



Tennis Nova Scotia News-January 2012

Our Newsletter

Happy New Year! Tennis Nova Scotia wishes you every success possible in 2012! This is the Third 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.

Tennis Nova Scotia AGM

The TNS AGM was held on December 10th at the Sport Nova Scotia building. After reviewing the 2011 Year, and some discussions about the state of Indoor Tennis in the Province, 4 new board members were elected. Congratulations to Said Baydar, Ed Gores, Marijke Nel, and Peter Rockwell. We would like to thank and congratulate Donald MacNeil, Treasurer for the past 5 years, who has stepped down from his role on the Board as he and his wife just had their first baby, and he wanted to spend some more time at home with his family.

Tennis Nova Scotia Memberships

It is time to renew your TNS Individual and Club Memberships for 2012. The following is a list of the Benefits that you receive by renewing your Membership:

Individual Memberships

Player Gift: Each Tennis Nova Scotia members will receive a gift for joining. These gifts can be picked up at the TNS office or at select tournament venues.

Participate in all Tennis Nova Scotia sanctioned tournaments: Improve your game and gain some new friends by participating in the Tennis Nova Scotia sanctioned tournaments. The tournaments are an excellent way to keep up your skills and your fitness level throughout the year. A variety of events are available. (Tournament fees vary per event)

Acquire a Tennis Nova Scotia Ranking: With our new ROGERS RANKINGS system it's easy and convenient to follow your advancement in tournaments. Your updated ranking will be updated every Thursday. Now that's progress!

Play tennis all over Canada: Regardless where you play, individuals can enjoy playing privileges in all Canadian provinces. Just use your username and password when participating in a camp or tournament.

Participate in all Tennis Nova Scotia courses, camps & clinics: Always wanted to become a certified coach or instructor? Now you can! Your Tennis Nova Scotia Player membership will give you access to a variety of courses, camps and clinics. Just check the schedule and register! (Course fees vary)

Register on-line: Members are now able to register for tournaments on-line, receive an e-mail newsletter and track their ranking. It's just that easy!

Individual Memberships are \$35 per year (January 1st to December 31st).

CLUB BENEFITS

Benefits of becoming a Member Club of TNS include but are not limited to:

- TNS website posting of club employment opportunities, tournaments and clinics.
- The ability to host TNS sanctioned tournaments which in turn generate income for the member clubs.
- Discounts on equipment, balls and Tennis Canada materials.
- Professional development visits from TNS trained staff.
- Assisting the Association with its goal of producing more and better players and giving players of all ages and abilities an opportunity to play tennis.

Contact TNS to become a Member Club.

The proceeds from your Memberships allow TNS to exist, grow, and develop the sport of Tennis in the province of Nova Scotia. Your support is appreciated.

Junior News

Casely International Championships

Congratulations to Rory Chisholm, Jon Gaunce, and John Oxner who all competed in the Casely International Championships in Miami, Florida in December. Also thanks to TNS Executive Director Roger Keating who acted as the boys Coach for the week that they were away competing.

HeadStart Junior Indoor Event

The Nova Scotia Indoor Junior Open took place December 26th to 28th at the Northcliffe Tennis Club in Halifax.

Congratulations to the following Nova Scotians who competed.

B&G Under 12: Champion - Anna Nicolela Finalist - Nabeel Khawash

Boys Under 16: Champion - Duncan Addison Finalist - Riley Taylor

Boys Under 18: Champion - Lauchlin Ewald Finalist - Warren Dietrich

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. 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.

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

Canadian Tennis News

What a year for Canadian Tennis! Please see the following 3 links for a comprehensive look at 2011.

<http://www.lovemeansnothing.ca/media/tennis-canada-media-centre/professional/A-Look-Back-at-the-Year-in-Canadian-Tennis-PART-one>

<http://www.lovemeansnothing.ca/media/tennis-canada-media-centre/professional/A-Look-Back-at-the-Year-in-Canadian-Tennis-PART-TWO>

<http://www.lovemeansnothing.ca/media/tennis-canada-media-centre/professional/A-Look-Back-at-the-Year-in-Canadian-Tennis-PART-THREE>

Coaches Corner

Congratulations to Jamie Power and Josh Chabinka who currently completed the Coach 2 course and are now fully certified Coach 2.

January's Tennis Tip by Scott Hurtubise

In the Modern Game of Tennis, Footwork has become more important than ever before. The better your footwork the better a tennis player you can be. It is not necessarily the case that you need to be quick to have good footwork. Although speed can help, you can still be very effective and cover a lot of the court without being extremely fast, providing that you have good footwork. Using correct footwork can help you to cover more court, recover quicker after shots, and help you prepare for the next shot.

There are certain fundamentals and techniques that are associated with good footwork.

Happy Feet: According to my understanding of Isaac Newton; the behaviour of all objects can be described by saying that objects tend to "keep on doing what they're doing". If at rest, they will continue in this same state of rest. Therefore it is important to be in motion, so that we can remain in motion, hence the Split Step...

Shuffle Steps: For a ball that is close to you use Shuffle Steps.

Cross Over Steps: For a ball that requires you to cover a bit more distance than Shuffle Steps, Cross Over, and then Shuffle...

Running Steps: For a ball that is far, Run to it!

Recovery: Getting there is half the battle, once you have struck the ball, it is imperative that you Recover. Using the same pattern used to get there, to get back into position for the next shot.

This may seem like a lot, but since most Tennis Players do not focus on their Footwork, imagine what just a little bit of work could do for your game... it could be the difference between 6-4, or 4-6, against your "Arch Nemesis".

Talk to your Tennis Professional about how to better your Footwork, to push you to the next level.

Good Luck on the Courts!

Quote of the Month

I love the winning, I can take the losing, but most of all I love to play.
Boris Becker

Next Newsletter

If you have some News for the February Newsletter please submit the information or an article to our office tennisns@sportnovascotia.ca before the end of January. 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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