



To all Midweek Players

Welcome back everyone and a warm welcome to new members; we hope you are enjoying your time with the club so far. If anyone is yet to sign up with the club this can be done through the club website <http://www.karoritennis.co.nz>

We are sorry to farewell Liz Howe from the committee and, hopefully temporarily, from the club. Liz currently has extensive basketball commitments but we hope she will find her way back to tennis before too long! Thanks Liz for all the hard work you put into the club, for your friendly face at club days and social occasions, and your ongoing commitment to your interclub team.

A big thank you to Jo Harrison for agreeing to take on the leadership of the committee – great to have you at the helm Jo!

### **Dates for the Diary:**

**\*Vets Tournament (Tennis Central)** Sat 29 March-Sun 1<sup>st</sup> April [Further details on TC website or contact Frank Blackwell: 04 4786779 Email: fandcblackwell@clear.net.nz]

**Midweek mini tournament** (instead of Halberg tournament) Monday 7<sup>th</sup> April [See below for details]

**Sign up for Winter Interclub A – B Grade** from 9.00am on Tuesday 1st April, C Grades from 9.15am on Tuesday 1st April. Refer information below.

**Senior Club Champs** 25<sup>th</sup> and 26<sup>th</sup> April

**Over 40's Club Tournament** 13 May

**Closing Day** Thursday 15th May (tbc).

**\* Tennis Central Events**

## ROSEBOWL and DICKSON CUP TOURNAMENTS

Congratulations to our winners and runners up of these tournaments. The teams who win two out of their three matches in the Rosebowl tournament play off for the Murgatroyd Plate. Thanks to the committee members for organising and running the tournaments!



Rosebowl winners Roger and Mielt



Runners Up Helen and Jo



Murgatroyd Plate winners Peter and Maree



Runners Up Gay and Vicky



Dickson Cup winner Paula and runner up Sara - a closely fought final with only one point in it!

## SENIOR CLUB CHAMPS AND OVER 40S TOURNAMENT

This year the over 40s champs will take place on Sunday 13 April and the senior champs will be held on Anzac Day, Friday 25 April, and Saturday 26 April.

All games in the over 40s events will be best of 17 games (i.e. first to 9 with a tie-break at 8 all).

The senior club champs will be open to all senior members, midweek members and juniors who play senior interclub. All three courts will be available all day on the Friday and Saturday from 9-7. The plan is to have a plate round in all events so that everyone is guaranteed at least two matches if they only enter one event and at least four if they enter two.

The exact format and length of matches will depend on the number of entries. It's envisaged that the first round will be best of 17 games (i.e. first to 9 with a tie-break at 8 all), with later rounds possibly being the best of 2 sets with a super tiebreak (first to 10 points with a lead of 2) if needed and the finals being best of 3 sets.

Results from the senior club champs will be entered on Configure rankings, but results from the over 40s will not be.

There will also be a barbeque held during the tournaments to satisfy your hunger so don't delay and fill in the attached entry forms now and send it back to me at [marc.piercey@gmail.com](mailto:marc.piercey@gmail.com)

The deadline for entries is as follows:-

**Over 40s - Wednesday 9 April**

**Senior Champs – Tuesday 22 April**

Entry forms are available on the seniors page on the website [here](#).

## MIDWEEK MINI TOURNAMENT

**Monday 7th April 2014**

9.00am promptly (starting time 9.15 am)

Venue: Wellington Renouf Tennis Centre

Round Robin - minimum of 4 matches

\$10 per person

Back up date Monday 14th April 2014

Entry forms are available on the Tennis Central website or at the Renouf Tennis Centre on the noticeboard.

Contact for Entries or Enquiries: *Robyn Dry at Tennis Central Office Ph: (04) 385 9709 or email - [robyn@tenniscentral.co.nz](mailto:robyn@tenniscentral.co.nz)*

## INTERCLUB

Results to date are posted on the club Midweek notice board – best of luck for the rest of the season. If anyone is interested in reserving for teams please let Pip Witkowski know (details below) as teams are often short!

Note that Teams have 9 midweek days to play any deferred games. If this is not possible they must ring their club delegate (Pip Witkowski) who will ring the match committee to request an extension.

## ROSTER

The current roster is on the club website – please re-check your day in case there have been any amendments. Please can members rostered on contact each other in advance, which will act as a reminder to both! Roster is available via the [club website](#)

## VETERANS TENNIS

This is played at the Renouf Tennis Centre, Indoors on Fridays from 6pm – 8.30pm. All members 35 years and over welcome. Enquiries to Gay Monk – 389 6552

## COACHING

We have had great feedback from players having aerobics and coaching run by Mat so get your team together for a fun and productive hour of team coaching! Individual lessons also available.

\*\*\*Not confident with your volleys? Cardio tennis is a great session to practice and improve your volley game! \*\*\*

For coaching and aerobics queries please email Andy Wheeler [andy@capitalcoaching.co.nz](mailto:andy@capitalcoaching.co.nz) or Mat Garnham [mat@capitalcoaching.co.nz](mailto:mat@capitalcoaching.co.nz)

## **Aerobics/Cardio Tennis - Fridays 10am - 11am – Starting 7th February**

Cardio Tennis is a series of tennis-based drills and activities. It is a great way to improve your game and at the same time your fitness. Cardio Tennis is a great workout targeted at improving balance, speed and agility. Every session includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, why not try Cardio Tennis?

Cost \$60 for six weeks. Min. 6 persons. Sessions taken by Mat Garnham and Andrew Taylor

Please remember priority is given to people who book - if the coaches know in advance the numbers will be high then they can arrange a second coach to help out. Gaps will be filled on a first in first served basis but the session is limited to 8 people per coach.

So to avoid disappointment and to enable the coaches to meet the demand please book in advance on 0221962802 or email [mat@capitalcoaching.co.nz](mailto:mat@capitalcoaching.co.nz) before 7pm Thurs night.

Any further queries please contact Mat as above or Andy Wheeler at [andy@capitalcoaching.co.nz](mailto:andy@capitalcoaching.co.nz)

For those of you who are also members of the senior club a cardio session is being run on Thursday evenings from 7.30-8.30.

## **WINTER INTERCLUB**

Winter midweek interclub is played at Renouf, indoors, during the morning or afternoon. Different grades play different days. Players organise themselves into teams and register on April 1<sup>st</sup>. This is not a club-based tournament so teams are not organised by the committee. Sign up information has just been sent out to last year's team captains. Any queries contact Deb [richdeb@xtra.co.nz](mailto:richdeb@xtra.co.nz)

## **MIDWEEK COMMITTEE**

If there are any questions regarding Midweek, please contact any of our committee members who will be only too happy to help.

Jo Harrison	476 0170 <a href="mailto:iain.jo@clear.net.nz">iain.jo@clear.net.nz</a>
Pip Witkowski	476 8101 <a href="mailto:sp_witkowski@xtra.co.nz">sp_witkowski@xtra.co.nz</a>
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Club Website is <http://www.karoritennis.co.nz>