

Staying Healthy, Staying Active and Staying in a routine with **WLTSC**



All of our online platforms have been vibrant and busy over the past week, with at least one session a day for our members to get involved with.

Rackets

It's been a new idea to have a rackets timetable, something we considered when this second lockdown began, to connect with our members to give them fun drills to try. A special thank you to our WLTSC coaching team who have produced some innovative and engaging short clips for you all to try.

Miles kicked off the week with our first racket session, a tips and drills that gave us a sweaty (to say the least!) fitness session, a real insight into how a professional squash player stays in shape during lockdown. The Tennis sessions were excellently received, Club Champ Tom Welsh served up a challenge in skills and drills. Whilst Jake Lawley gave some accessible unique challenges for our TOTS. We also had something different with coach and Touch Tennis connoisseur Clayton Edge; it was a fun video in how tennis can be integrated into every sport whilst having a laugh on the way, with his very own 'YNWA The Edge Dartboard'!

Going forward over lockdown...

More racket sessions kicking off tomorrow, be sure to share each post and give it a go. Some great challenges for all to try, let us know in the comments how you do!



Catch up now on previous posts
on Facebook with hashtags
#stayinaroutine and #wltsc



Fitness

There has been an increase in members to the WLTSC System Energize Facebook Group, with 200 + members! If you haven't joined yet, please do. There is a total of 11 weekly sessions giving you a different session for everyday of the week.

It is fair to say there has been wonderful interactivity and turnout so far, with people getting up on a Saturday morning just to see Bren's dancing! We can all agree that the Energize team continue to produce dynamic and adaptive sessions and this can only be maintained by you the members, joining in, so thank you for the support it makes the Energize Team's sessions entertaining and really worth-while.



Going forward over lockdown...

A Facebook tutorial will be attached to get onto the Energize Group and the WLTSC Group for the racket content.



(For those not on Facebook there is a Facebook tutorial attached giving a step by step guide to get onto the Groups.)

Any Questions contact Paul Fothergill on 07825665794

The WLTSC Weekly Round up.

Club Chairman and fellow member John Hollingsworth has sent an email last week regarding your membership over lockdown.

Created by Taylor Penny