

Pit Farm Tennis Club Newsletter

January 2026

HAPPY NEW YEAR!



We hope you had a wonderful Christmas and are feeling refreshed for the year ahead. 2025 was a great year at Pit Farm Tennis Club. We recorded almost 7,000 court bookings, with October proving to be our busiest month, and Court 6 emerging as the most popular with members. With well over 600 members, our Juniors remain the largest group (thank you, Paul!), closely followed by our popular Full Club Player membership. We were delighted to award Junior Scholarships to two promising players, celebrate Derek's retirement at the remarkable age of 90, and welcome our new coach, Ashley. Ashley introduced nine new group coaching sessions, all of which have been very well attended despite a very wet winter. Over 150 Junior and 105 Senior league/LTA matches were played during the year, and we're looking forward to even more tennis in 2026. Thank you to all our members for being part of the Pit Farm Tennis community.

Christmas Recap

Thanks also to all who rallied together to serve up so much festive fun for our members during December. We hope you all enjoyed. Thank you to everyone who shared their pictures.

Minis & Juniors Christmas Session



Wednesday and Friday Morning Players Christmas Lunch





Christmas Recap continued

Christmas Party





January is a great time to... kickstart your health and your game! by Marilyn Pun Lai Yuen, Nutritional Therapist

Full of **New Year's resolutions** to improve your health, game or recover from the overindulgence of the festive season? I'm **Marilyn**, a Guildford based registered nutritional therapist and sports enthusiast. Here are some tips to help strengthen those resolutions!



Nutrition – Knowing what to eat and when, can greatly improve your performance. Prioritise natural foods (wholegrains, fruits, vegetables and lean proteins) and minimise processed foods. Beware of shop-bought snack bars and smoothies full of sugar, sweeteners, additives, marketed as healthy. Ensure you have sufficient proteins to support muscle growth and repair; carbohydrates for energy and healthy fats which are essential for the absorption of fat-soluble vitamins and building cell membranes. Having optimum levels of vitamins e.g. B vitamins and minerals such as iron, supports energy production, healthy muscles, brain and immune health.

Pre-match foods e.g. complex carbohydrates should be energy boosting and sustaining. During long matches, have healthy foods that provide energy fast e.g. bananas. Post-exercise, focus on

refuelling and recovery nutrition such as protein and complex carbohydrates.

Hydration - In the winter months, it is harder to keep up adequate hydration. Being even slightly dehydrated can impact alertness and energy levels. Sipping water regularly throughout the day, not only during play, will help you achieve your aim of 2-3 litres a day and more if exercising. Rehydrating thoroughly after exercise is key.

Movement off court - activities e.g. brisk walking, running, strength training will boost cardiovascular health, strength and endurance, which will improve your tennis game. Being outdoors can improve mood, sleep quality, immune function, lower blood pressure and stress levels. So, put your trainers by the door and get going!

Rest and Recovery - aim for 7–9 hours of quality sleep at night to allow muscles to repair and the body to recover.

If you would like some healthy recipe ideas that will help you feel and play your best, get in touch! I'd be happy to have a free 15-minute no obligation chat. Visit my [website](#) for my 1 to 1 personalised package, Group programme and upcoming 7-Day mini course "From Exhausted to Energised".

To renewed health!

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SCAN ME





January is also a great time to... get your brain in gear!

Our Club President Tim Martin challenges you to blow away the Christmas cobwebs with a quick quiz.

Each question has two clues, the second being the name of somebody from the club, BUT the last few letters of the first clue answer are the same as the first letters of the second clue answer, and you have to merge the two answers together.

For example:

Clue - Country whose capital is Wellington/ men's second team captain.

Answer - New Zealand Andrew Mundell.

Viewers of House of Games on BBC 2 will recognise this format from the Answer Smash round.

1 Famous structure over water outside San Francisco/ Club captain.

2 Hungarian stew/ Coach who joined Pit Farm Tennis Club this year.

3 Large, flightless bird/ Teen member who reached the men's singles semi final this year.

4 American Drag Queen and TV host/ Head Coach at Pit Farm Tennis Club.

5 Where you go to have your eyes tested/ Club Treasurer.

6 Bird, very similar to crow or raven/ Club Secretary.

7 Friday evening children's TV programme from 1950s to 1980s/ Committee member and member of Junior sub-committee.

8 Noisy weather that usually accompanies lightning/ Recently retired club steward.

9 What a witness swears to tell in court/ Another member of the Junior sub-committee.

10 Opened in Guildford in 1978 and is situated near Tesco's superstore / Co-chair of committee.

You can find the answers at the end of the newsletter.

January is a great month to... get some coaching!

Start the year as you mean to go on and get fit whilst learning some **new tennis skills**. Check out all the fantastic coaching sessions on offer at the club with our Head Coach **Paul Kozak** and Senior Adults Coach **Ashley Mount**.

 Click [here](#) to book.





January is also a great time to ...

Watch us on YouTube

If the cold weather is keeping you off court, use the time to level up your game with our latest free coaching sessions on YouTube – Paul’s Open Stance video and Ashley’s top tips for Clearing the Net. Plus there are lots other short but effective lessons focused on winning shots and match strategies. Click [here](#) to watch, and be sure to follow our social channels for more Pit Farm Tennis coaching videos in the months ahead.

Over the Net

Sometimes the smallest adjustments create the biggest gains. Boost your game by focusing on net clearance – the pros aim higher for a reason! Watch and learn with Ashley’s latest video.



Open/Closed Stance

Watch Paul Kozak’s new video and discover how mastering the open vs. closed stance forehand can give you better movement, more powerful shots and smarter point play.



How to Save a Life

Dr Rosalind Van Avery has kindly offered to run a defibrillator training session, open to all, on **Saturday 24 January from 4.30pm to 5.30pm**. If you are interested in learning how to use the club’s defibrillator please come along at this time.

A defibrillator is a device that gives a high energy shock to the heart of someone who is in cardiac arrest. The Pit Farm Tennis Club defibrillator can be found inside the clubhouse on the wall near the front entrance.



AGM - Save the Date

Our **2026 AGM** is happening on **Friday 6 February at 7pm**, and we’d love to see as many members there as possible. Your first drink is on the house!

If you’re interested in joining the committee, message our Club Secretary – pitfarmsec@gmail.com

The club is run by volunteers and powered by its members. Come along, have your say, and help shape the future of the club — every voice (and vote!) counts.



Love tennis? Turn your passion into pounds by coming to work at Pit Farm Tennis Club. Read on for more details, and please share with anyone you think might be interested.

Club Steward

Role

- arrange playing 4s for adult members during social mix-in club sessions
- manage the tennis ball allocation/distribution during social sessions
- welcome potential new members who are attending club sessions (to try out the club)
- whilst on duty also undertake some house-keeping duties eg clear any loose tennis balls from courts and grounds, placing in the tennis ball bin and ensure club/grounds are generally tidy

Hours of work:

Tuesday & Thursday 5-8pm
Saturday & Sunday 1-5pm
14 hours a week
Salary: £15/hr

Please send a covering letter and CV to pitfarmsec@gmail.com to apply.



We need you!

Follow us on [Instagram](#) or [Facebook](#) for all the latest news and updates from the club. If you're a team club captain, please send us match results and photos. Or if you would like to rub in a recent Box League win, share your scores and we'll post these too. Tag @pitfarmtennis or email membership.pitfarm@gmail.com

Follow us on  [Instagram](#) and  [Facebook](#) and  [YouTube](#)



Please note

Floodlights

Just a quick reminder to all members that permitted hours for use of floodlights is as below:

Court 1 - Mondays to Saturdays (inclusive)
15:00 to 21:00. On Sundays and Bank Holidays
15:00 to 18:00.

Courts 3, 4 and 5 - Monday to Friday until
21:30 and on Saturday until 21:00. On
Sundays and Bank Holidays 15:00 to 18:00.

Access gate - for security/safety please can you shut the access gate after entry/exit as a mag lock is now in place. The code (required for entry) has been updated. If you missed the email, contact membership.pitfarm@gmail.com to receive it again. There is a push button located on the wall by the gate for exit.

Guests at Pit Farm Tennis

Please note, as a member, you may bring a guest to play with you, but please adhere to the club rules:

- Only one guest per member is permitted at a time.
- Each guest is allowed a maximum of 6 visits a year.
- **The guest's name must be included in the court booking.**
- Please add your guest's name to the visitor book in the clubhouse.
- You will need to pay the guest fee before playing. This can be paid in two ways:

Online:

Bank: Lloyds

Name: Pit Farm (Guildford) Hard Court Tennis

Sort Code: 30-93-74

Account number: 00171127

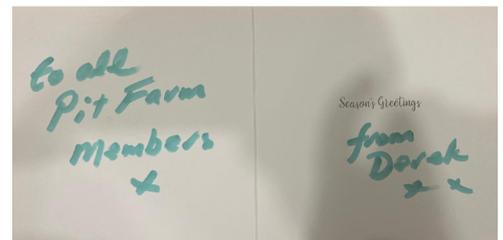
In person:

Put the cash in an envelope clearly labelled with your name, your guest's name and the date. Put this in the guest fee box in the clubhouse.

- The cost is £5.00 for seniors and £2.50 for juniors.
- Members may bring their children for £2.50 per visit, with no limit on the number of visits.

Thank you for making it to the end!

Derek sent a Christmas Card to all members, so we're sharing here for those who have not seen it at the club.



Best wishes,

Your Committee 2025-26

Tim Martin – President • Gary Wicks – Vice President • Ian Kenyon – Treasurer

• Dawn Davies – Secretary • Cephas Vazquez-Howard / Alex Orr Co Chair • Bridget Parker – Club Captain

Committee: Barney Whiteman, Jim Holloway, Jonathan Freeston, Jackie Shaw, Laurence Fletcher, Matt Jones, Paul Taylor, Phil Rowlands, Ruth Iles, Thom Van Every.

Non-Committee: Liz Hill-Smith – Welfare Officer, Caroline Rowlands – Membership Secretary, Richard Morris – Examiner

Contact pitfarmsec@gmail.com

ANSWERS TO THE QUIZ *How did you do?*

1. Golden Gate Bridget Parker,
2. Goulashley Mount,
3. Ostrichard Dvorsky,
4. Ru Paul Kozak,
5. Optician Kenyon,
6. Jackdawn Davies,
7. Crackerjackie Shaw,
8. Thunderek Wakeling,
9. Nothing but the truth Iles,
10. Royal Surrey Hospitalex Orr.

