



Newsletter

Far North Queensland Junior Development Series- Mareeba Cairns Innisfail



WHAT IS THE JUNIOR DEVELOPMENT SERIES?

The Junior Development Series (JDS) is a group of tournaments for beginner to intermediate players.

Who are these tournaments for?

The JDS is designed to give players their first experience in playing a series of tournaments throughout the year.



Circuit Administrator's SPEECH

Hello everybody and welcome to the 2018 JDS competition. We have had a super start this year with fantastic numbers turning up to play at the Mareeba event. Seeing the players dressed in their club colours was fantastic as was seeing their smiles when they enjoyed their game of tennis. Leon and I would like to thank the Mareeba Tennis Club President Mark Keating for being our Court Supervisor at Mareeba and Atherton and Neal Searle for assisting me as the Tournament Director. They both did a sterling job and the kids enjoyed their banter and guidance. I would also like to thank the volunteers in the Mareeba Canteen for cooking the tasty healthy food over the weekend. Well done!



WHOLEHEALTH
DISCOUNT DRUG STORE & HEALTHFOODS

Welcome to the First Issue

Welcome to the first edition of the Far North Queensland Junior Development Series Newsletter and thank you for all your support in our first JDS tournament in Mareeba.

You'll find that it is filled with educational information, helpful hints and tips, events, news and even some discount offerings from businesses in our communities. We want this newsletter to be valuable for you so please, please share your feedback and suggestions to help us improve.

We hope you have been enjoying your tennis and are looking forward to next JDS in Cairns

on Saturday 17th and Sunday 18th of March. so Save the Date! The Yellow ball events will be played at the Cairns International Tennis Centre. Edgehill Tennis Club may be used depending on the Greenball entries received. We would like to take the opportunity to thank our event sponsors - Wholehealth Discount Drugstores and Health; Fowlers Group and Raebon Trophies - for all their ongoing support.

Prepared by Leon Awee
Circuit Administrator and Referee

Tell us about your JDS experience



<https://www.surveymonkey.com/r/9G3R9MW>





Freed from the thoughts of winning, I instantly play better. I stop thinking, start feeling. My shots become a half-second quicker, my decisions become the product of instinct rather than logic. - Andre Agassi

RAEBON
Trophies

11 & Under Boys



Six players entered the 11& Under Boys event and competed in a single round robin pool. Each player would play 5 matches ensuring a full weekend of tennis. The 11& Under Boys winner was Jake Swindale from Clifton beach Tennis Club who pipped Kaiyan Blue from Edgehill TC in the standings overall. Well done to all the boys for playing their best tennis.

13 & Under Boys



The 13 & Under Boys event hosted the largest number of entries of all events with 22 players. The matches were hard fought and players with the longest match award being won by Billy Haoda and Bailey Horn which took a whopping 231 minutes to complete. Bailey was the eventual winner of that match 6-3 5-7 (5-10). Bailey went on to win the 13&Under Boys event by defeating Haanbie Lee 4-1 4-1. As Bailey has won his event he now has the opportunity to either stay in his Age event or move up to the next age event- 15&Under Boys.

15 & Under Boys



The 15&Under event saw 15 boys battle out their matches in three round robin pools. The overall boys Final winner was Kanata Miyamura who defeated Troy Delgado and Adam Simpson in a round robin playoff. It was exciting to see the long rallies and the use of power shotmaking on the court. Well done to all players for putting on a show over the weekend.

17 & Under Boys

The 17& Under boys event was challenged by four players who were given the opportunity to play at their local clubs because of the significant rain delays. There is one match to be completed locally but as it stands:

Standings	Plyd	Pts	Gms
Harry Hawkins	3	6	27-11
Dylan Kazuki Power	2	2	12-14
Chris Finitis	3	2	21-17
Brock Thompson	2	0	2-20

Fowler's
Group

Coffee Works Mareeba

The Coffee Works now showcases the Australian coffee industry to more than 180,000 visitors annually and is considered a coffee connoisseurs 'heaven' synonymous with exclusive gourmet products.





11 & Under Girls



15 & Under Girls

The 15&Under girls event was contested by six players. The most outstanding player and overall 15&Under event winner was Mackenzie Lizon from Earlville TC who won all her matches and losing only 7 games. The runner-up was Jade Christopher from Redlynch TC who also played very well after showing excellent sportsmanship and an ability to engage in long rallies.

13 & Under Girls

Eleven players entered the 13& Under event and competed in a round robin format using a pool of 5 and a pool of 6. This group consists of a strong group of players and the overall 13& Under girls winner was Logan Lizzio from the Baseline Tennis family in Innisfail. Logan played a solid game of focussed tennis to beat Giselle Kawane 4-2 4-1. Logan played outstanding tennis over the tournament and won 28 games and lost 2 games in her pool.

Ten players entered the 11&Under event resulting in some long matches during the weekend. The winner of the Girls Final was Zed Meafua-Uren from the Cairns International Tennis Centre, who played a solid match to defeat Juliett Santito from Innisfail 4-2 4-1. The match was played under a shortened format due to the extreme weather experienced over the weekend.



Tennis

K	I	N	E	Y	E	L	S	T	R	I	N	G	S
A	O	E	N	E	I	S	I	B	C	T	N	L	T
S	L	P	I	L	M	I	M	A	M	C	U	A	N
T	E	O	L	L	I	N	A	C	E	O	M	N	A
O	V	N	E	A	R	N	E	K	C	A	P	S	B
U	R	A	C	L	A	E	T	H	A	C	I	V	B
R	E	I	I	C	C	T	O	A	N	H	R	O	A
N	S	L	V	U	K	T	P	N	T	B	E	L	S
A	K	A	R	O	E	I	S	D	L	A	U	L	E
M	C	R	E	A	T	K	P	K	S	L	N	E	L
E	I	T	S	Y	K	I	I	G	V	L	C	Y	I
N	K	S	B	B	L	A	N	Y	A	L	C	U	N
T	A	U	N	B	A	C	K	S	P	I	N	R	E
H	H	A	R	D	C	O	U	R	T	I	C	C	L

Play this puzzle online at : <http://thewordsearch.com/puzzle/25594/>

TENNIS
RACKET
CLAY
BACKSPIN
BASELINE
TOURNAMENT
HARD COURT
AUSTRALIAN OPEN
SERVICE LINE
KICK SERVE
STRINGS
VOLLEY
TOPSPIN
ALLEY
COACH
ACE
UMPIRE
BACKHAND
TEAM
BALL

Fowler's Group



Looking for the Perfect Lemonade?

Here is a great way to use up lemons and quench your thirst after hard long fought game of tennis.

Ingredients

- 1 cup of brown sugar/honey
- 1 cup of water
- 1 cup of lemon juice
- 2 to 3 cups of icy cold water to dilute

Method

1. Make a syrup- place sugar and water in a small saucepan and bring to a simmer. Stir so sugar dissolves completely and remove from heat.
 2. While the water is heating for the simple syru, juice your lemons. 4- 6 lemons could be enough for one cup of juice.
 3. Pour the juice and syrup water into a jug. Add 2-3 cups of icy cold water and taste. If the lemonade is a too sweet to taste, add more straight lemon juice to it.
 4. Add ice or refrigerate for 30-40 minutes.
- Enjoy



Green Ball Girls

We certainly had a mixed bag of weather with thunder lightning and of course the huge deluge of rain on Saturday and Sunday. The delay on Saturday meant that the green ball event was moved to the Atherton Tennis Club on Sunday. Mark Keating and Neal Searle were willing and able to step up and look after the "Green

Ballers". Even with a number of rain delays on the day, a winner and runner up was determined. Our 2018 FNQ JDS Mareeba Winner is Tora Lyn Namok from te Cairns International Tennis Centre and the runner-up is Natalie Wolf. from the Baseline tennis family. Thank you to all the Green Ballers and their supportive parents for playing an enjoyable yet entertaining game of tennis.



Green Ball Boys

Ten players entered the Mareeba Green Ball Boys event. It was the only event that was not completed fully. Asit stands, the winner is yet to be determined as Matthew Keirle from the CITC and Jarrah Humphreys from Baseline Tennis have to play the Green Ball Singles Final. We wish the boys the best of luck as they prepare for the Singles Final and the next JDS in Cairns.

Granite Gorge

Granite Gorge is a privately owned nature park near Mareeba. It is the kind of hidden treasure that most people are surprised to discover and it's definitely a must-do if you're touring the Cairns Tablelands with children.



Mareeba Leagues Club is your home away from home, catering for all your entertainment needs. Whether it's relaxing on our gorgeous deck, dining with friends and family or playing the Pokies, TAB or Keno, you're sure to have a good time.

Raging Thunder Balloon Adventures

Join the friendly and experienced crew at Raging Thunder Balloon Adventures for a dawn Balloon flight gliding over the picturesque Mareeba valley- the very best way to start your day!
<http://www.ragingthunder.com.au/>



**WHOLE
HEALTH**
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& HEALTHFOODS

Far North Queensland Junior Development Series Points Race

Green Ball -11& Under - 13& Under

The WholeHealth Points Race has begun with the Mareeba JDS competition.

First Name Surname	Points	Annalise Lay	60	Xavier Humphreys	30
Jake Swindale	150	Clovis Damay	60	Yago Ortega	
Zedneiyeer Meafua-Uren	150	Alwyn Musumeci	60	Quintana	30
Bailey Horn	150	Luke Thompson	60	Connor Goebel	25
Logan Lizzio	150	Cynamon Roach	60	Kai Greven	25
Kanata Miyamura	150	Jed Forward	60	Rhys Woolcott	25
Mackenzie Lizon	150	Oscar Simpson	60	Kate Hodgson	25
Harry Hawkins	150	Sophia Kawane	60	Daniel Obern	25
Tora-Lyn Namok	150	Rylee Whitby	60	Jayne Ruiz	25
Kaiyan Blue	110	Arthur Tsakissiris	40	Tate Robinson	13
Juliet Santitto	110	Ruby Fritzsh	40		
Haanbie Lee	110	Alexis Manson	40		
Giselle Kawane	110	Xavier Collins	40		
Troy Delgado	110	Sydney Damay	40		
Jade Christopher	110	Tsubasa Duggan	40		
Natalie Wolff	110	Charlie Hipgrave	40		
James Maxa	75	Hope Simpson	40		
Shaylee Haynes	75	Molly Smith	40		
Ashleigh Rookwood	75	Montell Aurelio	40		
Matthew Duffey	75	Ethan Latimer	40		
Billy Haoda	75	Conor Whitby	40		
Sophie-Louise Boorer	75	Rachel Cavallaro	40		
Anais Roach	75	Luke Swindale	40		
Adam Simpson	75	Jaiden Woolcott	40		
Alannah Falvo	75	Coco Fregoni	40		
Arnhem Pyawa	75	Ava Tsakissiris	40		
Myc Sabino	75	Lachlan Westerhuis	30		
Casey Bounghi	75	Mikayla Osborne	30		
Cara Fregoni	75	Kieesha Sailor	30		
Louis Duggan	60	Oscar Stow	30		
Phoebe Cahill	60	Ryan Tonks	30		
Emily Hodgson	60	Kelvin Van Honste	30		
Franco Barania	60	Siddheswar Vijayanand	30		
Kai Hogan	60	Genevieve Lindsay	30		
Taichi Sato	60	Keanu Goncalves	30		
Mitchell Seles	60	Kevin Sagario	30		
Mia Christopher	60	Siddharta Uhser	30		

Officials Corner

Fair play is an essential value in tennis. We are committed to ensuring that tennis is played in a fair, open and inclusive nature at all levels.

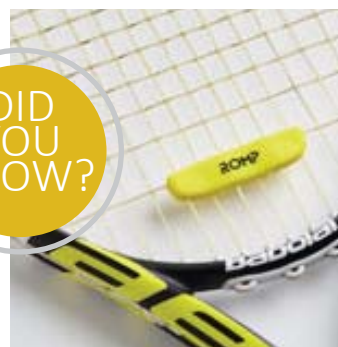
Fair play at a JDS includes:

- *Good sportsmanship, honesty and respect whether you win or lose;
- *Learning to challenge yourself and improve social skills;
- *Taking responsibility for your actions, calling scores and lines clearly and fairly even if it costs you the point;
- *Learning and following the rules and being a role model to younger people;
- *Enjoyment of the sport.

It is important for everyone to uphold fair play both on and off the court whether it be players, parents, coaches, officials or volunteers.

DID
YOU
KNOW?

Vibration dampeners can actually be placed anywhere on the racquet as long it's outside the pattern of crossed strings. That means they can be placed on the top, left, right and bottom of the stringbed. Furthermore, a player is not limited to just one vibration dampener as many players believe.



Fowler's Group



What is the single most important quality in a tennis champion? I would have to say desire, staying in there and winning matches when you are not playing that well. - **John McEnroe**

The best way to define mental toughness is grittiness. Grit is having a sustained passion for tennis, the perseverance to work through all obstacles and the understanding adversity moves you closer to goal achievement.

**Fowler's
Group**





Want to help your tennis club? Become an Official

Do you want to be part of the on-court action?
Then why not become a tennis official.

Tennis officials play a crucial role in our sport, and there are many ways to get involved.

Who can become an official?

We are looking for enthusiastic people who fit the following criteria:

- Aged 16+
- Have a passion for tennis
- Have a good general knowledge of tennis
- Share the values of Tennis Australia, which are Teamwork, Loyalty, Humility & Excellence

Ten ways to improve your eating habits

By Dr. Babette Pluim, M.D., Medical
Director of the Royal Netherlands
Lawn Tennis Association

Many tennis players spend a lot of time trying to find an ideal diet that will give them a winning edge.

Unfortunately, there really is no miracle food source. It is best to eat a varied and balanced meal in which all essential nutrients are sufficiently present. For a tennis player, the composition of such a meal may differ, depending on factors such as the time remaining before a match, fitness, weather conditions, body weight or even court surface.

BEFORE THE MATCH

1. Eat lots of carbohydrates. During short intense workouts, carbohydrates provide the body with the most immediate source of energy. The liver, where carbohydrates are stored as glycogen, has an energy supply for about 1 hours' play. However, maintaining a carbohydrate-rich diet before a match can almost double energy storage capacity. At least 55% should consist of carbohydrates such as breads, pastas, potatoes, rice, beans and fruit.

2. Keep your diet low in fat. No more than 30% of total calorie intake should come from fats. Because an average Western diet contains between 35-40%, athletes should reduce fats in their meals before and after the match. Eat lean ham, poultry and beef instead of fatty meats such as sausages and bacon.

Stick to three balanced meals a day and avoid snacking peanuts or potato chips. Use margarine rather than butter

even when cooking. Also void dressings or gravy.

3. The function of proteins lies in the strengthening and restoration of the tennis player after a workout.

Only if the carbohydrate supply is insufficient, will amino acid supplements be used as a source of energy. A slightly higher carbohydrate than protein intake is necessary for optimal performance. Including foods like meat, fish, eggs, milk, grains and potatoes will be sufficient to fill your protein needs.

4. Facts about vitamins. Vitamins are essential compounds, which will trigger biochemical reactions in the body. Though lack of sufficient vitamins will impair athletic performance, it is not true that extra vitamins and minerals will give you a leading edge. Avoid vitamin deficiencies by eating balanced meals, containing nutrients from the four food groups. Taking vitamin supplements, which contain no more than 50% of the recommended daily allowance, can do little harm and may be advisable for players with lesser balanced diets such as vegetarians.

5. Match your mineral needs. Tennis players need a variety of different minerals including sodium (kitchen salt), potassium (potatoes, vegetables, and fruits), and calcium (dairy products), though deficiencies of these compounds are rarely a problem. Iron, however, which is essential in facilitating oxygen transport, can often drop to dangerously low levels during extended periods of exercise. Vitamin C increases the uptake of iron by your body, so add a glass of fruit juice to your meal.

DURING THE MATCH

6. What should you drink? Fluids should vary according to the length and intensity of your workout. For example, during tennis matches of less than two hours, water replenishment is usually more important than the replacement of carbohydrates. It is better to use a hypotonic drink than plain water, since in the second stage

of the match the glycogen stores may run low. Longer matches may require more carbohydrate replenishment, which can be supplied by isotonic drinks (containing 7% sugars).

7. What should you eat? Eating food during a workout rarely increases athletic performance immediately. Foods like bananas can take up to four hours to be fully digested and chocolate candy bars contain mostly fats, so neither of these is of much use. If you feel hungry on court, eat easily digestible biscuits or high-energy bars, both of which will supply the body with carbohydrates within a couple of hours. The most effective means of carbohydrate replenishment is isotonic drinks.

8. Do not take salt tablets. The loss of salts due to perspiration during a match is not problematic and adding a little extra salt to your food should be more than enough preparation for a rigorous workout. Avoid taking salt tablets, as the result is similar to drinking seawater on a hot day!

AFTER THE MATCH

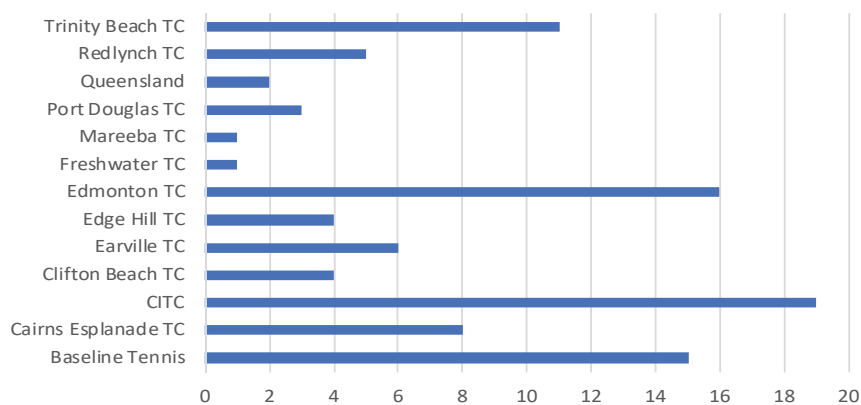
9. Give your body its carbohydrates. Carbohydrate absorption is most efficient during the first two hours after a workout. Do not wait too long after the match to refill your energy reserves. Eat a light, easily digestible meal soon after playing, even if it means your next meal might have to be smaller.

10. Replenish lost fluids. A tennis player may lose up to five litres of fluid in a match, depending on weather and fitness. A loss of 2% of body weight can result in impairment of performance. In extreme cases, muscle cramps and heat strokes may occur as a result of cumulative dehydration over a period of 2-3 days. Sufficient fluid replenishment is essential between workouts and after the match.

Support for the FNQ JDS is alive and well in Cairns, Cassowary Coast and Mareeba Shires

The number of players from clubs from the surrounding shires was a breathe of fresh air for the JDS Team and the TSC. As we lift the level of play through the longer format, we believe that players will benefit by building their own mental and physical benchmarks along their tennis journey. We welcome more club juniors to participate in the upcoming JDS events.

Club participation -FNQJDS Mareeba



Remember parents and coaches are team members: Team work is required

Janet A. Young (Victoria University, Australia)
ITF Coaching and Sport Science Review 2011; 55 (19): 17 - 18
ABSTRACT

This article features a study that was recently conducted in Australia with parents and coaches of Australia's top 10 professional female tennis players. The study's results highlight that parent and coach consider the other to be complementary and valuable team members who are focused on their player's well-being and pursuit of excellence.

INTRODUCTION

All champions have their own unique 'story' of their journey to the top echelons of tennis. Rarely is the story one of an easy road but rather is one of trials, setbacks, challenges and great moments of inspiration and perspiration! While stories differ in the detail, a common element appears to be the critical and influential roles played by a player's parents and coaches (e.g., Gould et al; 2005; Young and Pearce, 2011). To date, research has generally focused on gaining an understanding of coach and parent contributions to talent development by asking coaches and parents about their own roles or asking players to describe the respective roles of their parents and coaches. This article takes a different perspective and reports on coach- and parent-understandings of the other's role. What do coaches think about parents and visa versa? What are their respective contributions and where can they add value? What can coaches and parents take from understanding the other person's perspective in a common endeavour to support and guide a player to fulfill her tennis dreams?

These were some of the questions I wanted to address when I recently conducted a study on parents and coaches in collaboration with Tennis Australia and The International Tennis Federation. Given my own background in the sport as a player, coach and administrator, I wanted to focus specifically on women's tennis to better understand the dynamics of talent development for aspiring female players. player to fulfill her tennis dreams?

These were some of the questions I wanted to address when I recently conducted a study on parents and coaches in collaboration with Tennis Australia and The International Tennis Federation. Given my own background in the sport as a player, coach and administrator, I wanted to focus specifically on women's tennis to better understand the dynamics of talent development for aspiring female players.

OVERVIEW OF AUSTRALIAN-BASED STUDY

The study involved 10 parents (8 female and 2 male) and 10 coaches (2 female and 8 male) nominated by Australia's 10 top-ranked professional female tennis players. All parents had sporting credentials with 5 having a background in tennis from social player to elite and veteran competitors. All coaches were former professional circuit players and, on average, had been a coach for over 17 years and had been working with their top-ranked professional female tennis player for over 3 years. Data was collected from these coaches and parents by means of two questionnaires. Coaches were asked:

- (a) What role do the player's parents currently play in their daughter's career
- (b) Has this role changed over the years, and if so how?
- (c) What recommendations do they have for parents who want their daughter to develop her talents in tennis?

Parents were asked a similar set of questions about the role of the player's coach.

STUDY'S KEY RESULTS

A series of inductive content analyses was conducted to analyse the data and revealed the following results.

A. Coaches' Perspectives

In brief, coaches reported that they believed:

- A parent's role was to be supportive and, in some instances, to provide financial assistance if required.
- There had been changes over the years in the role of parents in their daughter's tennis careers. Most parents were less heavily involved once their daughter competed on the international circuit and became more successful. At this point parents continued to provide unconditional support and put their trust in coaches and their programs to best guide players.

- Parents who want to help their daughters to develop their talent should following the recommendations listed in Table 1.

RECOMMENDATION	REPRESENTATIVE QUOTES
Empower player to take responsibility	"Encourage player to become more responsible for her own actions and organisation of tennis matters"
Provide unconditional support	"Always be positive after a match. Give plenty of encouragement, comfort and love after a loss"
Be a parent	"Know your role as a parent and simply be a parent (not coach or manager) who provides a balanced and loving environment"
Identify a good coach	"Do your homework to find a good coach and then trust the coach chosen"
Establish a sound relationship with the coach	"Be part of a team with the coach but let him/her do the coaching! Support and allow the coach do his/her job. Be loyal, stick by the coach and leave the tennis to the coach. Do not attend practice sessions"
Be respectful spectator	"Do not sit courtside for every match. Watch matches without showing emotions but with encouraging smiles and nod of the head"
Respect parent-coach player team and communicate	"Clearly define relationships and roles earlier rather than later and communicate regularly and openly to ensure expectations are managed"

Table 1. Key recommendations to parents from coaches.

B. Parents' Perspectives

In brief, parents reported that they believed:

- Coaches were responsible for many roles including mentor, fitness and training advisor, support person, tournament scheduler and teacher of the technical and mental aspects of the game.
- The role of a coach was dynamic (changed over time).
- Changes in a coach's role moved from primarily one of 'instructor' to later being a 'collaborative support person' to the player.
- There are several ways coaches can assist and guide female players to develop their talent. Key recommendations are listed in Table 2.



RECOMMENDATION	REPRESENTATIVE QUOTES
Adopt a positive and player-centered philosophy and approach	<i>"Know what the player wants and put processes into place to focus on developing the player and avoid putting too much emphasis just on results"</i> <i>"Treat player as an individual and get to know how best they learn and interact"</i> <i>"Encourage a sound work ethic but keep it fun and enjoyable"</i>
Be mindful of effective communication skills	<i>"Take care to use appropriate words because words are very powerful and can be very damaging if one says the wrong thing"</i> <i>"Give constructive feedback"</i> <i>"Always listen"</i>
Keep updating skills and knowledge	<i>"Understand how the ranking system works"</i> <i>"Be knowledgeable about the sport"</i> <i>"Continue to expand abilities to recognise and develop talent"</i>

WHAT DO THE STUDY'S RESULTS MEAN FOR COACHES AND PARENTS?

One can make some generalisations for parents and coaches including the importance for both to be mindful of the 3 'As' – Awareness, Acceptance and Acknowledgement. That is, both coach and parent need to:

- (a) Be aware that they are members of the same (player) team. Both are focused on the best interests, well-being and dreams of the player.
- (b) Accept each other as significant team members who have different but complementary roles to fulfill.
- (c) Acknowledge the other for the contributions each can make. Open communication between coach and parent is essential.

CONCLUSIONS

Adopting the notion of 3 'As' re-enforces the importance of sound interactions and communications between coach and parent. Both parent and coach are encouraged to view the other as a key member of a support team where each party's role may be different and dynamic yet complementary at all times.



Regardless of how you feel inside, always try to look like a winner. - **Arthur Ashe**

In summary, to best nurture Australian female talent, this study's results suggest that strategies need to be in place to facilitate 'parents to be parents' and coaches to ensure an engaging and collaborative learning environment. Further, this study provides clues for achieving such (Tables 1 and 2). It is re-assuring to know that these recommendations are consistent with those found in the talent literature (e.g., Bloom, 1985).

Tennis is often thought of as an individual sport where a player competes against another on the singles court. This study highlights a 'team' element of tennis where outstanding results can be achieved when parent and coach combine to form a winning combination to support and guide their aspiring player. Like all effective teams, this requires many ingredients including team work, continual appraisal, a common goal and open communication. Let's not exclude either parent or coach from making valuable contributions to player development!

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My Tennis number
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FNQ JDS Cairns
Save the Date!
17th and 18th March

FNQ JDS Team Phone : 0407 460 487

Email : fnqjds@tennis.com

<https://www.tennis.com.au/fnqjds/>

**Fowler's
Group**



WHOLEHEALTH

DISCOUNT DRUG STORE & HEALTHFOODS

Your local discount pharmacy

Get ready for Cold & Flu season

Talking Naturally: with Lesley Parker ND ANPA Naturopathy/Nutrition/Food Plans/Accredited GAPS Practitioner



If you were preparing for a marathon, crucial academic test, or any goal where you need to be fit and well, what would you do? If you attempted to start running ten kilometers every morning to train for a marathon being held next week, I doubt you would win the race! The same would apply to any other goal you want to achieve. For any type of marathon you would research, plan, and implement the plan. You would look ahead and consider how much time you need to prepare, what are the basics, and what are the specifics to achieve your goal?

RESEARCH, PLAN, AND IMPLEMENT: Preparing for the cold and flu season is like preparing for a marathon or any other goal. Research online will give you hundreds upon thousands of search results - or you can take some concise advice and start preparing now to build your overall health and vitality and your immune system.

THE BASIC PLAN: Your body needs three to four months of commonsense essentials. What are they? First and foremost, eat real food! Real food is fresh and unprocessed vegetables, flesh meats, whole grains and pulses, fruits, oils, fats and dairy foods. Go for variety in your choice of vegetables and try eating some raw. Buy in season. When selecting fresh meats and eggs ensure hormone free, free ranged, and wild caught. Slow cooking makes many meats very digestible, and preserved the bone and marrow nutrients, along with the essential fats. Fermented foods for gut health include plain organic yoghurts, Kim Chi, Sauerkraut, Kefir, and the like. Remember to add the unprocessed salt, Australian olive oil, real butter, and tamaril!

SLEEP: Your body needs routine and rest. Reset your adrenalin clock by going to sleep before 10pm no matter how you feel, and get up at 6am-7am on a regular basis. On waking try exercise like walking, even if only a little bit, and do more each day.

SUNLIGHT: It is now acknowledged that the natural Vitamin D from sunlight is a major beneficial factor in our immune system. Program morning or afternoon time in the sun into your daily routine.

EXERCISE: This may be as simple as a daily walk or swim. It may be playing a sport, or dancing, or cycling, and is best if performed outside in the fresh air and without pushing your body to extremes. Plan a regular session, three times weekly or more.

WATER: Get unlimited clean water at no cost from a home filtration system. Always drink water on rising. Fill a non-plastic water bottle and drink throughout the day. Dehydration will compromise your immune system and it's an easy problem to fix. Water is essential for life.

Be aware of these immune system robbers:

SUGAR: Processed, refined sugars are in so many foods and drinks. Become informed, get "That Sugar Book" or DVD, or similar publications, and learn about the different sugars, where they are, and what sugar does to your immune system. Don't forget some sports drinks may hide lots of sugars.

ALCOHOL: A beer or a wine at times is not a disaster, but it is an immune system depressive; be disciplined with your intake.

BOOSTING THE IMMUNE SYSTEM: Our immune system is constantly bombarded in our daily life. Our cells need daily support so they do not weaken and become vulnerable to bacteria and viruses. Basic supplements include Vitamin C and Zinc, along with turmeric, and the fat-soluble vitamins, A, D, E & K. These nutrients will often come in immune system boosting complexes as tablets, powders, or liquids. Herbal formulas may contain echinacea, elderberry, olive leaf, oregano and ginger. A healthy liver is critical to ensure the immune system is strong. Concentrated greens are superior boosters for energy, health, and vitality. Select a balance of minerals, omega fats, and immune system support nutrients.

.....
At Wholehealth Discount Drug Store & Healthfoods, our team of qualified pharmacists and naturopaths stand ready to provide support, advice, and assistance to help you and your family run the health race this season.

Reference: www.nhs.uk/news/vitamin-d-immune-system-boost



\$24⁹⁹
ea

WAS \$26.99

Oriental Botanicals^{##}
ViraForce Vegetarian
60 Capsules



\$33⁹⁹
ea

WAS \$38.99

Nature's Sunshine^{##}
Kava Calm 60 Tablets



\$18⁹⁹
ea

WAS \$29.99

Blooms Health Products^{##}
Curcumin
600 Plus 60 Capsules



\$24⁹⁹
ea

WAS \$31.59

Thompson's^{##}
Multivital 375ml



\$13⁹⁹
ea

WAS \$19.79

Vital Greens^{##}
Powder 120g



\$11⁶⁹
ea

WAS \$15.99

Cabot Health^{##}
Livatone Shots
30 Tablets



\$11⁹⁹
ea

WAS \$13.49

Synergy Natural^{##}
Super Greens
100 Tablets

SPECIALS ON SALE FROM 24/02/18 TO 31/03/18. ALL ITEMS IN THIS PUBLICATION HAVE BEEN INCLUDED IN GOOD FAITH ON THE BASIS THAT THE GOODS DESCRIBED WILL BE AVAILABLE AT THE TIME OF SALE AND ONLY WHILE STOCKS LAST. FAILURE BY THE SUPPLIER TO DELIVER IN ACCORDANCE WITH THE SAMPLE DESCRIPTION OR ALL UNINTENTIONAL CAUSES MAY RESULT IN SOME PRODUCTS BEING UNAVAILABLE. WE RESERVE THE RIGHT TO AMEND PRICING DUE TO MANUFACTURER PRICE RISES OR PRINTED ERRORS. # ALWAYS READ THE LABEL, USE ONLY AS DIRECTED. INCORRECT USE COULD BE HARMFUL. CONSULT YOUR HEALTHCARE PROFESSIONAL IF SYMPTOMS PERSIST. ## VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET. * ALWAYS READ THE LABEL. USE ONLY AS DIRECTED.

WHOLEHEALTH DISCOUNT DRUG STORE & HEALTHFOODS

PEASE ST: Shop 27, 159-161 Pease St, Manoora • **Phone: 4053 2883** • **Open:** Mon-Fri 8am-7.30pm, Sat 8.30am-5.30pm & Sun 8.30am-5.30pm

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2018 JUNIOR DEVELOPMENT SERIES FAR NORTH CIRCUIT

Your stepping stone from fixtures to tournaments

24 - 25 February
17 - 18 March
21 - 22 April
5 - 6 May
2 - 3 June
16 - 17 June
18 -19 August
25 - 26 August
8 - 9 September
20 - 21 October
18 November

Mareeba
Cairns
Innisfail
Cairns
Innisfail
Townsville A (North Region)
Cairns
Ingham A (North Region)
Cairns (Finals)
JDS State Finals (Rockhampton Tennis Centre)
Cairns Teams

Enter online at tournaments.tennis.com.au

Age Groups (boys & girls) 10&U Green Ball, 11&U, 13&U, 15&U. 17&U

The FNQ JDS events will consist of two days for yellow ball & one day for green ball (Sunday). The JDS State Team will be selected at the Cairns Finals. To be eligible for the team, juniors must play a minimum of 4 JDS events prior to the Cairns finals, with the option to include one North Region JDS A event. Juniors enter the age group based on their age at 31 December 2018, they will be permitted to play up an age group if they win their own age event.

For more information please contact FNQ JDS coordinators Leon Awee & Nicky Mayer:
Email - fnqjds@tennis.com.au

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