

UNSW Tennis Club

Newsletter



Winter Tennis

Hi Everyone,

Exams are looming around the corner, we wish you all the best, study hard but don't forget to take a break and have a hit with us!

We had our AGM at the end of March - there are familiar faces still on board and a couple of fresh blood are in. In other words we had a cabinet reshuffle, we'll introduce the new ministers later.

We have a couple of activities coming up for the holidays: laser skirmish & Saturday brunch picnic.

As part of our fundraising drive the Club is selling Entertainment Books. It's full of coupons and worth thousands of \$\$\$\$. Contact Lucy or Marvin if you are interested.

We would also like to introduce a long-time member, Michael Lee, as he will be regularly provide members with useful articles through the newsletter.

Our Annual Club Championships will commence on 8 August. You may enter in the following events: *singles*, *mens/womens doubles*, and *mixed doubles*.

Finally, UNSW Tennis now on Twitter, follow us at twitter.com/unswtennis.

Happy Hitting!

UNSW Tennis Club

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Issue 2

June 2010

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Keep in mind:

- UNSW Tennis Club is now on Twitter
- Laser Skirmish
- BBQ
- Club Champs
- Get your Entertainment Book!

2010 Fees

2009 membership are now expired, please see one of our committees to renew.

Membership fee

UNSW Students: \$40

Others: \$60

Valid until Feb 2011

Social tennis day rate

Non-members: \$15

Members:

1) \$10

or

2) \$70 for 10-Pass

or

3) \$110 for 20-Pass

Note

Due to membership period not corresponding to academic calendar, we will consider allowances for those who sign up towards the end of the period.

2010 Committee

So here are the new committee for this year, do seek their help if you need anything.

President — Orange Yeung

After a great 2009, Orange was re-elected to be President unopposed. She has served the Club well and will continue to improve the Club the coming years.

Vice President — Marvin Yu

Last year's PR and Social Director is now the Vice President by popular demand. It does pay off to be friendly with all the members!



Left to right: Andrey, Marvin, Lucy, Thomas, Orange, Han, Gilbert & Samuel.

Treasurer — Han Tay

Han will keep the accounts in check and for this year will be the most stingy committee member. Don't be mad at him, the Club really has no money.

Secretary — Andrey Hariyono

Andrey enjoys communicating with members through email and he is officially the main guy who liaise with Sport and Recreation.

Webmaster — Thomas Legowo & Andrey Hariyono

Together with Andrey, Thomas will create a new website that is more interactive and rich in multimedia. He wants members to make the Club website their homepage. See our new site at www.tennis.unsw.edu.au

Social Tennis Director — Gilbert Kwan & Andrey Hariyono

One with the Gilet - he has the unfortunate task of being unpopular by collecting fees from members but he's actually a nice guy, the president has forced him to be evil.

PR & Social Director — Lucy Hermanto & Marvin Yu

Newly appointed to the committee, Lucy will organise activities for Club members to enjoy. Keep an eye on our social calendar.

Club Champs Director — Michael Ho; Thomas Legowo, Andrey Hariyono, Lucy Hermanto

Our annual slug-fest will be organised by these capable people lead by Michael Ho. Michael has successfully orchestrated the Club Champs for a few years and will try to make 2010 even better.

Newsletter Team — Samuel Kitono & Marvin Yu

Well, this newsletter says it all: We rock!

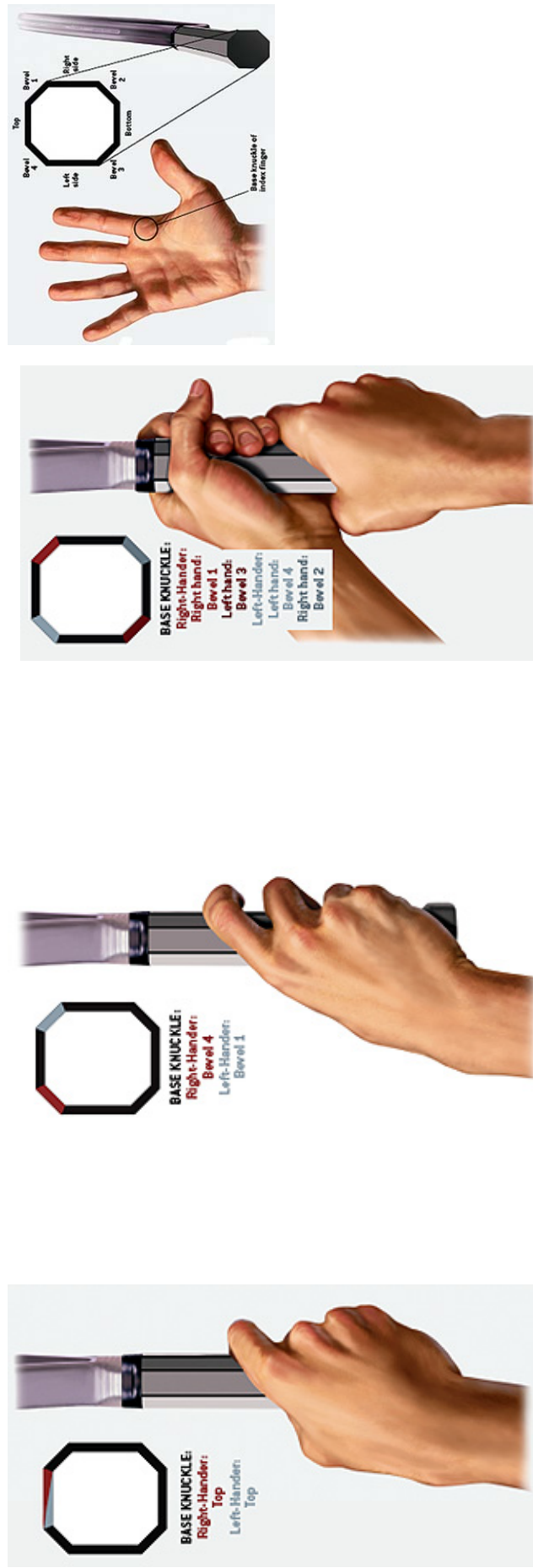
Second Lesson: Backhand Grip

Backhand Grips

Sourced from Tennis.com

Grips are the foundation of all the strokes in tennis. Your grip affects the angle of the racquet face, where you make contact, and ultimately the pace, spin, and placement of your shot.

There are various ways to explain how to find a certain grip, but the simplest and most reliable is to use the base knuckle of your index finger as the main reference point. The diagrams for each grip show the bottom view of a racquet handle (where the butt cap is attached), which has four main sides and four narrower bevels between the sides.



	Eastern Backhand Grip	Semi-Western Backhand Grip	Two Handed Backhand Grip
Pros:	As with the Eastern forehand, this is a versatile grip that provides good stability for the wrist. You can roll the ball for some spin or hit through it for a more penetrating drive. Some players can slice with an Eastern grip, but if not, a subtle grip change over to the Continental is easy enough to do. This grip also can be used for a kick serve, and it makes the transition to net for	Just as with the Western forehand grips, this is a very popular choice with clay-court players. It naturally closes the racquet face more than a regular Eastern backhand and moves the strike zone higher and farther out in front of you, making it more conducive to handling high balls and returning them with topspin. Some of the most powerful backhands in tennis are held with this grip	This is an excellent choice for players who aren't strong enough to hit a one-handed backhand. A more compact stroke than the one-hander, the two-hander relies on shoulder rotation and an efficient swing to provide power. That's why it's particularly effective on the return of serve. It's also good on low shots, and the extra arm lets you power through on balls that are at shoulder level.
Cons:	While solid for handling low balls, an Eastern backhand grip is not ideal for hitting topspin shots from around the shoulders. It can be difficult to control these balls, and many times a player is forced to slice them back defensively. You see this most often when players return kick serves that jump up high in the strike zone.	Its limitations are similar to those of the Western forehand. It's not well-suited for low balls, and because it's a rather extreme grip it's difficult to make quick changes for a transition to net. Players with this grip usually have long, elaborate swings and prefer the baseline.	Because both hands are on the racquet, the two-hander limits a player's reach. So doing anything with wide shots can be tough, especially since it's difficult to rotate your upper body when stretched. Also, two-handers can become dependent on topspin. Hitting an effective slice calls for extending through the shot with a steady front shoulder. This is unnatural for two-handers, who are taught to open their hips and rotate their shoulders. Taking the non-dominant hand off the racquet to hit the slice or volley is also troubling for many two-handers; it's the reason why they're generally not comfortable at the net.



If I play tennis, will I get “tennis elbow”?

If you play tennis regularly, you are at risk of developing “tennis elbow”.....unfortunately..... What is “tennis elbow”? Well, “tennis elbow” refers to a medical condition which involves inflammation of the wrist extensor muscles (forearm muscles that bend your wrist backwards) and their common tendon which attaches to the outside of your elbow bone (epicondyle). **Symptoms** of tennis elbow include pain and swelling around the epicondyle, “weakness” and/or pain with gripping (e.g., holding a tennis racket). Tennis elbow is typically caused by repetitive, forceful bending movements of the wrist (single-handed back hand in tennis is a good example), which leads to recurrent inflammation of the wrist/forearm muscles and their common tendon. However, interestingly, not everybody who suffers from tennis elbow play tennis! In fact, clinically, we see more non-tennis players with tennis elbow than tennis players! So why is this? The truth is, activities which involved repetitive use of the finger muscles (e.g., typing on a laptop, clicking on computer mouse) can also cause repetitive strain and subsequently inflammation of the same wrist/forearm muscles that give rise to “tennis elbow”! In addition, people who are required to do a lot lifting, painting, packaging and cutting movements at work are more prone to developing tennis elbows. As you can start to appreciate, there are many factors that can contribute to tennis elbow. If your work or occupation involved prolonged use of computer and/or repetitive wrist movements and you are a keen tennis player, you are more likely to get tennis elbow.....Don't despair, in the next issue, I will give you some tips on how to prevent tennis elbow as well as some advice on what to do IF you already have tennis elbow.

Dr. Michael Lee

Ph.D.(UNSW), M.Phty.St., M.Chiro., B.Sc.

Dr. Michael Lee is the Managing Director of Performance Care located in Crows Nest and Hurstville. Dr. Lee has a PhD in Medicine (Neuroscience, University of New South Wales) as well as clinical qualifications in both Physiotherapy and Chiropractic. Michael is a certified Active Release Techniques (A.R.T.Ö) Provider since 2000 and has completed post-graduate courses from the C.H.E.K. Institute and the McKenzie Institute.

Dr. Lee was a former Lecturer in Movement Rehabilitation and Exercise Physiology in the Faculty of Medicine at the University of New South Wales between 2008 and 2010. Dr. Lee joined the Department of Chiropractic at Macquarie University in April 2010 and was appointed the position of Lecturer and Researcher in Applied Neurophysiology.

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Michael Lee

Member since: 2006

What's your favourite shot?

Backhand cross court

Any tips for other members how to improve their game?

Play Regularly!

How long have you played the game?

Since I joined the Club

Who do you pick to win the French Open?

Hewitt, I mean Nadal.....

What makes tennis fun for you?

It's a good work out if you run for the drop shot!

What type of players do you like playing against?

Serve and volleyers with a big first serve.

Schedule of Events

We understand most of you will be going through exams in June. So we have decided to leave the fun stuff after all the stress is over. Join us for these incredibly fun-tastic activities!

- 2 July — Laser Skirmish
-
-
- 31 July — Picnic Day
-
-
- 8 August — Club Champs

Credits

Editor: Marvin

Contributors: Marvin, Han, and Michael Lee

Mid-Year Activities

LASER SKIRMISH

Where: Darling Harbour
When: Friday, 23 July 9pm
Cost: \$30 per person
RSVP & Pay by: 9 July

Come for a fun laser combat amongst fellow club members! This is a good chance to beat those who always trump you on the tennis court.

Pre-laser dinner are open for anyone who wish to join :)



PICNIC @ CENTENNIAL PARK

Where: Centennial Park
When: Sat, 31 July 11am-5pm
Cost: \$10 per person
RSVP & Pay by: 25 July

Come for extreme food-fest and games. We'll have a mini soccer match, Frisbee, cycling (own bike/cost), other games that will earn you wacky prizes such as our left-over sandwiches!!!

Bring your friends, family, dogs and cats also welcome!

Court Rules

For those who are new, we'll give you a rough guide on how our Social Tennis operate. It is important that everyone stick to this system so that all can have fun and actually play some tennis.

1) When you come in for Social, please see one of our committee members (see p.2) to register for the day.

2) If there are empty spaces in any of the court feel free to jump in – don't be intimidated if you feel the rest are better players than you. If they try to kick you out speak to a committee member and they will get their butt kicked!

3) When you have a full court (4 people) have a 5-minute warm-up then start a set. Upon finishing a set, get off the court and let other people who have been waiting play on the court.

4) If you were the first one to wait, make sure you're the first one to get on the court. In busy times we may put up a board for you to write your name so people don't jump the queue.

5) If you have played and a person just arrived, let him/her get on first.

6) Have fun! It's nothing serious :)

DURING PLAY

- Don't dawdle, people are waiting! Get a quick warm-up and start playing.

- While a point is in progress do not walk around the court, it distracts the players and you might get hit!

- After entering a gate, make sure you close it. We don't like chasing balls that go out of the courts!

- If you hit a ball over the fence, make an attempt to retrieve it.