



Warm wishes to all
our valued clients,

peace and goodwill to everyone... for the festive season and for 2022.

I hope you're finally enjoying warm weather and the end of the festive season. Hope you've enjoyed a great Xmas and look forward to what 2022 has to bring.

Thankyou

very much for your enthusiasm, good work, fun and happiness you bring to training. It's a pleasure to help you with learning and becoming a better Tennis player...

We've now spent nearly a year at the lovely Palmwoods Tennis Club. It's been a pleasure helping the club grow and become a busy Tennis Centre once again... looking forward to more growth in the future..

The main highlight in Pro Tennis this year was Ashley Barty winning the Wimbledon Title and retaining her World No 1 for the past 3 years.



Term Dates

January Holiday Clinic

Week 1

Tue 4th, Wed 5th & Thu 6th.
3:30 - 5:30pm

Week 2

Tue 11th, Wed 12th & Thu 13th
3:30 - 5:30pm

Week 3

Tue 18th, Wed 19th & Thu 20th.
3:30 - 5:30pm

Coaching dates 2022

Term 1

Mon 24 January - Friday 1 April

Term 2

Tuesday 19 April Friday 24 June

Term 3

Mon 11 July – Fri 16 September

Term 4

Tue 4 October – Fri 9 December

SKILLED TENNIS NEWSLETTER

Junior Fixtures News



It's a real pleasure to help you improve and become good Tennis players and very good people.

We had some fantastic results throughout the past SCTL Junior Fixtures season...

5 of our 8 teams playing in finals with 2 teams winning the flag. Well done to everyone on your terrific season.

Along with these great results, HUGE improvements were made by all of you... and that is the most important thing.



Holiday clinics

Holiday clinic for January starts next week. It will be great to catch up with everyone and discuss your Xmas and what you're looking forward to in the new year.

*Clinic prices are \$20per session \$50 for 3 sessions**

Week 1

January Tue 4, Wed 5 & Thu 6. 3:30 - 5:30pm

Week 2

January Tue 11, Wed 12 & Thu 13 3:30 - 5:30pm

Week 3

January Tue 18, Wed 19 & Thu 20. 3:30 - 5:30pm



Please contact Kerri 0414 482 520 or email

skilledtennis@gmail.com.

** washed out lessons last term can be made up by attending clinic*

SKILLED TENNIS NEWSLETTER

Adult Fixtures News

The Palmwoods TC currently fields four teams in the Sunshine Coast Tennis League. Amazingly we had all of our teams reach the Finals in 2021.

Two of our teams won through to the Grand Final where the weather unfortunately robbed them of the opportunity to play their last match.

Every player who plays regularly or has filled in for these teams give yourselves a pat on the back!



The camaraderie and team spirit displayed by All the teams is fantastic... and very heartening to see.

To all of our adult students the passion you show for improving and learning more about Tennis is fantastic.... it's great to see it pay off. Well done on all the improvements you've made.

Social Tennis anyone?

Looking for some good Tennis, fun and socialising.

Drop in for a Social hit of Tennis

Location: Palmwoods Tennis Club, 53 Palmwoods-Montville Roads, Palmwoods

TENNIS FACT

Researchers at Oxford University have concluded that tennis is the most useful sport for human health.

According to scientists, playing tennis regularly reduces the risk of premature death in older people by up to 47 %, while, for example, swimming reaches up to 28 % and riding 15 %.

TENNIS: THE SPORT FOR LIFE

Social	Tennis Timetable
Monday	7am ladies Social and lesson
Tuesday	2:30pm Social
Wednesday	7am ladies social; 6:30pm evening Social
Thursday	2:30pm Social
Friday	
Saturday	3:30pm Social
Sunday	3:30pm Ladies champagne Tennis

SKILLED TENNIS NEWSLETTER

Adult Tennis Lessons

Are you searching for a fun way to become healthier socialise and compete... join one of our Adult classes (or organise a private lesson or your own group)... you will be

- Developing your skills whilst working out in the beautiful Sunny Coast weather
- burning calories while exercising through the game of Tennis
- improving your health, having fun and getting fit
- receive expert Tennis coaching
- become involved with your local Tennis club, play social Tennis or competition

We are particularly encouraging more Mums to get involved in the great game of Tennis.

So if you're new to the game or resuming after a break we will have a class to suit you.

Class days/times

Monday 7am Ladies lesson and Social hit

Tue 7:30am Beginner

Wednesday 6am Beginner;

Wednesday 6pm Intermediate

Thursday 7:30am Beginner

Friday 7am Beginner;

Friday 9:30am Intermediate



No tennis experience needed, all equipment can be supplied.

Price: \$20 per lesson

Location: Palmwoods Tennis Club, 53 Palmwoods-Montville Roads, Palmwoods

Please contact Valoja (0402 751 341), Kerri (0414 482 520) or email skilledtennis@gmail.com to enrol in your lesson or if you have any questions

SKILLED TENNIS NEWSLETTER

Skilled Tennis Academy Tennis Coaching

The Palmwoods Tennis Club where we are based... is on the beautiful Hinterland, Sunshine Coast. With hundreds of kids, Mum's, Dad's, elite men & women and many retirees enjoying a game, in one the best possible places to play Tennis.

Whether you're playing for fun, fitness, social benefits or competition we have programs to suit your needs...



Here's some benefits to becoming a student:

Coaching to suit all ages and standards... whether it is teaching the youngest beginners, kids who are learning, youths who want to play at a high level to players travelling and playing elite tournaments... we have coaching to suit you.

Coaches with more than 50+ years of combined experience. Our coaches are dedicated to learning about your personal goals and helping you to achieve them. Our coaches are very friendly, have warm, engaging personalities and dedicated to teaching you the best ways to play whilst also making it fun.

We have a wide range of lesson times at all standards and class types available to fit your busy schedule. Along with complimentary access to wide range of Tennis related services and products - racquets, restrings.

Group Junior lessons are available Mon - Fri 3:30pm onwards. Private lessons are also available by request. Adult lessons are also available, please see the Adult Lesson section.

Coaching tips... the first and most important thing - Enjoying Tennis!

You may have heard that Tennis is the very best sport you can play for life. That's because Tennis helps you improve your fitness, agility, speed, strength and endurance all whilst making you smarter and tactically aware.

No sport is as good for teaching all these things and best of all you can play it for all of your life. At our club we have many people up to the ages of 80 and 90 still playing.

You'll also see that to become very good at Tennis (just like many other things) takes time, effort and good coaching. The key to doing well at all things is to enjoy the journey.

Make sure you enjoy the process of learning and doing your best... that will ensure you keep growing and getting better. That is all that you can expect from everything you do.

In order to become a fine player who's able to play well for all your life keep working with your coach to enhance your skills and learn the strategies/psychological prowess to become your best self.



From all the Coaching Team

- **Valoja, Kerri and Mitchell...** a warm thank you. See you on the court....

SKILLED TENNIS NEWSLETTER

Hey Padwans, here's one of my very favourite speeches... discussing the importance of digging deep inside in the face of challenges and uncertainty. An exceptionally important message for sport and your life....

The Man in the Arena

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming;

....

who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails,

at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat



"best way for you to stay healthy for life"...

Freedom from neck pain, back pain, headaches and much more ...



it is a 100% natural method. That gets you feeling fantastic again, for life. Chiropractic is gaining ever-increasing recognition as the best approach to treating back and neck pain, including everything from an accident injury to unexplained chronic nagging pain.

Absolute Health has two clinics located in Mooloolaba and Nambour. They specialise in both Chiropractic and Physiotherapy and have 6 practitioners in their clinics.

For more information visit www.absolutehealth.net.au or call 07 5478 2333.

Mention or Bring this Newsletter page for 50% off your initial consultation.