

# Green Gully Tennis Club Newsletter



SPRING 2018

## MESSAGE FROM THE COMMITTEE

Welcome to the Spring edition of the Green Gully Tennis Club (GGTC) newsletter. As the weather warms up, now is the time to start packing away your winter woollies and get back onto the courts.

The new quarterly GGTC newsletter will provide our valued members with the latest news from around our club and information for our senior players, and our junior players and their parents.

We hope you are all enjoying your time at GGTC. Over the last 6 months the club has gone from strength to strength. Membership numbers have increased and competition team numbers remain strong.

Our competition teams have been doing extremely well over the last 8 months, with many of our teams reaching the finals.

It's great to see so many social members using the courts. We have a solid base to work with, and please let the Committee know if you have any ideas to help us become even better!

We welcome any assistance to help us keep our club functioning effectively. If you feel you have a certain skill set or you would like to volunteer then please contact any committee member to find out how you can get involved. You don't have to play tennis to be involved, and any contribution is welcome.

We hope you all have the opportunity to get out and have a hit soon - everything seems better after a game of tennis!

**GGTC Committee**

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## ENERGY EFFICIENT COURT LIGHTS NOW LIGHTING THE WAY

You may have noticed the LED lights that are now on all of our courts at the GGTC.

The purchase and installation of the LED lights was a joint effort between the Brimbank City Council and the GGTC. The LED lights are energy efficient, and provide better lighting conditions for players and spectators.

Once a court has been booked (using the Online Court Booking System), the LED lights will automatically switch on at the booked time when you enter your pin number at the gate entrance.

At the moment we are experiencing issues with the LED lights on courts 7 and 8. We have been in contact with the Council and we have been informed that the lights will be fixed as soon as possible. Updates will be provided once we receive more information from the Council.

Everyone can now look forward to brighter night games in the future.



# NORTH SUBURBAN JUNIORS TENNIS ASSOCIATION (NSJTA) UPDATE

**We've just passed the halfway point of Season 2 2018 and I want to bring to your attention two rule changes that have been approved for next year onwards.**

## 1. Saturday mixed teams

The mixed format on Saturday mornings will change to 2 boys and 2 girls for all grades, including Saturday A grades.

- Each team would play 6 sets — 2 boys singles sets, 2 girls singles sets and 2 doubles sets
- For odd rounds, the doubles format would be 1 boys doubles set and 1 girls doubles set
- For even rounds, the doubles format would be 2 mixed doubles sets
- For finals, the team would play 7 sets — 2 boys singles, 2 girls singles and 3 doubles sets
- 1 boys doubles set, 1 girls doubles set and 1 mixed doubles set (7 sets will ensure there cannot be a draw, and also allow for additional players to be used if clubs choose)

- There is no change to the Friday night Mixed grades, which remain 3 boys and 3 girls.

- No Mixed teams in D Grade

With the Saturday Mixed teams change of format the Green Gully Junior Committee has decided to field more mixed teams next season wherever possible.

## 2. Arriving late to games

Arriving 15 minutes late to a match will result in a forfeit of a set.

The rule is changing from the current 30 minutes to 15 minutes to bring the NSJTA in line with other associations and to make sure matches start and finish on time.

The new rule will state.....

*Where a player is unable or unwilling to commence play 15 minutes after the scheduled start time, sets shall be forfeited in the following manner. One set shall be forfeited initially for each available court (up to and including two courts) and then one set shall be forfeited for every 15 minutes thereafter for each available court (up to and including two courts).*

*If any D Grade player is more than 45 minutes late after the scheduled start time, then that player must forfeit all three sets.*

The arriving late rule shouldn't have any impact for us as I'm sure all of you arrive 15 minutes early to every match!



## Dates to remember:

**19 & 20 October** - Last opportunity for additional registrations - emergencies wanting registration must have played their third match by these dates.

**20 October** - Transfers for next season close - transfer forms and \$20 clearance fee must be lodged with the NSJTA Match Secretary by 6PM

**16 & 17 November** - Last Round

**23 & 24 November** - SEMI FINALS

**30 November & 1 December** - GRAND FINALS

**7 & 8 December** - SPARE FINALS WEEKEND

## GREEN GULLY TENNIS CLUB TEAM UNIFORMS

**All Junior GGTC players are required to wear the GGTC polo shirt when representing the club in competition.**

Other GGTC garments, including hats are also available, but are not compulsory.

The cost is \$50 for a club Polo shirt and Cap or \$40 for Polo only if you already have the GGTC cap.

Uniforms can be purchased via Team App and pickup can be coordinated with the Junior Delegate.

To the right is an example of the polo top and cap.

Junior players should wear the GGTC uniform:



- To be recognised as a representative of your team and the GGTC
- To show the opposition that you have a plan in place, have taken the time to be organised, and are ready for the competition

- To focus attention on what really matters – playing the game, competing in the competition, and playing fairly
- To demonstrate a point of difference from the opposition

## COACHES' CORNER

**We are coming to the end of another busy Term at Green Gully.**

**Thanks again to everyone for participating in our coaching programs at the club in Term 3 and to the pupils and parents who braved**

**the cold and wet weather over winter. Hopefully the cold weather is behind us now that Spring has arrived!!**

**We hope you and your children have had as much fun as we have had throughout the year so far. As we**

**wind up Term 3, and get ready to start Term 4 with some better weather, we have some news for everyone in regards to the Coaching Program at Green Gully.**

**By Steve & Liisa Barrow**

## New Coach starting in Term 4

### Great news for On Point Tennis!!

A new Coach will be commencing in Term 4 with the On Point Tennis team.

The new coach will be a great addition to coaching at the club, and gives On Point Tennis the opportunity to open up some new Coaching Programs that will also be starting in Term 4.

We will reveal the new coach next Term.

If you are interested in having extra Private or Semi Private lessons, now is the time to ask as the new coach will have lots of spaces available during the week.

Book your spot now as spots will soon fill up.



## New Coaching Programs for Term 4, 2018

**On Point Tennis will be commencing new Tennis Programs in Term 4, 2018.**

Below are the new programs we will be offering:

- **Squad Training** – New Squads will be starting in Term 4 at Green Gully Tennis Club. Discounts will be available to pupils who join our new squads that are in existing Private and Semi Private lessons with OPT.
- **Cardio Tennis For Kids & Adults** – Cardio Tennis will recommence in Term 4. Cardio Tennis is a great way to get fit and at the same time have fun. At all Cardio Tennis lessons you will be provided with a Heart Rate Monitor, and music is played at the session to motivate.

- **Mum's Tennis** – Mum's Tennis will be starting in Term 4 – will be held during mornings after dropping the kids off to school. A fun social hit and lesson with coaches, followed by Morning Tea afterwards.
- **ANZ Hot Shots Matchplay** – This will be available to our current pupils in Red, Orange, and Green Stage Hot Shots that don't play competition yet. A great way for pupils to play tennis in a competition format. Discounts will apply to pupils in our coaching program.

More details on these new programs are available on our Facebook and Instagram Pages. If you are interested contact Steve or Liisa.

## AusOpen Clinic – Enrolments for 2019

**The AusOpen Clinic will be conducted again in January 2019.**

All pupils will receive a flyer during Term 4. If you are interested in going to the clinic (which includes a day out at the Australian Open) you need to fill out the enrolment form attached to the flyer, and send it back before the closing.

More details about the clinic will be explained on the flyer.



## Restrings, Grips, and More!!...

**Did you know that OPT don't only coach, but also restrung racquets, change and sell Grips and Overgrips, Vibra Damps, Lead Tape, Grip Enlargement, and**



**can modify your racquet to suit your needs.**

We can also give you the best advice to what racquet suits you, as different racquets suit different styles of tennis.

Why go all over town to a tennis shop when you can drop your racquet off to your local tennis club?

For more information, contact Steve or Liisa on 0403 438 765, or 0403 438 766.



## TENNIS TIP – Apart from Coaching, what does it take for me to be a better tennis player?

**What a great question!! There is no simple answer to this question.**

However, not doing anything won't help you improve. Here are a 3 suggestions to help you improve your tennis:

### 1. Most important – PRACTICE!!!

You can't expect to play your best when you don't come down to practice your shots. Think of yourself like an actor – if you don't rehearse for the real thing, you will get nervous, lose confidence, and choke under pressure when you get on the big stage!!! Even more important is to play more practice matches, both Singles and Doubles, as this is the closest thing to what you will actually be doing in your competition play. Team Training is a perfect chance to play matchplay so you can practice in a match scenario what you worked on in your coaching lesson. Avoid doing drills and ball feeds in Team Training as this should be done in your coaching session by the experts. Use the hour wisely – in

other words spend less time talking and more time playing. You can socialize after Team Training has ended. Find a partner or group to come down to the courts more often and practice. The more practice you do during the week, the more prepared you will be for your match. Your shots will also be more natural, so you won't have to think too much about your shots.

**2. Play every point, stay in the present** – learn not to think of the last point you played, the point you lost 3 games ago, or even the future points you will play. **FOCUS ON ONE POINT AT A TIME!!** Whether you win or lose the last point, you need to let it go, as it won't help you win the next point. Keep your mind focused on the present, to give yourself a chance to win more points. This will help you keep your emotions in check, which is vital to help you win your matches. If you can't control your emotions, how can you expect to control hitting a ball?

**3) Have a game plan** – go into the warm up of the match, and look for any strengths or weaknesses that your opponent has. Sometimes it is a common weakness/ strength, and sometimes it just happens on the day. Find a game plan where you can use your strengths to get to your opponents weaknesses, and with good execution, success will flow. Having any game plan is better than no plan at all. If you have a plan, and it works, you have just found a recipe for success. However if you win with no plan, you won't know how you won the match, and can't use it for the next match. **FAILING TO PLAN IS PLANNING TO FAIL!**

Hope to see you all on court playing more to get better!!

If you have a question that you want answered, ask Steve or Liisa and we will put the answer in the next Newsletter Tip.

**For more information or to book a lesson/session at OPT please contact our Club Coaches - Steve Barrow or Liisa Barrow on 0403 438 765/ 0403 438 766**

*Like us/ Follow us on Facebook and Instagram:*



<https://www.facebook.com/>



<https://www.instagram.com/>

## WEEKLY MORNING LADIES HIT AND GIGGLE SESSION?

**Want to get fit and have some fun?**

Then join our weekly ladies hit and giggles tennis session.

- Each Thursday between 9.30am - 11.30am.
- Free to members and \$5 for non-members.
- Tea and coffee provided.

All are welcome to join in the fun.

For more information or to book your spot, please contact Christine on 0478 639 879.



## GREEN GULLY TENNIS CLUB ANNUAL GENERAL MEETING

Our Annual General Meeting (AGM) will be held at the clubrooms on **Monday 12 November 2018 at 7:00pm.**

The AGM will conduct any items of business, of which prior notice has been given in accordance with the rules of the Club's Constitution.

Any member intending to bring an item of business before the AGM should notify the club Secretary in writing, or by email.

Please ensure any items of business reach the Secretary by post to PO Box 56, Kellor, 3036, or by email to [admin@greengullytc.com.au](mailto:admin@greengullytc.com.au) by close of business Friday 9 November 2018.

## KEEPING OUR CLUB HOUSE TIDY

**The committee has noticed that a lot of rubbish is being left around the facility, on the courts, and the clubhouse left messy after use.**

As we are a club for the community, run by the community, it would be appreciated if you could please do your bit to ensure our clubhouse and courts stay clean and tidy.

If we all follow the below steps, it will be easy to keep our club clean:

Remove any rubbish left on the court after you are finished playing. This includes drink bottles and food wrappers. Even if the rubbish is not yours, please remove it, otherwise it might never leave the court!

If you see any rubbish on the ground

around the facility please pick it up and put it in the bin.

If the clubhouse bin is full – remove the rubbish bag and put it in the bin outside, then replace the bin liner with a fresh liner from under the sink.

If using the clubhouse for food (competition, presentations etc) please wipe over the tables and sweep the floor.

Please wash any dishes in the sink that you have used, and put back where they were taken from.

Turn off clubhouse lights when leaving.

Close the clubhouse door and front gate when leaving.

Thank you for your co-operation.



## Code of Conduct for Tennis Parents!

- ★ Supports the coach
- ★ Lets their child make decisions
- ★ Encourages their child
- ★ Let's their child have fun
- ★ Praises their child and cheers for everyone
- ★ Is a role model
- ★ Respects officials
- ★ Respects the opposition
- ★ Give their child autonomy
- ★ Wants their child to learn lessons from playing tennis.
- ★ Respects all decisions made by coaches, referees and officials
- ★ Does not coach their child during games or training.
- ★ Respects the rights of all players





## FUNDRAISING AT GGTC



**Tartan Tours Shopping Tour !**

- One all-inclusive cost of \$68
- Date: Sunday 11th November 2018
- Lunch consists of:
  - Main Course
  - Dessert
  - Glass of Wine or Soft Drink
  - Cup of Tea/Coffee
- Home Baked Morning & Afternoon Tea
- Complimentary Iced Water & Sweets on the Bus

**Everyone Receives a Door Prize !!**

**QUALITY OUTLETS**

Contact Liisa on 0403438766 to book your seat. Payment due no later than 1st October

All proceeds to go to Green Gully TC

If you have any fundraising ideas that could assist in raising vital funds for our club, please email us your ideas at [membership@greengullytc.com.au](mailto:membership@greengullytc.com.au)

## COURT BOOKINGS ISSUES

If you are experiencing any issues when booking a court at GGTC please call Tennis Victoria to sort out any book a court issues on 1800 752 983.

When calling make sure you are in front of your device.

## HAVE YOU HEARD THE NEWS?

Do you have any news that you would like to include in the GGTC newsletter?

Just drop us an email at [admin@greengullytc.com.au](mailto:admin@greengullytc.com.au)

