

October 2015

The Player

Wembley Downs Tennis Club Inc.

From the President – *John Pritchard*

It Is Great To Be Back!

After three continents, seven countries and about 22 towns and cities it is great to be home. Yes we both had a wonderful holiday, visiting new and old places and catching up with family, friends and meeting the locals wherever we went. Necessity is the Mother of Invention and we quickly learnt about the trains, buses, ferries and metros in each country not to forget Shank's pony which we used a lot!!!!

There were many highlights but we will save those for a one on one over a few drinks in the weeks to come.

The Club

What I have been reminded of since my return is no one is indispensable. Peter D did an excellent job in my absence, thank you Peter. We are fortunate to have a strong and capable Management Committee who all work together and are all committed to the club. In addition we have many members on the sub- committees all working for YOU. To everyone on Management and the numerous sub-committees thank you for your support over the past 12 months and for your support in the coming year. I do appreciate the time and effort everyone puts in to making our club "*simply the best*".

On the Sick List!

Rita Carr injured herself on her trip and is limping around. Get well soon. A few glasses of red will help.

Darren Tandy (son of Barry) currently undergoing chemo. Our thoughts and prayers are with you, Darren. Get well soon.

Heather Adorno who is also undergoing chemo, we miss you around the Club. Hope to see you soon. Peter, come on down to the courts for a game. We need some competition.



Captain's Room – *Mike Underwood*

Just a short edition this month leading up to the start of our summer season. Always a fantastic time of the year to play with a little less wind and not being too hot. Have provided a quick summary of key events/information coming up to note or put down in your diary:

- The grass is looking good on courts 9-16 with the hotter weather coming just at the right time.
- Handicap Tournaments (forms available at the club). All events will start and finish on each afternoon. Mixed 10 October, Singles 11 October and Doubles 18 October. For the mixed and doubles there is no need to find a partner as one will be provided (tennis wise). We will have food available after the tennis and I think the bar will be open!
- Open day is on Saturday the 17 October. The theme for the day and our Social Committee's function and dinner afterwards is football (real football, ie AFL) so make sure you wear your club shirt/jumper. Dockers and Eagles supporters have permission to tube (below head) any member brave or silly enough to wear a Hawthorn jumper with prizes awarded for a hit. We will have some novelty footy events and prizes that afternoon as well.
- League starts the weekend after open day and this year we will have 3 night teams and 8 Saturday teams (4 grasscourt and 4 hardcourt same as last year) and 3 Vets teams on Sunday. Some of our Saturday squads are a little larger this season to cater for night teams, tournaments, year 12, injuries and old age so when you are not rostered to play we want to see you playing social tennis. I would like all league players to make it their mission to recruit at least one player from another club this season with an emphasis on Vets and Midweek league ladies.
- We are always looking to provide a fun and vibrant atmosphere for our main social sessions on Sat and Sun afternoon so any ideas or suggestions are welcomed.
- We could do with one extra Day Captain on the roster so if you are interested in giving a bit back to your club please contact me. Training will be provided and you don't have to attend meetings if that is your preference. I suggest a regular social player would be appropriate to support this area of the club. And keep in mind most tennis clubs have all members rostered on to organise sets.
- With our rapidly expanding spare parts brigade I want to include a section in future Player articles that provides fitness/training tips. So if anyone has ideas or suggestions that have worked well please contact me. And of course please consult with your doctor/physio before trying any of them. I have provided one below to launch it.
- Always on the lookout for items concerning our members current tournament/sporting results and past sporting deeds for the history vault (doesn't have to be tennis) so please contact me if you have any ideas/information.

Training Fitness Tip of the Month

As we prepare for the start of a new summer season there can be a tendency for league or social tennis players to suddenly increase the amount of tennis played dramatically. And there are two aspects to this aerobic fitness and getting muscles/joints used to the repetition of tennis shots and pounding on the court. The key is to develop strategies to assist you to prepare proactively as opposed to getting the injury and start from -40.

So the tips for this month is try to undertake some regular lower impact exercises in addition to your tennis (riding, swimming or paddling etc) to get the heart rate elevated within a safe range for your age. The second tip is regularly do some light exercises to strengthen/stretch your wrist, arm, shoulder and legs.

And if you would like a proactive assessment from a physio remember Jordan Powell (a Club Sponsor and Member) of WPMP Physio will look after all members with a very good deal.

Handicap Tournament

Following last year's successful tournament we have brought this year's forward so that more club members can participate.

The Round-robin format means all participants will enjoy at least three or four matches.

Partners for the Mixed and Doubles competitions will be drawn on a random basis from the list of all participants.

No Entry Fee and prizes for Winners and Runners-up

Schedule for your Diary:

Mixed Tournament on Saturday October 10th.

Singles on Sunday 11th October.

Doubles Tournaments on Sunday October 18th.

Entry Forms are available at the Club.

Regards,

Alan



WDTC Annual Golf Classic

WDTC's Annual Golf Classic will be held at Wembley Golf Course on Tuesday 20 October, followed by dinner at the club at 6:30pm. The format will be the same as last year with mixed teams of 4 playing ambrose. It is always a fun day with all levels of abilities.

Entry forms are available at the club. Entries close on 11 October so get them in quickly.

Please see the flyer at the end of the news letter.

Please direct enquiries to Peter Doherty 0411 529 227 or ptd59@outlook.com.au



House and Grounds – Terry Tinsley

I would like to thank the 33 members who attended the busy bee! **MANY MANY** thanks!!

The Club is looking fantastic and your help is truly appreciated by all members! Its very hard to thank individuals for the great effort done by all but I must thank Bruce for taking over and looking after the paving and Laurel for the plants. Thanks once again. Also a special thanks to Stephanie Proud, Our Councillor. She is a great help to us and turned up at the Busy Bee ready to help in any way she could. Excellent.

Well Done!
Cheers Terry



State League Report – Peter Doherty

The Club is excited to announce that we have a major sponsor for our State League Mens' team this year. Properties & Pathways has agreed to sponsor the WDTC Mens' State League team and the Division 1 Ladies team.

Properties & Pathways' Managing Director is Alan Doggett and his partner and fellow director is Cal Doggett.

The business' motto is "Opportunities are never lost, Someone will take the ones you miss."

Please join Alan and Cal in supporting our top teams from 1:0pm Saturday 24th October. Superb tennis competition viewing will be available every Saturday afternoon at WDTC.

STATE LEAGUE IS BACK! AT W.D.T.C!



Members – David Drake

A big, warm, welcome to new members!

Full: Matt Connell;

Intermediate: Jake Robinson; Sam Ashenden

Junior: Shunsuke Kogo; Gayle Leong; Jemima Paterson; Lincoln Paterson; Edouard Yvon; Evan Cheng; Bentley Gordon; Nicholas Mitchell; Emily Tobin;

Social: Beverly Hunt; Marika Van Renselaar;

Many Happy Returns!

Happy birthdays to and including belated ones! Jon Bowden, John Venn, Jan Hibbard, Rae Savage and anyone else celebrating birthdays!



Social Committee News – David Simpson

OPENING DAY, 17TH OCTOBER - The Theme is “**FOOTY FEVER**”. Come dressed in your favourite colours for the tennis: Afternoon Tea Opening and the Dinner to follow at 6.30pm. A great selection of FOOTY FOOD and music to suit everyone.

Please put your names on the list on the notice board and either pay Online, \$15.00 per head or pay Cash to David Simpson. We are catering for aprox 70 people, so be early

Mid-Week Ladies – Wendy Hawkes

SAVE THE DATE: The Midweek Ladies Opening Day Lunch will be held on **Thursday 15th October**.

So, it's time to dust-off racquets (especially those Ladies who've been travelling the world or hibernating during the winter months), perhaps even re-grip them! Maybe I'll even get around to buying a new pair of tennis shoes - well and truly due after four years!

As usual, please bring either a savoury or sweet dish to share at the Opening Day Lunch.

Joe McCarthy

Director of Global Tennis.

(Mob) 0439497032

(Email) joe@globaltennis.com.au

www.globaltennis.com.au



Juniors – Louise Hall

SUNDAY OCT 18th at 10am.

ALL PENNANTS PLAYERS WELCOME TO COME AND MEET THEIR TEAM AND HAVE A HIT.

Uniforms will be available for sale.

Manager packs and balls can be collected.

Members Out and About

Tina and Brett Lord are popping up all over Europe and the Mediterranean having a fantastic trip!!

And Brett's a very happy boy because his team won! Again!!



Upcoming Events – please mark them on your Calendar!

SATURDAY 10th OCTOBER – HANDICAP MIXED DOUBLES TOURNAMENT

SUNDAY 11th OCTOBER – HANDICAP SINGLES TOURNAMENT

THURSDAY 15th OCTOBER – MIDWEEK LADIES OPENING DAY LUNCH

SATURDAY 17th OCTOBER – OPENING DAY – FOOTY FEVER!

SUNDAY 18th OCTOBER – HANDICAP DOUBLES TOURNAMENT

TUESDAY 20th OCTOBER – WEMBLEY DOWNS GOLF TOURNAMENT

WDTC Uniforms

All pennant players are expected to wear the shirts/tops with plain navy blue shorts/skirts or skorts.

Defibrillator



Please remember to check out the following link, which gives a short, 3-step demonstration on how to use the club's defibrillator (press Ctrl + click to follow link).

<http://www.healthcare.philips.com/main/products/resuscitation/products/onsite/demo.wpd>

'Like' Wembley Downs Tennis Club and you'll see all the latest notifications, offers, photos and news! Your participation will encourage others and give our club exposure to possible new members. Thanks to those who have already checked in!



SIMPLY THE BEST!

Quote of the month

Alone we can do so little; together we can do so much. Helen Keller

The Funny Side

As Ed I've just about exhausted all the clean tennis jokes! So would like to share with you, with his permission, some of the fantastic caricatures of our ex coach Tristan Venables! Tristan, Jess, Jonah and Milla are living in Charlottesville, Virginia, working hard and enjoying life over there! Well done Tristan!



Club Sponsors

WA Profiling
Jaydee Airconditioning
Wright Real Estate
Axis Travel
Robert Martin
Tom & Janet Paterson

Wellington Surplus Stores
Bateman Architects
Diana Rice Interiors
The Downs Chemist
Vince Panajia

Signzone
Bada Bing Cafe
Tennis Only
Met Recruitment
David & Meg Simpson



Perth's Biggest Range & Longest Established Store

WELLINGTON SURPLUS STORES

- Camping Equipment
- Hydration Equipment
- Adventure Clothing
- Stoves
- Thermals
- Sleeping Bags
- Tents/Swags
- Hiking Boots
- Travel Packs





FOOTY FEVER



WDTC

OPENING DAY



17TH OCTOBER 2015

“Dress in your favourite Footy Team Colours”

Bring a plate for afternoon tea



2 Course meal

(Plus Special Music)

6.30pm

\$15.00 per person



WEMBLEY DOWNS TENNIS CLUB

ANNUAL GOLF CLASSIC



WHAT: 18 holes Ambrose (teams of 4)

WHEN: Tuesday 20th October 2015, 11.40 am onwards

WHERE: Wembley Golf Complex

DRINKS, NIBBLES, & PRIZE PRESENTATION AFTERWARDS AT WDTC

DINNER: 6.30 PM AT WDTC

Open only to current WDTC members and retired past members.

COSTS: GOLF \$40.00 INCLUDES COURSE FEES AND PRIZES.

\$6.00 REDUCTION FOR PENSIONERS / SENIOR CARD HOLDERS

CARTS TO BE PERSONALLY ORGANISED BEFOREHAND AT \$32.50?

(LIMITED TO 40 STARTERS) [ON A "FIRST IN" BASIS]

Plus + \$16 for DINNER per person (limit 60)

TOTAL COST (per person) **\$56** (Senior - \$50)

Entries Close: 11th October 2015 at 6.00 pm

(On a "first in" basis – must submit an entry form with \$ or e-receipt)

**FORMS & QUERIES: Peter Doherty : 0411 529 227 or
ptd59@outlook.com.au**