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# Around the Courts March 2021

## HKDTA Opening Hours over Easter

Mills Park Tennis Centre: Book courts [online](#)

Friday, April 2 – 8.30am to 6.00pm (courts only, Pro Shop will be closed)

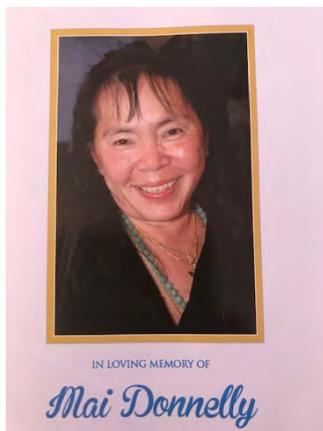
Saturday, April 3 – 8.30am to 6.00pm (Pro Shop open only 1.00 to 6.00pm during social tennis)

Sunday, April 4 – 8.30am to 6.00pm (Pro Shop open only 2.00 to 6.00pm during social tennis)

Monday April 5 – 8.30am to 6.00pm (Pro Shop open only 1.00 to 5.00pm during social tennis)

Berowra Tennis Centre is open every day for [online bookings](#) only.

## In celebration of Mai



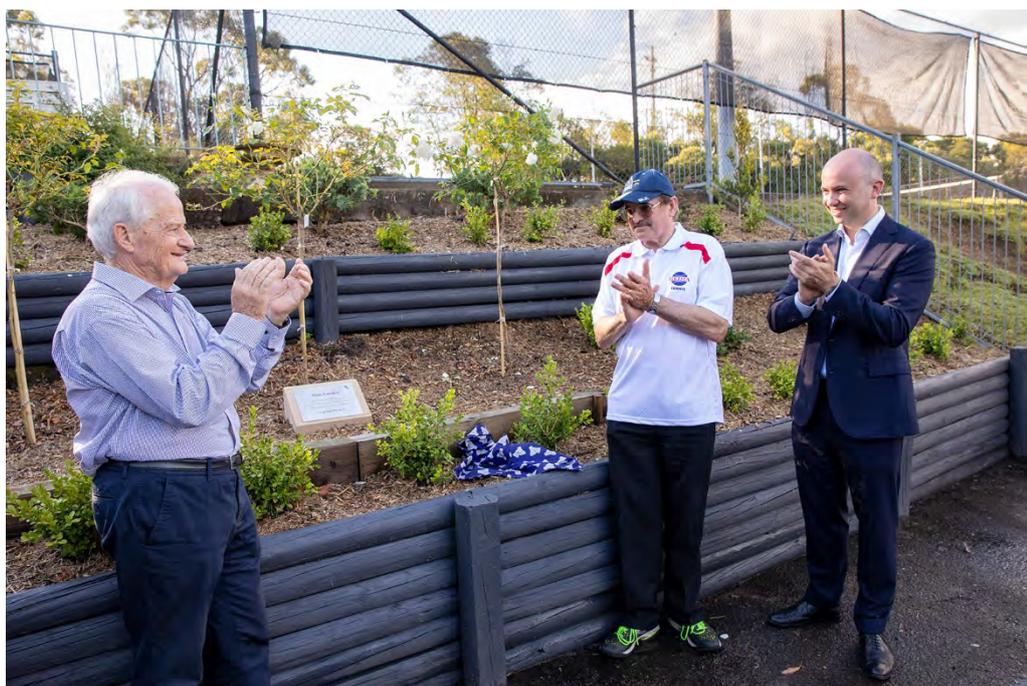
Since 2019, the committee had been considering the best way to recognise the contribution that Mai Donnelly made to HKDTA and, in particular, to the Mills Park Tennis Centre over many years. They decided that rather than naming a court in honour of Mai, they would create a garden. Mai loved the roses she used to keep and tend outside the clubhouse and she was delighted at the thought of a rose garden.

On the 22<sup>nd</sup> January 2021, the Mai Donnelly Garden was officially opened with a gala event attended by local State Member, The Hon Matt Kean, The Hon Philip Ruddock, Mayor of Hornsby Council, the President of Tennis NSW, Melissa Achten, Tennis NSW CEO, Laurence Robertson, and Scott Fearnside, Treasurer of NSW Hardcourt Tennis Association.

The event was well attended by almost 80 HKDTA members and guests including Margaret Stirling who spoke at the event and said, “Mai loved her “tennis family” as she always called us, which included her two cats (Mumsy and Michael Jackson) and the local wildlife (multitudes of magpies and kookaburras who were the recipients of many free handouts). Mai never stopped suggesting innovations, encouraging all players from young to old to get more enjoyment from their tennis at Mills Park. Without Mai, we wouldn’t have such a strong and healthy club today, with so many members who care about club activities and each other.”

The CEO of Tennis NSW, Laurence Robertson said, “It is clear from those around the club who knew Mai, that she is a great loss to the Association and to tennis in general. Your recognition and acknowledgement of this through the opening of the memorial garden is touching and very appropriate. This acknowledgement and the turn-out at the event clearly means a great deal to Marc, whom we know has also given to the Association and our sport.’

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*L to R: Mayor Ruddock, Marc Donnelly and The Hon. Matt Keane unveil Mai's plaque and garden*

Following the opening of the Mai Donnelly Garden, the newly resurfaced courts at Mills Park were officially opened by Hornsby Council Mayor, The Hon. Phillip Ruddock. These are the first courts that have been resurfaced at Mills Park for over 15 years and HKDTA President, Eddy Watson said, "We cannot operate effectively without working closely with our partners Hornsby Council and the NSW State Government in particular, but also the federal government and Tennis NSW. I thank the representatives of all those bodies that are here today for their ongoing collaboration with HKDTA and support for tennis in our community. Together I am confident that we can build a great future for tennis in our area."



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The event was also attended by Lawrence Robertson, CEO of Tennis NSW who said, "The refurbishment of the courts along with the Committee's willingness to work alongside ourselves, Hardcourt and the other Associations and court operators in the Hornsby & Hills area is a great example of how coaches, clubs and councils can all work to drive positive outcomes for tennis in local communities. We commend you and your Committee for all the work you are doing in this space to continue the great tradition of tennis at Mills Park.'

You can check out more photos from these two successful HKDTA community events our [Facebook](#) page, and remember to like us!

### For Jo Smith, a life well lived is a life playing tennis



HKDTA long time member and comp player, Jo Smith, recently turned 93. She started playing tennis at eight years old and only retired recently due to a twisted ankle.

Jo credits the game of tennis as a major contributor to her health and fitness, and importantly it gave her a sense of achievement and accomplishment in participation (and often winning!). She fondly remembers the friendship and camaraderie she experienced and the lifelong friends she has made. Tennis also gave Jo a sense of contribution and belonging - especially when she volunteered as a Monday Ladies

Competition Secretary many years ago.

When asked what her advice is for tennis longevity Jo said, "I have always analysed my tennis and enjoyed the challenge. My secret to a long tennis life is the pure love and excitement for the game. I have always looked for ways of improving and have tried to play to the best of my ability."

### Tips from a Physiotherapist on playing tennis for longer

With players like Jo being our inspiration, we thought we'd ask an expert for tips on what we should be doing to keep ourselves physically strong and minimise the risk of injury.

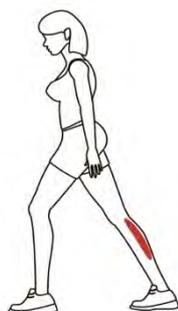
Sandra, Senior Outpatient Musculoskeletal Physiotherapist at Ryde Hospital, provided the following tennis specific stretches that we should all be doing regularly.

The rotator cuff is a group of shoulder muscles that allows you to move your arm. It is very important to keep it strong. Strengthening your rotator cuff will help in your serve and ground shots.

Strengthen your rotator cuff muscles using resistance bands



#### Calf Stretch



Some muscles in our body get tight, while others get weak. The calf muscle gets tight and needs to be stretched on a regular basis. Unfortunately, the tendon Achilles which joins the calf muscle to the heel can rupture.

Stretching is important as it can help to prevent calf injuries.

Avoid getting a stooped, rounded or hunched back as you get older. By working at your posture, this will help keep strong and reduce the chance of neck and upper back pain.

Sit in a chair and lean backward over the edge of the chair back.



And check out this [article for scientific evidence](#) that tennis players live longer!

## Around the Courts March 2021



**School holiday camps** are being offered at both Mills Park and Berowra Tennis Centres in April.

### Mills Park Tennis Camp

6<sup>th</sup> April 2021 – 9<sup>th</sup> April 2021

12<sup>th</sup> April 2021 – 16<sup>th</sup> April 2021

9.30am to 3.00pm (half day also available)

Contact Steve Thompson on 0414 708 701 or [stevethommo1@hotmail.com](mailto:stevethommo1@hotmail.com)

### Berowra Tennis Centre Camp

6<sup>th</sup> April 2021 – 9<sup>th</sup> April 2021

12<sup>th</sup> April 2021 – 16<sup>th</sup> April 2021

9.00am to 3.00pm (half day also available)

Contact Trevor Hodge on 0408 977 787 or Gilly Blackwood on 0402 110 904.

### From Tim, our Centre and Pro Shop Manager



We have seen an increase in the number of tennis ball can “ring pulls” left on court recently. They are a particularly nasty hazard (have the scar to prove it). Please use the bins provided to dispose of them thoughtfully.

COVID-19 is still a serious threat to our community, including our centres and the people who use them. It is in your best interest to register your presence on site upon entry and sign out when leaving. Spot audits have shown a high level of complacency. Please do the right thing. The Service NSW app can be downloaded on your phone in a minute and takes about 20 seconds to use.

<https://www.service.nsw.gov.au/campaign/service-nsw-mobile-app>

The “late” summer of tennis is in full swing. Our centres are hosting more players than usual and courts are getting hard to find at premium times. Please use the online booking system to hire courts prior to arrival. A number of disappointed drop-ins recently have been unable to find a court because they did not pre book. <https://hkdt.tennisbcs.com.au/applns/bookings/bookdisp2.aspx>.

### PRO SHOP NEWS

- The re-string labour fee has increased to \$20 per racquet. With most strings costing \$20, a re-string for \$40 is still the cheapest deal in town! Fresh strings make a big difference and Steve can usually get your racquet back to you in a day or two.
- New Wilson men’s clay court [Synthetic Grass] shoes have arrived. Our pricing is competitive and sizing stock is limited so get in quick.
- A number of members “swear by” the Babolat socks. I have white 3 packs in most sizes. A nice way to treat your toes!
- We have restocked the Ballsport pick up baskets. They hold a box of balls easily which allows you to practice with efficiency. We also have ball tubes -a smart alternative to bending your back 72 times a session.

Delores, the pro shop manager has also suggested a larger range of clothing for women. We are working on a suitable supply that is stylish and affordable. Delores might not have a head, but her ears are burning!!!



### SAVE THE DATE

On Sunday, 10th October, we’ll be holding an evening of twilight jazz , refreshments and social tennis at Mills Park Tennis Centre. All welcome and more details to follow.

## Around the Courts March 2021

### Sydney Junior Team Tennis

There has been some very high quality Junior Tennis on display at Mills Park on a Sunday morning in recent weeks! Seven teams of HKDTA junior players have been taking part in a Tennis NSW pilot program to encourage more interclub tennis throughout Sydney, involving teams from HKDTA, Kim Warwick Tennis, Eastwood Thornleigh Tennis, Hills District Tennis and Rod Fahey Tennis.

*Our HKDTA teams taking part in Round 1 of the "Hills-Hornsby" Sydney Junior Team Tennis pilot*



David Windybank & Jade Russell



Neeraj Margani & Aarush Sethupathi



Alice Tysoe & Mia Russell



Rafaello Munozco & Jay Chen



Daniel & Timothy Sutolov



Kian Ha & Sebastian Parsa



Julia Volonski & Suveer Manav

This comp has been a great success and will run again in Term 2, with other tennis centres around this area also wanting to participate. **UPDATE:** David & Jade were victorious yesterday in the Div 1 Final!

### Your Committee in action!

The committee has been busy over the last couple of months with improvements to our centres. Some are visible such as painting and cobweb removal at Berowra Tennis Centre, and at Mills Park there have been lighting improvements including converting fluorescent lights to LED. The female toilet hand dryer has been replaced and the internet has been converted to the NBN.



Behind the scenes, there have been several grant submissions made including:

For Mills Park -application submitted to the Office of Responsible Gambling for landscaping works and 4 court surface replacements (3,4, 7 & 8). Result will be known at the end of April.

For Berowra Tennis Centre an application has been submitted to the Greater Cities Sport Facility Fund for lighting upgrade (to LED), surface replacement (4x courts), net winder post corrosion treatment, net winder assembly replacement, and net replacement. Also applied for funding to update the toilets including adding a disabled toilet and clubhouse roof replacement including guttering, water retention and first flush re-use.

### Watch this space ... the big reveal is coming!

The committee has decided on a superb new business name and logo after careful and lengthy deliberations. Thanks to the many members who suggested a wide range of options for us to consider. We have selected a name which is unique and contemporary and the big reveal will be made when our new branding is complete.

