



n the line



2021/4

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Welcome to the August Newsletter

Latest news from around the clubs

Special points of interest:

- *Waimairi Tennis Club*
- *Covid-19 message*
- *Venus & Daniell*
- *TNZS Nationals*
- *ITF Seniors Venues*
- *5 Foods to eat & 5 Foods not to eat*
- *TNZS Teams Event*
- *TS Australian Champs*
- *North Harbour Seniors*
- *Manawatu Seniors*

There is plenty of action going on around the country through the winter months.

Waimairi Tennis Club hosted its annual Seniors Tournament on 3rd & 4th July which was held indoors at Wilding Park. The beauty of being indoors is that it is never cancelled and the Club encouraged as many as possible to enter this really enjoyable event.

Three grades are held - A, B & 60+. Opposite are some of the results.

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For all results go to the Tennis NZ Seniors website under "New/Events" and click on "Clubs Results"

www.tennisseniors.kiwi

Results:

MDA Rene Dumont/
Remi Feneon
R/U Jason Feutz/
Pete Kirwan

MDB Guy Fairbrass/
Alan Harding
R/U Will Lamb/
Zee Luv

MD60+ Neil Pattinson/
Gregory Statter
R/U Graham Dunn/
Brian Needham

WDA Joelene Feneon/
Belinda Hirst
R/U Robyn Flynn/
Jo Higginson

WDB Kay Luv/
Emily McCombe
R/U Elaine Fluit/
Katherine Ip

XDA Gavin Mockford/
Kerrie Ling
R/U Colin Finnie/
Emily McCombie

XDB Will Lamb/
Ching Evans
R/U David Corlett/
Eunju Jung

XD120+ Combined
Malcolm Strang/
Mary-Anne Martin
R/U John Dunbier/
Judy Lamont

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Covid-19

Golden rules for Alert Level 4

-  **Stay at home** in your bubble
-  **Feeling unwell?** Call your doctor or Healthline on 0800 358 5453 about getting tested
- If leaving the house:**
 -  **Wear a mask and keep a 2m distance** from others
 -  **Keep on scanning QR codes**
 -  **Wash and sanitise hands often**
 -  **Stay local and be kind to one another**

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

All tennis activities are currently suspended, and facilities closed at **Level 4**. The [Tennis New Zealand COVID-19 web page](#) remains the best source of up-to-date information. **Stay home, stay safe.**

General principals will likely apply at:
Level 3: tennis can occur, but only within family bubbles, with communal areas closed (e.g. clubrooms). Courts to be used only with pre-booking. Disinfecting of surfaces required between users.

Level 2: tennis activities are limited to groups of no more than 100. Regular disinfecting of surfaces.

A link to the Tennis NZ website for COVID-19 is on the home page of the TNZS website.

www.tenniseniors.kiwi

Venus & Daniell revel in historic bronze at the Olympics



You would struggle to find two people more delighted to be taking part in the Tokyo 2020 Olympics than Marcus Daniell and Michael Venus and it's safe to say winning a medal for New Zealand - New Zealand's first in tennis - thoroughly tipped their emotions over the edge. Marcus shed a tear when the pair stunned second seeds Robert Farah and Juan Sebastian Cabal in the quarter-finals and a good few more when they clinched a medal with victory over Tennys Sandgren and Austin Krajicek in the bronze medal play-off, but those emotions were shared around the room in their highly-charged press conference afterwards.

They talked passionately about the pride of winning for their nation, inspiring the younger generation back

home, Marcus's charity organisation and the sacrifices they've made along the way.

Those have been particularly significant for Michael, who was in the midst of a near four month stint away from his wife and two daughters - including a new-born that he'd been able to see for just a week of her life to date. Not a dry eye in the house

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A little piece of information: You have to go way back to Anthony Wilding of Canterbury in 1912 who won a bronze medal as part of a combined Australasian Team. In Seoul 1988, under the Chef De Mission, Bruce Ullrich OBE the doubles pair of Bruce Derlin & Kelly Evernden advanced past the first round so it has not been until Tokyo that Marcus & Michael became the only New Zealanders to win an Olympic medal.

Pascoes Tennis Seniors National Championships 2022

Preparation is now well underway for the National Individual Championships, one of Tennis New Zealand Seniors major events on the calendar.

With Christmas coming up, get your entry in early. If you enter online and you intend to come along to the "Meet & Greet" on the Tuesday evening which is being held at the Mt Maunganui Surf Club, include an extra \$20 with your entry fee. You will find the bank number on the online message. If there are any restrictions on entering the National Championships, these will be conveyed to you on the TNZS website as soon as they are known.

It is also important to make sure of your accommodation because there is a music festival in Tauranga during the weekend of the tournament.

The Fact Sheet is on the TNZS website (www.tennisseniors.kiwi) under the "Nationals" where you will find all the information for the event

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2022 Tennis Seniors National Championships

Contact:

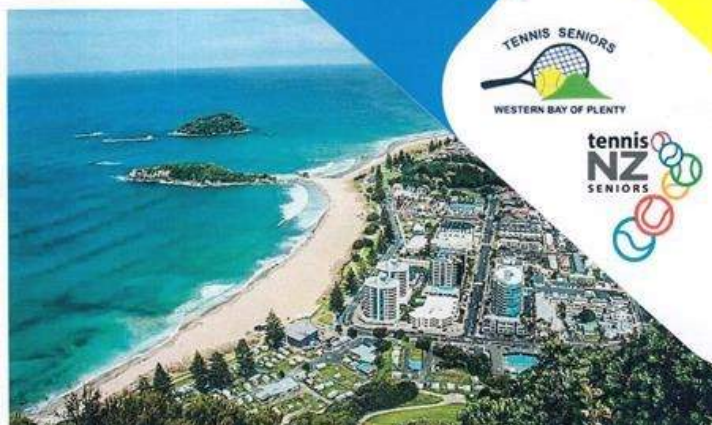
Tennis NZ Seniors
Email: tnzseniors@xtra.co.nz
Phone: 027 667 0002

Information:

www.tennisseniors.kiwi

Western Bay
of Plenty

26-30 January



ITF Seniors World Individuals & Teams Events

ITF Seniors World Teams & Individual Championships

Umag, Croatia
29 August - 11 September 2021

This event was re-scheduled and now being played in Croatia



ITF Super Seniors World Teams & Individual Championships

Mallorca, Spain
10th - 23rd October 2021

This event remains scheduled to take place in Mallorca, Spain



ITF Young Seniors World Teams & Individual Championships 2021

Umag, Croatia
12 - 25 September 2021

This event remains scheduled to take place in Umag, Croatia



Unfortunately, due to the situation that existed with our borders and quarantine in New Zealand, no teams have been entered in the ITF Seniors Worlds Events this year.

5 Foods to Eat & 5 Foods to Avoid before Competition



Food is fuel. The more energy one expends during an activity, the more fuel a person requires. In essence, sitting at a desk writing reports requires much less fuel for (or food) than someone on the go running errands or breaking a sweat with an elevated heart rate for the same duration.

Tennis matches may last one, two, three or more hours, so don't enter the competition low on fuel reserves or empty. It is essential that athletes not

only have enough energy to kick start the match, but also sustain enough energy to strike the final ball.

Tennis players should eat one-to-three hours before a match to build up adequate energy. Energy is best absorbed from foods that are higher in carbohydrates, moderate in protein and low in fat to promote quick digestion and absorption.

Not all foods are equal and some snacks that might seem like a good idea actually won't promote optimal performance. Here are a few tips on the best and worst snack foods on the market.



TO EAT:

Oatmeal with Fruit: Ideal for a morning snack before and afternoon competition. Oatmeal is well-tolerated and provides long lasting energy.

Peanut butter & Jelly or banana sandwich: Snacks, like small sandwiches, that contain a variety of carbohydrates help maximize and replenish glycogen stores. Adding peanut butter provides protein and healthy fat which can help to sustain energy throughout long-winded matches.

Non-fat or low-fat Yogurt with fruit or cereal. Greek yogurt is an ideal real food pre-workout fuel that's packed with protein and carbohydrates. It's easy to eat, well tolerated and you can add fruit or cereal for an extra energy burst.

Toast w/slice of low-fat cheese. Low-fat dairy choices, like cheese provide all long-lasting energy if you've got some time before the competition.

Fruit smoothie with non-fat or low-fat Greek yogurt. Not only are fruits easily digested and provide quick energy but they're hydrating too. Smoothies are easy on the stomach, hydrating and serve as an easy vehicle for carbs and protein pre-competition.



TO AVOID:

Protein Shake: Try to avoid protein powders and large amounts of protein before a competition to lower the risk of digestive upset. Save protein shakes for post-completion when muscles recover.

Caffeinated drinks: Skip the sugary lattes before a match. Though some research supports moderate amounts of caffeine pre-exercise to enhance performance, caffeine can be dehydrating.

Whole-Wheat pasta.: This pasta can be a great pre-competition meal the night before or even 4 hours prior to the match when your body needs slow-releasing carbohydrates for long-lasting energy. Immediately before a match, your body relies on quick energy from easily digestible carbs.

Nuts and seeds: These are super healthy sources of fibre and fat. However, before a competition, it's important to focus primarily on simple carbohydrates and to limit amounts of fibre and fat to avoid any digestive discomfort during exercise.

Salads: Leafy greens can be healthy complement to your balances pre or post competition meal. However, it's best for athletes to avoid greens right before a match since they're high in fibre and not easily tolerated.

2022 Pascoes Tennis Seniors National Teams Event

Pascoes Tennis Seniors National Teams Event will be held on 15-17 April 2022. Put the dates in your calendar and start organizing your teams. Never too early.

The teams event is a great time and place to catch up with your old friends and is a must on the Tennis NZ Seniors Calendar.

Tennis Seniors Hawkes Bay will be hosting the event and are looking forward to organizing the Meet & Greet and Prizegiving Dinner. The social events are still in the planning however for all information, please check the Fact Sheet on the TNZS website when it is available.

You will also be notified in due course what the theme for the dinner will be.

The venues for the event will be the Hawkes Bay Lawn , Nelson Park, Greendale & Havelock North Tennis Clubs and additional clubs if required.



2022
Pascoes Tennis Seniors
National Teams Event
15 - 17 April

tennis NZ SENIORS
Tennis Seniors Hawkes Bay

PLAY SENIORS TENNIS
COMPETITIVE,
FRIENDLY, FUN

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INFORMATION:
www.tenniseniors.kiwi

2022 Australian Tennis Seniors Championships

tennis 30+ Seniors

TENNIS SENIORS

**2022 AUSTRALIAN TENNIS
SENIORS CHAMPIONSHIPS
SWAN HILL, VICTORIA**

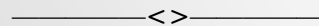
Teams week: 9 - 14 January 2022
Individuals week: 16 - 21 January 2022

The 2022 Australian Tennis Seniors Championships will be played at Swan Hill, Victoria, Australia.

The Teams week will run from 9-14 January 2022 and the Individuals week from 16-21 January 2022.

Set on the banks of the Murray River, Swan Hill boasts an enjoyable Mediterranean climate. Numerous attractions and ample quality accommodation. An event website is now live and contains more detailed information. tenniseniors.org.au

It may well be a little ambitious for New Zealanders to be thinking of entertaining any international activities just now. We have all had some challenges thrown our way in recent times however we hope for all Australians that their event is held successfully and some players from NZ are able to participate by the time January comes around.



Tennis Seniors North Harbour

From Tony Senior (President)

Tennis Seniors North Harbour's annual indoor tournament again took place at the Albany Indoor Tennis Centre on 16th and 17th July. Players from as far away as Northland, BOP, Hamilton, Whakatane and Wellington converged for the 2 day event. As with previous years the event was a sell-out with a waiting list of teams hoping for someone to pull out. This year we managed to get a grant from the Upper Harbour Local Board which allowed us to provide free coffee, nibbles and dinner in the entry fee price, and we are very grateful for their support.

72 men and women played Men's and Ladies doubles on the Saturday, in 3 groups of 6 teams, in a round robin format starting at 8am. With heavy rain and strong winds all day outside the players enjoyed the dry indoor courts while those not playing could sit and watch some great tennis.

On Sunday there were 4 grades of 5 teams (40 players) who returned to play in the mixed doubles. The smaller size on Sunday allowed a later start of 9am and for matches to finish earlier allowing more time for players to get back home. Many of the winners on both days were only decided in final round matches, with 7 only being separated by 1 point, making it exciting tennis to watch. We look forward to seeing the players back again next July.

Results:

WD1	W	Karlene Magill/Jane Geldard
WD1	R/U	Delwyn Guilford/Hana Ruzickova
WD2	W	Cheryl Baker/Julie Taylor
WD2	R/U	Carol Thorpe/Cathie Clarkson
WD3	W	Therese Duncan/Jacqui Ogg
WD3	R/U	Justine Hall/Gail Sumner
MD1	W	Mike Barry/Brendon Furness
MD1	R/U	James Wilce/Sean Martin
MD2	W	Chris Patten/Phil Hempstead
MD2	R/U	Keith Cocking/Michael Walters
MD3	W	Jonathan Haly/Tony Robertson
MD3	R/U	Shane Devlin/Wayne Delpport
XD1	W	Stacey Housley/Marc Reitsma
XD1	R/U	Delwyn Guilford/Craig McFall
XD2	W	Lynne Venus/Callum Dickison
XD2	R/U	Nesa Lawson/Graeme Swords
XD3	W	Sandra Choi/Andy Choi
XD3	R/U	Helena Goodin/Shane Devlin
XD4	W	Angelique Blom/Krish Shekaran
XD4	R/U	Hyun Joo Kim/Jong-Hyun Ryoo

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Manawatu Seniors Tennis Tournament

RESULTS:

WDA	W	Norma Ching/Jane Wyllie
WDA	R/U	Tania Martin/Quinaver Te Rupe
WDB	W	Jo Catley/Denise McLean
WDB	R/U	Fiona Huston/Jenny Ngan
MDA	W	Russell Broughton/Glen Japeth
MDA	R/U	Drew McCaul/Brendon Smith
MDB	W	Tony Cresswell/Brian Day
MDB	R/U	Phillip Bailey/Shalesh Patel
XDA	W	Jane Wyllie/Luke Donovan
XDA	R/U	Denise McLean/Andy Martin
XDB	W	Estelle Marshall/Marshall Wray
XDB	R/U	Linda Wynks/Tony Cresswell

For addition results, check on the TNZS website under "News Events"



The Manawatu Seniors Tennis Club in Palmerston North hosted a very successful tournament on 31 July - 1 Aug. The weather was excellent and 100 players took part. Each player was offered four matches on each day. Players came from all around the North Island except the northern regions.

Major sponsors were Tennis Manawatu, Allan McNeill accountants and Metalcraft Roofing.

Ten courts and excellent facilities were provided by the Manawatu Tennis Club with five supplementary courts supplied by Palmerston North Girls High School. With the help of Tennis Manawatu, the tournament was run by the Manawatu Seniors Tennis Club (MSTC). Excellent all-day food was supplied by members of the MSTC. Many of the participating players offered positive feedback about the tournament including the food.

Next year's tournament is scheduled for 10 - 11 September 2022.



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