

Fog's Food First Challenge Launch!



*Some great meals
already guys!
Keep them
coming team*

Fog's food challenge has started and we are asking you to share your recipes of under 30minute meals (preferably healthy!) on our Facebook page. If you can post a short video or photo's along with the recipe and instructions, by Sunday 24th January, all recipes will be judged and the you could win a hamper from Halfpenny Green Vineyard (photo on the FB page). We have already received some great culinary delights as the images show so get cooking for your chance to win! Check out more info now at our website

www.wltsc.com/fogs-food-challenge/



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Catch up now on previous posts on Facebook with hashtags



@wltsc

#fogsfoodchallenge and #wltsc
#Squashchallenge



@Wolverhampton Lawn Tennis
and Squash Club

THE WLTSC UPDATE

18.01.21

#SquashChallenge's... Can they be beaten?



The challenges are heating up! This week, we are featuring squash and have set a combination of physical and technical challenges with the aim to keep all the family active.

Mia, one of our Squash 101 Junior coaches, has set 'the wall sit challenge' and some drills suitable for juniors to parents/grandparents - so no excuse not to give it a go!

Darren, our longest serving squash coach who would usually be in training for representing England in the Squash Masters tournament, has a squash drill you can do in your garden! How many swings of the racket can you do in 20 seconds?

Post the results of your attempts on Facebook using the #squashchallenge and remember, there are prizes up for grabs but video evidence is required



2021 AGM - Have your say...



The WLTSC AGM is tonight at 7pm on Zoom. If you have booked on you will have received all the relevant information in preparation for the call. We looking forward to seeing all of you there, and have your say in your club.

Created by Taylor Penny