



June 2019 NAMBAS TENNIS

June 2019

Tennis Dates for June

Details

Date

Round Robin Open -To be confirmed. May have access to courts	Sat 06th July
Nambour Ag Show Partial Access between 06th Jun to 19th Jun	14-16th June
Veteran Tennis	Sun 09th June
Veteran Tennis	Sun 30th Jun
Garden Show Bump in—Bump Out NO ACCESS 06th and 17th Jul to be confirmed	07th Jul to 16th Jul
Swap Meet Partial access	24th Jul to 27th Jul

We have several shows coming up in June, July and August. There will be days our courts are not available and we will try our best to notify of these dates. Our first show which will impact our access will be the Sunshine Coast Agriculture Show. This is on weekend 14-16th June.

BUMP IN/BUMP OUT:
Wed 12th June to Mon 17th June

This means no tennis access at all during these dates. Please do not attempt to access the showgrounds between Wed 12th Jun to Monday night 17th June.

There will be workman about between 06th June and 19th June and the Showground committee have permitted access for some of these days. It is still very important that we drive 10k/m per hour during these days.

We will keep you informed if we will be using other courts during the bump in and bump out period.



- Thursday 13th June—Most likely Washington St Nambour
- Friday night - Cancelled no alternative arrangements
- Saturday - Cancelled, no alternative arrangements
- Sunday—Linda to organise. Might be Woombye Tennis Club



FIRST SATURDAY OF THE MONTH



Our open round robin 04th May was such a success we have decided to trial this as an ongoing event. First Saturday of each month. We have just finished our second round robin, with 24 players both round robin days. The men competing against men, ladies versus ladies and mixed as well. You play 4 to 5 sets, total of 6 rounds. Due to the numbers and time, we keep the format 8 games and short juices. This avoids long sets and waiting around. We finish off with a sausage sizzle.

Angela will message all participants a week before the next round robin, but I urge anyone who likes an organized event, meet people and play tennis to contact us to register for future events. This is not just for members, but for private players and from other clubs. Tell your friends and join us once a month for a great morning.

PLEASE REGISTER

Time 10.30am

Finish 1.30pm

Angela: 0432 285 040

Email: nambastennis@gmail.com



HINTS and TIPS

With new members and tennis enthusiasts, I find myself answering lots of questions from racquets, grips, tennis elbow, serving and practice.

This is guidance only and a coach or experienced player is the best person to talk with.

-The bigger your racquet head size, the easier to hit. The bigger your hitting area the more absorption of power, so the ball bounces back a lot easier. Similar to a trampoline, the larger the surface area the bigger the bounce but you have less control. Racquet head size, anything over 106 Square Inches is regarded as oversized.

-Tennis elbow can be caused by a variety of issues- reduce the strain to your muscle

- Hitting too late. Try and hit the ball in front of you. Not in line with side of body

- Not hitting in the sweet spot. causing vibration. Try hit in the middle of racquet

- Have a good dampener. Reduce vibration

- Use an arm/elbow support

- Follow through with all your shots. If stopping the swing it will jar your elbow

- Rest your elbow- use ice packs

- Try not hit with arm strength only, use your body like a coil to hit the ball

-Know when to change your grips. We have eastern, western and continental. It is very difficult to hit a backhand with a western grip. It is important to learn to change grips from forehand to backhand and while playing at the net.

-Backhand can be done single handed or double handed

-Lean into the shot when hitting. This generates power

-For overhead shot, shuffle backwards, be in position, point at the ball with non-racquet hand and then hit the ball when it's in front of you, not directly over your head. If you are running back while hitting, you most likely hit it out. To hit the best ball, it's best to be in position before you hit the ball.

-Use little shuffles to meet the ball and try and swing and hit in a continuous movement.



Calley Webb Nambas Tennis Player



Calley is going to Nepal!

This November, Calley Webb (club member who many of you will have seen representing our club in fixtures and at recent clinics), will be trekking in Nepal with ~20 of her work colleagues from across Australia, NZ Hong Kong. She will complete 12 arduous days of trekking in the Himalayas. Her hard work will raise funds for the World Youth International School in Gokarna, Nepal.

Calley's personal fundraising goal is \$6500. As she is the only Sunshine Coast representative, please get behind her and show everyone what a wonderful supportive community we are on the Sunny Coast.

Calley is currently hard at work fundraising and training for the physical challenge of long days trekking at altitude.

How can you donate?

Calley would appreciate donations of any amount big or small via <https://worldyouth.org.au/fundraising/calley-webb> . Donations made in Australia are tax deductible.

How will your donation be used?

The WYI School, in Gokarna, Nepal, currently provides schooling for 500 students up to year 10. The funds being raised will specifically be used to help extend the school by constructing and fitting out a boarding home for new students in years 11 and 12.

The boarding home will be a game changer. For the first time, students in years 11 and 12 will be able to live on campus and continue their education beyond year 10. Not only will this help existing students to improve their prospects, but new students who may otherwise live too far away for daily travel will now be able to access schooling.

Thank you for your support towards this wonderful cause. The website again is <https://worldyouth.org.au/fundraising/calley-webb>

**Thanks for your support of this wonderful cause.
Together we can make a difference!**

Please support Calley by
donating at club house - money deposit tin

or

by following link <https://worldyouth.org.au/fundraising/calley-webb>