



February 2025

North West Sydney Tennis – Gears Up for the Tildesley Shield

NWST is one of the premium tennis clubs in Sydney, with one of the largest tennis memberships covering the three mainstay segments of juniors, adults, and seniors.

With 16 synthetic courts at Pennant Hills and 3 at Epping, our precincts provide a tranquil playing environment off the court and a fantastic playing surface on the court.

With all of this, it is inevitable that we attract the largest competitions and tournaments in Sydney.

On the 19th March through to 21st March inclusive, Pennant Hills Tennis Centre is hosting the famous Tildesley Shield.

The tournament covers 24 schools across all of Sydney and 300 participants.

See page 2 for Tildesley Shield past winners and most improved.



Tildesley Shield

~Past Winners and Most Improved~

NWST has a long history with the Tildesley Shield. The Inaugural event was held in 1983, moving from the famous White City to the 16 courts at the Pennant Hills precinct.

The table below shows past winners and most improved. **Good luck** to all participants for the upcoming 2025 event!.

| Champion School | Singles Winner | Doubles Winner | Most Improved (Spender Cup) first presented in 1998 | Most Improved (Spender Cup) first presented in 1998 |
|-----------------|----------------------------------|---|--|---|
| 2009 | New England Girls' School (NEGS) | Sabrina Xu, MLC School | Keiryn Lenoy & Vanessa Ip, Pymble Ladies' College | Meriden |
| 2010 | Meriden | Jelena Stefanovic, Meriden | Amy Clifton & Genevieve Ulanday, Meriden | Frensham |
| 2011 | Meriden | Celine Lenertz, Meriden | Amy Clifton & Genevieve Ulanday, Meriden | Queenwood |
| 2012 | Meriden | Danielle Wagland, Pymble Ladies' College | Genevieve Ulanday & Alexandra Osborne, Meriden | SCEGGS Darlinghurst |
| 2013 | Meriden | Sonja Balic, Meriden | Genevieve Ulanday & Alexandra Osborne, Meriden | St Catherine's School |
| 2014 | Meriden | Stephanie Yamada, MLC School | Claudia Furdi & Veronica Bunoza, Meriden | Kambala |
| 2015 | Meriden | Linda Huang, Meriden | Claudia Furdi & Alisa Jeregui, Meriden | Kincoppal Rose Bay |
| 2016 | Meriden | Violet Apisah & Michaela Haet, Meriden (Match washed out. Joint Winners declared) | Shubika Dubey & Vanessa D'Souza, Meriden | Frensham |
| 2017 | Meriden | Violet Apisah, Meriden | Amne Ghamraoui & Vanessa D'Souza, Meriden | Roseville College |
| 2018 | Meriden | Violet Apisah, Meriden | Kimaki Ido & Vanessa D'Souza, Meriden | Joint - Danebank, MLC & Wenona |
| 2019 | Meriden | Grace Schumacher, PLC Sydney | Madeleine Whip & Sienna Leeson, Meriden | Joint - PLC Sydney & St Vincent's College |
| 2020 | Meriden | Indiya McLeod, Meriden | Samantha Lavers & Subeksha Surenraj, Meriden | Santa Sabina College |
| 2021 | Meriden | Catherine Aulia, St Catherine's School | Subeksha Suren Raj & Giselle Guillen, Meriden School | Tara School |
| 2022 | Meriden | Indiya McLeod, Meriden | Sarah Mazaraki & Miranda Xu, Meriden | PLC Armidale |
| 2023 | Meriden | Ashlee Narker, Pymble Ladies' College | Gabriela Garipova & Farah Zulfiqar, Meriden | Tara School |
| 2024 | Meriden | Giselle Guillen, Meriden | Aimee Jin & Valentyna Rosa, Meriden | Joint - Frensham & Wenona |



Tournaments & Events

~ PSSA Grading- A Junior Pathway~

NWST enjoys hosting a multitude of tennis tournaments for junior and secondary schools.

The NSW Primary Schools Sports Association (NSWPSSA) provides opportunities for primary students to participate in competitive sport at the state level and above.

On Wednesday 26 February, NWST, in conjunction with Beecroft Public Primary School, ran the Beecroft Zone Tennis Trials. These tennis trials are part of a pathway that provides high-performing tennis athletes opportunities to compete at the top level within the NSW Public School system.

The top 3 boys and 3 girls from the Beecroft Zone Tennis Competition progress to compete at the Sydney North trials held in Gosford.

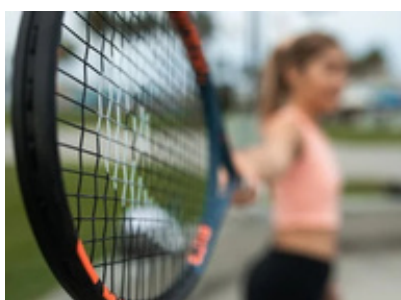
Good luck everyone!

For any schools interested in engaging NWST for trialling or competition in the PSSA space, please contact Jackie de Vivo on 0404 858 258 or [Player Experience Manager](#)



Tournaments & Events

~ Junior Grade Tournament & Sydney Interdistrict~



Sydney Interdistrict

As the name implies "Interdistrict" gives yellow ball players the opportunity to represent their district in a team environment against the best juniors from other districts.

In terms of tennis pathway Interdistrict is the next step up from playing junior club competitions, and is one of the oldest competitions, dating back to 1921.

Interdistrict commences the **last Sunday in July**, offering play every Sunday throughout August with playoffs and finals being held in September. (no play on Fathers Day).

For any further information, please contact Jackie de Vivo on 0404 858 258 or [Player Experience Manager](#)

Junior Grade Tournament

NWST is holding a Junior Grade Tournament 16th -18th May 2025. which selects NWST interdistrict teams based on results.

Participation in the tournament is prerequisite for eligibility in representing NWST in Interdistrict.

Format of play is both singles and doubles.

Entries open on the 7th April, 2025.

For any further information, please contact Jackie de Vivo on 0404 858 258 or [Player Experience Manager](#)



Junior Comp 2025

~ The Inner Game of Tennis- Focusing ~

”
**THE RIGHT
MINDSET
CHANGES
EVERYTHING**

northwest
sydney tennis

For our NWST juniors, the development of the inner game and the correct mindset is as important as the technical ability on court.

Focusing incessantly on UTR, worrying about the outcome of a match, what your parents may think if you perform below expectations, and thinking about what you are going to eat for dinner are all self-defeating.

Developing techniques to focus on the moment and move the mind away from those thoughts is critical.

Three techniques NWST is keen to share are:

1. During points—concentrate on the **seam** of the tennis ball. This blocks out nervousness and other irrelevant objects of attention.
2. During points—internally count “1” for the ball bounce and “2” for ball contact. This also creates a rhythm in the shot, which creates consistency.
3. **Intense focus** on the key times during a match.
 - o Set up point - 30-30, deuce
 - o Set up game--4-4,5-5
 - o Dictating games- first 2 games of second set
 - o Lead Stretch- first game after you break serve
 - o Tiebreak- think of it as a mini set

Try these techniques out during your next match or during your coaching session. You will experience a real difference.

Stay tuned for the next installment where we discuss **positive thinking** in tennis.

For any further discussions around tennis mindset, please contact Darren Simpson on 0414 526 659 or email [NWST Club Manager](#)



Saturday Junior Showcase

~ TERM 1 2025 ~



NWST would like to showcase **Lewis Curzon**.

Lewis joined NWST in 2024, playing Saturday Junior Competition, the club championship and became an intricate part of our Interdistrict team.

What an effort!

Lewis' tennis pathway started at the age of 4 years, and being part of a tennis family, has grown to love the game. This enjoyment, together with regular coaching and match play on our precinct, provides a great platform for Lewis to achieve and develop further as a tennis junior.

Tennis achievements

- o 2025 – Cherrybrook Public, Tennis representative (Player 1) for Beecroft PSSA
- o 2025 – Tennis NSW Super 10's Squad
- o 2025 – Margaret Court Cup Albury 10U Boys Doubles - runner up
- o 2025 – NWSTA Interdistrict Representative 10U
- o 2024 – Tennis NSW Super 10's Squad
- o 2024 – Nepean JT125 U10's Pool H winner
- o Tennis tournaments played include JT125 events (Parramatta, Illawarra, Nepean). Sydney University Lawn UTR. Played Green Ball Tournaments in Yokohama Japan.

Lewis facts:

Favourite Food – Udon noodles

Likes – playing football, rugby league and most other sports, above all playing with mates, reading manga comics.

Favourite tennis player – Alex de Minaur and Alexander Zverev

Interesting fact – Lewis is half Australian/Japanese and is fully bilingual in both Japanese and English.

Stay tuned for the next installment where we showcase another NWST junior.

Junior Comp 2025

~ TERM 1 2025 ~



Yellow Ball



The Saturday SJC competition is well underway.

NWST would like to thank the majority of parents on the relevant whats app groups for working together to find and allocate relevant substitutes. This ensures the competition runs smoothly.

Note again if you are on a bye you still need to be available to play.

At this stage

- UTRs are introduced.
- Ability to score essential.
- Tennis etiquette of the highest standard.



Orange Ball

The inaugural Sunday JCS Orange Ball Competition is well underway.

Orange ball competition focuses on:

- Basic stroke development on a smaller court with a slower bouncing ball.
- Rallying and court movement are critical.
- Basic understanding of scoring.
- Basic understanding of tennis etiquette.

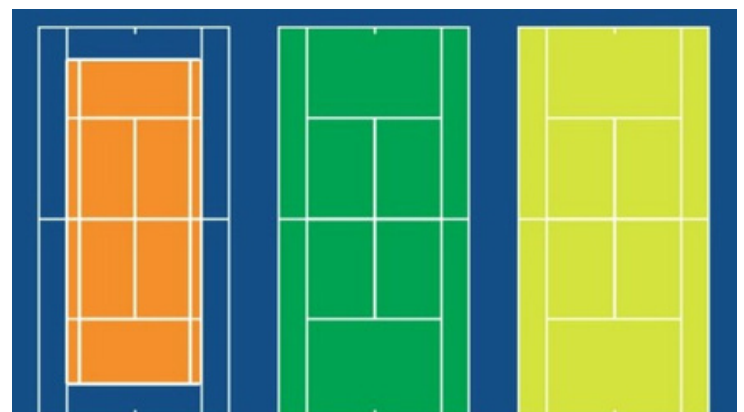
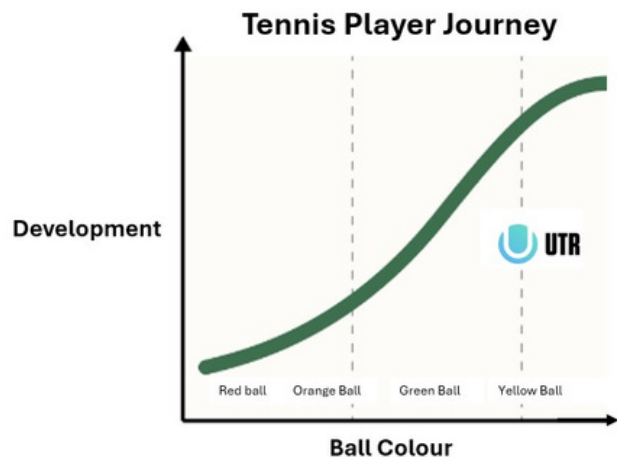


Green Ball

The inaugural Sunday JCS Green Ball Competition is well underway.

In tennis, playing green ball competition signifies a stage of development where:

- Players are focusing on transitioning to a full-size court and playing with a ball that bounces higher and faster than the "orange ball."
- Focuses on more advanced shot execution and court coverage on a full-sized court.
- Ability to accurately score becomes important as a prelude to yellow ball.
- Tennis head space becomes important.
- Tennis etiquette becomes more important.



Ball Colour & Tennis Court Size

Adult and Social Competition

~ Comp Secretaries - Building Our Adult Membership ~



NWST social and competition success relies on the great work of our competition secretaries.

Our **competition secretaries** have the responsibility of getting the NWST word out in the tennis community in order to attract new members from near and far, as well as ensuring the current competition runs smoothly.

Sydney is a vast metropolitan of suburbs and players who, when they hear of great match-play within a friendly and welcoming environment, will come from a distance to join NWST.

This month NWST is proud to showcase **Monique Spiller**, secretary for the Ladies Midweek Competition on a Tuesday.

105 ladies across 3 divisions. **Wow!**

Monique Facts

- Played tennis later, starting at the age of 14
- Joined North West Tennis 23 years ago
- Children coached, played junior comps and participated in school camps
- FUN IN THE SUN is the motto. There is always the next day, week or year of tennis.
- Played in Senior Carnivals throughout Australia

If you have never played tennis comp now is the time to try, your game will improve rapidly and there are teams looking for new members in every division.

NWST welcomes every player of every standard.

Come along and see how much fun it can be!

For more information contact Monique on 0400 050 881 or email [LMW Secretary](#).



Connecting with Environment

~ Whale Rock Fun Run ~

NWST combined with the Whale Rock Fun Run team for a successful activation on the 22nd February.

A massive 500 runners and 34 kid athletics participated on the day, with an overflow of supporters engaging in the NWST mini tennis setup .

As important was the focus on limiting the environmental impact on the Pennant Hills precinct. This focus included:

- No cups at drink stations.
- Big drums available at drink stations.
- Runners carry their own water holder.
- Collapsible cups.
- Representatives following runners to collect gel packs



Connecting with Environment

~ Whale Rock Fun Run ~

The Whale Rock activation day also allowed NWST to gauge the community's interest in tennis.

We can say that there is a huge interest in tennis and its varied formats.

This was supported by the taking of our **"Become a Member Mini Flyer"** which highlighted the benefits of our club:

- One of the leading premium tennis facilities in Sydney.
- One of the largest membership tennis clubs in Sydney.
- Comprehensive junior competition and tournament programs that track UTR.
- Comprehensive adult competition and tournament programs.
- Social tennis groups.
- Special offers on court hire, tennis accessories and consumables.

NWST Membership



Pennant Hills Park Trail



- One of the leading premium tennis facilities in Sydney
- One of the largest membership tennis clubs in Sydney
- Comprehensive junior competition and tournament programs that track UTR
- Comprehensive adult competition and tournament programs
- Social tennis groups
- Special offers on court hire, tennis accessories and consumables

Go to

<https://northwestsydneytennis.com.au>

and seek out membership dropdown

New Turf – Premium Club

NWST has never looked better. The new turfing in front of courts 5 and 6, supported by the sandstone seating blocks lifts our club way beyond our competitors.

Sit and relax while you wait, watch a match or view your son or daughter on the training court.



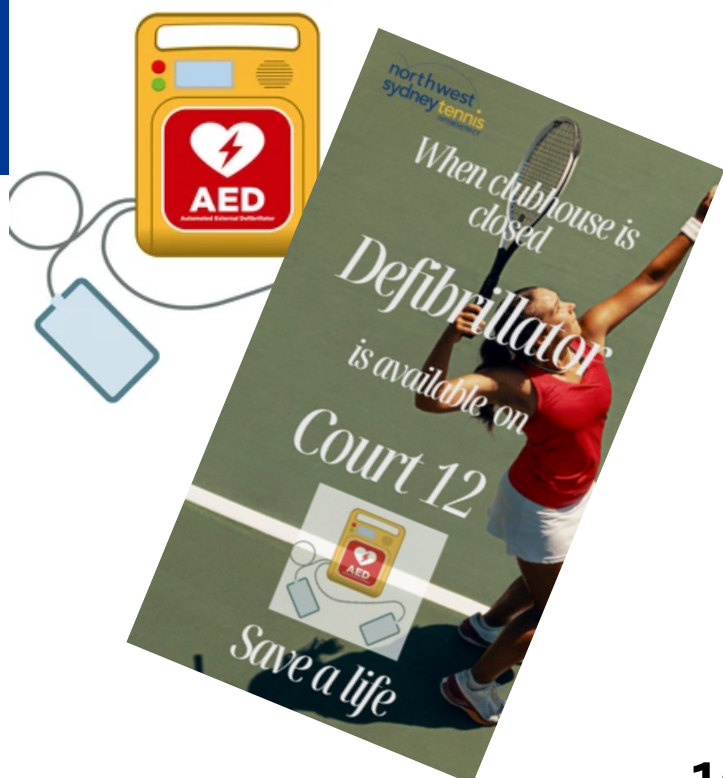
Updated Defibrators

NWST caters for the safety of all tennis player segments, from juniors through to adults to seniors.

The 2 defibrillators on our Pennant Hills tennis precinct have now been updated to include childrens pads. One defib is located in the main clubhouse. The second defib is located on the second level behind the mini club house at court 13.

There is signage at the front of the main clubhouse for when the main club house is closed. This directs participants to the second defibrillator.

The 1 defibrillator at our Epping precinct works differently, not requiring children pads but possessing a turn key to convert into a unit for children.



Volunteers

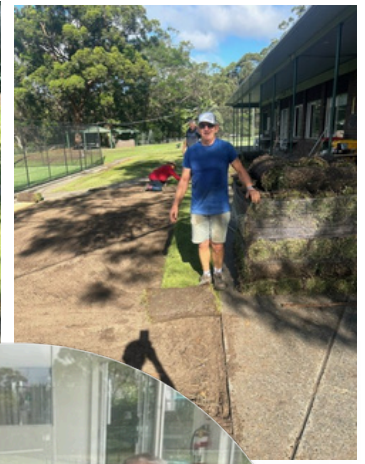
Turfing

Thankyou **Melissa Dolahenty** and **Andy Kleiberg**, supported by our maintenance manager, **Andy Phelan** for preparing and laying the turf in and around the new sandstone seating.

The team selected Sir Walter Buffalo, a grass species that remains green, handles foot traffic and the changing climatic conditions throughout the year.

Laying over 150sq metres of turf in one day is a tremendous effort, and sets our standard as one of the premium tennis centres in Sydney.

Well done team!



Hedging



Thankyou to our **Brian Tierney** for his hedge work. Not the finance variety rather the green version.

There are a number of hedges in and around prime locations at our Pennant Hills Tennis Centre.

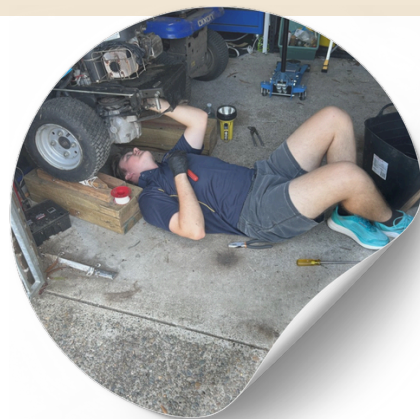
These well maintained hedges provide a welcoming feel for members and guests and add value to our premium position.

Repairing

Thankyou to our **Andy Kleiberg** and **Daniel De Scadera** for repairing the drive belt on the small tractor.

Daniel is going over and beyond his great work in the Pro shop and applying his engineering knowledge gained from his engineering degree.

The small tractor is mainly used for court brooming, an important part of our ongoing court maintenance.



President's Message



It's hard to believe we are in March already and 2025 is already well underway!

Cyclone Alfred is about to make landfall in south-east Queensland and Northern NSW as I write this message and our thoughts and prayers go out to the tennis playing community and the broader community in these areas as they brace for whatever the next few days throws their way.

NWST continues to "get ahead of the game" with the showcase Tildesley Tournament now in advanced stages of planning with the Independent Girls Schools Association (IGSA) once again choosing NWST as their venue of choice to host this prestigious event. The tournament runs from Wednesday 19 March through to Friday 21 March. Please consider how this tournament impacts on your own tennis arrangements. Thank you in advance to all the staff and volunteers who will make this tournament a success.

Our adult comps are underway again with finals rounds being played and planning for new comps underway. Term 1 Saturday Junior Comp (SJC) is also well underway with a particular focus being placed on consistent attendance for the benefit of all players. A new Orange ball (10under) and Green ball (12 under) comp is underway on a Sunday morning for juniors wanting a pathway to the Saturday Junior Comp which is a yellow ball comp. Thank you to the teams that successfully established this new comp and special mention to Voyager for trialling this with us.

Moving our attention to capital and maintenance items, courts 3 and 8 had their synthetic grass surfaces replaced just before Christmas and the special attention these courts require to get them to a more routine maintenance schedule is fast approaching. The additional sanding and brooming has ensured these two courts are at optimal playability despite being new surfaces. Well done to Andy P and team for getting them up to this standard.

Tildesley, being our first large tournament of the year, sets a timeline for improvements to be completed and the new sandstone blocks in front of courts 5 & 6 were timed with Tildesley in mind. If you remember, all the turf was removed when the blocks were installed. This turfed area is where the crowd watching the Tildesley finals rounds position themselves.

Through the tireless efforts of our CoM members Mel Dolahenty and Andy Kleiberg, supported by our maintenance team, they have both prepared the ground to receive the turf and then laid the turf through the hot summer. This turf has now established strong root growth and is looking awesome and will be ready on time for this first tournament.

Council of Management (CoM) continue to meet monthly and conduct business on behalf of the Association. In our most recent CoM an investment decision was made on replacing the Associations chair and members and players will start noticing the introduction of these new chairs. They are sturdy and have a maximum weight rating of above 150kg.

The Finance sub-committee has prepared our budget for the next financial year where a balance between income levels and expenditure is carefully managed. Thank you to our members and social players who have accepted the price increases in our proshop as this is an important revenue stream to allow continued re-investment in our great Association.

Our defibrillators are all undergoing service across both Midson Road and Pennant Hills and will shortly have the capability to support both pediatric and adult patients.

There has been quite a bit of grant activity with applications going in for a number of grant opportunities. Grants are such an important additional revenue stream to improve our facilities without having to fund these all from our association's reserves.

A very busy start to the year with much to do in 2025, including support of the inaugural Whale Rock Trail run, but with awesome and supportive members, social players, staff, CoM members and coaching partners, we're in a very good position to continue being successful this calendar year.