

# COURTSIDE

COMMUNITY NEWSLETTER OF PARKRAND TENNIS COMPLEX

## COMPLEX UPGRADE COMPLETE

Renovations and upgrades are now complete. An we apologise for any inconvenience that this may have caused our members during the process.

We have resurfaced 6 courts and re-fenced all 9. In addition we have secured the complex with palisade fencing and put in gates with a key code panel. The clubhouse has been repainted inside and the roof and guttering repaired. A big thanks goes to Mark Vos for overseeing the whole process.

Lots still needs to be done but we will have to wait until we have raised more funding.

We hope to see all our members and hopefully a lot of new ones enjoying the facilities in the near future.

Suggestions are always welcome and should you have any please feel free to contact us with them.



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From this...



...to this !



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Parkrand Tennis Complex are members of:

GAUTENG EAST  
 TENNIS ASSOCIATION



Parkrand Tennis Complex is supported by the National Lottery Distribution Trust Fund

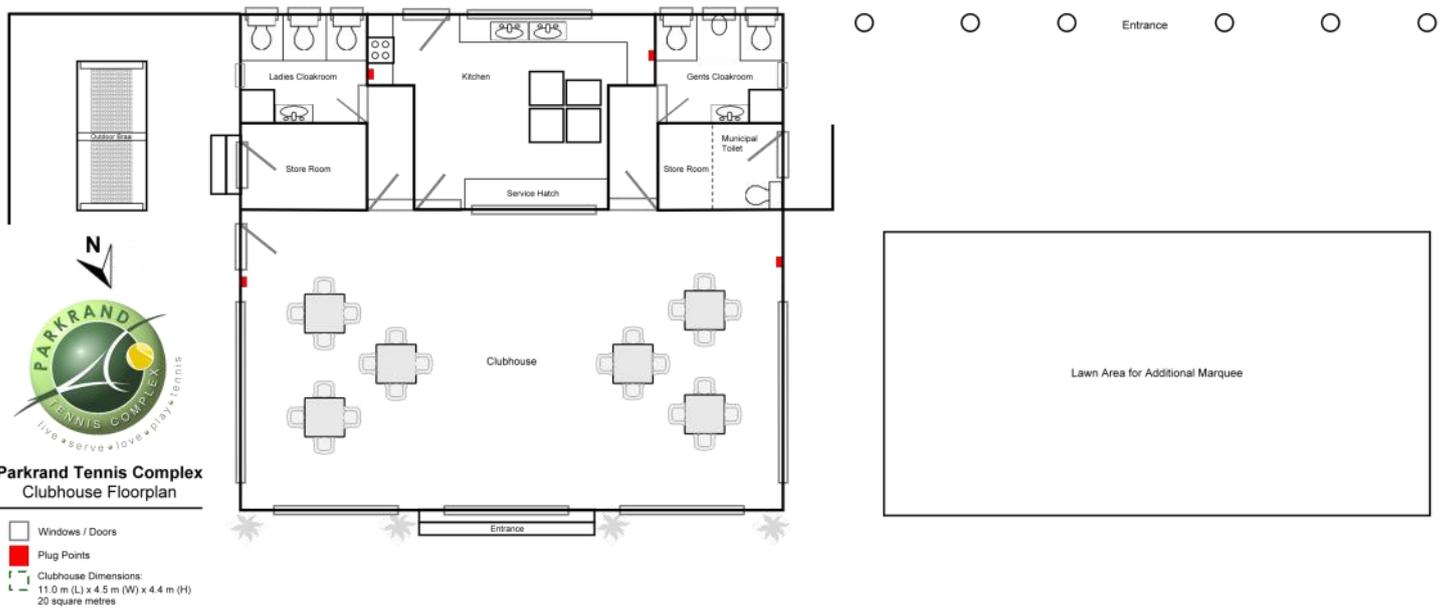
# VENUE HIRE FOR FUNCTIONS

Looking for a venue for a party, business function, small conference or corporate tennis day? Well look no further. Parkrand Tennis Complex is ideal for them all.

Hire the clubhouse and facilities for a reasonable rate of **R1500** which includes a **R500** refundable deposit.

We also offer the following services which will be quoted for separately should you require:

- Creative / Conceptualising
- Venue Décor / Flowers
- Audio/Visual Requirements
- Food & Beverage Catering
- Function invitation, menu design (hard copy & electronic)
- Corporate Gifts
- Entertainment
- Marquee Hire
- Security



Any members who would like to offer their services in any of the above areas please let us know and we will add you to our preferred supplier list for future bookings.

For any immediate booking enquiries please contact Owen on 084 565 6322 or email at [parkrandtennis@signatures.za.net](mailto:parkrandtennis@signatures.za.net) or check out our Facebook and website for detailed floor plans.

Facebook: <https://www.facebook.com/groups/parkrandtennis/>

Website: <http://signatures2009.wix.com/parkrand-tennis-club>



# CLUB CHAMPIONSHIPS 2013



Due to club upgrades we postponed our club championships from May until renovations were complete.

We announce that we are holding the championships from **7th September 2013 until 5th October 2013**. Matches will be played every Saturday afternoon and this year we are including our junior members. There matches will be organised during the week through coaches Theo and Jack with their semi and finals played alongside the adults.

A fee of **R50** per event entered will be charged. Entry forms will be emailed and are also available on Facebook and website in addition to being in the clubhouse.

We hope to have our biggest entry draw to date so please make every effort to enter.

**Remember you have to be in it to win it !**



## 6 REASONS TO PLAY TENNIS

We've all heard tennis referred to as the "sport for a lifetime." But, is this really true?

According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis can improve your overall health, including your mental and physical fitness.

Here are the facts:

1. People who participate in tennis three hours per week at a moderately vigorous intensity cut in half their risk of death from any cause, according to the late Dr. Ralph Paffenbarger, who was an internationally recognized exercise authority and studied more than 10,000 people for 20 years.
2. Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and non-athletes, according to Dr. Joan Finn and colleagues at Southern Connecticut State University.
3. Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.
4. Tennis outperforms golf and most other sports in developing positive personality characteristics, according to Dr. Jim Gavin, author of "The Exercise Habit."
5. Competitive tennis burns more calories than aerobics or cycling, according to studies in caloric expenditures.

Is it any wonder that scientists and physicians around the world view tennis as the most healthful activity in which you can participate? While other sports can provide excellent health benefits and some can promote mental and emotional growth, none can compete with tennis in delivering overall physical, mental and emotional gains to those who play.

All these benefits make tennis the ideal sport for kids to learn early in life. What parent wouldn't want their children to have these advantages through their growing years?

And, it's never too late for adults of all ages to take up the game. The human system can be trained and improved at any stage of life. The key is to start playing now to get the most out of these benefits throughout your lifetime.

And, that brings us to reason No. 6: **Tennis is truly the sport for a lifetime! The proof is in the playing.**

Because great  
!deas don't  
keep office  
hours...



... nor do we!

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# WINTER LEAGUE RESULTS

MENS PREMIER A	DRA		AGST	PTS	DIFF			
	PLYD	WON				LOST	FOR	
PARKRAND A	5	5	0	31	14	10	17	
NORTHMEAD A	5	3	0	2	25	11	6	14
ATLASVILLE A	5	2	0	3	19	26	4	-7
RIVER RIDGE A	5	2	0	3	18	27	4	-9
ALBERHART A	5	1	0	4	16	20	2	-4
MODDERFONTEIN A	5	1	0	4	8	19	2	-11

MIXED PREMIER A	DRAW		AGS	PTS	DIFF			
	PLYD	WON				LOST	FOR	
ALBERHART A	5	4	0	1	504	376	8	128
NORTHMEAD A	5	3	0	2	381	323	6	58
SELECTION PARK A	5	3	0	2	441	439	6	2
PARKRAND A	5	2	0	3	453	427	4	26
ATLASVILLE A	5	2	0	3	303	401	4	-98
SUNWARD PARK A	5	0	2	5	382	498	0	-116

SATURDAY ALTERNATE MENS LEAGUE A	DRAW		AGS	PTS	DIFF			
	PLYD	WON				LOST	FOR	
PARKRAND A	6	6	0	0	353	167	12	186
MODDERFONTEIN A	6	5	0	1	253	163	10	90
SELECTION PARK A	6	2	0	4	102	210	4	-108
PARKRAND B	6	1	0	5	107	101	2	6
ALBERHART A	6	1	0	5	207	313	2	-106
MIDVAAL A	6	2	0	4	96	112	0	-16
ALBERTON A	6	0	0	6	26	78	0	-52

Parkrand Tennis Complex entered three teams into the Gauteng East Tennis Association Winter League. Results varied but we did win the Men's Premier A League and placed fourth in both the Mixed Premier A and Alternative Men's League A.

Congratulations to all members who participated and we look forward to fielding more teams in the next Summer League.

Members who played were:

### Men's Premier A

Theo Blaauw, Mark Vos, Andries Fourie, Theuns Fourie, Ivan Laric, Jack Buys, Ferdi Robbertse, Henco Doman.

### Mixed Premier A

Andries Fourie, Hendrika Botha, Theuns Fourie, Liezl Du Rand, Mark Vos, Samantha Johnson, Willie & Allison Liechterkost, Ferdi Robbertse, Rosa Faul, Margaret Gravenor.

### Saturday Alternative Men's League A

Eugene Benade, Henco Doman, Abel Cornelius, Dietrich Muller, Riaan Schalkwyk, Ivan Laric, Jack Buys, Terrance Fouche.

*Thanks to all members for their participation.*

# FUNDRAISING

The committee of Parkrand Tennis Complex is always looking for new ways to raise funds towards the running costs of the complex. As we are sure you are aware the income generated from annual membership fees does not cover the running and maintenance costs incurred.

It is your club and we need all our members to get involved to ensure it's growth, development and access to all members of our community that is affordable.

*If you have any ideas or suggestions for fund raising events, we would love to hear from you.*

So let's put our heads together and see what we can achieve collectively.

### TENNIS WORD SEARCH

Find the hidden words related to tennis

P	W	T	S	Q	T	E	U	Q	A	R	C	C	F	X	U	H	<ul style="list-style-type: none"> <li>ACE</li> <li>BACKHAND</li> <li>BALL</li> <li>CARPET</li> <li>CLAY</li> <li>COURT</li> <li>DAVIS</li> <li>DEUCE</li> <li>DOUBLE</li> <li>DROPSHOT</li> <li>FOREHAND</li> <li>GRANDSLAM</li> <li>GRASS</li> <li>GRIP</li> <li>HARDCOURT</li> <li>HOPMAN</li> <li>LOVE</li> <li>MATCH</li> <li>NET</li> <li>OVERHEAD</li> <li>RAQUET</li> <li>SERVE</li> <li>SETS</li> <li>SINGLE</li> <li>SMASH</li> <li>TIEBREAK</li> <li>VOLLEY</li> <li>WIMBLEDON</li> </ul>
L	X	W	J	M	N	S	B	T	N	D	G	L	T	Y	S	O	
X	M	L	G	G	A	F	C	I	A	X	R	A	O	L	Y	Q	
S	F	A	S	L	H	S	B	A	M	J	I	Y	H	M	Q	B	
T	H	V	C	I	O	A	H	L	P	A	P	Y	S	T	R	B	
E	X	C	Y	E	V	V	R	Y	O	Y	L	W	P	E	T	U	
S	B	A	T	E	U	A	E	D	H	X	P	S	O	P	I	O	
S	J	N	X	A	L	N	D	E	C	U	E	D	R	R	E	V	
B	R	W	J	I	M	L	F	M	S	O	B	W	D	A	B	E	
C	O	U	R	T	J	D	O	A	A	A	U	B	T	C	R	R	
K	G	R	A	S	S	D	R	V	L	L	S	R	K	Q	E	H	
U	B	D	Y	E	H	E	L	E	I	S	R	T	L	A	E		
W	B	L	R	D	N	A	H	K	C	A	B	D	G	I	K	A	
Y	K	V	P	I	Z	C	A	F	R	T	E	N	N	J	A	D	
Z	E	Y	M	Z	Y	Z	N	C	E	T	I	I	Z	A	W	A	
Q	H	B	K	Y	F	G	D	M	R	S	V	N	U	M	R	F	
W	I	M	B	L	E	D	O	N	K	D	O	U	B	L	E	G	

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