

December 2015

The Player

Wembley Downs Tennis Club Inc.

From the President – John Pritchard

A Big “Thank You”

As President one works, plays and socialises with a large number of members throughout the year. I wish to thank you all for the part you play in our Club. In your own way you have made a difference; be it as a chairperson, committee member, sponsor, life member, trustee, patron, player and or social member. Your support has been fantastic. Thank you.

Christmas Wishes



December is always a great month of the year for me. We all tend to wind down from our busy year and make arrangements for family and friends to gather together. It is a wonderful time to catch up with those near and dear to us and to celebrate the birth of Christ.

May I take this opportunity to wish you and your families a joyous Christmas and a Happy New Year. May your celebrations be full of wonder and light, happiness, love and everything bright and may Our Lord rain down his blessings on you in 2016.

The Club held its Christmas Party for children and members on the 12th. What a fun afternoon and evening. My thanks go to Father Christmas (Ron Gepp), Santa’s helper Janet Paterson John Venn, David Simpson and their respective teams for a great day.

New Year Raffle

Tickets for our end of year raffle go on sale on Saturday 19 December. Be in it to win two tickets to the Hopman Cup and or numerous other prizes. Tickets may be bought from me or on line. Just transfer \$20, \$10, or \$5 to our bank account, BSB 306-050, Account 5528258, quoting “Raffle” and “your surname”. Tickets will be held by our Treasurer and numbers advised to you by email.

On the Sick List!

We continue to think of Heather Adorno and Darren Tandy who are having a difficult time at the moment. You are in our thoughts constantly.



The Properties & Pathways WDTC Mens' State League team remains undefeated after 6 rounds of matches which should guarantee that WDTC has a spot in State League next year. The team has performed well both on and off the court so far this year.

The team's next home match, Saturday 19th December, will be against Cottesloe who are currently 3rd on the ladder with a very strong team.

Three of the Cottesloe team members recently represented Western Australia in the Western Widlings team in the Asia-Pacific Tennis League. Brenton Bacon from our Club has also been a member of the team. The Widlings team travels to Melbourne for the quarter finals of the competition on the 5th/6th December with the finals being held during the Australian Open.

On Sunday 29th November there was a State League Challenge event held for adventurous Club members to try and return a server from a State League player. Our President broke the strings on his racquet trying to return the first serve he received.

Thanks to all those who have come along to watch the State League matches so far this season.

Also thanks to all our sponsors who have made it possible to field a team in State League.

Peter Doherty

Chair State League Committee

SIMPLY THE BEST!

Captain's Room – Mike Underwood

Best Wishes for The Festive Season

Before I get into tennis matters on behalf of the Tournament & League Committee I would like to wish all social players, league players, team captains & managers, committee members and Global coaches a fantastic and safe festive season and to thank you all for your efforts this year.

Poker Night

We are looking to hold a poker tournament in Feb which will be open to any member/league player and their friends to enter (must be 18 or over). It will assist with our planning to get an expression of interest on who is interested, the numbers participating and preferred night of the week so please check with your team, circle and or friends and email michael.underwood@metrecruitment.com.au

Singles Challenge Board

Jaydee is a longstanding member and sponsor of WDTC. He recently suggested a singles challenge board would be fantastic and we agree. He will be supporting with annual prizes to be awarded at the Club Annual Dinner. There will be a challenge board for males and females and it is open to any member of the club. I encourage all league players junior or senior to register their interest and will make sure rules and guidelines for the competition are fair to everyone. Please email michael.underwood@metrecruitment.com.au to register your interest.

Social Tennis

Social tennis players may have noticed the new Slazenger Wimbledon ball being used recently. This ball is an all court ball and is designed for long life. We have been trialling for a couple of months with social and league tennis and have been really impressed with the results. We have compared their performance to the Slazenger green grass court ball and black hard court ball (soon to be obsolete) along with the Wilson balls and these balls have been shot after one session. So from this point on Slazenger Wimbledon balls are the ball of choice and we should be able to get two week's play out of them (please return any balls to the Day Captains that need replacing).

House and Grounds have arranged to verti-mow courts 5-8 before or after Xmas. We have been rotating social and league play on all grass courts to even the wear and this is critical to keeping courts 9-16 in as good as shape as possible. And we have made sure social and league players get to play on the best courts on and off so I would like to remind everyone to play on your assigned courts.

A big welcome and thank you to Richard and Marion McGuire who have offered to assist with some Day Captain training over the next few months.

State Serve Fun Event by Chris George

4 of our State squad, namely Charles, Jake, Dean and Sam kindly came down to give 14 of our members a taste of what it is like to receive a top quality serve. There was a vicious rumour circulating in the clubhouse during the refreshment break that our State players did not serve with the same alacrity as we observe on Saturdays, and worse were accused of feeding balls back to us lesser mortals during the rallies.

Whilst a few of us did not manage to return a serve or indeed get racquet to ball, there were a few who achieved greatness. Alan McLaughlin showed us all how it is done by returning 3 out of 4 serves. Frank Holmes had plans of his own and bunted 2 out of 4 serves back. He also managed to win 2 rallies in an extraordinary display of cunning and agility thus taking out the overall prize. If you are interested Frank will give you a stroke by stroke recount of the events. Andrew Blackburn whilst failing to return a serve, turned the tables when it came to his own serve as he managed to put 3 scorches past our State players.

Two of our ladies took on the challenge. The angel Lorraine put up a plucky fight, but alas was observed to lose a few feathers from her beautiful pink wings in the process of returning 1 serve and winning a rally off her own serve. The other lady, a ballet dancer going by the stage name of Fi showed great poise in returning 1 serve. Of special note was the performance of Andrew Floan, our only junior to face the music. He managed to get 1 back and win a glorious rally off his own serve.

After handing out the prize money, we had \$55.00 to put into the State coffers, but in their infinite wisdom, our State Squad chose to put it on the bar. Well done and thank you to all who participated.

League Corner

What a challenging season it has been so far. We have two thirds of our team well entrenched in the top 4 and I can see progress with some of the new teams coming together and building on their performances. This is very important as it builds our player depth for the future. And at this crazy time of the year our League Committee, Team Captain/Managers and players are working hard to ensure we don't have to forfeit any matches (we are on the receiving end of a few).

One pleasing aspect has been the improvement in cooperation between our midweek and weekend league teams and in view of this we will now transition from a Midweek League Supervisor and Weekend League Supervisor to a Ladies League Supervisor (Susanna Monaco) and Mens League Supervisor (Mike Underwood) to continue this integration in the new year.

We have many of our top players playing tournaments this time of year in WA and over east and we wish them all the best of luck. Our members are really interested in your progress so can you make sure you email me a report on how you went, what you did during your visit and pictures. This includes the VETS members who are competing interstate and overseas.

Etiquette Tip for League Players

I thought I would take the opportunity to remind all league players that when they play league for

WDTA they represent the whole club along with past and present members/league players. Our club has a long history of competing hard but fair. Please ensure you adopt the golden rule of trying to resolve any issues on court (ideally without any intervention), shake hands afterwards and learn from the experience with a view to avoiding a repeat in the future. And finally leave your grumpy side at home and don't carry a grudge. It doesn't help your tennis!

Training Fitness/Tennis Tip of The Month

As always consult your doctor/physio before trying any of these tips

We have seen a few members developing the dreaded 'tennis elbow' recently. Tennis elbow is a very difficult injury as often it is the symptoms that are treated not the cause. And when tennis players rest for long periods and then find the injury reappears it is very frustrating. In my experience I have tennis elbow 3 times and some of my remedial actions targeting the cause are provided below. I will leave the treatment of the symptoms to the doctor and physios.

- Gripping racquet too tight-Tried thickening the grip and switching to a more balanced racquet with a lighter head..
- Excessive vibration-Changed to a racquet that had excellent dampening qualities (in my case Volkl). Also changed my strings and reduced tension for a while.
- Overuse-If you are prone to tennis elbow be wary of playing tournaments and in particular round robins with a lot of matches in a short period. Try to ramp your amount of play up gradually.

Juniors – Louise Hall

Many thanks to all the members who attended our quiz night or bought raffle tickets. It was a great night and we managed to raise \$1150.00.

The winner of the Tennis Only voucher was Zac Hosgood. Well done Zac!

Members – Mark Sims

A big, warm, welcome to the following new members –

Juniors- Felix Forsyth, Dean Skinner, Mahir Zakharia, Rohan Zakharia, Lewis Lamont

Intermediate- Michael Carter

Parent Associate - Adam Forsyth

Many Happy Returns!

Congratulations to Laraine Penberthy, John Dehring, David Drake, Jeremy Bowden, Rita Carr, John Carmignani, Heather Adorno and all those lucky members turning a year older.



These lovely ladies share 350 years between them!! Well done girls – looking great!



Social Committee News – David Simpson

On Saturday afternoon , 12th December, at 4.30pm, with heaps of children grouped in the Alfresco area, Santa's bell was heard. Santa and his very attractive Elf had arrived. This year, we set up Santa's chair and the Xmas Tree outside. It worked brilliantly, and about 24 children met Santa and received a gift, followed by Sausage Rolls; cakes and a drink, while the parents had their own drinks.

In the evening, approximately 60 people had a great Christmas dinner of roast turkey, ham and vegies followed by the mandatory Christmas pudding and Ice cream, in the lounge.

Reports are it was excellent. The Social Committee, led by Lorraine Penberthy, did a fantastic job, again. Thanks also to Alison and Andy for looking after the bar all evening.

Our next function will be "Australia Day Breakfast and Fun Tennis" organised by David Rice. More info later.

Have a Merry Xmas.

Members Out and About

Morning Tea at Parliament House

Sean L'Estrange, MLA for Churchlands, invited a number of us to join him recently at Parliament House for morning tea and a tour of Parliament. We all thoroughly enjoyed the morning and came away more knowledgeable of the workings of our State Government. Thank you Sean.



Global Tennis – Joe McCarthy



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Upcoming Events – please mark them on your Calendar!

TUESDAY 26TH JANUARY – AUSTRALIA DAY BREAKFAST AND FUN TENNIS!

WDTC Uniforms

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

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/pwc_hc/main/shared/Assets/multimedia/flash/resuscitation/AED/HS1_onsite_demo/index.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!



Quote of the month

Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect. ~ Oren Arnold

The Funny Side



MERRY CHRISTMAS

From Santa's Little Yelpers

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WEMBLEY DOWNS TENNIS CLUB CHRISTMAS PARTY 2015





MERRY CHRISTMAS AND A HAPPY NEW YEAR!