



THIS MONTH'S ISSUE:

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- Almost Jerra and tennis for everyone
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PRESIDENT UPDATE

Peter Terwee

Dear Members and future Members, welcome to our Festive Season newsletter.

The club has continued to build back up to pre-covid levels of operation. It's great to see so many people enjoying tennis at our courts – many people are booking through our Book A Court system, we have had a pleasing number of new members joining up, and the demand for participation in social and competition tennis has been strong. Please note that our membership fees will again be reducing in late December – with a further fee reduction at the end of March 2023 that covers off the last few months of the membership year.

Since the last newsletter we have had some new volunteers join our Board – in John Tucker helping Gary Knox with the Club Captain Role. In the meantime, John Tucker has done a lot of work to remediate our memberships - and the database is working well again. Having people take on these roles is great news for the club and means we only have a few key board vacancies remaining - including Junior Officer, Member Protection Information Officer, and the Social Officer. If you think you may be able to help us out, please contact me via my email below.

Our recent Club Championship was held on 13 November 2022. Congratulations to all those who participated including the winners of our Singles and Mixed competitions (please see the article in newsletter for more details). We also held a Social Tennis Christmas Party which was well attended by many club members and their guests.

Wishing you, your family, and friends a safe and enjoyable festive season. Please look out for one another and come back in the New Year to enjoy what is sure to be another great summer of tennis. We look forward to seeing you all down at the courts in 2023, Peter Terwee.

E: president@jerrabomberratennisclub.com.au



BOARD UPDATES

SECRETARY UPDATE

Angela Okines

I would like to congratulate Jackson Roberts on winning the Tennis ACT Junior Player of the Year thank award in September 2022. Jackson, his mother Nat, Peter Terwee and I attended the event at Manuka oval which was supported by many juniors, parents, various ACT and NSW club members and Tennis ACT executives. It was a wonderful surprise when Jackson was announced the junior player of the year and was presented his award from Kim Kachel - Tennis ACT CEO.

It was good to see Nick Kyrgios also attended the event and show his support to the ACT players. Jackson even scored a photo with Nick!!!! Well done Jackson on your achievement.



MEMBERSHIP UPDATE

John Tucker

The club has had a strong uptake of renewals and new membership for the 2022/2023 membership year so far.

There are many benefits of being a member – competition tennis, insurance coverage, free social tennis participation (excludes lights fees) and free book-a-court hire (excludes lights fees). And membership of the JTC is a great gift that won't clutter up the home.

For every member, the new year is a great time to login and ensure your profile data is up to date and correct.

The prices for membership until June 30, 2023 have reduced as of December 24. The new prices are :

- Family \$210.00
- Adult Single \$140.00
- Junior Single \$70.00
- Student/Pensioner \$70.00

You can access the Play Tennis system (and membership packages) here at: <https://play.tennis.com.au/JerrabomberraTennisClub/Membership/Join>

E:
membership@jerrabomberratennisclub.com.au



Last week the club held its annual Christmas Party at the club. There was a good turnout and we celebrated with some games of social tennis, plenty of Christmas cheer and food. The famous games of heads or tails was won by Pauline Downes. Pauline was excited about receiving a complimentary JTC t-shirt as the winning prize. Thank you to everyone who attended and bought a plate for everyone to share.

I hope everyone had a very happy and safe Christmas and look forward to seeing you all at the club in the New Year.

E:secretary@jerrabomberratennisclub.com.au

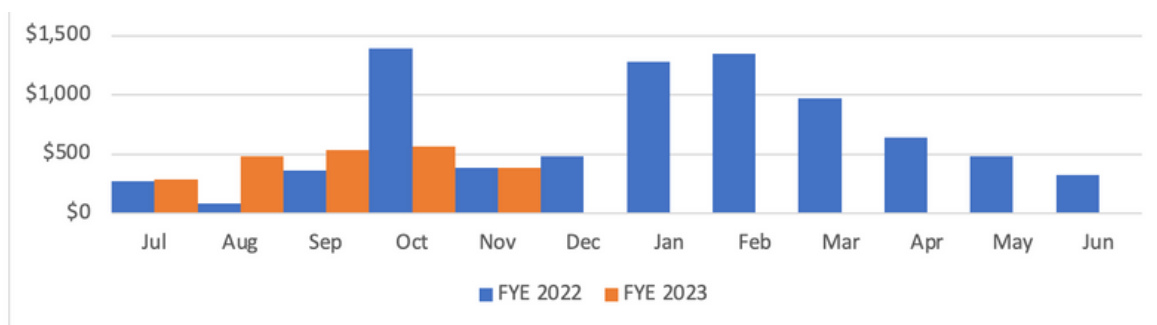
TREASURER UPDATE

Belinda Ross

The Club is currently sitting in a good financial position with the current bank balance as at 13/12/2022 of \$73,816. We were able to reduce our QPRC loan repayments from \$16,000pa to \$8,000pa. The Club has committed costs of \$8,000 leaving a Net balance of \$65,816 as at 13/12/2022.

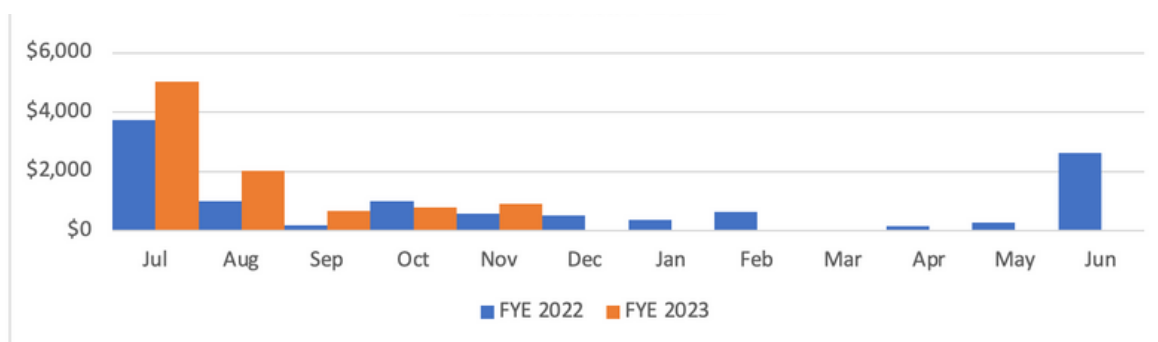
The Club continues to generate additional income from the Book a Court system. Refer graph below showing monthly comparison to last financial year to November 2022.

**JTC Court Booking Revenue - Last Financial Year Comparison
as at 30 Nov 2022**



The following graph is a monthly comparison as at Nov 2022 for membership income received. This shows that we receive membership throughout the year at various times.

**JTC Membership Revenue - Last Financial Year Comparison
as at 30 Nov 2022**



We have received \$14,510 in memberships for the current period 2022/2023

It's not too late to Renew Now or Join Now

Happy Holiday's to you all.

E: treasurer@jerrabomberratenisclub.com.au

CLUB CAPTAIN UPDATE

Gary Knox

John Tucker has joined me in fulfilling the captaincy duties, taking a new role of Vice Captain, filling in when I do some travel in 2023. Thanks John.

The latest season was the greatest league season for Jerrabomberra Tennis Club in its history. 12 teams participated in spring, 2 junior teams, 6 Monday unisex teams, 3 Thursday mixed teams and 1 Saturday team.

The Saturday Div 2 team of Brett Geue and Sam Moorby won a close final. The Thursday Div 5 team of Keith Joyce, Kathy Joyce, Leanne Graham, Sue Knox, Chloe Knox, Gary Knox and Josh Knox were triumphant in their final winning 6-2. The junior Div 2 team of Jackson Roberts, Mia Buchanan, James Watson with assistance from fill-ins, James and Thomas Harradence were also victorious in their final after a dominant season.

The Monday Div 3 team of Andrew Warnes, Abbey Geue, Tony McCosker and John Talbot took out the title with a 4-2 win over Kaleen.

And then to top things off the all female team of Abby Wigney, Gail Cram, Kat Larobina and Sharon Gilbert took out Div 9, also winning 4-2.

Well done to all.

There has been great interest in league tennis is summer with 10 teams competing again. Good luck to everyone.

E:
Knoxknoxgs@gmail.com

FACILITIES UPDATE

Mark Lindbeck

Another year gone Another approaching. A big thank you for members for looking after club house. Looking forward for a great ahead. From your facility officer Mark and Lisa Lindbeck. Merry Christmas and happy new year!

E:facilities@jerrabomberratennisclub.com.au



COACH UPDATE

David Horsfall

I hope everyone is looking forward to a great summer of tennis, hopefully with a little less rain! With 21/31 wet days in October, many tennis players were left disappointed with the weather!

I remind all members to book their courts early to avoid disappointment – many afternoons we have seen that nearly every court is in use!

This is the best time of the year to restring your tennis racquet. Summer conditions mean a faster style of play; your old, loose strings won't offer the same level of control and will be contributing to your unforced errors! Contact David on either 0405 495 648 or david@topfuntennis.com.au for all your stringing needs.

Follow TopFun Tennis Academy on Facebook for all coaching related updates. Save the dates:
2023 School Holiday Tennis Clinic – January 23/24/25 (TBC).

Term 1 2023 starting 30/01/2023.

Noel Murray Junior Championship (March 2023 – dates TBC).

David Horsfall
(Mob) 0405 495 648
E: coach@jerrabomberratenisclub.com.au



LAUNCH OF THE CANBERRA INTERNATIONAL



Jackson Roberts attended the Launch of the Canberra International held at Regatta point.

He had the honour of being in the team of ball-kids for the tennis championships. Jackson then attended the rest of the event and was apart of the media launch.

CLUB EVENTS



Club Championships

Sunday 13 November 2022

Thanks to all that participated in the Jerrabomberra Tennis club championships.

In the doubles, there were 5 pairs. After a round robin, Andrew Warnes and Winnie Warnes and Jackson Roberts and Natalie Roberts finished top 2. They played off in the final with Andrew and Winnie taking it out 6-1.

In the singles, there were 8 participants. 7 males and 1 female. After a round robin, Andrew Warnes and Jackson Roberts finished top 2. They played off in the final with Andrew taking it out 6-1. Lots of great tennis, most notably from the youngsters. Also with Rikkie Morris the only female participant, by default she is the 2022 women's champion.

2022 Spring Junior Yellow ball League WINNERS

Jerrabomberra v O'Connor was played Thursday 24 November 2022 with Jerrabomberra winning.

They played in the Junior League in Division 2. They were undefeated all season but the final was 3-3, so it came down to games.

The Jerrabomberra Tennis Club winning Team members:

- Jackson Roberts
- Mia Buchannan
- James Watson
- Thomas Harradence
- James Harradence



CLUB PERSONS OF THE YEAR



At our recent Annual General Board Meeting (AGBM) the Club Board awarded the Club Member of the Year Award.

This year the award was given to two people. I would like to congratulate Davina O'Dell and Colin Evans on being awarded the 'Club Person of the Year' for 2021-2022.

Davina and Colin are comparatively new to the club and have always been available to help at the club with various tasks, gardening and working bees. Both enjoy playing social and competition tennis on a regular basis and socialising and sharing their good humour with other members from time to time.

2022 CHRISTMAS PARTY

Thank you to all the members that joined this year's Jerrabomberra Tennis Club's Christmas Party. We had a great turn out with lots of yummy food and beverages. Lots of social tennis was played and also an intense game of heads and tails. Congratulations to Pauline who won this years lucky door prize!



ALMOST JERRA AND TENNIS FOR EVERYONE

You might have noticed a couple of photos on the wall of pennant plaques? One is from the recent Winter Tuesday Morning ladies pennant. Two members of the winning team are members of Jerra, Chris Geue and myself. Andrea has lessons by our local coach David Horsfall. Another member, my Mum, Daphne also plays and she is 80 years old. There are two divisions so suitable for all levels of play.

There should be another 'Almost Jerra' photo on the wall. We entered a team in the Cowra team event. This event has no age limit and just need to be a member of a club, like Jerra. Our team was my sister, Sonya, myself and Christine. Abbey, also a member of Jerra was kind enough to fill in our team with short notice and it was her strong combination with Sonya that made our team very hard to beat.

Anyone over 30 can play in the tournaments through out the year by joining Tennis ACT seniors for \$20 a year or just pay \$5 each event. They are played in various locations, Sydney country & coastal towns on many weekends. In fact I have just come back from Forster and enjoyed taking my time travelling and staying at Hunter Valley (found some great chocolate shops too).



I met a lady who had retired and took up tennis as she tried and didn't like golf and as a runner thought tennis might be worth a try. This was her first tournament. Many have meet on the first night of drinks and food, at which I was able to introduce her to some lovely ladies she would be playing the next day. You don't always need a partner, you can put in a request for a partner, which is what she had done. It is around \$15 to enter an event Most events go for half a day so you can play multiple in a day if you like or treat it like a short vacation and enjoy playing half a day and exploring the town for the rest of the day. My 80 year old mum attends some of the closer tournaments as they divide the pools into suitable age groups. I have even managed to get our current President to play in one a few years ago at Cowra.

Pauline Downes

CLUB GARDENS

5 large pots were planted. 3 HUGE HEAVY terracotta pots donated from Colin Evans (his next door neighbour gifted to JTC before his ADF relocation), and 2 BIG ceramic glazed - aqua coloured pots with Gordons donation from Bunnings. Colin Evans also picked, packed and delivered to JTC 15x bags of dirt and compost. He used his own \$50 voucher award plus donated his own cash. Colin is Club Person of 2022.

Davina picked, packed and delivered 2 Aqua coloured pots, shrubs/plants and also used her own \$50 Club Person of 2022 award Bunnings voucher. "A proper gin and tonic needs fresh lemon" she said. So off she went and bought another bigger stronger lemon tree as first model fizzled but not entirely dead 😊

Davina planted with Gordon donations : Gardenia, Escallonia – pinkie, Petunia – pink frilly, Allisium – white, and Thyme (smells and tastes great on bbq, and salad!)

Our gardens need your help to keep up the water, and care for them. They are good listeners! Do take 10 minutes and turn on the hose, or a fill a bucket with water as there is no tap near the practise wall (yet) where the pots have been placed for the enjoyment of everyone who visits.

Help make our surrounds a very special green space for all of our members, and visitors who might just decide to join up.



A massive thank you to Gordon Elliot for his generous donation of \$250 towards the gardens at JTC.

Davina completed the third stage of landscaping and planting new gardens at the club. They look terrific and in 12 months will look fabulous if we all help with watering and care! Our Facilities Manager, Mark Lindberg did a good job of the first stage and bark chips covered dirt patches and bark chips.

In 2021, there were ONLY a few tough cactus succulents growing along the front fence until Davina decided to get her hands dirty. Stage 2 saw a couple of plants from the President Peter Terwee, and some from her garden. The zucchini were a huge success over summer and shows just how good the dirt at JTC.

This year, she decided to get stuck in and develop stage 3. A few months ago in mid winter, Davina planted shrubs, creepers, grasses, geraniums, rosemary, mint and lemon tree in both garden beds (front entry wall and near the BBQ). Some paid for by the club, and with most from her own garden, and some from her 'gardening guru Mum' in Merimbula who donated the mini Agapantha. Nick and Gail Cram also donated grassy plants from their lovely garden in Googong.



RECYCLING PARTNERSHIP

Did you know that an estimated 10 million tennis balls are purchased in Australia each year? Unfortunately, at the end of their useful lives, all of them end up either in landfills or in our waterways, eventually working their way into the ocean.

To address this environmental concern, we have partnered with Game On Recycling (a new program by Wilson Sporting Goods Co and Australia New Zealand Recycling Platform) to collect and recycle tennis balls. From now on, you can dispose of your unwanted tennis balls in the collection unit at our location.

All collected items will be sent to a processing facility in West Melbourne to be sorted into:

- Tennis balls that can be reused and put back into circulation, thereby extending the life of the product; or
- Tennis balls that have well and truly come to the end of their life and need to be recycled

You can learn more about this exciting and innovative project here [link to your blog post or directly to Game On Recycling's About Us

Page:

<https://gameonrecycling.com.au/pages/about-us>

Thank you to our Vice President, John Talbot, for organising this awesome initiative. It's great to know the club is scoring a point for planet Earth!



GAME ON RECYCLING

SUPPORTED BY



Wilson

A central graphic featuring two tennis rackets with white heads and black handles, crossed over a globe. The globe is divided into green and blue sections. Surrounding the globe are several green recycling symbols (arrows forming a triangle).

WE RECYCLE

TENNIS BALLS & RACKETS HERE!

WE ACCEPT BALLS & RACKETS IN ANY CONDITION!

FOR ANY INQUIRIES, PLEASE CONTACT US VIA OUR WEBSITE, SOCIALS OR EMAIL



@GAMEONRECYCLING

LEARN MORE AT

GAMEONRECYCLING.COM.AU



TENNIS ETIQUETTE

Tennis Etiquette tips that will ensure members have an enjoyable time at the courts

WAIT YOUR TURN

Don't barge your way onto court until your allotted booking time. Make sure you have a booking by checking the book-a-court website. When your turn comes, let the people before you to finish the game they are playing before taking over the court.

DECISIONS, DECISIONS...

To decide who will serve first, toss a coin or spin a racquet. The person who wins the toss may choose to serve, receive, pick which end of the court they would like or even make their opponent choose.

SERVE THE RIGHT WAY

Before you serve, make sure your opponent is ready to receive. While the rules say you should take no more than 20 seconds between points, you don't want to win a point by serving at your opponent's back.

NO RETURN NECESSARY

If your opponent serves a first-serve fault, don't hit a return back unless the call was so close that you had no option but to hit the ball.

WALK WITH CARE

Don't walk behind another court during a point, across someone else's court while they're in the middle of a game or interrupt a point on another court to retrieve a ball.

BE CAREFUL OF KARMA

Make line calls clearly and promptly and give your opponent the benefit of the doubt if you're unsure. Tennis karma is a powerful force and no one wants to give an opponent short shrift only to find themselves deep into a third-set tiebreak with the tennis gods frowning down on them!

IN OR OUT?

While it's rude to question your opponent's line calls, if you really think you are being diddled ask once, firmly: "are you sure?" then move on.

SCORING MADE EASY

If you are serving, call the score out loudly and clearly. It will help to minimise disagreements.

GOT TWO?

Make sure the server always has two balls at their end of the court. When you are feeding balls up the court, hit or roll them gently within reach of the server, don't delay play by spraying them around.

A TIME AND A PLACE

Be respectful of your opponent. While it's fine to celebrate your successes it's not polite to pump your fists, hiss "yes" or high-five spectators when your opponent makes an error.

DO THE RIGHT THING

Apologise if you win a lucky point or if you accidentally hit your opponent with a ball.

FOCUS ON YOUR MATCH

Keep your attention on the court – don't chat to spectators, interrupt a game to answer your mobile phone, file your nails at the change of ends or do anything else that might distract your opponent or delay play.

LEAVE THE TANTRUMS TO THE LITTLE KIDS

Don't have a tantrum if things aren't going your way.

CONGRATULATIONS

Touch rackets lightly and congratulate your opponent at the end of the match.

JTC CLOTHING



“Order your JTC clothing now and help build our club spirit.”

Item	Pricing
Caps (White or Navy)	\$20.00
Ladies Hoodie	\$60.00
Ladies Polo	\$35.00
Mens Hoodie	\$50.00
Mens Polo	\$35.00
Kids Hoodie	\$45.00
Kids Polo	\$30.00

SIZES: XS S M L XL 2XL 3XL 4XL 5XL

Clothing will include JTC logo.

Email your orders to:
news@jerrabomberratennisclub.com.au.

Note: Please be prepared to transfer your funds to our JTC bank account:

Bendigo Bank cheque account
Jerrabomberra Tennis Club inc.
BSB: 633 000
A/C: 146705959

Also please keep in mind this service is provided by volunteers so we may not meet Amazon levels of service - but we will do our best.

Enjoy your new shirts, caps and hoodies!

OUR SPONSORS

Jerrabomberra Tennis Club would like to acknowledge and thank our sponsors for their ongoing support of the club.

If you wish to sponsor the club please email: secretary@jerrabomberratennisclub.com.au



At Matrix Physiotherapy we are in the business of keeping you on the court as much as possible, in the best shape possible. That means that whether it is rehabilitation for a specific injury, advice on a niggling 'tennis elbow' or treatment pre-game day for that grumbling lower back our team has you covered!



With the recent restrictions due to COVID-19 we have seen many 'load related' injuries. This means that people's activity levels have been different to what they are used to. Due to this we have seen a slight increase in injury prevalence, particularly with regards to sudden increases in activity.

So...don't be an injury statistic, be the example by building back in to your sport in a smart fashion and monitor your activity levels in whichever way is easiest for you. This can be through tracking sessions per week, step counters, fit bits, Garmin watches, activity apps such as Strava or simply by listening to your body and ensure it adequately recovers from each session.

Remember this simple quote **"The best offence is a good defence"**

What this means is to be proactive not reactive. Get on top of those niggles before they turn in to a legitimate injury. As is the case with the simple tennis elbow, if left untreated can be difficult to manage and still perform on the court.

If you are struggling with getting back in to it or feel like you're stuck in a never ending tiebreaker, then give us a call.

We will do our best to get you back on court as soon as we can....Game. Set. Match.

**INJURY HOLDING YOU BACK?
DYING TO GET BACK ON THE
COURT?**

WE'RE HERE TO HELP!!



MATRIXPHYSIO.COM.AU

6299 5303