



Tennis Nova Scotia News-December 2011

Our Newsletter

Welcome to the Second Edition of "Tennis Nova Scotia News", Tennis Nova Scotia's latest way to communicate with its Members and Member Clubs.

If there is something that you would like to share with the Tennis Community; Tournaments, Events, Fundraisers, Results, etc... please submit them to TNS and we will try to get the word out for you.

TNS Annual General Meeting

Tennis Nova Scotia would like to invite you to our Annual General Meeting to be held on Saturday, December 10th at 10:00am. The AGM will take place at the Sport Nova Scotia building, 5516 Spring Garden Road in Halifax. All TNS members are welcome and encouraged to attend. Please contact the TNS office at tennisns@sportnovascotia.ca or 425-5450 ext 318 for more information.

TNS Technical Director Position

Tennis Nova Scotia is looking to hire a full-time Technical Director in the New Year which will allow us to service our members even further. Some duties will include High Performance training, grassroots development, schools programs and coaching development. Please see the TNS website for full details on the position. The deadline for applications will be December 14, 2011.

Junior News

P.E.I. Indoor Open

The P.E.I. Indoor Open took place November 11th to 13th at the Spa Club in Charlottown. Congratulations to the following Nova Scotians who competed.

Boys Under 10: Michael Oxner (Champion), Luke Conlon (Finals), Alexander Oxner (Semis)

Girls Under 12: Anna Nicolela (Champion)

Boys Under 12: Michael Oxner (Champion), Julien Oxner (Finals), Maxwell Hurtubise (Semis), Luke Conlon (Consolation Champion), and Yannik Hurtubise (Consolation Finals)

Girls Under 14: Anna Nocola (Finalist), and Sarah Mason (Consolation Champion)

Boys Under 14: John Oxner (Champion), Jon Gaunce (Finals), Duncan Addison (Semis), Riley Taylor (Quarters), and Josh Macmillan (Consolation Champion)

Girls Under 16: Sarah Mason (Consolation Champion)

Boys Under 16: Alistair Chauhan (Finals), John Oxner (Semis), Rory Chisholm (Semis), Warren Dietrich (Quarters), Jon Gaunce (Quarters), Riley Taylor (Round of 16), and Matthew Bethune (Consolation Champion)

Boys Under 18: Alistair Chauhan (Champion), Lauchlin Ewald (Semis), Warren Dietrich (Quarters), Matthew Bethune (Quarters), Rory Chisholm (Quarters), and Andrew Cumberland (Consolation Champion)

Congratulations!

Atlantics Update

Unfortunately, the Indoor Tennis Facility in Fredericton, New Brunswick will not be ready in time to host the 2012 Indoor Junior Atlantics as originally planned. After some discussions, the decision has been made to move the event to St. John's, Newfoundland and will be held at the Greenbelt Tennis Club from Friday February 17th to Sunday February 19th, 2012.

Industry News

Northcliffe Tennis Club, located in Clayton Park is still taking Memberships, and has a few Permanent Court Times available. Please contact Glen Dodge at 902 457 2444 or www.northcliffetennis.ca for more information.

Daniel Nestor Tennis and Fitness Centre

The long anticipated Daniel Nestor Tennis and Fitness Centre may become a reality in 2012. For more details please visit <http://thechronicleherald.ca/sports/33706-wait-tennis-facility-almost-over> .

Halifax Parasport Festival

The Canadian Paralympic Committee is excited to partner with Sport Nova Scotia and the Canadian Sports Centre-Atlantic for the Parasport Festival on **December 3rd, 2011** at the Canada Games Centre in the fieldhouse from 1-5pm.

The Parasport Festival activities (38 Sports, including Wheelchair Tennis) are designed to offer Canadians the chance to experience parasports for themselves and to discover opportunities to get involved-whether as an athlete, coach, or volunteer. This Festival marks the third of five planned Festivals for the CPC 2011-2012 operational year.

For more information please visit www.paralympic.ca/getinvolved .

Courtside Canada

Join Canada's Tennis Network. Connect to tennis in Nova Scotia, in your Club, in your community and with your friends. Join today! Sign up for a Player Account... It only takes a minute and it's absolutely FREE! www.courtsidecanada.ca

Sponsorship

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Canadian Tennis News

The ATP World Tour announced in November that Milos Raonic (Thornhill, ON) has been named Newcomer of the Year for 2011 as part of the Tour's annual awards. The announcement was made in London, England host of the Barclays ATP World Tour Finals.

The award, which is voted on by the players, is given to the player who, based on his ranking move in 2011, has made the biggest impact on the ATP World Tour. Raonic began the season ranked no. 156 in the world and reached a career-high ranking of no. 25 in May. With this, he also became the highest ranked Canadian Singles Player in tennis history. The 20-year-old Canadian beat out fellow rising stars Matthew Ebden, Ryan Harrison and Bernard Tomic for the distinguished honour.

Canadians in the ATP & WTA Rankings

Following the progress of our Canadians playing tennis around the world, here's how they are doing internationally:

Canadian Players (ATP)

Rank	Name
31	Raonic, Milos
116	Pospisil, Vasek
187	Dancevic, Frank
252	Chvojka, Erik
258	Duclos, Pierre-Ludovic

326	Polansky, Peter
352	Bester, Philip
383	Diez, Steven
844	Pokrajac, Milan
846	Peliwo, Filip

Canadian Players (WTA)

Rank	Name
64	Marino, Rebecca
98	Dubois, Stéphanie
105	Wozniak, Aleksandra
167	Fichman, Sharon
302	Bouchard, Eugenie
310	El Tabakh, Heidi
319	Pelletier, Marie-Ève
363	Dabrowski, Gabriela
595	Zhao, Carol
829	Routliffe, Erin

Coaches Corner

December's Tennis Tip by Scott Hurtubise

Tennis Warm-ups and Cool-downs

Each tennis outing, whether it is a practice, a lesson, a casual or a competitive match, should start with a warm-up, to prepare the body for activity, and finish with a cool-down, to help prevent injuries. This seems even more evident for me in the winter months as we need to walk from our cold cars, through the cold, to then access the courts. Please take a moment to read the following, and to take the necessary measures to take care of yourselves.

Warm-up: The warm-up should be divided into two parts: physical and tennis specific. The physical warm-up should increase general blood flow and joint mobilization while the tennis specific warm-up should emphasize specific on-court play.

The physical warm-up should include:

- 3 to 5 minutes of running, skipping or any other type of continuous movement that raises the heart rate for an extended period.
- 2 to 4 minutes of joint mobilization movements, including the following muscle groups:
 - neck, shoulders, back, trunk
 - wrist and forearms
 - groin, hips, knees, calves, and ankles

The tennis specific warm-up should encompass the following:

- warm up all strokes including groundstrokes, volleys, overheads, and serves
- get the feet going immediately to ensure proper set-up for all shots
- emphasize consistency
- as a rule, begin closer together and gradually move further apart
- concentrate on centering the ball; always use good technique

Cool-down: The cool down should be performed after every tennis outing and should focus on gradually reducing the intensity of the activity, reducing the heart rate, and increasing flexibility. I suggest that you do flexibility exercises, static or held stretches, to lengthen tissue and range of motion of the muscles that are most used in tennis.

Tennis warm-ups and cool-downs should be a habit for all of us, if they are not presently a habit for you; perhaps a New Year's resolution is in order?

Quote of the Month

In doubles when both opponents are at the net... "Solve the riddle hit down the middle."

Elizabeth Jay

Next Newsletter

If you have some News for the January Newsletter please submit the information or an article to our office tennisns@sportnovascotia.ca before the end of December. Coaches, we encourage your share your knowledge by contributing to Coaches Corner. TNS reserves the right to send out your information or not based its content and intent.

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