



# Newsletter

Far North Queensland Regional Assembly- 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 Cairns event. Again, we have had fantastic numbers turning up to play at the Cairns event with some new and familiar faces appearing in the draws. From the tournament directors box, the centre looked alive as the different colours from each club splashed the courts. Leon and I would like to thank the tournament officials Mark Keating (aka Greenball King) and Mike Ernst for being our Court Supervisors for the weekend. We would also like to take a moment to thank the volunteers in the Cairns Canteen for cooking the tasty healthy food over the weekend. Well done! See you in Innisfail for our next JDS event.

## Welcome to the Second Issue

The FNQ JDS Cairns event saw 109 entries over the green and yellow ball events. The weather gods must have been looking down on us for most of the weekend as BOM and WeatherZone showed showers coming from the east all weekend. Luckily the mountain allowed the weather to split and we were able to play a majority of the matches. The atmosphere on Saturday was buzzing and parents and players were able to enjoy watching tennis from the grandstand. The next JDS event is in Innisfail where all Yellow ball events will be played. The green ball

events will be decided over the next month. 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/ZTTJCMV>



**WHOLEHEALTH**  
DISCOUNT DRUG STORE & HEALTHFOODS



When you do something best in life, you don't really want to give that up - and for me it's tennis.  
—Roger Federer



## 11 & Under Boys



Chase Crema (Baseline) and Louis Duggan (Trinity Beach TC) battled it out in the final of the 11& Under Boys event. Crema dropped only two games in his pool to make the final while Duggan battled in some long fought matches. Both players gave it their all but Crema was too strong and won the event 6-0 6-0.

Standings	Plyd	Sets	Games
Chase Crema	7	6-0	36-2
Louis Duggan	5	7-1	40-21

## 13 & Under Boys



Once again the 13 & Under Boys event hosted the largest number of entries of all events with 23 players. The event utilised a continuous feed in draw which saw the losing players fall into a consolation draw. The event was won Rudy Thorogood from Tull TC who overcame Billy Haoda in an entertaining match 6-3 6-3. As Rudy 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.

**Shaking hands at the end of the match is an acknowledgment by the players that the match is over and all the scores stand.**

## 15 & Under Boys

The 15&Under event saw 15 boys battle out their matches in three round robin pools. The overall boys Final winners yet to be decided as play was abandoned due to wet weather. Zane Crema, Luke Thompson and Troy Delgado will complete their matches on Saturday 24th March Weather permitting. Good luck boys and enjoy your games.

## 17 & Under Boys



The 17& Under boys event was challenged by five players with the addition of two U17 girls to give them more tennis opportunities. The final match between Harry Hawkins from Baseline and Kinata Miyamura from the Esplanade was a long battle on court 7 with Harry being the ultimate winner 7-5 4-6 11-9.

Standings	Plyd	Pts	Gms
Harry Hawkins	6	12	61-24
Kanata Miyamura	6	10	47-29
Dylan Kazuki Power	6	8	4-33

# Fowler's Group



### Billy's Coffee Cairns

Best coffee, best ambience, best people!  
Billy's rocks for coffee, ambience, banter, artworks and everything else. This joint is a Cairns institution and should be experienced by every local and visitor alike. Thanks Billy and Sok!



## 15 & Under Girls



Eight players entered the 15& Under event and competed in a round robin format using two pools of four players. This group saw the return of Sienna Jensen (Edmonton) to the JDS circuit and ultimately led to a surprise clash with Logan Lizzio from Baseline Tennis. These girls played a solid tennis match but Sienna was just too strong and was able to hit winners at will. Sienna won the final 6-2 6-0 dropped only eight games over the weekend in her four matches. Sienna may advance to the next age group.



**Fowler's  
Group**

## 11 & Under Girls



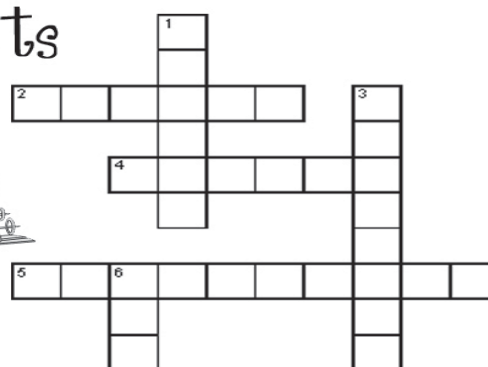
Ten players entered the 11&Under Girls event resulting in some wonderful tennis. The winner of the Girls Final was Juliatt Santitto from Innisfail, who did not drop a single game in her pool. Juliatt went on to win the final against Ashleigh Rookwood from Clifton Beach and dropped only one game in the final to win 6-0 6-1.

Standings	Plyd	Sets	Games
Juliatt Santitto	5	10-0	48-1
Ashleigh Rookwood	5	7-5	44-22

## 13 & Under Girls

The 13&Under girls event entries increased by 250% with 15 players - up from six players from the Mareeba event. Unfortunately the event was impacted by the late inclement weather and could not be finished. The top three seeds won their individual pools and will play the play off matches next weekend - weather permitting. The players in the finals playoff are 1. Giselle Kawane (Edmonton) 2. Anais Roach (CITC) and 3. Genevieve Lindsay (Baseline). Good luck girls as you continue your tennis journey.

## Sports



### Across

- 2. You kick a black and white ball.
- 4. You need a racket and a net.
- 5. You throw the ball into a basket.

### Down

- 1. A sport you play in an ice rink.
- 3. You need a glove and a bat.
- 6. A winter sport.



## What are low-compression balls?

There are three kinds of low-compression balls – red, orange and green – which are all softer and bounce lower than a yellow ball. Because they bounce lower, players have more time to hit them, which allows better control and helps kids develop correct stroke technique. Yellow balls bounce too high and quickly for children.

### Why use low-compression balls?

Ideally, players hit groundstrokes between waist and shoulder height. If children learn with a yellow ball, then playing with efficient, realistic technique and tactics is difficult, as players either have to:

- take the ball early
- play most groundstrokes above the optimal strike zone (in line with, and above the head)
- play far behind the baseline and take the ball late, waiting for the ball to drop.

The low-compression red, orange and green balls bounce lower and are slower, which makes them perfect for the varying heights and skills of children.



## Green Ball Girls

Continuing on from the uncertain weather conditions in Mareeba, the Green ball competition experienced a number of showers on Sunday. Despite this, the Green ball girls event was won by Tora-Lyn Namok from CITC, who won all her round robin matches. Second place went to Rylee Whitby from Edmonton TC.

	Points	Matches	Games
Tora-Lyn	10	5-0	30-5
Rhylee	6	3-2	25-17
Spohia	6	3-2	21-17

Well done to all the green ball girls and parents for braving the rain and participating in the FNQ JDS Green ball event at Edgehill Tennis Club.

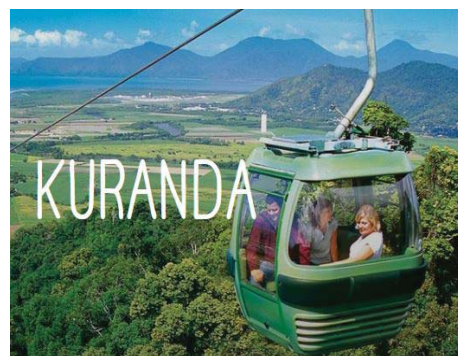


Explore the World Heritage-listed Great Barrier Reef, which stretches for more than 2,000 kilometres along the Queensland coastline. Snorkel, scuba dive or take a scenic flight over the reef. Sail the palm-topped Whitsundays, trek the ancient Daintree Rainforest or relax on luxurious tropical islands such as Hayman and Lizard. Island-hop or stay in one of the many coastal getaways like Cairns, Hervey Bay, Missions Beach or Port Douglas.

## Green Ball Boys

Sixteen players entered the Cairns Green Ball Boys event. Unfortunately the weather has prevented the final matches and placing from being completed. The final was played on Saturday between Jed Forward from CITC and Kalan Wilson from EdgeHill TC. Wilson took an early lead to be 5-0 up but a gutsy and determined effort by Forward saw a comeback matching the pros at the Aussie Open. Forward eventually overcame all obstacles to win the

match 7-5. Well done to both boys for giving it their all.



The picturesque mountain retreat of Kuranda Village, just 25 kilometres (15 miles) from Cairns, is surrounded by World Heritage Rainforest. With a reputation for relaxed shopping and al fresco dining, Kuranda has some of the best market stalls in the far north, found on both sides of the village at the Heritage Markets and the Kuranda Original Rainforest Markets, operating since 1978.

## Big Cat Green Island Reef Cruises

Green Island is a beautiful coral cay on Australia's Great Barrier Reef. Snorkel, dive and swim in the warm island waters, view the spectacular reef from a semi-submarine or glass bottom boat, explore the island or just relax on the white sandy beach. Big Cat departs from Cairns three times daily. Available activities include snorkelling, semi-submarine and glass bottom boat coral viewing tours, buffet lunch and free time to explore Green Island National Park.





# Far North Queensland Junior Development Series Points Race

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

First Name	Surname	Alwyn	Musumeci	120	Montell	Aurelio	70	Rhys	Woolcott	30	
Tora-Lyn	Namok	300	Taichi	Sato	120	Sydney	Damay	70	Evie	McNamara	30
Harry	Hawkins	300	Emily	Hodgson	120	Mitchell	Seles	65	Terry	Nyamat	30
Juliet	Santitto	260	Annelise	Lay	120	Jaiden	Woolcott	65	Matthew	Keirle	30*
Kanata	Miyamuru	260	Casey	Bounghi	115	Tsubasa	Duggan	65	Kieesha	Sailor	30
Logan	Lizzio	260	Alexis	Manson	115	Flynn	McKenzie	60	Gracious	Simeona	30
Robin	Kanigan	245	Alannah	Falvo	115	Luke	Thompson	60*	Keanu	Goncalves	30
Jake	Swindale	225	Troy	Delgado	110*	Erica	Sarnacki	60	Siddheswar	Vijayanand	30
Mackenzie	Lizon	225	Annika	Frew	110	Cynamon	Roach	60	Lachlan	Westerhuis	30
Zedneiye	Meafua-Uren	210	Kalan	Wilson	110	Mikayla	Osborne	60	Xavier	Humphreys	30
Jed	Forward	210	Giselle	Kawane	110*	Sean	McCahill	60	Connor	Goebel	30
Billy	Haoda	185	Chris	Finitsis	110	Kevin	Sagario	55	Annalise	Easton	25
Ashleigh	Rookwood	185	Oscar	Simpson	100	Kate	Hodgson	55	Genevieve	Thomson	25
Haanbie	Lee	185	Franco	Barania	100	Daniel	Obern	55	Kai	Greven	25
Kaiyan	Blue	170	Brock	Thompson	100	Jayne	Ruiz	50	Henric	Sagario	13
Rylee	Whitby	170	Luke	Swindale	100	Charlie	Hipgrave	45	Kosta	Jaksic	13
Natalie	Wolff	170	Conor	Whitby	100	Raymond	East	40	Tate	Robinson	13
Jade	Christopher	170	Clovis	Damay	100	Ethan	Latimer	40	Utah	Hewitson	5
Louis	Duggan	170	Mia	Christopher	85	Finn	Weeks	40	Jonah	Kelle	5
Dylan	Power	150	Hope	Simpson	80	Santiago	Ruiz Del Rio	40	Arjan	Wynberg	5
Leacy	Argent	150	Molly	Smith	80	Ryley	Faulkner	40	Gabriel	Weeks	5
Bailey	Horn	150	Rachel	Cavallaro	80	Jarrah	Humphreys	40*	Mohammed	Ali	5
Matthew	Duffey	150	Ruby	Fritzsh	80	Coco	Fregoni	40	Jimmy	Breeze	5
Sienna	Jensen	150	Barbara	Vuskovic	75	Neave	David-Stern	40	Pramith	Kolla	5
Arnhem	Pyawa	150	James	Maxa	75	Xavier	Collins	40	Sergio	Debuque	5
Chace	Crema	150	Julian	Wynberg	75	Yago	Ortega		Dominic	Johnson	5
Rudy	Thorogood	150	Anais	Roach	75*		Quintana	35	Thomas	Maxa	0
Adam	Simpson	135	Moath	Ali	75	Ryan	Tonks	35	Briana	Collins	0
Sophie-Louise	Boorer	135	Cara	Fregoni	75	Oscar	Stow	35	Cohen	Emmi	0
Myco	Sabino	135	Kai	Hogan	73	Kelvin	Van Honste	35	Jai	Stapleton	0
Phoebe	Cahill	135	Arthur	Tsakissiris	70	Genevieve	Lindsay	30*	Julia	Jacobs	0
Shaylee	Haynes	135	Ava	Tsakissiris	70	Sasha	Pearce	30	Zane	Crema	0*
Sophia	Kawane	135	Siddharta	Nair	70	Max	Neuman	30	* denotes matches to play		

\* denotes matches to play

Cancer Council recommends using SPF30 or higher broad-spectrum, water-resistant sunscreen. However sunscreen alone will not provide adequate protection against overexposure to ultraviolet (UV) radiation. Cancer Council recommends five steps to protect against sun damage during the daily sun protection times (when the UV level is 3 and above):

1. Slip on sun-protective clothing.
  2. Slop on SPF30 or higher sunscreen – make sure it is broad-spectrum and water-resistant. Put it on 20 minutes before you go outdoors and re-apply every two hours.
  3. Slap on a hat – that protects your face, head, neck and ears.
  4. Seek shade.
  5. Slide on sunglasses – make sure they meet Australian Standards.
- UV levels are most intense during the middle of the day. Check the daily sun protection times, available:

- on the free SunSmart app
- online at [sunsmart.com.au](http://sunsmart.com.au) or
- [bom.gov.au/weather/uv](http://bom.gov.au/weather/uv)
- in the weather section of newspapers
- as a free website widget.

The sun protection times show when the UV Index is forecast to be 3 or above.

## What if.....

We are in a set and it is 5 games all?

A player can win the next two games and win the set 7 games to 5

OR

Both players can win a game and at 6 games all a set tie-breaker can be played



I can't become satisfied, because if I get satisfied, I'll be like, "Oh, I've won Wimbledon, I've won the U.S. Open. Now can I relax." But now people are really going to be fighting to beat me.

—Serena Williams



## 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

## How a soccer ball can improve your Tennis Game

By Suzanna McGee

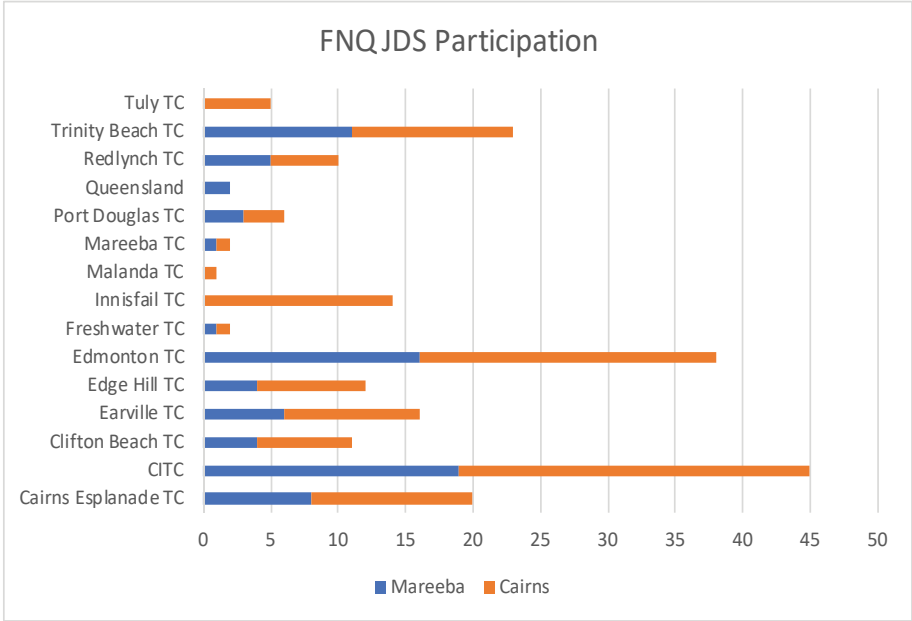
Footwork is the key to great tennis. However, too many players neglect this simple fact.

If you have excellent stroke technique, but you cannot get to the ball on time, it's not going to be a consistently good shot. The time that you spend on the court moving and running is significantly more in comparison to the time that you spend hitting the ball.

If you really want to improve your tennis game, start working on your footwork. This will improve your speed and fitness at the same time, and you'll become a better player almost immediately. Improving your footwork will also develop your agility, coordination, and balance, which is extremely important for higher levels of play.

## Club Participation FNQ JDS keeps getting better and better

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.



When you hit your shots, you should be well grounded and balanced with a low center of gravity, so you can use the kinetic chain of your body to execute shots that are more powerful. If you get to the ball quickly and have time to get balanced and prepared, you'll have many more shot options.

If you're late, then you'll be forced to hit a shot that your body position allows you to hit. Even if you strike the shot that you want, you may have poor execution or make a mistake.

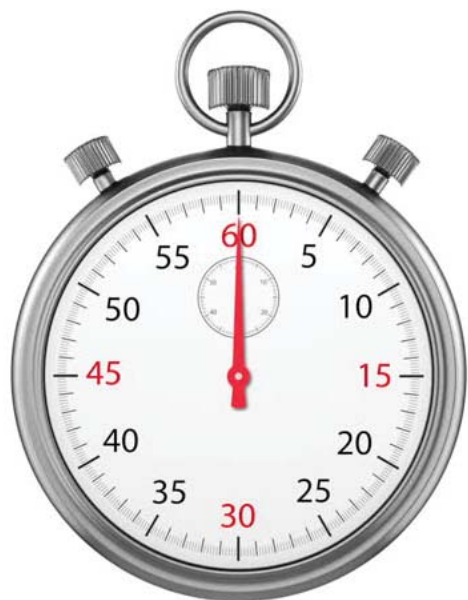
If you get to more balls, you will force your opponent to hit more balls than they had planned, and they may get tired or impatient and make more errors.

Up to 70 percent of unforced errors are caused by poor footwork. Imagine what a difference to your game superior footwork will make!

Most of the time on the court, you are moving through side shuffle, crossover-step or backpedal rather than straight forward. Practice these "specialty" movements in a fun way with a soccer ball. Most of the European tennis players are very skilled in soccer, and they move on the court fast and smoothly.

Carry a soccer ball in your bag, and use it for a warm-up, alone or with your friends. Run and kick the ball around the cones, shuffle, run backward, kick the ball over the net, or keep it in the air. Be creative and have fun. Soccer ball drills will improve the lightness and speed of your feet, and shortly your tennis game will follow.





## What is Continuous Play?

As a principle, play should be continuous, from the time the match starts (when the first service of the match is put in play) until the match finishes.

**a. Between points, a maximum of twenty (20) seconds is allowed.** When the players change ends at the end of a game, **a maximum of ninety (90) seconds** are allowed. However, after the first game of each set and during a tie-break game, play shall be continuous and the players shall change ends without a rest. At the end of each set there shall be a set break of a **maximum of one hundred and twenty (120) seconds**. The maximum time starts from the moment that one point finishes until the first service is struck for the next point. Event organizers may apply for



ITF approval to extend the ninety (90) seconds allowed when the players change ends at the end of a game and the one hundred and twenty (120) seconds allowed at a set break.

b. If, for reasons outside the player's control, clothing, footwear or necessary equipment (excluding the racket) is broken or needs to be replaced, the player may be allowed reasonable extra time to rectify the problem.

c. No extra time shall be given to allow a player to recover condition. However, a player suffering from a treatable medical condition may be allowed one medical time-out of three minutes for the treatment of that medical condition. A limited number of toilet/change of attire breaks may also be allowed, if this is announced in advance of the event.

d. Event organizers may allow a rest period of a maximum of ten (10) minutes if this is announced in advance of the event. This rest period can be taken after the 3rd set in a best of 5 sets match, or after the 2nd set in a best of 3 sets match.

e. The warm-up time shall be a maximum of five (5) minutes, unless otherwise decided by the event organisers.

## Officials Corner

During the service motion, a server may not:

Change position by walking or running.

Although slight movements of the feet are allowed.

- Touch the baseline, or the court, with either foot.
- Touch the area on the other side of an imaginary extension of the sideline.
- Touch the imaginary extension of the center mark with either foot.

If the server commits any of these actions, a foot fault may be ruled.

### DID YOU KNOW?

Foot faults may only be called by an official standing on court or by a chair umpire.

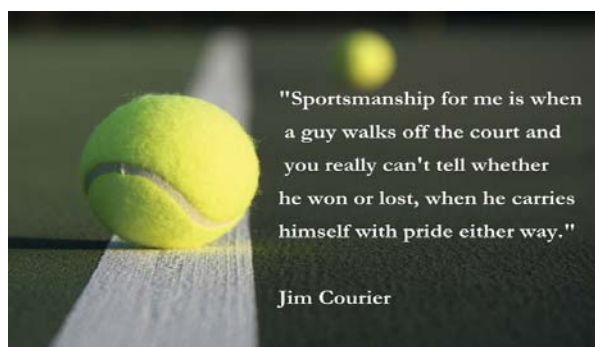
Athletes may be requested to correct their foot faulting problem by a Referee or Court Supervisor, who will require the Athlete to make an effort during the match to rectify the problem. The receiver may not call a foot fault against the server.



NOT A FOOT FAULT



IS A FOOT FAULT



"Sportsmanship for me is when a guy walks off the court and you really can't tell whether he won or lost, when he carries himself with pride either way."

Jim Courier

# Fowler's Group



# Increasing Appropriate Fluid Intake for Tennis

Page Love (Nutrfit) ITF Coaching and Sport Science Review 2008;15 (46) :15

**ABSTRACT** This article highlights the importance in consuming the correct amount and type of fluid for effective hydration and thermoregulation. Identifies 10 top tips to appropriately hydrate during tennis.

**Key Words:** Hydration, Thermoregulation, Electrolytes. Corresponding author: Nutrilove@aol.com

## IMPROVING YOUR HYDRATION STATUS

At some point, we have all heard, "Drink lots of water!" As the weather gets warmer-and on the tennis court it can get downright sweltering-competitive tennis players encounter a high heat index and hot court surfaces. These conditions make tennis players targets for dehydration and heat illness. Water is good for us, but too much actually dilutes your body's sodium levels low enough to increase other medical problems including muscle cramping. So, what is adequate hydration? Target a 10- 12 cup (3-4 liter) training diet base daily either of water or equivalent hydrating beverages. Which beverages are best, and how do they fit into our overall eating plan? Here are some answers.

## BEVERAGES AND FOODS THAT COUNT TOWARD DAILY HYDRATION NEEDS BEST

Water, fitness waters, sport beverages, seltzer, club soda, mineral water, flavored waters .Very good: 100% fruit juices, lemonade, tomato and vegetable juices low-fat milk Good: raw fruits and vegetables So-s so: soft drinks (diet soft drinks in moderation), decaffeinated coffee, yogurt Not so good: caffeinated beverages and alcohol are diuretics and do not count toward water intake.

## TOP TEN WAYS TO INCREASE YOUR FLUID INTAKE ON AND OFF THE COURT

1. Drink 8 to 16 ounces water-based beverage (water, juice, milk) with every meal and snack

2. Limit caffeinated beverage intake after a certain time of day (for example, 1 pm) and set a reasonable limit on coffee or soda intake (for instance, 1 to 2 cups per day).

3. Substitute decaffeinated tea, soda, or coffee for some of your caffeinated drinks

4. Increase your vegetable juice and milk consumption (2 cups of vegetable juice = minimum 4 vegetable servings per day; 2 cups milk= minimum dairy intake per day)

5. Try carbonated calorie-free fruit flavored waters to enhance your fluid intake

6. Don't be afraid to drink sport beverages on the court; these help to meet both electrolyte and energy needs on the court

7. Keep a water bottle or jug with you at all times(freeze overnight so it stays cool during the day at practices)

8. Pre-hydrate before you go on the court at least 2-3 cups the hour before; Drink until your urine is a pale yellow color

9. Drink at least ½ cup to 1 cup of fluids every 15-20 minutes on the court; drink at every changeover during matches!

10. For recovery, grab a 24 ounce bottle of water or sport beverage as you leave the court to replenish water, energy, and electrolyte needs. If you are a heavy sweater, getting salt in a beverage or food at this time is highly recommended.



As a tennis player, you have to get used to losing every week. Unless you win the tournament, you always go home as a loser. But you have to take the positive out of a defeat and go back to work. Improve to fail better. **Stanislas Wawrinka**

My Tennis number  
1800 PLAY TENNIS



**ENTER  
ONLINE**

CLICK THE BUTTON

FNQ JDS Innisfail  
Save the Date!  
21st and 22nd April

FNQ JDS Team Phone : 0407 460 487

Email : fnqjds@tennis.com

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

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