

Junior Comp Term 3 Wrap

Congratulations to all the players who competed in Saturday Junior Competition for Term 3. Well done to everyone who competed in finals. It was amazing to see another great term of competition. Thank you to all the family and friends for supporting the players each week. We look forward to seeing everybody back in term 3.

To Register for Term 3 please click [HERE](#). Registrations for Term 3 close on July 10, 11:59pm.

No late registrations will be accepted.

The winners and runners up for each division are listed below:

Timeslot & Division	Winners	Runners Up
8am Premier Division Blue	Jun-Wei Wong & Patrick Kratochvil	Benjamin Muhlethaler & Nick Ross
8am Premier Division Yellow	Emma Baird & Jacinta Glavinovic & Nathan Baird	Andrew Zhang & Marucs Dong & Alex Lu
8am Division 1	Roland Prasetya & Dorothy Li	Lanwen Chen & Matthew Best
8am Division 2	Eric Bang & Advit Vyas	Pranshul Sethi & Evan Zhang
8am Division 3	Malhar Joshi & Kaiden Tailby	Archie Crossley-Meates & Natalie Hopkins
10am Division 4	Zachary Lee & Samuel Moir	David Hwang & Isaac Lee
3pm Division 1	Jack Young & Junye Yang	Ryan Haaf & Owen Chen
3pm Division 2	Ethan Khaw & Horace Hu	Charles McDonough-Smith
3pm Division 3	Elise Poon & Audrey Liauw	Micheal Wang & Declan Cheng
3pm Division 4 Blue	Suyi Ren & Luke Brooks	Alexander Lyu & Patrick Lewis & Alexander Tsioutsias
3pm Division 4 Yellow	Skandha Prasanna & Jayden Wei	Matthew Lawrence & Nithya Medarametla



Grounds Helping Day please come and give us a hand!

Date: 27 August 9am to 12pm

For the working bee, the priority will be culling the vegetation behind the new hitting wall and around the retaining wall behind court 8. Once the area has been cleared, it will be re-mulched.

We would appreciate people with pruning equipment to help. Bring rakes, gloves, buckets etc.

Please arrive around 9am for a few hours. Helpers will be served with a gourmet BBQ and refreshments.

Please email info@northwestsydneytennis.com.au if you can help so we can plan for the day.

Thank you!

Upcoming important events

Centenary Dates

Gala Night Dinner @ The Epping Club – Saturday 7th October

For more information click [HERE](#)

Saturday Junior Comp dates:

Term 3: July 22 – September 23

Term 4: October 14 – December 9

Additional Junior dates:

Term 2 Primary Schools Challenge:

Cancelled

Todd Woodbridge Cup:

Stage 2: August 28

Stage 3: September 4

Junior Age Championships:

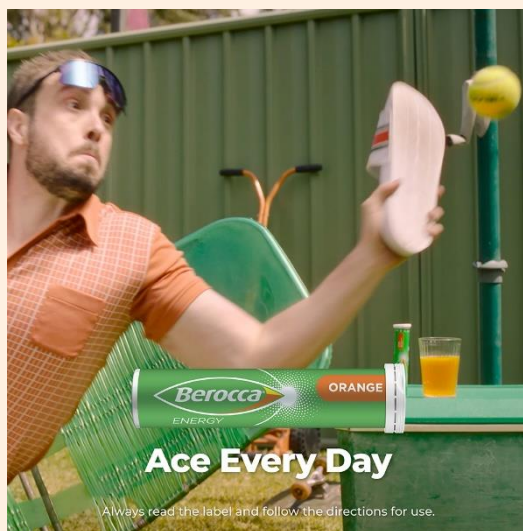
September 15 -17



JOIN US FOR OUR *Gala* DINNER

being held to celebrate **100 Years** of operation of our Association on Saturday 7th October, 2023 at 7pm

Find Out More



Upcoming Junior Calendar

Junior Age Championships



The Junior Age Championships tournament is open to all our Saturday Junior comp members. It is an age-based event with age groups from 10 and under, up to under 18 for both boys and girls.

This tournament is an opportunity to play against other NWST Saturday juniors and Interdistrict players that you may have never versed on the court. Also, it's a great opportunity for continued development and acts as a pathway to playing in the Sydney Interdistrict Competition for North West Sydney Tennis.

When: the original dates from May have been postponed. The new dates are below:

Friday 15, Saturday 16, and Sunday 17 of September.

We will keep all current entries and payment in credit and apply them to the new dates, however if the new dates are not suitable for you, please contact us by return email and we will arrange a refund. Please contact the Proshop if you are unable to play.

We will be in touch with further information closer to the date.

Thanks for supporting our tournament and we will see you at the courts soon.

For more information and to register click [HERE](#)

Todd Woodbridge Cup

The Todd Woodbridge is a primary school competition for stage 2 (years 3 and 4) that uses modified equipment, numeric scoring and mixed gender teams. This year there are a limited number of stage 3 (years 5 and 6) pilot events on offer.

The competition commences with school zone events, followed by regional playoff (term 3 and 4) followed by a state final that is held at Sydney Olympic Park each year (term 4).

Stage 2 dates at Pennant Hills Park 28/08/2023
Stage 3 dates at Pennant Hills Park 04/09/2023

Scan the QR Code below for more information!



Social Tennis

Looking for lady players at Epping on Wednesday mornings - contact **Val Tuckwell** on **0408 852 808**.

Time: 10.00am - Midday

Age: Group 50+, intermediate standard

A shout out to all the members/volunteers who organise **social play at Epping and Pennant Hills**. We appreciate you love to have a hit of tennis and your dedication to others to organise bookings/balls etc.!

We are wanting to offer more socials, especially at Pennant Hills, so if interested in social play at different times please contact Kelley in the Pro Shop.

Interested in being a Ballkid?

Calling all Ballkids!

The 2023 NSW Open Challenger held at Sydney Olympic Park Tennis Centre from October 29 to November 5 is looking for Ballkids.

No experience required, ages 12-17.

Please click [HERE](#) to express your interest.



Membership Reminder

Membership is now due, so a friendly reminder if you have not updated yours.

Please note, we ask that people who play in our social groups, it is appreciated that you are also members. Costs for social play as a member is \$10.00 compared to the \$15.00 for non-members.

Reminder – Tennis Etiquette on the Court

1. Smile and be considerate of others on the court.
2. Please arrive in a timely manner for tennis and be ready to enter the court at the agreed starting time.
3. Quick change over between sets.
4. When making line calls if you are not 100% sure of the correct call, you should give your opponent the benefit of the doubt.
5. The server should call the score before each point. This helps mitigate disputes. At change of ends the score should be agreed upon and also at the conclusion of the set.
6. If your opponent misses their serve by a large margin, don't return it and take practice swings. Instead, block the ball to the side or the back of the court.
7. If two opponents are at the net and the ball is popped up please do not take aim at your opponent. Either hit it at the open court or at your opponent's feet.
8. Male players are not to drive the ball directly at the female if at the net.
9. Think before you speak.
10. Support others.....some may not have such a good day!
11. A fair way to think about all of these things is do to others as you would like done to you.
12. We play in a competition, but it is not Wimbledon. Remember we are also all out for some exercise and an enjoyable time at tennis. Enjoy the camaraderie and friendship of each other.
13. Tennis is the winner.

Upcoming Tournaments

Annual Grade Tournament

The 2023 Annual Grade Tournament will be open to existing and past members to celebrate the Centenary Year and will be held during the September/October school holidays.

This tournament is open to all players, regardless of what division you are in. It is fun, competitive and a great tournament to be involved in – you may even get your name in gold on one of our honour boards.

Location: Pennant Hills Tennis Centre

Details will be posted on our websites [Centenary page](#) when confirmed.

If you require more information, please email David Cochrane - etdta100years@gmail.com **check on website re his contact?**

A WORD FROM OUR COMMUNITY PARTNER'S

Plus Fitness (Thornleigh and Turramurra)

Our Fitness partners! Keep an eye out around the club houses for flyers from Plus Fitness, based at Thornleigh and Turramurra. Plus Fitness Thornleigh and Turramurra 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.

Give them a call if you want to get that bit fitter! 9484 2004 Thornleigh, 9449 1222 Turramurra

Fleet Street Merchants

If you love shiraz, you'll love July at Fleet St Epping. We have a range of over 150 on offer, including Clare Valley specials from Reillys, Macaw Creek and OLeary Walker, and just arrived the **Australian wine of the year**.... Underhill Shiraz from Yarra Yering.

But also drop by for our 2/\$40 range from Oatley Signature Series. Tastings every Friday night.... 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.



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 link between financial health and your general wellbeing

We often attribute things like diet, exercise, and mindfulness to maintaining good physical and mental health. But did you know that your finances can impact your health and wellbeing too? Learn why it's important to consider financial health as part of a holistic wellbeing approach.

What is financial health?

Financial health generally relates to your ability to cover current, future, and unexpected expenses. Are you covering your day-to-day expenses comfortably? Do you have your superannuation in order for the future? And have you protected your income with insurance? These things — as well as your savings, expenses, and any investments and debt — will all contribute to the state of your financial health.

How does financial health impact your wellbeing?

The state of your finances can directly link to your levels of stress. If you're struggling, under pressure, or concerned about your finances, you may see flow-on effects on your physical and mental wellbeing. If prolonged or unmanaged, stress may lead to other conditions like anxiety, insomnia, migraines and even digestive issues. Money problems may also lead to unhealthy coping mechanisms like poor eating habits.

Unfortunately, if physical or mental health issues present due to financial stress, treatment can often be unaffordable, and unhealthy cycles can develop. Therefore, it's important to take a preventative approach and include your financial health in your self-care habits.

Ways to improve your financial health

There are a few ways to stay on the front foot with your financial health. The first step is to gain awareness of where you're at financially. This might involve mapping out your savings and debts while considering how much you spend and on what. This leads to budgeting, which can help ensure you're not spending beyond your means and can help you set and achieve savings goals.

You could also consider adding an emergency buffer to your savings plan. Having a few months' worth of salary put aside can help you cover any unexpected costs that may arise. Insurance plays an important role here too. If you become too sick or injured to work, or if you were to unexpectedly pass away, insurance can provide a financial safety net for you and your family.

There are many other ways to keep financially healthy, like managing your debts efficiently and investing wisely to make your money work harder for you. Feel free to reach out to me for a review of your financial health at any time.

Any advice is general in nature only and has been prepared without considering your needs, objectives or financial situation. Before acting on it you should consider its appropriateness for you, having regard to those factors. Before making any decision about whether to acquire a financial product, you should obtain the Product Disclosure Statement.



TAG Financial Pty Limited

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Trust Attention Guidance



Tax (financial) adviser
25142492

Gerry Baker
Financial Adviser & Director



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Enjoy **5** Whiskey Tastings Paired with a
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Voyager Coaching

Voyager Tennis would like to offer our adult Members one free cardio tennis session. Contact Gourav from Voyager Tennis on 0415 158052 and mention this ad and you will receive a free trial Cardio tennis session.

Times available are:

- Monday
 - 7am – 8am
 - 8am – 9am
 - 9am – 10am
- Tuesday
 - 7am – 8am
 - 8am – 9am
 - 9am – 10am

Voyager also offer Specialised Doubles coaching focusing on net play, doubles tactics and communication. They can also tailor a session to suit your individual needs. Please contact Gourav - Mobile: 0415 158 052

Email: Gourav@voyagertennis.com



Social Tennis!

And don't forget Sunday afternoons 3-5.30.

Great group coming along but we are always looking for more players! Parents we encourage you to come and bring your children along (10 years +)

Everyone is welcome! – so come along and tell your tennis friends!

Weekend Wildcards@NWST

WhatsApp group



Facebook Reminder



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, liking and sharing only increases the amount of traction we receive!

Midson Road Court Update

Bookings can now be made from 7:30am (previously 8am).

Thank you to everyone for your patience and understanding while construction occurs around the courts.

NWST Staff and CoM

Contact Us



-  9481 0970
-  info@northwestsydneytennis.com.au
-  northwestsydneytennis.com.au
-  Pennant Hills Park
-  @northwestsydneytennis