

Around the Courts

Superb Tennis Newsletter March 2022

 FollowUs: @hkdtA



No sacrifice too big for Andre



In a fast paced world, many adults take years to reach that much sought after work-life balance, but have you ever thought about our young elite players who seek to achieve a tennis-life balance? At a time in life where most teenagers are having fun at school and

socialising on weekends with their friends, how does a young talented tennis player who shows enormous potential pursue their dreams and maintain a normal adolescence? We suspect they mature quickly and learn to prioritise life's demands so they can fully commit to following their dream of playing professional tennis. To find out if our theory's correct, we spoke to **Andre Felip** – one of the elite very talented teenagers who trains at Mills Park.

Andre shares his story of total commitment and sacrifice to tennis which is inching him closer to reaching his dream of becoming a professional player. With an enviable current Universal Tennis Rating (UTR) of 10.53, and a strong ambition to achieve bigger things, we asked Andre about his background, approach to tennis and to describe how he manages the intense dedication required to go to the next level, whilst maintaining a "normal" teenage life.

Hey Andre! What drew you to our great sport of tennis?

I was attracted to tennis because the results depend completely on me and my decisions on court. A player has no excuses after the match and unlike other sports cannot blame teammates for doing something wrong.

Best result in a tournament so far?

My best tennis achievement so far is playing for Australia at the Under 15s World Junior Teams Finals in the Czech Republic in 2019.

How do you prepare yourself for a match?

Before a match, I don't try to pump myself up as I feel that I can become carried away and start making mistakes

that I usually would not. I prefer to try to stay as calm as possible and trust my abilities on the court because that is when I am playing my best tennis.

How do you balance school and tennis?

Balancing school and tennis is tough especially considering I am in year 12 this year which means a lot of studying. Luckily, I am doing distance education which allows me to be more flexible with my schedule. This helps me fit all my training sessions alongside completing schoolwork.

Goals for 2022?

My goals for 2022 are to gain enough points so that I can play in the 2023 Australian Open Juniors. Also, to finish high school with a good ATAR.

Something people would be surprised to learn about you?

I am a big football fan and I support Chelsea FC. My favourite player is Kai Havertz.

How has tennis impacted your life?

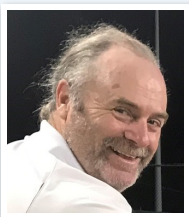
Tennis has a huge impact on my life. Everything that I do revolves around tennis. It also made me choose to do distance education even though I miss catching up with school friends. Still, I love what I do and wouldn't have it any other way.

What do you do on court when things aren't going your way?

Just remember that all the mistakes are behind you and you can't change what has already happened so accept it and move on. Always focus on the next point.



From our Superb President - Eddy Watson



Well, it's March already and the Australian Open has come and gone with our first Australian Open winner for many years in Ash Barty. The latest COVID pandemic wave is receding and life is starting to feel a bit more normal: "COVID Normal",

that is! However, the weather has unfortunately kept us off courts for much of February - let's hope it dries up a bit soon!

New courts now in use at Berowra

It's great to see that the refurbished Berowra tennis courts have been in use since early February. We've had lots of positive comments on the new surface and the vastly improved lights for night play.



On the 15th of February, we were even able to schedule the top division players from our Tuesday night comp for matches at Berowra - the first time since 2017 that division has played there (after Mills Park lights were upgraded).

Work is continuing on the clubhouse, but rain delays have meant it's a bit behind schedule. Please bear with us, you will be able to make your cup of tea and use the kitchen and improved bathroom facilities soon!



Lease up for renewal at Mills Park and Berowra

You may be aware that Superb Tennis leases its two centres from Hornsby Council, with our current 10 year lease expiring in June this year. We've started discussions with Council in preparation to submit a compelling tender to allow Superb Tennis to continue to manage both tennis centres until 2032! We will keep you informed of developments, as we might encounter tough competition from commercial operators.

Meet Zac - our new treasurer!



Great news: Superb Tennis has a new treasurer. Zac first appeared at Mills Park at the start of 2020. Impressed by the sense of community and beautiful garden surroundings at Mills Park, he has been a regular ever since, playing in both Tuesday and Thursday night comps as well as the occasional social tennis.

Zac is halfway through a PhD in economics and hopes to put his strong theoretical background into practice in a way that benefits the community at Superb Tennis. He is always happy to listen to feedback and suggestions for Superb Tennis, or to just have a chat!

Our member in profile

We're adding a new regular feature to our newsletter where we learn more about our Superb Tennis members. Each month we'll be diving into their lives off the tennis court and delving into what makes them tick on court.



This month, we hope you enjoy meeting....

Emiko Allum – passionate player and artist extraordinaire!

Hi Emiko! Tell us, what do you enjoy most about playing at Superb Tennis?

What I enjoy most is spending time with a lovely group of people while we are exercising. I consider that people I meet at Superb Tennis are my second family as I do not have many opportunities to catch up with my own family.

Many players have a favourite shot. Tell us about yours.

My favourite shot is the swing forehand volley, when I am at the net and have time to punish a ball within my reach to finish the point. Tennis is not like mail delivery! I try to keep the ball away from my opponents and do not give them a chance to return my shots.

Is there a tennis technique you are trying to improve at the moment?

Yes, I would like to improve my backhand volley. Another shot I would like to improve is definitely my smash.

What is the funniest thing you have seen whilst playing?

The funniest thing I have observed was my opponent pouncing to cross at the net to volley my return of serve, only to miss the ball and tell his partner "Yours!", but it was way too late for his partner to reach the ball and we all had a good laugh.

When you're not playing tennis how do you spend your time?

I love watching YouTube videos on how to cook nutritious and tasty meals from all over the world – especially Indian, Thai, Chinese, Italian and Korean cuisines. I enjoy making aroma candles and bath salts for special occasions. Recently I have also been practicing playing the classic guitar by watching YouTube. Since we have been staying home during the COVID pandemic I have resumed painting.

How long have you been painting and how did you learn?

I started painting 20 years ago when my children were very young. After a long break I got back into painting in 2021, learning by watching YouTube videos – just like tennis!

What are your favourite subjects for painting?

I love to paint natural scenes like tropical plants, Mt. Fuji, forests, sunset beaches and palm trees. In addition, I enjoy painting tennis players in action.



Tell us about the challenges and enjoyment you get from painting.

I enjoy the process of painting, which can sometimes produce an outcome I did not expect. For me, painting is therapeutic: it helps me to relax. The challenges are I have to learn the basics from the internet as I go. I am always learning how to create a set of effects, such as tones and texture from scratch. Painting is very subjective, according to the observer. Some people love the art work of Leonardo da Vinci while others prefer the water colours of Claude Monet. One painting can be adored by some people but ridiculed by others. Many people think paintings are great if they look like a photo: this is my challenge. My paintings are not ultra-realistic – they are not like photographs – but impressions of a subject to allow the viewer to create their own perceptions and their feelings into the paintings. My enjoyment in painting is derived from expressing what I see and how I feel about the things I see. When I paint the sunset on the beach, I hear the sound of the waves and smell the sea. I paint a lot of tennis players and try to convey how they felt at the moment they were about to hit the ball, as if I am there and playing with them. That is my style of painting.

Editor: Wow! Thanks so much for that insight into your tennis psyche and personal life Emiko. So much respect for your on court play and now your artistic talent as well!

Berowra upgrade on track



By **Jonathan Gray**
Project Director

I am delighted to report that all four courts at Berowra have now been resurfaced with new nets and have been in use since mid - February.

The court lighting system has been upgraded to meet Tennis Australia's "State Championship" level of luminosity. Tuesday night comp players have been blown away by the massive improvement in lighting. Courts are available to book online as usual.

The renovation of the clubhouse is in full swing and nearing completion. Improvements include:

- A new metal roof and gutter
- New windows and widening of entry doors
- New air-conditioning
- Repair to ceiling is complete
- Upgrade of toilets and showers under construction

For safety reasons, access to the clubhouse will not be permitted until the clubhouse renovation is complete by the end of March. A portable toilet has been installed until the new toilets are completed. Parking is available in Boundary Street with pedestrian access via a path through the bush as the carpark is currently being used by contractors.



My signature shot

Introducing another new regular newsletter item in which we seek out players that are well known to have what we call a 'signature shot'. We ask them how they do it so well, so consistently and make it look easy.



Our first tip comes from **Jason Drever**. If you've ever had the pleasure to play against Jason you will know that as well as being an all round nice guy, he also has an awesome volley.

Read on to hear Jason's breakdown of this make or break tennis shot....

Hi everyone,

I've been asked to contribute a tip to help your game: don't worry it's not how to serve and volley.

My fundamental tip for becoming a better volleyer is to **hit the volley standing as close to the net as possible**. This has three fundamental advantages:

1. **It is easier to volley when the ball is above the net. The higher the ball the easier the volley.**
2. **More angles are available the closer you are to the net making for an easy put away.**
3. **Mishit shots can still go over (my favourite)!**

I often notice players making life difficult for themselves by waiting for the volley and letting the ball drop below the net line, or by not taking a step closer and creating an easier volley. And just because you are at the net does not mean you can forget to move. Practice moving constantly from the service line to the net and back again to cover potential volleys from opponents. Then close the gap to the net to put your own volley away.

Look forward to seeing you at comp and social to put into practice my secret.

Editor: If you know a player with a signature shot who might be willing to share some tips, please let us know by sending an email to matthew.noone@icloud.com

NEW! Weekly Doubles Minicomps

- Start 10 March
- Thursday nights
- Play when you want

Following the very popular minicomps during January, we will be offering this doubles event for members on **Thursday nights from 7:30pm – 9:30pm** as a trial until the end of April.

• Two divisions: A = UTR 4.0 + and B = UTR 2-3.9 with 4 teams in each division. (UTRs are a rough guide – don't worry if you don't know your UTR)

• Doubles only

• Gender neutral – men and ladies welcome to enter

• Round robin format with 3 x 9 game sets played each week

• New balls

• Minimal time off court

• Just enter week by week. No need to commit for more than one week

• Enter online and pay by 12 noon each Thursday

• \$15 per person each week you play

• Enter with a partner (both must register) or enter on your own and you will be allocated a partner



» [CLICK HERE TO REGISTER](#)

For more information contact **Tim** on **0437 145 334**

