

## WORD FROM THE MANAGER



Dear club members,

we have all been going through tough times in the past several weeks influenced by the pandemic. For us it first meant complete shutdown of the premises, later gradual easing of various restrictions. Luckily, we are all tennis players, some competitive, some recreational, and our sport belongs among activities that are the first ones to be at least partially allowed. However, it is clear, that the pandemic will leave significant economic scars on the face of the club and we have therefore been collectively looking for all possible solutions that would help us mitigate its effects. During the time our premises were closed, we tried to use our groundskeepers, coaches and members of the management to do as much work we needed to be done as possible. Thanks to their selfless help, we have been able to get a lot of things done for free, such as knocking down and storing inflatable, pressurised tennis balls, spring maintenance of the courts, everyday cleaning of the premises. Things that ordinarily are very expensive. Of course, we observed all the demanded rules. As for booked hours in tennis halls that were not used due to the pandemic, we will communicate with clients who had prepaid reservations and will offer compensations in the form of bonuses in the summer. I would also like to use this opportunity to call upon all our members who are concerned by this to contact me and we will try to find an acceptable solution for both parties. As an incurable optimist, I believe we will not lose members because of the crisis, on the contrary I hope we will get new ones. I also believe that this year it will not come to us finding unpaid member fees in the second half of the year. Believe us, we think it is unworthy of the club to have to beg for something that in a civilised society is a natural thing. I am also announcing to competitive players and parents of children that due to the current situation we will be uncompromising with regards to members who did not pay for their training fees. In a case of a more substantial debt, the system will not allow the player to use the reservation system anymore. I apologize for the strict tone of my text, it is first and foremost an appeal to every single member of the club to meet their obligations towards the club.

Because of this, we will hopefully be able to get over the current crisis and we will not have to make any personal or other changes in the organisation of the club. I would like to wish good health and an enjoyable summer season to all members of our club.

*Vladislav Šavrdla*, the manager of the club

## FROM THE SECRETARIAT

### OPERATION OF THE PREMISES IN EMERGENCY MODE

In connection with the current ruling of the Czech government, the premises of I.ČLTk Praha is opened in a restricted way (as of April 30<sup>th</sup> 2020)! Only the outside courts are opened and both singles and doubles are allowed. As usually five courts are prepared for recreational players. Competitive players, juniors included, can play on 2 courts on the main grounds and 7 more at Slavoj. The Tennis School plays on courts 8, 9 and the big central court. The facilities remain completely closed – mainly changing rooms, wellness centre, physio, massages etc. The fitness centre has been newly open (only for club members). The restaurant only works through serving hatch. All visitors of the premises must obey all rules that are in effect. You will find up-to-date information at the club website [www.cltk.cz](http://www.cltk.cz).

### MEMBER FEES

We would like to ask all members of the club to pay their fees for 2020. You can find all the information at our website. More info also from our secretary Martina Plocová (phone: 604 230 721 / e-mail: [plocova@cltk.cz](mailto:plocova@cltk.cz)).

# Newsletter



April – May 2020

## NEWS

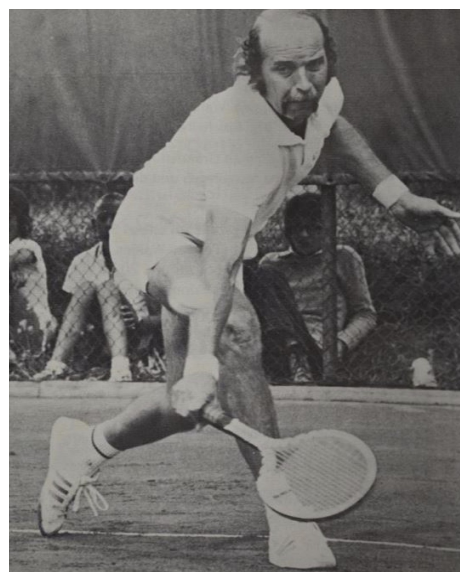
### NIKOLA BARTUŠKOVÁ WON THE CANARY HOPEFUL TROPHY

Nikola Bartušková, I.ČLTk Praha player and as of now the number one player in the U14 Tennis Europe ranking, was awarded the prestigious Canary hopeful trophy at the annual Prague Tennis Association Ceremony from the hands of the president of the Czech Tennis Association, Ivo Kaderka and the chairman of the Prague Tennis Association, Pavel Saic. This trophy is being awarded every year and Nikola received it at the beginning of March at the Nusle Town Hall, in Prague 4 in the presence of members of the executive committee and partners of the Prague Tennis Association, invited guests and representatives of Prague tennis clubs.



### PETR ŠTROBL DIED

It is a sad news for the I.ČLTk Praha to announce that our meritorious member Petr Štrobl died on the 6<sup>th</sup> of April at the age of 79 in the Regensburg hospital. Petr lived in Germany since he emigrated in 1968 and was an important member of the top Bundesliga club TC Amberg, first as one of their most important players, later for many years a successful head coach and head of the team that one many titles. Petr belong to the best players Czechoslovakia had in the 60s and 70s, he played several singles and doubles for the Davis Cup team. He won many titles with the team from Štvanice (Motorlet Praha at the time) and after he was allowed to come back to the Czech Republic to visit, he was awarded the title of an meritorious member of I.ČLTk Praha. We will never forget his extraordinary touch and light-hearted way of living.



## I.ČLTK PRAHE OPEN 2020 CANCELLED

The latest news we got from ATP and ITF management is that there are no tournaments until the 8<sup>th</sup> June. Unfortunately, that means that this year's 20<sup>th</sup> anniversary of the traditional combined double tournament with planned total prize money of 160 000 USD is cancelled. The tournament was supposed to be played in a new attractive date – May 4 – 10.

## SPORT MEDICAL CENTRE RIGHT IN OUR CLUB

A unique and complex system of medical security has been created in the past months right in the I.ČLTK Praha sports grounds. All thanks to the level of understanding and close cooperation between the management and the coaching team of I.ČLTK Praha and the non-governmental health facility ZDRAVÝ SPORT. It is a consulting room in sport medicine lead by MUDr. Miloš Matouš. Dr. Matouš is an internist as well as sports medicine specialist. The consulting room will be primarily be there for members of the club but will also be accessible for other interested members of the public.

The non-governmental health facility ZDRAVÝ SPORT has been for many years in charge of health security of national team members and other professional sportsmen and has been cooperating with a number of sport clubs and federations securing also medical advice for talented children and juniors. As of now, there are two branches open. One is in Prague 7 on the premises of the OLYMP Centre of sport of the Ministry of the Interior and the other in Prague 9 close to the Harfa shopping mall. End the end of May / beginning of June the third one will be opened at Štvanice.



### Big opportunity – healthy and functional tennis players able to perform without overload

Introduction of a systemic approach towards medical security right in the club on the premises of I.ČLTK will allow a more efficient solutions with helping to adjust the physiological function of an organism engaged in sports, with injury preventions and overloads connected to sport performance. It will also provide consultations regarding strengthening the immunity thanks to setting specialised individual immunological programmes.

### Medical check-ups

That means a unique opportunity for our members to use a system of sport medical check-ups right in the club. Starting with basic health checks for the youngest tennis players, all the way to a number of specialised sport medical exams with stress tests that can be extended to include other exams of respiratory, cardiac and muscular systems with the aim being to discover specific limitations of the individual sportsman and setting up a programme that will deal with the limitations and help in preventing them in the first place.

### Breathing exercises

In many cases, respiratory limitations are the cause preventing sportsmen from performing on 100%. We can help with setting the correct functional breathing training using breathing simulators that will help to eliminate this limitation.

### Physiotherapy

The medical centre will also provide physio services and sport and medical massages. You will also have an opportunity to try and use specialised training methods, such as spiral stabilization, invented by MUDr. Richard Smíšek.

### Other services

Among other services that will be available are counselling in sport nutrition, immunity support, ensuring specialised blood examination including food intolerance or allergies. We also plan to provide medical ultrasound in the future.

## TENNIS SCHOOL: SUMMER CAMPS THROUGHOUT THE SUMMER

Traditional summer camps for kids younger than 10 years will be taking place throughout the summer at Štvanice. In connection with the current situation in the Czech Republic, we have decided to organize camps throughout the whole summer holidays (every week Monday – Friday 8:30 – 16:30). The main reason for this decision is to offer parents an opportunity to look after their young tennis players in July and August. "We ask you to apply as early as possible as the number of participants per week is restricted – with regard to the current regulation provided by the Czech government and respect to the club life of our members," says the head coach of the tennis school Jan Pecha. Applications and more information can be found at [www.cltk.cz](http://www.cltk.cz) under Tenisová škola.

### Summer camps dates:

- Camp 1 ... 1. – 3. July 2020
- Camp 2 ... 7. – 10. July 2020
- Camp 3 ... 13. – 17. July 2020
- Camp 4 ... 20. – 24. July 2020
- Camp 5 ... 27. – 31. July 2020
- Camp 6 ... 3. – 7. August 2020
- Camp 7 ... 10. – 14. August 2020
- Camp 8 ... 17. – 21. August 2020
- Camp 9 ... 24. – 28. August 2020



### TENISOVÁ ŠKOLA I.ČLTK PRAHA BY BABOLAT

- přímo děti ve věku od 3 let
- pořádá letní prázdninové tábory pro děti do 9 let
- již 11 let organizuje turnaje v kategorii babytenis

Kontakt: Mgr. Jan Pecha, Ph.D., vedoucí trenér TŠ, email: [pecha@cltk.cz](mailto:pecha@cltk.cz)

[www.cltk.cz](http://www.cltk.cz)

## CLUB NEWSLETTER

Dear club members,

this newsletter is also available in Czech and brings you as always up-to-date overview of what happened in the last months and also a brief outline of what is happening in May. The next issue comes out in June.

Best tennis regards from the management of I.ČLTK Praha



Behind the successes of our players are also our partners! Thank you for your support!

**Vivus**  
Domní plné života

**kapsch** >>>  
always one step ahead

**J&T BANKA**

**PRAHA**  
PRAHA  
PRAHA  
PRAHA

**ADVANTAGE**  
CARS

**Pankrác a.s.**

**VICTORIA**  
TENNIS RACKET EQUIPMENT

**ambicare**

**ČPP**  
VIENNA INSURANCE GROUP

**Fecon**

**MORAVIA STEEL**

**PRAHA**  
**7**

**BECHYNĚ**  
HOLDING

**CHROMOPROJEKT**

**ČS**

**ALLINEX**

**smartwings**

**zenova**

**PTS**

**Babolat**

**Prague**

**ASTRON STUDIO**

**GOLF**

**zdravý sport**  
MEDICAL CENTRUM INNOVATION PRAGUE

**ADC studio**

**MAXI TIP**

**Panč**

**smart-CON**  
be connected