

MAY 2018

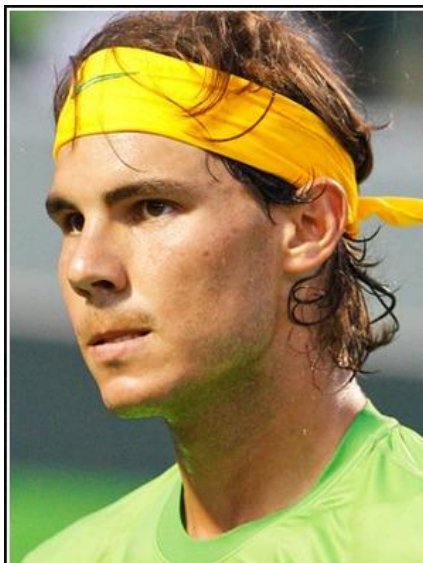
MID CANTERBURY JUNIOR TENNIS

# ASB ACE



# NEWSLETTER

MID CANTERBURY



The glory is being happy. The glory is not winning here or winning there. The glory is enjoying practicing, enjoy every day, enjoying to work hard, trying to be a better player than before.

— *Rafael Nadal* —

AZ QUOTES

**A NOTE FROM ANDRE....**

2018 got off to a great start for the ACE Programme. Well done to you all for attending regularly and putting in 100% to your training.

We welcomed 12 new players to the ACE Programme in term 1. It has been lovely to see their enthusiasm for the game and to see that they have all committed to continuing through the winter months.

I was very impressed by our player's eagerness to compete in various tournaments this past term. They picked up valuable game time, which is essential for giving our ACE Players every opportunity to put what we do in training into practice in a pressured match environment. Competing in matches is essential for our ACE players to go to the next level and improve their ranking.

I am looking forward to training with you all through the winter months. Winter provides us with a great opportunity to focus on serving and footwork and I will be introducing some new fun training exercises. Testing will also continue—don't forget your skipping ropes!!!

Winter also provides us with an opportunity to continue competing and improving both our performance in matches as well as our rankings. I encourage you all to look at the opportunities available.



André



- Wynter Copland for winning the Boys 10's singles in Timaru
- Jake Parsons for winning the Boys 12's singles and doubles in Timaru
- Amelia McKeown for winning the Girls 14/16's singles in Timaru
- Brendan Fleming for competing in a regional level tournament for the first time.
- To Ollie Bubb, Ryan Watt and Jake Parsons for winning their first round in singles in the Tier 2 tournament in Christchurch during April.
- To Christine van Rooyen for competing in the 10's girl's event in Timaru at the age of 7.
- To Angel Spooner and Holly-Jayne Feutz for playing their first Tier 2 event.
- Well done to Riley Breen on working very hard at his rehab following his terrible accident earlier this year—we are looking forward to having you back with us in the programme in the near future.

**REGULAR  
RUBBISH REMOVALS**

200lt drums inc lid & liner, wheelie bins, mini skips,  
general rubbish & garden waste.

*1, 2 or 4 weekly pickups & casual pickups*

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Phone: 03 308 6158 or 027 228 7336  
Email: [regular.rubbish@xtra.co.nz](mailto:regular.rubbish@xtra.co.nz)



**DON'T LET A WIN  
GET TO YOUR  
HEAD.  
OR A LOSS TO YOUR  
HEART.**

Contact details

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

Tennis Centre: 308 3020

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

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

ACE Committee Members

Tim Parsons, Cynthia Christie, Lee Gilbert, Robert Breen, Michelle Adams

We are looking for more committee members!

If you are interested in joining contact Tim on 027 302 4218 or [tim.megan@outlook.com](mailto:tim.megan@outlook.com)

## **4 Benefits of Competition for Junior Tennis Players**

One of the best ways to engage beginner/intermediate kids in the game of tennis is to get them playing it in its truest form, which is matches. Competition, when used in the right way, can inspire kids to work towards bettering themselves and reaching the next level, and ultimately provide them with a sense of achievement.

Competition can boost a junior player's development as well as their love of the game, as it:

Gives players something to work towards during lessons

Gives players an opportunity to test and showcase their skills

Builds competitive skills

Gives players a chance to belong to a team

### **1. GIVES PLAYERS SOMETHING TO WORK TOWARDS**

The motivational aspect of competition can be truly remarkable as players become keen to perform well in their matches. Every player, regardless of age or ability, wants to bring their best on match-day, and as they gain more experience they realise how much preparation and practice affect performance. If kids know that they have matches on the weekend, they are typically more motivated during the week to improve, as they have something to work towards. It gives their lessons and practice sessions a purpose.

### **2. GIVES PLAYERS AN OPPORTUNITY TO TEST AND SHOWCASE THEIR SKILLS**

Having an opportunity to test their skills on a regular basis is vital for keeping kids engaged in tennis, as it is their 'outlet' to showcase everything they have learned. Without this opportunity, it is much easier for kids to wonder 'why' they are having lessons, especially as they grow into teenagers and develop other interests. The great thing about competition is that there is always a next level to reach, from Hot Shots Match Play all the way up to Grand Slams and everything in between, so kids will always be stimulated and have another small step to take.

### **3. BUILDS COMPETITIVE SKILLS**

The ability to try your hardest regardless of any external factors is the foundation of 'being competitive', and is a skill that kids will take with them into their lives away from the tennis court. Being able to problem solve and give maximum effort when they are losing, winning, playing in poor conditions, etc, is an ongoing process that keeps improving the more kids compete. Competition can be mentally challenging as there are so many things that can throw you off your game, but by being consistently exposed to the 'pressures' of competition, kids develop the mental toughness and clarity required to perform when stakes are high.

### **4. GIVES PLAYERS A CHANCE TO BELONG TO A TEAM**

Tennis can be a lonely sport sometimes due to its individual nature. Junior club competition gives players the opportunity to belong to a team, represent something larger than themselves, and support/be supported by others. The social aspect of tennis is very important for most juniors growing up, so club competition offers the experience of a team environment where players can feel like they are a part of something.

Competition can add a lot of value to junior players and drive their tennis forwards, but the key is to reinforce the perspective that competition for junior players is primarily about learning and growing, rather than results. Too much focus on short term results can backfire and do more harm than good, but developing a growth mindset will lead to a junior player's long term success.

If this can be done, competition has a lot to offer in terms of motivation, development, and experience, and can inspire players to strive for the next level.

<http://www.zenithennis.com.au/blog/4-benefits-of-competition-for-junior-tennis-players/>

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**Wilding Challenge—starts 13 May and runs every Sunday for 5 weeks**

We wish Jake Parsons, Drew Gilbert, Josh Gilbert and Wynter Copland all the very best as they compete indoors in Christchurch for this challenge.

**Queens Birthday 10's and 12's Development Tournament for boys and girls  
2—4 June 2018**

Thanks to all players who have put their names forward for the Country Team to compete in this event. The final team will be announced soon.

**Tier 2 Southern Junior Indoor Open Dunedin 7—10 July 2018**

Improve your competitive advantage this winter by competing in this tournament. Entries close Monday 25 June 2018.

Remember double Configure Ranking Points can be achieved.

**Tier 3 Tennis Canterbury Junior Winter Tournament 17—21 July 2018.**

Entries close 11 July 2018. Don't miss out on this one—it is great fun. Car-pooling can be arranged if needed.

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# onwards & ↑ upwards

The **Junior Masters Points Race** is heating up!

This point's based competition is taking place across three age groups with points being awarded for achievements at National and Regional Tournaments. At the end of the race in July the top 16 players will qualify for the Masters Race Playoffs (Positions 1-8 and 9-16) which will take place in Wellington on the Labour weekend.

Congratulations to Jake Parsons who was the fastest rising player in the 12's race last month, having improved his position by 26 places to 14th in the 12s Junior Masters points race.

We're rooting for you Jake!!!



FREE PHONE 0800 45 45 40

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