



## PRESIDENT UPDATE

### Peter Terwee

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

It's been a good year of tennis so far with lots of people participating in various forms of tennis and new challenges to adapt to.

Firstly, I'd like to congratulate Craig Barnard for taking over coaching at the club from David Horsfall. David has provided many years of service to Jerrabomberra and built up the club and the coaching business over many years. Many people have been coached by David, many relationships formed, much fun had, and he has produced many fine players for the club. In addition, David has been a tireless volunteer for the club supporting championships, fund raising events and the building of many of the facilities. Thank you, Dave, you will be missed by many of us.

Craig has begun his contract with lots of energy. He is very keen to continue to build and expand the coaching business and services available at the club. He has introduced adult coaching and more services will follow. Craig has also been instrumental in setting up a very successful Open Day held on 6 May 2023. This event was combined with free coaching lessons – enjoyed by many on the day – and with the Crusade for Conner fund raising event. Luke Bradley, his family, and a small army of volunteers played tennis for 24 hours to raise funds and awareness for Mental Health Research. You can still donate here <https://personalchallenge.gofundraise.com.au/page/CrusadeforConnor>, if you'd like to help.

## THIS MONTH'S ISSUE:

- Updates from our board members
- Jerrabomberra Open Day
- Crusade for Conner
- Recycling partnership
- Tennis Etiquette
- JTC Clothing
- Our sponsors

Next, we are fast heading to another JTC Board election in November this year. There are going to be several vacancies that will need filling, especially as some of us will be moving interstate by this time. This includes myself and I will be very sad to have to step down from the role of President at this time. I encourage everyone to consider how they might contribute to the club and our community – through volunteering for one of the vacant roles. The Board roles include President, Vice President, Secretary, Treasurer, Facilities Officer, Media Officer, Social Officer, Club Captain, Membership Officer, and Sponsorship Officer. We also need a Member Protection Information Officer. Please contact me to find out more about our available roles via my email below.

I want to thank everyone who has contributed to making our club better, and especially volunteers who attend our working bees or participate in the board (and so much more during the year). Please look out for one another, be kind to each other, and we look forward to seeing you all down at the courts through Winter and into Spring.

E: [president@jerrabomberratennisclub.com.au](mailto:president@jerrabomberratennisclub.com.au)



# BOARD UPDATES

## MEMBERSHIP UPDATE

**John Tucker**

New style of memberships:

The club has changed from a fixed date package (1 July-30 June) to packages which provide 12 or 6 months membership from the date of purchase. The JTC website now displays these as the only membership choices.

This system is fairer for new members who are joining in the first part of the calendar year (the last part of the previous membership year). Current members who renewed their memberships by June 30 2023 will have 12 (or 6) months of membership from July 1 2023.

The membership types have changed somewhat. The main changes are that full time students have their own membership type, and that there is no longer a Seniors type. It has become one for Pension recipients. When you are renewing please try to renew in the correct package. You may need to explicitly go to the JTC website:

(<https://play.tennis.com.au/JerrabomberraTennisClub/Membership/Join>) to do this.

The current classes of membership are:

**Family** - Two adults and their dependent children living in same household.

**Adult Single** - Membership for one person who is not eligible for another type of memberships

**Junior** - For individual players under 16 years of age

**Pensioners** - For individual members who are recipients of government pensions. This does not include Senior card holders.

**Student** - An individual of over 16 year of age and undertaking full time study

Prices have been updated to reflect the CPI increase over the last year. They are now:

Type	12 Months	6 Months
Adult - Single	\$205	\$120
Family	\$310	\$175
Junior	\$105	\$70
Pensioner	\$105	\$70
Student	\$105	\$70

I am in the process of moving club members to the new packages. This will be completed in time for the automatic renewal reminders, which will be going out soon. Please try to renew your membership as the correct type and if you have any questions please contact me at [membership@jerrabomberratennisclub.com.au](mailto:membership@jerrabomberratennisclub.com.au)

As always please ensure that your contact details (especially email) remain up to date. If you are a Grapevine user, don't forget to update your Tennis Australia account with your new email address before the old address becomes unavailable

E: [membership@jerrabomberratennisclub.com.au](mailto:membership@jerrabomberratennisclub.com.au)

# TREASURER UPDATE

**Belinda Ross**

The Club is currently sitting in a good financial position with the current bank balance as at 14/6/2023 of \$71,506. The Club has committed costs of approximately \$22,000 (QPR Loan Payment due Dec 2023, and building maintenance & repairs that need to be completed in the next month or two) leaving a Net balance of \$49,506 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 31 May 2023.



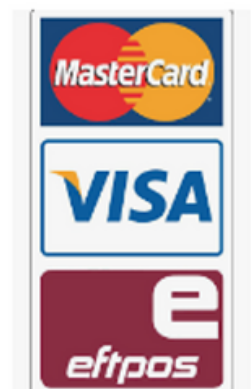
The following graph is a monthly comparison as at 31 May 2023 for membership income received. This shows that we receive membership throughout the year at various times.



We have received \$11,677 in memberships for the current period 2022/2023. It's not too late to Renew Now or Join Now (<https://play.tennis.com.au/JerrabomberraTennisClub/Membership/Join>)



Club House now has EFTPOS Facilities. So if you happen to turn up to play tennis or require refreshments, and you have forgotten your cash, you can now use the EFTPOS machine that is in the hallway of the clubhouse. Instructions are also in the cupboard.



E: [treasurer@jerrabomberratennisclub.com.au](mailto:treasurer@jerrabomberratennisclub.com.au)

# CLUB CAPTAIN UPDATE

## Gary Knox

Autumn League season is drawing to a close. There was strong participation from members of all standards and ages, including some new players. There were 42 players representing Jerrabomberra Tennis Club across 6 Monday unisex teams, 3 Thursday mixed teams, 2 Saturday unisex teams and 1 junior team.

Winter league is just around the corner and nominations have closed. As is usually the case, some players hibernate over winter. Six teams will compete. There is no junior competition over winter.

Each season teams are put together by a selection committee. We try to strike a balance of ensuring everyone participates in the appropriate division and ensuring new participants are placed in a team. For Thursdays we allow members to put together their own team however this does not stop individuals nominating. You will be placed in a team. For other competitions, people must nominate as individuals. Selection of teams in these competitions takes account of relative strengths and groups players of similar standard together (using Universal Tennis Rankings (UTRs) where possible). Where possible, team selection supports friends/family to play together, although depending on numbers nominating this may not always be possible. Having a selection committee allows players who are improving to be promoted to higher divisions should their performances warrant it. Further details about the selection principles can be found on the club Facebook site.

Once teams are submitted to Tennis ACT they are graded against teams from other clubs using UTRs. The Club Captain (Gary Knox) or Vice Captain (John Tucker) will be attending a grading meeting to put forward our views.

Gary or John will then allocate and book courts for the season and distribute tennis balls to team captains.

Watch the facebook site and your emails in around August for information about Spring League (adults and juniors). We look forward to greater participation as weather warms up.



## FACILITIES UPDATE

### Mark Lindbeck

Thank you to the members that joined in and volunteered their time with the last working bee. Special mention to Jeremy for jackhammering the holes and Pauline getting water for the concrete. Thank you to everyone that worked on the entrance entrance wall and step wall, that are both looking great!

# CLUB EVENTS

## Jerrabomberra Tennis Club Open Day

Was a fun-filled family event! There was free coaching session with our new coach Craig Barnard, barbecue, prizes and a craft table and free use of any spare tennis courts.

On Saturday 6 May 23 JTC held an open day in conjunction with the 24 hour Crusade for Connor event.

New club coach Craig Barnard provided free group coaching lessons, with lots of eager participants. Younger children were entertained by Craig's partner who had the children engaged in lots of arts and crafts activities.

Other activities included social tennis, Hot Shots tennis, a raffle and a lunch fundraising BBQ put on by the Crusade for Conner team. An enjoyable day was had by all attendees.

We are looking forward to holding another Open day later in the year when the weather warms up. Hope you can make it, Peter.



Long time Jerrabomberra Tennis Club member Luke Bradley undertook a 24-hour tennis marathon to honour the legacy of his dear friend Connor and to raise important funds for schizophrenia.



Luke, as well as 8 other friends raised money for schizophrenia research, with all proceeds going directly to Neuroscience Research Australia (NeuRA). Any donation, big or small, will go a long way to helping NeuRA better research and understand the condition of schizophrenia.

Link here to donate:

<https://personalchallenge.gofundraise.com.au/page/CrusadeforConnor>



## MEMBERSHIPS

NEW AND EXISTING MEMBERS CAN JOIN JERRABOMBERRA TENNIS CLUB AS A FAMILY, SINGLE, JUNIOR, STUDENT OR PENSIONER. THE CLUB'S FEES ARE VERY COMPETITIVE, AND OUR FACILITIES ARE AMONG THE BEST AVAILABLE IN THE REGION. MEMBERS CAN BOOK AND USE OUR COURTS FOR NO EXTRA CHARGE DURING THE DAY AND A SMALL LIGHT FEE IS ADDED DURING THE EVENING. MEMBERS AND NON-MEMBERS CAN ACCESS OUR COURTS THROUGH THE ONLINE "BOOK A COURT" SYSTEM.

# JERRABOMBERRA TENNIS CLUB

ALL SKILL LEVELS  
WELCOME



## CHAMPIONSHIPS

THE CLUB HOLDS SEVERAL CHAMPIONSHIPS EACH YEAR. OUR MAJOR EVENTS ARE THE NOEL MURRAY JUNIOR CHAMPIONSHIPS (MARCH) AND THE CLUB CHAMPIONSHIP (OCTOBER). FROM TIME TO TIME THE CLUB ORGANISES ADULT-CHILD TOURNAMENTS, ROUND ROBIN COMPETITIONS AND FAST 4 TENNIS COMPETITIONS. ALL SKILL LEVELS ARE ENCOURAGED TO PARTICIPATE.

## SOCIAL TENNIS

THE CLUB HOLDS SOCIAL TENNIS SESSIONS ON WEDNESDAY MORNINGS FROM 8:30AM, WEDNESDAY NIGHTS FROM 7.30PM, AND SUNDAY MORNINGS FROM 8.30AM. ALL SKILL LEVELS ARE WELCOME. THERE ARE NO DAYTIME FEES FOR MEMBERS TO PARTICIPATE IN SOCIAL TENNIS. MEMBERS PAY \$5 FOR WEDNESDAY NIGHT SESSIONS TO COVER LIGHTS. NON-MEMBERS PAY \$10 FOR WEDNESDAY NIGHTS AND \$5 FOR WEDNESDAY OR SUNDAY SOCIAL TENNIS.

## COMPETITION TENNIS

THE CLUB HAS A HIGH LEVEL OF PARTICIPATION IN TENNIS ACT COMPETITION (LEAGUE) TENNIS. WE HAVE SEVERAL TEAMS PARTICIPATING IN THE MONDAY/TUESDAY AND SATURDAY AFTERNOON UNISEX LEAGUES, AND IN THE THURSDAY NIGHT MIXED LEAGUE. WE HAVE TEAMS AT MOST COMPETITION LEVELS FROM ENTRY GRADE TO FIRST GRADE. OUR CLUB CAPTAIN HELPS ORGANISE TEAMS TO MAXIMISE MEMBER PARTICIPATION.

VISIT OUR WEBSITE FOR MEMBERSHIPS AND MORE INFORMATION

[HTTPS://PLAY.TENNIS.COM.AU/JERRABOMBERRATENNISCLUB](https://play.tennis.com.au/jerrabomberratennisclub)



# Bottles & Cans Only

**Donations from home will be accepted!**

Proceeds from **Return & Earn** will raise funds for  
the JTC Club Facilities & Events

Thank you!

Jerrabomberra



Tennis Club

# 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](mailto: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 on going support of the club.

If you wish to sponsor the club please email: [secretary@jerrabomberratennisclub.com.au](mailto:secretary@jerrabomberratennisclub.com.au)



QUEANBEYAN

Springview

HOME & BUSINESS LENDING



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.

# Springview

HOME & BUSINESS LENDING

Hi All,

I'm Scott from Springview Finance, my background is in corporate and business banking before establishing my own firm. I grew up playing tennis in Orange NSW and played in regional McDonald's tennis tournaments. As it turns out, my sister teamed up with the club's new coach Craig for some mixed doubles back in the day! Our kids play at the courts and love their lessons with Craig. We're really happy to be new supporters of the club.

At Springview Finance we're able to help with straightforward home loans while also specialising in complex lending scenarios and business finance. With interest rates a hot topic at the moment, I thought it might be helpful to share what the big banks are predicting. It's currently split on whether or not there will be another rate rise. There was a rise in unemployment from the most recent data which will support the 3.85% peak. The RBA rate is currently at 3.85%.

CBA: Peak of 3.85% by May 2023, then dropping towards the end of 2023;

Westpac: Peak of 3.85% in May 2023, then dropping start of 2024;

NAB: Peak of 4.10% in July 2023, then dropping mid 2024;

ANZ: Peak of 4.10% by August 2023, dropping towards the end of 2024;

If you have any questions please don't hesitate to get in touch. You can catch either myself or my wife Cara (co-founder of Springview) at the courts or get in touch via our website [springview.com.au](http://springview.com.au)

Cheers,

Scott

# ROTATOR CUFF RELATED SHOULDER PAIN

**MATRIXPHYSIO.COM.AU**



## Do you have it?

- Most common in overhead workers and athletes
- Can present as deep stinging pain when moving your arm
- Typically direction specific



## What can you do to help?

- Continue to do what you can tolerate
- Reduce overall load on shoulder through relative rest
- Resistance training as tolerated for the shoulder, upper back and chest

**WOULD YOU LIKE SOME HELP  
GETTING BACK TO THE COURT?**

**6299 5303**