

COURTSIDE

COMMUNITY NEWSLETTER OF PARKRAND TENNIS COMPLEX

Sponsored by:

A NEW YEAR A NEW LOOK

The Chairman and members of the committee take this opportunity to wish you all a prosperous New Year and look forward to seeing you all in both social and league tennis fixtures during 2011.

The last quarter of 2010 saw a hive of activity behind the scenes as an action plan was established to develop both the sport of tennis and indeed the Parkrand Tennis Complex. Firstly you will notice that we have created a new corporate identity and name change, moving from a club to a complex. This was done to generate both a strong brand identity and remove the notion that we are a private club but open to the public at large. We aim to become the centre of tennis excellence within the area and attract both players old and new to the complex facilities.

As you are aware many clubs in the area are struggling to survive for a multitude of reasons, mainly dwindling memberships, lack of maintenance and lack of funds to run a smooth and efficient social and league tennis platform.

It is for this reason that we have taken the initiative to aggressively market ourselves in the year ahead in gaining funding, sponsorship and to increase our membership base to upgrade and enhance existing facilities and increase the social element for all our players.

Applications for funding with the Lotto Distribution Fund are pending and discussions with the Ekurhuleni Municipality to renew our lease are also awaiting finalisation.

We also require your help and input in attracting members and potential sponsors, so if you have any ideas, contacts or require any additional information please do not hesitate to contact any of the committee members.

We wish you all a year of healthy tennis fun in both the social and competitive arenas and hope you enjoy the first of our quarterly newsletters.



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For editorial submissions and to advertise in Courtside please contact:

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YEAR ENDS ON A HIGH

Parkrand Tennis Complex added another title to their list by winning the 2010 Gauteng East Tennis Associations Men's Summer Tennis League.

The team of Theo Blaauw (C), Mark Vos, Trevor Howard-Tripp, Justin Bezuidenhout, Andries and Theuns Fourie proved strong contenders for the title from the outset by beating Northmead, Atlasville and Midvaal in earlier rounds, culminating in a final showdown against local rivals Sunward Park in the finals held on the 6th December 2010 where they were victorious. The full results were:

Mens Section A:	PARKRAND A SUNWARD PARK A NORTHMEAD BENONI CC	Section B:	HEIDELBERG ATLASVILLE B NORTHERN AREAS A
	PARKRAND B ATLASVILLE A MIDVAAL KEMPTON PARK		PARKRAND C SUNWARD PARK B NORTHERN AREAS B ALBERTON VAAL TECH
Ladies Saturday	SUNWARD PARK ATLASVILLE BENONI CC MIDVAAL	Ladies Tuesday	NORTHMEAD ALBERHART ATLASVILLE BENONI CC



PARKRAND MENS 'A'

L to R Back Row: Mark Vos, Andries Fourie, Theo Blaauw, Trevor Howard-Tripp

L to R Front Row: Theuns Fourie, Justin Bezuidenhout.

PARKRAND TENNIS COMPLEX ARE MEMBERS OF:



2011 COMMITTEE MEMBERS



Trevor Howard-Tripp
Chairman



Jane Modise
Vice-Chairman



Theo Blaauw
Coaching



Hendrika Botha
Secretary



Henico Schalekamp
Treasurer



Mark Vos
Maintenance



Owen O'Neill
Marketing & Public Relations



Stefan van Zyl
Catering & Entertainment



Andries Fourie
Catering & Entertainment

The committee meets once a month, should members have any issues or suggestions, please submit to a committee member and these will be tabled at the next meeting.

Minutes are available to members on request. Please contact Owen at: parkrandtennis@signatures.za.net

ACES OF TOMORROW



Parkrand Tennis Complex launched their **"Aces of Tomorrow"** initiative by hosting a Round Robin Tennis Tournament at complex between the 7th and 9th December 2010. The tournament saw a drop in entrants from previous years but this did not dampen the fun had by both the children and parents.

With the pressure of modern living and the fast pace experienced by most families in South Africa, many children have little or no access to extra curricular activities. Many spend way too much time watching television, playing computer games or worst still – bowing to peer pressure and heading into anti-social behaviors.

in order to promote sport, respect for others, fair play and tolerance, and is aiming to find the tennis champions of tomorrow, in line with its slogan **"Aces through Service"**.

'Aces of Tomorrow' does not aim to produce "champions", but gives a great many disadvantaged youngsters the opportunity to be one.

Once funding has been secured it is hoped this program can be rolled out to disadvantaged school children from within our community to provide a healthy extra curricular activity for them whilst sourcing potential tennis stars of the future.

It will also hopefully encourage members of our community to interact with the tennis complex. If any members wish to be involved in this program please contact a committee member for more information.



Participants in the 2010 "Aces of Tomorrow" Round Robin Tennis Tournament.

To this end Parkrand Tennis Complex formed 'Aces of Tomorrow'

HEALTH BENEFITS OF TENNIS

Tennis has been called as the **"sport for a lifetime"**. It is a very popular sport across the globe and is played by people of all ages. Avid tennis players have long believed that tennis may be the perfect sport that will not only help you to live longer but also improve the quality of your life.

Tennis can be played as both a sport or as a recreational activity with friends and family. Either way, playing tennis is a good to maintain your health, fitness, strength and agility. Whether you play with your best friend once a week, in a weekend league or with your family, tennis provides a time-efficient, enjoyable way to get in shape and keep up with the people in your life and community. Other sports, undoubtedly, provide excellent health benefits, as well as stimulate mental and emotional growth.

But no other sport received such acclaim for its great benefits; physically, mentally and emotionally.

Physical benefits:

- **Increases Cardiovascular fitness:** It helps in burning fat and improving your cardiovascular fitness and maintaining higher energy levels. Since it is a high intensity sport, it helps your heart to pump the blood more efficiently.
- **Increases body strength:** It is also a very high impact sport which involves a lot of exertion and movement. This increases your hand and leg strength. The high impact nature of the sport results in stronger bones and toned muscles.
- **Increases general body coordination:** It is indeed a sport that involves the entire body coordination. You have to move into position and then adjust your upper body and feet, and transfer body weight to hit the ball successfully. This increases your reflexes and gives you the ability to accelerate quickly.
- **Increases Flexibility:** It involves a constant movement which results in making your body more flexible and more stretchable.
- **Extremely good for weight loss:** This sport is perfect for someone who is tired to go to the gym and wants to try something different. Men can burn up to 560 calories an hour, women up to 420 calories an hour.

Mental benefits:

- **Develops discipline:** You cannot practice tennis once a month; you have to practice regularly. This makes you more disciplined in your approach towards the game.
- **Plan and implement strategies:** Tennis is all about reading the opponent's next move. You will learn how to anticipate an opponent's moves and plan your countermoves. This will help you in your day-to-day life too.

Emotional benefits:

- **Learn sportsmanship:** Tennis teaches you to compete fairly with opponents. It will teach you values such as teamwork, friendship, competitiveness etc.
- **Develop social skills:** Tennis is a community game; No wonder there are many tennis club around. You will meet a lot of people through interaction and communication at the court. This will develop your social skills and increase your confidence
- **Accommodate stress effectively** Tennis is a game that will help you fight the physical, mental and emotional stress. The game teaches you how to handle stress effectively. On the other hand, it is also a stress buster.

One of the greatest aspects of tennis is that playing it can be fun. True, it can be challenging, especially if you're just learning, but it is also a sport in which lessons, practice and persistence pay off quickly. Tennis offers a great diversion from life's stresses as well as a great opportunity to socialize, particularly if you join a local tennis league or club or frequent public courts. Tennis is invigorating and once you get the hang of it, tremendously satisfying.

2011 MEMBERSHIP FEE STRUCTURE

Parkrand Tennis Complex has not increased fees for 2011, however league registration fees have been increased by both the Gauteng East Tennis Association and South African Tennis Association.

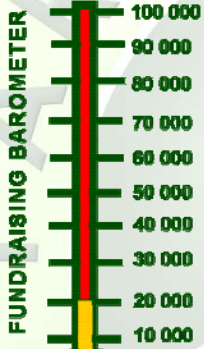
Any people wishing to join can email:

parkrandtennis@signatures.za.net and a membership application will be sent to them, along with relevant information.

CATEGORY	ANNUAL FEE
Social	R350:00
Adult	R550:00
Junior	R250:00
Social registration Fee	R 60:00
League Registration Fee	R225:00



FUNDRAISING



With maintenance costs escalating and lack of support and development from the municipality the running of the Parkrand Tennis Complex is becoming increasingly difficult. Court upgrades and the day to day running costs far outweigh what income we make from membership fees.

This year we intend to embark on a variety of fundraising activities to assist in developing and upgrading our facilities for the benefit of all.

If any members have any ideas and or suggestions in this regard please feel free to table them with any of the committee members.

We need the full support of all members to ensure that the future of the tennis complex

remains available for all players within our community.

We will aggressively target corporate sponsors and donors this year to assist but also need to take the lead in doing things for ourselves.

If any members have any potential sponsor contacts please let us know and we will happily follow up.

Let's build Parkrand Tennis Complex into a centre of excellence within our area that remains a healthy, social and affordable activity.

PARKRAND
TENNIS COMPLEX
live • serve • love • play • tennis