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Around the Courts November 2020

Why should anything stop us!



Julia Kraemer is leading the way at HKDTA for players who strive to play top level tennis week in and week out. If you've had the pleasure to play against Julia, you will have witnessed first-hand her superb all-round game and the good sportsmanship she displays on and off the court.

Recently, Julia broke through the "grass" ceiling and became the first female in many years to make it into the illustrious Supercomp division of our premier Tuesday Night Competition, and now tests her game against the best male players at HKDTA.

We asked Julia about her tennis background, any methodologies she uses, and her thoughts on being a female participating in the male dominated world of Supercomp.

Editor: Hey Julia. How old were you when you started tennis and what got you into tennis? Were you coached from a young age?

Julia: Both of my parents play tennis, so I have been on and around tennis courts since I was born. I did have coaching while I was at school, however my dad has been my regular coach and constant supporter from the beginning. While I was growing up, my brother and I alternated choosing our Sunday activity – my choice was always to have a hit of tennis!

Editor: What do you believe is your highest tennis achievement to date?

Julia: Representing my school, Pymble Ladies' College, at the annual Tildesley Shield, and continuing to represent Kooroora, a club I have been a member of for fifteen years, at a high level in the Sydney Badge competition are achievements that I consider to be my best.

However, as cheesy as it may sound, my greatest achievement has been the many friends I have made from playing tennis in a club environment. I like to win just as much as anyone else but being able to have a laugh and a chat is just as important to me.

Editor: Has there been a time when you feel your tennis has let you down? How do you overcome that feeling and pick yourself up? Is this the same technique you use week to week?

Julia: There is no particular time that tennis has let me down – it is a challenge each time that I play, but I love it. I can get frustrated when I miss a shot I believe I shouldn't miss, and especially when I double fault. When that does happen, I have to remind myself that it is just a game and there are many worse things that could happen.

Editor: Making it into Supercomp is a huge achievement. Do you set goals and was this one them? And how does it feel to be playing at the club's highest level?

Julia: Elijah and I have been playing the Tuesday night competition together for over two years now. Progressing to Supercomp has always been a goal of ours and I'm thrilled that

we've now made it up to the top division. I'm really enjoying playing in Supercomp – the tennis is of a very high standard and I can only hope that my tennis will improve as part of the experience!

Editor: What has been the reaction from the other Supercomp players (who are all male!)?

Julia: Everyone has been incredibly supportive and welcoming. We hope to stay in Supercomp and keep improving!

Editor: Finally, what advice do you have for other females making their way up the divisions in their comps?

Julia: All I can say to any woman playing tennis who is seeking to improve and challenge herself is to believe, to back yourself and to go for it.

Why should anything stop us!

Tim's ever-expanding skillset



Tim pictured with Kathy from Tennis Australia

As well as leasing the Mills Park Pro Shop and undertaking HKDTA's Management Contract for Mills Park and Berowra Tennis Centres, somehow Tim Brackenreg still finds time to progress his coaching career! Recently, Tim was accepted into Tennis Australia's Junior Development Certification Training Program. The six-month intensive course prepares tennis coaches to deliver their best for students from 4 to 16 years of age. Tim has already completed the Community Coaching and Schools Coaching certification under the sponsorship and mentoring of Mills Park head coach Stephen Thompson.

Tim said, "I have been impressed with the professional development program. As a qualified training and assessment certifier myself; I understand what's required to provide comprehensive, and quality adult learning. It has required some sacrifices on my time, but I've learnt a lot. The energy and drive to deliver the best coaching I can is a product of the support and guidance of Thommo, my facilitators, the guest speakers and peers in this excellent program."



"Today's tennis coach considers the cognitive, social, physical, technical and tactical abilities of their students as well as having a strong understanding of risk, safety, planning, communication, diversity, inclusion and environmental facets of their role. It's a comprehensive package with a full "toolkit" to deliver professional instruction - not just for juniors, but adults, groups, schools and any other demographic you can think of!"

Tim was also selected to participate in Tennis Australia's Junior Development Certification Program. With the NSW Inclusion & Diversity Manager (Steve Manley) as guest facilitator, Tim developed and practiced his coaching skills for players in wheelchairs and players who are sight impaired, hearing impaired and intellectually impaired. Tim built a lesson to suit each group and had the opportunity to simulate being taught under these conditions. Tim said, "It was a huge eye opener for me to play tennis under these conditions as well as an education on how I can adapt my approach to these individuals on the court. It was humbling

to discover how difficult the game can be, but at the same time inspiring to see these athletes persist and dedicate their energy to be the best they can.'

One of our Saturday social players is about to become TV famous!



If you're a keen game show viewer, you may have seen channel 7's latest quiz show **Beat the Chasers**. Screening on Sunday nights at 7pm, a Mills Park regular social player is set to dazzle us with his vast trivia and general knowledge prowess on Sunday the 22nd November. At this point he wishes to remain anonymous, but if he wins he has promised to let us profile him in our next edition. Either way, we wish him the best of luck as he takes on some of Australia's best quizzers this Sunday night.

More from HKDTA's newest committee members

Last month we heard from committee members Jonathon Gray and Tony Foster. This month Theresa Johnson and Henry Chim give us their thoughts on tennis in general and their roles within HKDTA.



Theresa, what do you see as the future of tennis?

I see the future of tennis as a sport that will continue to be played, primarily because you can start from childhood and play well into your twilight years: age is no barrier.

What business or personal experience will you draw on to improve HKDTA?

I have been a member of HKDTA since 1995 playing in two or more competitions. I have also been a volunteer with the HKDTA for many years and have been happy with how the association has made changes to adapt with the evolving sport in the world.

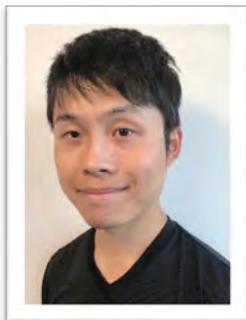
What will inspire you and motivate you to make change?

I would like to be able to work as a team member to make improvements to take our association into the future.

Tell us about a recent 'lightbulb moment' you've had with your tennis game?

Starting tennis later in life made me appreciate the technicality and strategic components that one requires to play i.e. for me, don't just watch the ball but look to where you're going to place it.

Henry, what do you see as the future of tennis?



I feel flexible competitions are the future of tennis. Many of my friends work part time and find it hard to commit because there can be random work timetable changes. This will come from better timetabling software and apps to make it more practical. Perhaps a tennis matching service where your availability is matched to other players.

What business or personal experience will you draw on to improve HKDTA?

I think I bring a younger perspective to the committee. I think I'm the only committee member who still buys lollies regularly at the pro shop.

What will inspire you and motivate you to make change?

It would be nice to see more people my age at the club. I want to work towards engaging young people with tennis.

Tell us about a recent 'lightbulb moment' you've had with your tennis game?

You just need to hit the ball over and in one more time than your opponent. Apparently, there are no points for how hard or stylishly you hit the ball. Shame about that.

Say hi to Delores! The Pro Shop's newest staff member



We've doubled our staff with "Delores" the mannequin joining the team. She will be modelling a range of clothing over the coming weeks. Clothing is a tough gig for a small shop. We endeavour to provide a small range of good value and high-quality items.

We have just received new stock of junior racquets from Babolat and Wilson and some players will be happy to see the ice cream stock has finally arrived! Grab a cold treat after beating your nemesis on court!

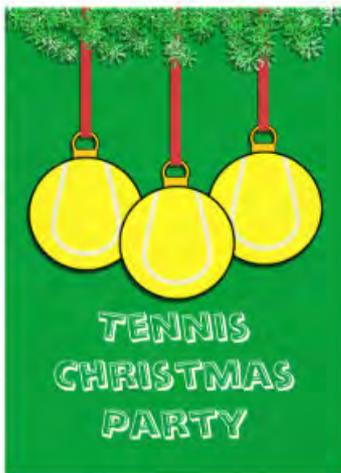
Feeling like your game is a bit off? Don't forget that Stephen Thompson offers a great re-stringing service through the pro shop. A fresh set of strings should be installed on a regular basis. As a common guide, you should re-string as many times a year as you play in a week. The difference with a new set of strings is tangible to your game and the string type and tension is also an important factor.

Your Committee in action

Your Committee has been busy planning and implementing improvements over the past month or so including:

- discussions with Tennis NSW to revitalise tennis competitions throughout Sydney;
- repairs to fences and gates at Mills Park;
- completing the Mai Donnelly Memorial Garden;
- plans to rejuvenate the Berowra Tennis Centre infrastructure, especially the lighting;
- replacing the surface of Courts 9 & 10, together with replacements to nets, winders and courtside furniture; and exploring options for a new trading name for our club – look out for an update very soon.

But it's not all hard work at the top! The committee recently enjoyed a dinner together in Hornsby where Tim and Eddy shared a post-dinner joke by the fountain! Back to work now guys.....



If your business or family is stuck for ideas on where to hold your annual Christmas get together, look no further than Mills Park or Berowra Tennis Centres. COVID-19 restrictions on gatherings allow us to have up to 500 people on site at Mills Park and there is access to the clubhouse kitchen and gas barbeque facilities. For information contact office@hkdt.net.au

On the line is out!

OK, now that we have your attention, 2020/21 memberships are now due. Invoices have been emailed to members with instructions on how to pay. If you haven't received your invoice contact office@hkdt.net.au

Tennis NSW Super Series junior event

On Sunday 22nd November, Mills Park will be hosting a 14/U (UTR: 0-3.00) junior event. Entries close on Thursday 19th November at 11:30pm. For details visit:

<https://www.tennis.com.au/nsw/players/tournaments/universaltennising/nsw-super-series>

