



Tennis Club

PRESIDENT UPDATE

Peter Terwee

Dear Members and future Members, welcome to our winter newsletter.

Since our last newsletter the world has mostly opened up again with fewer restrictions, and we are all learning to live with Covid. Although many people continue to be affected, we do hope that everyone stays safe and well.

This newsletter, I'd like to talk about the volunteers that keep our club and facilities operating - and available for people from across our community to enjoy. As the President I am often asked if we can organise more competitions, recruit more players, advertise more widely, and hold more events. We are very supportive of all these initiatives however their progress is based on the efforts of volunteers. All the club's board are volunteers - and nearly all have full time jobs as well. Recently we have successfully recruited Kiara to be our Media Officer - thank you Kiara - and we are already seeing the results of your on-line media efforts.



David, Ros and Peter at the Noel Murray Tournament

THIS MONTH'S ISSUE:

- Updates from our board members
- Volunteers wanted
- Upcoming events
- JTC Clothing
- Our sponsors



To do more for the community we need access to more volunteers. In particular, we need a Social Officer, Membership Officer and a Club Captain. If you can spare a little time each week - your efforts will help us increase participation, deliver more events, and provide better services to members. Please contact me should you wish to contribute to your tennis club and the community.

Social tennis is continuing three times a week - with very good turnouts on Sundays and Wednesday mornings. We recommend you join the Facebook "Messenger" group to find out who else is attending - and avoid turning up if no others are attending.

My thanks to the volunteers who have helped us out at working bees and various events. My thanks also to the dedicated and hardworking volunteer board members. We have a great club, and I look forward to seeing you at the courts, Peter Terwee.

E: president@jerrabomberratennisclub.com.au

BOARD UPDATES

SECRETARY UPDATE

Angela Okines

The club continues to hold its general meetings each month. During these meetings, many ideas and discussions are brought forward, and decisions made to support the running of our club. The meeting is held on the second Tuesday of each month, at 7pm at the clubhouse, for one hour. We would like to encourage our members to come along to the meetings and contribute or just sit in and listen.

We have been advertising the JTC clothing range quite a bit. There is information on Facebook, Instagram and the Social club messenger group with photos of the clothes available. We love to see members wearing the clothing to promote the club. The clothing can be ordered by contacting news@jerrabomberratennisclub.com.au.

I would like to thank Kiara Terwee for becoming our new Media Officer. Kiara has recently taken up the position and has already started promoting the club and what it offers on various social media platforms. Well done, Kiara.

And finally, thank you to all the wonderful board members that come to our meetings each month and keep the club running so well. The club appreciates your time and support.

E:secretary@jerrabomberratennisclub.com.au



MEMBERSHIP UPDATE

JTC Membership renewals for the year July 2022 to July 2023 are open.

Membership pricing is \$290 for a Family, \$190 for a Single and \$100 for a student or pensioner.

Follow this link to our membership page [ClubSpark > Jerrabomberra Tennis Club > Jerrabomberra Tennis Club > Membership > Tennis Australia to become a member for 2022_23.](#)

This represents great value with access to booking and using courts free all year round (excludes light fees). Free attendance at all Social Tennis and access to Tennis ACT league competition tennis. Membership includes insurance coverage while participating in sanctioned tennis activities and events.

Please join us for fun on the court, all levels of tennis welcome and accommodated. If you can spare some time to volunteer, we are always on the lookout for new and diverse board members and helpers for events and working bees. Come along and invest in our community and the sport of tennis.

E:membership@jerrabomberratennisclub.com.au



VICE PRESIDENT UPDATE

John Talbot

The board is continually working with Council and volunteers within the club to ensure the facilities are of the highest standard possible. You may have noticed the new reverse cycle air conditioner that kept players warm between sets at the recent Noel Murray event. Thanks to Lindsay and Belinda Ross for overseeing that project.

The board is currently working with Council on a range of matters including:

- gutter leakages pushing water into the clubhouse,
- fascia repairs where the paintwork of the clubhouse is constantly exposed to the sun and we will look at alternative options such as a covering,
- drainage in front of hardcourts to prevent water washing onto the hardcourt closest to carpark
- the current bollards are not sufficient in the carpark, they are easy for people to uproot and leave in the carpark or elsewhere, we are seeking metal bollards that cannot be uprooted and are fixed in concrete - this will be safer
- due to vandalism in the carpark and damage to our hardcourts we are seeking security cameras to both deter and provide us with evidence as to who is causing the damage to our property. Players have had to clean shattered glass off the hardcourts before Sunday tennis.



The board will be purchasing a high pressure cleaner to help maintain the hard courts. Sanitary bins have been placed in the ladies toilets. Six (6) replacement nets have been purchased and as required these are fitted to replace an old worn out net.

The board and volunteers are continually doing fencing repairs, including a new back gate near the soccer fields to save players time in retrieving balls.

Extensive work has been carried out on court 3, the original surface from the previous courts and the new surface were separating causing a rise in the court that was becoming dangerous. Council has resolved the issue by taking excess material out from under the courts.



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TREASURER UPDATE

Belinda Ross

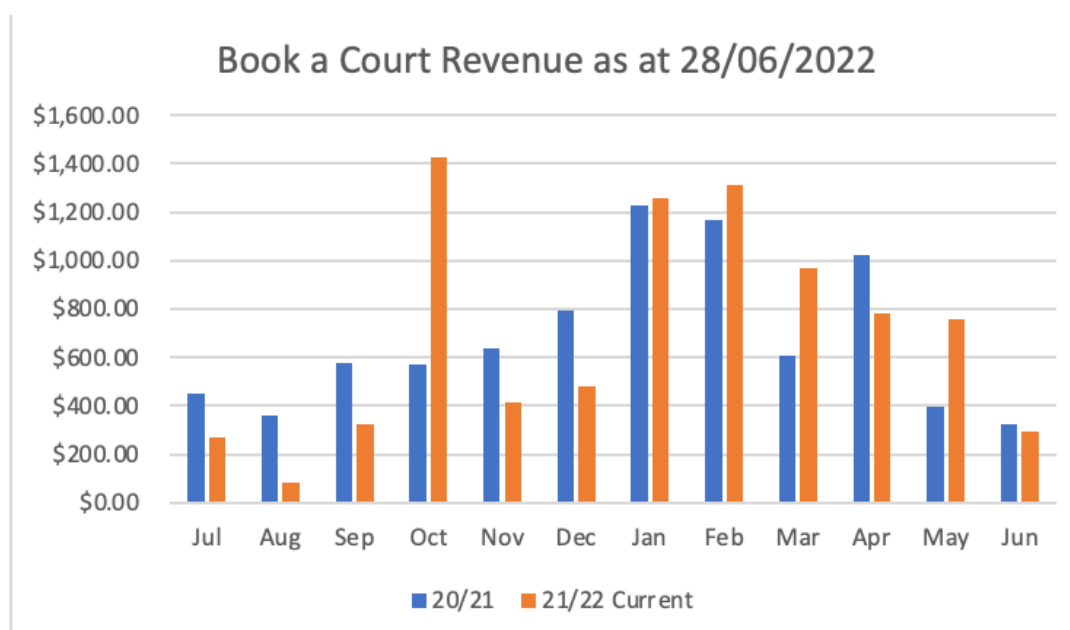
The Club is currently sitting in a good financial position with the current bank balance as at 29/6/2022 of \$60,956. The Club has committed costs of \$16,000 (QPRC Loan of \$16,000 – waiting on 50% reduction Invoice) leaving a Net balance of \$43,289.40.

The Club continues to generate income from the Book a Court system. Refer graph below showing comparison to last year. Keeping in mind the ups and downs of the pandemic.

We have so far received \$2,330 in membership renewal in June. Renew Now for: Family \$290, Single \$190 or a Student/Senior \$100. This represents great value considering the facilities available. Or if you are not a member, Join up and book the courts for free during the day and only pay light fees for night-time use. We look forward to hearing from you and joining us for social and competition tennis.

Happy New Financial Year to you all.

E:treasurer@jerrabomberratenisclub.com.au



The Club has installed a Reverse Cycle Air Conditioner, which will be invaluable when the Club is holding future events, e.g. Championships, Adult/Child Friday Fun night, Wednesday/Sunday morning Social just to name a few.

Memberships are now due for renewal for the period 1/7/2022 to 30/6/2023. If you have not renewed, please renew at your earliest convenience. If you do not renew, you will not be able to access the Courts Free of Charge for daytime use, play in any Tennis Leagues, access free social tennis.

FACILITIES UPDATE

Mark Lindbeck

The tennis club has been moving forward. We have fixed court 3. A big thank you for Lindsay and Belinda for sorting the split system air conditioner out.

We will be holding another working bee on **Sunday 24th July from 11:00am** onwards. A FREE lunch will be provided for volunteers. We would appreciate if you are able to spare an hour to help keep our facility maintained and looking great.

E:facilities@jerrabomberratenisclub.com.au

CLUB CAPTAIN UPDATE

Gary Knox

Jerrabomberra Tennis Club is a great place to exercise and socialise with others at the club. But it also has a long and proud history of playing competitive tennis in the ACT competition. For adults, there are three formats of tennis. On Mondays, the format allows for both males and females playing in unisex teams and consists of one set of singles and two sets of doubles each night. Thursdays is mixed night, two sets of doubles with a partner of the same gender and two sets of mixed doubles. Saturday is more singles focused with two sets of singles and one set of doubles.

Jerrabomberra has teams playing in all formats during the adult autumn league, with 11 teams consisting of 46 players. We had some new players: Colin Evans and Sharon Gilbert. No winning teams this season, although our Division 6 Monday team of John Talbot, Shane McLeod, Martin Sidery and myself made the final. We went down 5-1 against a much better team. Our Division 3 side made the final in summer, but Sam Page seriously injured his leg running into a fence running back for a lob in the final at Campbell. It has been a long road to recovery for Sam, but he is back playing social tennis and hopes to be back playing competition in 2023.



Winter league is just around corner. Teams have been submitted and graded. In adults Jerrabomberra will have four Monday teams, two Thursday teams and one Saturday team with 28 players across all formats – not bad for winter. Courts with state of the art LED lighting will be booked and balls supplied to captains before the competition starts in the first week of July.

Jerrabomberra had three junior teams with 10 participants in autumn. Each child was given a Jerrabomberra Tennis Club shirt. The Division 5 team of James Watson, William Watson and Sam Frame finished a respectable 3rd. There is no winter season for juniors. The next junior season starts around September.



E:clubcaptain@jerrabomberratennisclub.com.au

COACH UPDATE

David Horsfall

Congratulations to all our competition player's over the last couple of months. Jerra has been well represented in both junior and senior competitions and I look forward to building on this after the winter break.

Some great tennis was on display in both our Noel Murray Jnr Championships and Hot Shots Challenge on the 5th June. A fantastic effort to all involved as we really did battle with the weather on the day.

The results from the Noel Murray were:

Division 1 Single's:

Winner: Jackson Roberts

RU: Mia Buchanan

Division 2 Singles:

Winner: William Watson

RU: Andrew Catanzariti

Combined Division 1 Doubles:

Winner's: James Watson & Mia Buchanan

RU: Jackson Roberts & Andrew Catanzariti

Term 3 2022 coaching starts 19th July. Our next holiday camp is planned for the September/October school holidays. I look forward to seeing everyone around the court's.

David Horsfall

(Mob) 0405 495 648

E: coach@jerrabomberratenisclub.com.au



JTC CLOTHING



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

Item	Pricing
Caps (White or Navy)	\$20.00
Ladies Hoodie	\$58.00
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!

UPCOMING EVENTS



JERRABOMBERRA TENNIS CLUB WORKING BEE

SUNDAY 24TH JULY 2022
11:00AM ONWARDS

A FREE LUNCH WILL BE PROVIDED FOR VOLUNTEERS

4 CORAL DR, JERRABOMBERRA NSW 2619



The Tennis ACT Awards 2022

Nominations open



Dear Clubs and Coaches,

We are pleased to announce nominations are open for the Tennis ACT Awards 2022!

The Tennis ACT Awards highlights success within our tennis community, including club growth, coaching talent, player highlights and the prestigious Tennis ACT Walk of Fame. Awards will be presented in 15 categories. We strongly recommend you put forward nominations. Winners of the Tennis ACT Awards in linked categories, will then be nominated in the Tennis Australia Newcombe Medal.

Invitations for the awards night will be sent out in August. Each club will receive two complimentary tickets.

For more information on the awards;

Information Pack and Selection Criteria's: <https://www.tennis.com.au/act/files/2022/06/Tennis-ACT-Awards-2022-Information-Pack-FINAL.pdf>

To purchase tickets: <https://play.tennis.com.au/tennisact/Events/Event/5d97cd65-ff2d-4a10-bde5-b55104491ca1>

Awards webpage: <https://www.tennis.com.au/act/news-and-events/events/tennis-act-awards>

Nominations will close 15 July. If you have any questions please reach out.

Regards,
Jake

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



NAIDOC WEEK

3-10 JULY 2022

#NAIDOC2022 #GetUpStandUpShowUp

facebook.com/NAIDOC
@naidocweek

Stronger, Ryhia Dank (Nardurna)

I created this piece after reading this year's NAIDOC theme. I knew straight away I wanted to do a graphic piece centred around our flags with text highlighting what we have been through and are still fighting for. I feel that this piece being black and white allows us to focus on the detail and messages in the artwork.

In this artwork I have little bits of me and my family. I have included a crocodile for my late granny. She was one of the strongest women I know and was never afraid to speak her mind and stand up for family and Country. I have also included my family's dancing stick, this is present as a reminder that we will always have our Country, Kin and Culture. There are also symbols to represent us as a community. People gathered around a camp, a spear and woomera to represent our strength, water, trees, animal tracks and



NAIDOC Week 2022 proudly acknowledges and celebrates the 50th Anniversary of the Aboriginal Land Rights (1972) and 50th Anniversary of the 1992 Mabo decision (Mabo v Queensland (No 2) (1992)).