



## ASB ACE TENNIS NEWSLETTER

JULY/AUGUST 2017

### A NOTE FROM ANDRE...

#### **Continually Striving for Improvement**

Well done to all our ACE Players for sticking with your training through the colder winter months. I am continuously looking at developing the quality of our junior player development and having players stick with us through winter enables us to maintain our momentum. Having Matt Meredith, Canterbury Regional Head Coach, with us at two of our Friday night hitting squads supported this objective.

We also had Shaun Clark, Principal Physiotherapist from Physio steps join us for two sessions. These sessions focussed on injury prevention and Nutrition and were very informative not only for our ACE players but also for some of the parents who sat in on the discussions. I am delighted that we have been able to confirm funding from our ACE Committee for Shaun to join us for another two sessions in term 3 as well as sponsor each of our players with a progressive resistant exercise tube. Shaun will be demonstrating more ways of using this great strengthening tool next term.

Speed and agility testing will kick off again in term 3. We will also be placing a lot of emphasis on footwork – if you have good footwork you're going to give yourself the best chance to move into position to take advantage of anything that comes your way.

Cheers

Andre

#### Physiosteps Visit

Last term Ace were really lucky to have Shaun from physiosteps back again taking us in a session on injury prevention. As a group he took us through different strength and conditioning exercises. New exercises we learnt and got to practice focused on using a resistance cord. All these skills were really helpful and relevant to prevent common tennis injuries and we hope to use these exercises in future sessions at coaching and hitting squads as well as home. Ace really benefited from this session and it was really fun getting this variation in our program. Big thanks to Shaun you did a great job and we would like for you to come back again.

Oliver McKeown

When Shaun came to the tennis centre for the second time, he talked us through the nutritional side of tennis. Shaun gave us some great pointers on what we should eat and drink before, during, and after a tennis match. He also talked to us about what food we should eat in general during the week. We are all very thankful for Shaun coming and hope that he can come and share his great knowledge with us again soon.

Amelia McKeown

## WILDING CHALLENGE 2017



The 2017 Wilding Challenge was again played in Christchurch indoors over 5 weeks during term 2. Christchurch and the surrounding area is divided into 5 areas, each area selects a mixed team to play each other in a fun competitive team environment. Mid Canterbury players selected to play in the Canterbury country team were Ryan Watt, Riley Breen, Jacob Adam, Jake Parsons, Sebastian Van Rooyen and Angel Spooner with Drew Gilbert also filling in. The Canterbury country team played competitively and made it to the finals but were beaten. But lots of fun was had and the future of Canterbury tennis is definitely strong!

### Contact details

**Andre:** [coach@midcanterburytennis.co.nz](mailto:coach@midcanterburytennis.co.nz)

**Tennis Centre:** 3083020

**Ace Committee:** [ace@midcanterburytennis.co.nz](mailto:ace@midcanterburytennis.co.nz)

**Web:** [www.midcanterburytennis.co.nz](http://www.midcanterburytennis.co.nz)

### ACE Committee Members

**Annette Talbot Cynthia Christie Lee Gilbert Robert Breen**

**Michelle Adams Tim Parsons Lisa Hill-Scott**

Please support our sponsors where possible...



# brophy | knight

chartered accountants and business advisers

Brophy Knight is a chartered accounting practice that is only one year off celebrating it's 100<sup>th</sup> anniversary. We are leading providers of financial and business advisory services with a commitment to adding value to the lives of our clients.

The business is situated at 144 Tancred Street, Ashburton and has recently undertaken significant renovations to accommodate the expanding staff numbers.

Our aim is to provide clients with advice **when** their business needs it - not just when they ask for it.

Contact us at:

Phone 03 307 9051

Email [enquiries@brophyknight.co.nz](mailto:enquiries@brophyknight.co.nz)

Website [www.brohyknight.co.nz](http://www.brohyknight.co.nz)



Brendon Adam – Director  
[brendona@brophyknight.co.nz](mailto:brendona@brophyknight.co.nz)



Mitchell Bellew – Director  
[mitchellb@brophyknight.co.nz](mailto:mitchellb@brophyknight.co.nz)







Greg Wall – Director  
[gregw@brophyknight.co.nz](mailto:gregw@brophyknight.co.nz)



Marcus Schoonderbeek - Director  
[marcuss@brophyknight.co.nz](mailto:marcuss@brophyknight.co.nz)

# GAME SET MATCH

*we get the job done*

-  Effluent system specialists
-  HDPE pond liner installation
-  Farm environmental planning
-  Irrigation system design & installation



PROUD SPONSORS OF MID CANTERBURY TENNIS

0800 45 45 40

[www.sustainablewater.co.nz](http://www.sustainablewater.co.nz)



**ASHBURTON  
IS PROUD  
TO SUPPORT**

**Mid Canterbury  
Junior Tennis –  
ACE Development  
Programme**

