



WELCOME TO OUR FIRST NEWSLETTER! JULY 2019

## COMPETITIONS

### DLTC Leagues

**Summer League** - Ladies entered a record 6 teams this campaign! All teams kept their places in class but special mention to **P4 & P6** who got out of their respective groups. We had a total of 57 Ladies play across the 6 teams so many thanks to everyone's commitments.

We entered 4 men's teams this year and everyone stayed up in class! **P1 & P3** were unlucky not to get out of their group but results went against them on the last day!

Many thanks to Derek for all the hitting and coaching sessions he provided!

### Mixed League

Mixed league starts this Friday 5th of July. We have entered two teams this year and matches take each Friday nights! Best of luck to all involved & support is always welcome.

### Senior League

Senior league is just around the corner – this league it is an 035 doubles league played on Sunday's.

**Fingal league** has just finished too – This is an introduction to DLTC leagues and always a very competitive competition. Well done to all involved!

## FACILITIES

The **tennis room** has been recently painted with a fantastic logo on the back wall. Thanks to the PSLC and Dave Rowe for their efforts.

**New score boards** have been added to the courts, just in case anyone forgets the score in the heat of battle.

The **new perimeter fence netting** is standing up well to the wind and general wear and tear, this also gives a nice finish to the court surrounds in general. **Light Bulbs** have been changed on all 6 courts. Lights have been cleaned and realigned.

Courts have been cleaned & swept and sanded by **Courtcare** as part of their first of two annual maintenance visits.



"What do you want. It's stocked with tennis!"

## WIMBLEDON



The third grand slam of 2019 kicks off on July 1st with Nadal fresh off his 12th slam, and Federer gunning for a 9th title! Can Djokovic win his second slam of the year?! Serena Williams is still on the hunt for slam 24 to equal the all time record and Ash Barty is French Open Champion and now world #1.

Predict both the mens and ladies singles champions in our competition (link in email) and we'll do a draw for a prize winner who correctly names both champions. **#CompetitionTime**

## ENJOY TENNIS



Above is the **Enjoy Tennis** Team with their certificates of completion from Tennis Ireland. Thanks to **Celine** and all the volunteers for their fantastic work!

## BRONZE AWARD WINNERS



On June 26th, we officially received our **bronze accreditation** from Tennis Ireland!

A fantastic achievement and thanks again to committees past & present and especially to **James O' Connor** for spearheading. Our club is used as an example nationwide of a club showcasing best practices. Lets keep it up!

## SUMMER CHAMPS

The first round of summer championships have well and truly kicked off with some great matches already taking place. The remainder will be run over a 3 week period at the end of August and early September! Look out for sign ups for those.

They are being kept updated online under competitions on the Portmarnock tennis website. Reminder to get arranging your matches!!

## PRO TIP | VENUS

When asked for a doubles tip, Venus Williams (14 time doubles grand slam winner) said to always look at your opponent, never look back at your partner playing this ball. If you keep eyes on your opponent it will help you read the play.

## COACHES CORNER

Check out some great tips from our head coach **Derek Boland**:

Use this simple drill to get your rhythm and timing back and get you back on track!

Begin rallying back and forth down the middle of the court and count 1,2,3 in your head at these specific moments:

- 1 - When the ball makes Contact with your opponents racket.
- 2 - When the ball bounces on your side of the court.
- 3 - When the ball makes contact with your racket.

Continue the process as you rally and you'll quickly begin to swing at the correct tempo and have far better timing when striking the ball!

## JUNIORS UPDATE

The Junior section is thriving which is great to see.

We have approx **200 Juniors in club** and 180 are in our coaching program.

More Success for Portmarnock Juniors at the Opens! **Sophie Finn** was champion of our open defeating **Ella Burke** in the final. The girls then teamed to win the doubles! Congrats to both! **Michael Beglan** and his Partner **Daniel Byrne** won the u10s Boys Doubles in Carrickmines defeating Portmarnock player **Johnathon Barry** and his partner **Hugh MacNichols** in the final (below left), well done! Congrats also to **Dylan Cronin** who won singles and teamed with **Matthew Carr** to win the Malahide Pheonix tournament. **Don't forget Junior Club Champs u8 ug are on August 17th and other ages 19th to 25th!** Looking forward to some great tennis. It was also great to have Tennis Ireland CEO, **Richard Fahey**, here to present our Junior Open Prizes too (below)! Thanks Richard!



IF YOU DON'T  
PRACTICE  
YOU DON'T  
DESERVE TO WIN  
— ANDRE AGASSI

## DID YOU KNOW?



The Wonderful Martin Butler is our Designated Liason Person. Martin is responsible for garda vetting, safeguarding & other items and does a fantastic job!

## KEY DATES

### Senior League

*Kicking off Sept 1st*

### The At Home

*September 14th  
theme to follow...*

### Floodlit league

*Kicking off  
September 24th*

*Keep an eye on  
your email and  
the club calendar  
for other updates!*



## RULE REFRESHER

1. A player can't touch the ball, with anything except the racket, until the point is over.
2. A player can't touch the net, with anything, until the point is over.
3. (In an un-officiated match, a player can only make calls for balls on his/her side of the court, however any player can call a let.
4. Usually a player or his/her racket can't cross over the plane of the net; however, a player can follow through with a swing across the net only when first making contact with the ball on his/her side.
5. A player can also reach over the net to hit the ball if it first bounces on his/her side of the court, but the ball goes back over the net (e.g., due to spin or wind) before the player can hit it.