



Ainslie Tennis Club Newsletter

Autumn Edition

Welcome to the latest edition of the Ainslie Tennis Club newsletter. We are excited to share with you the latest news, updates and events happening at our club. As we continue to navigate through 2023, we remain committed to providing our members with a safe and enjoyable tennis experience.

AGM

The first update from the Ainslie Tennis Club Committee is a reminder about the Ainslie Tennis Club's Annual General Meeting (AGM) to be held in the Club House:

4pm, Saturday 29th of April 2023

The AGM is an important event for all members to attend, and we encourage you to take this opportunity to be involved in the direction of the club. It is a chance for members to have their voices heard, to learn about the club's financial status, and to participate in decisions about the club. By attending the AGM, you can contribute to shaping the future of the club, express ideas, and vote on important matters. Additionally, the AGM provides a platform for members to meet and socialise with other tennis enthusiasts, share their experiences, and build relationships.

By participating in the AGM, you can ensure that the club continues to thrive and provide a welcoming environment for all. Therefore, we strongly encourage all members to attend the AGM. It will take less than an hour on a Saturday afternoon, so come along and support your club.

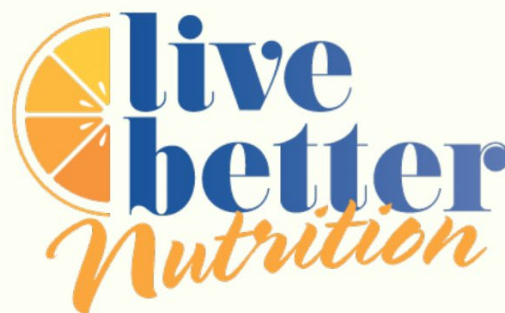
The 2022 President's report and the 2023 AGM agenda are available [here](#).

A message from our Sponsor:

The need for protein when you exercise is well known, but, why do we need it? No matter how intense your tennis is, your muscles are experiencing micro-tears. When this happens you need protein to repair it.

A great choice for muscle recovery is a glass of skim milk. If you aren't a milk drinker, you could try a handful of nuts, a small tin of tuna on crackers or a tub of yoghurt.

If you want to optimise your diet for performance and recovery, our experienced dietitians can help. We have 9 locations across Canberra including Braddon or Ainslie. Book an appointment at www.livebetternutrition.com.au



If you ever want to read any report presented at an AGM, including financial reports, you can access them from the AGM tab of the Ainslie Tennis Club website.

GENERAL COMMITTEE MEETING

In other news, the Committee will be having a general committee meeting in the Club House:

7pm, Wednesday 3rd of May 2023

This will be the first general committee meeting after the AGM. This meeting will be used to discuss Membership Fees and the Strategic Asset Management Plan for the club. All are welcome to attend, to be part of these two very important issues.

SOCIAL TENNIS

With Day Light Savings finishing at the start of April, the Club's social tennis arrangements have changed to suit colder autumn and winter weather.

If you are interested in playing social tennis, why not bring your racquet and join in one of the social comps! Weather permitting, social tennis is as follows:

The **Racqueteers** play from **1pm** on **Tuesdays** and **Saturdays**,

The **Still2Be's** play from **9:30am** on **Fridays**, and

Sunday Social is played from **2pm** on **Sundays**.

So, there is a social competition to suit most members' availability. Just turn up, talk to the players, and see if it's for you!

NEIL HENDY CUP

The Club recently circulated a newsletter seeking expressions of interest from members to join in the 2023 Neil Hendy Cups. Thank you to those few members who expressed an interest in becoming first time players for the Cups. Unfortunately, only a few replies have been received so far. Accordingly, unless there are enough replies to provide a platform for one or more round robin competitions before the General Committee Meeting on 3 May 23, the Committee will need to defer the Cups for 2023 and put out a fresh call in 2024.

CLUB CENTENARY COMING...

The Ainslie Tennis Club was launched in 1928 and we are rapidly nearing our centenary. If you would like to get involved in devising ways the Club can celebrate such a momentous milestone, please call the Club President, Steve Ryan, on **0409 906 215** to discuss.