



BTC Newsletter

**BEACONSFIELD
TENNIS CLUB
OPEN DAY**
Beaconsfield-Emerald Road Beaconsfield

Join BTC membership on the day to receive the first month free

**SUNDAY 29TH JANUARY
OFFICIAL OPENING COURTS 1 & 2 BY JASON WOOD MP AND CR BRETT OWEN**

TIMES: 5PM - 7PM

ACTIVITIES INCLUDE: FREE TRIAL TENNIS LESSONS , SERVE RADAR, BALL MACHINE, CARDIO TENNIS, GAMES AND PRIZES FOR ALL AGES.
FREE BBQ. CANTEEN OPEN

www.beaconsfieldtennisclubinc.com

Special points of interest:

- ☺ BTC Open Day
- ☺ Junior Tournament results
- ☺ Working Bee coming soon
- ☺ Leadership Academy Nominations now open
- ☺ Mid-Week Ladies Finals
- ☺ Halloween photos
- ☺ Santa's visit
- ☺ Smart Locks Book a Court
- ☺ How to prepare before a match

Welcome to our New Committee

Committee of Management

President - Andrew McKenzie-Smith

Vice President - Bronwyn McCormick

Secretary - Maurice Potter

Treasurer - Bronwyn McCormick

Competition Co-Ordinator's

Head Coach - Paul Osborne

Mid-Week Ladies- Anja Potter

Seniors - Adrian Walsh

General Committee

Josh McCormick, Jenny Ponter, Anja Potter, Adrian Walsh, Louise Stirling, Kat Lazzaro and Yolanda Agars

January BTC Junior Tournament



BTC had a great day on the courts for the first Beacy tournament of the year. All 9 courts were full for over 5 hours of quality tennis on the first day.

Congratulations to the finalists of the singles events...

A grade: Will Kent def Noah Keltie

B grade: Justin Song def Lachlan Peake

C grade: Victoria Peake def Thomas

Peake

D grade: Zachary Wilson def Asher Wilson

Congratulations to the finalists of the doubles on the second day:

A-B grade: Noah Keltie & Masato Burgess def Kai McQualter & Viran Dhamakirti

C-D grade: Zachary & Asher Wilson def Chaise Watersten & Xavier Fisher

Thanks to the parents, grand-parents and siblings who supported the players.

Also a big thank you to club committee members Bronwyn McCormick and Adrian Walsh for their amazing efforts in the canteen and court maintenance respectively.

2023 Leadership Academy—Nominations now open

Beaconsfield Tennis Club (BTC) Leadership Academy program 2023 will support the local youth in developing skills that will prepare them for the future as well as benefit the sporting club they love.

The program will be offered to players between the ages of 11-18.

At the start of the program each player will receive one BTC merchandise item plus a leadership badge. Players who successfully complete the program will be recognized for

their commitment with a certificate, a written reference from the Vice-President of BTC as well as a Rebel gift voucher to show the clubs appreciation of their efforts.

Leadership qualities this program will help to develop in our players:

Reliability - Punctuality - Organisation Skills - Team Building - Responsibility - Self Esteem - Independence - Communication - Service to Others - Respect for self, others & club environment - Presentation skills

Contact Bronwyn McCormick (Canteen Manager) to apply.



Smart Locks Coming Soon

Good bye key and hello smart lock. Over the next few months you will see a change to smart locks on Courts 1-4 and court 9.

BTC are planning to introduce the 'Book a Court' for casual court hire. Book a Court is an online court booking and payment platform that connects with PIN pad technology for easy access to courts .

For members who have purchased a key for those courts, a personalized pin code will be made available to you, for your use only.

More information will be posted to members as the system is activated.

If you have any questions or concerns, please contact Beaconsfield

Tennis Club—General Queries on (03) 88205853



Halloween Photos

Thank you to all those who attended our Halloween event on Oct 31st. Despite the bad stormy weather, we had over 80 people attend, filling the club house with monsters, ghosts and witches. Games included roll the pumpkin, wrap the mummy and eyeball races. A big thank you



goes out to Lucas Utting, Josh and Thomas McCormick and their partners for helping with the decorations and packing up. Also a big thank you to The Cake Stop for the fantastic prizes and The Party Girl Cranbourne for supplying the awesome face painter.



How to prepare before a match

In this article, you will find out what to eat, when to eat and how much to eat, before, during and after a match.

You should have a meal around 3-4 hours before the match and in the meantime, have a snack to stay fuelled, also don't forget to stay hydrated because that is really important.

It is recommended that you eat carbohydrates such as pasta, rice, breads and cereals at least 90 minutes before your match. Fruits and vegetables are also a great snack as they contain carbohydrates and water, which will keep you hydrated, especially on those warmer days.

In a match you use up so much energy

that during the match you need to refuel, therefore it is important to eat a piece of fruit or something to get your energy back. If you do not like eating during a match, then you could have a sports drink.

A small amount of fibre is okay, for example apples, berries banana, but too much fibre takes a long time to digest and could interrupt your game.

Water is the most important addition to your body, aim to drink half to a cup of water every 15 minutes during gameplay. It's important to drink even if you are not thirsty, your body will thank you during and after a game.

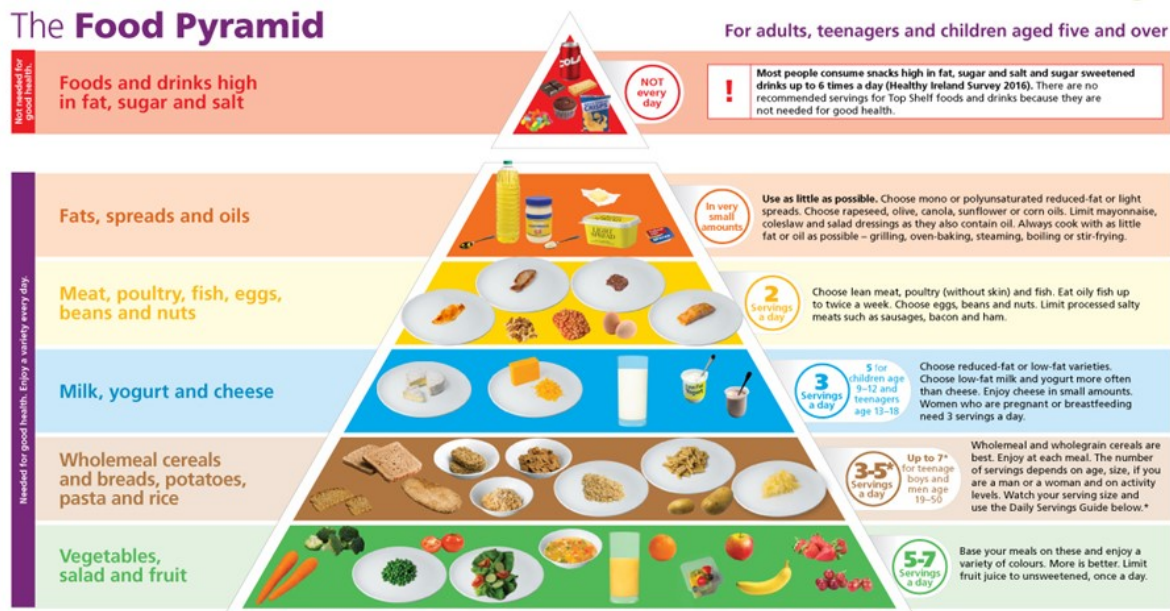
Finally, after a match it's important that you fuel your body for recovery

and make sure your ready for the next game. A well-balanced high calorie meal is what you should aim for. the most important thing is that you restock sodium and carbohydrate levels, and this could take up to 48 hours following your match.

It is essential to have a healthy diet because it improves your gameplay, strengthens your muscles, and helps with recovery, so that you are ready for your next match!

Article by: Lucas Utting
BTC Leadership Academy 2022

The Food Pyramid



SANTA!

Look who paid us a visit at Christmas time. Thank you Santa for the lollies and entertaining the kids with your exceptional tennis skills. Also a big thank you goes to our Platinum sponsors, Syarif and Rachel from Peake Real Estate for the yummy BBQ. OTC ran some great activities for the kids and Josh McCormick, his partner El-lie, committee member Louise and tennis mum Mel put on an additional treats. Thank you also to our Leadership academy players for the decorations. It was a fantastic way to end the year.



Beaconsfield Tennis Club

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Sponsorships Available

Would you like to promote your business at the tennis club?

See BTC website for details.



Do you enjoy planning parties? If so, we would love to hear from you. BTC needs additional helpers to run some special events coming up this season. Contact us either through Facebook, the website or by ringing 88205853.

Coaches Corner "don't watch the ball"

Ossie's advice when watching the Australian Open on the TV or live, is make sure you watch the players, their footwork, their stroke technique, etc etc.... you won't learn anything from watching a round, yellow tennis ball



Mid-Week Ladies

Congratulations to Beaconsfield Section 2 Runners-up DDTA Spring season 2022. Left to right, Celia Kenny, Nat Szybkowski, Lee Moon, Tee Suhail, Rosemary Cornish, Rebecca Pryor.



A big thank you to our valued sponsors. Please remember to support local who supports this great club.



The Party Girl World



Beaconsfield Tennis Club Competitions

Interclub Competition

Midweek Women's Comp

For the ladies, our club participates in the Dandenong and District Tennis Association competition on both Tuesday and Wednesday mornings commencing at 9:30. Contact Anja Potter 0437 074 287

Junior competition

For both girls and boys up to the age of 18, our club participates in the Berwick and District Tennis Association on both Saturday and Sunday mornings commencing at 8:00am. Contact Brad Meates 0405 428 208

Senior competition

For ladies and gentlemen 19 years and over our club participates in the Waverley and District Tennis Association competitions on Saturday afternoons. Contact Adrian Walsh 0425 747 615

Social Competition

Monday/Wed night Comp

Beaconsfield and Officer have two social competitions in collaboration with each other. Wednesday night social is for all abilities for all ages. It's a great night out for those who like a game of tennis but don't take it very seriously. For the more experienced serious player, Beaconsfield/Officer have a Monday night The competition format is Rubbers with teams of two. Price per night for both Monday and Wednesday night competitions: Members \$5 and Non members \$10. Contact Maurie on 0437 759 793 for Wednesday night social and contact Josh McCormick on 0458 869 252 for Mondays Advanced Hit-ters.

Casual Men's Thurs night

For a very casual men only hit , Thursday night is for you. Contact Gavin Baxter 0418 107 363

All night competitions commence at

7:30pm.

Veterans Day Social

For a Sunday morning social hit , come down to the courts at around 8:00 am for a social hit and cuppa. Contact Les Donaldson 0409 435 121

