

MARCH 2022

Ulladulla Seniors Tournament

Seniors NSW Tournament

The Ulladulla Tennis Centre hosts a Seniors tournament every February for players aged from 30 to 90 from all around Australia. A great weekend was had with many of our members and staff in attendance. Many NWST players came home with a win and runner up result ... Congratulations! Get involved with more events like this one by keeping up to date with our newsletters, emails, and socials. We are also hosting a 30 Plus social round robin in April at Pennant Hills so get involved and join in the fun! Info on this can be found later in the newsletter. Entries closing soon!



Tildesley Shield Tennis Tournament 2022

Tildesley Tournament 2022 - 456 students competed across 2 days.

The annual Tildesley went ahead over 13 and 14 of March with 26 schools in attendance.

The Tildesley Shield Tennis Tournament is a competitive singles and doubles schools team events which has been running since 1918. It is IGSSA's Longest running carnival here at Pennant Hills Park Tennis Centre.

We are proud to host such a prestigious event for 26 independent Girls Schools across Sydney and regional areas with 456 students competing across 2 days. 391 matches were played across the event consisting of 216 singles players and 120 doubles players, with Meriden taking this year's win in both the singles and doubles.

A thank you goes out to our volunteers for manning the drinks tent over the busy event.



Ball Machine Silent Auction

As we welcome our new ball machine, it is now time to say farewell to our well-loved ball machine.

We are offering up this sturdy machine up for sale. The sale will be made to the highest bidder by Friday 1 April. All profits will be going towards the club.

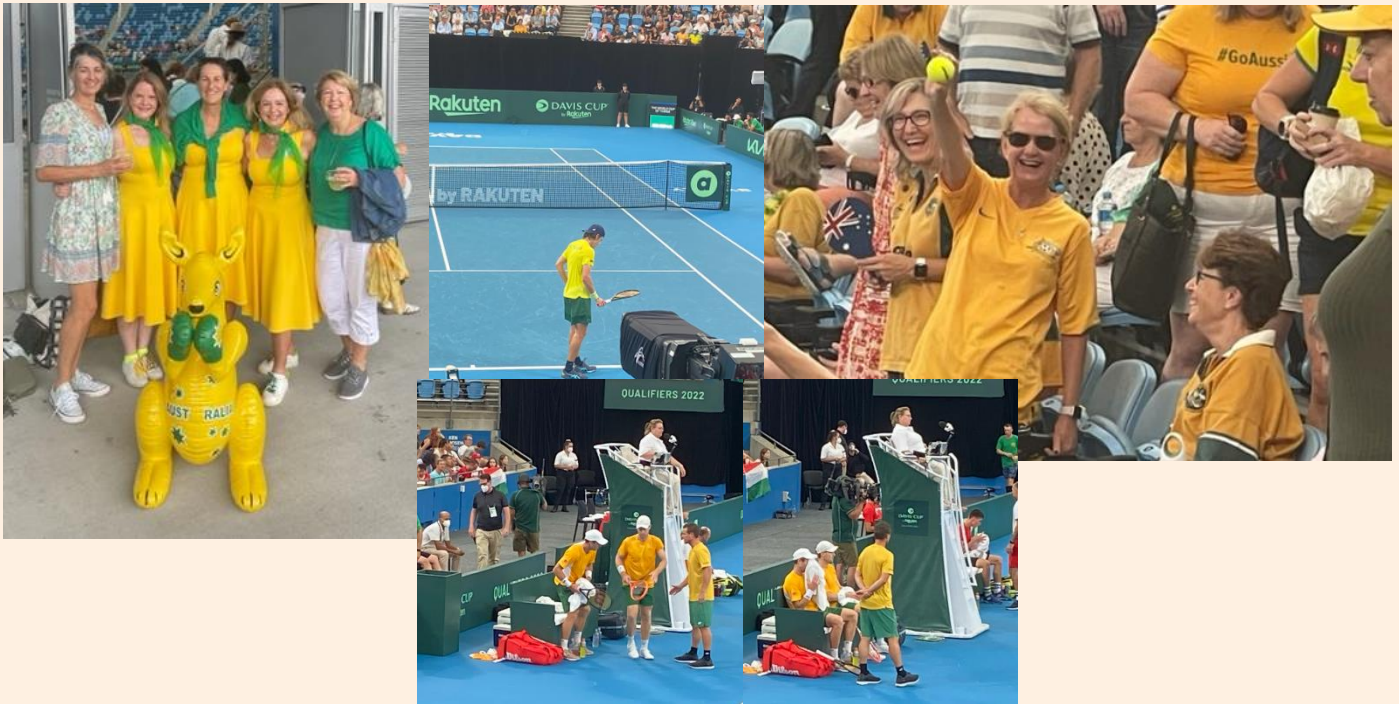
Please email your offers or any questions regarding the sale to info@northwestsydneytennis.com.au



Davis Cup

2022 Davis Cup Australia Vs Hungary

Our members enjoyed a great day of tennis at the Davis Cup. Here are some pictures capturing the night.



HELP JAMES FIGHT AGAINST BRAIN CANCER

At Voyager our mission is to improve people's lives through tennis and to create a fun environment for our students to lead a healthy and enjoyable life. We are supporting one of our tennis players, 9-year-old James Dwyer, who has recently been diagnosed with a brain tumour.

James has undergone chemotherapy since the removal of the tumour and has had a reaction which has forced him to use a self-funded trial drug. We are raising money for James's family to help pay for this vital treatment.

James was recently one of our Saturday Junior competition players.

To donate to James' Fundraiser please visit by clicking the page below.

[Make a Donation](#)



[Make a Donation](#)

Over 30? Come play in the Social Round Robin at Pennant Hills!

Friday 8, Saturday 9, Sunday 10 April

REGISTER NOW! Entries close **Monday 28 March 2022**

You can choose to play just for an afternoon or morning on any of the days!

Forward entries to

Email: info@northwestsydneytennis.com.au

Events

Friday 8 April - Women's and Men's Singles

Saturday 9 April - Mixed, Women's & Men's Doubles

Sunday 10 April - Men's, Women's, and Mixed Combined Doubles

Find **Info Sheet** and **Entry Form** [Here](#)



Twilight Tennis is changing to **Tennis Sundays**

Twilight tennis has been running on Friday evenings with different people coming along, some members and partners, some people new to the club, some friends and families have all joined in for a few laughs, tennis, and a BBQ.

The last Friday night will be 25/03. Thank you to the barbeque-er no. 1 John (Kaye's husband) and trusted offsideer.... Marion Berry. Marion and her husband Rod have been showing the true spirit of tennis, coming along and enjoying and helping on most nights. Also, thanks to Clare, Barb and Judy who also stepped in to aid when needed.

So starting 3rd April - **Tennis Sundays** – 3.00 - 5.30pm

\$10 including court hire, balls and an afternoon snack.

Bring your own refreshments. Everyone welcome, members and non-members.

Email to info@northwestsydneytennis.com.au if you would like to join in for the afternoon.

We also need one more person to help host the afternoon for a couple of the Sundays..... you get to enjoy a free afternoon of tennis and meet some new people! So put your hand up and come and have some fun. It's not difficult - email to info@northwestsydneytennis.com.au to make the offer.

Yoga

Everyone Welcome! Get your Zen on with the new term.

All welcome, invite your family & friends.

Beginners to the more experienced.

Class Times & Dates

Fridays 11.30am - 12.30pm 4th March – 6th May

Sundays 9.30am - 10.30am 6th March – 8th May

Mondays 6pm - 7pm 7th March – 9th May

Details

Terms are 10 weeks, payable in advance.

Member:

- \$100 per term for one class per week
- \$150 per term for two classes per week

Non Member:

- \$150 per term for one class per week
- \$225 per term for two classes per week

Email Mary mary@fobal.com.au to make bookings.

For more info...

'news and events' page on northwestsydneytennis.com.au



Wet Weather Notice

Important Information for all competition players

Unfortunately, the La Nina weather patterns this summer has meant that many of our competitions have been disrupted by wet weather and occasional power outages.

Whilst this may be frustrating, it is not acceptable to take this frustration out on Pro Shop staff or the competition secretaries who volunteer their time to organise and run our competitions. Please report matter of concern with regards to court, grounds, and light issues to Pro Shop staff, politely. They will source the appropriate technician. Again, please refrain from using a hostile manner.

We update the weather news based on current court conditions. No forecasting takes place and we can't make an early decision based on your location from courts or if you wish to make social plans.

If matches are washed out, please don't ask the Pro Shop for a refund. Our competition ByLaws state that if more than 50% of the matches haven't completed the first set due to rain or another issue, then the match will be rescheduled for another date.

Thank you and let's hope for drier weather in the coming weeks.

Saturday Junior Competition



Now offering Summer and Winter Competitions

We welcome juniors aged 6 years - under 18 from the North West of Sydney to join our Saturday Competitions. We will be offering a new format for our competition dates, with two competition per year – **Winter Comp and Summer Comp**. Our junior competitions are based on NSW School terms and the entry cost is only **\$200 for a semester**, which **includes membership** to North West Sydney Tennis (ETDTA).

Dates:

Winter Comp 7 May - 17 September 2022

Summer Comp October 2022 - April 2023

AED Training

Recently we hosted an emergency defibrillator training session for our members, and committee members. This was to allow people refresh themselves with the proceedings of such equipment.

Our centre has an AED located within the main clubhouse as well as outside of court 12 clubhouse. At Epping Court, Midson Rd, the AED is located within the clubhouse. The defibrillators we have bought are semiautomated and the instructions to talk you through the procedure display on the front screen when activated.

When the unexpected happens, what do you do? Check out the link below to learn how to take quick action to help save a life of someone in cardiac arrest. [LEARN MORE!](#)



Tennis Ball Recycling



Did you know that an estimated 10 million tennis balls are purchased in Australia each year?

Unfortunately, at the end of their useful lives, all of them end up either in landfills or in our waterways, eventually working their way into the ocean.

To address this environmental concern, we have partnered with Game On Recycling to collect and recycle tennis balls. From now on, you can dispose your unwanted and unloved tennis balls in the collection unit near the Pro Shop.

Collected tennis balls are granulated into 5mm pieces and used in a variety of manufacturing processes including the production of soft fall matting. All recycling and downstream processing will be undertaken in Australia. Game On Recycling is also conducting research to explore new uses for these materials (like a rubberised sporting surface).

A WORD FROM OUR COMMUNITY PARTNER



Stay safe with a skin check

Did you know skin cancer causes more deaths than motor vehicle accident? The risk of getting skin cancer is higher in men than in women – 67% of Australians who die from skin cancer are men. It's recommended that you get a check done every 6 months or annually at the very least. Here why.

What is skin cancer?

Skin cancer is primarily caused by overexposure to ultraviolet (UV) radiation from the sun, which causes DNA damage to skin cells. If this damage is too severe and the body is not able to repair it, then faulty cell replication occurs, triggering the growth of abnormal cells that eventually become cancerous.

Get regular skin checks

Staying sun smart and getting skin checks is the best way to stay protected against the risks of getting skin cancer. Most health insurance providers cover all or part of one annual skin cancer screening.

Check your skin at home

Get to know your skin with regular self-checks to maximise your chances of detecting skin cancer early. Look for spots or moles that are:

- Sore – a spot that is sore and doesn't heal six weeks
- Changing – in appearance (size, shape, colour or texture)
- Abnormal – looks or feels different, stands out from other spots and moles
- New – spots that have appeared recently

Am I at risk of skin cancer?

Everyone may have some risk of getting skin cancer especially if you're not being sun smart. This risk also increases as you grow older. You're more at risk of getting skin cancer if you:

- Have family history of skin cancer
- Are particularly prone to sunburn
- Have fair skin or have moles on your skin
- Spend a lot of time outdoors without sun protection
- Have a compromised immune system

If you would like to discuss insurances that may cover skin cancer, please reach out.

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 regards to those factors.



TAG Financial Pty Limited
This advisor is an Authorised Representative
of Viridian Select Pty Ltd
ABN 41 621 447 345 • AFSL No. 515762
Trust Attention Guidance



Tax (financial) adviser
25142492

SOCIAL TENNIS

Social Tennis Anyone?

Ever looking for a social game of tennis? At NWST there are various tennis social groups that are commitment-free. These days are fun, social, and great days to meet new people and get that bit of extra exercise and practice!

See below a range of social tennis happening weekly at both **Pennant Hills Park Tennis Centre** and at **Epping Tennis Centre on Midson Rd.**

For more information on the social groups visit northwestsydneytennis.com.au

MEN'S SOCIAL – Pennant Hills

Monday Morning

- Time: Summer 7.00 – 10.30am, Winter 8.00am to 11.30am
- Age Group: 55 +, Intermediate + standard
- Cost: \$8.00

Thursday Morning

- Time: 8.00am to 11.30am
- Age Group: 55 +, Intermediate + standard
- Cost: \$8.00

For enquires contact **Alan Bedkober** on **0490 297 509**.

LADIES SOCIAL – Pennant Hills

Tuesday Morning

- Time: 9.30am - 12.30pm
- Cost: \$7 members, \$10 non members
- All ages, intermediate standard

Wednesday Mornings

- Time: 9:00am - Midday
- Cost: \$7 members, \$10 non members
- Age: intermediate standard

Friday Morning

- Time: 9:00am - Midday
- Cost: \$7 members, \$10 non members
- Age: intermediate + standard

For enquiries email info@northwestsydneytennis.com.au or call **9481 0970**.

MIXED – Pennant Hills

Monday Morning

- Time: 9.00am to 12.00pm
- Cost: \$7 members, \$10 non members
- Age Group: 50+, low – Intermediate standard

Saturday Afternoon

- Time: 1.00pm to 5.00pm
- Cost: \$10
- For Elite, Div. 1, Div. 2 standard only

For enquiries email info@northwestsydneytennis.com.au or call **9481 0970**

Sunday Morning

- Time: 9.00am to 11.00am
- Age Group: 30 +, intermediate standard

For enquiries call **Dennis** on **0414 634 618**.

LADIES – Epping, Midson Rd

Wednesday Morning

- Time: 10.00am - Midday
- Age: Group 50+, intermediate standard

For enquiries phone **Val Tuckwell** on **0408 852 808**.

Wednesday Morning

- Time: 9.00-11.00am
- Age: Older ladies welcome

For enquiries phone **Jane** on **9871 2933** or **0438 306 410**.

Thursday Morning

- Time: 9.00 - 11.30am
- Age: All welcome

For enquires phone **Cheryl** on **0403 160 976**.

MIXED – Epping, Midson Rd

Friday Evening

- Time: 8pm - 10pm
- Age Group: 20 +, intermediate standard

For enquiries call **Phillip** on **0402 060 061** or **Laurie** on **0412 979 396**.

MENS – Epping, Midson Rd

Monday Morning

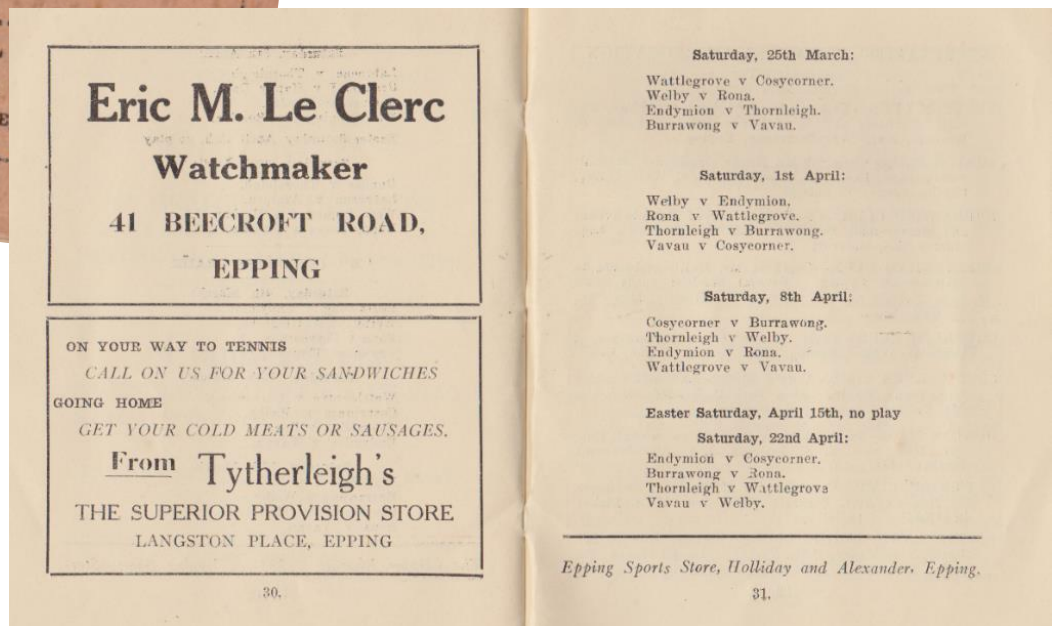
- Time: 8.30am to 11.00 am
- Age Group: 50+
- Moderate standard
- Cost: \$7.00
- Sets: 8 game doubles playing with different players during the morning.

History Unveiled



This handbook from the 1933-34 season of ETDTA is the earliest published record that we have. Not only does it show the all-important draw, but you can delve into the constitution for some night-time reading - check out where you can get your hair cut, or where to pick up a sandwich or a sausage or two on the way home!

Most teams in the competition played on a court located at a player's home. That changed in the latter part of the 20th century when property values changed and people subdivided and sold off the court for housing, leading to the building of Pennant Hills Park Tennis Centre.



NWST Brand Awareness stall at the Hills Parenting Expo



Thank you to members and staff who supported our NWST brand awareness day stall at the Hills Parenting Expo. Thank you to Julia for leaflet designed and prepared, Adam from Voyager supporting with his time and tennis goodies, Tara from Thrive collective Yoga, and Mary, Kaye and Gerry for donation of their time. The winners for the 'guess the number of frogs' competition were: Vishi St, Monica, Brianna, Tamanna, Makenna, Elluce and her sisters Marrion, Lene who all won a NWST cap, and the main winner Eliyah – who was 6 frogs off the right number! Wins a free tennis lesson and court hire.



The Verandah at Beecroft

The Verandah at Beecroft supported our Gala day last year with vouchers for our infrastructure fund raising raffle. Show some love back.. they have various offerings and coming up in April is a special afternoon for Anzac Day.. So grab some friends and get along and check it out!

Anzac Day 2022

Lest We Forget

BAREFOOT 2UP ON THE GREEN 12^{PM} – 6^{PM}
LIVE MUSIC 1^{PM} – 4^{PM}
SPIT BBQ + FURPHY SPECIAL

Book your Table
theverandahbeecroft.com.au

Contact Us



9481 0970



info@northwestsydneytennis.com.au



northwestsydneytennis.com.au



Pennant Hills Park



[@northwestsydneytennis](https://www.facebook.com/northwestsydneytennis)