

Hi Everyone,

STAY IN THE GAME WITH CHIROPRACTIC

- ✓ Better Coordination
- ✓ Injury Prevention
- ✓ Faster Recovery Time
- ✓ Greater Flexibility
- ✓ Improved Reflexes
- ✓ Increased Energy


ADJUST • MAINTAIN • IMPROVE

Free Spine & Nervous System Assessments here at
HB Lawn on Wednesdays at 6:00pm.

Come along and find out how your spine and nervous system are
functioning and if chiropractic could help.

&

Mention this poster to receive your full Initial Consultation
including full spine X-rays (if required) for only \$99 - save \$85!

www.firstchiropractic.co.nz
164 Kennedy Rd, Mārewa | Ph 06 843 3384

Being the caring and considerate club that we are, we thought it would be great idea to call in the Chiropractors to check on your spinal health for 2024.

Now, you can choose to believe that or you can choose to believe that the Chiropractors along the road are looking to drum up a bit of business for themselves. The result is the same. It's a good offer and I am confident that it will be of some benefit to some of you. Admittedly, my knowledge of the science is limited so I will just let them explain it to you:

“Stay in the game with Chiropractic!

Come and find out how your spine and nerve system can impact your longevity on and off the court. Drs Mel and Ferg from First Chiropractic Napier will be at the Hawke's Bay Lawn Tennis & Squash Club on Wednesday's from 6:00pm to provide complimentary spine and nerve system assessments and advice for club members.


Chiropractic is a natural and holistic way to boost your game. Whether you would like better coordination, faster recovery time, greater flexibility, injury prevention, increased energy and improved reflexes.

The way chiropractic can have an impact on these aspects is because it is all about improving and maintaining the health of your spine and nerve system - the master controller of your body. Our chiropractors use a range of gentle techniques that are suitable for the entire family, and in addition to the complimentary assessments we are offering HB Lawn members a full Initial Consultation at our practice (including x-rays if required) for only \$99, saving \$85!”

In Tennis...

Nothing out of the ordinary to report from last night's round of Business House Tennis. Bad Kids retain position at the top of Division A with another max points win. Making life pretty uncomfortable for the boys from The Filter Room. Max. points also for Wools of NZ and BNZ. BNZ vacating the bottom of the table to make room for more familiar tenants, Evolution Motors. Continuous Spouting are making their intentions clear this term with a convincing win over a very capable General Compression team. They hold 2nd place and I think they will be there, or thereabouts, come March.

Almost all B Grade matches turn out to be close battles last night, including a stalemate between HTM and Brebner Print at 18 points apiece. Pint Club are just one point off the pace against a reformed Baker Tilly squad while Rench Builders take an unusually long time to prove their dominance over NOW. Their 2 point win is just enough to keep them above 2nd placed Langley Twigg.



HB LAWN TENNIS CLUB
Present

2024 SENIOR SINGLES CLUB CHAMPS

FRI 26TH EVENING - SAT 27TH JANUARY
FINALS DAY FEB 3RD
13 Higgins St, Mārewa

ENTRIES TO
Kristennash007@gmail.com
PH 021 737 129

Hawke's Bay Lawn
Babolat

My latest intelligence is that the Club Champs singles will be going ahead as expected for our A Graded men and the Ladies competitions. Most of our B Grade men are unavailable this weekend so the plan is to host that competition next week with a separate draw. Kristen will be in touch with all those playing this weekend once the draw has been made and court times allocated. If any B Grade men want to enter for next weekend then use this [entry form link](#).

There won't be any **Tennis Accelerator** or **Cardio Tennis** this Saturday with the club champs in operation. Both Andrew and Giulio are heavily involved in the singles.

Club Day can go ahead as normal from 1.30pm but it will likely be pushed out to the back courts depending on how quickly we can get through the club champs singles matches

The **Tennis Masters HB** will come together for their first meet of 2024 this Sunday at 1pm. Nick will have the bar open from 3pm.

In Squash...

Our revitalised squash committee are keen to gauge what our beloved squash membership want from the club using the questionnaire circulated a couple of days ago. I think this is a good initiative so please make your voice heard by taking a moment to fill out the form, if you haven't yet done so. You can link to that form [here](#)

Squash Club Day is still on hiatus for the summer holidays. Organised play due to begin next week.

Intraclub League: Due to overwhelming interest, entries for this have now closed! We have 10 teams entered. This will commence on Wednesday February the 7th. Arrive at the club at 6.00 for a 6.15pm start.

MySquash: National Grading List changes 31 January. New name and system. ISquash will still run alongside it for this 2024 season to view tournaments, results and input results <https://thefuture.squashnz.co.nz/new.../new-grading-system>

Upcoming Squash Events for 2024



HBLTS Tournaments

| | |
|-----------|--------------------------|
| 8/9 March | HOLCIM Summer Doubles |
| 5/6 July | HBLTS Open (sponsor tba) |

Teams Tournaments

| | |
|-------------|---|
| 12/14 April | Eastern Club Shield Challenge @ Hastings SC |
| 28/30 June | District Eliminations @ Surf City |
| 18/21 Sept | Superchamps (Nationals) |

Eastern Events (Pay2Play player series reintroduced back again this year so enter and play tournaments, earn points and stand to earn cash)

| | |
|-----------------------------|---|
| 22 Feb (D Grade & below) | Eastern Ladies One Day Tournament @ HBLTS |
|-----------------------------|---|

| | |
|-------------------------------|--|
| 22/23 March | Waipukurau Open |
| 29/31 March | HBSRC Easter Open |
| 12/14 April | Eastern Club Shield Challenge @ Hastings SC |
| 19/21 April player series) | Eastern Open @ Hastings (double points for |
| 31 May-2 Jun | Hastings Open |
| 2/4 August | H/North Open |
| 16/18 August | Surf City Open (double points for player series) |

Eastern Junior Events:

| | |
|-------|---|
| 24/03 | Eastern Junior 900 series to be held at HBLTS |
| 28/04 | Eastern Junior 900 series to be held at Waipukurau SC |
| 26/05 | Eastern Junior 900 series to be held at HBSRC |
| 16/06 | Eastern Junior 900 series to be held at Surf City |
| 28/07 | Eastern Junior 900 series to be held at Hastings |
| 15/09 | Eastern Junior 900 series to be held at H/North |
| 13/10 | Eastern Junior 900 series to be held at HBLTS |



2024 Pay2Play PLAYERS SERIES

Points awarded to all players who compete in the Eastern tournaments with the top ten players collecting a share of the \$2,000 cash prize

50 points for everyone who plays the tournament
Additional points for placing in each grade/division

| | | | |
|-----------|------------|-----------|-----------|
| 1st Place | 100 Points | 2nd Place | 80 Points |
| 3rd Place | 60 Points | 4th Place | 50 Points |
| 5th Place | 40 Points | 6th Place | 30 Points |
| 7th Place | 20 Points | 8th Place | 10 Points |

Double points at the Eastern Open & Surf City Open

Prizes

| | |
|-------------|-------------------|
| 1st - \$550 | 5th & 6th - \$150 |
| 2nd - \$400 | 7th & 8th - \$100 |
| 3rd - \$250 | 9th & 10th - \$50 |
| 4th - \$200 | |

Eligible Tournaments

Waipukurau Open
22 - 23 March

HB Squash Rackets
Easter Open
29 - 31 March

Eastern Open
Hastings
19 - 21 May
DOUBLE POINTS

Hastings Open
31 May - 2 June

HB Lawn Tennis &
Squash Open
5 - 6 July

Havelock North Open
2 - 4 August

Surf City Open
16 - 18 August
DOUBLE POINTS

In Petanque...

JOHNNY MAXWELL MEMORIAL MELEE

H.B Lawn Tennis Petanque are hosting a one day doubles melee tournament in memory of Johnny Maxwell.

FORMAT

Drawn partners each round.
Doubles or triples depending on entry number.
5 rounds of timed games – 50mins + 1 end.

Lunch-time sausage
sizzle provided



Date ? Saturday January 27th
Where ? 13 Higgins St.
When ? 8.30 for 9.00 am start
Cost ? \$10 p p (paid on the day)

Text entries to Margaret on 021 168 0632
or enter name on club notice board.

The **John Maxwell Memorial Melee** is gearing up for Saturday All payers should be at the club for 8.30am so we can do the melee draw, ready for play at 9am sharp. We can't do the draw without everyone being there. \$10 cash entry fee to be paid on the day.

On the Petanque noticeboard are also the entry forms for the various **club champ events**. These each have separate closing dates so if you want to play please ensure you enter your name onto the relevant form early. The start times are to be confirmed nearer the play date, once we know the entry numbers:

Shooting competition

10th Feb

Singles Competition

10th Feb

Doubles Competition

2nd March

Triples Competition

6th April

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

Gary.