



May 2019 NAMBAS TENNIS

May 2019

Details

Date

Saturday tennis

Round Robin Open	Sat 04th May
Round Robin Higher Level	Sun 26th May
Veteran Tennis	Sun 19th May

After so many rainy days, we have perfect weather. We just had our round robin 04th May and had a massive turnout with 24 players plus all the volunteers. It made for a great morning. The skies opened up shortly after we finished. We are hoping to hold these events more often. We had a great mix of Nambas members and clinic players. Lets see if we can get as many numbers for the higher level round robin.



The Best Sport for a Longer Life? Try Tennis

People who played tennis, badminton or soccer tended to live longer than those who cycled, swam or jogged

By [Gretchen Reynolds](#)

Below is snapshots of the article. For full reading, follow link <https://www.nytimes.com/2018/09/05/well/move/the-best-sport-for-a-longer-life-try-tennis.html?action=click&module=Discovery&pgtype=Homepage>

Playing tennis and other sports that are social might add years to your life, according to a new epidemiological study of Danish men and women.

Cycling was the most popular activity among the Danes in the study, many of whom reported riding for four or more hours every week. Their pedaling was associated with a lengthier life span, adding an average of 3.7 years to riders' lives, compared to sedentary Danes.

Running likewise was associated with an extra 3.2 years of life.

But these gains were notably less than for playing tennis, which was linked to 9.7 added years of life, or badminton, which was linked to an extra 6.2 years, or soccer, which added

By [James Bullen](#)

Below is a snapshot of the article ABC website.

For full reading. Search ABC "Tennis tops list of sport for increasing life expectancy".

Why tennis?

Most physical activity is beneficial, but according to this latest piece of research [published in Mayo Clinic Proceedings](#), not equally so — at least when it comes to increases in life expectancy. Researchers tracked thousands of people for up to 25 years, including what sports they played and when they died.

They found tennis players lived longest among the activities they looked at — ahead of soccer, swimming and cycling.

Researchers looked at 9,000 people for up to 25 years, tracking what physical activity they did and when they died. They used data from the Copenhagen City Heart Study, a long-running study into heart health.

"And then we saw how they die off ... and [some] die a little faster than other groups," said Dr Peter Schnohr, lead author of the study.



Coming in the month of May 2019

Two Round Robins

Open - Sat 4th May 10.30am to 2.30pm

Higher Level - Sun 26th May 12pm to 4pm

To register. On form in clubhouse OR

Email: nambastennis@gmail.com

Round Robin Open Level - Results

04th May

Men's 1st place: Glen

Men's 2nd place: Yanni

Women's 1st place: Angela

Women's 2nd place: Alaine



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>