

Off The Court

Orakei Tennis Club Newsletter – September 2008

Mark Your Diaries

★ NOW ★	The Challenge Ladder
13 Sept (Sat)	Summer Interclub starts!
14 Sept (Sun)	Working Bee from 12 noon
21 Sept (Sun)	Open Day from 2pm
1 Oct (Wed)	Start of Wed BBQ
1 Oct (Wed)	Start of "Back to tennis" coaching
2 Nov (Sun)	Don Murdoch Tournament

Visit our website www.orakeitennis.org.nz

Thank You!

Thank you to all the members who helped with the Working Bee. The clubhouse and grounds certainly look good and tidy!

Thank you to our sponsors!

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Club News

Subscription Renewal. Renew before 1st October and save \$20!

You would have received your subscription renewal invoice in the post over the next few days. As a reminder, once you have renewed your membership, you will get a new shoe tag. The lock to the front gate will also be changed in early October and there will be dedicated "key swap" dates, which will be communicated via email and newsletter.

This year the SEED Foundation has asked us to help collect a \$10 voluntary donation from each of our members. The SEED Foundation provides support to young tennis talents with an aim to help them meet their full potential. More details can be found in the pamphlet included with the invoice. Please note that the donation is VOLUNTARY. All donations received via the Club will be passed onto the SEED Foundation.

Renovations. The architect is currently preparing the drawings for the building consent. The fire engineer's report has been completed. Jarrod Snowsill is helping us with obtaining Resource Consent. Shelley Williams' husband Ian Morton is helping us with the quantitative survey side of things. Many thanks for their kind offer of assistance.

Open Day Sunday 21 September 2pm onwards.
Come and have some fun!

Following last year's success, we are continuing with the same format. There will be social play, as well as some complimentary coaching by our esteemed coach Carl Limberger. The ball machine will be firing balls at you, but if you don't like speedy balls being fired at you, why not see how fast you can send a tennis ball flying with your serve?

If you are not feeling that energetic, why not join us for a beer and a friendly chat?

Men's Bathroom. Danger. Do not enter until further notice. (more details below).

Your feedback is always welcome. Either text Michelle Tsui or email on mgststui@hotmail.com.

The Committee

Wednesday night New World BBQ

Our famous barbeque starts on **Wednesday 1 October!!!!**

Everyone on the street is talking about inflation, but we are keeping our BBQ at the same price at \$12: for \$12 you get dinner and a drink. Extremely good value for money. It's been the same price for as long as many of you can remember!

Rather than rushing home and having to decide what to have for dinner, why not join us for a bite and a drink after social play on Wednesday? It is also a chance to make a few friends and catch up with your tennis mates socially.

However, we do rely on volunteers to keep the barbeques going. Each Wednesday a team of 4 members will be rostered on for duty. Duty includes:

- Arranging the games, i.e. "doing" the board
- Shopping
- Cooking
- Tidying up afterwards.

Most members are only rostered on once, at most twice during the summer. The roster is published in the newsletter (below) and also on the website.

Please help us keep the BBQs going by turning up for duty. If you can't do duty for whatever reasons please swap with another member and let your team leader know. In case of any difficulties please contact David Lattie. We really appreciate your help.

1/10	David Lattie (T) David Stark Sue George Viv Green	5/11	Vinod Vetath (T) Sue Pirrit Eru Watana Veronica Park
8/10	Marion Steele (T) Dave Burton Daniel Hynes Grant Voice	12/1 1	Mary Gardiner (T) Janet Robertson Tony Sargent Jarrod Snowsill
15/10	Fiona Bignell (T) Martin Dallow Rod Gover Felicity Berry	19/11	David Lattie (T) Richard Valois Thomas McNally Janine Bourke
22/10	Michelle Tsui (T) Nick Fenwick Dirk Frauenfeld Leigh Tomei	26/11	Zaria Keys (T) John Clephane Peter Shapiro Bridget Gaskell
29/10	Sue Stace (T) Matt Tomei Andrew Phipps Connie Robinson		

Downstairs Clubhouse

A combination of factors has caused the ceilings of the men's bathroom and the shed to cave in, affecting all the lights of the downstairs clubhouse.

We are at the moment dealing with the insurer on a potential claim, but during this time, we are not in a position to do any repairs.

We will endeavour to do the repairs as soon as possible. **Please stay away from the Men's bathroom. It is dangerous.**

In the meantime, we will have to make the ladies bathroom a unisex bathroom. Signs will be up allocating one cubicle to the ladies and one to the gents. Sorry ladies. Please bear with us during this period. We will let you know as soon as all the repairs have been completed.

Help the club grow by joining a friend

We are a (relatively) young and dynamic club. To keep it running successfully we need to grow our membership. If you have any friends who are keen on playing tennis why not get them to join us? If they are just getting back to tennis after a while, why not join Carl (mobile: 027 590 0048) for the "Back to tennis" coaching sessions starting Wednesday 1 October?

The "Join a friend" cash bonus incentive scheme is still in operation. If you introduce a new adult full member, you'll get a \$75 cheque. If you introduce a new student or midweek member, the cheque will be for \$50. There's no limit on the number of people you may introduce.

Don't forget visitors are allowed two free visits to Wednesday night social play. The concession card programme is still in operation for those potential members who are not sure about joining as yet. At \$50, the concession card allows 10 visits to our Wednesday social play night. Thereafter if he/she decides to join as a full member, then the \$50 is deducted from the membership subscription. However, each person is only allowed to purchase one concession card.

Court Fees

The honesty box for court fees is located inside the clubhouse to the right of the glass entry door. There is a \$6 court fee per player for guests who accompany members for private play.

The Singles Challenge Ladder

The Challenge Ladder has been in operation for about a month, and we are seeing more and more actions lately with improving weather. The Men's Ladder has been the most interesting, with Daniel Hynes moving up most places so far.

It's not too late to join the Challenge Ladder. Simply email Fiona Bignell at FBignell@adhb.govt.nz, and we will ask you to challenge someone on the ladder to determine your position. Rules are available on the website and in the clubhouse. Any queries please contact Michelle or Fiona.

Warm Up - It's Important!

Warming up for a lesson or match is extremely important, not only for your performance, but also to help prevent injuries. Warming up your muscles allows the blood to flow to them and provides them with oxygen, which helps keep you going longer.

A warm-up should be eight to 10 minutes or long enough to create a light sweat, enough to increase body temperature by 1 degree. Many injuries that occur on the court can be prevented if players are more fit and if they warm up and stretch prior to their activity.

The following is an easy warm-up routine to try that should make you feel less stiff, more limber and lighter on your feet. Start with marching in place or a light jog around the court. Remember, easy does it when you start. Another drill that will get your heart pumping is called a four corner drill. Four corners is a series of movements that include a combination of high knees to the net, side steps along the net, a backward shuffle to the baseline and again side step, facing the net.

The next step is to slowly mimic the actual movements you will be using in your game. Go through all the shots by shadowing the movements in place. Repeat each shot three times. Continue on with the next shot before the player's heart rate returns to a resting rate.

The next part of the warm-up drill focuses on raising the heart rate and mimicking the movements of tennis, beginning with the forehand and backhand. We will add movement to this part of the drill. Slide sideways three steps, turn and shadow a forehand. Slide back three steps to repeat this routine four more times. Repeat this drill again, but vary it so that you now are shadowing a backhand. Use the following shots: forehand, backhand, volleys, overheads and serves.

Once you have tried different shots, you should have created a light sweat and be prepared for a tennis match or lesson. Create your own warm-ups and include movement drills that are similar to those in tennis: split steps, back pedaling, sudden starts and stops, and keeping light on your feet. Also, go through all the shots of the game using just your racquet. Make sure that all your movements are controlled and that you are working within your own level.

The three important tennis exercises:

1. Fence push up- lean up against the fence at a distance of perhaps four feet with palms flat against the fence. Act as though you are doing push ups but bringing your upper body close to the fence. Hold it there for about 20 seconds with the heels planted on the ground. This benefits the calves.
2. Leg Splits - Spread your legs but keep them straight, go as far as you can comfortably while trying to have your palms touch the ground as though trying to balance yourself. Again for 20 seconds. This benefits the inner thighs.
3. Court stretching - Knees straight, heels together, bend forward trying to touch the ground with your fingers. Again for 20 seconds. This will stretch the hamstrings.

Repeat this exercise series four times.

Source: <http://ww3.telarama.com/~johnv/tennis/tennis10.htm>

WARM UP FIRST, THEN STRETCH

You know that it's important to stretch and warm up before vigorous activity. But in which order? Warm up first, say fitness experts at UC Berkeley. A warm-up such as brisk walking increases blood flow and temperature of the muscles, ligaments, and tendons you're about to stretch.

Coach Carl's Corner

"You've got to take the initiative and play your game. In a decisive set, confidence is the difference."

Chris Evert

Orakei's resident coach, Carl Limberger, is available for senior and junior coaching throughout the year. "Back to tennis" coaching is a 6-week refresher course starting Wed 1 October. For more details, contact Carl on 027 590 0048 or email thetennisacademy@clear.net.nz.

Junior Tennis

Registration: Thursday 18 September 4pm – 5:30pm

Holiday programmes: Spaces still available for programme starting 29 Sept and 6 October.

Pre X'mas coaching: Starts Monday 13 October.

Call Carl on 027 590 0048 or email thetennisacademy@clear.net.nz.

Commercial Break

Are you looking for a venue for your party, function or to hold a team building exercise?

Look no further. The clubhouse and courts are available for hire. For less than \$500 you can have the use of four courts and the clubhouse for three hours. The clubhouse is perfect for a birthday party or family gathering. You can get more details from the Secretary, Sue Wesley.

Seeking new ways to promote your business?

Our club has over 200 members, all of whom receive copies of the club newsletter at least nine times a year. Members come from all over Auckland, not just the eastern suburbs. Our interclub teams play all over Auckland too. And our website has over 1,400 visits and 6,000 hits a month. Advertising your business through the club is guaranteed to reach a large audience. We have several different advertising and sponsorship options available. Please contact Sue Wesley or Mary Gardiner for more details.

Membership Opportunities – "Join a Friend" – Help the Club Grow!

Subscription Rates 2008 – 2009

Senior*#	\$320
Veteran (Age 65 & over)*	\$195
Midweek*	\$220
Senior Couple*	\$550
Family*	\$610 2 Adults/2 Children \$380 1 Adult/2 Children
Student*	\$220
Intermediate Junior (Age 9 - 16)^	\$60
Micro Junior (Age 5 – 8)^	\$45

*A \$20 discount applies for existing senior members renewing subscriptions by 1 October each year.

Easy pay option available: 4 payments of \$85.

^ Junior subscriptions do not include coaching fees.

Senior members are entitled to court and clubhouse keys for a one-time payment of a \$20 refundable bond. Court key locks are changed each October – members must hand in their current key in order to obtain a new key.

Throughout the year, if you introduce a new adult full member, you'll get a \$75 cheque. If you introduce a new student or midweek member, the cheque will be for \$50. There's no limit on the number of people you may introduce.

10 Visit Concession Card

For prospective members, an alternative to immediately paying a year's subscription is to pay \$50 for a 10 visit concession card. This entitles the person to participate in Wednesday club nights, but does not include keys for the gate and clubhouse. Note that this offer is not available to existing club members.

Quick Links

Orakei Tennis Club: www.orakeitennis.org.nz

Auckland Tennis: www.aucklandtennis.co.nz

Interclub draws and results: www.aucklandtennis.co.nz/seniors/seniors-interclub/

Interclub player results and ratings ("Topdog"): <http://www.aucklandtennis.co.nz/seniors/grading-system/>

If you have received a printed copy of this newsletter and you have an email address, please contact the secretary to have your email address added to the club database. This will ensure you receive prompt electronic delivery of the newsletter and club notices, and save printing and mailing costs.

Off The Court is published monthly except June, August, and January

Commercial advertising rate: \$100 (GST incl) per quarter-page insertion, or \$750 (GST incl) for a year's issues (9 issues or more). Club member non-commercial ads: free.

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