



FEB-MAR NAMBAS Tennis

Issue 2

Feb 2018

SLIP SLOP SLAP

DETAILS

DATE

Collectorama	Sat 03rd Mar
Court Replacement—2 weeks	26th Mar
JDS - Junior Tournament Mooloolaba	03rd/ 04th March
Veteran Tennis first game	11th Mar
Gympie Seniors Tournament	17 to 19th Mar
Camping Boating Fishing Expo	20th to 24th Apr

Some love the heat and some love the cold. I myself prefer the heat, the sweaty grips, stinging eyes from sweating to much, glasses fogging up from all that exertion, changing shirts, wet socks and refilling up my water bottle. Do I really like the summer more then winter?

I know many have felt the heat these past few days and some ladies fixtures had to be cancelled. Please be careful in this weather and make sure you drink plenty of water. We have both an indoor water cooler and outdoor water bubbler, both contain the important element (compound) WATER.

We have a heat index in the club house and thermometer that can be compared against the heat index. Please let someone know if you feel faint and drink plenty of fluids prior to playing.

We may need to play water tennis



Slip



Slop



Slap



Fixtures 2018

Our new round of fixtures have begun and our junior fixtures have about 4 rounds left. We have dropped one fixture team Monday night our Div 3 team. Some of our team players are injured and need time to re-coup. Sometimes rest is best.

If you are still keen to play, please let us know. We are short on men players in DIV 4 and Div 5. This is more for reserve only.

For juniors if you wish to play next fixture round starting Mar/April let the club know at nambastennis@gmail.com and we will try and work you in a team.

Fixtures are

Monday night—mixed,

Wed and Friday during the day- ladies

Sunday—Veteran—once a month

Saturday morning—Juniors mixed, male team or female team

ROUND ROBIN—YEAH!!

Round Robin coming up in next few weeks. It will be a Thursday night in the month of March.

16 Players

3 sets + plus more for the enthused

Keep you posted, check the notice board and email

Defibrillator and First Aid

Volunteer Community Grant

Our defibrillator and First Aid box has arrived. This will be installed shortly and we will have a professional first aid officer coming to Nambas Tennis Club on a Saturday to demonstrate how to use the defibrillator. Everyone is welcome.

Knowledge is understanding. If you wish to know how to use this device for your own interest or in case of emergency at our club, I would encourage you to attend this training session. I have been advised it will take about 30 minutes. Few of our committee members will be doing a first aid course to assist in medical situation.



- The defibrillator will not work if it detects a normal heart beat
 - You are covered under (Good Samaritan) Amendment Bill 2007—Qld Parliament
 - The device has screen guidance and prompt you throughout the process
 - We only ask you to use the machine if you are comfortable. It is not compulsory
 - This is an additional device which can save peoples lives
 - Still call triple 000
 - Still advise Ian at the Showground office for major emergencies
 - Without defibrillation, for every minute that passes , the chance of survival is reduced by 10%
-

COURT REPLACEMENT

26th Mar 2018

2 weeks duration

The synthetic grass are to be replaced on COURT ONE and COURT TWO

Please be aware that all social and fixture sessions will be affected. Your co-ordinator for the social/fixture sessions will keep you informed if tennis is to be played court three and four or if tennis will be cancelled.

Monday Night—Fixture captains

Tue/Thur Morning—Wil, Jenny or Ken

Wed night—Angela

Wed/Fri ladies fixtures—Fixture captains

Fri Night—Ken

Sat—Court three and four available only

Sun—Linda—Court three and four available only
