

Staying Connected at WLTSC

Fogs Food Challenge



So what is fogs food challenge?

It's a weekly challenge set by Foggy to create healthy, nutritious and innovative meals which will be judged weekly with specific challenges set every week, winners will also receive prizes which will be displayed at the start of each weekly challenge. Who knows... maybe at the end of lockdown there will be a WLTSC Cook Book! Fog's first meal is out a highly nutritious pre/post workout Cod and vegetable quinoa dish! Check it out on our WLTSC social media and **look out for the first challenge this week!**

Rackets Challenges & Timetable

Squash coach Mia Wright kicked off with a tough physical drill - The Wall Sit Challenge, you can see this on the Facebook group. See if you can beat her impressive time, comment on the post. If you beat the coach with video evidence there will be prizes! These challenges and drills will be realised weekly by our rackets team on Facebook. So watch this space...



Welshy's build your player



Coach and Club Champ Tom Welsh has created a build your WLTSC player! Using all characteristics from forehand to fashion! You can see Tom and Taylor's videos on the Facebook group, give it a go comment, share and tag your players in... to build the best WLTSC Player!

Squash challenge from Darren



Your neighbours may look twice when they see you attempting this in your garden... its not for the faint hearted! Darren's challenge is 20 seconds as many swings as you can alternating forehand and backhand! We had to download this in slow motion to count Darren got 75... who can beat this? Video evidence is needed, try doing it without pulling a face is the real challenge!

AGM Monday 18th January, 7pm.

Via a zoom call, please email club@wltsc.com to register and receive further information

The WLTSC Round Up

Created by Taylor Penny



@wltsc

Catch up now on previous posts on Facebook with hashtags

#stayinaroutine and #wltsc



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