

School Boys and School Girls Tournament

The School Boys and School Girls tournament was hosted across November 17 to November 25. We had perfect weather, and the matches were of a very high standard, resulting in some great tennis being played.

Here are some facts and figures from the tournament:

- 453 Entries with 289 Players, 504 matches played over 7 days
- 101 Schools represented by players
- Furthest away entry received - Western Australia

The Primary Schools were closely contested with Ryde Public taking first place by a half point. The Secondary Schools was won again by Central Coast Sports College. Congratulations!

This tournament would not have been able to run as smoothly as it did thanks to the limited number of volunteers, especially Clare Perry, Robyn Johnson, Mel Dolahenty, Cathy Goswell, Mafalda Van Der Heiden who acted as court monitors during the tournament. And of course, for the tireless work and planning of food by Barb Schultz, and to Stephen Rednap for cooking it!

We look forward to next year's tournament which will be take place on November 23 to December 1, 2023.

School Boys and School Girls Tournament



Open Boys Winner (Gift voucher) - Tony Vo, Trinity Catholic College Auburn

Open Girls Winner (Gift Voucher) - Alma Hodzic, Fairvale High School

Comp dates

Monday Night Ladies:

Comp will resume 30th Jan

Tuesday Ladies Midweek:

Comp will resume 31st Jan

The new comp will start March 2023.

Wednesday Night Mixed:

Comp will resume Wednesday 1st February 2023

Thursday Night Men's:

Comp will resume on Thursday 2nd Feb

Other important dates

Friday Midson Rd Social:

Will continue through the holidays without any interruptions. If you would like to join, please enter via the QR code (page below) for information and to be updated on play dates and court details.

Sunday Social:

Will continue through the holidays. If you would like to join, please enter via the QR code (page below) for information and to be updated on play dates and court details.

Holiday Social Tennis:

\$10 per player, 25x Britannia Street, Pennant Hills, Courts 1-4, Time 6:30-9:30pm

Dates: Wed 21 Dec, Tuesday 27 Dec, Thursday 29 Dec, Tuesday 10 Jan, Thursday 12 Jan, Tuesday 17 Jan, Thursday 19 Jan, Tuesday 24 Jan, Thursday 26 Jan

To enter, scan holiday socials QR code on page below.

Yoga:

Yoga will be recommencing in Feb- keep an eye on our website for future yoga classes and times.

Contact Mary via email to attend – mary@fobal.com.au

Pro Shop Closure Dates:

The Pro Shop will be closed from Saturday 24th Dec until Wednesday 4th January 2023, opening with limited hours until competition starts.

Social Tennis

Social Tennis is a hit @ NWST!



Friday Midson Social

97 Midson Road, Epping

For strong intermediates UTR 2.5 - 5.0

7:30pm - 10:00pm every Friday



Sunday Social

Pennant Hills or Epping

For players of all abilities, families welcome

3:00pm - 5:30pm every Sunday

Holiday Socials

Pennant Hills or Epping

For strong intermediates UTR 2.5 - 5.0

For hits during school & public holidays



Casual Hitters

Choose your venue

Tell everyone your standard

Choose your playtime with your partner

A WORD FROM OUR COMMUNITY PARTNER'S



How to build mental resilience

With rising costs of living and interest rate hikes putting stress on Australian families and the pandemic still not behind us, it's important to ensure that all of us are taking care of our mental wellbeing in these challenging times.

What is resilience?

Resilience is the capacity to bounce back quickly from difficulties and describes one's overall well-being. Being resilient is a sign you can adapt well in times of adversity, stress or trauma. You may still experience difficult emotions; but if you're able to manage those difficult emotions with compassion and self-care.

Reframe threats as challenges

It can be helpful to reframe what you may perceive as a stressful or threatening experience as a challenge – an opportunity for growth. According to Brock Bastian, Professor of Psychology, Melbourne University, if you're going to deal with a challenge life has thrown at you, the worst thing you can do is see it as purely a negative thing that's bringing you down — it makes it much harder to cope with. Instead, it's important to take stock of what resources you might have and adapt to the difficulty.

Step out of your comfort zone

Challenging yourself and exploring new things outside of what you're used to can help build resilience. Pursuing goals and practicing skills that expand your abilities gives you a sense of achievement is a good way to test how you might respond if you don't have to just rely on your strengths. It's about being prepared to learn something new, to step out of your comfort zone and gain more experience in different areas.

Build close networks

Studies have also consistently shown that having strong interpersonal relationships and community support — giving and receiving care — is associated with better recovery from adversity. When you have a strong, close-knit community around you, people reach out to each other for support and strength during challenging times.

Acknowledge the challenges but don't dwell on them

It's okay to give yourself a pat on the back for your successes and reflect on the challenges you've faced so you can learn from them and be better prepared in the future.

If you need help to build your mental resilience and wellbeing, reach out to support services such as Beyond Blue.



TAG Financial Pty Limited

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ABN 29 130 240 578 • AFSL No. 516642

Trust Attention Guidance



Tax (financial) adviser
25142492

Gerry Baker

Financial Adviser & Director

Plus Fitness

Looking to join a gym? - SAVE \$99 off the joining and receive the first two weeks FREE!
From functional training to free weights, Plus Fitness Thornleigh and Turrumurra provides access to premium facilities around the clock. Whether you're a shift worker, working from home or at the office, you get to work out on your terms, whenever you want. Our Plus Fitness gyms have been custom designed, with top-of-the-line equipment, to help our members achieve a diverse range of goals. Whether you want to improve your sport, build strength, or trim your waistline, we've got you covered. Our Personal Trainers are a team of highly motivated exercise professionals who will help rejuvenate your training & give you guidance. Starting from just \$16.95 a week, Plus Fitness Thornleigh offers high quality gym facilities, with 24/7 access and a supportive training environment. No lock-in contracts available.

The Verandah



Fleet Street Merchants

Happy Christmas everyone - it's great to see NWST members dropping by. Thank you!

With Christmas we have a large range of champagnes and sparklings in for you. And a special sparkling for Christmas - Mumm Champagne House from France and their collaborations with our local Tasmanian and Marlborough region at 2 for \$70.

We also have plenty of easy gift ideas from Single Malts, craft beer packs, flavoured gins to name a few. And keep your eye out for some wonderful French Roses.

Bill and his team will always offer all NWST members a 10% discount on all purchases over \$50 and we are offering a **Christmas Office Package**, so give us a call. And don't forget to pop in and join us for our popular tastings every Friday night.

#shoplocal and visit Fleet St Merchants on the corner of Boronia Ave and Midson Rd Epping.



Tennis Ranch

Double your member discount @ Tennis Ranch

Get in quick – for December only members will be given a 20% discount on all non-sale items, including racquets, shoes, clothing and accessories. Put some new tennis gear on your Christmas list.. Or just treat yourself! Worth the trip down Victoria Rd to the Gladesville store.

Smashed it!

Annual Grade

Have a look at more of our winners who smashed it at our Annual Grade Tournament. Another big thank you to these winners and all our participants in this year's event!



Flashback to Interdistrict



A look back at our Interdistrict under 10 boys' team (Viaan, Harrison, Arya and Nicholas) that reached the finals in the Stan Pederson cup. Congratulations to you boys on your amazing season and representing the club phenomenally. We're so proud of you!

WNX Competition 2, 2022 Winners

Congratulations to our winners:

Division 1: Wallaroo 1 - Paul Kent, Shane Tapscott, Karen Williamson, Anneliese Armstrong

Division 2: Acacia 2- Martin Wing, Shane Hengst, Sebastian Lonappan, Stephanie l'Neill, Donna Dragosetti, Debbie Stewart, Lydia Fung

Division 3: Telopea 1 - Johnny Ly, William Liu, Erin, Liu, Cathy Li, Astrid Serhan, Helen Zhu

Division 4: Wallaroo 2 - Mike Stitz, Chandan Patnaik, Rob Mcbrien, Anne Cheung, Sheryll Young, Tok Sri



Eddy the Echidna

Eagle eyed observers around the court might have noticed our latest hire, Eddy the Echidna. He's patrolling the grounds for ants and other small insects.

As part of the court's maintenance team, he's making sure that your courts are ant free and nice to play on.

If you see him around, do say hi. Eddy is a bit shy. Please remember to keep your distance. He has a very spiky work uniform!



Happy Birthday Warren!

The Midson Road Monday morning tennis group held a special celebration for player Warren Hiser. He is our first player to reach 90 and still be actively playing. Warren joined our group soon after we started up back in 1993. This was shortly after the new clubhouse was built.

We asked Warren for his secret to success. He replied firstly always listen to your wife. Secondly enjoy your tennis. His third point was he ate a lot of fish.

The following octogenarians in our club are next in line for a 90th cake. Eddie Miller 87, Jim Clarke 86, Eric Mc Nicholas 86, Gary Horvai 85, Don Michie 85 & Don Rowston 85.

Neil Yakalis - Court Treasurer



Back Row left to right: Eric McNicholas, Don Michie, Eric Butterfield (retired player), Warren Hiser, David Woodhouse, Jim Clarke, Gary Horvai, Neil Yakalis.

Front Row left to right: Juan Marchant, Margaret Ashby, Mario Merven, Eddie Miller, Don Rowston.

Photo taken by Laurie Tesoriero

Merry Christmas and a Happy New Year!

North West Sydney Tennis wishes you and your family best wishes and good health over this holiday period. After a busy and eventful year, we thank you for your ongoing support through and we can't wait to see your faces once again in the new year. Bring on 2023!



Contact Us



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