

tennis 30⁺

Vol 141 – September 2021

TENNIS SENIORS ASSOCIATION of SOUTH AUSTRALIA INC. - TSSA

SPECIAL BULLETIN!

While strictly observing all the protocols, we're not allowing COVID-19 to dictate the amount of tennis available to members and associates.

In this special bulletin we detail a virtual plethora of upcoming activities to whet the appetites of the most tennis-hungry in our fraternity.

To tweak a line made famous by HG Nelson and Fatso the wombat during the 2000 Olympics, your committee believes, **"too much tennis is not enough"**.

IMPORTANT DATES

- 1. September 24.** Nominations due for teams and individuals to be on court to experience cool summer tennis from October to March.
- 2. September 20.** Entries due for our second Adelaide October Tennis 30⁺ Weekend Event to be held 2-3 October 2021.
- 3. October 8.** Entries due for the Australian Seniors Championships to be held 9-21 January 2022 at the Swan Hill Lawn Tennis Club.
- 4. November 1.** Entries due for Niagara 2021 SA Tennis 30⁺ State Championships being held on 14-16 November 2021.
- 5. January 10.** Entries due for our second Adelaide January Tennis 30⁺ Event to be held 14-15 January 2022.

(See inside for detailed information on all these events)

1. 2021-22 SUMMER SEASON of Competitions

Nominate now, recruit your friends to enjoy some cool tennis!

There are plenty of openings for teams and individuals to enjoy a great '21/'22 summer of tennis and associated social activities with both day and night competitions to suit players of all standards. Team nominations are due by 24 September 2021.

Any 30+ player who wants to be involved in any of our Weekly Competitions simply needs to contact the Competition Coordinator listed for that competition at <https://play.tennis.com.au/TennisSeniorsSA/Tennis/WeeklyComp> or just come out and meet them (*usually there 20 minutes before commencement time*). That's also the perfect time to check out the standard of play and enjoy our off-court facilities.

Individual nominations are always welcome. All teams from time to time need fill-ins and that is often the way new members find permanent spots.

If anyone wishes to form a team with friends let us know! If members know of anyone else interested in playing, pass their names on to us!

We are seeking to increase the numbers of teams participating in all of our Weekly Competitions.

There is plenty of capacity to accommodate new teams and we are open to suggestions about new formats, e.g., a competition that includes singles!

Contact **Norbert JAHNKE**, TSSA Competitions Manager, **0413 331123** with any queries.

The TSSA Management Committee looks forward to hosting a splendid summer of tennis activity - on and off the court.

CLOSING DATE to lodge Team Nomination Form is **Friday 24th September 2021**



The Tennis Seniors Association of SA Inc.
(Referred to as Tennis Seniors SA and/or TSSA)

TEAM NOMINATION FORM

SUMMER WEEKLY COMPETITIONS 2021/2022

- Team Nomination Forms will only be accepted in writing or by email
- One form per team is to be used
- Team Captain to verify that team members have agreed to be nominated
- Nominated team members who are NOT a TSSA Member are required to lodge a **TSSA Membership Application** or **TSSA Membership Renewal** form
- Summer Weekly Competitions 2021/2022 commence week beginning Monday 11th October 2021
- Matches will be played at the South Parklands Hockey & Tennis Centre, located in the parklands opposite 118 Greenhill Road UNLEY (opposite where Roberts Street joins into Greenhill Rd.)
- Matches commence at 7pm
- All Players to comply with TSSA's **Tennis Etiquette & Rules for Non-Umpired Matches**
- Team Nomination Forms must be returned to the relevant Competition Coordinator (refer to list below)
- **CLOSING DATE** for lodgment of Team Nomination Form is **Friday 24th September 2021**

SUMMER WEEKLY COMPETITIONS 2021/2022

Team Captain to indicate for which competition their team is being nominated:



Competition Coordinator to whom completed form must be returned by Team Captain.

Monday Night: Mixed Doubles	Division 1	<input type="checkbox"/>	Max FORAN , Mob: 0409 096 017 Ph: 8374 3648 Email: maxieforan@gmail.com Address: 9 Lucy May Drive SEACLIFF SA 5049
	Division 2	<input type="checkbox"/>	
	Ladies Doubles	Division 1	<input type="checkbox"/>
Tuesday Night Ladies Doubles	Open	<input type="checkbox"/>	Gail WEINERT , Mob: 0408 813 609 Ph: 8391 0006 Email: gailc_4@msn.com Address: 4 Cook Court, MT. BARKER, 5231
Wednesday Night Men's Doubles	Division 1 A Grade	<input type="checkbox"/>	Ian DEBRIDGE , Mob: 0402 362 011 Email: ian@hunterbros.net.au Address: 6 Hood St, LOWER MITCHAM, 5062 Fax: 8234 0844
Thursday Night Men's Division 2	B1	<input type="checkbox"/>	Norbert JAHNKE , Mob: 0413 331 123 Ph: 8373 5363 Email: norbert@integratedpavroll.com.au Address: 44 Salisbury Street, UNLEY, 5061 Fax: 8373 5648
	B2	<input type="checkbox"/>	
	B3	<input type="checkbox"/>	

TEAM NAME: _____

TEAM CAPTAIN: _____ Email address: _____

Mobile: _____ Phone (if no mobile): _____

Other TEAM MEMBERS:

Name: _____ Email address: _____

Mobile: _____ Phone (if no mobile): _____

Name: _____ Email address: _____

Mobile: _____ Phone (if no mobile): _____

Name: _____ Email address: _____

Mobile: _____ Phone (if no mobile): _____

Name: _____ Email address: _____

Mobile: _____ Phone (if no mobile): _____

Individual nominations are welcome, and every endeavor will be made to place these players in a team. An Individual Nomination Form can be accessed on the following TSSA web page. < <https://play.tennis.com.au/TennisSeniorsSA/Contact> >



The Tennis Seniors Association of SA Inc.
(referred to as Tennis Seniors SA and/or TSSA)

INDIVIDUAL NOMINATION FORM

SUMMER WEEKLY COMPETITIONS 2021/2022

- Players wishing to play competitive tennis are urged to nominate, *irrespective of standard*, as there will be at least two divisions in most competitions
- Individual nominations are welcome and every endeavour will be made to place a nominating player into a team
- A link to this form can be accessed on <https://play.tennis.com.au/TennisSeniorsSA/Contact>
- Individual Nomination Forms will only be accepted in writing or by email
- Summer Weekly Competitions 2021/2022 commence week beginning Monday 11th October 2021
- Matches will be played at the South Parklands Hockey & Tennis Centre, located in the parklands opposite 118 Greenhill Road UNLEY (opposite where Roberts Street joins into Greenhill Rd.)
- Matches commence at 7pm
- Players are required to comply with TSSA's Tennis Etiquette & Rules for Non-Umpired Matches
- Individual Nomination Forms must be returned to the relevant Competition Coordinator (refer to list below)
- If you become a member of a team and you are NOT a TSSA Member you will be required to lodge a TSSA Membership Application or TSSA Membership Renewal form

SUMMER WEEKLY COMPETITIONS 2021/2022

Team Captain to indicate for which competition their team is being nominated: ✓



Competition Coordinator to whom completed form must be returned by Team Captain.

Monday Night: Mixed Doubles	Division 1	<input type="checkbox"/>	Max FORAN, Mob: 0409 096 017 Ph: 8374 3648 Email: maxieforan@gmail.com Address: 9 Lucy May Drive SEACLIFF SA 5049
	Division 2	<input type="checkbox"/>	
	Ladies Doubles	Division 1	<input type="checkbox"/>
Tuesday Night Ladies Doubles	Open	<input type="checkbox"/>	Gail WEINERT, Mob: 0408 813 609 Ph: 8391 0006 Email: gailc_4@msn.com Address: 4 Cook Court, MT. BARKER, 5231
Wednesday Night Men's Doubles	Division 1 A Grade	<input type="checkbox"/>	Ian DELBRIDGE, Mob: 0402 362 011 Fax: 8234 0844 Email: ian@hunterbros.net.au Address: 6 Hood St, LOWER MITCHAM, 5062
Thursday Night Men's Division 2	Division 2 B1	<input type="checkbox"/>	Norbert JAHNKE, Mob: 0413 331 123 Ph: 8373 5363 Email: norbert@integratedpayroll.com.au Fax: 8373 5648 Address: 44 Salisbury Street, UNLEY, 5061
	B2	<input type="checkbox"/>	
	B3	<input type="checkbox"/>	

PERSONAL DETAILS of INDIVIDUAL NOMINATING

NAME: _____ Date of Birth: _____

Mobile: _____ Phone (if no mobile): _____

Email address: _____

Address: _____ Postcode: _____

Indication of Standard (to be completed by persons new to TSSA):

currently play/have played in _____ Association, Div. _____

play social tennis regularly at _____ Club/private

have not played competitive tennis previously Yes/No

Player's Signature: _____ Date: ___/___/___

2. October Weekend Event is back!



2021 Adelaide Oct. (2-3) tennis30+ WKND EVENT

- open to non-TSSA Members -

Tennis Seniors SA in 2021 introduced this novel weekend where players were grouped according to their abilities to play doubles on Saturday and mixed doubles on Sunday in an innovative, round-robin format.

This year our valued major sponsor, Living Choice, invites all members, friends, and associates to say goodbye to Winter blues and enjoy two fun days of tennis and sharpen their skills for the 2021/22 Summer season.

While tennis will be the main focus of the weekend there will be plenty of opportunities to socialise.

Organisers have heeded the feedback from 2021 and will again provide café-style settings in the clubrooms and under the veranda. For those who need a caffeine fix before play, the very popular coffee van will be there on both Saturday and Sunday mornings.

Here is a list of last year's winners who we're pretty sure will be back to strive for more October glory:

- Wendy Doolette
- Ann-Marie Yeates
- Genevieve Dawson
- Ingrid Flaherty
- Theo Weinmann
- John Schluter
- Gary Stibbs
- Les Ost
- Stephen Hosking
- Jay Taylor

Make sure your **ENTRY** is in **by 20 September 2021** to be part of this exciting and enjoyable event. Go to <https://play.tennis.com.au/TennisSeniorsSA/Tennis/OctEvent>



tennis30+ Tennis Seniors South Australia

Celebrate the commencement of the Summer Season!
Open to any 30+ tennis player/s at any level
- open to non-TSSA Members -



2021 Adelaide Oct. (2-3)

tennis30+ WKND EVENT

VENUE: South Park Tennis Seniors Centre located in Adelaide's South Park Lands near the corner of Greenhill Rd. & Peacock Rd. opposite to where Roberts St. connects into Greenhill Rd. UNLEY SA 5061.

Doubles/Mixed Events - Round Robin

PLEASE NOTE:

Matches will be scheduled for all day Saturday and Sunday morning.

We will have a finish time of 1pm Sunday that provides time for our country visitors and their families to travel back and enjoy Monday's public holiday at home.

Information regarding REGISTRATION processes will be loaded onto our dedicated sub webpage:

< [ClubSpark / Tennis Seniors South Australia / 2021 Adelaide Oct. \(2-3\) Tennis 30+ WKND Event](#) >

REGISTRATION FEE - \$30

Looking forward to seeing you for 2 days of fun tennis!

ALL ENQUIRIES:

Please contact: | Roger SANDERSON | 0400 773 621 | Roger330@outlook.com |

COVID-19 Management:

Our management practices at TSSA are based upon directives from the SA Government and Tennis SA's Community Tennis Guidelines.

Adelaide's finest retirement living



Living Choice Fullarton, a multi award-winning retirement community in Fullarton, is proud to be a major sponsor of South Australian Seniors' Tennis.

Open daily for viewing between 10am and 4pm.



123 Fisher Street
 1800 055 749
 www.livingchoice.com.au



2021-22 Summer Season of Weekly Competitions commences Monday 11th October 2021



Reminder:

1. Check out our TENNIS webpages and in particular our Weekly Comp sub webpage
<<https://play.tennis.com.au/TennisSeniorsSA/Tennis/WeeklyComp>>
2. Put in a Team or Individual Nomination Form
3. Contact one of our Competition Coordinators if you want some more information

Competition Coordinators for Weekly Competitions – 2021-22 TSSA Summer Season

Location: South Park Tennis Seniors Centre

Times:	Type of Weekly Competitions:	Competition Coordinators:	
MONDAY Night 7:00pm onwards	Mixed Doubles – DIVs. 1 & 2	Max FORAN M: 0409 096 017 Email: maxieforan@gmail.com	Frank SPIEL M: 0419 855 182 Email: fspiel@bigpond.net.au
	Ladies Doubles – DIV. 1	Karen AHRENS M: 0410 315 220 Email: ahrens@wizzbangmagic.com	
TUESDAY Night 7:00pm onwards	Ladies Doubles OPEN	Gail WEINERT M: 0408 813 609 Email: gailc_4@msn.com	Barbara PRICE M: 0416 227 352 Email: daystrega@yahoo.com
WEDNESDAY Night 7:00pm onwards	Men's Doubles, DIV. 1	Ian DELBRIDGE M: 0402 362 011 Email: ian@hunterbros.net.au	
THURSDAY Night 7:00pm onwards	Men's Doubles, DIV. 2. B1, B2, & B3	Norbert JAHNKE M: 0413 331 123 Email: norbert@integratedpayroll.com.au	Michael POCOCK M: 0418 846 902 Email: mrsheepy00@gmail.com
 TSSA Competitions Manager & TSSA Member Protection Information Officers		Norbert JAHNKE Mob: 0413 331 123 Email: norbert@integratedpayroll.com.au	Yellow highlight indicates completion of SA COVID-19 Marshal Training

4. Celebrate the commencement of the Summer Season by entering the **2021 Adelaide Oct. (2-3) tennis30+ WKND EVENT**



Tennis Seniors Australia

3. 2022 AUSTRALIAN SENIORS TENNIS CHAMPIONSHIPS

Swan Hill, Victoria

Teams Week: 9-14 January

The 2022 Swan Hill Australian Seniors Tennis Championships will be hosted by Tennis Seniors Victoria at the magnificent Swan Hill Lawn Tennis Club.

The popular “Teams Carnival” will take place in the first week of the event, with representative teams from interstate and overseas. The Teams Carnival is a doubles competition for women and men, with age group divisions ranging from 30 to over 85 years old.

The prestigious Australian Seniors Tennis Championships will follow the Teams Carnival. This event is an ITF S1000 tournament, offering singles, doubles, and mixed doubles events in 5-year age brackets from the age of 30 years.

More than 1,000 tennis players and supporters are expected to take part in the Championships and enjoy high quality tennis with a range of social events during the tournament. More than 90 tennis courts are available at the venue.

The Club will be open to visitors and spectators during the Championships.

The event will be conducted in accordance with Tennis Seniors Australia’s defined set of regulations.

For up-to-date information on accommodation, social events etc. go to

<https://www.sh2022.com/>

3. 2022 AUSTRALIAN SENIORS TENNIS CHAMPIONSHIPS Swan Hill, Victoria

Teams Week: 9-14 January 2022

Individuals Week: 16-21 January 2022

You and your friends will enjoy this event if you;

- Want to play competitive team doubles in a friendly spirit.
- Wish to represent South Australia against other states and overseas teams.
- Wish to play in your own, or younger, age group.
- Want to form a team of 5-6 players in your own, or younger, age group.
- Wish to nominate individually for a team.
- Like to play on REAL grass.
- Like to participate in various social events.

All players representing Tennis Seniors SA must wear the State uniform.

See website: play.tennis.com.au/TennisSeniorsSA/Tennis/SATournaments
[TSSA State Team Uniform Policy](#)

Nominations & Selections:

- Form your own team (to be confirmed & approved by selectors)
- Ideally it is recommended that you have six members in your team
- You can enter as an individual
- EACH player must complete a Nomination Form.
- **Individual/TEAM NOMINATIONS must be received on or before FRIDAY October 8, 2021.**
- Selectors include Karen AHRENS, John SCHLUTER, and Mark SWANBURY.

Individual Championship entries close in December.



Tennis Seniors Australia

2022 AUSTRALIAN SENIORS TENNIS CHAMPIONSHIPS SWAN HILL, VICTORIA

INDIVIDUAL/TEAM NOMINATION FORM

PLEASE CIRCLE the **AGE GROUP** hereunder you wish to enter a South Australian Team in:

Male: 30* 35* 40* 45* 50* 55* 60* 65* 70* 75* 80* 85* 90*

Female: 30* 35* 40* 45* 50* 55* 60* 65* 70* 75* 80* 85* 90*

Players are requested to nominate in their correct age group as at 31-12-2021

Name: Date of Birth: / /

Address: Age:

Email address: Mobile:

EACH PLAYER MUST COMPLETE A FORM and email it to: secretarytenniseniorssa@gmail.com

Attention players: If you are aware of other potential team members, please list them hereunder:

TEAM members: 1.
2.
3.
4.
5.
6.

Please circle which standard of play you believe you and the team you wish to play in are

DIV. 1 / DIV. 2

PAYMENT:

INDIVIDUAL ENTRY FEE that includes cost of **South Australian TEAM DINNER** (\$45/person includes \$5 TSSA subsidy) at Swan Hill Resort, Tuesday 11th January 2022 from 7:30pm.

Partners attending **South Australian TEAM DINNER** (\$50/person)

TOTAL AMOUNT

Payments to: | **Tennis Seniors SA Inc | BSB: 105 113 | A/C: 410647640 |**
(Be sure to **IDENTIFY** your payment - Use your **SURNAME**)

NOMINATION FORMS & PAYMENTS TO BE SUBMITTED on or before FRIDAY OCTOBER 8, 2021

The following **SOCIAL EVENTS** are being conducted by the host State Victoria during the Australian Teams Carnival week:

Cocktail Party at Swan Hill Town Hall Performing Arts and Conference Centre - Sunday 9th January 2022 at 4.45pm.

Theme Night at Swan Hill Club - Wednesday 12th

Closing Presentation Dinner Dance at Murray Downs Golf and Country Club - Friday 14th January 2022 at 7:30pm.

Dinner, drinks & music at **Swan Hill Lawn Tennis Club (SHLTC)** - Monday 10th, Tuesday 11th and Thursday 13th

To make bookings and payments for these click onto the following weblink:

< [Swan Hill 2022 Seniors Tennis Tournament | Social Functions \(sh2022.com\)](#) >

4. **niagara** 2021 SA Tennis 30+ State Championships

TSSA is delighted that major sponsor **Niagara** has taken naming rights for the 2021 Tennis 30+ State Championships.

This tournament is part of the International Tennis Federation (ITF) global tennis tour that provides players aged 30+ with a quality and enjoyable competitive experience.

Our Grade S100 tournament is aimed at entry level players and features singles, doubles, mixed doubles events for each five-year age increment from 30+ to 90+.

Singles players must enter this tournament via a Seniors IPIN account that is free for Seniors and easy to set up. To create an IPIN account, go to <https://ipin.itftennis.com> click on 'Sign up now' on the IPIN login homepage and follow the prompts.

Our men's and women's doubles, mixed doubles, and combined doubles are non-IPIN events. This is an entry level tournament and subsequently our focus is on encouraging players to come out and give it a go and enjoy themselves!

The ITF has launched a tournament recognition scheme designed to reward and motivate organisers of ITF Seniors tournaments to deliver the best events possible.

The ITF Tournament Recognition award, which applies to selected tournaments from 1 January 2021 onwards, highlights those tournaments that deliver exemplary events and receive the most positive player satisfaction.

Tournaments must satisfy three criteria to be considered for recognition, including: a response rate of higher than 10% via a player satisfaction survey sent in the week following the tournament; a positive review of tournament delivery standards via the referee's report; and timely submission and administration of the tournament application and supporting information.

Provided each of these criteria are met, tournaments who achieve the best overall player satisfaction score by grade and region shall receive the tournament recognition award.

Let's make sure the **Niagara 2021 SA Tennis 30+ State Championships**
Is a resounding success!

niagara

Niagara is committed to helping people of all ages gain improvement in the important areas of health and mobility with its range of Cycloid Vibration Therapy products.

Niagara Therapy is fully Australian Owned.

All Niagara products are listed on the Australian Register of Therapeutic Goods (ARTG) and with Medsafe in New Zealand as a Class IIa medical device.

Clinical studies have shown that with regular use Niagara Cycloid Vibration Therapy products may:

- Increase local area blood flow.
- Assist in the reduction of musculoskeletal pain.
- Increase joint mobilisation.
- Reduce excess oedema (swelling) whether the cause is vascular or lymphatic.
- Assist in the treatment of wounds where an improvement in local circulation is a factor.
- Assist in the treatment of pressure ulcers where an improvement in local circulation is a factor.



tennis30+ Tennis Seniors South Australia

niagara **2021 South Australian tennis 30+** **State Championships** (ITF S100)

Sunday 14th to Tuesday 16th November 2021

OPEN TO PLAYERS OF ALL STANDARDS

30 YEARS & OVER as of 31st DECEMBER 2021

Slazenger balls are the approved balls for this tournament.

Venue:

South Park Tennis Seniors Centre
Opposite 118 Greenhill Rd, UNLEY SA

Facilities:

Tennis Seniors South Australia 'TSSA' shares its clubrooms and courts with the Adelaide Hockey Club, with the shared facility commonly referred to as South Park Tennis Seniors & Hockey Centre, or simply 'the Centre'.

The Centre consists of 18 tennis courts, clubhouse, and carpark, set within Adelaide's picturesque southern parklands. The clubhouse has full bathroom facilities.

Off-road car parking is available at the back of TSSA's clubrooms, immediately adjacent to Greenhill Road. There are parking spaces for 35 vehicles, plus one specifically designated as an Invalid Car Parking space.

Public Transport:

ADELAIDE to GLENELG TRAM – STOP 1 GREENHILL ROAD is just around the corner from the South Park Tennis Seniors & Hockey Centre.

BUS ROUTE 200 - CITY to MARION CENTRE INTERCHANGE – Stop 1 King William Rd - West side and Stop 1 King William Rd - East side, are just around the corner from the clubrooms.

BUS ROUTE 580 - KESWICK to PARADISE –

Stop 3 Greenhill Road - North side and Stop 3 Greenhill Rd - South side are located just outside the clubrooms on either side of Greenhill Rd.

Contact/s:

Tournament Director: Ann LANGMAN

Mobile 0431 482 035

Email: annlangman@optus.net.au

Tournament Secretary: Karen AHRENS

Mobile: M: 0410 315 220

Email: ahrens@wizzbangmagic.com

At this stage the tournament format is expected to include:

Sunday 9am Singles: 1pm Doubles: 4.30 pm Combination Doubles

Monday 5.30 pm Mixed Doubles

Tuesday 5.30pm Finals as required

Super Seniors may be required to play during the day

**Information regarding how to lodge your entry ONLINE
or post your entry will be forwarded to members
as soon as they are finalised.**

5. January 2022 Weekend Event is back!

2022 Adelaide Jan. (14-15) tennis³⁰⁺ EVENT

Friday Evening & Saturday Morning

- open to non-TSSA Members -

Make yourself “tennis ready” for the 2022 Australian Open Enter by 10th January for this nifty event

Last year’s inaugural January Event received great support from members and friends so our prelude to the AO is back again with a slightly revised format to reflect the feedback of the 2021 participants.

The doubles and mixed matches will be played on the Friday night as well as Saturday morning – with an early start if hot weather is forecast.

Entrants are placed into groups of four who then play three one-set matches, with a tiebreaker at 6-6, against other teams of similar standard.

Once again supporters such as extended family members, children and friends will be most welcome!

Players and guests can relax at the café-style settings in the clubrooms and under the veranda and children can play in the enclosed area on the western side of the hockey field/tennis courts.





tennis30+ Tennis Seniors South Australia

2022 Adelaide Jan. (14-15) tennis30+ EVENT

Friday Evening & Saturday Morning

Registration Form

- open to non-TSSA Members -

Available on-line at [ClubSpark / Tennis Seniors South Australia / 2022 Adelaide Jan. \(14-15\) Tennis 30+ Event](#)

VENUE: South Park Tennis Seniors Centre located in Adelaide's South Park Lands near the corner of Greenhill Rd. & Peacock Rd. opposite to where Roberts St. connects into Greenhill Rd. UNLEY SA 5061.

TIMES: Start 5.00pm Friday 14th & 9.00am Saturday 15th January 2022

REGISTER: Fill in form, scan & email to Norbert JAHNKE < norbert@integratedpayroll.com.au > **OR**
Complete form & post - Attn: Norbert JAHNKE, 606/15 Vaughan Place ADELAIDE SA 5061 **OR**
Go on-line, open Word Version, fill in, save, attach to email, and send to Norbert JAHNKE

REGISTRATION FEE: \$20.00/person. Payable to: | **Seniors Tennis SA Inc** | BSB: **105 113** | A/C: **410647640** |
(Please include your sur name in the payment descriptor to assist in processing registrations)

ALL ENQUIRIES: | Norbert JAHNKE | 0413 331 123 | norbert@integratedpayroll.com.au |

REGISTRATIONS CLOSE Monday 10th January 2021

The Bar will be open from 5pm Friday Night & BBQ tea available from 5:30pm.

A coffee van and BBQ breakfast will be available from 8:00am Saturday morning.

** In filling out the following PLEASE PRINT ALL DETAILS CLEARLY*

Name: _____

Age: (as at 31/12/2021): _____ DOB: _____

Address: _____

Mobile: (telephone number if you do not have a mobile number) _____

Email: _____

Most Recent Playing Information:

Season _____ Club _____

Competition _____ Division _____ Playing No. _____

Standard of play: Beginner Intermediate Skilled

OPTIONAL:

Do you wish to nominate another player you would like to be in your playing group? _____

Emergency Contact:

Name: _____ Relationship: _____

Mobile: _____ Telephone (H): _____

COVID-19: Our management practices at TSSA are based upon directives from the SA Government and Tennis SA's Community Tennis Guidelines.

50th Anniversary Celebrations and WE NEED YOU!

Our club was formally established on 12 December 1972 and the management committee wants to celebrate this important milestone throughout next year – culminating in a major event on 12 December 2022.

Current and former members are invited to nominate themselves or fellow members to be part of a task group to organise the celebrations. Some will be shanghaied onto the group.

We also encourage members’ suggestions for the types of activities the club could undertake to mark this memorable occasion.

Some celebration ideas already suggested include;

- A book detailing our 50-year history.
- Big celebratory tennis day 12 December 2022 – a Monday, or 11 December. Apparel and equipment of the 1970s. Catered lunch, bar open all day. Special guest speakers and invited guests.
- Commemorative women’s tops and men’s shirts, pre-ordered.
- Club’s own branded tennis balls for competition and for sale.
- A 50th Anniversary Commemorative Port.

For those who need reminding here are some icons of 1972.



Please contact Kathy PARKER 0428 839091 or Max FORAN 0409 096017 to nominate for the task group or to put forward your celebration ideas.

Get active for the sake of your health and the economy

It's no secret that physical activity is good for the mind and body, but did you know it can save us all money as well?

In the Active Lives survey (2019) conducted by the Office for Recreation, Sport and Racing (ORSR), we measured the activity levels of the SA population to test if the 'active population' (South Australians recording 150 minutes or more activity per week), have different health, wellbeing and social outcomes compared to inactive populations.

The findings showed that the active population had better overall health, required fewer health services and used them less frequently compared to somewhat active and inactive South Australians.

Active South Australians were less likely to report using a hospital service (admission, ED or outpatient clinic) compared to those who did not do any physical activity and were also less likely to visit a specialist doctor.

Interestingly, active people were more likely to visit a dentist.

ORSR asked Health Economists to have a closer look at this research, and they found that on average, inactive South Australians consumed around \$1,500 more in public health services a year. Even after controlling for age, income and gender, the conclusion held that there are significant savings to be made from a more active population.

Initial estimates suggest that during an adult's lifetime, insufficient physical activity has the potential to cost the South Australian public health system an additional \$86,366.

If every South Australian could do just 30 minutes of activity each day, and their health costs then matched that of the active population, the analysis shows we could save more than \$800m annually in public health costs. These savings accrue not just once, but each and every year.

Physical activity is not only good for the health and wellbeing of all South Australians but good for the state's economic outlook too.

So, let's get active - Game On SA!

ALAN LANE – SA TENNIS LEGEND

Alan LANE is an Elite Tennis Coach (formerly called Level 3) qualified to coach at International Level. He played the world circuit for five years, winning 13 international tournaments. During his career he was ranked inside the world top 50, and reached number 10 in Australia when John Newcombe was ranked number seven.



Alan played in all four of the Grand Slam events, reaching the round of 16 in three of those (Australian Open, French Open and US Open) and also the semi-finals of the US Open Mixed Doubles. He won the Chilean Open championships, defeating the then number one clay court player in the world in the final in four sets.

After retiring from active competition, Alan lived in New York for 13 years, where he ran his own indoor coaching centre. He has coached in eight different countries (Australia, USA, Portugal, Austria, Germany, Israel, Thailand and Morocco) and has coached many players to go into the world circuit and others to receive tennis scholarships into the US college system.



Alan currently resides in Julatten in Far North Queensland and coaches at the Port Douglas Tennis Club.

His coaching manuals can be viewed at <http://perfectlesson.com/titles>.

Hunter Bros.

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Sheet sizes from 55 x 90 to 540 x 700 mm

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Business cards boxes and presentation folders various shapes



Contact **Ian Delbridge**

8234 0577 Fax 8234 0844 info@hunterbros.net.au
3/75-77 South Road, Thebarton



"official ball"