

# Off The Court

Orakei Tennis Club Newsletter – September 2008

## Mark Your Diaries

★ NOW ★	The Challenge Ladder
13 Oct (Mon)	Start of Pre X'mas Junior coaching
15 Oct (Wed)	Key swap (6 – 7pm)
16 Oct (Thurs)	Key swap (9:30am onwards)
2 Nov (Sun)	Don Murdoch Tournament (2pm)
4 Dec (Thurs)	Midweek ladies X'mas lunch
10 Dec (Wed)	X'mas BBQ

Visit our website [www.orakeitennis.org.nz](http://www.orakeitennis.org.nz)

## Don Murdoch Tournament

This is an annual event, a fun doubles tournament with prizes to be won and the winners will have their names on a trophy. Come and join us on **Sunday 2<sup>nd</sup> November, 2pm – 5pm**. "Entry fee": Members \$7.50; non-members \$12.50.

## Thank you to our sponsors!

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## Club News

**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 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.

**Donation to SEED Foundation.** Thank you to those who have contributed. So far we have collected \$310 for SEED.

**Men's Bathroom. Now fixed.** The ceiling of the men's bathroom has been fixed, and the downstairs lights are all working. We are glad that things are back in working order, and we were able to claim insurance which covered some of the costs.

**Renovations.** We have received the fire engineer's report and also a very detailed quantity survey report done by Shelly William's husband Ian Morton, which will help immensely when we price out materials and obtain quotes from builders. The Resource Consent application is currently being prepared, and the architect is holding off further work until we receive resource consent approval.

**Wednesday night "back to tennis" coaching.** As part of our programme to attract more members to the Club, Carl is running a "back to tennis" coaching sessions for 6 weeks on Wednesday nights for 6 weeks from 1 October. One court will be used until about 7:30pm.

**Open Day.** We had our Open Day on Sunday 21 September. Weather was glorious, and those attended had a fun afternoon out. Everyone had some coaching from Carl, had a go at the ball machine and tested out the speed of their serves. Of course Carl topped the table at some 167km/h, but Steve Brockbank wasn't far behind at 158km/h.

**Wednesday BBQ.** Despite the weather our first BBQ went underway. Do come and join us for tennis, a beer and some food on Wednesday nights!

Your feedback is always welcome. Either text Michelle Tsui or email on [mgstsui@hotmail.com](mailto:mgstsui@hotmail.com).

The Committee

## Tennis NZ – Membership Card

Tennis NZ is introducing the **Tennis Connect Clubcard**, a free membership card provided to every affiliated member of the Club for this year commencing 1st October 2008.

The membership card will, over time, grant benefits to members via discounts and promotions (The Member Value Programme).

### Member Value Programme (MVP)

Throughout the year Tennis NZ and the Tennis Regional Centres will be working towards building a package that will provide benefits to the tennis member – beyond the associated benefits of the game for life.

At present the additional benefits through the MVP include:

- \$10 credit for every Tennis NZ member under 18 years of age who opens up a Head Start account with ASB Bank
- Tennis- related benefit – substantial discounts for court hire at every indoor venue for affiliated club members

### For you to note

In order for Tennis NZ to process the production of the cards, the Club has to provide them with certain information. We will provide to Tennis NZ the basic information required; the only personal information included is your name and your gender. However Tennis NZ has also asked us to provide them with additional information like your contact details and date of birth for future communication and analyses. After consideration, the Committee has decided that, unless a member asks us to pass this information on to Tennis NZ, we will not do so. The impact is that you will not go into a draw for tickets to the 3 tournaments: ASB Classics, Heineken Open and the Australian Open.

We expect the cards to be available around December. The cards will be sent to the Club and we will pass them on to you.

## 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.

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		

### 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.

## Tennis Elbow - Causes, Treatments, Preventions and Cures

### What Is It?

According to Gerard G Adler, MD, and Leader of the Aurora Sports Medicine Institute, as well as being an avid tennis player, "tennis elbow is localized pain over the bony prominence called the lateral epicondylitis."

**It is a common "tendinitis" that affects participants of racquet sports.** It also affects people who perform repetitive wrist extension (wrist bent away from palm) and forearm rotation.

### What Is the Cause?

Any sort of **repetitive stress on the muscles** connected to the lateral epicondyle can cause tennis elbow. Too much stress on these muscles can lead to microtearing, causing pain that is usually centralized in the muscles' origin in the outer elbow.

### What is the Best Treatment?

Traditional treatment of tennis elbow includes modification of exercise, use of over-the-counter anti-inflammatory drugs like ibuprofen, ice treatment and total rest.

Alternative treatments include acupuncture, splinting and various types of herbal remedy for tennis elbow.

But **before** any treatment, identifying the cause of the problem is the obvious priority.

The first thing to do, therefore, is **have a competent coach evaluate your game, particularly your backhand**, as this is the stroke mostly responsible for tennis elbow pain. If your technique is poor, your coach will guide you in making the necessary changes.

Be warned, though, that changing the poor technique habits of a lifetime will not be a piece of cake; it will require real persistence and determination. However, what stronger motivation can there be when faced with the alternative of excruciating pain or, worse still, not playing at all?

If your doctor or physical therapist has given you the all clear to play, it is essential that you do everything possible to alleviate any discomfort. **Make sure you incorporate a good stretch into your warm-up routine.** Flexing your wrist (towards the palm) while keeping your elbow straight is a good one. As muscles stretch more when they are warm, and are therefore less prone to injury, **it is a good idea to wear an elbow brace or sleeve.**

There are any number of high quality products on the market, but **none better than the elbow wrap found at [Cold One Inc.](#)**, whose USTA approved and recommended wraps are **"the Gold Standard for controlling elbow pain and swelling from over-exertion, stressed elbows, elbow sprains, and injuries to the elbow."**

### Is Your Tennis Equipment the Problem?

**If it's not your technique, chances are that your equipment is the problem.** The more "yes's" you give to the questions in the following checklist, the greater the chances that your equipment is to blame.

#### Do you? . . .

- . . . use a racquet that's light, but head-heavy?
- . . . use a racquet with a very small - or very large - grip?
- . . . use a racquet that's exceptionally stiff?
- . . . have your racquets strung exceptionally tightly?
- . . . use strings that are hard and unforgiving?
- . . . use a racquet with a small sweet spot?
- . . . forget to use a vibration dampener?
- . . . use heavy balls?

If you answered "yes" to some of the above questions, it's likely that you could derive tremendous benefit from a change in equipment.

Your coach or tennis equipment supplier will be able to advise you on the most arm friendly racquets; however, as a seven-day-a-week, tennis-elbow-free player myself, I'm extremely conscious of **playing with an arm and elbow-friendly racquet.**

*Source: <http://www.expert-tennis-tips.com/tennis-elbow.html>*

## Art Exhibition by our member Connie Robinson

When: 16 October 6pm to mid November  
Venue: Wall Gallery and Prints, 55A MacKelvie Street, Ponsonby  
Website: [www.wallgallery.co.nz](http://www.wallgallery.co.nz)  
Phone: 378 2150

## 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](mailto: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](mailto: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](http://www.orakeitennis.org.nz)

Auckland Tennis: [www.aucklandtennis.co.nz](http://www.aucklandtennis.co.nz)

Interclub draws and results: [www.aucklandtennis.co.nz/seniors/seniors-interclub/](http://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.

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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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