



— The July Issue 2025 —

# MONTHLY NEWSLETTER



## INSIDE, WE ALSO TALK ABOUT:

- Women Spotlight
- Youth Corner
- Family Feature

## *When Leadership Listens, Change Happens*

On Thursday, June 5, 2025, female leaders from all eight sports sections of the Ikoyi Club gathered in the Squash Section Lounge for a transformative strategy meeting. Anchored by Carolyn Wokoh-Anetoh of the Publication and Communication Sub-Committee, the session brought together Lady Captains, Section Chairs, Trustees, and the Club Chairman to address challenges regarding women's participation and chart a bold new course. The meeting revealed critical insights, including barriers in decision-making roles, particularly among spouse members who lack voting rights. Success stories emerged from each section, from Golf's "Sip and Smash" program to Squash's 67-member WhatsApp group. The leadership committed to launching comprehensive outreach initiatives for women and youth, including mentorship programs, cross-sectional activities, and enhanced newsletter coverage. This gathering marks the beginning of an inclusive sporting culture that will inspire future generations.





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- Section News
  - Upcoming Events
  - Health/Wellness
  - Statistics Corner

“We must confront a harsh reality: too many members struggle to integrate and feel a sense of belonging. We are not just discussing change—sport has no gender barriers, and excellence knows no limits. The talent and dedication among our female members deserve our full support. I thank our Publication and Communication Sub-Committee for their commitment to this transformation. Our new e-newsletter will spotlight the remarkable women of Ikoyi Club, ensuring their achievements reach our community. I envision Ikoyi Club as the benchmark for women's sports excellence, where families can create lasting memories and where young girls can see female role models, all under one roof.”- Akinwunmi Akintola (Ikoyi Club Chairman)





In a world where young people are often told to "wait their turn," 23-year-old Ifeoma Obata is creating her own rules. She has served on three different ladies' golf section committees. Ifeoma's golf journey began in 2012. What started as an effort to connect with her family has evolved into a leadership legacy that inspires an entire generation of young women at the Ikoyi Club. Her story proves that leadership isn't about age – it's about attitude, commitment, and the courage to step up when opportunities arise. The future belongs to those bold enough to claim it. What will your story be?

## Rising Stars

### 3 Generations, One Club

#### *Tunde Oni, Captain, Golf Section*

##### *A Legacy on the Green*

"My father, Grandpa Okansi, as his grandchildren call him, brought me here at ten," Tunde Oni smiled, recalling childhood days with siblings. "We'd feast on chips, sausage, and Chapman drinks after rounds." Though he initially preferred snooker, golf became their family tradition. "Ikoyi club is a one-stop shop that offers representation for eight sports, allowing families to enjoy, network, and build a lifelong community," he concluded.





# Updates From Club Sections

## Other Sports

- The Junior Summer Basketball Tournament returns from July 10 to 12, 2025

## Golf

- Intergroup tournament on July 12th, 2025.

## Squash

- Meet & Greet new members on 1<sup>st</sup> July, 2025
- Squashtival July/August 2025

## Swimming

- Ongoing International Swimming Cross-Country Youth Competition in Germany

## Badminton

- American tournament on June 29th, 2025
- Annual tournament with other clubs at Bonny Island on 3<sup>rd</sup> -5<sup>th</sup> July, 2025

## Table Tennis

- Upcoming youth championship in July/August 2025

## Snooker

- Memorial Cup to be held in August 2025

## Lawn Tennis

- American Tournament on the 7<sup>th</sup> -12<sup>th</sup> July, 2025
- Sovereign Trust on 14<sup>th</sup> -19<sup>th</sup> July, 2025
- Coaches Ball Boys Tournament on 21<sup>st</sup> to 26<sup>th</sup> 2025



*“Sports do not build character, they reveal it.”- Heywood Broun*



# Sports Nutrition

By Mohammed Makki

## Performance Nutrition for Tournament Preparation

Tournament success begins in the kitchen, not just on the court. The NLNG Invitational Badminton Tournament (July 3rd-7th) presents the perfect opportunity to implement strategic nutrition planning that can elevate your performance when it matters most.

**72 Hours Before Competition:** Begin carbohydrate loading with complex carbohydrates, such as brown rice, quinoa, and sweet potatoes. Increase your intake to 7-10g per kilogram of body weight. Hydrate consistently with 2-3 liters of water.

**Between Matches:** Quick-digesting carbohydrates are crucial. Dates, bananas, or diluted sports drinks provide immediate energy without overwhelming your system. Aim for 30-60g of carbs per hour during extended tournament play.

**Recovery Protocol:** Within 30 minutes post-match, combine carbs and protein in a 3:1 ratio. Chocolate milk, fruit smoothies, or energy bars optimize muscle recovery for the next round. Remember: proper nutrition is your competitive edge. What you eat today determines tomorrow's championship performance.



🏸 NLNG Invitational Badminton Tournament  
Ikoyi Club Badminton Section proudly announces participation in the prestigious NLNG Invitational Badminton Tournament, July 3rd-7th, 2025, at NLNG Sporting Arena, Bonny Island, Rivers State. This elite competition showcases Nigeria's finest badminton talent. Our club representatives will compete against top players nationwide.

- **Family**

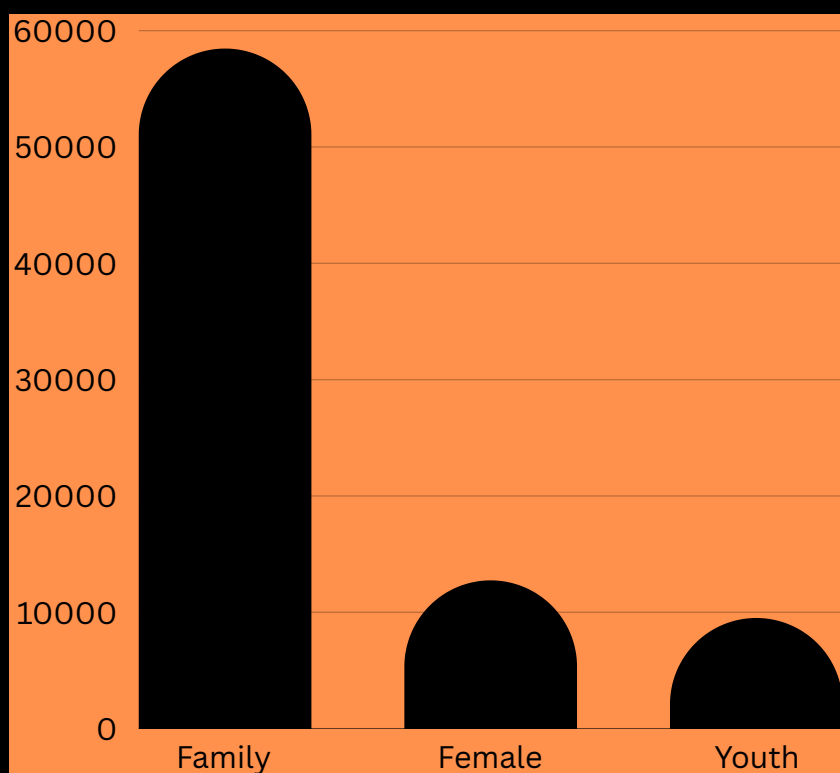
72%, indicating a strong family-oriented membership base.

- **Female**

Estimated at 15% based on typical club demographics from January 2025 to date.

- **Youth**

An estimated 11% for members aged 25-35 based on file data from January 2025 to present.





# Membership Statistics Analysis

## Family Membership: The Foundation of Club Community

With 58,459 family members, representing 72.4% of total membership, Ikoyi Club's identity is rooted in multi-generational family engagement. This validates its status as Nigeria's top family destination for recreation and sports. The dominance of family memberships fosters a tradition of passing down sporting customs, supporting the "three generations, one club" culture.

## Women's Participation: Untapped Potential and Strategic Opportunity

The 12,745 female members, making up 15.8% of the total membership, demonstrate both a meaningful presence and strong growth potential within the club's demographic makeup. The relatively low percentage of women indicates significant opportunities for expansion through planned initiatives, making women-focused advertising partnerships especially strategic as the club aims to change its culture and promote greater gender inclusivity.

## Youth Engagement: Building Tomorrow's Leadership

The 9,512 youth members from 25-35 years making up 11.8% of the club, serve as the crucial pipeline for the club's future leadership and competitive success. This group is especially important due to the club's focus on developing sporting talent and providing pathways for young athletes to grow into champions in various sports, such as badminton, golf, and swimming. The youth percentage matches the meeting's emphasis on addressing "generational disconnection" and the need for programs that connect younger and older members.



**For Advertisement and Partnership Enquiries  
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**Publication and Communication Sub-Committee**