

TOP SPIN



Wimbledon Day

SEPTEMBER 2020

PRESIDENT'S REPORT

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

I would like to start by thanking all of you who attended the recent AGM. We had a really great turn out and I am honoured to have the opportunity to once again serve you as President of our great tennis club for the coming year. And many thanks to our outgoing Club Captain, Osman Hadziomerovic who did a great job over the past year under difficult circumstances.

And congratulations and welcome to the new members of the committee:

- Art Ferreira (Captain)
- Mal Ryan (Ordinary Committee)
- Catherine Dolphin (Ordinary Committee)
- Adrian Fowler (Ordinary Committee)
- Nick Bertelli (Ordinary Committee)

The term "Ordinary Committee Member" is by no means derogatory. It simply means that they are members of the committee who are not office holders (such as Captain or Treasurer). In accordance with the Club Rules, these committee members have full voting rights on committee decisions. It also gives those elected to these positions an opportunity to see what committee life is like before perhaps taking on the role of an office holder should they be elected to these positions in the future. I hope that all Club members will support our new committee to ensure the continued successful operation of Floreat Park Tennis Club.

The Club's committee will also soon approve the appointment of Vice-Captains for the coming year. These will be announced in the coming month and I once again ask all Club Members to support those appointed to these positions and whose role it will be to provide assistance to the Captain in the organisation of tennis activities at the Club.

I would like to pass on my very best wishes to all of you participating in the club tournament over the long weekend. I wish I could join you but unfortunately, I'm a little bit incapacitated at the moment. I would like to thank Osman and Art for organising what promises to be a fun tournament. Good luck to you all!

Rob Nakhoul - FPTC President



PAST CAPTAIN'S REPORT

Farewell from the "Old Captain" and a warm Welcome to the "New One"

Hi everyone

As of this month, Arthur Ferreira is taking on our Club Captaincy for 2020/2021 season.

Season 2019/2020 was a bit different from previous, with a lot of adjustments having to be made because of Covid 19 Pandemic. Club was closed for several weeks, but luckily, as restrictions were downgraded, slowly, step by step, we managed to return to nearly normal social and competitive function.

Winter pennants 2020 were played in a bit shorter format this season, but we still had 9 adult and 6 junior teams competing in various divisions.

Also, some of our regular yearly events had to be cancelled/postponed, such as our Club Championship and O/35 FPTC Men/Ladies/Mix Double Tournament.

To substitute that, we managed to successfully run Club's Box League Competition (which is still going), and on 26-28 September we will have In h is still going), and on 26-28 September we will have Intra-Club Men/Ladies/Mix Doubles Tournament.

So, it has been a challenging year and the Club Committee tried its best to get us all back on courts as soon as possible but always having our health and safety in mind as a first priority.

I would like to use this opportunity to thank everyone for helping me with Captain's duties, and wish all the best to the new Captain, Arthur Ferreira.

Cheers

Osman H. - Past FPTC Captain



COACH'S CORNER

Serving Tip

When Serving one of the most common mistakes is not staying tall enough throughout the action. resulting in unwanted stress on your shoulder and arm. along with the ball more likely to finish up in the net!

Next time you're serving, try and keep your non-dominant hand up above your shoulders until contact point. This will keep shoulders more in line and will allow you to stay taller for longer!

Good Luck!!



Summer Pennants

I just want to take this opportunity to wish all the Pennants teams good luck with the upcoming season. Especially all the players playing for the first time.

Sunday Pennants

I'm delighted to announce that for the first time we will have a Sunday Mens 035's Doubles team participating in Division 1.

With Saturday social having excellent numbers it's more likely that people will be sitting off for a round, so why not play Sunday Social as well or instead, After you finish you can grab a drink from the bar and watch some Div 1 Pennants (I think we will need all the support we can get).

Pennants will start 17th October, all home games will be put on the board for that day. Hopefully we will continue to see members staying and cheering on our Pennants Teams.

I look forward to seeing you on the courts soon

Andy Mackechnie



SOCIAL DISTANCING

Thanks Peter Garvey for another topical funny!

SOCIAL REPORT

Another AGM has been and gone and yes I am still here and so is the fab social committee!!

Social activities have been few and far between this winter due to Covid but we did have a very fun and successful “Wimbledon” afternoon in July. The courts were full of players in their beautiful “Whirlpool Whites” vying for a bottle of winning white wine.

A Wimbledon style afternoon tea of smoked salmon and cucumber sandwiches followed by strawberries and cream and scones was enjoyed by all. Thank you ladies for your help in the preparation of this spread.

At the conclusion of the shortened Winter Pennant season a fun games/quiz night was held in early September and thoroughly enjoyed by pennant players. Teams competed at shooting baskets, putting, shooting arrows, hitting tennis balls, smashing table tennis balls etc as well as answering some tricky table quiz questions and testing their skill at Giant Jenga. Drinks and nibbles followed by a summary of each team’s performance was interesting and great fun and hopefully we can repeat a similar event after each pennant season. Many thanks to Andy for organising!

Our highlight of the year is our Christmas Party so stay tuned for information coming to you soon regarding this not-to-be-missed event.

Denise Cramer



Good to see Keable out on the court instead of pushing a broom around the club!

GETTING TO KNOW – LUCY ROYLE

This edition we have a chat with one of the Lucys' at our club, Lucy Royle

Plays: Right-handed, single handed backhand

Weapon of choice: Head YOUTEK Graphene Speed MP 2017

G: *Hi Lucy, tell us a bit about yourself...*

L: I was born in Malta, then spent some years growing up in the UK and Hong Kong as a youngster because of my father's job as an engineer which saw him moving a bit. I did return to Australia when I was 16, then was away again in the UK and South Africa before coming back to Australia.

G: *What do you do for work?*

L: I am an accountant at Basketball WA

G: *Tell us a bit about your family...*

L: I am married to a Greg, a geologist, and have 2 boys aged 20 and 16.

G: *When did you first start playing tennis? What drew you to the sport?*

L: I first started when I was 7 years old in the UK, and then continued playing as a teenager in Hong Kong. I enjoy tennis because it is good exercise, a lot of fun and you get to meet people too as it is a social sport.

G: *How long have you been a member at FPTC? What brought you here?*

L: I have been at FPTC for about 3 years now. I first brought my kids for lessons and that's how I met Andy. The kids eventually stopped, but I started doing drills myself and then just stayed on!

G: *Do you have a favourite shot or specialty on court?*

L: I do like to do backhands, as they feel more comfortable and natural for me.

G: *Who would you say is the toughest opponent you have played at the Club?*

L: Junko

G: *Do you have a favourite pro player, and why?*

L: I like Ash Barty because she is a very humble champion and all round nice person.

G: *What is your favourite song or artiste?*

L: Hallelujah by Leonard Cohen

(G: Wow! I like that song too but the original version puts me to sleep!)

G: *What about your favourite book or movie?*

L: My favourite book is Paradise News by David Lodge

G: *Do you have any pet hates?*

L: Trump supporters (and Clive Palmer supporters)

G: *Name 3 indispensable items you MUST take with you in the event of a COVID or other apocalypse...*

L: A book, some coffee and my cat.

G: *Finally, please tell us something about yourself that might surprise us...*

L: I can't really think of anything.. but I am learning to play the Ukelele!

G: *Thank you Lucy!*

By Glenn Liew



SPRING DOUBLES TOURNAMENT

The Ladies and Mens Doubles Tournament was due to be played on Saturday 26 September. Sadly the heavens opened up early in the afternoon and the rain continued forcing play to be cancelled.



Leonie & Mechiel
Winners 3rd & 4th Box



Vincent & Jackie
Winners 1st & 2nd Box

Fortunately Sunday only saw a few sprinkles of rain allowing the Mixed Doubles Tournament to take place. Each team played two 40 minute matches or the first to win 9 games.

The winners of the top two boxes and bottom two boxes played off.

Many thanks to new Captain Arthur and Past Captain Osman for organising the tournament.



Vanessa & Chad
Runners-Up 3rd & 4th Box



Jan & Osman
Runners-Up 1st & 2nd Box

TENNIS ETIQUETTE

As we start a new tennis year it might be an ideal time to re-visit some basic guide lines of Tennis Etiquette as set out by Tennis West.

WAIT YOUR TURN

Don't barge your way onto court until your allotted booking time. Flexing your biceps courtside won't enhance your predecessors' concentration and might earn you a mouthful of tennis ball. 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.

WARM-UP LIKE A PRO

Keep your pre-match warm-up brief – the pros stick to five minutes, and so should you.

SERVE THE RIGHT WAY

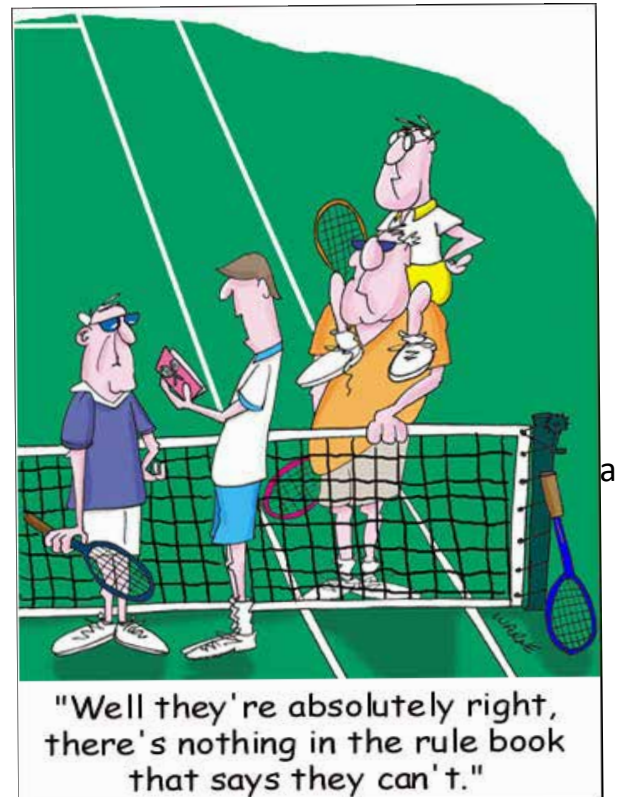
Before you serve, make sure your opponent is ready to receive. While the rules say you should take no more than 20 seconds between points, you don't want to win a point by serving at your opponent's back.

NO RETURN NECESSARY

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

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.



LEAVE THE TANTRUMS TO THE KIDS

Don't have a tantrum if things aren't going your way. Marat Safin, who once said: "You can destroy one racquet. You can destroy a chair. But you can't destroy a racquet and a chair in the same match. Otherwise this is the tennis of a sick person," clearly attended the wrong tennis finishing school.

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.

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

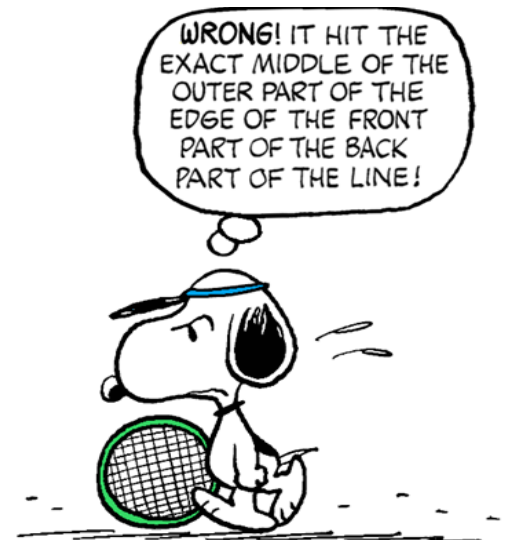
Apologise if you win a lucky point or if you accidentally hit your opponent with a ball.

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.

CONGRATULATIONS

In today's environment it common to tap racquets at the end of the match. However some people are still happy to shake hands at the completion of a match.



RE-THINK YOUR DRINK

It's no secret that it has been difficult not to gain a few kilos whilst we were adjusting to the Covid lockdown.

WA has to be the luckiest state in Australia as far as freedom of movement is concerned so now is the time to start re-gaining our pre-Covid bodies and get ready for summer. Don't put off that dreaded first fitting of your bathers to see if they had shrunk since their last outing while being pushed to the furthest corner of the wardrobe.

One of the easiest ways to start to rid your diet of empty calories is to re-think your drink.

About 60% of our body is made up of water, and we need it to survive. Drinking water helps to regulate body temperature, aids digestion and kidney function, and cushions organs and joints – providing protection from injuries. Dehydration (not getting enough water) can lead to poor concentration, headaches, tiredness and constipation.

Although technically you can get your 'water' from fruit juice, cordial and soft drinks, these are not the best choices. A fruit drink might sound OK, but some have as little as 5ml of juice per 100ml, with the rest being added sugar, flavourings and water. While 100% fruit juices are better, they have the same amount of sugar as several pieces of fruit. Soft drink also contains a lot of sugar, has no nutritional benefit and can lead to tooth decay and other health issues. Although diet soft drinks don't contain sugar, they are acidic and damage the enamel on your teeth and fill you up without giving you any nutrients.

Sports drinks although they do contain electrolytes like sodium and potassium which are lost through sweat, they're often high in sugar and calories, which could lead to weight gain. Excessive consumption of energy drinks can also damage the liver.

Try swapping soft drinks for water or plain milk. There are many ways to make plain water more exciting. Add some bubbles by way of a soda stream or some chopped fruit or mint and crushed ice to your glass of water. Try adding an electrolyte tablet to your water bottle to take to the court with you.

How much sugar are you consuming without a second thought? A chocolate milk with your breakfast, a carton of orange juice with your lunch or a bottle of sports drink after a game of tennis.



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



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MORE SPONSORS ALWAYS WELCOME

New Committee photos in December Topsin

SETS ROSTER - Many thanks to the volunteers

3 October 2020	Osman H	Andrew Ford
10 October 2020	Fred Santich	Phil Weerakody
17 October 2020	John Cresp	Junko Kamitsuma
24 October 2020	Carol Mahoney	Russell Ward
31 October 2020	Glen Liew	Helen McCready
7 November 2020	Lesley Nourse	Jan Yeo
14 November 2020	Nicki Davies	Andrew Ford
21 November 2020	Fred Santich	Phil Sealey
28 November 2020	Osman H	Michelle Kelly