

March 2014

The Player

Wembley Downs Tennis Club Inc.

From the President

The President v Patrons Day saw neither the President (with dodgy wrist) nor our Patron **Graham Blackburn** playing, so we were happy just to collect the scores and let everybody else do all the work. Luckily our other Patron, **Alan Starke**, was in fine form for the day.

The two teams locked horns for a win. The final scores were close, but not close enough, with the President's team taking final glory. I think that was the first time in a long time that we were victorious. We all had a great meal afterwards. My thanks go to the organising committee, **Alan, Phil, Rae and Janet**, and the chefs of the day headed by **Marnie** and company: you all did a wonderful job! Thank you to all who donated prizes (someone must have taken mine!) and of course to both Patrons, Alan and Graham, who are always generous and very supportive of the Club: thank you!

A big thanks also to **John Venn**, who continues to cook most Saturday nights for hungry members and to **John Hemsley** who also puts in a huge effort helping out on a Saturday night. Much appreciated.



Coming up on Saturday 24 May we have our **2014 Annual Dinner and Presentation Night**. This year the theme is **The Oscars**. As usual it will be a great night, so make sure you pencil it in your diaries.

A big thanks to our Day Captains who every Saturday and Sunday organise sets for the rest of us. It's not easy to keep everybody happy and keep a smile on your face, and it is mainly a thankless job, so today I thank you! We do appreciate the job each and every one of you do, as without you, there would be chaos on the courts!

See you at the Club soon.

Cheers
Nola



Coming up

MARCH

Thu 20 Midweek Ladies World Happiness Day
Wed 26 Ladies' League Final & Dinner
Sat 29 Junior Club Championships
Sun 30 Junior Club Championships

APRIL

Sat 05 Club Championships – Open
Sun 06 Club Championships – Open
Sat 12 Club Championships – Open
Sun 13 Club Championships – Open
and wind-up
Thu 17 Midweek Ladies Easter Raffle
Sat 26 Veterans Club Championships
Sun 27 Veterans Club Championships

MAY

Sun 05 City of Stirling Tournament
(by invitation)
Sun 18 Social visit to City Beach TC
Sat 24 Annual Dinner & Presentations
Thu 29 Midweek Ladies Closing Day lunch

Club Championships & Winter Pennants

Open Club Championships – Singles, Doubles & Mixed

The open events for the club championships will be held over the weekends of 5/6 and 12/13 of April. There will be a meal on Sunday 13th as a celebratory conclusion of the event. The trophies will be awarded at the Annual Dinner Presentation Night on May 24th. As previously advised, entry forms are available on the website for online nominations, which is the preferred method. Hard copies are available in the Captain's room or contact Rae or Mike and closing date is Friday 21 March.

Veterans Club Championships – Doubles & Mixed

Both of these events will be one day events, which means they will be completed on the nominated day. The doubles will be held on **Saturday 26 April** and the mixed event on **Sunday 27 April**. Online entries will not be available for this competition. Entry forms will be available in April from the Captain's room.

Winter League

If you wish to play Tennis West Winter league, please contact Mike Underwood for weekend play, or Rae Savage for midweek play, by **Monday 24 March**. The Winter competition is a hard court competition.

Global Tennis is also proposing an **Internal Winter League Competition**, details of which are shown in the Coaching Corner section of this newsletter.

Junior Pennant Finals

It would be fantastic if members would come down to the Club this **Sunday, 23 March** to support our Juniors playing in their pennant finals. The teams have done really well, with 7 of the 13 teams in the finals. Play commences from 8.30am.

Senior Pennant Finals

Three of our Midweek ladies' teams are through to the finals, to be played this Wednesday, and a ladies' semi-final will also be played this Sunday. Once again, support crews are welcome! – **Rae Savage, Captain**

Social Notes



Thank you to all who attended the Spit Roast Night. The event, run by the Social Committee, was very well supported, which created an amazing atmosphere. The build-up to the evening started in the early afternoon, when **Dennis Gillespie's** lamb was sent spinning over what could only be described as an ingenious homemade spit, designed and operated by **Chris George**. Dennis very kindly donated the lamb, as well as providing a second one to make sure there was enough meat to feed the hungry crowd, which numbered over a hundred. The Social Committee worked tirelessly as usual and a great meal was the result. The night didn't end there, as the band, *In Vino Veritas*, revved up the atmosphere with fantastic dance music. The band was made up

of **Stuart Bailey, Stuart Campbell, Mike Hallett, Jennie Leahy, Clive Rogers, Mark Rowntree and Hayley Rowntree**, most of whom are members of the Club. We have many very generous and talented members, as well as some very innovative dancers! All in all, a night to remember! – **Helen Donovan**



Chris & Dennis with the leftovers

Big thanks from all of us to **Helen Donovan** and the Social Committee team for providing another enjoyable and well-attended night, as evidenced by the smiles on the faces! Special thanks also to **Bruce & Ann McKenzie** who gave up their night to man the bar. Ann was also spotted serving in the kitchen, then organising sets the next day!

Sincere thanks also to **Terry, Bruce and Keith** for fixing the older green/cream tables that collapsed at the spit roast night. Here is a great example of the many instances where members go ahead and fix things around the Club of their own volition. We have so many wonderful contributors to the Club.



Club security

- Please ensure all gates and doors are locked if you are the last person leaving the premises. We have experienced a number of occasions where the facilities have been left unlocked.
- Recently a Club member had some items stolen from her car in the car park, so please make sure you lock your vehicle at all times.
- We have also had several instances of courts being used by members of the public who have not hired a court and who subsequently have been asked to leave if they did not wish to avail themselves of the hire facilities.



Midweek Players

In February we held our **Lucky Envelope Tournament**. Congratulations to the winner, **Mary Gribbon** and to **Anne E, Di** and **Barbara J**, who shared second place. Thanks also to Barbara for organising the morning's play.



On March 20 we are celebrating **World Happiness Day**. Please wear your favourite bright colours and bring along something that makes you happy! We will be sharing morning tea after play.

LOST ☹️ Some time ago Wendy Greenway misplaced her AA Illustrated Guide Book of the British Isles. The book is bound in green leather, with her name embossed in gold lettering. Possibly lent to someone, but if located, please contact Wendy on 9245 7371.

Members' news

A big welcome to the following new members. We look forward to seeing you on court and around the Club!

Full: **Juliet Mollica, Simon Mollica**
Midweek: **Pippen Parissis**
Junior: **Rex Thompson, Chloe Madison Williams, Laurence Wilson, Tatum Wolmarans, Crystal Mildwater, Jessie Voitkevich, Blair Sewell**



Blackburn trio with unnamed crustacean – Pres v Patrons Day



Andrew & Alyson tie the knot

Coaching Corner

GLOBAL
TENNIS

Internal Winter Tennis League

Global Tennis is proposing an internal tennis league to be run throughout May and June at WDTC, which would consist of:

- Play Wednesdays 9.00am-12.00 pm, with players playing 4 sets of doubles.
- Teams of 2 players.
- All fixtures, grading and teams to be prepared by Global Tennis
- League to be administered using Competition Planner (same software as Tennis West)
- Floating reserve players.
- There will be small fee – to be advised, as it will depend on the number of teams.
- Balls will be provided.
- It will begin **Wednesday 7 May and run for 8 weeks until 25 June.**

NEW!

The competition is open to any players, male and female of any standard, as we can have different divisions and teams can be mixed. If you are interested, please email Joe at joe@globaltennis.com.au **Registrations close Monday 14 April.**

Friday morning Doubles drills sessions

Now the summer season is nearly over, it's important you don't hide away your racquet for the next 6 months. Global will be introducing Friday morning Doubles drill sessions.

- Sessions will run 9.00-10.30 am each Friday **beginning Friday 2 May.**
- The focus will be on doubles tactics with different stations and drills on each court.
- We will run the sessions on the synthetic grass courts.
- This is great way to stay in the game over winter, ready for summer league or to practise your skills for our internal winter competition!
- Any playing standard is welcome, male or female! It is a great way to get started in the game.
- **Cost is \$20 per session, PAYG.** There is no need to book - just turn up when you can!

NEW!

Please email joe@globaltennis.com.au to register interest in these sessions, as numbers will be limited.

Meet Joe McCarthy

- Married for 4 years to Anna McCarthy.
- 11 month old son Jackson Joe McCarthy, with another one due in August.
- WA's only Master Club Professional level coach.
- 12 years' coaching experience in Australia, US and Europe.
- Former WA State teams coach and current WA Super 10s State coach.
- Coach of 20 players ranked inside the top 10 in their birth year in WA.
- Tennis Australia learning facilitator (coaching the new coaches!)
- Favourite player - Pat Rafter.
- Favourite football team - Collingwood (!)
- Favourite food - Hamburgers.
- 10 years of University - Bachelor of Sports Science, Post Graduate in Sports Management and Masters in Business Administration
- Favourite Tennis Quote - **"It's one-on-one out there, man. There ain't no hiding. I can't pass the ball."** - *Pete Sampras*



Joe McCarthy

JOE'S COACHING TIP – Develop a Ritual

Developing a ritual prior to and during a tennis match is a crucial tennis playing tip. A ritual can be anything that serves to relax a person and take their mind off the tennis match. A ritual should be performed on a consistent basis so the mind and body begin to associate the ritual with a positive and calming aspect.



Rituals can be anything from verbal cues, mental visualisations, thoughts or actions that pertain to the tennis match and will make the person increase their focus and concentration. Tennis is a game that requires a great deal of mental and physical concentration; any break in concentration can cause the person to lose games, sets and then matches.

Defibrillator



Management has discussed the possibility of purchasing a defibrillator for the Club, but unfortunately the cost is around \$3,000, including a secure wall casing. If any member/s feels they may wish to contribute towards the cost of purchasing one, it would be greatly appreciated. The alternative would be to try to find external funding.

Please see Kay or email wdtcsecretary@gmail.com

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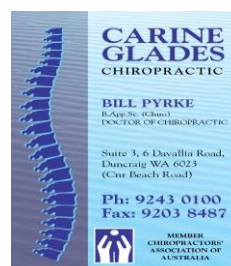
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"A Cut Above the Rest"





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