



northwest
sydneytennis

newsletter

OCTOBER 2021

THE COVID CUP IS BACK

Get your racquets out and come and join in...
starting week of November 1st

After a long break of no competition, we are finally seeing the return of our Covid Cup! This cup is open all of our members, and Premier Junior players are strongly encouraged to participate. It will be in a doubles and singles round robin format with matches commencing 1st November and will end 9th December. For further details and to register, visit our website. Get in quick as rego closes soon.

Ladies: Monday nights and Tuesday daytime
10 am start – *if the forecast is predicting hot weather, you are welcome to rearrange your start to a more appropriate time that suits you and your opponent.*

Mixed: Wednesday nights

Men's: Thursday nights.

Singles: flexible play format

Email us at info@northwestsydneytennis.com.au with any questions.



THE RETURN OF ...

ADULT COMPS

Will recommence in 2022.

SOCIALS

Wednesday and Friday social tennis will recommence the 1st of December.

We will also be providing social tennis play over the holiday period.

JUNIOR COMPS

A fun 5-week singles round is planned for previous junior comp players. Unfortunately, we cannot accommodate new players due to COVID restrictions. On our website click on competitions tab 'Junior' for details and registration link.

Please stay up to date by visiting our website
<https://northwestsydneytennis.com.au>

EVENTS UPDATE

YOGA

Get your Zen on and join us for Yoga
Classes started 22nd October!

Session times are:

Mondays: 6 - 6.45pm from 25 Oct

Fridays: 11.45am - 12.30pm from 22nd October

Fridays: 12.40pm - 1.10pm from 22nd October - **NEW BEGINNERS CLASS**

Sundays 9.45am - 10.30am from 24th October

Cost:

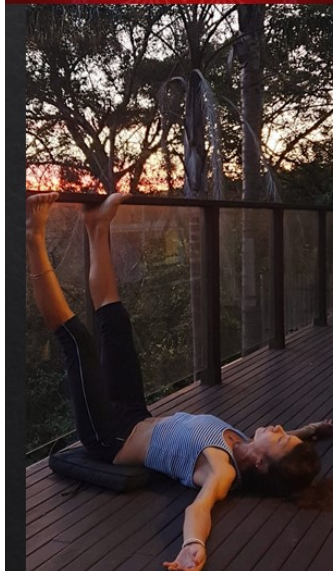
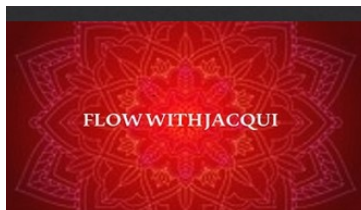
\$90 – 6 week term

North West Sydney Tennis members (ETDTA) - \$60

Yoga Instructor: Jacqui Smith from Flow with Jacqui
– Certified level 2 Yoga Teacher

Contact Mary mary@fobal.com.au or 0421 049 850
to secure your spot as spaces are limited!

Below is a Yoga Tip of the Week for any of you wanting to give it a try at home



LEGS UP THE WALL - SAVASANA

HOW TO GET THE LEGS UP THE WALL POSE RIGHT:

Place a folded blanket or yoga mat a few inches from the wall. The distance of your placement from the wall will depend on tightness and height; try a few different places and get comfortable!

Lie down on the floor by rolling your hips onto the blanket. Now you must adjust your body against the wall by raising your legs. Basically, your heels are touching the wall. Practice deep and steady breathing. Do not exert or stress yourself.

Your head should be on the floor, while the spine should be straight, and knees should be bent a little so that the kneecaps will not lock.

Stay in the same pose for 15 to 20 minutes. After you come out of this restorative pose, be sure to lie on your side for a few breaths before sitting upright with your back against the wall, then slowly rising to your feet.

THE HEALTH BENEFITS:

This pose is very relaxing and is believed to help in almost all aspects of the body and mind, from tight hips and hamstrings to stress and anxiety.

Since you are almost upside down in this pose, your abdominal organs get more active, and the movement stimulates them. As a result, your appetite also increases through this stimulation, which improves digestion.

This posture's restorative nature gets the blood flowing to parts of the body that need it, making it good for almost any ailment, including arthritis, high or low blood pressure, respiratory ailments, and menopause.

Your blood circulation gets stimulated, and your head plus upper body receives a stronger blood flow, which supplies better oxygen. It prevents the thickening of the blood and other blood-related issues, including high blood pressure.

SOME OTHER BENEFITS INCLUDE:

Alleviates menstrual cramps.

Relieves swollen ankles and varicose veins.

It is recommended for curing headaches and even migraine.

Helps testicular, semen, and ovarian problems in men and women, respectively.

Restores tired feet or legs.

Stretches the back of the neck, front torso, and back of the legs.

Improves problems of the eyes and ears.

Relieves mild backache.

It helps to calm your mind and relieve anxiety, mild depression, and insomnia.

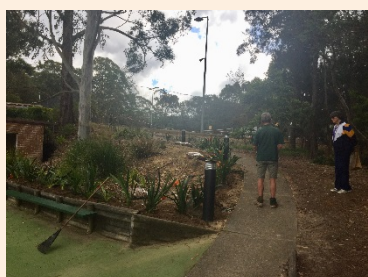
Old Indian scriptures claim this mild inversion is known for a wide range of health benefits and its anti-aging effects that hide wrinkles and help keep you young and vital.

Legs Up the Wall Pose is a passive pose meant to be in for a while. This pose is done towards the end of the YOGA session.

We Love Saying Thank You

THANK YOU, BRIAN TIERNEY!

A large thank you goes to Brian Tierney for his generous donation of time and effort around PHPTC in the past month. He has spent many hours painting and landscaping which has made a noticeable improvement to our grounds. Please take care when turning out of the small carpark on Britannia St to avoid our new sandstone edging.



THANK YOU, FAY YIANNAKOPOULOS

Fay has kindly donated many coffee supplies such as coffee cups, lids and coffee beans. Gestures such as this help our club greatly and don't go unnoticed!

HSC Stage 1 Works



Hornsby Council Contributions

Hornsby Council has completed court 9 pathway which consisted of replacing and widening of the pathway. We are currently seeking suggestions of planting for the centre of this pathway intersection? Let us know what you think would be good!

A Word From our Sponsor...



How to help the kids without derailing your financial plans

As parents, it's understandable to want to help out your kids even once they become adults – be it financial support to help them get on the property ladder, pursue further study or even look after little ones of their own. And with COVID-19 having a particularly heavy impact on youth employment, many young adults are finding their way back to the family home.

So how can you help the kids financially without derailing your own plans? Here are a few ideas:

Budget carefully

It's hard to see your children struggling, but remember that you can only contribute what you can afford. Providing them with unsustainable assistance will be detrimental to both them and you. Figure out what, if any, extra cash you have after you have paid your own expenses and put cash aside for your superannuation. Then you can decide how much of this amount to share.

Protect your retirement

You may be tempted to find ways of releasing extra money for the kids, but I urge you not to draw down on your retirement savings. Instead, if you're set on the idea, look to your everyday expenses and see what you can trim. Dipping into your retirement too early could lead to significant compromise in the future.

Set the boundaries

Make sure it's clear from the beginning whether the support you're offering is a one-off gift, a regular payment or a loan that you expect to be paid back. It's also a good idea to establish what the money will be used for to avoid awkwardness further down the line.

Provide them with advice

Everyone finds themselves in trouble from time-to-time, and COVID-19 has created unforeseen financial difficulty for people all over the country. However, if over the longer-term your children are struggling to save or budget effectively, some well-crafted advice might help them to set themselves up for future success and independence.

If you would like to discuss your specific situation, or would like some tailored advice for your kids then please don't hesitate to get in touch.

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.

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



Tax (financial) adviser
25142492

Carpark Update

Our member's carpark is small but in high demand.

Please be aware of all signs in the carpark, specifically in regards to our staff/committee car parking spaces. These spots are in use 24/7 and reserved for our volunteers, committee members, our club president, all who donate generous hours to the club and our staff. Photos of the new signage can be found below. Additional parking can be found on Britannia St or behind courts 1-5. Please don't put our staff in the position to ask you to move your car! 😊



Court Pricing Update



COURT PRICING UPDATE

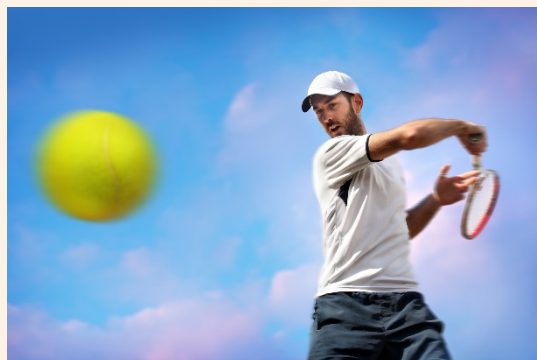
A reminder that daylight saving is now in place which means our court prices will be adjusted accordingly. Night time rates start based on when lights are needed for play and is ever changing due to sunset times changing throughout the season. And, as previously mentioned, our member and casual rates for both day and night time have also been updated. Check out the costs on the website at <https://northwestsydneytennis.com.au/NWST-Courts-PH.aspx>

Ball Machine Hire

Looking to get out of the house? Wanting to sharpen your balls skills but don't have a partner?

Reminder that we provide hire of our ball machine from Monday through to Saturday!

Book a court online for 1 hour and pay an additional \$10 for ball machine hire and receive a complimentary 30mins of court hire! The perfect way to improve your tennis game solo style. Call the Pro Shop on 9481 0970 to book today! Court hire is available under NSW Health restrictions. A great way to get out to exercise in a COVID safe way. Please ensure you **call the Pro Shop prior to all ball machine bookings.**



Community News

We love our community! And as a not-for-profit organisation, we appreciate helping other not-for-profit organisations and fundraising events. If you are in need of a helping hand to spread the work for your event or services and fit the above description, send an enquiry to info@northwestsydneytennis.com.

Watch This Space...

LOCAL EVENTS



Helping Children Thrive

Saturday 26 February 2022 | 9am to 3pm

Location: Uniting Church, Pennant Hills

FREE ENTRY

A great opportunity for parents and carers who are looking for information to help them negotiate what is the hardest and most important job in the world. Hills Parenting Expo is here to help families connect with professionals and community agencies that specialise in children and parent/caregivers needs.

For further information on any of our newsletter items, please head to our website as we continually provide regular updates on news and events at North West Sydney Tennis.

northwestsydneytennis.com.au

Contact Us

info@northwestsydneytennis.com.au

9481 0970 – During opening hours