



# Jimboomba Tennis Club Newsletter

October 2014

[www.tennis.com.au/Jimboomba](http://www.tennis.com.au/Jimboomba)



## Have Your Say

With the year drawing to a close, we are now making plans for 2015.

We would like your feedback on what you think went well (or not well) this year and what you would like to see next year.

Feel free to chat to a committee member, drop us an email, or simply drop a note into the green suggestions and feedback folder in the clubhouse.

Remember, you are always welcome at our monthly meetings and don't forget to like us on facebook or check out our website for updates.



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e: [jimboombatennis@hotmail.com](mailto:jimboombatennis@hotmail.com)



## Junior Tennis Activities

While Pro Performance are doing a wonderful job with junior tennis activities, they cannot be on court supervising/watching your kids play to see what areas they could improve in, because there are so many other things that need to be organised.

If you are able to provide assistance, for example on Hotshots Fixtures nights (Wednesday from 5.00 – 7.00 pm) or when Pro Performance schedule special activities, this would be most appreciated.

The growth of junior tennis will be a lot more successful if people help out. Without growth in junior tennis, the club will not keep growing.

### *How Can I Help?*

- Help supervise kids games and assist with scoring
- Help cook bbq
- Help bag grass courts after junior fixtures (this helps stop moulding)

Please feel free to talk to Paul at the club or call him on 0401 942 703.

## Committee Members/Helpers Required

Just a reminder that our Annual General Meeting falls due at the end of February next year

With club numbers back on the rise and junior tennis slowly returning, your support would be greatly appreciated to continue this positive trend and move the club forward again. We survived this year on a skeleton committee but will need a stronger team next year to support the growing needs of the club.

Feel free to chat to Leanne Lappin, Susan Mahoney, Rod Jamieson or Paula Cunliffe. You can also call the club phone number or leave a message in the suggestions and feedback book (with a contact number/email) if you wish to help out or have any questions.

### *Did You Know?*

*Tennis is perhaps the most popular game after soccer, having millions of fans and players from every nook and corner of the world. Due to its back and forth action, tennis keeps its viewers on the edge of their seats at all times. There are immense benefits of tennis as it helps keep your body, mind and health issues in check and provides you with entertainment and fun too.*

## Ten Great Benefits of Playing Tennis

### 1. *Tennis is a whole-body workout*

Unlike some sports, playing tennis is a brilliant workout for the entire body. You use your lower body for all that running, stopping and starting, jumping and crouching. Also the action of hitting the tennis ball, whether it's single or double-handed, means that your trunk does a lot of work as well, in particular your shoulders and upper back.

### 2. *It's a great calorie burner*

You'll burn more calories depending on how much running you do, but on average, an amateur player will burn around 300 calories in 30 minutes of play. If you're looking to lose weight, make sure you include some rallying. This burns more calories than serving and returning as you're moving around the court more and resting far less.

### 3. *You will improve your co-ordination and balance*

Whether you're a child or an adult, hitting a ball with a racquet will build and also hone your hand-eye coordination, and recovering your step after a burst of speed works on your balance.

Tennis also involves thinking ahead so you can get back into position to return the ball, while being aware of where you and your opponent are standing. This means it improves your proprioception – or in other words, your sense of your body's movements.

### 4. *It will make you run faster*

Tennis involves quick-fire changes of direction at top speed as you race around the court to return serves and volleys. This requires 300 to 500 bursts of energy per match, according to researchers. And you'll run the equivalent of three to five miles. Playing tennis is a great way to speed up your sprinting and work on your endurance.

### 5. *It lowers your risk of diabetes and heart disease*

Playing tennis regularly improves your heart and lung health, and cuts your risk of developing diabetes and heart disease.

### 6. *It's brilliant for your brain*

Tennis boosts brain health because you need to stay focused, devise strategy and make split-second decisions. On each point, you need to

decide whether to go for that low ball or to leave it. The in-built break after each point means that when playing tennis, you get the chance to plan a strategy based on what you think your player's next moves will be.

### 7. *It improves aerobic and anaerobic health*

Tennis helps you in having better aerobic health as it increases your oxygen intake while playing, making your heart race and better pumping of the blood in all the muscles. It also aids in the development of numerous capillaries and capillary beds within the muscles so that your muscles can have a greater blood supply and flow. This helps in your muscles performing at a higher level and fatigue at a slower rate. It also helps in maintaining anaerobic health which makes the muscles use oxygen in a better way and provide quick energy spurts.

### 8. *It gives you a better immune system*

Tennis improves the health of the entire body, giving you a better and more powerful immune system. It also increases the body musculature, bone mass and bone density and hence prevents osteoporosis.

### 9. *It's a great social activity*

Playing tennis is a great way to get out of the house and meet new friends.

### 10. **ABOVE ALL IT IS FUN AND THE WHOLE FAMILY CAN PLAY!!**

#### **Social Tennis Times (Members and Non-Members welcome)**

Tuesday Ladies – 7.30 am – 9.30 am

Contact: Dianne Connors: 0428 666 925

Tuesday Night Men – 7.00 pm – 8.30 pm

Contact: Jack Hunnemann Ph: 0407 742 485

Wednesday Men – 8.30 am – 11.00 am

Contact: Brian Manning: 0402 211 355

Wednesday Night Ladies: 7.00pm – 8.30 pm

Contact: Paula Cunliffe Ph: 0421 461 557

Friday Night Mixed: 7.30 pm – 9.30 pm

Contact: Leanne Lappin: 0407 146 428

Vets Social (Age 35+): 1.30 pm – 4.00pm

4<sup>th</sup> Sunday of each month

Contact: Dianne Connors: 0428 666 925



## JIMBOOMBA TENNIS CLUB

### END OF YEAR

### BREAK UP DAY

**When:**  
**Sunday, November 30, 2014**

**Where:**  
**Jimboomba Tennis Club**  
**Henderson Road,**  
**Jimboomba**

**Time:**  
**Commencing 1:30 pm**

**Jumping Castle**  
**Water Slide**  
**Tennis Activities**  
**BBQ**  
**Fixture Trophy Presentations**

**Members & Non Members Welcome**  
**Social Players**  
**Casual Court Hire Players**  
**Junior Coaching & Hotshot Fixture Players**  
**Bring the Family**  
**Bring a plate to share**  
**Bbq food provided by club**

**RSVP**  
**Add details to attendance list on notice board**  
**Email: jimboombatennis@hotmail.com**  
**ph: 5540 3036**  
**(Please advise how many adults & children**  
**attending)**  
**By Wednesday, November 26, 2014**



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#### Junior Birthdays of the Month

##### October

*Addison Serra*

*Happy Birthday to you*



#### Next monthly committee meeting

Tuesday November 11, 2014 at 7.00 pm  
At Clubhouse, Henderson Road, Jimboomba  
All members welcome



**JIMBOOMBA TENNIS CLUB PRESENTS.....**

**ALL AGES HOT SHOTS TOURNAMENT**

**SINGLES ROUND ROBIN FORMAT**

**SATURDAY 15<sup>TH</sup> NOVEMBER 2014**

**Red/Orange levels Start: 8AM**

**Green level Start: 11am**

**Where: Jimboomba Tennis Centre**

**Cost: \$25 per player**

**Trophies presented to winners and runners-up in each Hot Shots level (red, orange and green)**

Nominations can be sent to Paul at Pro Performance Tennis on 0401 942 703 or email [properperformancetennis@yahoo.com.au](mailto:properperformancetennis@yahoo.com.au)

**Nominations:** close 5PM THURSDAY 13<sup>TH</sup> NOVEMBER 2014

**Payments:** Cash/ Bank transfer/Credit Card – see Paul for more details if required

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**Nomination Form: (Please use one entry form per player)**

Name(s):..... Age:..... Contact number:.....

Event: (please circle)      Red                              Orange                              Green

**Terms and Conditions**

- All entry fees must be paid before the day of tournament
- The tournament holders accept no responsibility for any accident/injury involving players.
- Refunds will not be given for forfeits/withdrawals that are made after entry date.

Parent/Guardian:..... Signature:..... Date:../../.....