

# TOP SPIN



PRE - MATCH WARM UP

JUNE 2021

## PRESIDENT'S REPORT

Hello to all members and welcome to the Winter edition of Topspin.

Well, I can honestly say that Winter has definitely set in and with it comes the cold and rain. And is it my imagination or has it been seriously cold over the past few weeks?

But it is great to see that this hasn't deterred many of the tennis die-hards in our Club with people still coming down (even on a Wednesday night) and having a hit and getting the blood pumping.

After last year's cancellation due to COVID, the Club Championships were held over successive weeks in April and despite the planets not aligning (rainy weather, COVID-lock-down), the tournament (whilst not completely finished) has been a great success with some high quality tennis being played by all participants. Thank you to all of you who took part in this event – I hope you enjoyed it. Many thanks to our Club Captain Art Ferreira and our Club Coach Andy MacKechnie for organising this enjoyable tournament.

The Club By-Laws have been a work-in-progress over the past year with the aim being to create not just an additional set of guidelines to compliment the Club Rules but to also serve as an operating manual (of sorts) for the Club. We are nearing completion of these By-Laws and hope to have Committee approval over the coming months.

The Club has a number of social activities coming up over the next couple of months which I hope will help warm up your Winter. I look forward to seeing many of you at these events. Until next time, best wishes to everyone and stay warm. And I hope you continue to enjoy your tennis.

**Rob Nakhoul**



Dont forget Wimbledon 2021 gets underway Monday 28 June.. Can Ash Barty be the first Aussie since Evonne Goolagong Cawley & John Newcomve hoisted the Wimbledon singles trophies 50 years ago or will Serena Williams equal Margaret Court's all time Grand Slam record of 24 titles?

# CAPTAIN'S REPORT

For some time the Committee has been exploring avenues for occasionally integrating our Junior members with our Senior group with a view to further promoting a sense of club unity and belonging. This is an important aspect for enhancing club spirit and assist in creating a pathway for our Junior group to ultimately transition to becoming long term, active and loyal members.

The recently staged Club Championships included a number of Junior members and it's felt that a beneficial extension of this theme would be to host a Junior/Senior event on a few more occasions across the year. The first of these (**'The Winter Cup'**) will be held on **Saturday 7th August 2021** commencing at 2;00pm.

The event is open to all members, particularly those who play Social tennis at the Club. Each member will be paired with a Junior player to play up to 5 rounds, each Set concluding after 25 minutes. Where possible a different partner will be assigned for every round, the intention being to be paired with a Junior member on each occasion. One tournament point will be awarded to each pair for every game won. The Senior and Junior member with the most points wins the Cup.

To assist with planning the event, **Senior members are being asked to commit to participating in the Winter Cup at an early stage.** The club seeks to have your entry to the event by **Friday 23rd July 2021**. Simply apply at <https://play.tennis.com.au/floreatpark-tennisclub/Events> ahead of the closing date confirming your intention to play. Alternatively, use the email address shown below. Senior entries, from either gender, will close when the club has received 24 individual entries from this group.

The event may be able to accommodate a few members who turn up early to play socially. **However, members should note there will not be any organised Social play on Saturday 7 August** as all courts will be used for staging the Winter Cup. Normal Saturday Social play will resume the following week-end.

The Committee looks forward to your participation in this event. Should you require any further information please contact the Club Captain on 0421 027 466 or [arthurferreira@optusnet.com.au](mailto:arthurferreira@optusnet.com.au)



## **Floreat Park TC : Senior Club Championships 2021**

The Final of the following events are on hold and will be staged at a date to be announced

<b><u>Mens Singles</u></b>	Peter Lebrun	Vs	Giri Sitham
<b><u>Mens Doubles</u></b>	Peter Lebrun / Philip Weerakody	Vs	Andy Madachnie / Ashley Jones
<b><u>Mixed Doubles</u></b>	Peter Lebrun / Sally Keady	Vs	Philip Weerakody / Nicki Davies

	<b><u>Winner</u></b>	<b><u>Runner-Up</u></b>
<b><u>Ladies Singles</u></b>	Jacqueline Yip	Vanessa Walker
<b><u>Ladies Doubles</u></b>	Denise Cramer / Catherine Dolphin	Sonya Krishnan / Jenny Morgan

### **Feed-In events**

<b><u>Mens Singles</u></b>	Paul Courtis	John Strachan
<b><u>Mens Doubles</u></b>	Adrian Fowler / Mark Charlton	Ian Sylvester / Guy Hattersley
<b><u>Ladies Singles</u></b>	Pear Suk-Udom	Carol Callaghan
<b><u>Ladies Doubles</u></b>	Lucy Cregan / Cristina Gagliardi	Margo Brewer / Michelle Kelly
<b><u>Mixed Doubles</u></b>	Adrian Fowler / Mimi Thea	Paul Courtis / Cristina Gagliardi



***Jackie Yip - 2021 Ladies Champion***



***Vanessa Walker - 2021 Ladies Runner up***



***Jenny Morgan & Sonya Krishnan - 2021 Ladies Doubles Runners up***



***Denise Cramer - partner of Catherine Dolphin - 2021 Ladies Doubles Champs***



***Lucy Cregan***



***Carol Callaghan***



***Guy Hattersley***



***Mark Charlton & Adrian Fowler***



***Michelle Kelly & Margo Brewer***



***Paul Courtis***



***Mimi Thet & Adrian Fowler***

## PROPERTY REPORT

Continuing the ongoing program of upgrading our facilities members will have noticed the new bench seating along the gallery and the electric heating to the alfresco area.

The electric heating replaces the gas heaters that were being used. They have a lower running cost than the gas heaters, are much more convenient to use and should do a much better job. Anyone turning on the heaters must ensure that the timers are set to avoid the possibility of them running all night!

We have recently purchased a number of new nets and consequently have a number of old nets that we wish to dispose of. They will have some wear and tear but if anyone wants one just talk to a Committee member.

Phil Nadebaum



## MEMBERSHIP REPORT

It's not a surprise to us but it's great to report that our membership is increasing beyond that of recent years (over 250). We are still signing up new members, right up to the end of the club year. We think Covid helped our membership by making us travel less and appreciate what we have even more – we are so lucky to have Floreat Park tennis in our lives.

There are two things to highlight this month;

- Membership fees are staying the same for 2021/22 (all categories)
- The 2021/22 club year starts on the 1st of July and members are encouraged to sign up online at Floreat Park Tennis Club Membership to pay their club fees.

Signing up online allows you to select the membership that is appropriate for your circumstance, ensures that your contact details are correct and removes the chance of error in the membership management process. There is an online credit card payment option and you do not pay any additional processing fees for using this (these are absorbed by the club).

We encourage everyone to use our club website for information about the club, planned events, membership etc. and use the online credit card payment option – it just makes managing the club that much easier

It's been a great club year and we look forward to another one to come!

Mal and Russell



## SOCIAL REPORT

Unfortunately the planned celebrations to honour our club champions after the finals on Saturday 24th April could not take place this year due to Covid lockdown.

The social committee is however busy organising an Aussie Spit Roast, together with a musician for Saturday July 17th followed by a Quiz night on Saturday August 21st.

Details and booking of both events are crucial and can be found on the Club Spark website:-

<https://play.tennis.com.au/floreatparktennisclub/Events>

### ***“French Open” Mixed Doubles Tournament***

To emulate the inaugural playing of the French Open under lights, a twilight mixed doubles tournament was organised on the evening of the running of the Mens Singles Semi Final.

Magically the forecast rain stayed away just long enough for play to commence in magnificent still and crisp conditions.

Following play participants enjoyed French Onion soup and profiteroles and stayed on to watch the amazing athleticism of two tennis legends - Rafa and the Joker.



## **Curtin University researchers find sugar-free energy drinks just as bad for your health** (The West Australian 17 May 2021)

Sugar-free energy drinks are just as harmful as regular energy drinks, and can contribute to a number of conditions, such as Alzheimer's, MS, heart attacks, strokes and type 2 diabetes, according to researchers at Curtin University.

Two studies on mice revealed consumption over 13 weeks had an impact on their bodies with some showing signs of insulin resistance and metabolic syndrome — a precursor to diabetes — through both the regular and sugar-free energy drinks.

"The study showed long-term energy drink intake, sugar-free or not, results in heightened blood glucose and bad fats (triglycerides), which are the common feature of diabetes," lead investigator Associate Professor Takechi said.

"It also increased body fat without any changes in weight."

In terms of the zero-sugar energy drinks, some of the outcomes were as bad or even worse than the regular energy drinks.

Another lead investigator, Professor John Mamo said the study was designed to replicate the impacts on young and adolescent men, because men were found to drink more energy drinks than women.

They based the study on people who drink around a litre a day.

"We expected to see microvascular conditions in the brain and metabolic syndromes... which we did in the mice given energy drinks which contain huge amounts of sugar," Professor Mamo said.

"I went into it open-minded, but what did surprise me was that in terms of the zero-sugar energy drinks, some of the outcomes were as bad or even worse than the regular energy drinks."

Researchers said this debunks the idea that sugar-free options are "healthier".

They say because energy drinks have only been increasingly popular over the last decade, they're still yet to see long term impacts on health.

Energy drinks have high levels of caffeine and sugar. Credit: Steve Ferrier/WA News

"There is nothing in the data that suggests these drinks are good for you or safe," Professor Mamo said.

"There needs to be an educational element. It's concerning that the younger generation are consuming lots of energy drinks.

"The dose of caffeine in a can of energy drink is equivalent to several cups of coffee, plus a lot of sugar."

Researchers said the study should ring alarm bells, and the simple solution is to minimise your consumption.

"If you need a large caffeine kick in the morning, it may be time to look at lifestyle factors," Professor Mamo said.

"If you're drinking them frequently, the emerging evidence is that they may be doing harm."





# CARDIO NEW TENNIS



**GET FIT THE FUN WAY!**  
**STARTING FRIDAY 23rd JULY**



**Cardio Tennis will combine the high intensity of a circuit class  
and a tennis drills class**



**This class will have little or no coaching and will be  
accompanied by energetic music**



**All standards welcome**



**To Enrol or for any additional information  
contact Andy: 0450 040 960**

**FRIDAY 17:00 - 18:00**

**BOOKING IS ESSENTIAL**

**WE ALSO RECOMMEND BRINGING WATER BOTTLE AND TOWEL**

**MEMBERS**

**ONE CLASS \$14**

**TEN PACK \$126**

**NON-MEMBERS**

**ONE CLASS \$18**

**TEN PACK \$162**

**BANK TRANSFER TO:- ANDREW MACKECHNIE**

**BSB:066 104 A/C:1023 8917**



# WINTER HOLIDAY CLINICS

CLUB PRO: ANDY MACKECHNIE  
FLOREAT PARK TENNIS CLUB  
CNR BOULEVARD AND SELBY STREET  
WEBSITE:  
[WWW.FLOREATPARKTENNISACADEMY.NET](http://WWW.FLOREATPARKTENNISACADEMY.NET)

## WEEK 1

## WEEK 2

5th - 9th July

12th - 16th July



4-7 YEARS  
9-10:30am

DAY:\$25  
WEEK:\$100



8-10 YEARS  
9-12NOON

DAY:\$44  
WEEK:\$176



10-12 YEARS  
9-12NOON

DAY:\$44  
WEEK:\$176



PENNANTS  
PLAYERS  
9-12NOON

DAY:\$44  
WEEK:\$176

FRUIT AND SAVOURY SNACKS WILL BE PROVIDED FOR MORNING TEA

TO ENROL OR FOR ANY ADDITIONAL INFORMATION  
CONTACT JUSTIN - 0435 360 842  
EMAIL - [justin@floreatparktennisacademy.com](mailto:justin@floreatparktennisacademy.com)

# HOLIDAY CLINICS

FPTA Holiday clinics combine the teaching of the programme during the school term with lots of games that will help with building the skills to improve the students Tennis ability as well as having lots of fun in the process

*Andy Mackechnie*

## ENROLMENT FORM STUDENT INFORMATION

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
POSTCODE: \_\_\_\_\_  
EMERGENCY CONTACT NUMBER: \_\_\_\_\_  
STUDENT SCHOOL: \_\_\_\_\_  
EMAIL: \_\_\_\_\_  
DOB: \_\_\_\_\_  
MEDICAL CONDITION: \_\_\_\_\_  
CLASS: \_\_\_\_\_  
WEEK: \_\_\_\_\_ DAY \_\_\_\_\_

FOR BANK TRANSFER  
BSB: 066 104 A/C: 1023 8917  
A/C NAME: ANDREW MACKECHNIE



**Club Professional: Andy Mackechnie**  
**Floreat Park Tennis Club**  
 Cnr The Boulevard and Selby Streets, Floreat  
**For Junior Coaching enquires contact Justin: 0435 360 842**  
 Email: [justin@floreatparktennisacademy.com](mailto:justin@floreatparktennisacademy.com)  
 Website: [www.floreatparktennisacademy.net](http://www.floreatparktennisacademy.net)  
 Mailing Address: PO Box 46, Scarborough WA 6922

**Welcome to Floreat Park Tennis Academy and the coaching program at Floreat Park Tennis Club. The Coaching Team is made up of Andy Mackechnie, Justin Maraf, Jason Hiew, Alex Slaidina, Jackie Yip and Hannah Walsh.**

### **JUNIOR COACHING PROGRAMME**

<b>Term 3, 2021 Coaching Programme – 10 weeks starting Monday 15<sup>th</sup> July 2021</b>			
<b>Class Type</b>	<b>Days Available</b>	<b>Time</b>	<b>Cost (Inc. GST)</b>
BLUE BALL	TUESDAY SATURDAY	4:00 - 4:30 PM 8:30 - 9:00 AM	\$103
RED BALL	MONDAY & THURSDAY WEDNESDAY SATURDAY	3:45 - 4:30 PM 4:30 - 5:15 PM 7:45 - 8:30 AM 8.30 – 9.15AM	\$145
ORANGE BALL	MONDAY, WEDNESDAY & THURSDAY SATURDAY	4:30 - 5:30 PM 8:30 - 9:30 AM 9.15 – 10.15AM	\$207
GREEN BALL	MONDAY & THURSDAY SATURDAY	4:30 - 6:00 PM 9:00 - 10:30 AM	\$239
PENNANT TRAINING	TEAMS WILL BE ORGANISED BY JASON	N/A	\$207

**Early Bird special 10% off when you pay for Term 3 BEFORE the 3<sup>rd</sup> of July 2021.**

**Blue, Red and Orange Ball classes will have a maximum of 6 players per coach.**

## CLASS DESCRIPTION

### BLUE BALL CLASS

This class will be for our littler Champs starting tennis for the first time! This class will focus on games and skills to improve hand eye coordination but most importantly lots of fun to start their Tennis Journey.

(THE BLUE BALL IS 75% SLOWER THAN YELLOW TENNIS BALLS)

### RED BALL CLASS

This Class is designed for players who have progressed from BLUE BALL or have little or no Tennis experience, with a balance of basic technique and movement along with fun games it is a great way for your Little Champs to begin their tennis journey.

(THE RED BALL IS 75% SLOWER THAN YELLOW TENNIS BALL)

### ORANGE BALL CLASS

This Class is designed for players who have either progressed from RED BALL or have had some basic tennis teaching. This class will focus on footwork and control of both Forehand and backhand, it will also introduce the basic serving technique.

(THE ORANGE BALL IS 50% SLOWER THAN YELLOW TENNIS BALL)

### GREEN BALL CLASS

This Class is designed for players who have progressed from ORANGE BALL and will focus on control of tennis ball with spins, developing movement to and from the shots, correct scoring, and volley technique.

(GREEN BALL IS 25% SLOWER THAN YELLOW TENNIS BALL)

### PENNANT TRAINING

This Class is for all junior players playing Pennants for FPTC. Jason will give feedback on previous matches, focusing on shot selection, Singles and Doubles Strategy and court etiquette.

(GREEN AND NORMAL YELLOW BALLS USED)

## ENROLMENT FORM

### STUDENT INFORMATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_ Student School: \_\_\_\_\_

Email: \_\_\_\_\_

DOB: \_\_\_\_\_ Medical Condition: \_\_\_\_\_

Class/Pennant Team: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

\*Please note: Lesson cancellations: a 'No Show' or 'late cancellation' fee may apply.

# ROTTNEST 30 OCT-1 NOV TENNIS HOLIDAY \$795



## TENNIS

**3 DAYS OF TENNIS WHICH WILL COVER SESSIONS ON FOREHAND, BACKHAND, SERVING, VOLLEYING, RETURN OF SERVE, DOUBLES STRATEGY AND SHOT SELECTION . ALSO TEAM AND INDIVIDUAL COMPETITIONS WITH VIDEO ANALYSIS.**

## SOCIAL ACTIVITIES

**SATURDAY EVENING**

**BBQ, LAWN BOWLS AND RAFFLE**

**SUNDAY EVENING**

**3 COURSE MEAL AT THE LODGE AND QUIZ**

**MONDAY AFTERNOON**

**PRESENTATION AND DEPARTING COCKTAILS**

## ACCOMMODATION & TRAVEL

**TWO NIGHTS AT THE LODGE : TWO PER DELUXE ROOM  
RETURN FERRYS FROM BSHED FREMANTLE**

## COACHES

**ANDY MACKECHNIE & NICK BERTELLI**



**EVERYTHING ABOVE INCLUDED IN PRICE**

**PLACES ARE LIMITED**

**BOOK EARLY TO AVOID DISAPPOINTMENT**

**FOR ALL BOOKINGS AND ENQUIRIES**

**CONTACT ANDY: 0450 040 960**



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# Please support our Club Sponsors

Having founded Abel McGrath, and after 13 years of phenomenal growth and award-winning success, I am proud to announce our re-brand. Abel McGrath the Property People, Leederville and Subiaco and now Cottesloe, will now be simply **Abel Property**. Our merger with Olifents real estate in Cottesloe, allows us to fully service the greater Western Suburbs and beyond.

We are in the People business. Yes we sell and manage property, but it is our passion and skill for working with real people -sellers, buyers, landlords and tenants, that set us apart. We truly believe that our success can only be achieved through your success. YOU are the



IMAGINE a second storey addition on your home in weeks – not months. With our new modular home improvements we can give you exceptionally high quality home extensions in a fraction of the time. If it's a traditional extension/ renovation you require, no problem we specialise in those too!!  
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**Sports Surfaces** specializes in the full construction, surfacing and/or resurfacing of tennis courts, cricket wickets, bowling greens, netball and basketball courts. They also provide surfaces for pool surrounds, patios and backyard landscaping. [www.sportssurfaces.com.au](http://www.sportssurfaces.com.au)  
*Our courts are from Sports Surfaces so that says 'it all' !!!*

**SKIN CHECK DOCTOR** We are a boutique skin cancer clinic specialising in early detection and management of skin cancers. Our medical director DrGlenn Liew has been involved in skin cancer since 1996 and is fully certified for dermatoscopy and skin cancer surgery. At SCD we offer a unique personalised service where our doctor performs all Total Body Skin Checks, biopsies and excisions so there is always total continuity of care. We have been endorsed by Melanoma WA for the level of service that we provide. For all skin check appointments with Dr Liew please call 61610661. SCD offers all full members of Floreat Park Tennis Club a 10% discount on Total Body Skin Checks!



**WEST COAST AUDIOLOGY**, Wembley Downs is an independent hearing service established in 2006 with the goal of offering independent, superior quality, professional hearing services with care, dedication, enthusiasm, honesty and integrity. Our services are provided in a state of the art clinic which is equipped with the highest level sound booths, latest diagnostic testing technology, and latest hearing aid fitting and verification tools. Being independent allows our highly trained university trained Audiologists to provide superior hearing aid products and services. Please call for more information or phone 9245 5455 for an appointment. GP referrals and self-referrals are welcome.

**West Coast Audiology**  
**Crestwood Building, U6-23 Bournemouth Cres.,**  
**Wembley Downs WA 6019. [www.westcoastaud.com.au](http://www.westcoastaud.com.au)**



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2020/2021

### COMMITTEE MEMBERS



PRESIDENT  
Robert Nakhoul



VICE PRESIDENT  
Fred Santich



CAPTAIN  
Artur Ferreira



CLUB MANAGER/HEAD COACH  
Andy Mackechnie



SECRETARY  
Helen McCready



TREASURER  
Mark Charlton



PROPERTY MANAGER  
Philip Nadebaum



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MEMBERSHIP COORDINATOR  
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