



## President's Report

**Charmian Barnett**

**A**s I write my first President's Report for Court Talk, the 2011-12 tennis season is well under way and I extend a warm welcome to all members who have recently joined the club.

The calendar of tennis and social events for 2011-12 has been put together by the Tennis Sub-committee for the coming year. The calendar is available in the club house and on our website. There is also a Club brochure for prospective members available in the Clubhouse with the Membership Nomination forms.

Just a reminder for those members who have yet to renew their membership this year – prompt payment is now necessary for your membership to continue.

### Annual General Meeting

The club's Annual General Meeting was held on Sunday the 24th of July 2011.

It was good to see some new names added to the executive committee,

and I believe it is a positive for the club that we have the biggest executive committee for some years. Welcome aboard! The more people involved, the less the load on everyone.



I would like to acknowledge the outstanding job done by Paul Breuer as President since being elected in July 2006. He was instrumental in the club getting funding for the last court re-surfacing and has been heavily involved in the running of many club tournaments and championships. I hope to see Paul over his injuries and back on the courts soon.

continued page 2....



## Upcoming Events

### Christmas Gala Night:

Wednesday 14 December 2011 at 6.30pm

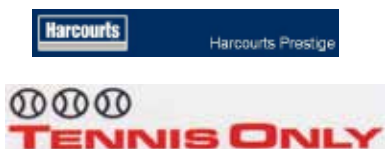
### Junior Tournament:

Week commencing 23 January 2011

More details on these events enclosed or will be made available in Court Talk Express and on the notice boards in the club house. All members are urged to check these regularly for updates and information on upcoming events.

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The 2011-12 Executive committee members are:

President:	Charmian Barnett
Vice President:	Ole Hammer
Secretary:	Bill Enright
Treasurer:	Rosemary Dunn
Club Captain:	Ernie Short
Junior Club Captain:	Vacant
Midweek Captain:	Michele Gartner
Delegates:	Kerry Saunders (maintenance Wendy Krawczuk (Membership) David Wickham John Mugambwa Navajan Das

Alex Ritchie agreed to continue as Club Patron.

Apart from the club executive, we have a band of people who undertake other roles around the club. These people are very important to the smooth running of your tennis club, and I thank them sincerely. Details of the non-executive positions filled can be found on the notice board inside the clubhouse

## Summer Tennis

Congratulations to the club teams who won pennants in the Winter competitions – Womens Thursday night Div 3, Boys 10&U Div 1 and Girls 16&U Div 1.

This summer the club is fielding 27 Tennis West Pennant competition teams – 4 Thursday night womens, 1 Saturday women and 3 mens senior teams, and 14 junior teams – 5 girls and 9 boys including a Junior Boys State League team. In addition, for the first time, we have 5 teams playing in the new Hot Shot competition for players under 11 years. This is a great effort by Dave Dunstan and his team of coaches.

We also have 3 teams playing in the Central Hills Tuesday morning ladies competition which is just drawing to a close, and 2 South Suburban mixed teams playing on Saturday afternoons.

Unlike last summer when court space on Saturday afternoons for social tennis was restricted, this summer there will be four courts available every Saturday afternoon for social play so hopefully we will see a good number of .players.

## Sponsorship

The club has been very successful in gaining new and continued sponsorship from:

- Harcourts Prestige Bullcreek – Club sponsor. Members get a discount along with a referral fee back to the club.
- Tennis Only – Ball supplier and Senior Club Championships sponsor. Members get 10% discount.
- Travel and Cruise Fundamentals – Over 35s tournament sponsor.
- PDC Consultants – Summer Junior Round Robin Challenge 2012 sponsor.

The back of your membership card lists discounts offered by club sponsors. Please support our club sponsors.

## Court Talk and Court Talk Express

The club has been very fortunate in recent years to have this newsletter so expertly compiled by editor Dana Merdzan. It is an excellent production, and Dana's work on it is very much appreciated and we thank her for it. Bullcreek Tennis Club has been privileged to have so much talent and expertise available.

With changes to the distribution of information using new technology, and the development of CTE, it is time to review the production of two club newsletters. Court Talk may soon be superseded by the more regular but smaller Court Talk Express as the main method of communication between club and members. This is currently under review by the committee, and your input would be appreciated. Please feel free to contact me or any of the committee.

## Seasons Greetings

With the holiday season almost upon us, on behalf of the Executive I wish all members and their families a safe and enjoyable Christmas and a Happy New Year. We look forward to seeing you all again in the New Year.

### QUICK TIP

**Always watch the ball into your strings. Avoid taking your eyes off the ball before impact, many people look to see where they are going to hit the ball before they actually hit the ball. If your head lifts up, so does your racquet, often causing miss-hits. Most of us have played enough tennis to know if the ball will go in or not once we hit the ball if we never even look at the court. Trust yourself and keep your eyes on the ball.**

## Support our Sponsors

**Don't forget to show your membership card to get a 10 per cent discount from:**

**BRUMBYS (bread products only)  
Parry Avenue, Bull Creek**

**TENNIS ONLY  
Norma Road, Myaree**

**BULL CREEK  
PHYSIOTHERAPY CENTRE  
1 Leichhardt Street (cnr  
Benningfield Road), Bull Creek**

**Please note it excludes items already discounted, card must be presented.**



# Club Captain's Report

**Ernie Short**

It must be my age or are the years going faster. Here I am writing another column with Xmas on the door step and it seems like I wrote the last one only about three months ago. Enough of my ramblings, let's look at what has occurred since mid year.

## Over 35s July Open Round Robin Tournament

Sixty-one players (34 non members) took part in this annual event held over two Sundays in July. It is always a risky proposition weather wise however this year the gods smiled upon us.

Travel and Cruise Fundamentals sponsored the event and we thank them for their valued support. As usual our ladies came to the fore providing the players with lovely warm soups, buns, cakes and nibbles. Our thanks to them.

Results were as follows.

Winners	Runners-up
<b>Ladies Doubles – Sharapova Division</b>	
D Merdzan/S Knapp	D Godfrey/P Askin
Kvitova Division	
R Dunn/C Konigsberg	A Love/ H Robinson
<b>Mens Doubles – Nadal Division</b>	
C H Ling/L Woods	Y Damasena/E Short
Djokovic Division	
S Smedley/R Grant	G Gregory/W Firns
<b>Mixed Doubles – Green Division</b>	
D Merdzan/L Woods	C Barnett/P Rutty
Blue Division	
E Ling/C H Ling	D Amos/P Langford
Red Division	
C Konigsberg/P Galbraith	B Freeman/A Foreman



## AGM

This years AGM was a fairly well attended affair and it was pleasing to see that all committee positions were taken up. Under new President Charmian and with Rosemary controlling the purse strings we look forward to another very successful year.

New faces on the executive are Rosemary Dunn, John Mugambwa, Dave Wickham and Navajan Das and we value their input. Das as he likes to be called is our new CTE editor and he has already put his stamp on this all important communication to all club members.

## BTC Vets Championships

The above event was held over two weekends in September and although only 37 players competed all enjoyed the round robin format. As usual great spirit and camaraderie was evident and congratulations to all competitors for the way the matches were played.

Results were as follows.

Winners	Runners-up
<b>Ladies Doubles</b>	
C Konigsberg/A Mare	E Ling/J Breuer
<b>Mens Doubles</b>	
K Saunders/P Galbraith	Y Damasena/H Sajogo
<b>Mens Singles</b>	
K Saunders	C H Ling
<b>Mixed Doubles</b>	
R Dunn/Y Damasena	A Mare/P Galbraith

## Summer Pennants

Two teams were entered in the SSTA competition and three mens and one ladies team in Tennis West. To date the Club has not enjoyed many successes, particularly our SSTA teams who remain winless after the first 5 rounds. We can only hope for a change of fortune in the coming weeks.

Special thanks to Dana for her outstanding contribution to our pennant involvement.

## Xmas Finale Gala Night

Our final organised event for the year will be held on Wednesday 14 December.

The format will be the same as last year with tennis commencing at 6.30pm and concluding around 8.30. This will be followed by eats, drinks and some good old Xmas cheer.

Cost for the night for members and visitors will be \$5 per person. Members would you please bring a small plate of eats (savoury or sweet) appropriate for the evening. All players please note you do not need to eat before hand as pizzas etc will be provided.

During the socialising names will be drawn and the lucky recipients will receive a small gift.

Our goal is to beat last years number of 38 players.

## Seasons Greetings

On behalf of the Tennis Management Group I wish all members and their families a wonderful Xmas and a prosperous and healthy New Year.

**Christmas Gala Night**  
 When: Wednesday 14 December 2011  
 Where: Bullcreek Tennis Club  
 Time: 6.30 Cost: \$5.00

## Thursday Morning Social Tennis

Firstly, many thanks to all the ladies who filled in for me while I was off tripping around, it was very much appreciated.

One by one our travellers have returned, the last one – Chris who travelled to the US and now is into the wedding mode. Kay N and Chris have sons being married and Trish a daughter all before Christmas.

We hear Charmian has joined the ranks of becoming a grandparent and Rhonda has added another grandie – congratulations ladies.

We wish Jenny, Cam and Janette speedy recoveries and look forward to seeing them back on the court in the new year.

Our Christmas dinner is Tuesday 6 December, 7.00pm at the Burrendah Tavern.

On Thursday 15 December is our Christmas morning tea and presentation of trophies.

This year the Round Robin winners were Fiona Quartermaine and Deborah Hughes. A very close contest for runners-up and this was decided on after a countback and they were Marilyn Sharland and Maggie Smith. Congratulations everyone.

Best wishes to everyone for a happy and safe Christmas and New Year.

Shirley Rooke ■

### QUICK TIP

Use different spins on your shots to help keep your opponent off balance. Hitting the same shot with the same spin every time will allow your opponent to get into a groove on their shots.

# Welcome

Bullcreek Tennis Club extends a warm welcome to the following new members:

**SENIORS:** Betty Wasley, Maggie Smith

**JUNIORS:** Ramita and Anuki Kotuwegedara, Sarah and Michael Myers, Jayani and Ravini Coorey, Sophie and Megan Ballantyne, Georgia and Jason Mack, Nathan Lategan, Paudie Whalley, Lyndon Kenworthy-Groen, Shawn Howtow, Patrick Nicholson, Joshua Barnes, Tolga Gungor, Christopher Soraine, Rosie Thompson, Harshdeep Banwala, Katherine Xavier, Jennifer Rose, Connor Vink, Tilly Mickel, Marcus Wong, Micheal Lee, Zoe Marangon, Rory Cook, Lachlan Blom, Chaz Davies, Jesse Deuble, Cienna Waugh



## TENNIS ONLY

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Tennis Retailer  
is now South of the River

Check out the latest range of racquets  
and try them on our massive in-store hit up wall.

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and shoes from **ADIDAS AND NIKE**

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Booragoon  
(08) 9317 1144

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Nedlands  
(08) 9389 9557

[www.tennisonly.com.au](http://www.tennisonly.com.au)



Harcourts Prestige



## Ask David

### How to manage stress before and during tennis matches

#### Introduction

Certain tennis matches labelled as “important” can produce anxiety and insomnia in the days before. And while approaching the “D day” certain tennis players can feel unusually tense and have stomach aches. These are the classical symptoms of “before match stress”. Likewise, during a tennis match, a point mentally identified as important can trigger muscle tension or an abnormally fast heart rate. Suddenly, the tennis player is paralysed by the situation. He is unable to think clearly or accurately. That is “during the match stress”.

#### *Yes, “a priori”, Stress is Good*

Stress is a natural reaction of an organism when adapting to environmental instability. When all is stable around me, I do not need to adapt myself and stress is not necessary. On the other hand, at the precise moment I have to react to stress, my “organism under stress effect”, prepares myself for action through a general neuro-physiologic activation. The stress is positive when my reaction intensity is adjusted correctly to the situation. My stress becomes negative when I misevaluate the situation; either overestimating or underestimating it. Hyperstress is produced by overestimating, e.g. I send a nuclear submarine to attack a duckling. Hypostress is the result of underestimating the situation e.g. to face Gengis Khan Cavalry I come with beach sandals and a pair of sunglasses. In both cases, my response is inappropriate.

**Remember, in times of frustration: breathing deeply with a diaphragmatic breath will help decrease stress levels.**

A good stress manager is a tennis player who is able to find his optimal activation zone. Certain tennis players are in the zone when they are “fired up” and they need a high level of activation but not too high. Other tennis players are efficient when they feel “calm” and their activation level should be lower. Hey! Wake up! Not too low because you risk falling asleep.

#### Seven Tools to Manage Stress

1. Prepare – Study the opponent and the specificity of the match environment. Prepare the bag and tennis racquets. Visualise different game plans.
2. Avoid pressure – Stay calm before the match in a quiet place to find a concentration rhythm. During changeovers close your eyes or put your head under a towel.
3. Sing a song – Before the match, listen to music on a walkman or radio. Between points or during changeovers you can sing mentally.
4. Read – The day before the match read a good book to help you get to sleep. If you have to wait for a match or two to finish, put your mind on

something else by reading comics, magazines or a book.

5. Zoom lens – Don’t give the match too much importance. From Mars, what does my match look like? In one hundred years, what was the importance of the match?
6. Breathe – During the five minute warm up, concentrate on breathing out while hitting the ball. Between points or during changeovers think of breathing deeply with a diaphragmatic breathe.
7. Smile – When confronted with difficulties or unexpected events smile. These seven tools tend to reduce anxiety. Alternatively to increase activation you just have to get motivated e.g. concentrate on match goals and move with energy. And now, good stress!

**QUICK TIP**

**Always aim to get your ground strokes beyond the service line. Hitting your shots short in the court can set your opponent up to attack.**

## TENNIS COACHING

### Bullcreek Tennis Club



**GROUP CLASSES    PRIVATE COACHING    RESTRINGING**

Group classes and private coaching available for juniors and adults at very reasonable rates.

**Racquet restringing available at a reasonable price to all club members.**

For bookings and enquires contact David Dunstan, Tennis Australia Certified Advanced Coach on **0407 470 700**



# Pennant Update

## Winter and Summer Pennants

Winter pennants for the Tennis West teams concluded in August and we had four out of nine teams finishing in the top four. Only one team went on to win the pennant and that was our Women's Night League Division 3 team. Congratulations to Julie Breuer, Michelle Vanderkroft, Charmian Barnett, Paula Cunningham and Dana Merdzan.

their semi-finals against Safety Bay and were defeated 3-7. Bad luck ladies, but there's always next season for the rematch. Division 1 finished in fifth position and contested the plate which they won. Congratulations to the team.

Summer pennants commenced in October and our club has eight teams competing in the Tennis West competition (four on Saturday and four on Thursday night). Also there are two teams competing in the SSTA League.

## Competition Tennis Rating (CTR)

As you all are aware, Tennis West introduced their new rating system for the summer pennants. We've had a few issues with some players being rated a bit too high for their standard of play which means they are competing in divisions against much stronger players. Although a bit tough, I'm sure everyone is enjoying the opportunity to play the higher level of tennis.

With the ratings changing on a weekly basis a few people have asked how they are calculated. An extract from a Tennis West newsletter follows:

### How is CTR calculated

When each player plays for the first time they are given a commencement rating based on the 'standard of play' for their level in a particular competition. The 'standard of play' is assigned by Tennis West.

Ratings are calculated and updated overnight.

CTR calculation is based on:

- The grade (or standard) in which you compete
- Whether you win or lose the rubber
- The games you win or lose for that rubber
- The rating of your opponent
- If a player wins two matches in a higher grade, their current CTR will be adjusted to the level of the new grade
- Conversely, a player is not re-rated on the way down. CTR will depreciate naturally as an outcome
- Should a player not participate in Tennis League for three years, they will lose their CTR and will receive a new CTR based on the grade in which they recommence.

■ Dana Merdzan,  
Pennant Coordinator



Women's Night League Division 3 all smiles after winning the pennant. From left Dana Merdzan (c), Julie Breuer, Paula Cunningham, Michelle Vanderkroft, and Charmian Barnett.

The Central Hills competition, which commenced in July, concluded early December. Only one team, Division 2, finished in the top four and played

The Central Hills competition will be commencing in February. Lists will be up on the noticeboard for you to nominate if you wish to play.



Central Hills Division 1 women all smiles after winning the plate. From left Susan Davies, Bev Freeman, Rosemary Dunn and Wendy Krawczuk. Not in picture Charmian Barnett

# THE BULLCREEK SUMMER JUNIOR ROUND ROBIN CHALLENGE 2012

**MONDAY 23 to WEDNESDAY 25 January 2012**

This tournament will be conducted at the  
**BULLCREEK TENNIS CLUB**  
Corner Parry Avenue & Benningfield Road, Bull Creek  
(8 Hard Courts & 3 Synthetic Clay Courts)



**pdc consultants**  
*Engineering, Design and Drafting Specialists*



**Prizes, give-aways and canteen**

**ENTRIES CLOSE: Friday 13 January 2012**

**Post To:** Bullcreek Tennis Club, PO Box 23, Bull Creek WA 6149

**Scan & Email To:** [ernmau@bigpond.com](mailto:ernmau@bigpond.com)  
or [davidjdunstan@bigpond.com](mailto:davidjdunstan@bigpond.com)

### Tournament Committee

Ernie Short	9332 1576
Paul Breuer	9332 7303
Charman Barnett	9332 3495
David Dunstan	0407 470 700
Dana Merdzan	0434 496 851
Peter Galbraith	9332 6307
Brendan Wee	0434 149 494



Telephone contact number during tournament: David Dunstan 0407 470 700

## Junior Pennants

For our 2011 junior winter pennant season we had 11 teams competing (4 girls and 7 boys). Six teams finished in the top four in their respective divisions and two of the teams went on to win the pennant. Congratulations to our youngest junior team 10 years and under, division 1 and to our 16&U girls division 1.



Girls 16&U division 1: from left Melissa Marangon, Tamika Watts, Kira Leccese and Charleen Tiwari



Boys 10&U division 1: from left James Ling (c), Kyle Bartlett, Ramitha Kotuwegedara and Blair Bartlett. Not in picture Louey Foster and Dylan Lourens

## Bull Creek Winter Pennants MVPs

(Criteria: To be considered for Bull Creek Tennis Club's MVP you need to play 50 per cent or more matches.)

### Tennis West

#### Women's Night League:

Division 1: Annette Myers  
Division 3: Paula Cunningham  
Division 4: Fiona Quartermaine

#### Saturday Open:

##### Men

Division 1: Ashwin Sharma  
Division 5: Brendan Wee

Division 8: Che Haw Ling  
Division 9#1: Scott McMillan  
Division 9#2: Peter Krawczuk

#### Women:

Division 2: Colleen Konigsberg

### Central Hills

#### Season 1 (summer):

Div 1: Wendy Krawczuk  
Div 2: Michelle Vanderkroft

## Junior Summer Pennants

This year we are fielding 19 junior pennant teams. Nine boys (including a 16&U State League team), 5 girls and 5 hot shots team (juniors under 11).

Don't forget if you wish to view your statistics and your teams ladder positions, please go to <http://comps.tennis.com.au>.



48 Kishorn Road, Applecross  
Tel: 9315 6600  
**pdc consultants**



# WEEKEND SETBOARD ROSTER

## December 2011 to September 2012

December 2011		
Sat 3	Club Tennis	R Joyner
Sat 10	Club Tennis	D Wickham
Wed 14	Xmas Gala Night	Tournament Committee
Sat 17	Club Tennis	T Appleby
January 2012		
Sat 7	Club Tennis	E Short
Sat 14	Club Tennis	P Ruddy
Sat 21	Club Tennis	A Myers
Sat 28	Club Tennis	J Kwang
February 2012		
Sat 4	Club Tennis	C Konigsberg
Sat 11	Club Tennis	C Hough
Sat 118	Club Tennis	M Vanderkroft
Sat 25	Club Tennis	A Foster
March 2012		
Sat 3	Club Tennis	V McGrath
Sat 10	Club Tennis	M Gartner
Sat 17	Club Tennis	K Lord
Sat 24	Club Tennis	C Woodford
Sat 31	Club Tennis	M Shipway
April 2012		
Sat 7	Club Tennis	R Appleby
Sat 14	Club Championships	Tournament Committee
Sun 15	Club Championships	Tournament Committee
Sat 21	Club Championships	Tournament Committee
Sun 22	Club Championships	Tournament Committee
Sat 28	Club Tennis	G Cave
May 2012		
Sat 5	Club Tennis	S Cubitt
Sat 12	Club Tennis	J Moylan
Sat 19	Club Tennis	N Das
Sat 26	Club Tennis	O Hammer
June 2012		
Sat 2	Club Tennis	C H Ling
Sat 9	Club Tennis	D Scott
Sat 16	Club Tennis	J Mugambwa
Sat 23	Club Tennis	H Birkbeck
Sat 30	Club Tennis	I Loganathan
July 2012		
Sat 7	Club Tennis	J Carpenter
Sun 8	Over 35s Tournament	Tournament Committee
Sat 14	Club Tennis	B Freeman
Sun 15	Over 35s Tournament	Tournament Committee
Sat 21	Club Tennis	J Noonan
Sat 28	Club Tennis	P Breuer
August 2012		
Sat 4	Club Tennis	R Williams
Sat 11	Club Tennis	E Ling
Sat 18	Club Tennis	R Lategan
Sat 25	Club Tennis	A Foreman
September 2012		
Sat 1	Club Tennis	P Galbraith
Sat 8	Vets Championships	Tournament Committee
Sun 9	Vets Championships	Tournament Committee
Sat 15	Vets Championships	Tournament Committee
Sat 22	Club Tennis	B Wee
Sat 29	Club Tennis	A Mare

**DUTIES** (a more detailed list is on the set-board)

- Duty person is responsible for collecting clubhouse and court keys from Ernie Short's house (14 Whittaker Crescent, Bull Creek) and to bring milk (1 litre) for afternoon tea
- Get to the clubhouse 15 minutes before the start time.
- Open up the clubhouse and courts
- Check net heights
- Bring out the balls and the setboard register
- Organise each set
- Set up afternoon tea and wash the dishes afterwards
- Lock up the courts and the clubhouse and return the keys to Ernie's house

### START TIMES

Club Tennis 1.30pm to 5.00pm

All Gala Days – 1.30pm to 5.00pm (Please arrive early to register for gala days)

### RAIN RULE

Tennis is only cancelled if it is raining at 1.00pm and the weather forecast on the 1.00pm ABC radio news is for frequent showers in the afternoon. Unless those two criteria are met the duty person needs to be at the club by the nominated start time and should remain at the club for at least 30 minutes.

### UNABLE TO ATTEND ON THE DAY?

If you are unable to attend on your rostered day please swap with someone whose rostered day is later in the year. Please don't leave it until the last minute or not tell anyone that you can't make it.

