

RACKET SPORTS

Tennis and Badminton





Tennis at Nirvana Spa and Pulse 8

Booking Procedure:

Ask one of our Reception staff to reserve a court for you – on the day or up to 7 days in advance.

If you are looking to play a friendly game but have no one to play with, just come along to the courts and you will be made welcome by the Club players and invited to join in on the 4 days of the week that they meet as a group.

For those of you seeking a more structured approach, we offer a thriving coaching and competitive programme run by Jonathan Smith – an ex GB Davis Cup player. Click on the links below for further details.

Club Play

Jonathan Smith – Head Coach

2010 Coaching Programme

- Adults
- Juniors
- Mini Tennis
- Specific Courses April/May 2010.

Internal Nirvana Spa Box League

Past Results

Fun Tournaments

Berkshire LTA Team Leagues

Badminton

Head Coach – Jonathan Smith

As Head Coach at Nirvana Spa

Jonathan has been coaching at Nirvana since January 2004 and continues expand a Tennis Programme that offers all Nirvana Spa and Pulse 8 Members an enjoyable and varied tennis experience with every opportunity to improve their playing standard and fitness levels.

Progress made; Tennis is thriving and the courts are busy!

70+ players in the Nirvana Singles Box Leagues, which comprise Singles/Doubles/Mixed in 4 x 10 week segments over 12 months.

Nirvana Spa Teams climbing the Berkshire LTA Team Winter + Summer League standings.

Fully subscribed Year round ‘Fun’ tournaments – played from 2.30pm – 4.30pm on Saturdays – in many different formats.

If you have any enquiries, please contact Jonathan on 07973 – 493295 or email: providantld@sky.com

Jonathan as a professional tennis player;

- A top 100 World Ranked singles player and reached the last 32 at Wimbledon –1977.
- A top 50 World Ranked doubles player and reached the Australian Open Doubles Semi Finals –1979.
- Was Runner Up in the Invitational Doubles Over 35 Event at Wimbledon – 1994.
- Was a member of the Great Britain Davis Cup Team which reached the World semi finals in 1980.

Jonathan as a tennis coach;

- Fully licensed and holds the highest coaching qualification in GB – the Performance Coach Award – 1996.
- Coached a GB National Squad – 5 of whom played at Wimbledon, Chris Wilkinson reaching last 16.





Nirvana Spa/Pulse 8 Tennis Coaching Programme – 2010

Jonathan Smith – Head Coach – has devised a tennis programme to cater for all standards, experience levels and ages. The programme includes:

For ADULTS: Group Coaching Courses – Cost £10 per player per session, including;

- Personal tuition specific to the needs of the individual.
 - ‘Basket drills’ for exercise, movement and stroke ‘grooving’.
 - ‘Drills/Skills’ to practice technique, tactics and matchplay.
 - Friday Mornings/Saturday Mornings/Monday evenings
- Individual Coaching – Cost £38 per hour, involving;

- An individualised and planned approach geared specifically to your improvement
- Instruction and play to improve your Technical/Tactical/Mental/Physical skills.
- A genuine desire to help you to get the best from your game.

Sunday Group Coaching Courses with Josh Cardy, Rod Sellick and Daniel Cundy who work as Jonathan’s Assistants and who make tennis fun! All at £8 per player.

1. Adult Starters/Improvers on Sunday Mornings 11am – 12 Noon-
2. Juniors; Ages 13yrs – 16 yrs Sundays at 9am.
3. Youngsters; Ages 7yrs – 12 yrs Sundays at 10am.
4. Minis; Ages 5yrs – 7 yrs. Sundays from 12.30pm – 1.15pm

Plus Individual Coaching @ £30 per hour.

For those who feel confident, we also have competitive opportunities – an Internal League/an external League vs other Clubs in Berkshire.

Fun tournaments also take place throughout the year on Saturday afternoons.

For All Enquiries, please contact; Jonathan Smith – Head Coach – 07973-493295.
Email: providanltd@sky.com



Nirvana ‘Club’ Play

Day	Time	No of Courts	Event
Fridays	10am – 12 noon	3	Men’s Doubles
Saturdays	2pm – 4pm	3	Mixed Doubles
Sundays	2pm – 4pm	3	Mixed Doubles
Wednesdays	10am – 12 noon	3	Mixed Doubles
Wednesdays	7pm – 9pm	3	Ladies Doubles

The ‘Club’ are a group of established players who welcome anyone to join their ‘come and play’ sessions free of charge.

In order to play tennis with these groups, just show up and you will be welcomed and invited to play. No cost.

Tennis Coaching Courses. April/May 2010.

Day	Time	Course	Dates	Max No	Cost
FRIDAY	1000 – 1115	Drills & Skills	Jun 11,18,25, Jul 2,9,16	8	£10
SATURDAY	0900 – 1015	Drills & Skills	Jun 5,12,19,26, Jul 3,10,17	8	£10
	1030 – 1145	Drills & Skills	Jun 5,12,19,26, Jul 3,10,17	8	£10
MONDAY	1815 -1915	Basket Drills	Jun 7,14,21,28, Jul 5,12,19	6	£10
	1915 -2015	Basket Drills	Jun 7,14,21,28, Jul 5,12,19	6	£10

Assistants – Josh Cardy/Rod Sellick/Dan Cundy will provide Mini, Junior and Adult Improver tennis

SUNDAY	0900-1000	Juniors (12-16yrs)	June through July 2010	8	£8
	1000-1100	Youngs (7-12yrs)	June through July 2010	12	£8
	1100-1200	Adult Improvers	June through July 2010	12	£8
	1230-1315	Minis (5-7yrs)	June through July 2010	8	£8

Nirvana Spa Internal Tennis Leagues

The Nirvana Spa Internal Tennis Leagues provide a competitive opportunity in friendly surroundings for all players at the Club.

They have helped to increase play, improve playing standards and social interaction at the Club.

Open to players of all standards in Singles/Doubles and Mixed Doubles formats

- Players of similar standard are placed in a group - called a 'box'. Each player(s) in that 'box' must play everyone else in that box – over the 9/10 weeks allocated.
- Boxes to consist of 6 players (teams) wherever possible.
- Winners will be decided according to the Nirvana Spa League Rules.
- Prizes will be awarded to the Winners of each Box-including the opportunity to buy tickets to Wimbledon + O2 Masters
- 4 x Leagues per year.
- We use 'Tennisjeannie' website to arrange matches, record results show standings.
- Cost – £12 per player per event.

Nirvana Spa Internal Box League Jan – March 2010

	WINNERS	RUNNERS UP
Singles Box 1	Nino Moscardini	Ulf Hagstrom
Singles Box 2	Steven Payne	Graham Tomsett
Singles Box 3	Tina Cussen	Carolyn Williams
Singles Box 4	Anabel Lopez	Lorna Tunstall
Doubles Box A	M Hilton/G Tomsett	T Cussen/J Playfair
Doubles Box B	L Burton/MM Kleinhans	H Sinclair/R Gaddum
Mixed Box 1	E Mowbray/C Phillips	L Virtue/R Playfair
Mixed Box 2	L Burton/MM Kleinhans	S Newman/E Gray



Nirvana Spa Internal Box League Jan – March 2009

	WINNERS	RUNNERS UP
Singles Box 1	Clive Phillips	Ross Batten
Singles Box 2	Alan Stewart	Karen Fowler
Singles Box 3	David Leivesley	Eric Gray
Singles Box 4	Tina Cussen	Carolyn Williams
Singles Box 5	Mike Rand	Marjorie Gall
Singles Box 6	Ruth Gaddum	Joyce Barron
Doubles Box A	J Harris/C V Roussin	M Hilton/R Batten
Doubles Box B	M Gall/MM Kleinhans	J Barron/D Birch
Mixed Box 1	J Playfair/J Harris	G Hagstrom/U Hagstrom
Mixed Box 2	K Fowler/N Colbourn	K Knowlson/E Gray
Mixed Box 3	L Burton/MM Kleinhans	J Skidmore/W Richards

Nirvana Spa Internal Box League June – Sept 2009

	WINNERS	RUNNERS UP
Singles Box 1	Ross Batten	Jonathan Harris
Singles Box 2	Sydney Marihoho	Karen Fowler
Singles Box 3	Daniel Auty	Matt Harkness
Singles Box 4	Eric Gray	Karen Knowlson
Singles Box 5	Ros Whitaker	Sarah Newman
Singles Box 6	Matthew Gardener	Alexis Ogden
Doubles Box A	J Moscardini/N Moscardini	J Playfair/T Cussen
Doubles Box B	M Gall/MM Kleinhans	R Hewlett/W Foster
Mixed Box 1	J Playfair/J Harris	G Hagstrom/U Hagstrom
Mixed Box 2	M Hersom/A Mowbray	Cn Williams/K Chennell

Nirvana Spa Internal Box League April – June 2009

	Winners	Runners up
Singles Box 1	Clive Phillips	Nino Moscardini
Singles Box 2	Mellot Sylvester	Mike Hilton
Singles Box 3	Gillian Hagstrom	Joanne Playfair
Singles Box 4	Nick Broomfield	Virginia Cooper
Singles Box 5	Marjorie Gall	Jeremy Crawley
Doubles Box A	E Mowbray/J McCurry	K Fowler/D Dunckley
Mixed Box 1	G Hagstrom/U Hagstrom	J Playfair/J Harris
Mixed Box 2	Ca Williams/S Marihoho	T Cussen/G Tomsett
Mixed Box 3	M Gall/ D Whitaker	J Skidmore/W Richards

Nirvana Spa Internal Box League Sept – Dec 2009

	WINNERS	RUNNERS UP
Singles Box 1	Mike Hilton	Sydney Marihoho
Singles Box 2	Daniel Auty	David Whitaker
Singles Box 3	Eric Gray	Darrin Inghani
Singles Box 4	Matthew Gardener	Carol Berna
Singles Box 5	Claire Smith	Kim Easby
Doubles Box A	M Hilton/G Tomsett	T Cussen/J Playfair
Doubles Box B	L Virtue/K Easby	L Burton/MM Kleinhans
Mixed Box 1	J Playfair/J Harris	T Cussen/G Tomsett
Mixed Box 2	S Newman/E Gray	L Burton/MM Kleinhans



Nirvana Spa Internal Box League Jan – March 2008

	WINNERS	RUNNERS UP
Singles Box 1	Ulf Hagstrom	Nino Moscardini
Singles Box 2	Sydney Marihoho	Bulent Osman
Singles Box 3	Eric Gray	Karen Fowler
Singles Box 4	Lucy Virtue	Karen Knowlson
Singles Box 5	Carolyn Williams	Ruth Gaddum
Singles Box 6	David Birch	Martha M Kleinhans
Doubles Box A	L Virtue/D Taplin	J Harris/C Robb
Doubles Box B	K Knowlson/E Gray	C Murphy/J Playfair
Doubles Box C	J Barron/ Cn. Williams	M Hersom/V Cooper

Nirvana Spa Internal Box League April-June 2008

	WINNERS	RUNNERS UP
Singles Box 1	Phillip Massie	Ulf Hagstrom
Singles Box 2	Paul Higham	Jonathan Harris
Singles Box 3	Nick Colbourn	Graham Tomsett
Singles Box 4	Craig Norford	Clive Robb
Singles Box 5	Karen Chennell	Cathie Williams
Singles Box 6	Caroline Hanson	Steve Aitken
Doubles Box A	S Payne/C Garrod	J Harris/C Robb
Doubles Box B	C Murphy/J Playfair	A Stewart/A Mowbray
Doubles Box C	M Hersom/V Cooper	S Duckett/O Adebawale

Nirvana Spa Internal Box League June-Sept 2008

LIST OF WINNERS

Singles Box 1	Jonathan Harris
Singles Box 2	Karen Fowler
Singles Box 3	Carlos Berna
Singles Box 4	Karen Chennell
Singles Box 5	Virginia Cooper
Singles Box 6	Carol Berna
Doubles Box A	Alison Dexter/Clive Phillips
Doubles Box B	Cathie Williams/ Sydney Marihoho
Doubles Box C	Jenny McCurry/Elaine Mowbray

Nirvana Spa Internal Box League Sept – Dec 2008

	WINNERS	RUNNERS UP
Singles Box 1	Nino Moscardini	Ulf Hagstrom
Singles Box 2	Carlos Berna	Sydney Marihoho
Singles Box 3	Gillian Hagstrom	Bulent Osman
Singles Box 4	Carolyn Williams	Nick Broomfield
Singles Box 5	Simon Robinson	Carol Berna
Singles Box 6	Claire Smith	Margaret Hersom
Doubles Box A	J Harris/C V Roussin	K Fowler/N Colbourn
Doubles Box B	D Dunckley/K Fowler	J Barron/Cn Williams
Mixed Box 1	J Playfair/J Harris	G Hagstrom/U Hagstrom
Mixed Box 2	Ca Williams/S Marihoho	Cn Williams/M Rand



Nirvana Spa Internal Box League Jan – March 2007

	WINNERS	RUNNERS UP
Singles Box 1	Clive Phillips	Mike Hilton
Singles Box 2	Steve Payne	David Leivesley
Singles Box 3	Eric Gray	Linda Burton
Singles Box 4	Nino Moscardini	Nigel Parker
Singles Box 5	Alison Ansell	Karen Fowler
Singles Box 6	Mike Rand	Jules Reynolds
Singles Box 7	Karen Chennell	Noreen Pearce
Singles Box 8	Lorna Tunstall	Annabel Lopez
Singles Box 9	Sian Smith	Karen Korber
Doubles Box A	A Ansell/L Virtue	G Hagstrom/S Newman
Doubles Box B	A Willson/A Hartley	K Chennell/A Lopez

Nirvana Spa Internal Box League April – June 2007

	WINNERS	RUNNERS UP
Box 1	Clive Phillips	Nigel Bailey
Box 2	Paul Higham	Ulf Hagstrom
Box 3	Nigel Parker	Nino Moscardini
Box 4	Derek Taplin	Wyn Richards
Box 5	Gillian Hagstrom	Simon Robinson
Box 6	Steve Aitken	Lorna Tunstall
Box 7	Martha Marie Kleinhans	Rebecca Parker
Box 8	Caroline Rankin	David Birch
Doubles A	E Gray/J Reynolds	A Ansell/L Virtue
Doubles B	D Dunckley/K Fowler	W Richards/ J Skidmore
Doubles C	R Thomas/MM Kleinhans	V Roussin/C Williams

Nirvana Spa Internal Box League July– September 2007

	WINNERS	RUNNERS UP
Box 1	Clive Phillips	Ulf Hagstrom
Box 2	Derek Taplin	Nino Moscardini
Box 3	Jonathan Harris	Janice Thomas
Box 4	Mike Rand	Sydney Marihoho
Box 5	Karen Chennell	Annabel Lopez
Box 6	Sian Smith	Jackie Sawyer
Box 7	Clare Forth	Mala Watts
Doubles A	J Playfair/R Playfair	A Stewart/D Taplin
Doubles B	N Pearce/J Harris	G Hagstrom/S Newman
Doubles C	K Chennell/A Lopez	A Spilsbury/N Broomfield

Nirvana Spa Internal Box League Sept – Nov 2007

	WINNERS	RUNNERS UP
Singles Box 1	Louis Osman	Mike Hilton
Singles Box 2	Jonathan Harris	Imy Baker
Singles Box 3	Sydney Marihoho	Alan Stewart
Singles Box 4	Nick Colbourn	Gillian Hagstrom
Singles Box 5	Cathy Williams	Simon Robinson
Singles Box 6	Nick Broomfield	Carolyn Williams
Singles Box 7	Janet Rice	Vadim Roussin
Doubles Box A	J Harris/C Norford	A Stewart/A Mowbray
Doubles Box B	Ca. Williams/S Marihoho	A Dexter/C Phillips
Doubles Box C	D Dunckley/K Fowler	K Knowlson/E Gray
Doubles Box D	J Hood/ Cn. Williams	J DuGard/S Cleaver



PAST RESULTS – CONGRATULATIONS TO OUR LIST OF WINNERS/RUNNERS UP!!

Nirvana Spa Internal Box League June – August 2006

	WINNERS	RUNNERS UP
Singles Box 1	Nick Adley	Clive Phillips
Singles Box 2	Monika Higham	Alan Mowbray
Singles Box 3	David Leivesley	Dale Norton
Singles Box 4	Daphne Dunckley	Judy Bennett
Doubles Box A	A Mowbray/S Payne	A Ansell/L Virtue
Doubles Box B	M Thompson/L Every	J Barron/G Smith
Singles Box 4	Daphne Dunckley	Judy Bennett

Nirvana Spa Internal Box League Sept – Nov 2006

	WINNERS	RUNNERS UP
Singles Box 1	Mike Hilton	Clive Phillips
Singles Box 2	Brian Johnson	Alan Mowbray
Singles Box 3	Steve Payne	David Leivesley
Singles Box 4	Linda Burton	Nick Colbourn
Singles Box 5	Nino Moscardini	Wyn Richards
Singles Box 6	Alison Ansell	Gillian Hagstrom
Singles Box 7	Anthony Marris	Jules Reynolds
Singles Box 8	Karen Chennell	Jaqui du Gard
Singles Box 9	Annabel Lopez	Caroline Hanson
Doubles Box A	N Colbourn/W Richards	
Doubles Box B	Ca Williams/M Rand	
Doubles Box C	J Thurston/R Thomas	

Fun Tournaments

Nirvana Spa Tennis Coaching 'Fun' Tournament Schedule – 2010

In addition to running a 'Fun' Tournament between the End and Start of each League, I propose to introduce more events as seen below. The tournaments will be played between 2.30pm and 4.30 pm on Saturday afternoons. I'll send out entries for each event by email but please contact me if you would like to play. On the Tournament day, please arrive at 2.15pm, ready to play!!

February 28th

March 28th

May 16th

June 20th

August 1st

September 19th

October 24th

December 5th

Different formats will be used– Singles/Doubles/Mixed Doubles/Individual/Team.

Cost – £10 per person per Tournament.

Please note that the highlighted dates may change by one week – to accommodate our Berkshire League Team matches & the courts they will need.

All enquiries to Jonathan Smith – Head Coach -07973-493295 or providanltd@sky.com



External Berkshire LTA Team Leagues

The External Berkshire LTA Team Leagues provide a competitive opportunity for players to represent Nirvana Spa in representative matches against other tennis Clubs in Berkshire.

Overview

Nirvana Spa Teams play in both the Berkshire Winter League and Summer League. Our Nirvana Spa teams play against other tennis Clubs in Berkshire – a ‘step up’ from our Internal Box League.

We have 3 teams: Ladies Doubles, Mens Doubles, Mixed Doubles

We need 4 players per team and matches are played weekly/fortnightly at the weekend from October through February (Winter) and April through September (Summer).

Each Team has a Captain who is responsible for ensuring that communication is made with our opponents and our team is ready to play.

The Berkshire Team Leagues are another exciting way of creating interest in playing tennis, ‘upping’ standards of play at Nirvana Spa and giving players the opportunity to see how things work at other tennis clubs.

In the Winter League 2009/10 our Men played in Division 6 of 10, Ladies 7 of 9, Mixed 9 of 12

In the Summer League 2010 our Men will play in Division 6 of 13, Ladies 6 of 11, Mixed 7 of 7.

For more information on any aspect of our tennis programme, please feel encouraged to contact Jonathan direct on providanltd@sky.com or mobile 07973-493295.



Badminton

At Pulse 8 we have 2 Badminton courts available for all members to enjoy some training which offers more fun! We run 2 Badminton Club sessions which are open to anyone of any ability to join in and play some level and mixed doubles games with no pressure attached. The morning session is between 9am–12pm and the evening session is between 8:30pm–10:30pm each Wednesday. We have a qualified Badminton Coach here at the club who can help you learn more about Badminton training, tactical awareness and shot execution.

Badminton can be a great way to get yourself an all-body workout and will help to build cardiovascular fitness as well as giving your body tone and strength.

The courts are available for booking every day outside the classes that take place in the Sports Hall. You can book 7 days in advance and for a maximum time of 1.5 hours. If you require rackets and shuttles, then we can provide that for you at £1 per racket hire charge.