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October 2012

TALLY HO "TATTLER" NEWSLETTER

*Hello to all Members and welcome to our latest Newsletter. We hope you enjoy this edition.
Please contact us should you wish to have any suggestions for our Newsletter.*

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2011/12 Committee Members and Contact Numbers

President	David Jones-Ellis	0417 014 847
Vice President	John Diprose	0422 244 909
Secretary	Amanda Pockett	0435 139 336
Treasurer	Andrew Freeman	0403 431 728
Membership Secretary	Mark Ditchfield	0437 986 162
Senior Convener	VACANT POSITION	
Junior Convener	Richard Morris	0425 716 901
Mid-Week Ladies Rep	Pauline Coughlin	0417 575 809
Maintenance	Graeme Inglis	0417 316 767
Night Tennis	Rob Philipp	0411 343 181
Bar	Bob Batty	9802 1193
Events and Social	David Shields	0412 810 612
General Committee	Andrew Green	0414 467 674
Club Coach	Danielle Jones	0408 125 378

Please feel free to contact any of our Committee Members or our Club Coach should you have any questions or issues to raise.

[Bereavement - Geoff Dance](#)

We are very sad to report to all members that since our last Newsletter, the Club lost one of its "legends" in Geoff Dance.

Geoff was a Life Member, past President, a regular Saturday A Grade/A Reserve tennis player and was our Senior Tennis Convenor right up until he passed away at the end of June after a long illness. He was aged 51.

Geoff was one of the hardest working individuals you would ever meet. He ran a very successful building business but always found time to help out our Club in any shape or form. He was always on hand to help out with our busy Open Days. Geoff absolutely loved Tally Ho, so much so that he had been on Committee for more than 25 years, even after moving out of the area some 10 years ago!

It goes without saying that Tally Ho will not be the same without Geoff. In recognition of Geoff's contribution to the Club, the Committee has decided that his time at Tally Ho needs to be acknowledged, so it is proposed to arrange a memorial plaque which will be displayed in the garden near our new court. This will be arranged soon.

Our sympathy and thoughts will always be with Geoff's wife Jayne and their children Louise and Michael.

[Senior Convenor Position Vacant](#)

As a result of Geoff Dance's sad passing, the Club really needs somebody to take over the duties of Senior Tennis Convenor.

This role is not difficult and the person to take over this duty should be a good organizer and ideally one of the current Saturday players. The Club has written to all Saturday tennis players but this met with no response. Maybe a rethink might prompt somebody to come forward. In the interim, Bob Batty is carrying out most of the role but as he already looks after the Bar duties, we would like to alleviate Bob of this duty.

If anybody is willing to help out the Club, please contact Bob Batty on 9802 1193 or David Jones-Ellis on 0417 014 847. We really need this position filled and you will of course have the full support and help of the Committee.

[But Secretary Position Gets Filled!](#)

A big thank you goes out to Amanda Pockett for taking on the important role of Club Secretary.

Amanda took over the role about 3 months ago and has been doing a wonderful job making sure our meetings run smoothly and other Club administrative matters are attended to in a timely fashion.

Amanda has also taken on the organisation of this year's Christmas Party in conjunction with David Shields.

Thank you Amanda from us all!

[Emergency Defibrillator is now in Clubhouse](#)

Recently we were successful in obtaining a free defibrillator from St Johns Ambulance Victoria. The unit is in place inside the clubhouse on the wall near the court lighting mechanism.

We hope that the unit never has to be used but in the unfortunate event of a player having a sudden cardiac arrest, the unit is there to help in an emergency.

Committee members will be completing training on how to use the unit this month and it is planned to then impart this knowledge onto members by way of a special evening – maybe at the upcoming Annual General Meeting.

35th Annual General Meeting

Tally Ho Tennis Club's Annual General Meeting will be held on **Wednesday 31st October @ 8pm in the Clubhouse**. This is an evening where the events of the past 12 months are tabled, the financial position of the Club is covered, Committee members for the next 12 months are confirmed and other general matters of business are discussed.

This is the ideal opportunity for members to attend and raise any concerns or questions they may have.

A quorum of 20 people is required to hold the meeting. As an incentive to attend, the Club is giving away 2 Gold Class Movie Tickets together with meal vouchers, so to have a great chance of winning, just be in attendance! A sign-up sheet will be at the desk as you enter the clubhouse.

The meeting normally goes for about an hour and it is followed by complimentary finger food and drinks.

Members would have recently received an e-mail concerning this. Please take an interest in your club by marking this in your diaries to attend.

Annual Tally Ho Family Christmas Party!!

It's on again! Saturday 15th December commencing after tennis has finished for the day.

Two fun bouncy castles have been organised for the kids and catering has been arranged, so no need to think about what's for dinner that night!

A small charge of \$3 per head for members and \$5 per head for non-members will be applied to help with costs. Friends are welcome to attend but must pay \$5.

Santa will of course be in attendance at some stage of the evening.

Martin Hall Hairdressing in High Street Road Glen Waverley have offered to provide some give-aways on the night too

A sign-up sheet will be placed on the Noticeboard shortly, so please put your names down to support a Club social event and assist us with catering numbers.

Thursday Afternoon Men's Social Tennis

We have a regular but small group of guys who enjoy a social hit of 2 or 3 sets commencing about 2pm each Thursday, followed by a chat over a drink or two. A couple of new players would really help to keep this group going strongly.

If any members are interested or have a bit of spare time on their hands, please come along on any Thursday and speak to Bob Batty or for more details please ring Bob on 9802 1193.

2012 Junior and Senior Club Championships

The Junior and Senior Singles Championships are planned for the weekends of 17/18 November (Seniors) and 24/25 November (Juniors).

Entry sheets will be put up on the notice board in the clubhouse shortly. We are looking for lots of entrants this year (as we have over 550 members) and as these are board events, champions names will be displayed on the Club honour board.

Everyone gets to play more than one match and there are no entry fees but players must sign up and commit to play before the events start.

Any questions in relation to the Club Championships should be directed to David Shields (Seniors) or Richard Morris (Juniors). Phone numbers on first page. Good luck!

Court Cleaning

High pressure court cleaning is planned over summer 2012/2013.

Our courts have not been cleaned since they were resurfaced about 4 years ago and this procedure should bring them up looking like new.

This process will likely take 1 – 2 days and we hope to not inconvenience members too much during this period of required maintenance.

Outcome of Recent Grant Application to Monash Council

Earlier this year, we made a submission to Council for grant monies to assist with lighting of Courts 1, 2 and the Show Court.

Unfortunately we were unsuccessful with our application, but we have been advised (and encouraged) by Council to apply again next year. We will certainly be doing this and hope that the outcome next year will be different. This will mean that we can move forward with lighting our remaining courts. We will keep members informed of progress.

The Tally Ho Bar (also known as Bobby's Bar!)

Tally Ho Tennis Club conducts a small but extensive bar for member only use (conducted under strict liquor licencing arrangements), which operates on most match days and also during competitive night tennis. A committee member is in attendance to operate the bar whenever it is open.

The current Price List is displayed on the fridge. Bar prices had to be increased a little bit last year to reflect some cost increases, but you will find that our drink costs are very reasonable. Soft drinks can be obtained from the bar, or when it is not open, the Coca Cola drinks machine is usually functioning.

If you have any queries or suggestions about the Bar, please contact Bob Batty. The strict licensing laws that apply to this facility means the Club has a duty to control and serve alcohol in a responsible manner.

Club Coach – Danielle Jones

Firstly, congratulations to Danielle on having her coaching contract renewed for another 3 years at Tally Ho. Danielle has been our head coach since 2001 and has been such an asset to our Club as she has formed great relationships with the local schools and is such a patient and knowledgeable coach.

Anyone interested in coaching lessons, be they private or group, should contact Danielle on 0408 125 378 .

Danielle has advised the following excellent results by a couple of our Junior girls & boys:

Chloe Barberi

Winner of the Nestle Peters Junior Series No. 4, 5, 6
Winner Boroondara Champions Series 3
Winner Peninsula Tennis Junior Tournament

Well done Chloe! Not bad for a nearly 11 year old.

Joshua Hocking

Made the main draw of the North Ringwood tournament, which is a great achievement as he is only 13 years old!

Danielle would like to encourage all Juniors to enter the upcoming Junior Club Championships. If any Juniors would like to test their skills in the Senior Championships, (which we would really like to see) please have a chat to Danielle before entering.

Reminder to all about our Visitors Policy

- Visitors fees must be paid before any play commences
- Members should only invite one (1) visitor at a time
- A visitor should play no more than 6 times a year at our club
- Visitors must be accompanied by a member at all times and should wear proper tennis attire
- Don't lend your membership card to any non-member

The Committee often checks membership and visitor fees being paid, so please do the right thing.

Visitor fees are only \$5 for adults and \$2 for Students and Children. Fee envelopes are near the bar and the completed envelopes should be put into the slot near the bar.

IF YOU HAVE A FRIEND OR RELATIVE THAT WANTS TO PLAY REGULARLY WITH YOU AT TALLY HO, BEST THING IS FOR THEM TO JOIN THE CLUB!!!

Internal Tally Ho Challenge Ladder

Planned for commencement in November, all Tally Ho members will have the chance to compete on an informal basis against other club members. All matches are organised by the players to suit their schedules, and the rules are very simple. A ladder will be maintained and displayed in the clubroom to show how you are going and who you plan to challenge next!

To register your interest and receive a copy of the guidelines, please contact David Shields at dbshields@gmail.com before the end of October.

Senior Tennis Report

WDTA winter finals were recently held and three of our six teams competed in finals. Congratulation to those teams – A Reserve 1 Mens, A Reserve 4 Mens and A Reserve 2 Mixed. Our A Reserve 4 team won through to the grand final and won the big one! Well done to Diming He and his team.

The Summer season for 2012 / 13 commences on Saturday 13th October. Tally Ho has nominated 7 teams for the summer - one more than the winter season.

The 7 teams nominated for summer are –

MENS RUBBERS	Peter Henderson John Owens Michael Dance Ray Lester	Blake Brunne Rick Peschke Chris Peschke
MENS RUBBERS	Sam Hickey Lachlan Kennedy	Victor Yang Thomas Lee
MIXED RUBBERS	Russell Wallace Napil Abdel Darren Smith	Jodie Blewett Jane Barry Liz Byass Jackie Turner
OPEN SINGLES / DOUBLES	Matthew Morgan Scott Wilson	Leigh Morgan Simon Feigl
OPEN SINGLES / DOUBLES	Diming He William Wu	Jian Zheng Xuan Zhang
OPEN SINGLES / DOUBLES	Kevin Cai Kent Tsui	Richard Gao
OPEN SINGLES / DOUBLES	Terrence Yeung Eric Kong	Ben He

Above teams with their given grading will be posted on Seniors Notice Board in the Club House after being announced by WDTA approximately early October.

One player from each team will also be contacted to collect the summer season balls, WDTA fixture books and score books.

Also, ball fees of \$90 per team should be collected and handed to any committee member ASAP at the start of the season. Your early co-operation with this would be appreciated.

Many thanks to Geoff Dance's wife Jayne and son Michael for continuing to report senior scores until the end of the season and helping with the ongoing registration of the summer teams. This help has been greatly appreciated.

The committee is appealing to an existing member to come forward to take on the role of Senior Convenor. That person will be given as much assistance as is needed to become familiar with the requirements of this role.

Please give it your serious thought and contact any member of our executive committee if you require more details.

Good luck to all competing players this summer and most importantly, enjoy your tennis.

Maintenance Report and Care of Equipment

Water Sweepers – constantly needing to be repaired because people still press down too hard on them. Please just let them glide across the court surface and they will work well.

If nuts and bolts work loose or even fall off – please don't throw them away! If necessary 'post' them in the visitor's fee slot and they can be re-used.

Rollers – are also being damaged regularly. Do not press down hard on them. They need to absorb the water and the best use is to mop up behind the sweepers.

Please help by taking care of all club equipment and return water sweepers and rollers to their storage racks after use. Don't leave them for someone else to put away.

Finally, if you notice anything that needs repair or attention please let Graeme Inglis (our Maintenance Manager) know by phone 9887 9367 (answering machine is available) or e-mail gin78205@bigpond.net.au

Mid-Week Ladies Scene

MEMRLTA Competition on Tuesdays

Summer season has recently commenced. Tally Ho has two teams playing.

WDTA Competition on Thursdays

Season is now well in progress – Tally Ho has two teams playing.

Finals are scheduled for early December– hopefully at least one team will participate.

Social Tennis

Are you interested in having a friendly game of tennis?

Don't want to make a weekly commitment? Interested in meeting new friends?

The Tally Ho social competition fits your bill.

It's perfect for new players, as well as those easing back into the game after a spell.

Social tennis is on Wednesday and Friday mornings.

For more information contact Pauline Coughlin. Ph 9561 8517

Junior Convenor Report

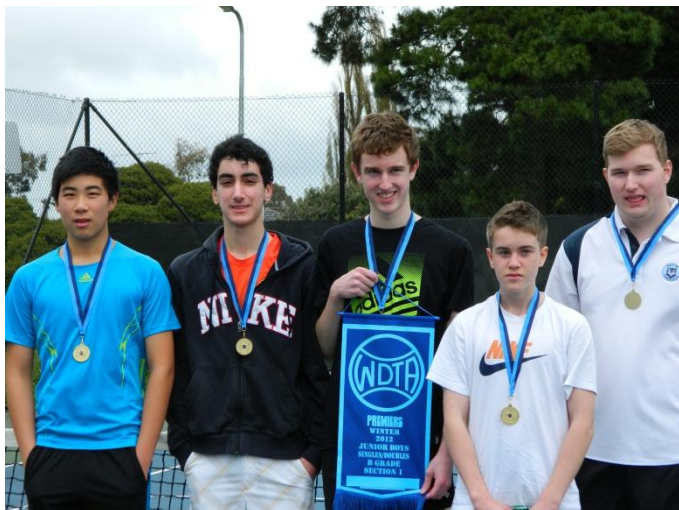
Winter 2012 Season

Well what can I say, but wow! Tally Ho entered 13 Saturday teams in the recent Waverley Tennis Winter competition. Of these teams, 10 made the finals & 4 went all the way & won their respective grand finals. Congratulations to the following teams:

- ✓ **Girls B Special 1 Singles/Doubles rubbers**
- ✓ **Boys B 1 Sets (victorious team photo below)**
- ✓ **Girls C1 Sets**
- ✓ **D5 Triples**

Special mention must be made of the efforts of the D5 Triples team who won their 'super tie breaker' (which is normally the first to 10, with a 2 point advantage) 19-17 to win the flag.

Thank you also to Sam Hickey & Cameron Morris who umpired the D5 match.



Commiserations to the Boys BSp2 Singles/Doubles Rubbers. They made it through to the Grand Final, but were beaten by a better team on the day.

Congratulations also to the Sunday Boys team, who made through to the semi-finals.

Thank you also to all the team managers and parents for their efforts to ensure the smooth running of the competition and saving me a lot of phone calls and time in the process.

Summer 2012/13 Season

For next season we will have 11 teams on Saturday and 1 on Sunday.

A special welcome to those children who will be playing competition for the first time at Tally Ho.

I hope you all have lots of fun.

We are waiting for Waverley Tennis to finalise the respective grades & fixture. Once this information is known, all players will be notified.

Over the next few weeks, I will be approaching some parents to act as Team Managers for the summer season. Please consider taking on this role if asked as without team managers, the teams cannot play.

In preparation for this season, players and parents attended a meeting in the Clubhouse on the morning of Saturday 6th October.

This allowed the kids to get together & have a bit of a hit before the season commenced, the following Saturday (13th October).

The meeting provided an opportunity for parents to catch up & plan rosters etc. for the season as well as to go over any information from Waverley Tennis regarding the summer season.

Also, it is fantastic that some of our "retired" juniors have decided to form a senior team and play on Saturday afternoon. I wish them all the best.

For anyone thinking about letting their children play competition, come and see us in action on Saturday and Sunday mornings or talk to Danielle our professional coach about your child's readiness to play. Enjoy your tennis.

Richard Morris
Junior Convenor

Ph: 9802 9953 or 0409 02 9954



Special Offers Arranged for Tally Ho Members



Members of Tally Ho can now enjoy some great special offers at some of our local businesses. To obtain these offers, all you have to do is show your [Tennis Victoria Player Registration Card](#).

Gloria Jeans Coffees (Manager Jarrod)

Burwood One Shopping Complex, Upper Level, cnr Burwood Hwy and Blackburn Road, Burwood East

- 10% discount on all drinks purchases all day, every day

Re-creation Fitness Centre (contact Hayley)

Burwood One Shopping Complex, cnr Burwood Hwy and Blackburn Road, Burwood East

- NO CONTRACT
- \$99 joining fee - one off
- Full access to the club and all the classes (65 plus classes per week)
- \$27.50 per fortnight

Re-creation Fitness Centre will honour this deal provided **3 or more members from Tally Ho join up**, so why not get a few friends together and get fit together!

THIS MONTH YOU CAN KICK START YOUR TRAINING WITH THIS SPECIAL *3 SESSIONS FOR ONLY \$99.00*. THIS IS A LIMITED OFFER SO EMAIL louisa@recreationbe.com.au AND REQUEST YOUR KICK START.

Re-creation has:

4 GROUP FITNESS ZONES

4 INDIVIDUAL FITNESS ZONES

They are open so you can train:

Mon – Thurs 5:30 am - 9:30pm

Fri 5:30 am - 9:00pm

Sat/Sun 7:30am - 5:00pm

Public Holidays 7.30am - 2:00 pmClosed only one day of the year being Christmas Day.

Simply Physio (contact Vincent) -

PLEASE ALSO REFER TO LATER ARTICLES IN THIS NEWSLETTER FROM SIMPLY PHYSIO

Located at Guardian Medical, Shop G6b Burwood One, cnr Blackburn Road and Burwood Highway Burwood East

- 10% Discount for Initial consultation and subsequent treatments (only \$67.50 for initial consultation and \$58.50 for subsequent treatments)

Please support these businesses who are kind enough to offer these deals to us!!

Night Tennis



If any members are keen to join a team on either Tuesday night (Men's) or Thursday night (Mixed), please contact the following coordinators:

Tuesday Nights

Andrew Green (mob 0414 467 674) or
Rob Phillip (mob 0414343181)

Thursday Nights

Steve Corby (mob 0438 314 231)

Want to play at night but not in a team environment?

Did you know that as a member of Tally Ho, you are allowed to use the court lighting to play at night? This is possible any Monday, Wednesday or Friday night or on the weekend up until 11pm. You will need 5 x \$2 coins to get you started. This will give you an hour's play. Each \$2 top-up gives you another 12 minutes but you must top up before the lights go out. A red warning light comes on at the back of the court telling you there is 10 minutes left.

The lights are coin operated in the Clubhouse. Instructions are next to the coin slots. If you have any problems, please contact Andrew or Rob as above.

An updated list of the current permanent booking of courts under lights, including ALL the bookings set aside for our coach Danielle Jones is beside the Lights Money Slots.

Club Security

Last person out of the Club grounds is responsible for locking the Clubhouse and making sure the gate closes when leaving.

ALWAYS CARRY YOUR MEMBERSHIP SWIPE CARD WITH YOU as this is the only method of locking the clubhouse. Never leave the clubhouse open if you are last to leave. If you are a new member to the Club, instructions covering opening and closing the clubhouse can be found in your welcome kit.

If you happen to accidentally set off the alarm (e.g.: by locking the door when the door was already unlocked and then walking into the clubhouse), you will hear a loud audible siren. This must be quickly cancelled by swiping your card again at the external card swipe dock next to the main door.

If you accidentally lock yourself in the clubhouse, escape via the door near the kitchen and then proceed to disarm the alarm by swiping your security card at the swipe dock next to the main door.

The security system is monitored 24 hours and we are contacted immediately if there is an apparent problem. Please help us by keeping false alarms to a minimum.



Please Notify Us of Your Current E-mail Address

This Newsletter and other communication is e-mailed to as many members as possible, however there are many members who have not advised their e-mail address to us or have changed their e-mail address and not informed us. If you have changed your e-mail address, or if you do not believe you have ever advised us of your e-mail address, please send details to tallyhotennis@hotmail.com for updating on our database. Thank you!

Clubhouse and Court Care

A reminder to **keep the clubhouse neat and tidy which means clean up**, particularly in the kitchen. If you use dishes, mugs, spoons etc., please wash them and put them away.

Glasses and chairs must not be taken out onto the courts. The Club provides plastic cups and jugs which can be used on the courts, but please wash and return them when finished. Please remove any rubbish from the courts when you are finished e.g.: empty ball cans, ball can lids, discarded grip tape, soft drink cans, etc.

Correct tennis attire and **non-marking tennis shoes** must be worn at all times. The Club has dress standards in place so all members can enjoy the facility.

Shower facilities are provided **for member use only after playing tennis**. Please do not use them outside of this purpose. It is not to be used as a substitute for your home bathroom!!!.

Private Parties and Functions in the Clubhouse

We have noticed a few instances of groups (presumably members) that have indulged in party like activities at the club house. The clubhouse has been left in a real mess on occasions and it has been left to committee members to come down and clean up. Please note that the holding of parties or functions without Committee approval is not allowed under any circumstances. The Club's policy is that we do not normally hire out the Clubhouse or allow parties.

Membership

If you have any queries relating to your membership, or if you have friends or family who might like to join the Club or if you are having issues with your access card, please phone **Mark Ditchfield on 9886 3727** or e-mail **Mark at tallyhotennis@hotmail.com**.

Tell your friends about our fantastic cushioned courts and facilities. Very few clubs have courts the quality of ours and at such low membership fees, so if you have someone interested in joining Tally Ho, Mark is able to e-mail or mail you a membership application form on request. There is usually a supply of new membership forms available in the holder on the notice board in the Clubhouse. Forms are also downloadable from the Tally Ho TC website www.tennis.com.au/tallyhotc.

Ideas or Suggestions for your Club or Stories you want to tell?

If you have any ideas or suggestions on how we can make our Club even better, please let us know by e-mail, write to us or contact a committee member.

If you would like to try and organise a social event for club members, please contact David Shields.

Maybe you can relate a funny story or have a contribution you would like to make to our Newsletter. E-mail any contributions to the Newsletter editor at tallyhotennis@hotmail.com for inclusion in the next edition.

PLEASE SEE BELOW FOR EXCLUSIVE 'SIMPLY PHYSIO' BURWOOD EAST OFFER AND TIPS ON HOW TO MANAGE TENNIS ELBOW

Until next time, enjoy your tennis at Tally Ho Tennis Club!

[CLICK HERE](#) FOR EXCLUSIVE OFFER FOR TALLY HO MEMBERS AND FAMILIES

Tennis Elbow

What is Tennis Elbow?

Tennis elbow is pain on the outside of your elbow. The medical name for tennis elbow is *lateral epicondylitis*. The lateral epicondyle is the bony bit you can feel on the outside of your elbow. The tendons that attach to the outside of your elbow run down to the back of your hand.



What causes Tennis Elbow?

It is usually caused by overuse of the elbow muscles with repetitive movements. Overuse of these muscles will result in inflammation of the tendon. A common cause of the tennis elbow when playing tennis is inefficient and / or poor technique especially on the backhand.

Signs and symptoms of Tennis Elbow

1. The lateral condyle will be tender to touch and maybe a little swollen. Pain on the outside of the elbow may extend to your forearm.
2. The pain is worse with gripping and twisting movements (e.g. opening jars, turning a door handle or holding a tennis racket!).
3. Pain and stiffness when waking.
4. Different people will experience different levels of pain.
5. Repeated movements of the wrist and hand will make the hand worse. It is usually caused by overuse of the elbow muscles with repetitive movements (e.g. playing tennis).

How do physiotherapists treat Tennis Elbow?

1. Rest
2. Heat or ice treatments.
3. Strapping / bracing
4. Specific exercises aim to stretch and strengthen the muscles.
5. Work with your coach or GP to get you back to tennis and other regular activities.

How to prevent Tennis Elbow?

1. Warm up.
2. Take regular breaks between activities to allow recovery.
3. See your doctor or physiotherapist when you notice early symptoms.
4. Complete strengthening and stretching exercises as advised by your physiotherapist.



Guardian Medical, Shop G6b, Burwood One
Cnr Blackburn Rd and Burwood Hwy
East Burwood, Victoria 3151
Phone 03 9886 6066
Fax 03 9886 6055
Email info@simplyphysio.com.au

Dear Tally Ho Tennis Club members,

We are delighted to introduce ourselves to you for the first time through the club newsletter. Simply Physio is a group of passionate physiotherapists who are dedicated to assist our clients to achieve the best possible health outcomes. We are a new physiotherapy practice located within the brand new Guardian Medical Centre at Burwood One Shopping Centre only a few minutes up the road from the club.

Our health professionals have extensive experience in many different areas. In addition to management of sporting injuries, we also specialise in fracture management, management of spinal problems, exercise rehabilitation, aged care rehabilitation, Pilates, hand therapy and massage.

Apart from letting you know who we are and what we do; we want to use the newsletter as a means to provide some general information and advice on common injuries and treatments. The first obvious topic we have selected is Tennis Elbow; we hope you will find the information helpful. This information is general in nature; you should always seek advice from a health professional if you sustain an injury.

Please do not hesitate to contact us via email if you have questions on our services or you want general information on injury management. Simply call 9886-6066 if you wish to make an appointment to see us, you do not need a referral from your doctor.

Kind regards,

The Team at Simply Physio

EXCLUSIVE OFFER FOR TALLY HO MEMBERS AND FAMILIES

10% Discount for initial consultation and subsequent treatments (\$67.50 for initial consultation and \$58.50 for subsequent treatments). We accept HICAPS payment for members with private health insurance. Please print this page to redeem this offer.

Guardian Medical,
Shop G6b, Burwood One
Cnr Blackburn Rd & Burwood Hwy
East Burwood, Victoria 3151
Phone 03 9886 6066
Fax 03 9886 6055
Email info@simplyphysio.com.au

