

Mosman Lawn Tennis Club September 2013 Newsletter



Check us out on Facebook

We have just launched MLTC into the Facebook era and so far we have had over 40 likes on the page. As part of our membership drive, we will start to post offers to attract people to come down for a trial. This is one of several new measures to increase membership (see below). Please get your family/ friends to share/ like the page. <https://www.facebook.com/MosmanLTC>

Members' Forum - Your Opinion Counts

Over the next 5-6 weeks, committee members will be calling around to get your views on where the club can improve, how it can better serve its members for the future, and if you would like to recommend any prospective members. Please think about what you'd like to see in terms of facilities and membership and let us know. (And you don't have to wait for a call; you can email the club or speak to any one of the current committee, in person).

We'll also be following up with lapsed members for their views (and to try and entice some back).

Also, we'll be looking at putting up a special neighbourhood offer to attract those in the locality, followed by a more widespread membership drive across the lower North Shore.

Upcoming Events



Ale, Cheese, and Wine Night
Sat 19th October 6.30pm start.

Look out for details in the Club



This Select Sports MLTC Fundraiser offer exclusive wine, cheese, and ale tastings, along with discounts for purchases made on the night as well as fun prizes and a few surprises. Healthy nibbles also provided Bar open - \$15 entry

Please put the following in your diaries -

- **Saturday, December 7th**, - MLTC Christmas Party and Awards Night - details to follow
- **Late Feb 2014 (TBC)** - Quiz Night - think about recruiting your team of 6!

Fitness Programs

Starting 8th October 2013

GROUP FITNESS (max. 8 people)

Tuesday	7.15 – 8 am	Strength & Conditioning
	9.30 – 10.15 am	Strength & Conditioning
Wednesday	1.45 – 2.30 pm	Strength & Conditioning
	6 – 6.45 pm	Men's Bootcamp
Thursday	7.15 – 8.00 am	High Intensity Interval Training

PERSONAL FITNESS

Have a personal goal in mind? Achieve it!

We can arrange one-to-one personal training to help you meet your goal!

Our personal training sessions can be shared with up to 3 other people if you'd like to get fit with a friend! Contact us to arrange a consultation and fitness assessment.

CARDIO TENNIS

Tuesdays	7 – 8 am	MLTC
	8 – 9 pm	CTC
Wednesdays	6 – 7 pm	CTC
Saturdays	9.30 - 10.30 am	MLTC

enquiries@selectsportscoaching.com.au

As you know, Select Sports run a range of tennis programs and social events! They have developed fitness programs to complement the tennis players' speed, strength, and endurance.

Now these are open to anyone who wants to improve their overall fitness and help prevent injury. So you don't have to be a tennis player to benefit

There is also a Men's Fitness Session which is based on Interval Training.

And finally, there is now a new cardio tennis group for students and nannies – offered at a reduced rate to help more people keep fit and have fun socially!