Core Stability** programme, commencing **Thursday 27th February** between 9:15am and 10:00am in the Gym. Please bring a mat or towel, a ball and a water bottle (call Jen to discuss type/size of ball etc if you don't have one).

Join her for a fun (and maybe slightly alternative way) of developing your core fitness. This is designed to improve both general wellbeing, sport specific functional stability and movement control.

For more information or to book please contact Jen on **07709 341709** or [jen@jsphysio.co.uk](mailto:jen@jsphysio.co.uk)

Cost is £60 for the 6 week block.

**Lesley Sturgess** runs **Fitness Training** on Mondays 7.20pm on **Squash Court 2**. This is a fun social session to suit all abilities and level of fitness.

For more information and to book a place please contact **Lesley** on **07941 312673** or [lsturgess@hotmail.com](mailto:lsturgess@hotmail.com)

### Tennis News

The **Derbyshire Tennis Awards 2025**, held at Derbyshire County Cricket Ground on Saturday 8th February, turned out to be a very successful event for our Club. Duffield Squash & Tennis Club were voted **Club of the Year for 2024**, **Francesca Novillia-Gormley** was voted **Club Player of the Year**, **Molly Geary** was voted **Coaching Assistant of the Year**, **Noah Wensley** was voted **Boys Player of the Year** and **Sally Hargreaves** shared the **Veteran Player of the Year**. Finally, a **Special Volunteer Award** was presented to **Andy Page & Nigel Williams** in recognition of their exceptional contribution following the devastating flood impact of Storm Babet. That's an impressive achievement from some of the many talented members we have at our Club. Well done to all!



### Squash News

Congratulations to **Lesley Sturgess** on winning the **Women's O65 Championship** at the **England Squash British Nationals Masters Tournament**, held at Colets Health & Fitness Club in Thames Ditton between 5th & 9th February. **Karl Hardy** also competed in the **Men's O55** event, getting through to the second round.



Other members in the news include **Rhys Evans, Matt Gregory & Matt Walker** who represented **Derbyshire**, whilst **Millie Tomlinson & Nick Hagreaves** represented **Nottinghamshire** in the **England Squash Senior Inter-Counties Championships** held at Hinckley Squash Club on 1st & 2nd February. Congratulations to **Derbyshire** who finished top of their group and go through to the finals.

### **Pickleball News**

**Pickleball** participation continues to grow. For those wanting to have a go, why not pop along to the **Pickleball Social Session** held every **Sunday at 10am**, weather permitting.

### **Social News**

We continue to make improvements to our club facilities, and now we are able to present sporting events on the new projector screen, starting with the **England v Scotland Rugby Six Nations** fixture on **22nd February** at 16:45pm, followed by **Wales v England** on **15th March** at 16:45pm.

### **Forthcoming events:**

**Quiz Night** - with pie and pea supper, hosted by James Grindell. Cost £10 for teams of up to 6 – sign up in the bar. **Friday 28th February** 7.00pm

**Defibrillator Training** - If your playing partner collapses on court, when no one else seems to be around, do you know what to do and how to do it? Come along and find out. No booking needed. **Wednesday 5th March** 7.00pm.

**Marc Goldstein** – singer/guitarist and squash member, Marc will present an evening of acoustic classics, including Bob Dylan, Simon and Garfunkel, Neil Young and a whole lot more. **Saturday 29th March** 7.30pm.

**Importance of Being Earnest** – NT Live film. Sunday 30th March, 6.45 pm. £15.