

## *North West Girls shine at Medibank U14s State Teams Event*



### **2011 Under 14s North West Girls team**

Kayla Wicks, Gabby O'Gorman, Emily Osmond, with Manager Brock Sherriff

On the first weekend in May, Gosford Tennis Centre hosted the 2011 Medibank 14 and under State Team Championships. Talented tennis juniors were invited to represent their region with six country and six metropolitan girls teams competing for the Lesley Bowrey Cup, and boys competing for the Ken Rosewall Cup. The first day of play was interrupted by rain, however the teams battled on around the conditions.

On the second and final day the rain held off with all matches being completed. The aspiring youngsters had a brush with fame during the weekend as Ken Rosewall was kind enough to drive up to Gosford to check out all the action.

Well done to the North West Girls team who came a close runner up to the Northumberland Team, who took out the Lesley Bowrey Cup. The team included Kayla Wicks, Emily Osmond and Gabby O'Gorman, with Team Manager Brock Sherriff.

The boys team competed valiantly and their sportsmanship was commended – the team including Michael Seton, Peter McDonagh and Zac McCann, Team Manager Daniel Nash.

**Check us out at [www.tennis.com.au/northwesttennis](http://www.tennis.com.au/northwesttennis)**

## *North West PSSA Team does us proud!*

The North West Primary Schools Sports Association (PSSA) Team travelled to Parramatta to represent the region at the PSSA tournament in May 2011.

The boys team did particularly well, coming 8<sup>th</sup> in the boys. The North West boys were able to match it in the doubles with the metropolitan teams and showed great sportsmanship throughout the week.

The girls were ably led by Kyra Carlyon from Gunnedah, and Kyra was awarded the most valuable player in the North West Team. The girls finished a commendable 11<sup>th</sup> in the tournament.

The North West combined boys and girls teams were placed 8<sup>th</sup> overall. A number of the players are only in 5<sup>th</sup> class and are keen to return next year!

The team was under the experienced eye of Team Manager Ro Goodwin, Timbumburi Public School. Ro was an inspiration to all players! Ro is retiring from the role of Manager and a special thanks goes to Ro for his efforts over the past few years.



**2011 North West PSSA Team –**

(bottom left) Caitlin Staniforth, Ella Heeney, Chloe Maunder, Eliza Falkinmere, Kyra Carlyon,  
(top left) Andrew Osmond, Angus Apps, Lachlan Wasson, Sam O’Gorman, Conor Dennehy,  
Team Manager - Ro Goodwin

## ***2011 North West Medibank Junior Development Series in full swing***

The 2011 North West Junior Development series is in its final stages, with one more tournament to be held in Narrabri on Sunday June 26<sup>th</sup> 2011.

This year has seen a close battle in the 12s and 14s boys, and it will come down to the wire at Narrabri for players to secure positions in the Champion of Champion event in Inverell on August 20-21 2011.

Players are ranked on their top 5 scores from the North West JDs series, with the top 8 of each age group invited to participate in the Champion of Champions event.

The North East region bring their top 8 across to compete for positions in the combined team to play at the Medibank State Final to be held 22 – 24 October 2011.

## ***Closed Country Championships fast approaching!***

The 2011 Closed Country Championships are fast approaching! The Championships which will be hosted by the Newcastle District Tennis Association, from the 1st to the 8th July.

The Country Men's and Women's Open Championships, will include both singles, doubles and mixed doubles events. The Medibank Country Junior Championships are open to 10/U, 12/U, 14/U, 16/U and 18/U.

The entry form can be downloaded from:

<http://www.tennis.com.au/nsw/files/2011/05/2011-NSW-Country-Closed-Championships-Entry-Form.pdf>

## ***2011 Tennis NSW Coaching Course in Tamworth***

Tennis NSW will be running a Junior Development Coaching Qualification in Tamworth.

This qualification will commence on **Saturday 4<sup>th</sup> June and conclude on Sunday 28<sup>th</sup> August 2011.**

The qualification will take place at the **Tamworth Tennis Club, Tamworth, NSW.** If you are interested to participate contact Joe Kubizniak as soon as possible on (02) 9024 7635.



NIAS Head Tennis Coach Justin Sherriff discussing the 2011 NIAS program to the squad & parents during the recent NIAS induction day.

## *Tennis Australia's National Court Rebate Scheme has just approved the building and resurfacing of its 1000<sup>th</sup> court*

Orange Indoor Tennis Club received the 1000th court upgrade and was awarded an additional \$10,000 to be used to improve tennis programming and create a more inviting place to play.

Orange Indoor Tennis Centre intend to use the Court rebate money and additional \$10,000 for a number of different projects to promote the new facilities, including the creation of a website and further renovations and upgrades to other areas of the club.

The National Court Rebate Scheme has attracted investment of more than \$157 million dollars to improve facilities Australia-wide in the last four years.

Tennis Australia has announced that they have amended guidelines for their National Court Rebate Scheme for 2011/12. These will include:

- An increase in the rebate for Clay Courts (up from a max. \$10,000 per court to \$18,000 per court).
- A new rebate for the development, upgrade or conversion of Hot Shots Courts (courts for modified tennis).
- A new rebate for line marking for Hot Shot Courts.
- A new rebate for ancillary items (eg; fencing and lighting) on Synthetic Grass Court projects.



Further details and criteria will be available shortly. If you have any questions on the survey or require any further information about the Court Rebate Scheme please contact Brett Andrews, Facility Development Manager via email [bandrews@tennis.com.au](mailto:bandrews@tennis.com.au)

## *Make sure you renew now and save before the 30<sup>th</sup> June!*

Due to the range of Natural Disasters that have happened in Australia and overseas there has been an increase across the board in the cost of insurance. For this reason we have had to increase the price of the Court Liability Scheme which has stayed consistent over the last 2 years. To help clubs deal with this increase we have introduced a special offer to clubs who renew their coverage before 30 June 2011.

### **Price**

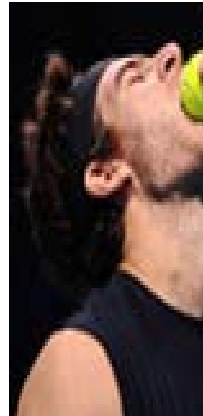
Prices are based on the number of courts at each facility.

<b>Number of Courts</b>	<b>Discounted Price Before 30 June 2011</b>	<b>Full Price After 1 July 2011</b>
0-2	\$350.00	\$400.00
3-5	\$700.00	\$775.00
6-9	\$1050.00	\$1150.00
10+	\$1400.00	\$1525.00

For more information please contact the Membership Department on 02 9024 7600, (toll free) 1800 15 30 40 or [membership@tennisnsw.com.au](mailto:membership@tennisnsw.com.au)

## How to fuel up for tennis!

Carbohydrates are the most important component of a tennis player's diet. Make sure each meal contains bready, starchy carbohydrates for energy; for example, bagels, sweet corn, baked potatoes, grainy breads and pasta. You should also eat two-to-three palm-sized servings of meat or vegetarian protein, between two and three servings of dairy and between two and five servings of fruit per day.



### Pre – Match

Eat between two and three hours prior to your match. Your meal should comprise two-thirds starchy carbohydrates for energy and no more than one-third protein. Also include bland, high-carbohydrate fruit like a potassium-rich banana, and drink between two and three cups of fluid. Top up your energy levels an hour prior to play with a high-carbohydrate power bar.

### During a match

Fuel up during each change of ends by taking small bites of a bland, easy-to-digest snack like a banana, energy bar or electrolyte chew.

As nutrition needs change during a match try other light sources of carbohydrate such as dry crackers or pretzels that help to replenish energy and salt lost through sweat. Reserve energy gels for late in the match, consuming a quarter of a packet with water as your stamina begins to flag.

### Post - match

Replenish lost muscle energy and help your body recover with a high-carbohydrate, high-sodium, low-fat, moderate-protein meal such as a grilled chicken sandwich or pasta with red sauce approximately an hour after play.

Carbohydrates replenish muscle glycogen, salt replaces minerals lost through sweat, proteins such as fish or chicken breast build muscle, and leafy green vegetables such as broccoli contain antioxidants that aid recovery.

## Useful Websites for further information –

**Sports dieticians Australia**  
[www.sportsdieticians.com](http://www.sportsdieticians.com)

**Coaches Edge**  
[www.coachesedge.com.au](http://www.coachesedge.com.au)

Australian Institute of Sport  
[www.aisport.gov.au/ais/nutrition](http://www.aisport.gov.au/ais/nutrition)

**Gatorade**  
[www.gssi.web.com](http://www.gssi.web.com)

## 2011 Calendar of Events

Date	Event
5 June 2011	NIAS / NWDS Regional training day - Gunnedah
10 – 14 June 2011	North Coast Tennis Champs – Grafton
18 – 20 June 2011	Werris Creek Junior Bronze Little Masters
26 June 2011	Narrabri MJDS
3 – 9 July 2011	2010 Closed Country Championships - Newcastle (white)
28 July – 1 Aug 2011	2011 Sawtell RSL Open (Silver)
2 – 5 Aug 2011	Grafton Gold AMT
12 – 14 Aug 2011	Cessnock Junior Open
19 Aug 2011	Regional Training Afternoon – 12pm to 4pm Inverell
20-21 Aug 2011	Champion of Champions 2011
4 Sept 2011	Premier Event team selection - Armidale
9-11 Sept 2011	Tamworth OJT (white)
18 Sept 2011	NIAS / NWDS Regional training day - Armidale
16 Sept 2011	Premier Event – Armidale
24-25 Sept 2011	NIAS trip – Ipswich Junior Open
1-3 Oct 2011	BHP Werris Creek Open Bronze AMT & White ARP
4-6 Oct 2011	Sherriff's Tennis Academy Open - Armidale
7-9 Oct 2011	Taree Junior tournament
12-13 Nov 2011	West Tamworth Junior Series
19-20 Nov 2011	NIAS trip – Brisbane Junior Open
2-5 Dec 2011	Lismore Open Age tournament
13-16 Dec 2011	Bathurst Summer OJT

You can enter most of these tournaments online at  
<http://tournaments.tennis.com.au/>

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