

# Cromer Lawn Tennis & Squash Club - What's on at the Club – RACKETBALL & SQUASH Jan – April 2024

Cromer Tennis & Squash Club, Norwich Road, Cromer, Norfolk NR27 0EX

Email: [admin@cromertennisclub.co.uk](mailto:admin@cromertennisclub.co.uk) Tel: 01263 513 741 [www.cromertennisclub.co.uk](http://www.cromertennisclub.co.uk)

## KEY CONTACTS :

**Henry Geaves**, Squash England Level 2 coach

Email: [geavesie16@hotmail.com](mailto:geavesie16@hotmail.com)

Mob: 07498 061 671

Coaching, Rallying Racketball, Squash Drills, Handicap Evenings & CLUB TEAMS

**Richard Millman**, Registered Coach, USA

Email: [millmansquash@gmail.com](mailto:millmansquash@gmail.com)

Mob: 07951 789 655

**Martin Sanville** – Racketball Club Nights

Email: [martin.sanville@gmail.com](mailto:martin.sanville@gmail.com)

Mob: 07900 824 440

**Martin Braybrook** – Racketball Leagues & Squash Leagues

Email: [Braybrook007@btinternet.com](mailto:Braybrook007@btinternet.com)

Tel: 01263 512 342

Activity	Time	Organiser	Contact	Cost: Members	Cost: Non-Members
<b>MONDAY - fortnightly</b> <b>Racketball CLUB NIGHT</b> January 8 <sup>th</sup> 2024, then: Jan 22 <sup>nd</sup> , Feb 5 <sup>th</sup> , Feb 19 <sup>th</sup> , March 4 <sup>th</sup> , March 18 <sup>th</sup> , April 1 <sup>st</sup> , April 15 <sup>th</sup> , April 29 <sup>th</sup>	7pm – 9pm	Martin Sanville	Rock up ! Martin Sanville Email: <a href="mailto:martin.sanville@gmail.com">martin.sanville@gmail.com</a> Mob: 07900 824 440	FREE	£ 5
<b>TUESDAYS – weekly</b> <b>JUNIOR GROUP SQUASH COACHING</b> starting Tuesday 2 <sup>nd</sup> January 2024	4pm – 5pm	Henry Geaves	Book with: Henry Geaves Email: <a href="mailto:geavesie16@hotmail.com">geavesie16@hotmail.com</a> Mob: 07498 061 671	£ 5	£ 5
<b>TUESDAYS - weekly</b> <b>Rallying Racketball</b> NB new time of 5pm – 6.30pm	5pm – 6.30pm (wef 09.01.2024)	Henry Geaves	Book with: Henry Geaves Email: <a href="mailto:geavesie16@hotmail.com">geavesie16@hotmail.com</a> Mob: 07498 061 671	£10	£ 10
<b>WEDNESDAYS – weekly</b> <b>Ladies Racketball, Coffee &amp; Cakes</b> starting Wednesday 17 <sup>th</sup> January 2024	10am – 11am	Henry Geaves	Book with Henry Geaves Email: <a href="mailto:geavesie16@hotmail.com">geavesie16@hotmail.com</a> Mob: 07498 061 671	£ 10	£ 10
<b>WEDNESDAYS - weekly</b> <b>Social Squash - Drills, Games, Fun</b>	7pm - 8.30pm	Henry Geaves	Book with: Henry Geaves Email: <a href="mailto:geavesie16@hotmail.com">geavesie16@hotmail.com</a>	£ 10	£ 10

starting Wednesday January 3 <sup>rd</sup> 2024			Mob: 07498 061 671		
<b>THURSDAY</b> <b>1<sup>st</sup> Thursday of each month</b> <b>LADIES RACKETBALL CLUB NIGHT</b> Thursday January 4 <sup>th</sup> 2024 Thursday February 1 <sup>st</sup> Thursday March 7 <sup>th</sup> Thursday April 4 <sup>th</sup> Thursday May 2 <sup>nd</sup> Thursday June 6 <sup>th</sup> Thursday July 4 <sup>th</sup> Thursday August 1 <sup>st</sup> Thursday September 5 <sup>th</sup> Thursday October 3 <sup>rd</sup> Thursday November 7 <sup>th</sup> Thursday December 5 <sup>th</sup>	7pm – 9pm	Martin Sanville	Martin Sanville Email: <a href="mailto:martin.sanville@gmail.com">martin.sanville@gmail.com</a> Mob: 07900 824 440	FREE	£ 5
<b>FRIDAY – once a month at 7pm</b> <b>RACKETBALL</b> <b>Fun Handicap Tournament</b> Friday January 12 <sup>th</sup> 2024 Friday February 9 <sup>th</sup> Friday March 15 <sup>th</sup> Friday April 12 <sup>th</sup> Friday May 3 <sup>rd</sup> Friday June 7 <sup>th</sup> Friday July 5 <sup>th</sup> Friday August 9 <sup>th</sup> Friday September 13 <sup>th</sup> Friday October 4 <sup>th</sup> Friday November 8 <sup>th</sup> Friday December 6 <sup>th</sup>	7pm – 9pm	Henry Geaves	Book with Henry Geaves Email: <a href="mailto:geavesie16@hotmail.com">geavesie16@hotmail.com</a> Mob: 07498 061 671	£10	£ 15

<b>FRIDAY – once a month at 7pm</b> <b>SQUASH Fun Handicap Tournament</b> <b>with delicious supper afterwards</b> Friday January 19 <sup>th</sup> 2024 Friday February 16 <sup>th</sup> Friday March 15 <sup>th</sup> Friday April 12 <sup>th</sup> Friday May 17 <sup>th</sup> Friday June 14 <sup>th</sup> Friday July 12 <sup>th</sup> Friday August 16 <sup>th</sup> Friday Sept 20 <sup>th</sup> Friday October 11 <sup>th</sup> Friday November 15 <sup>th</sup> Friday December 13 <sup>th</sup>	7pm – 8pm, with supper around 8pm	Henry Geaves	Book with Henry Geaves Email: <a href="mailto:geavesie16@hotmail.com">geavesie16@hotmail.com</a> Mob: 07498 061 671	£ 15	£ 20
<b>SATURDAY – weekly</b> <b>JUNIOR CLUB SQUASH</b> <b>for Juniors 6 – 11</b> starting Saturday January 6 <sup>th</sup> 2024	9am – 10am	Matt Medcraft	Book with Henry Geaves Email: <a href="mailto:geavesie16@hotmail.com">geavesie16@hotmail.com</a> Mob: 07498 061 671 Matt Medcraft Email: <a href="mailto:matthew.medcraft@hotmail.co.uk">matthew.medcraft@hotmail.co.uk</a> Mob: 07913 217 242	FREE	£ 5

## SPECIALS

<b>Racketball – Internal Club League</b> January 8 <sup>th</sup> – February 18 <sup>th</sup> 2024		Racketball Noticeboard (Squash Court Building)	Email: <a href="mailto:braybrook007@btinternet.com">braybrook007@btinternet.com</a> Sign name on list; playing commitment is to play everybody in your league during the time allocated	FREE	N/A
<b>Squash – Internal Club League</b> January 8 <sup>th</sup> – February 18 <sup>th</sup> 2024		Squash Noticeboard (Squash Court Building)	Email: <a href="mailto:braybrook007@btinternet.com">braybrook007@btinternet.com</a>	FREE	N/A

			Sign name on list; playing commitment is to play everybody in your league during the time allocated.		
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## ADULTS

### ADULT INDIVIDUAL COACHING- Racketball or Squash :

Book an individual lesson for Racketball or Squash with Henry Geaves, Squash England Level 2 coach

Email: [geavesie16@hotmail.com](mailto:geavesie16@hotmail.com) Mob: 07498 061 671 £ 20 per hour

Book an individual lesson for Racketball or Squash with Richard Millman, Registered Squash Coach USA

Email: [millmansquash@gmail.com](mailto:millmansquash@gmail.com) Mob: 07951 789 655 £ 35 for 45 mins

### ADULT RACKETBALL & SQUASH COURSES & GROUP COACHING

Contact Henry Geaves, Squash England Level 2 coach Email: [geavesie16@hotmail.com](mailto:geavesie16@hotmail.com) Mob: 07498 061 671

### INTERNAL CLUB LEAGUES (Racketball & Squash Leagues run concurrently)

January 8<sup>th</sup> – February 18<sup>th</sup> 2024

February 19<sup>th</sup> – April 7<sup>th</sup> 2024

April 8<sup>th</sup> – May 19<sup>th</sup> 2024

May 20<sup>th</sup> – July 7<sup>th</sup> 2024

July 8<sup>th</sup> – August 31<sup>st</sup> 2024

### TOURNAMENT DATES SQUASH

**Handicap Tournament – SQUASH** February 12<sup>th</sup> – 16<sup>th</sup> 2024

**Handicap Tournament – RACKETBALL** April 8<sup>th</sup> – 12<sup>th</sup> 2024

**Club Tournament** October 7<sup>th</sup> – 11<sup>th</sup> 2024

**Over 35 Tournament (Jeff Morris Memorial Trophy)** November 11<sup>th</sup> – 15<sup>th</sup> 2024

**Veterans Tournament** December 2<sup>nd</sup> – 6<sup>th</sup> 2024

### TEAMS – ADULT – Squash

The 1<sup>st</sup> team is no longer competing in the Norfolk Winter League due to lack of top players available to play in the 1<sup>st</sup> team . .

The 2<sup>nd</sup> team squad currently composed of Ben Herrieven, Matt Medcraft, Max Medcraft, Emma Bumphrey and Ian Baker is still going strong.

If you would like to represent the Club in team squash matches,

just contact: contact Henry Geaves, Squash England Level 2 coach Email: [geavesie16@hotmail.com](mailto:geavesie16@hotmail.com) Mob: 07498 061 671

**See LINK below for dates and venues of matches – and results !**

<https://norfolksquash.leaguemaster.co.uk/cgi-county/icounty.exe/showclubfixtures?clubid=13>

# JUNIOR

## JUNIOR CLUB – FREE FUN GAMES & COACHING – Squash

Every Saturday – 9am – 10am - throughout the year !!!

with Matt Medcraft England Squash Level 1 coach

FREE for Club Members – just £ 5 for non-members

## JUNIOR GROUP COACHING – Squash

Every Tuesday 4pm – 5pm

with Henry Geaves, England Squash Level 3 coach

Cost £ 5 each

Contact: Henry Geaves, Squash England Level 2 coach Email: [geavesie16@hotmail.com](mailto:geavesie16@hotmail.com) Mob: 07498 061 671

## INDIVIDUAL COACHING – Racketball or Squash

Contact: Henry Geaves, Squash England Level 2 coach Email: [geavesie16@hotmail.com](mailto:geavesie16@hotmail.com) Mob: 07498 061 671

£ 20 per hour or £ 10 for half an hour

Contact: Richard Millman, Registered Squash Coach USA

Email: [millmansquash@gmail.com](mailto:millmansquash@gmail.com) Mob: 07951 789 655 £ 35 for 45 mins

## JUNIOR TEAMS – Squash

### Norfolk Junior Squash Grand Prix fixtures – always on SUNDAYS – approx 9am – 2pm

Cromer Tennis & Squash Club put together as many players as possible to complete in the different groups – and much enjoyed too by players !

**Sunday 14<sup>th</sup> January 2024** County Training (Times & Venue to be confirmed)

**Sunday 28<sup>th</sup> January 2024** Junior Grand Prix - Fakenham Squash Club

**Sunday 25<sup>th</sup> February 2024** Junior Grand Prix - East Anglia Tennis & Squash Club

**Sunday 30<sup>th</sup> March 2024** Junior Grand Prix – **CROMER** Tennis & Squash Club

Further info from: Stuart Mackenzie, Organiser Email: [stuart@milesrhodes.net](mailto:stuart@milesrhodes.net) Mob: 07884 257 552

### JUNIOR Squash Matches v GRESHAMS (senior school)

These will take place in Feb & March 2024 – on Thursday afternoons after school **TBC**

There will be a good match afterwards for participants.

If you would like your child to participate:

Contact Henry Geaves, Squash England Level 2 coach Email: [geavesie16@hotmail.com](mailto:geavesie16@hotmail.com) Mob: 07498 061 671

## HOLIDAY ACTIVITIES for JUNIORS – SQUASH

Multi Racquets Sports Fun Day incl Tennis, SQUASH, Pickleball, Table Tennis & HEALTHY LUNCH !

in **Easter Holidays** (March 29<sup>th</sup> – April 12<sup>th</sup> 2024)

and **Summer Holidays** when Tennis Tournaments NOT taking place ie:

Aug 5<sup>th</sup> – 9<sup>th</sup> 2024; Aug 19<sup>th</sup> – 23<sup>rd</sup> 2024; Aug 26<sup>th</sup> – 30<sup>th</sup> 2024

**Exact Dates of Multi Racquets Sports Fun Days & Age groups to be confirmed**

Keep in touch with Club Administrator Susie Malakar for dates and details Email: [admin@cromertennisclub.co.uk](mailto:admin@cromertennisclub.co.uk) Tel: 01263 513 741

## SUMMER TERM 2024 - Whole Class Visits to the Club

to be coached for 4 Racquet Sports – Tennis, **Squash**, Pickleball & Table Tennis

Whole Class visits for coaching sessions broken down into small groups (approx 8 per group) and rotated to be introduced to 4 different racquet sports with the Club's specialist coaches, all with top qualifications in their own sport and all DBS, Safeguarding & First Aid qualified

Dates	Slot	Time	School	Form	
Tuesday 7 <sup>th</sup> May	am	9.30am - 12.15pm	Suffield Park Infant & Nursery School	Year 2	
	pm	1pm - 3.45pm			
Tuesday 14 <sup>th</sup> May	am	9.30am - 12.15pm	Suffield Park Infant & Nursery School	Year 2	
	pm	1pm - 3.45pm			
Monday 20 <sup>th</sup> May	am	9.30am - 12.15pm	Dave Upton Primary Schools		
	pm	1pm - 3.45pm	Dave Upton Primary Schools		
Tuesday 21 <sup>st</sup> May	am	9.30am - 12.15pm	Holt Primary School		
	pm	1pm - 3.45pm	Holt Primary School		
Tuesday 4 <sup>th</sup> June	am	9.30am - 12.15pm	Mundsley Junior School	Year 6	
	pm	1pm - 3.45pm	Mundsley Junior School	Year 5	
Tuesday 11 <sup>th</sup> June	am	9.30am - 12.15pm	Sheringham Primary School	Year 6	
	pm	1pm - 3.45pm	St Michael's Aylsham		
Tuesday 25 <sup>th</sup> June	am	9.30am - 12.15pm	Antingham & Southrepps		
	pm	1pm - 3.45pm	Sheringham Primary School	Year 6	
Tuesday 2 <sup>nd</sup> July	am	9.30am - 12.15pm	Colby Primary School		
	pm	1pm - 3.45pm			
Tuesday 9 <sup>th</sup> July	am	9.30am - 12.15pm			
	pm	1pm - 3.45pm	Gresham Village School		

