

Off The Court

Orakei Tennis Club Newsletter – November 2008

Mark Your Diaries

★ NOW ★	The Challenge Ladder
27 Nov (Thu)	James Bond night (8:30pm)
4 Dec (Thurs)	Midweek ladies Xmas lunch
10 Dec (Wed)	Xmas BBQ
17 Dec (Wed)	Last club night pre-Xmas
21 Jan (Wed)	First New Year BBQ

Visit our website www.orakeitennis.org.nz

Club News

Don Murdoch

This fun annual event was blessed with great weather and a good turn out. As with the Melbourne Cup it is hard to pick winners for this event as everyone has a chance to do well. After several gruelling rounds four players firmly established themselves ahead of the pack and went into the final. This was fiercely competed with Richard Powell and Grant Voice finally winning the day over Matt Tomei and Dave Burton. Congratulations to this year's winners.

Thank you to our sponsors!

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Bond, James Bond

Be the first to see the new James Bond movie (www.007.com). You'd never know – this might be the last bond movie – Daniel Craig did say that because of the credit crisis there might not be another one! (Well do you believe him?!)

Do come and join us on the opening night, Thursday 27 November 2008, at the Berkeley Cinema in Mission Bay. Screening time 8:30pm, doors open at 8pm. It is for a very good cause: we are fund raising for the renovation project!!! Bring your friends and family!

Tickets are \$20 each and are going like hot cakes. Tickets are for sale on Wednesday club nights, Thursday midweek ladies mornings, and Friday juniors social nights.

You can also contact Michelle (text 021 426 888) or email mgstsui@hotmail.com.

The Challenge Ladder

The challenge ladder is still running but will close on 5 December. Much great tennis still to be had and remember there will be prizes on 10 December. We plan to run a further ladder competition in the New Year, details will be provided.

Inflation!

With reluctance we had to increase the prices of the drinks. The majority of the alcoholic drinks have gone up by 50 cents, whereas the costs for the non-alcoholic drinks have stayed the same. The good news is that the cost for the Wednesday night BBQ dinner is to remain the same at \$12.

Renovations

We are at the moment awaiting response from the Auckland Council on our proposed plans. Once this is sorted we are ready to lodge our Resource Consent application. It is looking like the new year before we will be considered for Resource Consent.

The Entrance Gate

The entrance gate has now been fixed (yet again). Please do NOT attempt to kick it open even though this worked previously!

Email communication

It has just come to the Committee's attention that the email some of you receive from the Club might be truncated. If this is happening to you, please let Michelle know.

Subscription Renewal. If you haven't renewed your membership as yet do it soon! Otherwise you might find that your name has been taken off the Wednesday night board or Thursday morning board.

Note to all interclub players: You have to be a financial member of the Club in order to play interclub. So if you haven't renewed yet please do so sooner rather than later. Also Captains please make sure that the used interclub balls are put in the ball box upstairs.

Club Handbook

In case you don't know this is the book we hand out each year with member's contact phone numbers.

The handbook will be available in a couple of week's time. We will be handing them out at club nights, midweek ladies mornings, and junior club nights.

Please note that we had a cut of date of 31 October 2008 for these handbooks. Hence the handbook does not include any members who joined after this date.

Supporting the local community

You might be surprised at this but we have been tried over the last years to support the local community.

Last year we donated a senior membership to St Joseph's School for their fund raising, and this year we are donating a senior membership to Orakei School for their funding raising.

The Club has also sponsored one child from the Marae for tennis coaching for 4 terms. Another child has also been sponsored by 4 different club members over the last year. This is part of their "after school" programme.

It is the committee's intention to work closer with the local community. This would hopefully raise our profile in the community, and at the same time, may help with our funding applications in the future. Needless to say, we are also trying to spot tennis talent as well as help build confidence in some of these kids.

If you would like to consider sponsoring one of these kids for coaching, please contact Michelle Tsui.

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

The Committee

Calf Muscle Strain Injury

A Calf muscle strain injury is common in sports. Usually the Calf muscle is forcibly stretched beyond its limits and the muscle tissue becomes torn. A tear in the Calf muscle is referred to as a Calf strain and depending on its severity it is classified as a first, second or third degree strain.

With a grade one Calf strain there is a sensation of cramp or tightness, and a slight feeling of pain when the muscles are stretched or contracted. A grade two Calf strain produces more immediate and severe pain; the Calf is sore to touch and there will be bruising below the injury site after a few days. With a grade three Calf strain the patient is unable to move without pain, and there may be a bulge of soft tissue through the muscle layer.

Early Calf injury treatment consists of the RICE protocol - rest, ice, compression and elevation (never apply ice directly to the skin). Depending upon the severity of the injury, the leg must be rested from sporting activity for between several weeks and several months. Many people find that a Calf Support is useful following a Calf muscle injury.

Source http://www.physioroom.com/injuries/calf_and_shin/calf_strain_sum.php

How is your subscription spent?

Thank you to all of you that have renewed your membership. We thought we'd give you an idea of how your membership subscription is spent. If you are interested in the details, the club accounts are available from Sue Wesley.

Based on the year ended 31 March 2008 accounts, membership subscription just cover the day to day operation expenses of the club, which excludes depreciation. Very roughly:

- 25% of your subscription is paid to Auckland Tennis as the affiliation fee (yes, every member who belongs to a tennis club has to be an affiliated member of Auckland Tennis)
- 24% of your subscription is used to meet utility costs (e.g. electricity, water, security, insurance)
- 37% of your subscription is used to meet the day to day running expenses (cleaning, maintenance, administration)

The Club is a non-profit organization and we do not aim at making a profit. However, at least we would like to make enough money to cover day to day operations as well as the depreciation of the fixtures (including the tennis courts and club house), so that we at least break even on an operation basis.

The Club has been obtaining funding from charitable organizations, for example for tennis balls and for covering the costs of changing all the lights last year. However, with the impending renovations and the increase maintenance needs of the grounds, we need to build a healthier balance sheet.

One of the obvious ways to do this is to increase membership. While the committee is looking at ways to attract members, which includes introducing the concession card and "back to tennis" coaching, the best way to attract new members is through YOU, the members. Introduce your friends as members! And don't forget the "join a friend" bonus is still in operation!

Interclub and Court Usage

Summer interclub is now underway. Junior interclub is also starting from 18 October. During weekends, court usage will now be higher because of the tournaments.

Below are the interclub times. There are also set out in your Club handbook. Saturday afternoons are usually rather busy between 12 noon and 4pm and you might not be able to get a court. However most other times, you should. To be very safe you can always call the Club to check (521 0295).

Saturday mornings: Junior interclub
Saturday afternoons: Senior interclub
Sunday mornings: Junior interclub

To check what courts are being used at the Club for interclub you can consult:

<http://aktennis.qsihost.co.nz/juniors/juniorsinterclub/pre-xmas/pre-xmas-by-venue>

<http://aktennis.qsihost.co.nz/seniors/seniors-interclub/interclub/senior-summer-by-venue/>

Wednesday night duty roster

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.

5/11	Vinod Vetath (T) Sue Pirrit Eru Watana Veronica Park	10/1 2	Michelle Tsui (T) Rob Yallop Kyla McGrath Keith Bason
12/ 11	Mary Gardiner (T) Janet Robertson Tony Sargent Jarrod Snowsill	17/12	Vinod Vetath (T) Andrew Phipps Anca Muresan
19/11	David Lattie (T) Richard Valois Thomas McNally Janine Bourke	21/01	David Stark (T) Sue Stace Sue George Viv Green
26/11	Zaria Keys (T) John Clephane Peter Shapiro Bridget Gaskell	28/01	Marion Steele (T) June Younger Steven Brockbank Tim Harvey
3/12	Fiona Bignell (T) Pashtrik Hoxha Daniel Hynes Rebecca Lash		

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.

Coach Carl's Corner

"Champions keep playing until they get it right."

Billie Jean King

Orakei's resident coach, Carl Limberger, is available for senior and junior coaching throughout the year. Contact Carl on 027 590 0048 or email thetennisacademy@clear.net.nz.

Junior Tennis

Pre X'mas coaching: Starts Monday 13 October.
Junior Club night: Starts Friday 17 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.

Sue Pirrit recently had a great birthday party at the club – just ask her!

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.

Editor: David Stark

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