



The Network

June 2021

From the President

Janet Ferreira

With just 2 months left of my presidential reign, I write this, my final Network article, with a tear in my eye and a song in my heart! I would like to take this opportunity to thank my amazing committee for their unwavering support and commitment and the members for their kindness and advice.

We have had another rather full few months at the club with Club Championships, Summer Windups, our Awards Night and Men's and Ladies Winter Intra club competitions in full swing. In spite of rain on the scheduled Labour Day weekend and endless exemption requests, thanks to Neil Croker, our Club Championship events which attracted record entries, ran smoothly.



I would like to congratulate both our ladies and men's singles champions Lara Tovich and Sam English and it was great to have them attending our Awards Night to receive their trophies. Sam's rendition of his experiences at NTC from a young age including his time as a Saturday Social set coordinator was particularly amusing!

A special congratulations goes to Suresh who was the only man to get a game off Sam.



As usual the Ladies Summer Pennant windup didn't fail to disappoint with Nathalie's very politically incorrect comparison of her team members to world leaders Kim Jong-un, Trump, Putin, Merkel and Boris causing quite a stir!

Our annual Awards Night themed 'Rock n Roll through the ages' bought to life a plethora of characters including Stevie Nicks, Rod Stewart, Tina Turner, Marshmallow man and Blondie to name a few (see Network for more photos).

A huge thanks to Rachel Palmer, who received the President's Award on the night and her incredible team of Monika (decorator extraordinaire), Deb, Mel, Lucia, Anne and Leslee for once again pulling together a fantastic evening thoroughly enjoyed by all. There was a great atmosphere and everyone got into the swing of it truly letting 'their' hair down!



All enquiries to:

nedlandstennis@bigpond.com

PO Box 234 NEDLANDS 6009

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Dates to Remember

- 7th June WA Day tennis
- 26th June Winter Warmer
- 10th July Wimbledon Day
- 10th August AGM
- 4th September Dinner off the Green
- 2nd October Busy Bee
- 9th October Opening Day

Committee 2020/21

President:	Janet Ferreira
Vice President:	Neil Croker
Treasurer:	Dave Mofflin
Secretary/Manager:	John Detwiler
Sponsorship:	Nathalie Smalberger
Club Captain:	Carolyn Choong
Men's League:	Neil Croker
Women's League:	Helen Morgan
General Committee:	Suresh Sakar
	Michael Nowak
	Warren Vickers

I am very pleased to announce that the 2021 WA State Seniors Titles & International Tennis Federation (ITF) Tournament will be hosted by the Nedlands Tennis Club this year from 16th to 19th December. This is a wonderful opportunity for us to showcase our club to the wider tennis community and hopefully bring in some gold to the coffers. I would strongly encourage members to participate in this event, bearing in mind that a senior is anyone over the age of 35 which safely covers the majority of us and we will also be seeking volunteers to help prepare the grounds and run the canteen and bar over the 4 days.

The other good news I have is that we have been successful in obtaining a Heritage grant for some external structural works to and painting of the club house, thanks to Mike Nowak's work on this. These works are commencing imminently and once complete we will seek a contribution from the City of Nedlands to upgrade the kitchen. We are still awaiting the outcome of our grant application to resurface the synthetic courts however, I would nonetheless strongly urge you all to consider making a tax-deductible donation to this project through the Australian Sports Foundation (ASF) prior to financial year end. There is a link to the relevant site later in this edition.

With our AGM fast approaching now is the time to consider whether you would like to nominate for the NTC committee for 2021/22 and become involved in the running of our wonderful club which, I can honestly say from personal experience is very rewarding. A nomination form is attached (Page 11) for anyone interested and if you would like to have a chat about it feel free to approach any of our present committee members.

Come rain, hail, snow or shine I hope to see you down at the club over the winter months as there is always something on the go. Don't be too easily put off by the elements as remember the weatherman, like the government, is always wrong!



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The club and its members appreciate your support and all the help that you have given us

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Captain's Report

Carolyn Choong

Saturday social tennis continues to be a well attended affair each week despite the weather. For Saturday tennis to happen, our club relies on volunteers to fulfil their duties on various rosters so that everyone gets to participate in play and no one misses out and it also relies on our young set coordinators to come to work. I can tell you teenagers are not necessarily motivated to give up their time when there are so many other things they could be doing. They are also reliant on parents to deliver them to work on time and pick them up from work on time. Even when these girls are at work, its not as simple as entering names into the computer system and letting it spit out sets on its own. They have to read everyone's different handwriting, ticks and crosses - and interpret what it means. Some people tick everything they want to play, some people cross the sets they don't wish to play, some people come back and change their minds later in the day to play more or less sets. In between all that they answer the telephone for those who call in and cater for those who rock up last minute to be included in the next set. All that with a smile on their faces, print out the sets and ring the bell on time.

We have two continuously dedicated set fairies behind the scenes and they are Miu Wong and Ally Choong. Here is what they have to say about their experiences so far and a picture of their faces to go with it....

'I've really enjoyed working as a set coordinator so far and it's been a while now since I started. I have found it difficult to do everything perfectly and on time and I still do but I enjoy it as it is part of the experience. I've learnt to be more attentive and taken more initiative than before and am looking forward to learning more' - Miu Wong



'An average teenage girl typically spends her weekends going out with friends. However, I choose to spend my time at the club as Set Coordinator. Being Set Coordinator is something that I quite enjoy doing. I love having conversations with the members and getting to know everyone. The atmosphere at the club is always so positive and cheerful. Even on a rainy days people still show up wanting to play. Initially it was difficult to remember everyones names and organise the sets well and it was a little overwhelming. However, as time has passed, it became easier and now I've come to remember everyone's names as best I can. I will be honest, I do sometimes still forget some names but that's okay. I'm only human :) This job has helped me develop skills such as multitasking, communicating with members and answering the telephone which will be extremely helpful for my future jobs. Nedlands Tennis Club has been such a great place to work and is one that I hope to continue at for a long time' - Ally Choong



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When reflecting on the recent summer league season the following words by Charles Dickens came to mind: “It was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair”.

The beginning of the second round of the summer league was “the spring of hope” for most of the 11 ladies and 7 men’s teams as they were sitting in a position where they could still make the finals. But this inevitably morphed into “the winter of despair” as one by one team fortunes turned to dust. Although the Thursday night ladies division 2 team Smalberger and division 9 team Love and the Wednesday ladies division 3 team York made it to the Grand Final despair set in following failure to claim the shield. Only one team managed to avoid the “winter of despair”.

It certainly was the “season of light” for the triumphant Thursday night ladies division 8 side (Direshni Bennett, Titia van Kranenburg, Michelle Smith, Lana Grobler, Penny Wong and Erika McGreal) as they were the only senior league team to win a shield. It was a particularly good season for Michelle Smith who was the sole senior Nedlands league player to be awarded the TW MVP (most valuable player) in a league division. It was also a successful season for Anne Love who saw her rating increase 4 levels during the course of the season. Most of us experience the occasional rating decline or regular rating oscillations but find it nigh on impossible to achieve a significant rating improvement.



The ‘season of darkness’ is a better descriptor of most players’ seasons but particularly that of the Saturday ladies division 4 team Power who spent most of their time playing on hard and clay courts and consequently finished on the bottom of the ladder. Captain Jodi Power made the best of a bad situation by observing that at least the team avoided playing yet another finals match on hard courts.

Similarly stalwart veteran Richard Clarke was plunged into darkness towards the end of the season as he faced a barrage of younger, fitter, more talented opponents from his own club in league and the club tournament. However I’m sure that like the phoenix he’ll rise again to drive his opponents insane with his drop shot/lob regimen.

The last fixture of the second half of the summer league season, a fixture which had been postponed due to the COVID lockdown, included three highly anticipated derby rounds between NTC teams in the same divisions.

In hindsight the result of the fixture between the Wednesday ladies division 1 teams Morgan and Nowak could have been predicted in advance for despite the introduction of the determined and talented General (Trish) Heath to the Nowak team the rapid 3000 mile retreat of leader Barb by car to Melbourne prior to the match was surely an indication of the rout to come.

The Wednesday men's division 4 derby between team Lilburne and team Mofflin has become a regular affair over recent years with the result of this derby confirming that the old Moffs need to be put out to pasture or they must recruit some new blood.

In a win for youth the men's Wednesday night division 3 team Dodd was victorious over team Clark despite the craftiness and experience of Richard Clarke and Stjepan Maticevic.

This win catapulted team Dodd into the finals and the team is to be commended for their dedication, albeit a little late in the season, holding practice sessions on our synthetic grass courts in the week prior to the semi-finals in a bid to overcome the City Beach synthetic grass specialists. This dedicated last ditch effort could have been avoided had the team got their act together earlier in the season to ensure a home final on a hard court, a surface on which they had been victorious against the winning City Beach side.

The ladies held a fun summer league windup at the home of President Janet, ensuring a frenzy of cleaning on her part, and which culminated in some politically incorrect words by the Captain of the Thursday night division 2 team, Nathalie Smalberger, who instead of praising her charges for their efforts on and off the court sought to compare them all to ineffectual/ dictatorial world leaders.

Nathalie was under the delusion that her own leadership style was Jacinta Ardern-like whereas her family correctly observed that she was more like a bumbling Boris Johnson.



— you choose whose personality traits best suit our “Camilla team”

The Wednesday night men's teams chose to celebrate on every single Wednesday evening with the result that the contribution of the Wednesday night bar takings to the NTC financials is akin to that of iron ore royalties to the State budget.

Currently there are 5 ladies teams competing in the Tennis West winter league. Thanks to Pip Micalizzi for organising a large group of ladies to play in a Thursday night intraclub competition which judging by the socialising in the club house afterwards is going well.

This winter “Neil Croker's” men's Wednesday night intraclub competition has ended up with a record 8 teams with the draft team selection process being the subject of much interest and discussion.

JUNIOR LEAGUE

We have a massive nine teams this winter which is more than we can fit on our all weather courts. With a bit of juggling and use of our fantastic grass courts we are able to make it work which is great for our keen kids

We have two orange ball teams (8-10 year olds) who are sitting in first and second on the ladder so its great to see our newest budding players going so well

Our green ball teams we currently have a division one and division two teams, this is fantastic for the future of our club with league and tournament competitions. This is the stage of full court competitive play and you will see the boys in these teams often down at the club through the week practicing on their own accord which is always a pleasure to see

TEAM TENNIS & SINGLES LADDER

With winter sports back in full swing this year after most were unable to be run completely last year with the restrictions. We offer two variations of social / somewhat competitive play for those who either want more than just league tennis or those who are unable to play league due to conflicting winter sports.

If your orange or green ball level child is wanting to play proper tennis in either a singles or doubles (team) format, let us know and we can get them involved.

FUN CLUB

We are as always running fun club through the winter season, running from 4.30 - 5.30pm on Friday nights, great for all ages of primary school kids and a social opportunity for parents to chill out to kick off the weekend. A big thanks goes to our club volunteers who staff the bar each week to help our weary parents unwind! We also couldn't run it without the smooth captaincy of Linda Blatchford and her main first mate Phoebe. All of our coaches do a wonderful job with the kids and make Friday Fun Club the event of the week

CARDIO TENNIS

Our newest addition to our coaching team Jack has brought new energy into our Cardio sessions which are popular for adults looking to have a fun fitness session and smash a few balls around with friends. We are now offering three sessions a week and always welcoming of new players, regardless of standard. Drop in classes allow flexibility and we know you wont believe how much fun you can have and still get a work out.

TIP OF THE MONTH

Do you know the modern tennis strings have made the most significant changes to the sport in the last 20-25 years? Not saying its going to make you a great player but it will give you the best opportunity to play your best. The rough rule of thumb for restringing frequency would be how many times you play a week is how many times you restring your racquet a year. It's a little investment in making your tennis experience the best it can be. We have a modern electric stringing machine and can often get your racquet back to you in 24 hours if you need it (sometimes even quicker if urgent)

HAPPY HITTING

Warren & Staff, TENNIS HQ

Welcome New Members!

A warm welcome to all our new members. We hope you have an enjoyable year of tennis and look forward to seeing you on the courts.

Siobhan Drake-Brockman
Tianyu & Joseph Xu
Art Bailey
Roger Tan
Richmond Family
Eric Leo

FORTHCOMING EVENTS

NEDLANDS TENNIS CLUB



WA DAY Tennis & Champagne Brunch

MONDAY 7TH JUNE

Bacon & Egg Burgers
Croissants & Cheese, Fruit
Coffee

COST: \$20pp



SCHEDULE

10am - Tennis
11:30am - Brunch



RSVP: by Friday 4th June
nedlandstennis@bigpond.com

NEDLANDS TENNIS CLUB



Wimbledon Day

Tennis & Afternoon Tea

Strawberries & Cream
Cucumber Sandwiches
Bubbles & Pimms

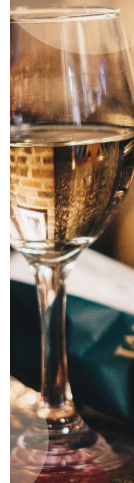
Saturday 10th July
Cost: \$10

*Wear your whites!
Please bring along a friend or family member.*

NEDLANDS TENNIS CLUB



Winter Warmer



Saturday 26th June at the Club
6:30pm onwards
Cost: Free

***Bring a casserole to share**

RSVP: by Friday 25th June
nedlandstennis@bigpond.com

PHYSIO ADVICE FOR TENNIS PLAYERS

Tennis is a favourite sport which can follow us through our life-time and see us playing well into our 50's, 60's and beyond. Whether you are a serious, competitive tennis player or a weekend warrior who enjoys the social side of tennis, you will know it can be a very strenuous sport. Staying agile on the tennis court during middle age can have its challenges, especially when fitness drops off and injuries creep in. One of the best ways to maintain a healthy, injury free body is to stay one step ahead and follow a routine of self-care, which can simply include self-massage, cross training and paying attention to niggles.

Here are some tips you can adopt right now;

Self-Care

Tennis injuries most commonly affect shoulders, elbows, lower back, knees and ankles. Using a foam roller or firm massage ball to maintain mobility in your upper and lower spine as well as releasing the muscles and fascia around your buttock, thigh and calf muscles will enhance your ability to move well and limit any joint or muscles restriction that plays a crucial role in injury. Spending 10-15 minutes twice a week to work on any areas which are prone to stiffness is the best starting point. Introducing a movement practice to your weekly routine, like Pilates, Yoga or Body Balance is an even better road to self-care.

Cross Training

Mixing up our activity can have significant benefits on our overall mental and physical health. Cross training is proven to improve our fitness, prevent injury, refine



our posture and coordination and assist in recovery. Whether you enjoy attending the gym, a fitness class or simply doing your own HIIT workout, your tennis will improve significantly simply by mixing it up.

Attention

Listening to our bodies does not come easily for athletes, particularly when competition is involved. With age comes wisdom and during our later years, paying attention to what our body is telling us is a remarkable tool to peak performance and endurance. Consistent training and recovery are two of the most important factors in maintaining fitness and often at times our bodies may require more recovery than training. Acknowledging this will assist you to stay strong and healthy and on the court for longer.

If you would like to learn more or book an appointment, please visit us online;
www.nedlandsphysio.com.au



Duty Roster and Social Calendar

	Duty Captain	Afternoon Tea Duty	Bar/RSA Duty	Event
5-Jun-21	Peter Schmitt	Jack Richardson	Deb Lord	WA Day Long Weekend
12-Jun-21	Alan Boynton	Jenny McGillvray	Alan Bruce	
19-Jun-21	John Detwiler	Monika Peterson	Rachel Palmer	
26-Jun-21	Peter French	Gordon Royle	Mandy Thomas	Winter Warmer
3-Jul-21	Rob Storer	Tom Walsh	Lucia Agnello	T2 School Holidays
10-Jul-21	Gordon Royle	Rachel Palmer	Trish Heath	T2 School Holidays - Wimbledon Day*
17-Jul-21	Carolyn Choong	Peter Morgan	Helen Morgan	T2 School Holidays
24-Jul-21	Penny Oldfield	Flick York	Steve Hollier	
31-Jul-21	Peter Schmitt	Gillian Webb	Barb Nowak	
7-Aug-21	Alan Boynton	Karen Jackson	Frank Sweeney	
14-Aug-21	John Detwiler	Julie Lilburne	Pip Micalizzi	
21-Aug-21	Peter French	Sian Evans	Janet Ferreira	
28-Aug-21	Rob Storer	Suresh Sakar	Carolyn Choong	
4-Sep-21	Gordon Royle	Nigel Shaw	Mel English	Dinner Off The Green
11-Sep-21	Carolyn Choong	Rob Storer	Noel Hart	
18-Sep-21	Penny Oldfield	Neil Croker	Ken Houston	
25-Sep-21	Peter Schmitt	Leslee Mourdant	Nathalie Smalberger	Queen's Birthday Long Weekend
2-Oct-21	Alan Boynton	Annie Bull	Yasuko Nagai	T3 School Holidays
9-Oct-21	John Detwiler	Ross McCallum	Rosie McCallum	T3 School Holidays - Busy Bee
16-Oct-21	Peter French	Committee Members	Committee Members	Opening Day - Bring A Plate

Any problems, please swap with another member and advise Carolyn Choong on 0412 818 845 or email

THE BAR SIMPSON ESTATE WINES (Sponsor in kind)

The club is fortunate to have been able to provide Simpson Estate Chardonnay and Cabernet this season. Simpson Estate is a small boutique Margaret River winery whose wine can only be obtained from the vineyard or at some restaurants and clubs including Lake Karrinyup Country Club.

In this year's international Wine Challenge results *, recently announced in London, both the Chardonnay and Cabernet were placed in the silver division and were rated higher than some more expensive wines from Penfolds.

If you would like to try these great value wines get together with a few friends and buy a bottle for \$40 (sold by the bottle the club makes a profit however if sold by the glass and the whole bottle is not consumed the club would make a loss).

*Simpson Estate Chardonnay 2018 (\$45 retail) 93pts/Penfolds Yattarna Chardonnay 2018 (\$159.99 retail) 91pts.
Simpson Estate Cabernet 2017 (\$40 retail) 93pts/Penfolds Bin 398 (often referred to as Baby Grange) 2018 (\$98.99 retail) 90pts.



Synthetic Court Update and Redevelopment Plan

This time last year, we went out to members seeking tax deductible donations towards the redevelopment of our synthetic courts, namely courts 10 & 11. This year we are doing the same.

Since last year, we have made some progress, but still have much more to do. We have had the courts temporarily repaired, making them at least playable. This has given us some breathing space while we sorted out the best way forward and while we applied for various sports grants. Given the age and condition of the courts, the repairs were done simply to make them safe, and suitable for social play and possibly junior league. They were not repaired to a standard suitable for senior league play (as anyone who has played on them will agree!).

Whilst we thought the courts would only get occasional use, we are finding that, given the extraordinary level of interest by members in night tennis, the courts are in both high demand and high use. There is also a real possibility that come the next league season, we will have to restrict the number of members who can play league because courts 10 & 11 are not of an appropriate standard.

We have been actively seeking grants and are currently awaiting the outcome of a Community Sports Recreation Facilities Fund grant whereby the City of Nedlands contributes 1/3, Department of Sport & Recreation 1/3 and the club 1/3. Last year we raised from a few generous members just under \$20,000, so we are on the way but are looking to raise closer to \$50 000. Following member feedback and further investigations into costs, it has been decided that the best way forward is to replace the synthetics with a similar surface, although of a higher standard. This had been largely driven by the lower cost (especially drainage cost), the preference some members have for synthetics and the fact the courts can be played on when wet (especially good in winter). If however we are unsuccessful in obtaining a grant, we would then have to consider converting these courts from synthetic to hard which is favoured by the department of Sport & Recreation or raise sufficient funds through donations to fund this Redevelopment ourselves (initial estimates are that the replacement of the courts will cost \$75 000). As we now have grass courts open all year round this would hopefully alleviate concerns of members who don't choose to play on hard courts.

Donating through the Australian Sports Foundation <https://asf.org.au/projects/nedlands-tennis-club/> allows donors to make **tax deductible contributions** to this court redevelopment project. As we are fast approaching 30th June, it is an opportune time to make a donation.

NTC Committee



Nedlands Tennis Club Inc
Notice of Annual General Meeting
August 2021
7pm Refreshments & Nibbles
Meeting commences at 7.30pm
NTC Club Room

For committee nominations, please complete and return the form below.

**NOMINATION FORM FOR ELECTION
TO NTC COMMITTEE
2021 - 2022 SEASON**

Name:

Address:

Position:

Nominee's signature:

Proposer's signature:

Please note that the person nominating for election or re-election to the NTC Committee in addition to the Proposer MUST be a current Financial Member of the Nedlands Tennis Club.

*Positions: President, Vice President, Treasurer, Club Captain,
Secretary or General Committee*

All forms to be submitted not less than 7 days before the AGM to

nedlandstennis@bigpond.com or by hand to the Clubhouse.

Ladies Pennant Windup – 2020/21 and various club highlights



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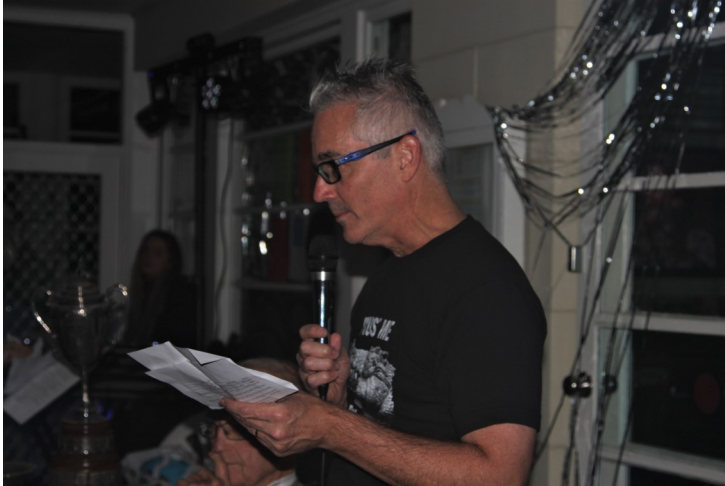
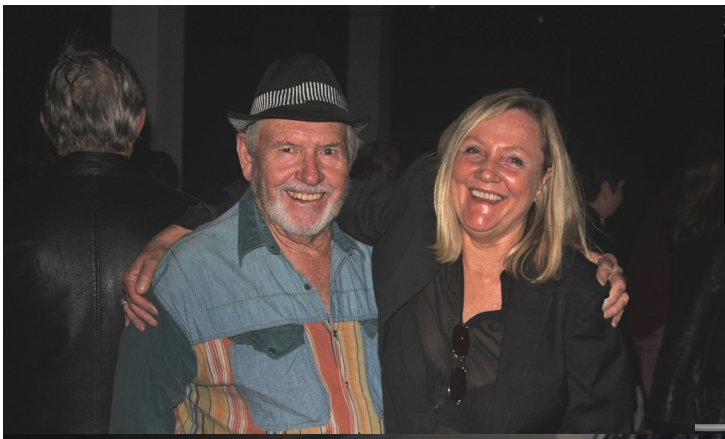


Our beautiful flowering gums



Morning Tea after Wednesday Social Ladies tennis

Nedlands Tennis Club — Presentation Dinner 2021



NTC AWARDS NIGHT 2021 – ROCK STARS GALORE

