

2023
Jan O'Neill Cup

Tony Roche Cup

12/U New South Wales

State Teams Championships

Bathurst Tennis Centre



Welcome





On behalf of Tennis NSW, we would like to welcome all players, their families and supporters to the beautiful town of Bathurst, for the 2023 NSW 12/U State Teams Championships.

We are excited to return to Bathurst and can't wait to see all of the players back on the court once again representing their regions. We trust that you will all take great pride in being selected and in doing so uphold the best qualities of sportsmanship and teamwork.

NSW Team events provide an opportunity for players to experience a Fed Cup and Davis Cup like format where team managers are on court to guide players through the event. We hope that all players will appreciate and take advantage of the knowledge and experience of their team managers. Thank you to our team managers for coming to Bathurst this weekend. We wouldn't be able to hold an event like this without your support.

Thank you to Fran and Andrew Mitton and the staff and volunteers of Bathurst Tennis Centre for being such welcoming hosts time after time. A special thank you to our Referee for the Championships, Trevor Drury. Your support year after year doesn't go unnoticed and we thank you for all of your time and effort over the weekend. Without you all, we would not be able to offer such a unique opportunity for the players.

To all of the parents, thank you for supporting your children's tennis and bringing them to Bathurst to make this weekend possible. We hope that during this event each of you will support your children with a focus on development and encourage great sportsmanship.

Lastly, we would like to wish all of the players and their teams good luck for the weekend. Enjoy your matches, play fair, use this experience as a learning opportunity and most importantly have fun!

Allira Smith-Connor & Karen Muller
Tennis NSW Operations and Pathways





It is with pleasure that I welcome you all to the Jan O'Neill Cup & Tony Roche Cup at the 2023 NSW 12/U State Teams Championships.

Firstly, I would like to thank Bathurst Tennis Centre who have supported this event for many years. Without the support of the venue, the volunteers and the team behind the venue, Tennis NSW would not be able to hold such a fantastic junior teams event. In particular, I would like to recognize the commitment and support provided to Tennis NSW by Andrew and Fran Mitton who are critical to the event's success.

We are excited to be back in Bathurst with everyone representing their regions.

The opportunity for our young players to compete at state level but within a team environment is special. The recent United Cup that we were privileged to host in Sydney has demonstrated how thrilling and exciting team tennis can be. We know that players love the opportunity to play with their friends while competing in a team environment and we are looking forward to offering additional team opportunities throughout the year.

May I also extend my thanks to the Tennis NSW team members Allira Smith-Connor and Karen Muller who have spent numerous hours organising all aspects of the event. It is also important to acknowledge Referee Trevor Drury for his ongoing support of the event and the mentoring of the team managers which provides a unique experience for all players.

Huge crowds at the United Cup and Australian Open show tennis is thriving and we have emerged from recent years stronger than ever . Your continued support and commitment to our game is greatly appreciated by the players and all connected with Tennis NSW.

Finally, a big thank you to the parents and families who have supported your player to this event. Wishing all the players, team managers, officials and volunteers the best of luck for what promises to be a fantastic event.

Darren Simpson

CEO Tennis NSW



Jan O'Neill

Ranked number 1 in Australia in 1960 and in the top five from 1960-1964, Jan was the first Australian female player with a double-handed backhand. She was a four time finalist to Margaret Court in the Australian Championships (1960-1963) and won the Australian Mixed in 1960 and 1961.

A strong and determined baseliner, Jan was the first female with a double handed backhand to compete at Wimbledon.

Jan led the way for Australian overseas women's touring teams, first touring overseas privately in 1960 and winning nine European titles. The following year, Tennis Australia sent the first official Australian women's touring team overseas. Partnered by Margaret Smith, Jan was runner-up in the Wimbledon doubles and for three years was ranked in the top five in the world.

Raised on a property near Grenfell, Jan inherited her love of tennis from her father Reuben and her mother Enid.

As a junior, Jan had no peer, winning her first State title at 11 years old (13/U division) and amassing 30 titles during her junior career which also included two Australian Junior Singles and three Australian Hardcourt Junior Championships. Jan was undefeated throughout her junior career.

In 1962-1964, Jan again toured with the Australian team and returned home with a



swag of titles. Jan was also a member of the inaugural Australian Fed Cup team in 1963.

Marriage to leading administrator, the late Jim O'Neill, and the birth of daughter Lisa, curtailed Jan's career in the late sixties but she came back better than ever and continued to claim titles.

In 2012 Jan was an Inductee into the Arena of Champions during the Sydney International



Tony Roche

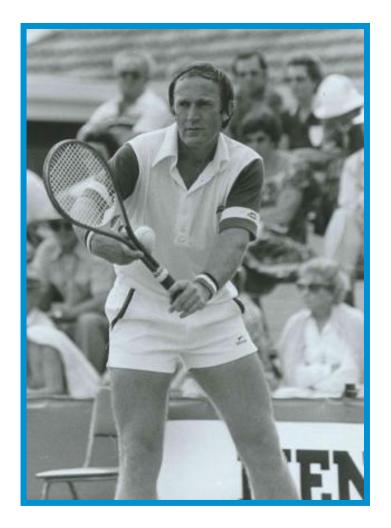
Tony was runner-up to Rod Laver in the first Open Wimbledon Singles Final and was twice runner-up in the US and French Singles. He played Davis Cup for Australia from 1964-1979.

Teaming up with John Newcombe,
Tony formed one of the greatest
doubles combinations of all time,
winning 5 Wimbledon, 1 US Open, 4
Australian Open and 3 French Open titles
as well as countless other events.

At the conclusion of his career in 1979,
Tony commenced a coaching career
which included a lengthy stint with then
world number 1 Ivan Lendl and in 1994.
Tony reunited with John Newcombe as
Coach and Captain of the resurgent
Australian Davis Cup team, with Australia
claiming the Davis Cup under their
guidance in 1999.

Having guided world No.1 Roger Federer to many Grand Slam successes, Tony continues to make a great contribution to Australian Tennis.

Tony was introduced to tennis on a court at the back of his father's butcher shop in Tarcutta. Coached by Wagga Wagga's Bill Williams, he came through Regional Coaching Clinics to the advanced schools at White City.



Australian Junior Champion in 1964, he burst onto the international scene when he won the Italian Singles in 1966, a few days short of his 21st birthday. Within weeks, he had won the French Open Singles.



Roll of Honour - Jan O'Neill Cup



2022 Metropolitan Dynamite

- 1. Brooke Komorowski
- 2. Jessica Fernandez
- 3. Sofia Colovic
- 4. Alicia Crosbie

2021 Metropolitan Dynamite

- 1. Milena Jandera
- 2. Amy Gray
- 3. Mia Princip
- 4. Rachel Aditama

2020

Not Held Covid-19

2019 Metropolitan Stormers Joint Winners

- 1. Rianna Alame
- 2. Giselle Guillen
- 3. Gabriela Garipova
- 4. Renee Alame

2019 Metropolitan Magic Joint Winners

- 1. Gabby Gregg
- 2. Jessica Emanuel
- 3. Angela Cui
- 4. Simone Cameron

2018 Metropolitan Flames

- 1. Milana Dejanovic
- 2. Elektra Arseniou
- 3. Audrey Aulia
- 4. Gabby Gregg

2017 Metropolitan Dynamite

- 1. Sarah Rokusek
- 2. Piper Freeman
- 3. Erin Lawless
- 4. Cara Korhonen

2016 South East Smashers

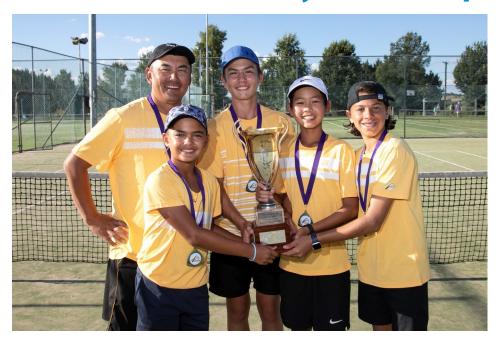
- 1. Mia Repac
- 2. India Schreiber
- 3. Bianca Sorrentino
- 4. Chilee Roland

2015 Metropolitan Serves

- 1. Tiana Stojkovic
- 2. Lily Logue
- 3. Gaby Journee
- 4. Nicci Vesely



Roll of Honour - Tony Roche Cup



2022 Metropolitan Lightning

- 1. Ethan Domingo
- 2. Oliver Prosek
- 3. Jonathan Shao
- 4. Mikhail Dalichau

2021 Metropolitan Stormers

- 1. Miles Phijidvijan
- 2. Scott Hong
- 3. Aiden Nitch
- 4. Tylor Jayawickrama

2020

Not Held Covid-19

2019 Metropolitan Lightning

- 1. Boyd Schreiber
- 2. Ryan Huynh
- 3. Matthew Holl
- 4. Archie Kind

2018 Metropolitan Lightning

- 1. Luka Medojevic
- 2. Christopher Sousou
- 3. Jamie Crow
- 4. Archie Kind

2017 ACT Velocity Joint Winners

- 1. Charlie Camus
- 2. Charlie Snow
- 3. Daniel McDonald
- 4. Dylan White

2017 North East Breakers Joint Winners

- 1. Charlie Pade
- 2. Timothy Yeung Packer
- 3. Caspian Tuckwell
- 4. Oliver King

2016 Metro Gold Lightning

- 1. Andy Danis
- 2. Jospeh Cliff
- 3. Maxwell Keyser
- 4. Kolt Piggins-Massaad

2015 Metropolitan Smashers

- 1. Kamil Kozlowski
- 2. James McCabe
- 3. Jeremy Jin
- 4. Shuannon Tricerri



Schedule

Saturday 25th March 2023

7.30am Managers Meeting

7:45am Opening Ceremony

8.15am Team Photographs

8.30am (approx.) First Round of Play

12.00pm (approx.) Second Round of Play

3.00pm (approx.) Third Round of Play

Sunday 26th March 2023

7.45 am Fourth Round of Play

10.30am (approx.) Fifth Round of Play

1.30pm (approx.) Play Off Matches Involving All Players

4.30-5.00pm (approx.) Presentation - All players to attend



Pools

Jan O'Neill Cup

Pool A

- 1. Metropolitan Dynamite
- 2. Metropolitan Stormers
- 3. South West Heat
- 4. North East Breakers
- 5. Metropolitan Slammers
- 6. Northumberland Thunder

Pool B

- 1. Metropolitan Lightning
- 2. Central West Cyclones
- 3. ACT Velocity
- 4. South East Waves
- 5. Metropolitan Flames
- 6. North West Warriors

Tony Roche Cup

Pool A

- 1. Metropolitan Lightning
- 2. Northumberland Thunder
- 3. ACT Velocity
- 4. South West Heat
- 5. Metropolitan Stormers
- 6. North West Warriors

Pool B

- 1. Metropolitan Slammers
- 2. North East Breakers
- 3. Metropolitan Dynamite
- 4. Central West Cyclones
- 5. Metropolitan Flames
- 6. South East Breakers



Competing Teams

Jan O'Neill Cup

POOL A

1. Metropolitan Dynamite

- 1. Aimee Jin
- 2. Alicia Crosbie
- 3. Elona Thorne
- 4. Isabella Su

Manager: Selina Turulja

4. North East Breakers

- 1. Montana Johnson
- 2. Eliza Shotton
- 3. Natalia Chlumsky
- 4. Djidji Bertram

Manager: Alan Jurd

2. Metropolitan Stormers

- 1. Ariel Gunawan
- 2. Ami Dalla Pozza
- 3. Joyce Sun
- 4. Mila Vujcic

Manager: Lisa Catto

3. South West Heat

- 1. Abby Crawford
- 2. Macy Burgess
- 3. Georgia Reid
- 4. Mary Middleton

Manager: Chloe Hule

5. Metropolitan Slammers

- 1. Mia Slatina
- 2. Mira Arvind
- 3. Stephanie Huang
- 4. Aleksija Vujcic

Manager: Chloe Brasier

6. Northumberland Thunder

- 1. Rachel Jenkins
- 2. Emily Liang
- 3. Grace Tindall
- 4. Shyla Kelly

Manager: Trudi Musgrave-Edwards

POOL B

1. Metropolitan Lightning

- 1. Angel Warang
- 2. Janet Waddell
- 3. Kaitlyn Poon
- 4. Danica Li

Manager: Gemma Musty

2. Central West Cyclones

- 1. Coco Purcell
- 2. Bridie Worthy
- 3. Savannah Auvaa
- 4. Savannah Latu

Manager: Mark Wilkinson

3. ACT Velocity

- 1. Piyushi Bandara
- 2. Anaise Maka
- 3. Isabel Cairns
- 4. Amaya Muench

Manager: Wayne Miller

4. South East Waves

- 1. Liana Meta
- 2. Maddison Stares
- 3. Anne Malligan
- 4. Sophia Duarte

Manager: John Thompson

5. Metropolitan Flames

- 1. Valentyna Rosa
- 2. Ava Itaoui
- 3. Amber Pollard
- 4. Heidi Lam

Manager: Kira Dowling

6. North West Warriors

- 1. Isabella Purvis
- 2. Ezarlia Cant
- 3. Sophie Hartnett
- 4. Kaylee Woolcott

Manager: Taya Powell



Jan O'Neill Cup

Saturday 25th March 2023

Pool A		Pool B	
8.45am	Court	8.45am	Court
1v2	International 2	1v2	1 sharing 2
3v4	6 sharing 5	3v4	4 sharing 5
5v6	International 1	5v6	3 sharing 2
Followed by:		Followed by:	
4v1	6 sharing 5	4v1	4 sharing 5
2v5	1 sharing 2	2v5	International 2
6v3	3 sharing 2	6v3	International 1
Followed by:		Followed by:	
1v3	10 sharing 11	1v3	15 sharing 14
5v4	12 sharing 11	5v4	7 sharing 8
2v6	13 sharing 14	2v6	9 sharing 8

Sunday 26th March 2023

Pool A		Pool B	
7.45am	Court	7.45am	Court
5v1	6 sharing 5	5v1	7 sharing 8
3v2	1 sharing 2	3v2	15 sharing 14
6v4	4 sharing 5	6v4	International 1
Followed by:		Followed by:	
3v5	1 sharing 2	3v5	15 sharing 14
4v2	6 sharing 5	4v2	7 sharing 8
1v6	3 sharing 2	1v6	4 sharing 5
Followed by: Play-off Matches—All Players Involved		Followed by: Play-off Matches—All	Players Involved



Competing Teams

Tony Roche Cup

POOL A

1. Metropolitan Lightning

- 1. Hugo Chwastek
- 2. Jiacheng Andrew Chen
- 3. Johan Abdullah
- 4. Arrush Gaikwad

Manager: Sean Tsai

4. South West Heat

- 1. Eamon Shiel
- 2. Jake McCraw
- 3. Smyan Hegde
- 4. Oscar King

Manager: Jade Culph

2. Northumberland Thunder

- 1. Jack Smith
- 2. Mitchell Coventry- Searle
- 3. Caleb Gwinnell-Sheather
- 4. Veljko Maksimovic Manager: Blake Denison

5. Metropolitan Stormers

- 1. Xander Crabb
- 2. Daniel Counsell
- 3. Vidyuth Kumar
- 4. Ethan Wang

Manager: Jacinta Schinckel-Brown

3. ACT Velocity

- 1. Jobe Dikkenberg
- 2. Mitchell Rankin
- 3. Adam Przydacz
- 4. Jamie Fan

Manager: Brydan Klein

6. North West Warriors

- 1. Curtis Parkinson
- 2. Myles Manning
- 3. Oliver Riley
- 4. Dejan Djulic

Manager: Dale Martin

POOL B

1. Metropolitan Slammers

- 1. Dusan Sormaz
- 2. Leon Goh
- 3. Brandon Hass
- 4. Max Saychenko

Manager: Bailey Honeyman

2. North East Breakers

- 1. Ben Spotswood
- 2. Oliver Seeto
- 3. Flynn Pociask
- 4. Joe Wrigley

Manager: David Johnson

3. Metropolitan Dynamite

- 1. Tylor Sudriku Jayawickrama
- 2. Archie Shatar
- 3. Nicholas Ashton
- 4. Adrian Yip

Manager: Jeorge Collins

4. Central West Cyclones

- 1. Jack Edwards
- 2. Malakhai Tumia
- 3. Daniel Cartman
- 4. Beau Gardiner

Manager: Kalebb Kalcher

5. Metropolitan Flames

- 1. Sebastian Lavorato
- 2. Cade Petrie
- 3. Alejandro Bernal
- 4. Shaurya Phogat

Manager: James Church

6. South East Waves

- 1. Adam Otis
- 2. Jackson Roberts
- 3. Nickolas Balgovind
- 4. Hudson Critoph

Manager: Michael Phipps



Tony Roche Cup

Saturday 25th March 2023

Pool A		Pool B	
8.30am	Court	8.45am	Court
1v2	10 sharing 11	1v2	15 sharing 14
3v4	12 sharing 11	3v4	9 sharing 8
5v6	13 sharing 14	5v6	7 sharing 8
Followed by:		Followed by:	
4v1	10 sharing 11	4v1	9 sharing 8
2v5	12 sharing 11	2v5	15 sharing 14
6v3	13 sharing 14	6v3	7 sharing 8
Followed by:		Followed by:	
1v3	International 1	1v3	International 2
5v4	3 sharing 2	5 v 4	4 sharing 5
2v6	1 sharing 2	2v6	6 sharing 5

Sunday 26th March 2023

Pool A		Pool B	
7.45am	Court	7.45am	Court
5v1	10 sharing 11	5v1	13 sharing 14
3v2	12 sharing 11	3v2	9 sharing 8
6v4	International 2	6v4	3 sharing 2
Followed by:		Followed by:	
3v5	10 sharing 11	3v5	13 sharing 14
4v2	12 sharing 11	4v2	9 sharing 8
1v6	International 1	1v6	International 2
Followed by: Play-off Matches—All Players Involved		Followed by: Play-off Matches—All F	Players Involved



Match Rules:

- 1. a) A hit up of three minutes only is permitted. Play shall be continuous from the first service until the match is completed
 - b) The first team mentioned in the draw will collect the balls and scoresheet for each match.
- 2. Each match shall comprise four singles and two doubles, all being one tie-break (6 games all) set. For doubles matches no-advantage (or short deuce) scoring will be used. Therefore if the game is tied at deuce, the players who win the next point win the game. The receivers will have the choice of the receiving side.
- 3. The manager or his/her nominee shall be permitted to occupy a seat at courtside and to instruct his/her team during the change of ends. Parents are not permitted to manage teams which contain their son or daughter. One manager only is permitted on court for each team. When two courts are used the managers are to sit between the two courts.
- 4. If players make obvious incorrect line calls then managers may overrule.
- 5. Players in each team shall be ranked in order of merit and this relative order shall not be altered through out the competition.
- 6. Immediately after the completion of the final doubles set in each match, the manager of the winning team must report the match result and the results of all sets and return the balls to the person in charge at the match controller's desk.
- 7. Should any match be interrupted, players should note:
 - The player serving and from which end.
 - The state of the match and the score of any unfinished game.
- 7. The order of play for all matches shall be: No.1 Singles, f/b No.2 Singles, f/b No.3 Singles, f/b No.4 Singles, f/b No.1 Doubles, f/b No.2 Doubles.
- 8. To determine the doubles order, players' singles rankings should be added together and the pair with the lowest total must play No.1. If the totals are equal the Managers can decide in which order the pairs play.
- 9. The team which wins the majority of sets in a match shall be declared the winner of that match. If sets are equal the team which wins the majority of games in that match shall be declared the winner.
- 10. The team winning the greatest number of matches shall be the winner of their pool. If two or more teams have won an equal number of matches the result shall be decided as follows::
 - a) By calculation of the percentage of sets won to sets played, and if still equal then,
 - b) The percentage of the games won to games played;
 - c) If the teams are still equal, the managers should nominate a Doubles pair who will play a tie-break.
- 11. Depending on time constraints, only the Singles matches may be completed in the play-off matches other than those for the Cups
- 12. All players will be involved in play off matches, which will be conducted as follows: 1st team in pool A vs 1st team in pool B playing for the Tony Roche Cup or Jan O'Neill Cup. 2nd team in Pool A vs 2nd team in pool B etc..

 Matches determining the winners of the Cups may only be played to a result.
- 13. Should the play-off for the Tony Roche and Jan O'Neill Cup result in a drawn match, joint winners will be declared.
- 14. The decisions of TA / Tennis NSW or the tournament committee will be final and binding on all parties (including relevant players) and no one will have the right to appeal against or otherwise challenge such decisions.



Rules for non-umpired matches

- a) Each player is responsible for all decisions in his/her half of the court. He/she should be completely honest on all "calls" but, if in doubt, he/she should give his/her opponent the benefit of the doubt and play the ball as good. You should not play a let.
- b) It is your obligation to call all balls on your side, to help your opponent make calls when the opponent requests it, and to *call against yourself* (with the exception of a first service) any ball that you clearly see out on your opponent's side of the net.
- c) Any "out", "let" or "fault" call must be made immediately (i.e. Made before his/her opponent has hit the return or the return has gone out of play); otherwise the ball continues in play. "Calls" must be verbal and clearly audible to the opponent, followed by a signal if necessary. "Let" may be called by any of the participating players.
- d) On all court surfaces, except clay (see (g) below) if an athlete incorrectly calls a ball "out" and then realises that the ball was good, the point should be replayed, unless it was a point winning shot or unless that athlete made an incorrect "out" call earlier in the match. In these circumstances, the athlete who called "out" loses the point.
- e) In doubles, when returning service, the partner of the receiver should generally call the service line for him/her. The receiver should generally call the centre and side service lines.
- f) If a player cannot agree on the score, they should calmly discuss the points, games that are in disagreement. If they cannot reach an agreement they should replay only the points or games in question. All points or games which the players agree stand e.g. two players cannot agree on whether the score is 40-15 or 30-30, but agree on the winner of the first, second and fourth points. Therefore only the third point needs to be replayed.
- g) Players are prohibited from checking the mark of the ball on their opponents side of the court, unless invited by their opponent to do so. Ball mark inspections are only permitted on clay courts. On clay courts if a player incorrectly calls the ball "out" and then realises that the ball was good, the player who called the ball "out" loses the point.
- h) Where the ball interrupts play, either by rolling/bouncing onto the court, and/or creating a visible interruption behind the court a let should be played.If a player hinders his/her opponent it can be ruled voluntary or deliberate.
 - a) When a player has created an involuntary hindrance (ball falling out of a pocket, hat falling off etc.), the first time a "let" should be called and the player should be told that any such hindrance thereafter will be ruled deliberate.
 - b) Any hindrance caused by a player that is ruled deliberate will result in the loss of a point.



Etiquette

- a) When ball persons are not available, all balls on your side of the net are your responsibility, to pick up and, where appropriate, return directly to the server.
- b) The receiver should not return the first service if it is an obvious fault—let it go by or ground it.
- c) Do not enlist the aid of spectators, including parents, coaches etc, in making line calls, or attempting to determine other on-court matters.
- d) To avoid controversy over the score, the server should announce the game score before starting a game and the point score prior to serving for each point.
- e) Wait until a point is over before walking behind a court where a match is in progress.
- f) To retrieve a ball from another court or to return a ball to another court, wait until the players have completed a point.
- g) Do not stall, sulk, complain nor practice gamesmanship.
- h) Tennis NSW has a zero tolerance policy to Team Managers approaching players to promote or offer their individual coaching services.



Spectator Behaviour Statement

We appreciate all the effort that parents and coaches put in to allow children to be involved in the great sport of tennis. We hope that by following this guide you and all competitors at this event will continue to enjoy playing tennis for many years to come.

The following behaviour is encouraged:

- Clapping good points for both players in a match.
- Encouraging good sportsmanship from your child.
- Allowing children and officials to resolve any on-court situations without interference.
- Encouraging your child in a positive and non-aggressive style.
- Have a development orientated focus.
- Encourage your child to be respectful to their team and team manager.
- Allowing the team manager to perform their role without interference.
- Ask your team manager for feedback at the end of the day.

The following behaviour is not acceptable:

- Coaching children from the sidelines (verbal or signaling).
- Being aggressive or intimidating towards a child.
- Getting involved in line or score calling, or on-court conflict.
- Being disrespectful to, or intimidating officials, tournament directors or managers.
- Being disrespectful to, or intimidating other parents or coaches.
- Cheering or clapping when opponents make errors.
- Speaking to managers during matches.
- Interfering with the team manager's role.

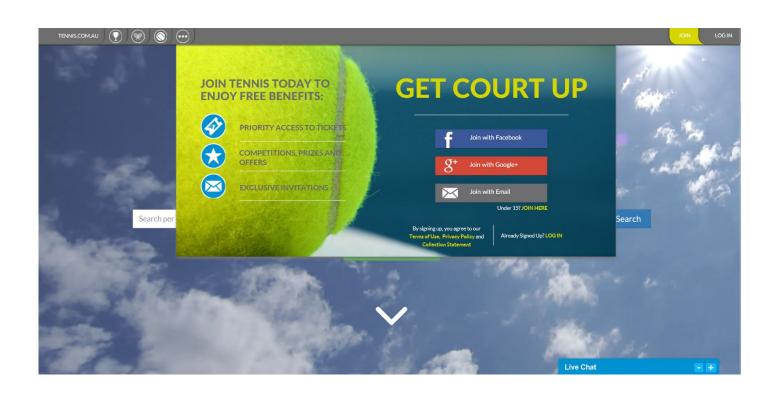
Please remember:

- This is not the Australian Open.
- These are children.
- The officials are human.
- Your child's selection for Tennis NSW events is based on a number of factors, including behaviour
 of the child and their support team.



The 2023 NSW State Teams Championships results will be published on

leagues.tennis.com.au





HOW TO JOIN TENNIS



Before you can access your profile, results and rating in Match Centre, you will need to Join Tennis. Joining Tennis simply means creating your online tennis profile.



Visit **tennis.com.au** and click **'JOIN'** in the grey bar across the top of the page



Select to join with Facebook, Google or email and enter your details



Click

'JOIN TENNIS'

and you're

done!

LINK YOUR ACCOUNT

If you have already been playing in a League that has been administered on League Manager, your player profile will have already been set up. You can link your player profile to your new account in three easy steps:



In your **Dashboard** (you will automatically be redirected to this page when you log into Match Centre) enter your name in the search bar at the top of the page and click search.



A list of **profiles** will appear, if you believe a profile listed reflects your personal details and your team, view the profile using the right hand side icon that resembles an eye.



Once you've viewed the profile and confirmed it is you, select the "Request link" button at the bottom of the profile. Your request will be reviewed and your profile linked if it is a correct match.



Past Players

Jordan Thompson

What did it mean to you to represent your region at the State Teams Championships?

At the time I was extremely excited to be given the opportunity to play in a Davis Cup like event.

Advice for young players:

Have fun and play for every point.

Nick Kyrgios

What did it mean to you to represent your region at the State Teams Championships?

So pumped and excited to be with my mates and represent my region. Back then it felt like Davis Cup but for a region.

Advice for young players:

Have fun!

Monique Adamczak

What did it mean to you to represent your region at the State Teams Championships?

It was exciting to get the opportunity to play great matches and enjoying the thrill of competition.

Advice for young players?

Make friends. You will be friends long after the tennis is over and these times will remain some of the best experiences of your life.

Did you know that some of the other pro players who have played in the NSW State Teams Championships include:

Sam Groth, Johanna Konta,

Matt Reid, Tammi Patterson,

James Duckworth & Abbie Myers.



Player Photos

Purchase Team and Action Shots Photography by:



Premier sports photographers servicing NSW and beyond with event and team photography.

www.balancedimagestudio.com or info@balancedimagestudio.com

Ph: 0427 298 558

An online link is also available to view and purchase photos

www.balancedimagestudio.com/tennis

Every effort is made to photograph as many players as possible, however due to time limitations we cannot quarantee that every player will be photographed.

HEALTH PRECAUTIONS



Avoid shaking hands while sick



Avoid hugging or kissing others while sick



Avoid close contact with people and public assembles while sick



Avoid touching eyes and mouth until able to wash or sanitise hands



Wash hands with soap and water for at least 20 seconds



Use an alcohol based hand sanitiser if soap and water are not available



When coughing or sneezing, cover your mouth and nose with a tissue or the inside of your hand



Stay home and avoid contact with others while sick

CLEAN HANDS SAVE LIVES









Wet hands

Apply soap





Rub vigorously for 20 seconds, covering all surfaces of hands and fingers



Rinse hands with warm water ... leave water running



Dry hands thoroughly with hand-dryer or paper towel if available





Turn off tap with a clean paper towel if available



Clean hands!