



# GOLDEN GROVE TENNIS CLUB

## NEWSLETTER

[Edition 2, April 2015]

### KEY DATES - 2015

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#### April

- Team manager info session, Wednesday, 22<sup>nd</sup> at 7.00pm
- Cardio Tennis starting week of Term 2 on Monday 27th
- Pre-season BBQ (winter 2015) Thursday 30th from 6.30 – 8.30pm

#### May

- ALL WINTER FEES ARE DUE **BEFORE** the season starts on Friday 1<sup>st</sup>/Saturday 2<sup>nd</sup>
- People's Choice Credit Union Lottery Books to be sold by winter teams

#### July

- Wimbledon night – Saturday 4<sup>th</sup> (see page XX for more info)

#### August/September

- Register for summer season (exact dates TBA)

#### October

- Fees for summer season due before first match
- Family fun day tennis tournament, Sunday, 11<sup>th</sup> - details to follow, but rest assured there is a trophy to be won!

#### December

- Christmas BBQ - Sunday, 13<sup>th</sup> Details closer to the date.

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### A message from our Club President, Simon Eshmade

Dear Members

Congratulations to all our teams for a great 2014/15 Summer season. This season we had quite a number of teams finishing in the finals, well done to the 3 junior teams who played in the grand final (Boys A3 Gold, Div 6 and Div 7). In seniors our men's Div 1 and women's Div 2 Gold team also made it to the Grand Final, as did the Women's Metro League Blue Div 1 side.

Our junior A3 boys team was the only GGTC team to win a grand final – beating Tea Tree Gully by just 2 games to take out the premiership – a great effort. (See also write up on page 2.)

#### Update on our clubrooms

I have had recent meetings with the Council who have given verbal approval to our proposal of building a clubrooms and shading the paved area in front of courts 1 and 2.

An estimated cost for this project is \$200,000. This dream will become a reality if we can secure funding through some government grants as well as Council and Club contributions.

#### Thank you

I would like to thank all Committee members for their contribution and service to the Club. Special thanks to Lynda Perkins for the job she does as Secretary/Treasurer.

Thanks also to all those who have held positions including Vice President Paul Axford; Junior Coordinators Nicole Eshmade and Kym Sladden; Club Captains Craig Mousley, Kimberly Absalom and Shavaun Dent; and to Sonja Bradshaw for organizing and driving the Social Committee.

Special mention and sincere thanks to our Club Coach, Craig Mousley, who continues to develop our junior and senior players with never-ending enthusiasm.

Good luck to all our winter teams for 2015.

Simon Eshmade,  
President



### Team Photos

Thanks to everyone for participating in our team photos. We made some money for our club, and we now have a lovely memento of all of the players and teams who represented our club in summer 2014/15.

We want to thank Kathi and Ian Manson of **KM Photographics** for doing such a great job. If you are interested in booking them for other sports please phone **8396 0855**.



## Congratulations to our Grand Final winners

Well done to our only premiership team for Summer 2014/15, boys A3 Gold, comprised of:

**Sam Dawson, Harrison Pope, Joy Han, Kaleb Smith, Martin Skinner and Joshua George-Axford.**



Back: Martin Skinner, Joshua George-Axford  
Front: Joy Han, Samuel Dawson, Kaleb Smith, Harrison Pope

This team proved that you should 'never say die', having finished fourth at the end of the minor round. This meant that in the semi-final they came up against top finishing team Collingrove. In that match the whole team played to the best of their ability, and without solid contributions from all it would not have been possible to win. However special mention to **Joy Han**, who was down 5-0, but came back to win in a tie break (against a player who had been undefeated all season.)

The boys won by just 1 game to make it through to the grand final. (According to the 'match predictor' in Results Vault, they had only a 34% chance of winning the semi-final – which really underlines just what a great win it was.)



Both teams prepare for a tough match...

The grand final was another very tight match. After a shaky start, the boys emerged victorious, winning against Tea Tree Gully by a narrow margin of just 2 games (3-28 to 3-26). What a fantastic effort from a highly talented and enthusiastic team.

## Presentation Night Round Up

Another great night organised beautifully by our social committee, with special mention and thanks to Lynda Perkins and Sonja Bradshaw for all their hard work.

If you want to know more about our club's achievements see our Presentation Night supplement. You will find the complete list of all the awards and achievements for the Winter 2014 and Summer 2014/15 seasons. There are lots of great pictures from the night too!



*Winners are Grinners.* The junior boys A3 premiership side. L-R: Martin Skinner, Harrison Pope, Joshua George-Axford, Sam Dawson (standing behind Josh) Kaleb Smith, Joy Han.

### Don't forget...

- **Winter fees are due BEFORE the season starts (the first game will be on the 1<sup>st</sup> or 2<sup>nd</sup> of May)**
- **Practise makes perfect...** courts are available during the school holidays and (except from 6.15 – 7.15 on Monday evenings and Friday nights from 6.00) there are always courts available for practice during the week. Courts are also open all day Sundays until 7pm.
- **TennisConnect** – please make sure that you confirm the link you have been sent from Tennis Australia for the **TennisConnect** program which offers clubs a \$5 reward for every registered participant who provides and **verifies** their personal details online. So if you haven't verified please do so as soon as possible – you will have received an email with a link in it, just click on the link.
- **Sports Vouchers program** - have you used your Sports Voucher to pay winter fees? Primary school aged children are eligible. Find out more at <http://www.sportsvouchers.sa.gov.au/>.



## Getting to know... Nicole Eshmade

As many of you know the Junior Coordinator is responsible for determining team compositions (alongside club coaches), and ensuring that everything runs well throughout the season, which could not be done without the help of our wonderful GGTC parents. Nicole Eshmade was recently appointed to this position for Winter 2015. We asked Nicole to share some information about herself...

*I am a coach at GGTC and have my Junior Development coaching qualification. I also have a Bachelor degree in Sport and Recreation Management and am starting a second degree in Human Resource Management. Away from tennis I like going to the beach and enjoy spending time with friends.*



### How long have you been playing tennis? Do you still play?

*I have been playing and having coaching since I was 5 and started playing competition when I was 8. I missed my first season (in 14 years) this summer but will go back to playing Metro League in the winter season.*



Nicole with long time friend and teammate, Stacey Mousley

### What has been a highlight of your career?

*I am lucky enough to still be playing with most of the girls I played with as a child. We have won many premierships together - and sometimes even battled off against each other.*

### Who is your most admired tennis player (past or present)?

*Novak Djokovic is my favourite player at the moment - he works hard and never gives up.*

### What is your best piece of advice for our junior players?

*Have fun and remember, if you want to get better at something then you need to practise - so grab a friend and go out for a hit.*

### Finish this sentence: The most important lesson I have learned in tennis is...

*You can't win every game, but as long as you try your hardest and do what you're meant to be doing then you can still come off a winner.*

## DON'T MISS... WIMBLEDON NIGHT

JUNIOR WIMBLEDON SLEEPOVER - SATURDAY, 4 JULY 2015



**Tilley Hall Cost \$5 per head**

**Junior players and their friends or siblings are invited. Participants must be at least 8 years of age.**

BYO: bedding, drinks and snacks (soft drinks will be for sale, pizza and popcorn are provided as part of the entry fee). To ensure the safety of your child this will be a 'LOCK IN' event. Full details will be provided when you register. Email [player.reg@ggtc.org.au](mailto:player.reg@ggtc.org.au)

## Want to get involved?

### Team Manager Role – what’s it all about?

If you think you might be interested in taking on the role of Team Manager for the coming season here is a little bit about the role. This role is not hard to do, but it is very important that each team has one!

If you want to support your child in their sporting endeavours but don't see yourself as a coach or committee member, then this may be the perfect role for you. Basically it's all in the name - as Team Manager your role is to "manage" the team...

The role entails activities such as:

- In a team of 5, each week one player will stand off, so you will need to prepare a roster to ensure equal court time for all team members during the minor rounds
- communicating club messages and other information to the players and parents
- letting all players/parents know about where the team is playing each week, who is rostered off etc (an SMS reminder is usually the best way for this)
- ensuring that the score sheet is correctly filled in every match, and entering or confirming results in the online competition planner each week (this must be done by Sunday night)
- arranging with the junior coordinator for fill-ins when necessary
- discussing playing order with the junior coordinator where changes to the order may be necessary

So you don't have to be a great player or know heaps about tennis to be a good team manager, you just have to be well-organised! It doesn't take a lot of time but it is a crucial role for ensuring the success of the team. All team managers will receive a full briefing before the start of the season.

If you are interested in becoming a team manager in the coming winter season, please indicate your interest by emailing Nicole Eshmade at [juniors@ggtc.org.au](mailto:juniors@ggtc.org.au).



### Uniforms available

We still have a few generic Hoodies for sale (ie without a name). These are great value at only \$55 each. We also have plenty of shirts, caps and visors, so if you need to update your uniform please contact [secretary@ggtc.org.au](mailto:secretary@ggtc.org.au) detailing the item you require and the size you want.

If you aren't sure what size you need, there are samples of all sizes available.



### Volunteers needed... can you help?

We have committed to running the canteen for another SAPSASA day on May 6th (hockey) – we really need helpers from 10am to 2pm.

If you can help for an hour or two on the day please email Lynda Perkins at [secretary@ggtc.org.au](mailto:secretary@ggtc.org.au).

Many hands make light work, so the more people who volunteer the less work it will be for everyone involved.

### Thank You

We wanted to extend our sincere appreciation and thanks to the volunteers who recently stepped up to the plate at late notice to assist in our canteen for a SAPSASA day. Our thanks go to: **Pat Jordan** (sister of Josette Boyle) **Joanne Porter** (Mid-Week Ladies & Ladies Doubles) and **Nicole Eshmade** – you are awesome!

The Mousley family extends their sincere thanks to all of the people who attended the **Family Day** we had in conjunction with **Bradley Mousley's** recent farewell. It was a fantastic day with over 100 people coming along to show their support. It was great to see so many kids there having a hit, and enjoying a sausage and an ice block.



## Player Profile... Rebeka Schaefer (Most Consistent Girl - 2014/15)

**Name** – Rebeka Schaefer [Nickname – Bek, Becky or Berocca]

**Age** – I'm 14 years old (almost 15 yay!)

**How long have you been playing tennis?** I've played tennis for almost 10 years.

**What division do you play?** Junior A3 girls

**How long does it take you to get to GG from your house?** It takes me over an hour to get to Golden Grove from my house in Tanunda. (Depends on the traffic too!)

**Favourite tennis player?** Victoria Azarenka because she worked so hard to get to where she is today and I admire her aggression on court, she is such a determined woman and I aspire to play like her one day

**What school do you go to and what year?** I currently go to Nuriootpa High School and I am in year 10

**What do you do in your free time?** I'm a passionate cyclist and I love riding my road bike!

**Who is your coach?** Tim Sandwell

**Funniest thing that has happened recently?** I do funny things all the time (apparently), but the funniest thing I have done recently was at training back in my hometown, I was trying to serve as hard as I could but I slipped and landed on my face! I was so embarrassed but I couldn't stop laughing!

**Have you met anyone famous?** Recently I was a Ball Kid for the World Tennis Challenge in Adelaide and I got to meet Lleyton Hewitt, Goran Ivanisevic, Michael Chang, Marcos Baghdatis, John McEnroe and Tomáš (Tom) Berdych! I was also selected to be a Ball Kid in the Australian Open 2016 (from being in the World Tennis Challenge) so I hope I'll get to meet even more tennis greats there!

**What are your tennis goals?** My tennis goals are to be the best possible player I can be, train as hard as I can and to always stay positive on-court during tough matches. Oh, and to one day compete in the Australian Open!



## Player Profile... Blake Lowen (Most Consistent Boy - 2014/15)

**Name** – Blake Lowen [Nickname – Lowie]

**Age** - 16

**How long have you played tennis?** 6 years in competition and 4 years in Hot Shots

**What division do you play?** Juniors, Pennant (No. 1) Men Div 2 (No. 2)

**Who are your GGTC friends?** Nick Howe, Devon Reid, Ethan Holmes and Max Bradshaw

**Favourite tennis player and why?** Kei Nishikori because I like how he is quick on his feet and he has very good baseline stroke play.

**What do you like to do in your free time?** Hang out with mates, play video games and do sporty things such as footy, cricket, basketball etc.

**Dream holiday?** I would like to go to the United States of America to watch the US Open.

**Best Christmas present?** The best Christmas present I got was an official Adelaide Crows Guernsey.

**What are your tennis goals?** To become the best that I can be and hopefully play in the Australian Open one day, or become a well-respected Tennis Coach.

**Best holiday you have been on?** The Gold Coast in Queensland. We had a great time at all the theme parks with another family and I loved rides when I was younger.

**Favourite food?** Pizza

**Have you met anyone famous?** Mark Ricciuto at an Auskick promotion at Footy Park.

**What is the funniest thing that has happened to you recently?** My mate tried to push me in a swimming pool, but just before he pushed me I stepped aside and he fell in instead.



## Feature Article... Think like a winner

Excerpt from "the Mental Game" - <http://www.tennis.com.au/news/2014/08/04/the-mental-game>

**W**hat defines a tennis champion? We are continually striving to understand what is required to succeed at the highest level of competition and discover the ideal state to perform. Players invest hours on the training court refining technique and developing the physical ability required for optimal performance, but surprisingly little attention is paid to the psychological skills required to compete.



### Take control

Tennis is a mental game. All elite players have the physical and technical ability to excel on the court but what defines a champion is the ability to thrive under the pressure of competition. In the critical moments of a match, it is the player who is able to embrace the challenge and take control of their psychological state that will perform at their best.

***“If you think about the results or focus on winning a match, the more likely you will be to undermine your capacity to win.”***

A tennis match is full of distractions that are outside of your ability to control. The opponent, umpiring decisions, weather delays and performing in front of a large crowd can all distract players from executing their game plans. What can become the largest distraction during the match is not the player on the other side of the net but your own state of mind.



Overwhelming anxiety, doubt in your ability to perform, pervasive thoughts about results, concentration lapses during critical moments can all interfere with your ability to execute your skills. You may be the physically and technically superior player on the court, but if you don't have the ability to control your psychological state when under pressure you will limit your capacity to win.

Pressure can be helpful or harmful to your performance, depending on how you choose to respond. You can learn to thrive under pressure by enthusiastically accepting the challenges that confront you and utilising psychological strategies that will create a winning mindset in all areas of your life.

### Think like a winner

Your thoughts are the most important tool in taking control of yourself and your performance. If you think about the results or focus on winning a match, the more likely you will be to undermine your capacity to win. Pressure will naturally trigger self-doubt and generate negative or anxious thoughts, but it will only be detrimental to your performance if you choose to believe what the thoughts are telling you. You can't control what thought comes into your mind, but you can control how you deal with it.

Be assertive in taking charge of what you think and you will put yourself in the best position to win. Positive thoughts focused on executing your match plan will assist you to achieve the optimal psychological state for peak performance. Develop the ability to recognise unhelpful thoughts and change your perspective by focusing on a constructive thought to minimise the influence your thoughts have over your behaviour and actions. You have a choice about the way you think.

*Check out the Tennis Australia website for the full article, as well as other great articles aimed at improving your play.*



## Our Committee

The following people were elected to our committee at our **Annual General Meeting** which was held on 17 February 2015. Thanks to all of the people who attended and those who have volunteered to join, or have continued to represent the GGTC.

|   |                       |  |
|---|-----------------------|--|
| <b>President</b> .....                      | Simon Eshmade .....   | <a href="mailto:president@ggtc.org.au">president@ggtc.org.au</a>           |
| <b>Vice President</b> .....                 | Paul Axford .....     | <a href="mailto:vice.president@ggtc.org.au">vice.president@ggtc.org.au</a> |
| <b>Treasurer/Secretary</b> .....            | Lynda Perkins.....    | <a href="mailto:secretary@ggtc.org.au">secretary@ggtc.org.au</a>           |
| <b>Club Coach, Men's Club Captain</b> ..... | Craig Mousley.....    | <a href="mailto:coaching@ggtc.org.au">coaching@ggtc.org.au</a>             |
| <b>Women's Club Captain</b> .....           | Shavaun Dent .....    | <a href="mailto:senior.ladies@ggtc.org.au">senior.ladies@ggtc.org.au</a>   |
| <b>Mid-week Ladies Representative</b> ..... | Sue Lokan.....        | <a href="mailto:midweek.ladies@ggtc.org.au">midweek.ladies@ggtc.org.au</a> |
| <b>Junior Coordinator</b> .....             | Nicole Eshmade .....  | <a href="mailto:juniors@ggtc.org.au">juniors@ggtc.org.au</a>               |
| <b>Junior Player's Representative</b> ..... | Kimberly Absalom..... | <a href="mailto:player.rep@ggtc.org.au">player.rep@ggtc.org.au</a>         |
| <b>Senior Player's Representative</b> ..... | Vacant                |  |

**General committee members:** Josette Boyle, Sonja Bradshaw, Brianna Dent, Shavaun Dent, Slava Grigoriev, Paul Holmes, Adam Pinnegar and Kym Sladden.

**Social Committee:** [social.committee@ggtc.org.au](mailto:social.committee@ggtc.org.au) Kimberly Absalom, Josette Boyle, Sonja Bradshaw, Sherri Dawson, Brianna Dent, Craig Mousley, Lee Norrey, Lynda Perkins, Michelle Pope, Darren Sahb & Kerry Turner.

**Fundraising Committee: volunteers needed.** If you have been wondering how you can contribute to our club and if you would like to help make our club the best it can be, why not volunteer to be part of our fundraising committee? We need volunteers to assist in our fundraising efforts. If you can help, please let us know by talking to a member of our committee, or emailing Lynda Perkins at [secretary@ggtc.org.au](mailto:secretary@ggtc.org.au).

"A volunteer is like a rare gem.  
When placed in the right  
setting and cared for, they will  
shine and give pleasure to all  
who see them."

**Thursday night social competition coordinator**

**Position vacant** – if you can help please contact [secretary@ggtc.org.au](mailto:secretary@ggtc.org.au).



2014-15 GGTC General Management Committee



2014-15 Social Committee Members

## Sponsors needed

We are always looking for more help, so if your company, or someone you know, would like to provide sponsorship to our club please talk to a committee member or email Lynda Perkins at [secretary@ggtc.org.au](mailto:secretary@ggtc.org.au). For just \$250pa we will display signage at the courts.

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