

Hi Everyone,

I overheard somebody in the bar, last week, telling his mate that “playing tennis will add 10 years to his life” and I thought that’s a pretty bold claim, I must remember to google that:

Yes, studies have shown that playing tennis regularly can add nearly 9.7 years to a person's life. This is compared to people who have a sedentary lifestyle.

Why tennis can add years to your life

- **Cardiovascular health**

Tennis improves your heart health by increasing your heart rate and improving your overall cardiovascular health.

- **Physical activity**

Tennis requires a significant amount of physical activity, including running, jumping, and rapid direction changes.

- **Social interaction**

Tennis is a social sport that can promote a sense of support, trust, and commonality.

- **Mental engagement**

Tennis combines balance, cardiovascular endurance, mental engagement, and hand-eye coordination.

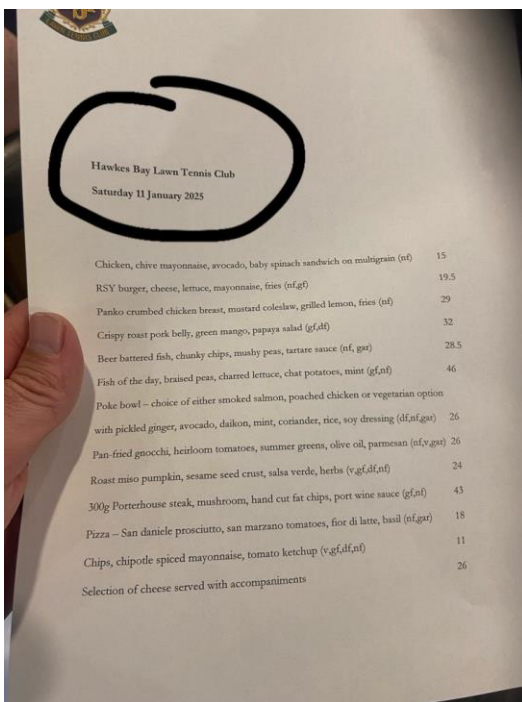
Other health benefits of tennis

- Improves endurance, strength, and flexibility
- Increases aerobic capacities
- Lowers resting heart rate and blood pressure
- Improves metabolic function
- Increases bone density
- Lowers body fat
- Increases reaction times and alertness

- Increases coordination

Perhaps I'm late to the party. Most tennis players are probably already aware of this but I thought it was worth sharing anyway. The same studies suggest that Badminton players extend their lives by 6.2 years so I would think that Squash would carry much the same credentials. I don't think there has been any solid research on the extended life expectancy of Petanque players but it's got to be worth an hour and a half at least, surely?

<https://www.youtube.com/watch?v=DCXRYq7BvaQ>



Here's a couple of shots of (some of) our tennis members on tour, living it up at the [Royal South Yarra Lawn Tennis Club](#) in Toorak, Victoria. Dare I say, it does look a little bit fancier than our club? Well, it does have actual lawn tennis courts for a start. I will assume that our group enjoyed some tennis before proceeding to the wining/dining stage (as this is probably not the part of the game that adds 10 years). Isn't that the same menu we laid on at our last open squash tournament?

## Tennis Notices

Andrew is back on board this week so normal coaching service is resumed. Well...almost, he is away this Saturday but Janine will kindly step in to help cover his posterior...again.

Saturday 10am – 11am, **Tennis Accelerator** with Janine. \$10 for members (\$15 non-members). No cardio tennis this Saturday.

Saturday **Club Day**, from 1pm onwards. Open to all tennis members.

**Business House Tennis** will resume this Wednesday coming (22nd) and I am reliably informed that Bethne Gardner will be taking over the catering on a Wednesday evening with her delicious array of burgers so be sure to show her some support in this venture.

Ok ladies. You're up! **Club Champs Singles** for our competitive women will be held on Friday 31<sup>st</sup> Jan & Saturday 1<sup>st</sup> Feb. The final will be on the Saturday afternoon. Get you entries into Kristen now please  
kristennash007@gmail.com

## Squash Notices

**Beginners Club Day:** Organised every Saturday from 2.30pm. Designed for new players who are wanting to learn basic strokes in order to play. Any members/non-members welcome. Come along and have a go. Racquets supplied (please check your shoes before entering the courts- indoor court shoes only. No dirt or tar please!) Any ladies that are keen on a hit are welcome to join!

**Senior Club Day:** Organised play every Saturday from 3.15pm. Any members welcome – designed for those graded F and above.

**Squash T-Shirts:** Screen printed t-shirts now available to order from HB Embroidery, just take along the shirt or hoodie

you would like to print on. **Please ask the squash committee if you have any questions.**

**Beginners Classes:** We are looking to run a 4 week beginners course in Feb/March 2025, if you know anyone keen to give squash a go. Please let Holly or Sam know.

## **Upcoming Tournaments:**

14th - 15th Feb - Hastings Doubles Tournament

22nd Feb - Niven street One day tournament.

1st March - One day ladies tournament C grade and below @ Lawn Tennis

The poster features a blue and yellow color scheme. At the top left is the Hastings Tennis & Squash Club logo. The main title is 'HASTINGS TENNIS & SQUASH CLUB OPEN DOUBLES' in white text on a yellow background, with the dates '14<sup>TH</sup> & 15<sup>TH</sup> FEBRUARY 2025' below it. The text 'PROUDLY SPONSORED BY:' is followed by logos for ETL (Emmerson Transport Limited) and Bay Blueberries. Below the sponsors, it lists 'GREAT CASH PRIZES (\$300 FIRST PLACE) & SATURDAY NIGHT DINNER!' and 'ENTRY \$60 BAR & BISTRO ALL WEEKEND'. It also includes tournament rules, contact information for Matty Duncan (0211961789) and William Hirst (021 1799936), and a bottom section with various partner logos including Fuji Xerox, HB Golf Shop, Deakin Trucks, Jet, and J.K.P.C. Plumbers & Drainlayers.

**HASTINGS TENNIS & SQUASH CLUB**  
**OPEN DOUBLES**  
**14<sup>TH</sup> & 15<sup>TH</sup> FEBRUARY 2025**

**PROUDLY SPONSORED BY:**

**ETL**  
EMMERSON TRANSPORT LIMITED

**BAY BLUEBERRIES**

**GREAT CASH PRIZES (\$300 FIRST PLACE) & SATURDAY NIGHT DINNER!**

**ENTRY \$60 BAR & BISTRO ALL WEEKEND**

Normal tournament rules apply. P.A.R scoring. Local teams may need to play Thursday. Entry via iSquash or contact Matty Duncan: 0211961789 | William Hirst 021 1799936

**ETL** Medious Memories  
**FUJI XEROX** HB Golf Shop  
**DEAKIN TRUCKS**  
**JET**  
**J.K.P.C.** PLUMBERS & DRAINLAYERS  
**Thump Sports**



**Saturday 10am 25<sup>th</sup> Feb**




**HAWKE'S BAY SQUASH RACKETS CLUB**  
**ONE-DAY TOURNAMENT**



Games start from 10am  
All games played to 11  
Light Lunch Provided

- Entries close 5pm on Saturday 18<sup>th</sup> February
- Normal NZSRA tournament rules apply
- PAR scoring to 11
- B and Below
- J Grade Section
- Round Robin
- Prizes for Division Winners

ENTRY FEES	
F Grade and above	<b>\$25</b>
J Grade	<b>\$15</b>

For further info & entries contact:  
admin@hawkesbaysquash.co.nz  
0279228955

64 Niven Street, Onekawa, Napier  
Ph: 06 843 4222 Cell:0273033153  
www.hawkesbaysquash.co.nz

Or enter on 

# LADIES ONE DAY TOURNAMENT

## C GRADE AND BELOW

Enter on iSquash or contact Michelle for more info  
admin@squasheastern.co.nz

**WHEN:** Saturday 1st March 2024

**WHERE:** Hawkes Bay Lawn Tennis & Squash Club

**WHO:** Ladies C grade and below.

**WHAT:** Guaranteed minimum of 2 games. Games are for points. PAR to 15, best of 5

Division and spot prizes up for grabs.

**\$25 Entry Fee**




That's all for now. See you at the bar,

Gary.