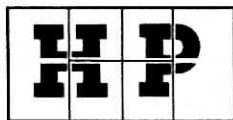


HENSMAN HERALD



Official Newsletter of
Hensman Park Tennis Club (Inc.)

DECEMBER 1986

Volume 4 No. 2

PRESIDENT'S REPORT

Now that our season is well under way and the club is running smoothly, I would like to say a few Thank You's — firstly to the Captains for the way they have efficiently handled the large crowds of players during this period that we have only had twelve courts — and secondly to you, the members, for your co-operation during this time.

Co-operation in adhering to the rules of our Club make things easy for both committee and members alike. There is nothing more frustrating for a Captain who has just told a new member of the dress rules, to see a pennant player arrive in non-regulation gear and expect to take part in the match. Our Club rules are kept very simple — co-operation makes things easy, the alternative makes things chaotic.

My Committee join me in wishing you all a Merry Christmas, a Happy New Year and good tennis in 1987.

SYNTHETIC COURTS

Our new courts are available to members during the following times:—

ON SEASON (1st October — 30th May)

SATURDAY	(5 courts) 12.00 noon to 7.00 p.m.
SUNDAY	(3 courts) 12.00 noon to 2.00 p.m.
	(5 courts) 2.00 p.m. to 7.00 p.m.
MONDAY-FRIDAY	(4 courts) 3.00 p.m. to 6.00 p.m.
	(in advertised coaching weeks)
	(4 courts) 4.00 p.m. to 7.00 p.m.
	(in alternate weeks)

Members wishing to use courts not occupied by outside hirers or our coach (outside the above club hours) are to check availabilities with Keith Begley. No fee is payable, although the hirers have priority in the specified court hire periods.

Members wishing to secure a firm booking of a court for a specified time may do so by paying the normal daytime hire fee.

NIGHT TENNIS

Members wishing to use courts between 7.00 p.m. and 10.00 p.m. are to book and pay hire fees to Keith Begley Tennis Academy.

Should members bring a visitor to play on the synthetic courts during the court hire periods, a fee is payable of \$2.00 per hour per non-member or the court hire fee whichever is the lesser. During Club times, of course, the \$3.00 visitors fee applies.*

COMING EVENTS

TWILIGHT TENNIS

WEDNESDAY 24th DECEMBER
CHRISTMAS EVE

- 5 - 7 p.m. Tennis
7 - 7.30 p.m. Father Christmas
(Please bring small present
under \$3 value)
7.30 - 8.30 p.m. Chicken
Dinner
8.30 - 9 p.m. Carol Singing
9 p.m. Beauty Parade

-----oOo-----

To enable catering arrangements
to be made members MUST advise
Andrea Hickey Phone No. 364 5489
by Sunday 21st December if they
wish to attend

-----oOo-----



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OFFICIAL OPENING

There was a large attendance at the Club on November 22 for the official opening of our five new synthetic grass courts.

President Clem spoke of the tremendous amount of assistance received by the Club from the South Perth City Council and Department of Sport and Recreation, enabling us to undertake a project of this magnitude. The cost of \$130,000 was shared three ways and the Club had raised over \$20,000 in Debentures to enable us to meet our commitment. Many members had also given time and thought to ensuring that we came up with a viable and aesthetic synthetic court development. Club Patron and Mayor of South Perth, **Mr George Burnett** was unable to be present and expressed his deep regret at missing out on this occasion. His place was very suitably taken by Deputy Mayor **Mr Les Aris**, who complimented the club on this fine development and for the contribution it makes to the life of this city. He then officially declared the courts open. Vice President, **Margaret Napier**, took the opportunity to express thanks to **President Clem** for his mammoth contribution to this project, stating that few members had any idea of the incredible amount of time that Clem had spent following all aspects through and ensuring that it has turned out the success that it is today. This was greeted with acclamation by all present.

Good to see many of our Life Members present, including **Clive Wilderspin** and wife **Enid**, **Eric Treasure** and **John Miller**. **Bruce Robinson** and his wife **Margaret** were present for the opening and played several sets on the new synthetic courts. Bruce, who contracted the total project, appeared to be as relieved as **President Clem** to see everything completed. A number of South Perth City Councillors were in attendance (**Mr Aris** made mention of the five Councillor representatives from our Club who make such a fine contribution to our community) and **Mr Phil Pandal M.L.C.** was also present — Phil was very helpful in the early stages in making representations on our behalf to the Minister for our grant.

CHAMPAGNE BREAKFAST

SUNDAY 11th JANUARY 1987

- 7.30 a.m. TENNIS
9.30 a.m. BREAKFAST

LANDSCAPING

Steven Ker has been seconded to a special sub-committee to arrange landscaping of the walkway between the synthetic bay of courts and the clubhouse bay. Seating is to be provided and this should prove to be a very pleasant area of the Club for members wishing to watch matches on these courts. The children's play area is also under review and **Alec Whyte** is obtaining further costs to submit to the general committee before going ahead with this project.

One area of concern is finding a place for bikes and the sub-committee are to look into the possibility of bike racks.

NEW YEAR'S EVE – WHAT'S DOING AT HENSMAN?

The Captains would like to hear "expressions of interest" from members who would like to play night tennis until 10.30 p.m. and then retire to the hall for a New Year's Eve celebration. If you'd like to be in this please leave your name with one of the match captains on the next club day.

COUNTRY WEEK

Our club play host to our country friends again on January 19, 20 and 21. This involves providing food and drinks and this is always a very worthwhile fundraiser for the Club. Those able to assist either in the kitchen or the bar should advise **Clem Overheu**.

FINANCIAL STATEMENT

Funds on hand at 7/12/1986	\$21,632
Accounts for Payment	\$4,359
Balance remaining	\$17,273

Final Account for the courts is being calculated at the moment, but is expected to be approximately \$12,000.

Some subscriptions are outstanding and we do ask that you make the necessary arrangements to finalise these and make our Treasurer's job as easy as possible.

NEW PHONE NUMBER FOR THE CLUB

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Write this in your teledex now. Note that the old number of 367 1958 is now used by coach **Keith Begley**.

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PERSONAL PARS

If enthusiasm count for anything then our Junior team comprising **John Watson, Blake Mardon, Scott McKenzie** and **Sascha Keen** will gain a lot from competing in this year's Shield Match competition — they practice regularly and seem to enjoy their tennis immensely. * **Wade Mardon** has been sidelined for a while but it has not dampened his interest in the game and he comes along to support his mates in the Sub-Junior pennant team. **Peter Sproxton** (father of **Matthew**) is manager of this unbeaten team, and has just joined as a country member — thanks for your support Peter. * **Eric Wilderspin** who was a Life Member of our club passed away earlier this year. He has been living in Queensland in recent years. * Congratulations to **Sue-anne Macknay** on her recent appointment which was featured recently on the front page of the "West".

CAPTAIN'S CORNER

Challenges may now take place for those wishing to improve their club ranking in preparation for next season's pennants. The Challenge Rules that were introduced in February last are displayed in the Captains' room along with the Bumping Board. A Challenge sheet is pinned on the Notice Board in the Captains' room and the details of all challenges are to be recorded here.

Our pennant season is now into the second round and three teams remain undefeated — Ladies Saturday Div 4 (**Robyn Wilson, Kelly Bevan, Jan Truscott, Dale Stronach** and **Lori Patterson**), Men's Sunday Div. 12 (**Phil Aris, Brett Chisholm, David Artingstall** and **Steven Ker**) and Boys' Sub-Junior Div. 5 (**Jamie Maitland, Russell Bomford, Brendan Cocks** and **Matthew Sproxton**) — well done to these teams. It appears most of our teams have recorded enough wins to qualify for the finals and we look with interest to see whether last year's five shields can be surpassed. Great to see a women's team in with a good chance of a shield.

An attendance book is placed next to the box of name tags and all members are requested to sign on when attending social tennis on Saturday or Sunday afternoons — this is used by the committee to monitor the number of people attending the club.

Visitors Fees — \$3.00 Seniors and \$1.00 Juniors — is to be paid by any visitors that you bring down to the Club. This is to be paid to the Match Captains on weekends and during the week the money should be deposited down the ball chute which is at the front of the captains' room.

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MATTERS FROM THE MINUTES

- Additional new chairs for the clubrooms have been purchased and are all being used during the happy hour.
- The chairs used previously are still for sale at the reduced price of \$14.50 each. An offer for a bulk purchase would be considered.
- **Brad Ker** is our Press Liaison Officer and already Hensman have featured in various articles in the daily and Sunday papers, as well as the Gazette.
- We hosted a McDonald's Day at Hensman on December 13 under the guidance of **Doug Napier**. A large group of Juniors attended.
- Busy Bees held this year have been supported by only a small number of stalwarts, and it has been suggested that a fairer way would be to levy members and pay someone to do the work carried out at these "clean ups".
- Dress standards are under constant watch, and it appears new members and others are happy to maintain the club's standards once it has been brought to their attention.
- The cupboards in the kitchen are to be converted for security purposes.
- Enquiries are to be made into obtaining a Can Recycling Bin at the club to cope with our increasing number of cans, and also to provide some revenue at the same time.

SNAKE TALES

From the outset I wish to point out that this column is compiled from extremely reliable sources and is not merely a product of idle gossip.

"Do you know that we have a short lady who works underground? She is believed to be a burlesque dancer and is an excellent prospect for future talent nights."

"There is no limit to the lengths which some desperate gamblers will go to. Did you know two of our well known members were recently seen exchanging clothes outside the Casino in the early hours of the morning!"

"We recently had an embarrassed gentleman who upon his return from an overseas trip was greeted not by one, but two of his adoring girlfriends. Definitely a tale to be believed."

"Could it be possible that we have another Fred Astaire amongst us, as one of our most social members is reported to be having dancing lessons."

More snake tales next issue!

By the Racketeers

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PERSONAL

If the shields adorning our clubrooms lose a bit of their shine this month it is only because their caretaker, **John Miller**, is enjoying a trip to Malaysia and Singapore prior to Christmas. * **Anne** and **Mike Hall** have moved into their brand new home, and were grateful for the assistance of **Rod Skipworth** in lifting some of the furniture. * The Hensman Cyclists continue to move around the metro area on Saturday mornings — story has it that **Frank Thomas** and **John Carroll** broke off from the female members of the party on a ride around Fremantle recently and managed to lose themselves nicely! * **Tim Reynolds** looked very suave at the WACA recently, serving drinks complete with bow tie etc. * **Robyn** and **Roy Bailey** commenced business in Kojonup at the beginning of this month — they have a Garage and Service-Centre in the main street. * A trim **Roy Field** and wife **Joan** are back after their six month sojourn around the world. * Congratulations to **Glynis Mitchell** on her recent engagement to **Mark Barker**. * **Virginia Saunders** is engaged and planning to marry in the New Year — congratulations. * **Cec Gardiner** is making a rapid recovery from his recent operation and is hopeful of being back on the courts before too long. * **Dick** and **Lois Ker** had a very enjoyable trip to Indonesia recently, and took the opportunity of visiting an exchange student they had hosted during her stay in Australia. * **Catriona Cameron**, **Susan Boyes** and **Julie Bell** will be anxiously awaiting their T.E.E. results in January.

FITNESS FOR TENNIS

It can be said that any game of tennis is likely to tire both players, and the fitter of the two will not necessarily win. On the other hand, a superior strokemaker will often lose to an opponent possessing greater fitness and determination.

Research has shown that tennis is an ANAEROBIC game (short efforts followed by a rest period, i.e., 5 second rally followed by a 10 second rest prior to the next point) played on an AEROBIC base. The aerobic base is developed off-season by endurance running and then maintained throughout the playing season. The anaerobic energy systems (speed over repeated efforts) are trained during the pre and competitive seasons. Adequate muscular strength and endurance particularly in the lower limbs, abdominal, chest, lower back and upper limbs must be attained to help protect the body from injury and provide "penetration" or "power" to stroke production. Flexibility is another physical characteristic that must be trained in fitness for tennis. Stretching should be part of a player's total training programme to again help protect the body from injury while also allowing a full range of movements when stretching for a ball or suddenly changing direction. Sport science can therefore assist this aspect of tennis development by identifying strengths and weaknesses through testing programmes and then developing training regimes that will meet individual needs.

PSYCHOLOGICAL PREPARATION

How can a player maximise the level of performance in tennis, learn to play in the wind or accept the bad-bounce that will inevitably occur on a grass court? A player's ability to handle mental obstacles or stress often determines how successfully that player will perform.

Stress, which is often self-imposed, creates mental obstacles that elicit weak second services or miss-hit volleys in pressure situations. Simplistically stated, player improvements represent the integration of the body, mind and the environment.

Sport scientists address all of the above areas and try to provide players with an attitude to performance which will allow them to optimise their skill level. A positive attitude to performance or concentration can not be "switched on" but must be practiced as part of a training programme and used during the warm-up prior to a match. Realistic goals, a positive attitude to winning, self confidence, the ability to concentrate in a hostile environment or for long periods will only occur with practice.

Sport science as related in this paper is already an integral part of tennis development. Accredited coaches have been exposed to sports science as it relates to tennis, and the McDonalds Junior Development Programme has provided the opportunity for our squad players to attend training sessions both on and off the court.

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NEW MEMBERS

Our Membership Committee have been very busy in recent weeks and we welcome the following forty one new members to our fold. Do make yourself at home and join in the activities of the Club.

SENIORS

- Gavin Kempin
- Lyndon Morgan-Hobbs
- Bruce Quartermaine
- Howard Robinson
- Paul Wright
- Carl Mason
- Eric Blakers
- Bill Kay
- Harry Mellor
- Keith Smith
- Greg Cocking
- Peter Sproxton
- Tom Clark
- Richard Franklyn
- Emett Hedigan
- Terry Kemp
- David Lockett
- Tetsu Manabe
- Donna Johansen
- Catherine Jack
- Marcia King
- Sue-anne Macknay
- Marlene Pritchard
- Jane Rundle
- Tracey Thompson
- Donna Fewster
- Pauline Warburton
- Linda Newman
- Meike Schoolland
- Mary McKeaig
- Craig & Wendy Ellis

JUNIORS

- Bernard Armistead
- Peter Franklyn
- Tim Jones
- Shaun Maxwell
- Debbie Montali
- Rosie Botica
- Karen Buchholz
- Diana Cameron
- Julie McCormack



SUMMER SKIN CARE BY 'ROSKEN'



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PROVISIONAL JUNIORS

A very successful McDonald's junior development day was held at the Club last Saturday, in which many local youngsters gained valuable coaching.

Doug Norgard is assisting **Margaret Kingsbury** and **Rod Skipworth** with the Sunday morning group. Attendances have been regular and the standard of play is improving each week.

URGENT – WANTED

Interested adults to assist in the running of the Sunday morning group. See **Margaret Kingsbury** if you are able to help.

KEMPE HUTCHISON

Major Sponsor – Hensman Park Tennis Club Inc.

MISS TENNIS

Jan Truscott is doing a grand job for this Quest, and has catered well for the sweet tooth in the club. The Quiz Night held recently at the Booragoon Hotel for the Quest entrants was a sell-out, and it was particularly pleasing to see how many Hensman tables there were supporting Jan. Incidentally did we notice **Miriam** and **Lyndon Morgan-Hobb** and their team take off third prize — well done! **Gwyn Thomas** is in charge of W.A.L.T.A. Fund-raising and she was busy organizing a team of "markers" at the Quiz Night.

SPONSORSHIP

Our Ladies' State Grade team look resplendent in their Kangarucci outfits, proudly sponsored by our Life Member **Eric Treasure** (father of **Kerryl Chute** and **Joanne Treasure**). We record our appreciation of this generous support from Eric, who as many of our members will know was President of the Club for many years. The question of signage for Sponsors is exercising the minds of the Sponsorship Committee at the moment, and a ruling from the Council is expected shortly.

THANK YOU

Please accept our thanks for the very kind expressions of concern and offers of assistance during the past few weeks from so many members — it has been greatly appreciated by both of us.

Cec and Pam Gardiner.

KNOW YOUR MEMBER

Peter Campbell has been President of our Club for four years and prior to that was Treasurer for an even longer period. His wife **Joan**, and in earlier years his four children **Bruce, Greg, Diane** and **Jennifer** have all participated in tennis at Hensman. After giving more than a decade of service to our Club, Peter was not idle for long. He became very vocal about some Council decisions in his locality and before long was encouraged to stand for election. Peter has shown a great interest in Council affairs and has been re-elected several times. He has had a number of interesting appointments within the Public Service, and has visited many places within the state in the course of his duties. Peter still enjoys his social game of tennis at the club on weekends.

Food Affair



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