

Volunteers to the front again!

During the holidays Anne (our bookkeeper of accounts) Judy, Gaurav, Sammy and Kaye gathered at **Epping Courts** to clean up the office and archival files.

Paul Toohey of Paul Toohey Coaching had done some pre work for us organising and moving shelving and organising cleaning items stored in the office as well. Paul also took on the mammoth task of organising shredding of older files for us.

Thank you to all for their efforts. Much appreciated as many hands make light work!

And don't forget for those adults or those with children who need coaching services. **Paul Toohey Coaching** is our long-term coaching partner at Midson Rd Epping. Reach out to him through our website - under coaching.

Our new benches are all installed. A great effort from our initial fundraising efforts led by Mary Baker with our raffle last year, through to the assistance of those installing them over the holiday period, Andy Kleiberg along with Andy P.

As pictured to the right, benches have been installed on 12 courts. Four more to go! For all players to enjoy.

Also thank you for one other helper at SBSG 2023 – Steve Redknap – whose name was missed previously.

The long weekend saw a pop-up tournament played which was an overflow from our friends at Parramatta. A crew came together to provide food for the visitors. Thank you to Clare who led the volunteers each day and Dennis P, Robyn J, Gaurav, Madel, Kaye and the Pro Shop staff.



UTR Adult Singles - Sunday Mornings 9am

Every Sunday from 9 - 11AM there will be adult singles matches with weekly registration required. Designed to improve your UTR and match play with similar players.

- **Players must be 18+ and open to players of all levels**
- **Starting 11th Feb 2024**

Feel free to contact the Pro-shop if you have any questions about this new UTR adults event!

Email: info@northwestsydneytennis.com.au

Phone: 9481 0970

UTR Adult singles comp link: <https://app.utrsports.net/events/214894>



High Performance Junior Singles – Saturday at 1PM

New High Performance Junior singles matches, **requiring a minimum of 5 UTR**

- Starting February, the 3rd 2024

Weekly registration is required and spaces are limited so be prompt to register, using the link below

High performance Junior comp link: <https://app.utrsports.net/events/214864>



HARMONY DAY



Saturday 16th March 2024

Pennant Hills Park 8am-1pm

Activities Include

- Traditional dishes and experiences around the courts
- Culture Stalls
- Juniors encouraged to wear orange or country-of-origin colours
- Cost: \$5pp - Includes activity passport and goodies!
All proceeds will go towards club Infrastructure
- Who: All members invited!

We'd love some volunteers for stalls i.e. help setup, design decorations, provide food or run a stall, please contact Henry either via the Proshop info@northwestsydneytennis.com.au or on 0428833279



Scan me to find out more about what Harmony Day is about!

Junior Comp

Key dates

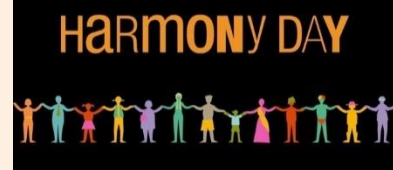
SJC has resumed.

Finals – Saturday April 6

Harmony Day Saturday March 16 (volunteers required!!)

What is Harmony Day? Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home, where NWST aims to harmonise the community through tennis. At NWST we celebrate the diverse community through sharing culture through food and wearing orange (harmony day colour), the colours of your country's flag or even the colour of your favourite tennis players nation.

If you are interested in participating in Harmony Day and would like to know how you can help, Henry is organising the event, please reach out to him in the Pro shop (info@northwestsydneytennis.com.au)



Centenary Glasses – ON SALE NOW!

Once in a century opportunity - don't miss out!

Single glasses \$10 each, or a box of 6 for \$60.
Available from the Pro Shop for a short time.



Tildesley Shield – Volunteers Required!

The Tildesley Shield first held in 1918 is a schoolgirl tournament where players play in singles and doubles matches, scoring points for their school. This tournament fosters team spirit and a strong sense of school pride and comradery, rather than individual competition.

We are looking for volunteers for the Tildesley shield which will be held at Pennant Hills Park on Wednesday March 6 and Thursday March 7. There is also a Wet weather back up day, which is Friday March 8.

Also volunteers required for our canteen tent. [Click on the link for the roster](#). Any questions let Kelley know ASAP via email – tennis@northwestsydneytennis.com.au If anyone can umpire Tildesley are looking for assistance, there will be some remuneration – contact Kelley for details.

Please don't leave rubbish on court!

A friendly reminder to all – Please do not leave empty ball cans and lids, coffee cups and used drink bottles on court!

A member recently cut herself because of an empty lid left on the court, and there was even a half-eaten banana that someone left of the court.

We recycle tin lids in the Pro shop so either please put them in the bin or hand them into the Pro shop

Reminder to all Court bookers

Please remember that we all pay for a period of time for playing when booking courts.

It has been noted that some players, **members and social players**, sometimes take advantage of arriving early and access courts at both Pennant Hills and Epping up to half an hour earlier, or stay later and prop court doors open to enable longer access. Please be fair and do the right thing.

Used Tennis Balls \$1

Please come to the Pro shop to snatch up some high quality used balls for only \$1 per ball!!!

You can bring your own box/bag or we have many tins you can use to take the balls home.

Well fit and Yoga

Updated days and times for Yoga and Wellfit

Yoga classes

Sunday 9am and Mondays 6pm.

Wellfit classes

Monday 9am and Wednesday 9am.

A current participant says:

1. What is it about the Well fit/ Yoga classes that you enjoy the most?
Reward for effort, I feel all the better after a class, especially on mornings when I would rather stay in bed.
2. Do you feel as though you are getting fitter and stronger since doing the classes?
Fitter, stronger and more flexible!
3. Do the classes get boring? If not, how is it they stay interesting?
By seeing improvement in myself and with so much encouragement from others in the class there is nothing to get bored with.
4. Is it good value compared to other classes you may have attended previously or compared them with recently?
My understanding is this is great value.
5. Would you recommend the classes held at North West Sydney Tennis to your friends and family?
Yes. I would and have and will continue to do so. The worst thing that can happen to anyone is they feel healthier!!

To join in go the news and events on our website!



Vale Elizabeth Baker

Those ladies who have been playing for a while will remember Elizabeth Baker who was our Comp Secretary for many years some 15 to 20 years ago.

Unhappily Elizabeth suffered from ill health over the last few years and passed away just on Christmas.

Her sons were by her side and her last weeks were in Neringah Hospice so she would not have been suffering. Our thoughts are with her family.

Judy - our newest life member!

North West Sydney Tennis has a new, very well-deserved life member, Judy Halbedl. Members and friends recently met to celebrate and show our appreciation for Judy's hard work and commitment to our tennis club over many years.

Judy works tirelessly as membership secretary and is always a keen volunteer at our many events such as tournaments, fun days, and garden clean ups. She is always ready to lend a hand; she knows everyone by name and is welcoming and inclusive of all people.

Judy's recent night of celebration at Pennant Hills Pub began with a welcome arch of tennis racquets, followed by an address and medal presentation by our Vice President, Clare Perry. Members of her Monday night tennis team then provided some light entertainment led by Deb Stewart.

A few lines from Judy's tribute medley sums up our feelings for our friend and a very well-deserved life member:

'Such a feelings coming over me
There's a lady in our midst that we can see.
Not a tennis match goes by without Judy on stand by.
She's the dearest North West member, can't you see.'

...
'Oh oh Judy Judy Judy oh we love you.
Judy Judy Judy oh we care.
Judy Judy volunteers at North West.
Judy Judy Judy you're the best!!!'



A WORD FROM OUR COMMUNITY PARTNER'S

TAG Financial

Community sponsors are an important facet of our Association. They provide not only windbreaks and additional funds for us to improve our surroundings, by having extra funds coming in, but it is us being part of the wider community, and supporting those local businesses, the people in them and our own members' businesses.

We would like to thank Gerry Baker and Mary Baker of TAG for their continuing support over the last 2 1/2 years through their business sponsorship. Supplying much needed windbreaks – in fact 4!, and additional sponsor funds to our Association. TAG are very generously continuing their support.

So support your partners as they support us!

Plus Fitness (Thornleigh and Turrumurra)

Our Fitness Partners!

People can join either Thornleigh or Turrumurra for \$10 for the initial 4 weeks of membership, which we donate to charity. There's no joining fee (normally \$99), and a one-off cost of \$69 for an access key. If you would like some hyperlinks to use, please follow the below:

<https://www.plusfitness.com.au/gyms/thornleigh/>

<https://www.plusfitness.com.au/gyms/turrumurra/>

This offer expires 3 weeks from 15th January so get in quick!!



Tennis Ranch

Remember @ Tennis Ranch as a member you can receive a discount so don't forget to mention you are from NWST. Worth the trip down Victoria Rd to the Gladesville store.

The Verandah

A poster for "Tequila Talks" cocktail classes. At the top, it says "The VERANDAH BEECROFT". The main title "Tequila Talks" is in a mix of serif and script fonts. Below it, "Cocktail classes" and "Thursday Nights | Throughout February & March" are written. The central image shows a margarita glass with a lime wedge, a colorful sugar skull, and various citrus fruits and agave leaves. A dark circle contains the price "\$45PP". At the bottom, it says "Learn HOW TO CREATE 4 OF OUR TEQUILA COCKTAIL SPECIALS".

A poster for "Valentines Trivia Night". The title "VALENTINES Trivia Night" is in large, bold letters, with "FREE EVENT" underneath. The date "WEDNESDAY 14 FEBRUARY" is on the left and "7:00PM - 9:00PM" is on the right. The central image features a glowing brain inside a lightbulb, with a cherub (Cupid) holding a bow. A circular badge says "Petit Four Chocolate Special". At the bottom, it says "Book your table at www.theverandahbeecroft.com.au".

Fleet Street Merchants

Fleet St Merchants gift vouchers and monthly discounts

Happy New Year everyone and thanks to all the NWST members who popped in over Christmas and New Year. Fleet St 'shop at home' App and online store continues to grow with our huge range on line, as well as special discount vouchers to celebrate this month's Australian Open – spend \$50 and receive \$10 off.

We're proud to be Epping's favourite independent bottle shop with the widest range.

Tastings start again from Jan 25th.... And all NWST members a 10% discount on all purchases over \$50.

And 10% off for buying three bottles of wine...

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



Facebook Help

Pro Shop are STILL looking for someone to assist with Facebook posts!

If you consider yourself a social media wiz, please email the pro shop to help us out!

Additionally, for all members who are active on Facebook, please remember to like our page – [North West Sydney Tennis](#)

If you see any of our content, don't forget to tick the like button and click share. We are only getting a small amount of traction, and liking and sharing will increase the number of people that see our face book posts!



Contact Us



9481 0970



info@northwestsydneytennis.com.au



northwestsydneytennis.com.au



Pennant Hills Park



@northwestsydneytennis

We acknowledge and pay respect to all Aboriginal peoples, the traditional custodians of this land.