

April 2022 NAMBAS TENNIS

Issue 5/2022

Nambas News

We seem to have found our groove. Our courts are full, we are enjoying our tennis and we re discussing future growth for our club. Our fixtures are well on its way and many teams have had more than a months work of fixture games. Hope all is going well with your social tennis, fixtures and private play.

I would like to thank Nambour Tennis Club at Washington Street for their hospitality during the Nambour Expo period. We were asked to vacate the Nambas Tennis club during Nambour Expo busy bump in/out period. Nambour Tennis club were generous with their courts and fair with fees. If we still had our daily paper I would have liked to put in a thankyou note. We had minimum of two courts for each of our sessions. Thankyou again to Nambour Tennis Club.

Another big thankyou is to Jamie our secretary. He has been busy preparing a grant application for The Community Benefit Gambling Fund. This one was a one off major grant of \$100 000. Jamie has finalised our application, which was a request to upgrade our lighting system including led lights. During Jamie's preparation for the grant he concluded the necessity to do a lighting pole safety check. This has now been conducted and our poles are concluded as safe.

Other areas we constantly need to maintain is the mould especially on court four. Our synthetic carpet surfaces. Gurney our concrete pathways and areas. Inspect chairs, tables and general electrical appliances. This leads me onto requesting your assistance for our next working bee. Our working bee will be held on the 14th May. We will have our usually tennis social (which usually fills three courts). So come along Saturday morning, tennis begins at 7.30am, and working be will commence around 10am. Our committee will try and have our monthly meeting around 9am.

The month of April and May we will have full usage of our courts. Weather will be that perfect Autumn temperature and we should have minimal rain. Lets put on our shoes, get our racquets and play as much tennis as possible.

Always looking for photos. If you are in a team, relaxing on the courts, hugging a friend. Take a snapshot and send to me via messenger, facebook, mobile or email.

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SPECIAL EVENT DAYS

- 9th April –Committee Meeting
- 16-17th April–Lifeline Book fest
- 16-17th April–Easter Weekend
- 25th April–ANZAC DAY - Monday night fixtures is still on
- 14th May–Committee meeting
- 14th May–Working Bee
- 22nd May–Sunday Veteran Tennis

Photos



Thankyou Paul for these fantastic photos. Say hello next time you see him with a camera.



Facebook - Nambas Tennis Club

Due to unexpected technical difficulties, we found ourselves without a Facebook page. I apologise for the unexpected inconvenience. We have now created a new Facebook page, same name. Please search "Nambas Tennis Club" and join. This is an open group, so everyone can see posts. This is used by all members and public. To will help reduce those last minute emails advising of court closures. Rain days will be updated via Facebook. Please note we will continue to email important messages to our members. Feedback more than welcome. Please feel free to post on our Facebook page.



Working Bee

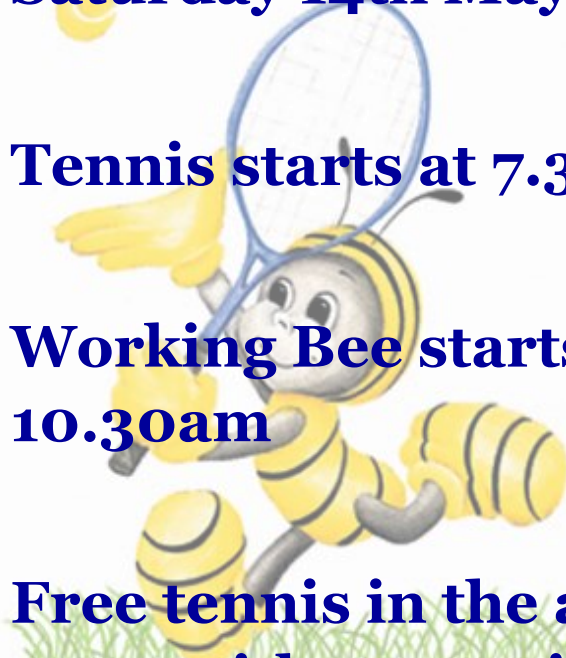


Saturday 14th May

Tennis starts at 7.30am

Working Bee starts at 10.30am

Free tennis in the afternoon with some nibblies



Showground news

7th April—Discussions held regarding access during show periods. Moving forward with potential solutions. In progress stage only. Still early days, funding and approval still to be confirmed.

15th –17th April—Lifeline book fest. Parking to be alongside Poultry Pavilion and leased area

20th May Friday Night. Rodeo in progress. Normal parking applies

Can I please remind everyone we have no access during several shows throughout the year. This is mainly due to insurance. We have no access during these events. Please discuss with the committee for any concerns and do not enter showgrounds without permission. I know its an inconvenience, but at this stage we are unable to access our courts during major events and their bump in and bump out periods.

NAMBAS TENNIS

MENTOR COACH

April, 2022

Around the Courts news



A THRIVING COMMUNITY

by Michelle Jaggard-Lai

After a month of being on the courts as a mentor coach, it's great to see new faces in our mentor groups from Nambas and teams playing at different clubs.

It's got people sharing experiences and bringing friends along. Amongst our sessions we are discussing how we find competing and what challenges we face within or when we play different styles of opponents.

Mentoring group feedback

“I can only be what I can on the day”

This advice helped me not be too hard on myself

Astrid Muller (Nambas)

“It's given me the confidence to try new strategies and not worry about the end result but enjoy taking action to grow my game. “

Susan Johnson (Woombye)

Next Mentor group trainings

Time: 6.30pm

Days: Tuesdays & Thursdays

Start Dates: Tues 19 April, Thurs 21 April

TIPS OF THE DAY

One of the best tips I have incorporated into my mentor coaching was by 6 time grand slam champion and coach for over 50 years by Kim Warwick

“Be the boss of the ball ! ”

How I interpreted this into my own teachings was that in tennis we need to make quick decisions as to what we want to do to the ball and with this in mind it helps us do this.

Our mind so quickly get distracted so by giving it a job to be the boss of the ball stops this.

On court Experience

Vets tournament at Gympie

It was great to see so many players enjoying their tennis at Gympie. Among a few was Kathy Eldridge (Yandina coach), Yvonne Stanton (excellent past junior player from Sydney), Nicole Oomans (ex pro player now spectating), Astrid Muller (brave singles competitor), Ros Evans (arguably one of the fittest vets players winning multiple events), Step Asprey (Buderim Tennis Club fixtures player and super competitor) and myself. I'm sure there were so many more but these are just a few I know. What I loved was the comradery off court of the players but don't get me wrong everyone competed on court to their best. I saw loads of niggling injuries being managed, players adjusting their tactical game to their age and opponents game styles and the turnout of entries and events available was really great to be part of.

My own experience was brought upon by an invite by Ros Evans (due to her partner having an injury). Our only team goal was to have fun as a team and my individual goal was to stay injury free fore 4 sets and if we made finals it was a bonus 5 sets. After the match Ros shared with what she had a long term goal of laying for the Australian team by 90. I thought yep, she is right on target. Thanks Ros.



If you the Nambas community have anything you would like to share like photos, events or questions to our coaches Michelle or Gershwin please

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When we can connect with somebody and have that moment to give them a belief in themselves that really truly anything is possible is a really powerful thing to give another human being.

Becky Hammon

"Mentors make history because their teachings live on through others"