



TOPSPIN *Newsletter*

No.4 October 2007

Tennis 35+ Seniors Tasmania



Hello Fellow Tasmanian 35+ Tennis Players.

Congratulations to Jim Witheford on his becoming a life member at the AGM in August. He is a very worthy recipient and we look forward to his further interest in the 35+ Seniors.

Welcome also to Pauline Baker who joins our committee and thanks to retiring members Val Byrne and Jock Fincke for their enthusiasm and interest. It has been good to see Jock still taking as much interest as his health allows. At the AGM I was reelected as President and the Vice Presidents, Secretary, Treasurer, Committee members Elizabeth Bowden, Colin Mathew, Terry Connell were reelected. Thanks to them for their continued participation.

It is the time of the year that we all look forward to with daylight savings starting and the better weather ahead - longer days and more time for tennis - get in that late afternoon hit and get rid of the cobwebs and stresses from the day before sitting down to dinner.

We are happy to say that we have our first 35+ Seniors pennant team entered in Division 1 of the Domain twilight competition. We will see how this experiment goes with the hope of being able to add more teams to twilight pennant in seasons to come and will investigate the possibility of having teams in AYC pennant as well next year. Our first team is called Prime 35+ with Jon Aufder Heide as No 1 and captain and sponsor through his Prime Real Estate business (thanks Jon). Barry Titmus is 2, Peter Langton 3 and Herb Januba 4. Jon was unable to play in their first match which they drew 3 rubbers all and lost on games. The highlight was that Barry played 1 and had a win 8/6 - he now holds the record as the oldest winner at no.1 in twilight pennant - well done Barry.

We only have one full team going to Wodonga for the Australian Seniors Championships in January and this is the 55+ team which has traveled regularly for the last few years. Hardy Fehlandt will play in a combined 65-70 ACT team. Other 35+ seniors are competing but we were unable to get full teams together for them from Tasmania and they will be entering in the individual championships. We are well on the way to securing enough courts for the Australian Seniors Championships to be held in Hobart in January 2010 so it is very important that we think ahead to next year and have more teams and players competing in Adelaide in January 2009 so we have a core of experienced competitors for 2010 and are able to provide a good voice in Adelaide with stories of the advantages of visiting Tasmania and how enjoyable the tennis will be at our lovely centres and their great, usually waterside, settings.



It is with pleasure we welcome two new members Rod Cooper who is President of Cygnet and Diane Balding, Secretary of Tarooma Club.

Happy tennis. Graeme Holloway President Tennis 35+ Seniors Tasmania

Reminder: Sunday November 18th at Devonport Tennis Club. Have a weekend away!

TENNIS MASTERS TASMANIA Office Bearers 2006-2007 Patron: Beryl McNee.

President: Graeme Holloway (03) 62234452 Mobile 0407532766

Hon. Secretary: Ann Pusta Phone (03)62253492 Correspondence to GPO Box 581 Hobart.

Hon. Treasurer: Gary Hulme . Home Ph. (03)62488973, 43 Honeywood Drive, Sandford Tas.7020

Vice Presidents: Jon Aufder-Heide Ph.62477650, Max Byrne Ph.63273146, David Johnson Ph. 64252981

Members Representatives: Pauline Baker Ph.63441101, Terry Connell Ph.62448491, Elizabeth Bowden Ph.62787295, Colin Mathew Ph.64248857.



Tennis Seniors Australia



.Nominations are being requested for the Australian Teams to compete in the 2008 ITF World Championships to be held at Antalya in Turkey on clay courts. Teams and Individual Events in Seniors and Super Seniors will be held at the same time. Seniors Teams (age groups 35+to 55+) or the Super Seniors (age groups 60+ to 80+ years for men and 60+ to 75+ for women).

Seniors & Super Seniors Antalya, Turkey (Clay) Teams 12 to 18 October, 2008

Individuals 19 to 26 October, 2008

Selection Criteria must be met and there are updated regulations. Nominations conclude prior to Wednesday 5th December, 2007. Please contact your State secretary for further information.

Tennis Seniors Association of SA Inc.

Information on value accommodation has been sent to the Tasmanian Secretary. Ann has the information available for those thinking about Adelaide in January 2009.

- Adelaide will be providing transport to all venues and major social activities.
- Various happy hours, BBQ nights and other social activities will be arranged.
- For accompanying persons tours of the major South Australian attractions will be available.
- Friendly host volunteers will be available to ensure your needs are catered for.

TENNIS 35+ SENIORS TASMANIA NEWS

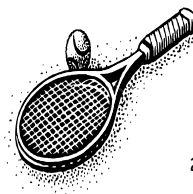
In presenting Life Membership to Jim Witheford,(in absentia) at the AGM, President Graeme Holloway spoke of the work done by Jim for the Tennis Veterans in the north of the State, and in the running of National Championships in Hobart over the years. Since the 90's Jim and Wayne Vertigan ran the State Seniors Championships in the Launceston Indoor Sports Centre with great efficiency. Following are some of the items from his CV.

Jim Witheford writes:

In receiving Life Membership, I have firstly to thank Adolf Hitler who took away the male teachers at my school in England in 1942 and forced we young students to organize our own games competitions. It was while I was doing this as a 12 year old that I got the sniff of the total power generated by sports organizers and made up my mind to be a Phys. Ed, teacher. As a consequence my life has been one of constant administration of sports of all kinds from 1953 until recent years.

Seniors Tennis is the last of eight or nine sports to which as a teacher I had to be committed.

My first connection with Vets Tennis was when June and I went to watch the Championships in Hobart (the one before the one run by Stan Black) and soon afterwards (1985 maybe) I joined the association and played in Adelaide with Brian Habel, Jim Byrne and Gunnar Pusta. The first match was on the Centre Court at Memorial Drive– what a thrill !!





TENNIS 35+ SENIORS TASMANIA NEWS



JIM CONTINUES:

Following that, I played almost every year in the teams and then became interested in organization when Artie asked me to help with the draw for the second round of the 1989 tournament. This took almost four hours to do sitting in Artie's room across the road from the Indoor Centre in the Elphin units with Audrey Hill and Hazel Turner. There had to be an easier way!



My first encounter with computers, which turned out to be the answer to the lengthy draw process, was when June and I were roped in to enter the results in the computer during the Stan Black run Championships and

I was helped initially by Campbell Palfrey and Lesley Baird and I got some solid idea how to work the system about 1990-91. We muddled through, sometimes having to ring Campbell or Steve Longworth in Orange in the middle of a tournament, but after a couple of years it became a bit of a doddle with Lesley managing the tournament table aided by June and later by Wayne and Wendy Vertigan and myself tapping the key board in the relevant places.

As the Northern Players Representative for almost 20 years I was also involved in running social days, initially with Beryl McNee and then with Lesley when we occasionally ran the 'Lesley Baird Open' - a rather good competition used in Victoria. I cannot recall missing more than a couple of committee meetings throughout that time often traveling to Hobart and back in one evening. I was also involved in the last National Championships in Hobart in 2001 and after playing in the Teams week, June, Lesley and myself ran the 'table' during the Individual Events. Our own courts at Riverside were developed last year and formally opened this year at a Seniors Tennis Day in June. The computer system made it easier to play and conduct Championships at the same time and with the total cooperation of the players which I received it was no chore. I have enjoyed my association with the players and officials, and my time with the Veterans will have good memories.

So Adolf Hitler apart, I share this honour and say thank you especially to June who has always encouraged me in my endeavours, and to my co-workers Beryl, Lesley, Wayne and Wendy.

From Jim's writing we can see the input from players in Launceston over the years and we were sorry to receive Lesley Baird's resignation (due to her being told by her surgeon not to play tennis), from the 35+ Seniors. Lesley's interest, hard work and company will be missed. However as with Ann Druett who has also resigned we hope we can enjoy their company at as many tennis days as possible.



Jason Roberts coach in WA writes in Vetscore: For those preparing for match play—

Prepare your body: It is essential in preparing your tennis game to avoid injury in the coming season. Running, swimming and weight training are useful in getting your body ready. Start running lightly to strengthen your legs before starting interval work specific for tennis fitness— get miles in those legs! Swimming can help strengthen those arms and shoulders. If you have any nagging injuries then stay in the pool or in the gym on a bike or a treadmill.

Prepare your equipment: Now is the time to have a look at your racquets and shoes. Do your racquets need updating? Assess your grips, your stringing, do you increase the tension slightly in your string for the summer season, or change string for the grass courts. If you need to change do it now so you have time to adapt.

Train Correctly: Before getting in too much match play 'fine tune' your game through extensive drilling.

Address initially any weaknesses you may have but don't neglect the rest of your game.

- **Ground strokes**— forehand, backhand cross court and down the line drilling, varying spins and lengths, working primarily on consistency.
- **Volleys**— Once again cross court and down the line variation needs drilling, exercising serve and volley is essential for doubles.
- **Serving**- Throughout all your drilling exercises be aware to serve every 5-7 minutes. Even if it is only 10 to 20 serves. This is once again match specific!!
- **Return of serve**— a much neglected part of most players games. Your practice partner should serve twenty balls while you practice returns and then swap.

Match Play: Approaching the start of the season, point play should be the emphasis. A well structured training session could start with 20-30 minutes of drilling, but an hour of match play is now necessary. A foursome could easily accommodate an abbreviated singles session followed by doubles.



TENNIS 35+ SENIORS NEWS (CONT.)

TROPHY TO COMMEMORATE ARTHUR MATTHEWS

At the suggestion of the President, Tarooma Tennis Club, Colin Wilkinson, a perpetual trophy to commemorate the memory of Arthur Matthews will be awarded annually to a Tarooma High School Grade 9 student. The Trophy will be awarded not just for tennis, but for sporting achievement in general. The inaugural award will be presented at Tarooma High Schools' Prize -giving evening on December 11th at Hobart College. The Trophy will not only commemorate the memory of Arthur, it will also promote positive links between the Club and Tarooma High School.

Tennis 35+ Seniors Tasmania, congratulate Tarooma Tennis Club on their initiative and we are very pleased to see Arthur's memory perpetuated in such a positive way.

Great cooperation from all the tennis clubs around Hobart for the Teams Week for the National Championships 2010. Thank you clubs. This will enable us to go to the next stage!

TENNIS 35+ SENIORS DAYS

Sunday August 12th at Rosny Park Tennis Club. Thanks to Rosny for their great hosting of the 35+ Seniors and the Annual General Meeting. Good tennis and good food was enjoyed by all. Merylin Butler, Di Stephens and Mary Muir were amongst the Rosny players who took part. Lorraine Archer and Royce Padman were the winners on the day.

Sunday September 9th at Geilston Bay Tennis Club. There was some very lively tennis, with Geilston Bay players including Tony Winch, Martin Gay, Peter Norton, Susan McKenzie, Kimbra Townend and Sandra and Mike Hodge. It was so lively in fact that one player left early saying she was "buggered" and another was "too stressed" another "too old" and another had a "garden call"! Thank you to the barbecue cook for his good food and to all the other cooks. Top tennis scorers were Mike Hodge, David Townend and Anne Connell.



Sunday 14th October at Lindisfarne Tennis Club. A fine but windy day and the warmth of Lindisfarne members greeted us. We had the company of a number of injured women players, Pauline Baker, Ann Pusta, Lesley Baird watched Helen Porter, Deb Carbury, Karen Shadbolt, Diane Balding, Andrew Blacklow, Andrew Blackwood, Hardy Fehlandt, Bernie Noonan, Rod Harrex, President Peter Hobday amongst the players of some strong tennis. Winners for the day were Helen Rodgers, and Rob Cooper.

NEXT TENNIS DAYS

NOVEMBER SUNDAY 18TH at Devonport Tennis Club. Are you having a day or weekend away to enjoy tennis and the NW Coast? We would like to see more 35+ Seniors in Devonport. Always good tennis with the Devonport players.

DECEMBER SUNDAY 2ND at Sunshine Tennis Club. Our last tennis day for the year, pizzas, wine and beer for a Christmas Celebration! Enjoy some lively tennis and good company with Sunshine members and 35+ Seniors.



From WA Newsletter. Great Truths that Adults have Learned:

Raising teenagers is like nailing jelly to a tree. Wrinkles don't hurt. Families are like fudge— mostly sweet with a few nuts. Today's mighty oak is just yesterday's nut that held its ground. Laughing is good exercise— it's like jogging on the inside. Middle age is when when you choose your cereal for the fibre— not the toy.

