



May 2022 Newsletter

GO CAMPBELLS BAY!!!

Harcourts Cooper & Co

CHELSEA CUP 2022 CHAMPIONS!



MWL A GRADE CHAMPIONS!

Congratulations Ann Engbers, Karen Millar, Joanne Dunne, Tash Bartlett & Angela Langbein.

ELITE BOYS CHAMPIONS!

Congratulations Matthew Lang, Liam Youn and Min-seo Bang.

CBTC 2022 CLUB SURVEY

We welcome your feedback on the club and coaching in the 2022 CBTC Club Feedback Survey:

<https://www.surveymonkey.com/r/TRQWW9J>

Please complete the survey by Sunday 15 May. We appreciate your feedback 😊

NEW SPONSOR – PUHOI HONEY

Campbells Bay Tennis Club is proud to welcome Puhoi Honey into our sponsorship family. Puhoi Honey Ltd is a family-owned business that continues a passion and a tradition of working with bees and honey that stretches back over three generations. From the heart of the Puhoi Valley - North Auckland, the company manages over 1,700 beehives producing a variety of high-quality honeys and bee products.

Puhoi Honey selects the best premium New Zealand honeys, collected from unique sources of nectars from native plants, trees and herbs. As a result, the company has been repeatedly awarded by National Apiculture Forums in New Zealand and highly appreciated by honey lovers.

A real New Zealand taste experience and an amazing natural energy source for peak on-court performance!

Discover Puhoi Honey products at their online store:

www.puhoihoney.co.nz, phone 027 300 6748 or email: office@puhoihoney.co.nz.



Want more time on court but don't have a partner? Kiwi Tennis is able to offer Stanley Long and William Furness as hitting partners at Campbells Bay. Sessions with Stanley (Chelsea Cup) are \$40 and with Will (Coach) \$35 per hour. Contact coaching@kiwitennis.co.nz to book in time with Stanley and Will 😊

If you haven't booked your spot for term 2 coaching get in touch at coaching@kiwitennis.co.nz or book online via our website.

Kiwi Tennis offers a full service - stringing, racquet sales, demos, hitting partners, private lessons and groups - and if there's something we don't offer, please get in touch!

WINTER WELLNESS MEANS ON-COURT SUMMER SUCCESS!!

CHIROPRACTOR

Dr Dion Wilcox (Chiropractor) has been a loyal long-term member of the Club. He has been providing Chiropractic Services for the North Shore community for over 18 years. His specialized training, knowledge and technique selection allow him to see people from all walks of life, from newborn babies to the elderly, from expecting mothers to professional athletes.

Chiropractor's assess the spine and nervous system. They can help many people that suffer from headaches, neck & back pain, disc injuries, knees/hip or shoulder pain (to name a few). They also help improve posture and many other spinal or nerve related conditions.

ACC registered, Southern Cross affiliated and conveniently located at the North Shore Medical Centre (2/326 Sunset Rd, Mairangi Bay). For further information or bookings – Phone 09 4759091 or book online at www.chiropracticforlife.co.nz and mention CBTC.



STRENGTH & INJURY FREE

Strength & conditioning coach and personal trainer, Spencer Sandridge provides tailored training sessions to help improve your tennis game. He has worked in several gyms, training facilities and educational institutions in New Zealand and Australia since early 2013. He has an extensive background in tennis, having played competitively as a junior and in more recent years worked with both junior and adult players of all abilities to improve their physical performance.



Currently based in Takapuna, he runs specialized sessions designed for you based on your goals, training & injury history. Visit precisionfitness.nz or call 022 0373 112 and get in touch for a free consultation and movement analysis

NUTRITION

Not reaching your peak performance on-court? Sometimes what's missing is a Nutrition plan to boost your wellness, performance and or training goals!

My name is Nikki. I am a highly enthusiastic, dedicated, and motivational Personal Trainer/Nutritionist. I believe in considering every aspect of a client's lifestyle and their aspirations when designing a training nutritional program to deliver the right results. If your

- Getting tired of the same results?
- Need help with your nutrition or a specific meal plan that fits your lifestyle?
- Looking for some advice or another approach to achieve the desired results?

“Commit today and just do it, don't wait until tomorrow”

CONTACTS-
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nikki@nikkimartin.co.nz
www.nikkimartin.co.nz



REDUCE INFLAMMATION!

Welcome to Cryo Health Solutions! Cryotherapy is the process of exposing the body to ultra-low temperatures for 2-3 minutes, promoting natural healing at the cellular level. But cryotherapy is not the only treatment that we offer. We have multiple non-invasive solutions for you. We use cutting-edge technology to empower you to achieve more.

Our Services include: Whole body cryotherapy, local cryotherapy, CryoFacial, Infrared Sauna, Hyperbaric Oxygen Chamber, Compression therapy, AND new treatments coming in May 2022!

Be well and visit us soon!

Visit us online at cryohealthsolutions.com for more information. Located at 66 Barry's Point Rd, Takapuna.





Campbells Bay
Tennis Club

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