

TAWA TENNIS TALK

FEBRUARY 24

tawatennis



Tawa Tennis Club

FRIDAY CLUB NIGHTS



NEW WORLD
Tawa



Friday Club Nights at Tawa Tennis Club are growing momentum!

From 5pm every Friday, the BBQ will be on with sausages and bread thanks to the support of New World Tawa.

Along with expert coaching on hand, Friday nights is a great opportunity to bring the kids down and have a sausage, meet other kids, grab an iceblock and have some fun! Friday nights is not only for the junior players - it is a night for everyone!

Thank you to our ongoing adult supporters/parents helping out with the BBQ and our coaches.

FRIDAY EVENINGS 5PM

COACHING FROM 5.515-6.45PM



MOVIE NIGHT!

SUNDAY 3 MARCH

5PM - LIGHT HOUSE PAUATAHANUI

\$20 PER TICKET

TICKETS: JEANETTESTEWART@XTRA.CO.NZ

KEEP UP TO DATE!
JOIN THE CLUB
[WHATSAPP GROUP](#)

PAGE 1
FRIDAY CLUB NIGHTS
MOVIE NIGHT

PAGE 2
BIG BENNY
COMMITTEE

PAGE 3
COMMITTEE UPDATE
CLUB CHAMPS

PAGE 4
UPCOMING EVENTS

tawatennis

24 TAWA ST, TAWA
TAWATENNISCLUB@GMAIL.COM

Collective

firstnational
REAL ESTATE

MEET...BIG BENNY!

WE ARE EXCITED TO TAKE OUR MEMBERS THE NEXT LEVEL -
OFFERING A CHALLENGE TO ALL THE STROKES.



BIG BENNY IS A BATTERY-OPERATED MACHINE THAT PRODUCES RANDOM WIDTH AND DEPTH SHOTS FOR FOOTWORK AND MATCH PLAY PRACTICE.

IMPORTANT INFORMATION ABOUT BIG BENNY...

INFORMATION SHEET

The Information Sheet is provided to all members (and parents of Junior members). It highlights essential information about Big Benny (Ball Machine) so it can be looked after safely for everyone to use.

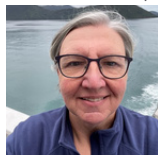
WAIVER FORM

Big Benny is available to hire for use by Tawa Tennis Club Members (and parents of Junior members). All adult members and Junior parents hiring Big Benny must complete the Ball Machine Waiver Form prior to first hireage.

**CONGRATULATIONS TO
SAMANTHA WHO NAMED
THE BALL MACHINE
BIG BENNY!**

WHO'S WHO? COMMITTEE

The role of a committee in a club is to make decisions on behalf of the club and ensure everything runs smoothly. The committee is made up of volunteers - it's a great way of ensuring everyone is involved and able to contribute to the club! We're not a bad bunch, and always open to others joining! If you'd like to talk to any of the committee members you'll find them at most club events, or email: tawatennisclub@gmail.com.



ALEXANDRA RUMBAL
GRANTS/MAINTENANCE



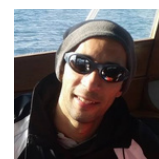
MEGAN RAWIRI
MEMBERSHIPS



RICHARD RUMBAL
TREASURER



JULIE ROBERTS
PRESIDENT



BRENDON WYNFORD
JUNIORS



ELLIE DAVIDSON
SECRETARY



TONY DEVEREUX
'BIT OF EVERYTHING'



BIG BENNY



JEANETTE STEWART
FUNDRAISING

COMMITTEE UPDATE

KARAKA BERRIES ARE OUT!
THESE BERRIES ARE AROUND THE CLUB -
PLEASE WATCH YOUR DOG AS THEY ARE
POISONOUS!

WORKING BEE

THANK YOU to all those who turned up to the recent 'Working Bee' at the end of January.

18 members kindly offered a couple of hours of their time to 'chip in' and spruce up the club house and surrounding area ready for the start of the season. It made such a difference!

SUB-COMMITTEES

SUB-COMMITTEES - The committee would **love** to hear from individuals or small groups of members keen to support and add value to various aspects of club life. Sub-committees support some of the 'big ticket' aspects within the committee arenas - and is a great way to add your expertise and support to the club.

If you would like to join any of the sub-committees, please click on the words below and let us know!

[FUNDRAISING](#)

[MAINTENANCE](#)

[PLANNING](#)

[TOURNAMENTS](#)

LAWN-MOWING

LAWN-MOWING ROSTER - To help the upkeep of the lawns, we are after some wonderful club members to volunteer their time once every few months to mow the lawns.

We are in need of volunteers to mow the lawns!

Lawn-mowing area is [here](#), and the lawn-mowing roster is [here](#).

If you wish to get in contact with any of the committee members - email tawatennisclub@gmail.com

CLUB CHAMPS

It is getting close to *that* time of year again!

Put your singles and doubles practice to good use - sign up for the **Tawa Club Champs!**

Seniors - When the draw is out players organise matches between oppositions. The FINALS will be played in April.

Juniors - Games will be run by the coaches and played on Wednesday afternoons (once interclub has finished).

**PLEASE EMAIL JULIE BY
FRIDAY FEB 23**

**TO ENTER:
JULIEROBERTS33@GMAIL.COM**



**STEINMAN
COACHING**



**UNLEASH YOUR
PEAK PERFORMANCE
IN JUST 3 WEEKS!**

NOW ONLY \$250 FOR A LIMITED TIME !



**APPRAISAL
FORM**

By completing your Appraisal Form I will be able to gain essential information about you and your health, your environment and your current performance - To help me understand you as a whole.

We will then discuss the information from the Appraisal form and gain clarity on your desired outcome. I will provide some initial specific guidance towards change, enhancing your chances of success by improving the various environmental aspects that affect your health and performance.

This is the beginning of your personalized plan that will unleash extraordinary results.

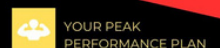


**MOVEMENT
APPRAISAL**

90 minutes at a Les Mills gym or online - we will dive into a structured and methodical approach to assess your body's unique myofascial system, ensuring a comprehensive understanding of your unique needs.

This is a personalized assessment of your fascia lines to pinpoint areas of constriction and tension that impact your movement.

We will also start an introduction to your specific and customized plan to address your areas of concern and improve your overall mobility.



**YOUR PEAK
PERFORMANCE PLAN**

45 minutes at a Les Mills gym or online - we will finalize your UNLEASH YOUR PEAK PERFORMANCE PLAN.

Review of all exercises and mobility drills previously covered and potentially add more to get your plan even better to set yourself up for success!

**BOOK WITH PABLO NOW E: pablo@steinmancoaching.com
M: 0211 333 415**

UPCOMING EVENTS

REGULAR



TUESDAY MIDWEEK

WEEKLY • 9.30-11.30AM

EVERY TUESDAY • UPDATE
ON WHATSAPP



WEDNESDAY NIGHTS

WEEKLY • 7PM

EVERY WEDNESDAY •
UPDATE ON WHATSAPP



FRIDAY CLUB NIGHTS

WEEKLY • 5 PM

BBQ & ICEBLOCKS •
COACHES: PRESTON & ELI

NEW



ONE LOVE MOVIE NIGHT

3 MARCH • 4.30PM (5PM START)
LIGHT HOUSE PAUATAHANUI

\$20 PER TICKET
JEANETTESTEWART@XTRA.CO.NZ



RENOUF AFTERNOON

10 MARCH • 4 - 6PM

CLUB EVENT - HIT AT THE
RENOUF CENTRE



PANCAKE BREAKFAST

17 MARCH • 9.30-11.30AM

ST PATRICK'S DAY!



PARENT-CHILD TOURNEY

22 MARCH • 5 PM

KIDS PARTNER UP WITH
YOUR PARENTS FOR A FUN
TOURNAMENT!