



GOLDEN GROVE TENNIS CLUB NEWSLETTER



Key Dates – 2016/2017

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August

- 21st – Come 'N' Try Open Day

September

- 18th – Winery Tour (details TBA)
- Registrations for Summer 2016/17 (Date TBA)

October

- 15th - Senior Summer Competition begins
- 16th - Family Fun Day (pre-season get together)
- 20th and 21st – SAPSASA day, volunteers needed for the canteen (see page 9)
- 21st and 22nd – Junior Summer Competition begins

December

- 3rd or 4th - Christmas event (details TBA)

March

- 13th - long weekend, no matches
- 31st – Grand Final night (Friday night juniors)

April

- 1st – Grand Final Day – senior and junior Sat comp
- 1st - Presentation Night, Tilley Hall from 7pm

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In this edition...

- Farewell to Amanda Fairman
- Mid-Week Ladies Luncheon
- Player Profile, **Ivana Draskovic**
- Craig's coaching corner
- Are you a potential ball kid?
- plus more...

A word from our Secretary/Treasurer, Lynda Perkins



I am pleased to announce that the Golden Grove Tennis Club is officially accredited as a **Good Sports Club, Level 1**. What does this mean? (See page 4.)



We have lots of events coming up... please note these in your diary.

- Don't miss our **Come 'N' Try Open Day** on **Sunday, 21 August 2016**, there will be heaps to do and fun for all ages.
- On the **18th of September 2016** we are planning a **winery tour** (for the grown ups of course).
- **Family Fun Day** (pre-season get together) will be on **Sunday 16th October 2016** – a great chance to get together with your teammates and have some fun and maybe a sausage or two!

Also a little reminder that if it has been wet prior to your scheduled match time you should arrive early as you are expected to help sweep the courts if necessary.

For those who may not have visited the courts lately, we have cleaned out the **social room**. It is open for you to use on match days. Make sure you pop in for a visit. There is a TV and some comfy chairs. (FYI, the social room is situated a bit further down from the canteen, facing the courts.)

Keep your eye out for Summer 2016/17 registrations; I will email the link and other details as usual in the next few weeks. Don't forget if you pay fees early you get a **\$15.00 discount**. You can also qualify for a further **\$10.00 off** registration or uniform by introducing a new member to the club (page 8).

I hope you are all using our great Team App (see more about how to access this on page 8). We also we have a new website, make sure you check it out at <http://www.tennis.com.au/goldengrovetc/>.

Once again I have to thank all the volunteers at our club for making it a great place to play! Special thanks to our social committee for organising some great events. Please try to attend as a lot of work goes into organising these gatherings for all to enjoy!

See you soon.

Lynda



FAREWELL TO AMANDA

Amanda Fairman has been playing for the Golden Grove Tennis Club for the past 10 summer seasons, starting in our Division 6 Ladies back in 2005/2006 and moving up through Division 4, 3 and finishing the summer season of 2015/2016 in our Division 2 gold team.

She came to our club after responding to an ad placed in a school newsletter asking for a player for our ladies Division 6 team.

Amanda has been living in Goolwa for the past 8 years and has commuted here every Saturday to play. So when your match has been cancelled at the last minute due to heat or rain or forfeit, spare a thought for Amanda having driven for nearly 2 hours only to be told the match has been cancelled (as happened with our semi-final in summer).

Amanda has served on the Social Committee during her time at the club and been a helper at many social events. She was often our door person at presentation nights. Amanda has, along with team mates and friends, won 2 premierships and played in 2 losing grand-finals.



"The tennis girls" - L-R: Leanne Zacharko, Amanda Fairman, Lynda Perkins, Jo Porter and Michelle Pope

Amanda has decided that she has played her last season with us and is now going to play for a club closer to home (who can blame her!?) Amanda stayed at our club for so long because she made life-long friends, and we thank her for going the distance with us. Those friends and team-mates include:

**Michelle Pope,
Joanne Porter,
Sharan Towns,
Leanne Zacharko,
Josette Boyle,
Emily Boyle,
Jaimi Hagger and yours truly,
Lynda Perkins.**

Thank you Amanda for: driving all those kilometres, for being our friend, and for being a fabulous captain for the last few seasons.

We wish you all the very best at your new club; they will be lucky to have you! We love you and we will miss you!

Lynda Perkins,
on behalf of the tennis girls!



THE GOLDEN GROVE TENNIS CLUB PRESENTS...

**Sunday, 21st
August 2016
11.00am – 2pm**

COME 'N' TRY

OPEN DAY

**Golden Grove
Tennis Club,
Tilley Reserve**

••• Sausage Sizzle ••• Fun activities for the kids ••• Cardio Tennis ••• Fast 4 Tennis •••

Been wondering what **Fast4** is all about? Well come out and give it crack!
Maybe you've been considering getting some **Coaching** – now is your chance to check it out.
Cardio Tennis is a great way to get fit, have fun and meet new people – why not come and give it a try?



MID-WEEK LADIES LUNCHEON



L-R Standing: Sonja Bradshaw, Vanya Castree, Kylie Keillor, Sue Lokan, Jo Mousley (Div 1 Captain), Marie Bria, Tracey Goldie (Div 2 Captain), Joan Bennett
 Sitting: Moira Maguire (in green), Maureen Fullgrave, Heather Daddow (Div 3 Captain), Jo Porter, Claire Nelson, Nona D'Orazia (ex player), Joy Proleta.
 Absent: Josie King

This year Golden Grove Tennis Club hosted the end of season Mid-Week Ladies of the North East Tennis Association Presentation Lunch at the **Tea Tree Gully Golf Club**.

The luncheon was attended by 116 members, who enjoyed a delicious meal, intermixed with lots of door prizes, table prizes, and raffle prizes (organised by the Golden Grove Tennis Club).

The Tea Tree Gully Golf Club very generously donated two for one meal deals, bottles of wine and a special meal voucher.



Another very generous donation was received from one of our club sponsors, **Jason Todd, Just4Tennis** (located at the TTG Tennis Clubrooms) with a raffle prize of a 'Rolls Royce' model tennis racquet.

Results

Golden Grove Tennis Club were represented in 3 Divisions, with Divisions 1 and 2 both making it to the Grand Final, and both teams finished runners up. Each of our teams has at least 5 players – this means we are able to play every week, even if someone from the team is away (very fortunately usually holidaying and very rarely through injury; keeping fingers crossed in saying that!)

Sincere thanks to our captains, **Jo Mousley** (Division 1), **Tracey Goldie** (Division 2) and **Heather Daddow** (Division 3) for the great job they do week after week, particularly when we play all 5 members and they have to organise the playing order correctly (which is not always easy!) so as not to be forfeited.

Great job ladies and thanks again to the TTG Golf Club for their support of this event.

Sue Lokan,
 Mid-Week Ladies

We are a goodSPORTS club

GOOD SPORTS CLUB

Golden Grove Tennis Club is officially accredited as a **Good Sports Club, Level 1.**

What does this mean?

Sporting clubs such as ours play a significant role in the community and have a responsibility to our members and their families. We have chosen to join over 6,500 clubs across Australia taking part in the Australian Drug Foundation's Good Sports program.

Through Good Sports we are committed to:

- managing alcohol responsibly,
- ensuring smoke free areas and
- providing healthier food options

We believe that these actions will help us to provide a healthy, safe and family friendly environment.

Through Good Sports we aim to:

- eliminate risky drinking in the club through the promotion of a responsible approach to the sale and consumption of alcohol in the club
- encourage healthy food choices before, during and after sport
- protect juniors and other young people from the misuse of alcohol in and around the club
- provide a responsible smoke-free club environment, through designated smoking areas
- ensuring healthy meal, snack or drinks options are available and promoted where possible
- limiting the supply and promotion of less healthy food options.

Speak to our club committee about what being a Good Sports club is all about, or visit www.goodsports.com.au, www.facebook.com/GoodSportsClubs.



GOLDEN GROVE TENNIS CLUB

PRE-SEASON FAMILY FUN DAY

SUNDAY 16TH OCTOBER 2016



Tilley Reserve

11am to 2pm

There Will Be A Parent Information Session
A Team Manager Training Session
You Can Pay Fees
You Can Ask Questions
You Can Buy Uniforms
Match Programmes Available
Meet Your Committee & Volunteers

Juniors, Seniors & Family Members are invited to join in Family Fun Day....all ages, all standards!

Free BBQ.....Cake Stall.....
Baking Donations Needed please!

The Canteen Will Be Open!
Meet The Junior Coordinator and the Senior Club Captains



Meet Your Team Mates!
Have Fun!

Tennis Games, Novelty Events
EVERYONE bring your runners!
Mums & Dads Too!

GGTC – located at Tilley Reserve, Corner Yatala Vale & Hancock Roads, Surrey Downs SA 5126

Website at <http://www.tennis.com.au/goldengrovetc/> General emails can be sent to: secretary@ggtc.org.au

PLAYER PROFILE **Ivana Draskovic**



This edition we are introducing (for those who don't know her already!)

Ivana Draskovic

Ivana first played with our club as a junior, winning our club champion award at a very young age. She had a break from GGTC for a few years (training overseas), but returned to us two years ago as a mature aged teen. Ivana plays in our Ladies Premier League and is also our Orange Ball Comp Coordinator.

Ivana has been an invaluable help to Craig over the past 2 years, being an integral part of our Orange Ball teams. We have had excellent feedback about Ivana – who is a wonderful ambassador for our club. She is very happy, helpful, organised and popular among parents. In fact one club said that they were so impressed with her they might come to our club next term to play!

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

I first started playing tennis at the age of 9, which means I have been playing tennis for over a decade! I still go out to tennis for hits when I can, and am frequently at down at the courts, either for coaching or coordinating, and every Saturday I play pennant. I still enjoy playing tennis and being a part of it all, as much as I did when I started. The passion is still there, only now I get to pass it on to others at Golden Grove which makes it much more meaningful and special.

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

My most admired tennis player would have to be hands down **Serena Williams**. She just amazes me, she is so strong, and has such compelling and intimidating self-belief. She is living proof that anything is achievable, and that everything starts and ends with you, how hard you are willing to push yourself, and how much you believe in the work that you put in.

I believe she is one of the hardest working athletes, and her career overview is proof of that. Since turning pro in 1995, Serena has in the span of 21 years managed to win 21 grand slam singles titles, 36 total grand slams if you include doubles (which for a singles player just displays the dominance Serena has on the court) 4 Olympic gold medals along with another 69 singles titles and she has been ranked world #1 six separate times.

Although Serena is now aged 34, she is still mentally strong as ever, if not stronger, and she still manages to dominate the WTA scene.

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

The most important lesson I have learnt is that no matter how hard you work and how much you try, that you, yourself will always be your worst critic.

I have finally learnt how to not let myself be a bigger opponent than my actual opponent by focusing on things that I can control. Even though my coach Craig has told me this a million times to not allow external things to shake my concentration. Just like children do, tennis players mature at different times and stages as well, and every single player out there, whether they like to admit it or not has gone through some sort tennis puberty at some point, what is important here is positive energy and good listening skills a little bit of self-belief and a nice routine to revert to when you feel frustration brewing up.

My personal routine is to play with my strings or spin my racquet in my hand, fix my hair and hold in a breath for a few seconds with a big breath out, remind myself of my strategy and then move on to the next point.

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

My best piece of advice to all the juniors out there would be to start thinking about their tennis a bit more strategically. Start at the 'where you want to be, what kind of player' and work your way to the present. What I mean by this is: I would like to encourage juniors to think of what kind of tennis player they would like to be and then set goals and work hard to make those goals a reality. Countless times, I've asked the juniors "what would you like to work on? What would you like to improve on in your game?" and I've received confused replies.

To improve on something you need to devote effort to it and really work hard, you need to, as Craig would say, "work your backside off" training and on what you want to improve for matches, tournaments, competition, etc. "Anything" is not a good enough response when there are endless possibilities of things to work on. A few examples: footwork, balance, consistency, recovery, net play, defensive play, approach shots, serves, returning, and an endless list of drill work.

CRAIG'S COACHING CORNER



Hi everyone and welcome to the first edition of Craig's Coaching Corner!

Here you will find some helpful hints to take with you on to the practice court to improve your game, covering all aspects from tennis etiquette, technical, tactical, mental, and physical. I will also cover coaching programs on offer and give you information about some of our members who are competing overseas, nationally and locally.

Compete as a team

Even though tennis is considered an individual sport at the high level in tournament play, at club level we can consider it a team sport as everyone contributes equally to the outcome of the match! Every game matters no matter how far you are down - that 1 extra game you get may help your team win in the end. Your team won't care if you lose as long as you give everything you have. They will actually want you as part of their team because they know you will try your hardest every time you take the court!

As much as possible watch your team play, whether you have already finished your matches, or you are out injured. Try to give them the support you would like if they were watching you! Again this could just be the difference needed to help get your team over the line.



Fill-ins: we understand that there are occasions where you may need a week off due to a specific reason but please keep this to a minimum. Even though we try to have 5 players per team, if a player is required to come up from another division it becomes extremely difficult on that team as well, along with the player who had to move up. Also please let the junior co-ordinator know as soon as possible which may make it easier to find a suitable replacement.

Team warm up

Try and use this time to be prepared from the first point of the doubles. Get out to your match a little earlier and do a good physical warm up warming up **ALL** strokes, stretch and have some structure in your hit so you are ready to go.

You will see a big difference and so will your opponent!!

Singles tactics

This may seem like a simple thing but not many of us do it. We just go out and hit the ball over the net and then see what happens! Work out your opponents weaknesses in the warm up or doubles and then try to exploit that weakness.

Generally players don't like backhands or have weak second serves. Hit most of your shots to their backhand and you may need to open this up by going to their forehand first. They try to protect their backhand by standing a little further over so they don't have to hit it, which means go to their forehand then you have more opportunity of opening up the backhand side.

If your opponent has a weak second serve get in control of the point from your return. Doesn't mean you have to hit a winner just placing it to gain control of the point is sometimes good enough. Think of it like, if they hit a short forehand or backhand in the service box you would try to do something with it, so why not on the serve?



Always shake your opponent's hand...

Tennis etiquette

Just a couple of things to keep in mind while playing:

- call the score out after every point so there is no confusion but also make sure the other person can hear you
- roll the ball back to the server after every point so they don't have to chase the balls
- **ALWAYS shake your opponent's hand with a firm handshake and look them in the eye and either say well played or bad luck**
- call the ball out loud and clearly so the opponent can hear you

UPDATE ON OVERSEAS ATHLETES

Brad Mousley

Bradley has been away for approx 5 months playing tournaments and training at his base in Munich Germany. We have decided to focus a lot on his fitness, strength and game style and not so much on chasing points to reduce his ranking.



In saying that he has had some very positive results - making finals of both singles and doubles which include his first Men's ITF singles title, a runner-up in singles and 4 doubles titles. He has lost 4-5kg which we hope will help with his movement and eventually longer matches during the Australian summer.

He's currently in Egypt for another week before he heads back to Germany for a training week, before heading back to Australia via Bangkok for a \$50K Challenger.

Brad is currently ranked 440 for singles and 283 for doubles.

Nathan Eshmade



Nathan has decided to have a go playing some Future events on the Men's ITF circuit after having a good solid base from his time in the college system in America. He's travelling to Egypt as well with fingers crossed that he is able to get in to qualifying and have a crack at some of these guys.

Nathan and Bradley will team up for 1 week playing doubles together after being awarded a wildcard into the main draw. Great to see the Golden Grove boys together after growing up through juniors and now on the ITF stage!!

Good luck Nathan and we all hope it's not long before you get your first point and then a world ranking!!

Madison Bishop

Madison is currently in Fiji at the Junior ITF Oceania Invitational but they have had rain there since they started! Seems like somewhere else I know!! Good luck from everyone here and hope you do well.



Orange ball competition

This term we have 5 teams more than any other club and have some very good players coming through. Most are brand new to tennis and the experience of this competition will be perfect for when they are ready to go up to Green ball. Thanks kids and parents for having a go and joining our club!

Kids cardio tennis

We have 6 kids doing this programme now and all are having a great time working hard to music but most importantly I can see a big difference in their movement on the court and balls that they would never normally get to!! If you would like a free trial please let me know!

Nathan and Bradley will team up for 1 week playing doubles together after being awarded a wildcard into the main draw.

Fast4

Mum's and Dad's get out there and have some fun!! Modified rules all done to music on a Tuesday night 7.15-8.45pm cost only \$10 per week. Get back to me for bookings and give it a go!!

Thanks

I would just like to say a big thank you to all the parents out there that help get their kids to matches and training every week and also help out with their team. Without your help we wouldn't be able to run things as we do and everything you do is very much appreciated by everyone at the club.

THANK YOU!!!

Craig



WORLD TENNIS CHALLENGE – do you want to be part of it? Here's how...

The World Tennis Challenge (WTC) will be held in Adelaide in January 2017 - this is your chance to have the summer of your life! You can try out to be a ball kid, or if you no longer qualify as a "kid", WTC also needs people to volunteer.



Rebeka Schaefer (GGTC)

Ball kids

If you were inspired by Rebeka Schaefer's story in our Winter 2015 edition, and you think you might like to try this yourself, then you need to apply very soon. Everything you need to know about becoming a ball kid is available here:

<http://www.tennis.com.au/learn/ballkids-officials-coaches-and-volunteers/ballkids>

or on the WTC website at:

<http://worldtennischallenge.com/news/2016/08/want-to-be-a-woolworths-ballkid>

Volunteers wanted for WTC

Information about how to volunteer can be found here:

<http://worldtennischallenge.com/news/2016/08/we-need-you-volunteers-apply-now>





SPECIAL OFFER



GOLDEN GROVE TENNIS CLUB

Introduce a new member to our club and both receive

\$10 OFF

(player registration OR a uniform item)

- Offer can be redeemed upon registering with the Golden Grove Tennis Club, junior or senior competition - for Summer Season 2016/17
- Mention this offer when registering or ordering apparel
- Offer expires 30 September 2016

http://www.tennis.com.au/goldengrovetc

TEAM APP

Are you using our Team App? If not, you should be! It provides one place to access the most recent results, the draw, the ladder, club policy, latest news, the website and don't forget the chat room – there is one room set up for each team.

GGTC

The App was recently updated, so if you haven't done so, please visit the Apple Store or Google Play to get the latest version of Team App, once you have downloaded it, search for GGTC – it's as easy as pie!



POWERED BY

Why you should eat cake...

GGTC FUNDRAISER - DONATIONS NEEDED

We need donations for our cake stall for the Family Fun Day on **16th October 2016** and also for the **SAPSASA day** (see below) on **20th and 21st October 2016**.



If you are able to donate baked goods, please email **Kerrilyn Crebbin** (Kerrilyn.crebbin@icloud.com) to let her know what you are able to donate, and she will advise details about where and when to drop them off.

SAPSASA DAY - VOLUNTEERS NEEDED



We are seeking volunteers to help in the canteen at the SAPSASA day being held at Tilley Reserve on **Thursday 20th and Friday 21st October 2016, 9.00am to 3.00pm**.

We are seeking donations for this event also - cakes, biscuits, slices, gluten-free options – all would be most useful!

We would really appreciate it if you could help out – either by baking or working in the canteen. The more volunteers there are the less everyone has to do! If you are available, please email **Kerrilyn Crebbin** (Kerrilyn.crebbin@icloud.com)

All proceeds go toward supporting the Golden Grove Tennis Club. Thank you to Kerrilyn for offering to organise this!!

CONGRATULATIONS

- Riverland Tournament Runners-Up

Well done to **Maree Huggard, Sonja Bradshaw, Vanya Castree & Joanne Porter** for their recent performance at the SA Tennis Teams Carnival in the Riverland.

Competing in the over 45's age group, they went into the final as favourites, having been undefeated during the minor round.

However, as we all know, finals are a different kettle of fish, and sometimes favourites don't get up, as was the case for our girls. Final result: runners-up, but definitely doing the club proud with their great sportsmanship and team spirit.



L to R: Maree Huggard, Sonja Bradshaw, Vanya Castree and Joanne Porter

VILLAGE SHOPPING CENTRE - Promotion Day

On **Saturday 13th August** a few committee members and volunteers spent some time at the Village Shopping Centre promoting our club, and encouraging some potential tennis stars of the future to participate in our Come 'N' Try Open Day, to be held next **Sunday, 21 August** at Tilley Reserve, 11am – 2pm.

If you know someone who might like to come and have a go, please spread the word. Also see offer on the page 8 – if you know someone looking to play tennis in Summer, we have a special offer for club members who introduce new players to the club.



YOUR CLUB VOLUNTEERS



KIMBERLY ABSALOM



LYNDA PERKINS



CRAIG MOUSLEY



JESSICA GEORGE-AXFORD



BRIANNA DENT



SONJA BRADSHAW



SHAVAUN DENT



IVANA DRASKOVIC



SHERRI DAWSON



SIMON ESHMADE



PAUL AXFORD



PAUL HOLMES



ADAM PINNEGAR



NICOLE ESHMADE



DARREN SAHB



SUE LOKAN

Photos not available.....Lee Norrey, Kerrilyn Crebbin

YOUR COMMITTEE

<u>PRESIDENT</u>	Simon Eshmade, 0421 042 372	president@ggtc.org.au
<u>VICE PRESIDENT</u>	Kimberly Absalom, 0412 162 841	vice.president@ggtc.org.au
<u>CLUB COACH/MEN'S CLUB CAPTAIN</u>	Craig Mousley ,0412 262 006	coaching@ggtc.org.au
<u>JUNIOR CO-ORDINATOR</u>	Nicole Eshmade, 0466 113 893	ggtcnicole@gmail.com
<u>SECRETARY/TREASURER/GENERAL ENQUIRIES</u> ..	Lynda Perkins, 0409 991 963	secretary@ggtc.org.au
<u>MID-WEEK LADIES REP</u>	Sue Lokan, 0418 813 859	midweek.ladies@ggtc.org.au
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<u>PLAYER'S REPRESENTATIVE</u>	Kimberly Absalom, 0412 162 841	player.rep@ggtc.org.au
<u>FAST4/CARDIO TENNIS</u>	Craig Mousley, 0412 262 006.....	coaching@ggtc.org.au
<u>WEBMASTER</u>	Lynda Perkins, 0409 991 963	webmaster@ggtc.org.au
<u>VOLUNTEER RECRUITMENT</u>	Darren Sahb, 0412 363 409.....	volunteers@ggtc.org.au
<u>UNIFORM OFFICER</u>	Brianna Dent, 0432 210 383	uniforms@ggtc.org.au
<u>SPONSORSHIP & MARKETING</u>	Paul Holmes, 0418 844 876.....	sponsorship@ggtc.org.au
<u>NEWSLETTER & MOBILE APP</u>	Sherri Dawson, 0488 105 775	newsletter@ggtc.org.au
<u>CHILD SAFETY OFFICER</u>	Darren Sahb, 0412 363 409.....	childsafety@ggtc.org.au
<u>CHILD SAFETY OFFICER</u>	Shavaun Dent, 0433 823 158	childsafety@ggtc.org.au
<u>ORANGE BALL COORDINATOR</u>	Ivana Draskovic, 0423 241 155	orange.ball@ggtc.org.au
<u>GENERAL COMMITTEE</u>	Sonja Bradshaw, Adam Pinnegar, Paul Axford, Jessica George-Axford	

Social Committee: social.committee@ggtc.org.au

Chairperson **Position Vacant** Kimberly Absalom, Lynda Perkins, Craig Mousley, Brianna Dent, Kerrilyn Crebbin, Darren Sahb and Lee Norrey.

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.

Do you have any ideas for articles? Maybe you have a request for a player profile that you would like to see in this newsletter. Please let us know, email us at newsletter@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."

Unknown

SINCERE THANKS TO OUR SPONSORS

We really mean it when we say, PLEASE SUPPORT OUR SPONSORS...because they support you.

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A range of medical supplies is available, including sports strapping tape. In particular, the Maxiplast tape is highly regarded and is the number 1 tape used by the Adelaide Crows.

Please come and visit us at
Unit 1, 54 Maple Avenue Forestville
 where one of our friendly staff can assist you with anything you are after.