



Tarka Centre

NEWS

Reception: 01271 377701
www.tarkatennis.net



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TarkaTennisCentre



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@TeamTarkaTennis

Issue Date:
June 2014



Reception: 01271 859191
www.falconsgymnastics.co.uk

Tarka Table Tennis Club:
mtjthomas@talktalk.net

North Devon Road Runners:
www.northdevonroadrunners.com



Tarka News



Events

Tarka Retail Outlet

Andy Murray's racket sponsor **HEAD** will be starting a retail outlet in partnership with Tarka over the next two weeks. Tarka will be selling balls, grips, rackets & bags.

Tennis Unlimited is proving popular

Buy a **£39 Family Pass** for a **year's free outdoor tennis** up to May 31st 2015. Keep the kids busy over summer with unlimited tennis. There are forms at reception for more information, terms & conditions apply.

Great British Tennis Weekend

Booking up fast, there are only a few spaces left.

Sunday June 29th 10-1pm.

Free tennis coaching sessions for adults & juniors. Come & have a go at cardio, adult & junior coaching, fun play area, free play area.

Go to <https://clubhouse.lta.org.uk/opendays> to sign up.



Following on from this we will be running a **4 week new player** course for juniors & adults through July, £16 per person, email chris@tarkatennis.net if you are interested in developing some tennis skills.

June

Saturday **28th** 4-7pm
Adult **Novice** singles circuit

Sunday **29th** 3pm Green Flybe

July

Saturday **12th** 4-7pm Junior Circuit

Saturday **19th** Red & Orange Ilfracombe

Enter all through
chris@tarkatennis.net

Results

Aegon Team Tennis

Boys U14 Devon Runners Up to Torquay

U8's Devon Runners Up to Exmouth

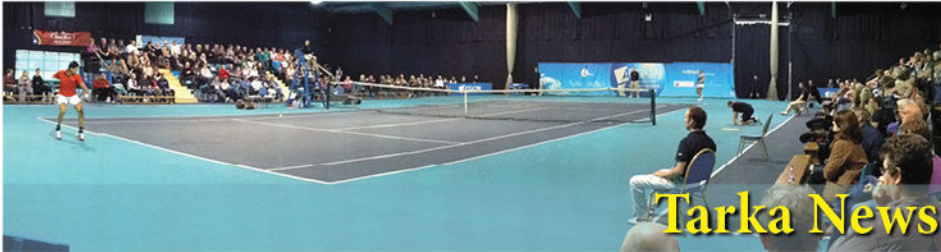


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Other Sports

Summer Court Offers

Through **July & August** indoor courts from 6pm-10pm will have **25%** off normal prices.

We offer discounts all year round through facebook & Twitter so to receive these up to:

TarkaTennisCentre / @TeamTarkaTennis



Schools Tennis Tournaments

JUNE 4th

A very well attended primary schools event yesterday with 15 schools entering and over 200 players.

Year 2 winners West Buckland / Runners up Woolacombe

Years 3/4 winners West Buckland / Runner up Pilton Bluecoats

Years 5/6 winners Instow / Runners up Monkleigh



Secondary school tennis tournament on **Wednesday July 9th**, contact Hannah@tarkatennis.net

Road Runners

11th May saw the latest running of the Bideford 10k and there were numerous NDRR runners. Fran Roode was top female in 44.42 and Simon Scotthorne was top male in 45.04

The following week, the 18th May, was the Swimbridge 10k. This is a tough course and it was extremely hot but again it was well represented by NDRR. Pete Sutton was our top male, finishing 2nd overall, in a time of 41.17. Fran Roode was again our top lady in 54.23.

We had a well deserved break from all the running with a very entertaining summer concert at Woolhanger Manor on 7th June. The Children's Hospice SW kindly let us have half-price tickets as a thank you for all the support we've given them in the past. We were force fed champagne and nibbles on arrival, followed by a lovely meal. The entertainment included saxophone player Julian Smith, who was third in Britain's Got Talent in 2009. The evening was slightly marred by yours truly missing the bus and having to walk home!

A day later, a few of us ran The Ruby Run, this is a half marathon between Holworthy & Hatherleigh. This is another hilly course and was again run in sweltering heat. Not many from NDRR there but congratulations to the following:

Andy Woolacott.....1:31:04
Alan Nicol.....1:45:21
Barbara Nicol.....1:45:59
Pete Kneil.....1:55:50 (obviously the champagne, wine, numerous meringues and the 6 mile walk home took its toll!)

Finally, to show how versatile we runners are, a few of us took part in the Bideford Triathlon on 15th June:

Frank Biederman, Paul Curtis & Christopher Horrell-Jones (team) 1hr 58min 22secs
Brian Mulholland 1hr 38mins 50secs
Joyce Mulholland 1hr 58mins 21 secs



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ATP MASTERS

Again this year Tarka will be organising a trip to the ATP Masters event at the O2 on the **Friday 14th November**. We will watch an afternoon & evening session, we will take a coach up there & back. If you are keen to go let me know, I am waiting for tickets prices etc. but envisage similar to last year £52 (U18), £92 (adult). Email chris@tarkatennis.net



Aegon GB Pro Series Barnstaple

There is a date change for this year's International Ladies event. It will no longer be October half term but **Sept 1st – 7th**, so the end of the school holidays. Again we will expect some of the best British girls as well as players from around the world. For more information go to our website tarkatennis.net, ticket prices etc. can be found there.

Tarka Summer Camps (5 weeks of camps)

Starting from week beginning **July 28th** through to week ending **August 29th**

Junior Camps - 3 day camps / 4-6pm - £27

Mini Camps – 5 day camps / 10am-12pm
(minimum of 3 days £24, 4 days £32, 5 days £40)

Tarka Table Tennis Club

Tarka Table Tennis Club has started their summer programme & will run **until the end of July**.

They are playing indoors at Tarka on 12 tables **from 7-9pm** each Thursday night.

All are welcome and equipment can be provided without additional charge - you must wear non marking sport shoes to play. **The cost is £2 for under 18's and £3 for adults per session.**

There is no need to register or commit - just turn up, pay and play. In addition to practice we are also running a summer league which is handicapped and run at the same time - again, no commitment needed.

At the end of the summer we will reveal the most consistent winner of the handicapped summer league.

Look forward to seeing old and new faces.

Please contact **Matthew Thomas** if you require more information - 07805 433361

mtjthomas@talktalk.net



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Falcons News



Health & Wellbeing

Falcons Gymnastics Academy

Do you want to be the next great gymnast?
Then Falcons Gymnastic Academy's holiday programme is for you!
 Come and have a go on our state of the art equipment.
GYMNASTICS - 3 Day Teaser course 1 hour per day

4TH AUGUST 9:30-10:30 (Age 5-7yrs) 10:45-11:45 (Age 8-13yrs)	5TH AUGUST 9:30-10:30 (Age 5-7yrs) 10:45-11:45 (Age 8-13yrs)	6TH AUGUST 9:30-10:30 (Age 5-7yrs) 10:45-11:45 (Age 8-13yrs)
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Please quote the following Course Codes when booking:
 GY1 - Age 5-7yrs
 GY2 - Age 8-13yrs

Limited spaces so book early!
 For bookings call the dedicated School's Out booking line on 01271 809191

Falcon's new website up and running check it out www.falcons-gymnastics.co.uk Falcons Happy hoppers stops for the summer holidays on 25th July and returns 2nd September. Falcons Gymnastics closes for 2 weeks, 10th Aug – 25th Aug.

Good luck to Adam Tobin and Mike Beagley who have been selected by British Gymnastics to attend and international training camp in Italy for 11 days. Only 2 boys and their coaches from each Country are selected each year.

JOB OPPORTUNITY - Office Administration Support.

We are looking for an organised, enthusiastic, conscientious person. You must have confident communication skills, coupled with a calm and empathetic manner. You should also have strong IT skills. You will need to be able to work as an individual and as part of a dynamic team. You must have some office / administration experience.

To provide efficient and well-ordered administrative support to the Coaching Director and team colleagues ensuring a high level of confidentiality is maintained. To provide reception duties for the Academy. To undertake administrative duties such as word processing, filing, data recording, liaising with parents regarding fees and places. To deal sensitively with general enquiries made to the Academy and provide a warm, welcoming and professional approach to users of Falcons. To assist Coaching Director processing invoices and fees including banking.

Hours of work Monday – Friday 3pm – 7pm & Saturday 9:00am – 11:00am, you will be required to cover staff when needed. **Please send a letter and CV to:**

Mike Beagley - Falcons Gymnastic Academy
Seven Brethren Bank, Barnstaple, EX31 2AS

The formidable

Tennis Elbow

WHAT? An overuse injury of the muscles that extend the wrist. It usually develops gradually as a result of multiple micro tears and scar tissue at their attachment with pain felt at the outer side of the elbow.

RISK FACTORS

- Faulty technique • taking your stroke late
- poor body position with the elbow leading the racket
- 'wristy' impact • heavy, old or wet balls
- poor strength & control of muscles at elbow & shoulder

TOP TIPS : Stage 1

- Stop play, rest, and apply ice
- Settle the pain. Ask your physio about...
 - localised treatment to help healing
 - specific strengthening exercises
 - regaining full muscle / tendon flexibility
 - sports taping & an epicondylitis clasp

TOP TIPS : Stage 2

ONLY RETURN TO PLAY WHEN PAIN HAS SETTLED

- Get your technique checked
- Structure your return to play
- Reduce ball-racquet impact
 - string your racket less tightly
 - use a flexible racket with a large sweet spot
 - ensure correct grip size
 - consider a two-handed backhands

Ignoring an injury risks developing chronic problems. If symptoms persist, seek advice!

**Physiotherapy -
Driving Forward
Sporting Health**



Physiotherapy for all

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www.physio2000.net