

# COURTSIDE

THE OFFICIAL MAGAZINE OF THE  
KOOYONG LAWN TENNIS CLUB INC.

ISSUE NUMBER 27  
DECEMBER 2010

AAMI  CLASSIC  
KOOYONG

AAMI  
CLASSIC *PREVIEW*



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January 12-15, 2011



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# *Sarah Fitz-Gerald Joins Sports Elite In Hall Of Fame*



It was fantastic to see one of Kooyong's champions inducted into the Sport Australia Hall of Fame recently.

Former world squash champion Sarah Fitz-Gerald joined an illustrious list of sporting stars to be awarded one of the highest honours in Australian sport.

Sarah was inducted alongside Philip Anderson, Kenneth Arthurson, Grant Hackett, David Hall, Alex Jesaulenko, Kirstie Marshall, David Parkin, Howard Toyne and two new legends, John Raper and Leigh Matthews.

Her career has been filled with awards and titles but this was a special occasion for the five-time World Open Squash Champion.

'To be inducted into the Sport Australia Hall of Fame in a room full of amazing athletes, legends and sporting heroes was extremely humbling and to be added to a group of my sporting peers is a special moment,' said Sarah.

*She now sits amongst Australia's sporting elite from Sir Donald Bradman to Dawn Fraser and joins her fellow squash champions Heather McKay, Geoff Hunt, Michelle Martin and fellow Kooyong member Vicki Cardwell.*

'I was also asked to give the athletes official response on behalf of the new inductees which was a huge honour considering the people on stage beside me,' she said.

The squash champion continues to be heavily involved in the sport and is regularly seen on the courts at Kooyong helping to develop the next generation of Australian squash stars.

Recognised as one of the greatest players ever to play the sport, Fitz-Gerald, the current Kooyong Club Champion, will no doubt cherish this wonderful honour for a long time to come.

The Club would like to congratulate Sarah on this momentous occasion and we look forward to her continued involvement in squash at the Club.



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WEDNESDAY 12<sup>TH</sup> - SATURDAY 15<sup>TH</sup>



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## A MESSAGE FROM THE CEO

The challenges presented by a cold and wet Melbourne winter were forgotten when our grass courts re-opened for the new season in November.

In contrast to the rains of the weeks prior, sunshine and blue skies greeted Kooyong members as they returned to their favorite courts.

Summer builds up excitement as our focus turns to the summer of tennis activities and we look forward to the return of Lleyton Hewitt to Kooyong to compete in what will be his first AAMI Classic.

Lleyton and reigning champion Fernando Verdasco headline another sensational field and we look forward to four days of great tennis commencing 12th January 2011. Tickets are available from Tickmaster.

There have been some wonderful successes celebrated by Kooyong members late in the year and our lady members have led the charge.

Our women's Premier League team was successful in the first year of the new competition and we offer congratulations to the members of that team.

Squash successes also followed with Vicki Cardwell successful in the Masters event while her daughter Sarah was successful in the Nationals.

Members are invited to join us for a special night of celebration and great tennis on Sunday 30 January 2011 when The Kooyong Foundation will host the Australian Open Dinner in the Kooyong Room.

The night will include a wonderful dinner, followed by a direct telecast of the Australian Open men's final from Rod Laver Area. Joining us that night will be special guest, Evonne Goolagong-Cawley.

We were also pleased that Kooyong was recognised within the club sector at the Community Clubs Association of Victoria Annual Awards Night.

The night was held here at Kooyong this year and the club received glowing accolades from attendees and organisers. During the evening Kooyong took out awards for 'The Best Club Redevelopment' and 'The Best Club Bistro Experience'.

We close out a very busy year and look forward to great times in 2011. I extend best wishes to all members for a wonderful Christmas and a fantastic year ahead.

**Chris Brown**  
CEO - Kooyong Lawn Tennis Club



## PRESIDENT'S MESSAGE

It's been many years since Club Member Graeme Hill disregarded standing Club rules prohibiting women and children from entering the Members Bar and lead a group of women from a cold and uninviting lounge area into the bar to join the men.

This Club rule was quickly amended not long after and today women make up fifty percent of our membership and are enjoying equal rights and privileges to their male counterparts.

Our waiting list consists of around 640 boys, 450 girls, 620 men and 610 women demonstrating the appeal of Kooyong Lawn Tennis Club to both sexes and all ages.

Not only have women been joining the Club, they have been actively pursuing the many opportunities Club membership offers.

There are at least 20 women's teams in external competition tennis as well as 18 teams competing in the very successful Friday Morning Ladies Social Competition.

There are some very talented women competing in our squash teams including former World Champion Sarah Fitzgerald who represents the Club in the men's A1 side.

Whereas, this year, our Men's Premier League team narrowly missed out on playing in the finals, our girls powered on to win the inaugural Tennis Victoria Premier League Women's Final.

Congratulations to Viktorija Rajcic, Molly Polak, Kate Antosik, Sandy Vo, Laura McNamara, Karen Kleverlaan, Laura Rabinovich and Catherine Louis for a wonderful season and a triumphant final day.

Our Women's Club Champion in 2008, Sally Peers, has continued to impress on the professional tennis circuit winning a silver medal in singles and gold medal in doubles at the Commonwealth Games as well as qualifying at this year's US Open and making the second round.

Our squash girls have also had great success with Sarah Cardwell's win at the Nationals against fellow Kooyong member Selena Shaikh, Melody Francis making the Commonwealth Games team during 2010 and Vicki Cardwell's win at the Masters Games.

The Club is fortunate to have two Women on the Committee, Margot McCluskey and Fiona Law.

The Committee of twelve people represent all Members rather than groups or subsets of Members so gender has never been a major topic of contention at the Committee level.

What has been discussed is how to foster a Committee who love Kooyong and that has a wide range of skills such as sports administration, accounting & finance, marketing & promotions, architecture, engineering, IT, food and beverage and legal to help advise and guide our administration.

Women are still underrepresented at the President's lunches despite each lunch providing a format suited to entertaining work colleagues or fellow Members and friends.

It would be really pleasing to see more tables of women at the President's Lunches enjoying the Club's hospitality.

The Club Crèche has enjoyed great patronage during 2010 as it provides busy Club Members the opportunity to leave young children in the care of the Club's professional child carers whilst they compete in the various women's morning tennis competitions or just take an hour out to enjoy a workout or a coffee.

Pleasingly over time our CEO has successfully addressed an inherited imbalance in men and women in several departments including the ground staff, kitchen, office and food & beverage areas.

After all is said and done there can be no reasonable argument that the combination of many significant changes surrounding women at Kooyong and the small yet cumulatively significant changes in personnel, services, and considerations supporting women's use of the Club facilities has had a hugely important and beneficial impact on Kooyong Lawn Tennis Club.

**Ian Hill**  
President - Kooyong Lawn Tennis Club.



# Rodionova & Peers



Kooyong's Anastasia Rodionova and Sally Peers have capped off a hugely successful campaign by winning a swag of medals at the Commonwealth Games in Delhi.

Anastasia returned to Melbourne with 2 gold and one silver medal while Sally has one gold and one bronze medal.

'It was an honour to win 2 gold medals and 1 silver medal for my new adopted home and I feel that my contribution to Australia's medal tally was my own way of thanking Australia for giving me citizenship. I now feel that I am a real Australian and I hope I've earned the right to call myself a true blue Aussie,' said a proud Anastasia on her return to Melbourne.

Sally's achievements come on the back of a breakout year on the WTA Tour that includes qualifying at the recent US Open and winning through to a second round encounter with eventual champion Kim Clijsters. After defeating Sally in an all-Australian semi final, Anastasia, the top seed, went

into the final with the second seeded Indian, Sania Mirza, full of confidence.

Anastasia lived up to the seeding early in the final by taking the first set 6/3 but the home crowd willed Mirza back into the match as the Indian took the second set 6/2.

It took a third set tiebreak to separate the pair and it was the Australian who was able to take the match 6/3 2/6 7/6 despite the best efforts of the home crowd and that of Mirza in a final set that lasted 67 minutes.

*'It was the longest week of my 10 year professional career with 11 matches and it was very difficult to keep my concentration up for the whole match because the crowd was supporting Sania very loudly,' said Anastasia.*

'Thankfully my team-mates and coach were there for me and I think that's what kept me going and helped me to find the

extra energy to win those critical points to get the gold medal. It was easily one of the biggest wins for me this year to defeat Sania in the final in front of fiercely patriotic Indian crowd.'

In the bronze medal playoff, Sally survived some nervous moments in the second set when fellow Australian Olivia Rogowska served for the match and came through in the third set to win the match 4/6 7/6 6/3.

'The Commonwealth Games were an amazing experience, something that will stay with me for a very long time and to come home with a gold and a bronze really topped off the whole experience,' said Sally.

In the doubles Anastasia and Sally teamed up as the top seeds and they faced the third seeded pair of Olivia Rogowska and Jessica Moore in the all-Australian final.

The Kooyong pair made the most of their opportunities in the first set to take it 6/3





# Dominate In Delhi

but Rogowska and Moore fought back to level the match at a set all. In the final set it was Anastasia and Sally who again took the ascendancy and their chances to win the set, match and the gold medal in impressive fashion over their fellow Australians.

Anastasia was glowing in her praise for Sally's doubles expertise, 'It was a great week for us on and off the court. Sally is a very good doubles player and we were able to understand each other very quickly and easily on the court,' she said.

*'The main key to our victory was our great on court communication and we supported each other when one of us was a bit down and that for me is one of the most important things in doubles. A gold medal for both of us was an especially great result as it was the first time we had played together.'*

Anastasia then hoped to walk away with three gold medals when she teamed with Paul Hanley in the mixed doubles but it wasn't to be as they lost a close encounter to Scotland's Jocelyn Rae and Colin Fleming 7/6 6/7 6/2.

Sally then soaked up the atmosphere after her matches had finished, 'It was such a special event for me as it was the first time tennis was a part of the Commonwealth Games so I really wanted to enjoy every part of it. Once I finished competing in the first week, I was able to have a few days to go and support other Australian teams and to walk in the opening and closing ceremonies was incredible.'

Australia's tennis campaign was a huge success and we can be extremely proud of the way these two girls represented the Club and themselves on the world stage.

We wish both girls the best of luck for the upcoming Australian summer of tennis and for another big year in 2011.



# AAMI CLASSIC PREVIEW

## ► Hewitt set to tackle big guns at Kooyong

Kooyong is buzzing with news that former world no. 1 and Australia's top player, Lleyton Hewitt, has chosen to play in the 2011 AAMI Classic.

Hewitt, who showed he still has what it takes to beat the best when he defeated Roger Federer in the Halle final this year just prior to Wimbledon, will join another very impressive line up of stars to play at Kooyong in January.

Joining Hewitt will be world no. 6 Tomas Berdych, world no. 7 and AAMI Classic champion Fernando Verdasco, world no. 10 Mikhail Youzhny, world no. 13 and last year's AAMI Classic runner up Jo-Wilfried Tsonga and world no. 15 Gael Monfilis.

The former Wimbledon and US Open winner approached Tournament Director Colin Stubs through his manager, David Drysdale, to explore the opportunity of varying his usual preparation for the Australian Open.

His debut at the event at Kooyong will provide Melbourne's tennis fans with a great opportunity to see their hero up close in the intimate surrounds of our grand old stadium.

Hewitt started the year confidently but lost in Sydney to Marcos Baghdatis in the quarterfinal and then, in his record equalling 14th consecutive appearance at the Australian Open, he battled his way through to the 4th round before running into Roger Federer.

He then underwent hip surgery and returned at Houston where he made the quarterfinals and then played the clay court season where he finished up losing to

Rafael Nadal in the third round. Hewitt then varied his preparation for Wimbledon by playing on the grass in Halle and was able to defeat Federer in a gripping final.

At Wimbledon he progressed to the fourth round before Novak Djokovic proved too strong and then succumbed to a hand injury in Australia's Davis Cup World Group playoff.

While he still believes he can match it with the world's best players, Hewitt will leave no stone unturned in his chase for an elusive Australian Open crown and varying his schedule could be the key.

Tomas Berdych will be thinking along similar lines as he treads the path of many Australian Open champions before him by warming up here at Kooyong and his 2010 season has been nothing short of sensational as he worked his way up to number 6 in the world.

His run started with a semi final against Andy Roddick at the Brisbane International and continued at the Masters 1000 series event at Indian Wells with a tight loss to Nadal in the quarterfinal before he lost to Roddick the following week in the Miami Masters.

Berdych then stepped it up through the clay court season and fell agonisingly short of playing off in the final of the French Open when he lost in five sets to Robin Soderling after leading by two sets to one.

He then followed up this performance by making it through to the Wimbledon final by defeating Federer and Djokovic along the way before losing in straight sets to Nadal who was in sensational form.

Berdych will also be playing at Kooyong for the first time and fans of the player from the Czech Republic will look forward to seeing him here in January.

The AAMI Classic's defending champion, Fernando Verdasco, will also return to Kooyong in 2011 and is sure to be ready for another big year.

The world number 7 continued on from a highly successful 2009 season by reaching

the round of 16 at the Austrian Open where he lost a tight five set match to Nikolay Davydenko but then won in San Jose by defeating Andy Roddick in the final.

Verdasco then reached a quarterfinal in Miami and then dominated on clay as he won two consecutive titles in Monte Carlo and Barcelona and he also reached a semi final in Rome before winning another title in Nice.

He then lost to Nadal in a quarterfinal of the US Open and struggled through the Asian leg of the tour before contesting the ATP World Tour Finals at London's O2 Arena and will be looking forward to starting 2011 in similar form to 2010.

World number 10 Mikhail Youzhny is another player visiting Kooyong for the first time and is a welcome addition to the field after another fantastic season on the ATP Tour.

The Russian began the year with an injury ending his Australian Open campaign in the third round but bounced back to make the final in Rotterdam where he was also forced to retire with an injury.

He then travelled to Dubai and made another impressive run to the final where he lost to the top seed, Novak Djokovic, and then made his way through to the quarterfinals in Miami.

Youzhny then won his sixth ATP World Tour title when he defeated Marin Cilic in the Munich final in three tough sets and followed on with a quarterfinal appearance at Roland Garros.

He then lost early at Wimbledon before performing well at the US Open where he made it through to the semi finals and lost to Nadal but carried that form over to Kuala Lumpur where four tough three set wins allowed him to take out his seventh ATP World Tour title.

Another player returning to the AAMI Classic in 2011 is this year's runner up and exciting Frenchman Jo-Wilfried Tsonga.

Tsonga began 2010 in fantastic form by lowering up his runner up performance at the AAMI Classic with a semi final showing at the Australian Open.



# AAMI CLASSIC KOYONG

# 2011

but continued his good form by making the semi finals in Marseille and went on to make the quarterfinals in Miami.

Tsonga also made the fourth round at Roland Garros and then had his best result at Wimbledon by reaching the quarterfinals where he lost in four sets to Andy Murray.

He also suffered an injury in the loss to Murray that kept him out of the US hardcourt season including the US Open and he returned to play later in the year.

The excitement machine, Gael Monfils, will join his good mate Tsonga for the 2011 AAMI Classic and should provide the crowd with plenty of highlights.

The world number 15 has again shown glimpses of his best in 2010 with highlights including a semi final berth in Brisbane and quarterfinals in Madrid and Nice as well as reaching the US Open quarterfinals for the first time.

Later in the year he also lost the Tokyo final to Nadal after saving a match point in his quarterfinal with Roddick.

These six players form a brilliant foundation for the 2011 AAMI Classic as Tournament Director Colin Stubbs pursues the final two players for next year's field.

Another fantastic initiative for the fans will be the inclusion of a number of legends matches involving 5 past champions of the game.

Pat Cash, Mats Wilander, Henri Leconte, Mikael Pernfors and Mansour Bahrami will feature in matches on Thursday, Friday and Saturday.

Get in early to secure your tickets to this wonderful event via the Members' preferential booking forms available at the club or through Ticketmaster on 136 100.





# Grass Court Opening

This season provided a huge contrast to recent years for our staff preparing the grass courts for the summer.

In comparison to the dry, drought conditions over recent years, the 2010 season saw periods of heavy rain and cold weather. This presented totally different challenges and growing conditions.

While some early turf growth was achieved, the frequent cold and wet periods made it difficult to establish new growth where fresh turf was laid, while regrowth of established areas was slower than desired.

The weather affected base lines recovering over the winter break, although late bursts of warm weather did provide some encouraging growth ahead of opening.

At the end of last season, turf was removed from courts 1 - 5 and the courts relayed as stage five of our six-stage laser leveling and returfing program.

This work has produced excellent results on the courts worked to date and it is anticipated we will achieve similar results when these courts are opened in December.

After battling elements right up to the final day, our courts reopened on Saturday 20th November under blue skies. Warm weather greeted the players and the condition of courts brought many favorable comments.

It is intended to complete the final stage of returfing of courts 6-9 during 2011.

At completion of this stage all courts will have a legend couch cover, which should provide a good wearing surface and strong regrowth across the warmer summer seasons.





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# Australian Open Dinner

*With very special guest Evonne Goolagong-Cawley*

***The Australian Open Men's Final returns to its old home at Kooyong in the New Year - via a direct telecast for guests at a special fund-raising dinner to support junior tennis.***

The dinner, on Sunday January 30, is the first major function organised by the Kooyong Foundation and one that is planned to become a landmark annual event at the club from 2011 onwards.

The special guest for the evening will be Evonne Goolagong-Cawley, a Foundation Director and staunch supporter of the Foundation's program of assisting talented young players.

Foundation Chairman Peter Quinn has urged club members to band together and book tables to ensure that the dinner is a big success. "All profits from the night go directly to supporting the Foundation's key initiatives," he said.

"We want to be able to continue to expand our work next year with the enthusiastic young players we are developing through the Foundation's John Fitzgerald Scholarships. We are also hoping to add to the impressive array of tennis memorabilia that is on display throughout the clubhouse."

The Kooyong Foundation Open Men's Final Dinner will commence with drinks on the balcony at 6.30pm, followed by a three-course meal in the Kooyong Room. Guests will be able to watch the action from 7.30 pm on the big screen. Evonne will offer her comments on the progress of the match at times during the evening.

Tickets are \$150 each, with tables of 10 available for \$1,400. Corporate groups are welcome. (For bookings, please contact Renee Reid on 9822 3333)

The Foundation is also planning a drive to recruit members in 2011. "We would love to see lots of Kooyong members taking the step of joining the Foundation," Peter Quinn said.

"It is a terrific opportunity to support and encourage young players, and gifts to support the Foundation may be claimed as tax deductions."

Peter said the Foundation had been helped this year by a number of 50-year club members who had chosen to make a donation.

"As long-serving members of Kooyong they can certainly appreciate the great environment that our club can offer junior players who might otherwise never have the opportunity to develop their game to its full potential."

Peter said the Foundation Directors, who include Evonne, Wayne Arthurs and Frank Sedgman, were delighted with the progress of the juniors who joined Kooyong this year as winners of John Fitzgerald Scholarships (named after the club stalwart and Foundation Director who died in 2007).

The scholarships are awarded to deserving youngsters to enable them to develop their skills with coaching and other assistance at Kooyong, and a new intake will be selected and introduced to the club early in 2011.

The other important aspect of the Foundation's work has been in raising funds for the tennis displays that are now such an outstanding feature of the clubhouse.

"Through donations and bequests via wills, the Foundation has been able to secure some really important items for the display cabinets," Peter Quinn said.

"I think you really get the feeling of being in a 'living museum of tennis' when you stroll around the clubhouse. That was our original aim and we are well on the way to achieving it."





# Wayne Arthurs Cup at Kooyong

The tournament, again supported by the Kooyong Foundation, is a fantastic event for Victoria's emerging tennis athletes and a great chance for them to soak up the atmosphere at the 'spiritual home of Australian tennis'.

Starting on Saturday December 11th from 9am, the Wayne Arthurs Cup hosts Victoria's elite tennis talent and will conclude with the finals being played on Sunday December 12th from around 1pm.

The Wayne Arthurs Cup is played between 16 teams from metropolitan associations and country regions and forms part of Tennis Victoria's Regional Teams Events calendar providing teams competition for players from the 10/U age group through to the 18/U Country Cup event.

The mixed teams round robin format, now in its fourth year, was dominated in its first two years by Waverley Tennis who won the inaugural event in 2007 by defeating Bayside TA and defeated Eastern Region Tennis in 2008.

Last year's winner was North Suburban Junior Tennis Association who defeated Bayside-Moorabbin in the final.

Players such as Vivian Fidantsis, Stephanie Serafidis, Samyuktha Rajagopalan, Antony Guan and Codey Gunn have already had a

big impact in junior tournaments across the state since competing in this event last year and many of Victoria's best juniors will again compete in 2010.

The Club is again looking forward to hosting the Wayne Arthurs Cup and Members are encouraged to come down and see the talented junior players on show in early December.

*Kooyong will again host the state's best 10 year olds for the 2010 Wayne Arthurs Cup.*



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# Archives & Research Centre

**Daphne Akhurst, in whose honour the trophy bearing her name was first presented in 1934, was Australia's first outstanding woman tennis player.**

She won the Australian singles title five times between 1925 and 1930, and became the first triple crown winner in 1925, repeating the performance in 1928.

That year she was ranked number three in the world after reaching the Wimbledon singles and doubles semi-finals and the mixed final with Jack Crawford.

After her fifth Australian title victory in 1930 she married Roy Cozens and announced her retirement from singles competition. In 1931 she competed for the last time in the Australian Championships winning the Australian women's doubles title.

In January 1933 she died suddenly aged 29 after an ectopic pregnancy leaving a son aged six months.

The trophy was presented by the Lawn Tennis Association of New South Wales to perpetuate her memory and high achievements.

**Norman Marshall**  
*Club Archivist*



*L to R: Hamilton Hurley (Managing Director, Phillip Morris Australia), John P Young (LTAV President), Brian Tobin (LTAA President) presenting the Daphne Akhurst Trophy to Evonne Cawley, winning her fourth and last Australian singles title at Kooyong in 1977. (The trophy is without its lid crowned with crossed racquets. The lid, that has been recovered, went missing for thirty years about the time the Australian Open moved permanently to Melbourne in 1972.)*



# Kooyong's Peter Quinn

## Elected To Tennis Victoria Board



Former Kooyong Lawn Tennis Club President and current Kooyong Foundation Chairman, Peter Quinn, was last night elected to the Tennis Victoria Board at the Annual General Meeting.

Peter replaces retiring Geelong Lawn Tennis Club Life Member Graeme Williams on the Board.

Having been involved in the administration of many sporting and industry associations, Peter's experience within the sport and Kooyong Lawn Tennis Club will be of great service to Victorian tennis.

His work as Chairman of the Kooyong Foundation has provided opportunities for Australian junior players to reach their

ultimate potential and supported the activities of Tennis Victoria and Tennis Australia.

'I am delighted to have an opportunity to contribute to the administration of tennis in Victoria,' said Peter.

'I'm looking forward to helping further develop and improve the game from the grassroots level through to those aspiring to be champions.'

Currently serving as the Executive Director of the Montague Group of Companies, Peter's business acumen will be another great asset to the Board.

The Club congratulates Peter and wishes him well for the work ahead.

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# *The Fitzwilliam Lawn Tennis Club*

*Established in 1877, the Fitzwilliam Lawn Tennis Club is one of the oldest lawn tennis clubs in the world.*

Conveniently located less than one mile from Dublin's city centre, the Fitzwilliam Lawn Tennis Club has plenty to offer in the way of sporting and social facilities.

It is also home to the Men's Irish Open Tennis Championships, which is the second oldest national tennis championship in the world after the All England Championships and former winners include Rod Laver and Tony Roche.

Regarded as the home of Irish tennis, the Fitzwilliam hosts Ireland's Davis Cup matches as well as the Irish Senior and Junior Opens.

They also compete in annual fixtures against the All England Lawn Tennis Club,

Queen's Club, the International Club of Great Britain and many others.

The club's tennis facilities include 5 Tigerturf Advantage Artificial Grass Outdoor Tennis Courts, 4 Greenset Trophy Rubberised Indoor Tennis Courts and 2 Har Tru American Clay Courts.

The Fitzwilliam LTC is also Ireland's leading squash club and the club has won numerous team events and also hosts the Irish Open Squash Championships on the 6 squash courts.

The club's other facilities and services include a fully equipped gymnasium, a 17-metre swimming pool, together with a snooker room as well as aerobics, a

walking group, Bridge, massage, a barber and Martyn Evans Sports Shop.

The Fitzwilliam's wide range of bar and dining facilities allows for private dining and outdoor terrace dining in the summer.

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MEN'S PREMIER LEAGUE

# MEN SUFFER HEARTBREAKING LOSS



give the Geelong side the lead again with a 6/3 6/1 victory.

Paul Arber was next on court and definitely wasn't next to finish as he battled out a marathon match with Aaron Kosub.

Kosub took the first set in a tie breaker and Arber decided it was time for a change of racquet as Kosub moved into a winning position and it took a brave fight from match point down for Arber to eventually prevail 6/7 7/6 6/1 to send the match into the deciding rubber.

While Arber was on court another two matches were run and won and both teams shared the honours as Geelong's Matthew Hicks defeated Rob McKenzie in straight sets 6/3 6/2 while Matthew Carroll was just too good for Geelong youngster Jacob Grills 6/3 6/1.

This left the fate of the day in the hands of Kooyong's Anthony Zafiris and Geelong's veteran Justin Robinson.

Both players would have gone into the match confident of a win but it was Robinson who got the jump on Zafiris when he won the first set in a tie breaker but you knew there was plenty of drama left in this contest.

The second set was another epic battle and Zafiris had his chance to serve for the set as cramp began to set in and again it went to a tie breaker but he held his nerve and sent the match into a deciding set.

The worry going into the final set was the cramp and if Zafiris could get through the pain and after going down a break he continued to fight bravely and was able to get the match back onto serve but at four all the match turned in Geelong's favour as Robinson won the next two games to win the rubber and send his side through to the final against Liston Tennis Club.

It was a shattering loss for all involved but again the Kooyong boys have produced another stellar season and will be looking forward to next year for possible redemption.

Congratulations must go to the eventual champions, Liston, who were too good all season long and to Geelong for their fantastic efforts in their first season back in the competition.

The new Premier League season provided Victorian tennis with a boost to the level of competition available to our elite players but also saw Kooyong lose a heartbreaking semi final at the hands of Geelong.

The new kid on the block provided stiff opposition for our Premier League stars after a short but eventful season and they came out on top in a match that went down to the final set of the day.

Back in the competition after a 54-year hiatus, Geelong Lawn Tennis Club recruited well intent on being a contender but the Kooyong side wasn't going to just hand it to them.

Finishing second on the ladder, Jay Salter's team set themselves for this semi final and would be disappointed not to get another shot at the competition favourites from Liston Tennis Club.

The semi final started predictably with Geelong's top pair, the imported Brendan Moore and Chris Letcher, getting away to a fast start against Paul Arber and Daniel Byrnes.

The Geelong pair were too solid for Arber and Byrnes and they quickly took a one rubber to love lead after winning 6/2 6/2.

The second doubles rubber between Jay Salter and Rob McKenzie and Geelong's Matthew Hicks and youngster Jacob Grills started shakily but then went according to plan for Kooyong

but plans don't always run smoothly.

The final doubles rubber between Anthony Zafiris and Matthew Carroll and Geelong's Aaron Kosub and veteran Justin Robinson was always going to be crucial to the outcome.

Zafiris and Carroll won a tight first set 7/5 and things looked promising but the Geelong boys continued to fight and they levelled the match at a set all.

The Kooyong boys jumped out of the blocks in the super tie breaker but Kosub and Robinson fought their way back into it and it came down to the final few points where Geelong were able to take their opportunities to win the set and a vital rubber for their team. Both teams would have loved their chances on paper to win enough singles matches to get over the line but finals can throw up surprises at every turn and there were more twists and turns than most people would have expected.

Richard Fromberg came out of the blocks slowly against Geelong's gun Brendan Moore and the first set was over pretty swiftly but there's no denying Kooyong's former Davis Cup star as he then showed Moore how to fight out a match in impressive fashion as he clawed one rubber back by winning 3/6 6/2 6/2.

The withdrawal of Jay Salter from the singles due to a shoulder injury left Daniel Byrnes to face Chris Letcher and unfortunately the Queenslander was just too solid for Byrnes to



# WOMEN'S PREMIER LEAGUE WOMEN TAKE HOME INAUGURAL PREMIER LEAGUE TITLE

*It was another momentous occasion for Kooyong's women's team as they won the inaugural Victorian Premier League title against a determined Geelong side.*

After making the final with a courageous win over Royal South Yarra Lawn Tennis Club in the final round, the Kooyong girls made the most of another opportunity to win a pennant with a fantastic performance from all involved.

Geelong began the doubles with their number one pairing of Alenka Hubacek and Olivia Rich quickly jumping out to an early lead with some powerful hitting against Kooyong's Molly Polak and Sandy Vo.

The Geelong girls quickly wrapped up the first set and then the match with a straight sets victory 6/1 6/3 and they would have been hoping for more of the same in the remaining doubles rubbers but this wasn't the case as Kooyong's depth began to show.

Kooyong's Kate Antosik and Karen Kleverlaan teamed together beautifully all season and were able to outplay Vickey Stuckey and Bonnie Pearson 6/1 7/5 to level the match before Laura McNamara and Laura Rabinovich gave Kooyong the lead with a gritty 6/3 7/5 victory.

Geelong then pinned their hopes on their number one player, Alenka Hubacek, getting them back into the match with a second win over Viktorija Rajcic for the season but it was the Kooyong number one who came out firing.

Rajcic showed why she is seen as one of the brightest talents in the country as she dismantled Hubacek from the back of the court to extend Kooyong's lead by winning impressively 6/1 6/4.

Olivia Rich was another player that needed to play well if Geelong were to get over the line and she looked in ominous form early before Kooyong's Molly Polak fought her way back into the match to take the first set 6/4.

Again Rich surged to the lead before Polak's tenacity allowed her to battle her way back into the set and in the tiebreaker the young Kooyong star was able to get the job done for a gutsy win and leave her team just one victory short of the title.

Kooyong's Kate Antosik, in her debut season for the club, had been in scintillating form and was favoured to defeat Geelong's Bonnie Pearson and she used her powerful game to dominate the match from the baseline to win her match and the title for Kooyong 6/2 6/4.

Sandy Vo then faced Natalia Dragojevic and came out firing on all cylinders to comfortably take the first set 6/1 before Dragojevic began to find her range.

The Kooyong captain continued to punish anything short and made sure she registered another straight sets win 6/1 6/4 while the team's most experienced player, Karen Kleverlaan, went on in search of the perfect finish to the day.

Kleverlaan, playing in her third grand final in 12 months after last year's drawn State Grade final and replay, found herself in early trouble against Geelong's Jessica Hartland but fought bravely to keep her unbeaten season on track.

She eventually took the first set 7/5 but again found herself in early trouble in the second set before mounting another fightback towards the end of the set to take it to a tiebreaker.

Hartland held several set points as the tiebreaker went on but Kleverlaan continued to fight and eventually the tide turned in her favour to allow her to close out the set and the match 7/5 7/6 in another gutsy display.

Kooyong's Laura McNamara and Geelong's Brianna Bateup decided there was no need to play the final rubber of the day and the celebrations began.

This is a wonderful effort from a great group of girls who again represented the club with distinction to win the club's third consecutive pennant in the top grade.

Geelong is to be congratulated on a wonderful debut season at this level and they will no doubt be bigger and better next year.

Congratulations to all of the Kooyong girls who contributed to this side during this new look competition and the club looks forward to defending the title in 2011.



# THE CITY CLUB

## *Wine Challenge*

Early October, the Inter Club Wine Challenge was again battled out at University House.

Teams from some of Melbourne's finest Clubs were represented, with teams from the University Club, Athenaeum Club, Australia Club, Lyceum Club, Royal South Yarra Tennis Club, the RACV Club and of course Kooyong.

As team members gathered, a selection of canapés and some sparkling wine were served.

Following a brief introduction by the M.C. and a reminder of the competitions rules, a line up of 4 white wines were presented to be assessed blind in 20 minutes.

The selection was terrific but tricky, as a couple of the wines were showing signs of ageing.

Once revealed, the wines represented a selection from Australia and France including classic and more obscure varieties such as Marsanne, Viognier, Riesling and Chardonnay.

At that stage, the 'Kooyong Classiques' were sitting in the middle of the field after stumbling over the Viognier, mistaken for a Grüner Vertliner.

Following the entrée, a selection of 4 red wines was served and assessed.

A couple of challenges arose there as well with the omission of Pinot Noir in the

line up and a couple of Old World looking wines (Tempranillo, Merlot, Cabernet S. and Shiraz).

The "Kooyong Classiques" bounced back and scored very well in a desperate rush to the finishing line.

A delicious main course was then served and a mystery wine poured for a final taste off.

As the cheese course was served, the tasting sheets were scored and results were announced: The 'Cellar Dwellers' team from the Royal South Yarra Tennis Club was declared winner with the 'Kooyong Classiques' finishing a brilliant second trailing by 5 tiny points.

Prizes were awarded to the 1st, 2nd and last team, as well as for the most accurate and funniest tasting notes.

The winner of last year's event, the University House, was keen to impress and delivered an excellent evening.

Congratulations to the "Kooyong Classiques": Brad Fergusson, Greg Baker, Ken Wheat, James Kewley, Marg Bristow, Geoff Pullen, Stephen Jelbart, Bert Armstrong and Rob Peebles.

*Want to be part of the fun and bring the trophy to Kooyong?*

Register your interest now and contact Patrice Renaudin via email [patrice@kooyonglkc.asn.au](mailto:patrice@kooyonglkc.asn.au)

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## spiced roasted duck

### Duck spice

20g cardamom pods  
10g star anise  
30g cumin seeds  
25g whole black peppercorns  
15g cinnamon sticks  
20g mustard seeds  
200g-table salt  
50g paprika

2 whole size 17 ducks  
1 orange  
1 bunch sage

### Method

Lay out first 6 ingredients on flat trays and roast in oven on a medium to low temperature, occasionally mixing together.

This will take 1.5 hours. Grind in a spice grinder and sieve, then mix in the last then mix the last 2 ingredients. Store in an airtight container.

Fill ducks with the orange cut in quarters and the fresh sage; rub the ducks with oil and sprinkle with a light coating of the duck spice.

Roast the ducks in the oven on 180c for 1 hour 20 minutes. Drain the fat and let the ducks rest for half an hour. Carve the duck and serve with sautéed spinach and roasting juices.

Serves 4

**Chris Goulding**  
Executive Chef

# KOOYONG RECOGNISED *at CCAV awards night*



AT A GALA EVENT ON OCTOBER 20 AT KOOYONG LAWN TENNIS CLUB, COMMUNITY CLUBS ASSOCIATION OF VICTORIA (CCAV) PRESENTED THEIR 2010 ANNUAL AWARDS TO CLUBS, IN RECOGNITION OF THE CONTRIBUTIONS TO THEIR MEMBERS AND LOCAL COMMUNITIES.

In presenting the awards, CCAV's President Mr Leon Wiegard, OAM, said "Victorian clubs perform a valuable and unique role in sustaining healthy communities. They keep people active and engaged as well as providing a broad range of facilities and resources".

A highlight of the awards was the presentation of The Best Club Redevelopment Award to Kooyong Lawn Tennis Club.

This prestigious award reflects the club's commitment to improving member facilities through a significant redevelopment, which has improved the amenity and functionality for members, expanded facilities to attract a wider range of members, and delivered a premium finish and presentation.

Kooyong was also awarded The Best Metropolitan Club Bistro Award.

This award reflects the Kooyong Lawn Tennis club's commitment to offering its members a well-appointed and professionally presented club bistro serving quality meals.

Amongst other things the award also takes into account the bistro ambience, menu range and quality of staffing.

CCAV is a peak body representing the interests of these community clubs from small volunteer-based sporting clubs through to very large clubs with multi-million dollar turnovers.

CCAV members have one overriding thing in common; they are not-for-profit entities that provide facilities, support and entertainment for their members and broader communities.

*Club Championships Preview*

Jay Salter will play the 40th Kooyong Lawn Tennis Club Championships with the aim of a tenth title well within his grasp.

After winning his ninth title earlier in 2010 after a second consecutive battle with Paul Arber in the final, Jay will be hoping to complete the perfect haul of ten titles from ten attempts in 2011.

There is sure to be plenty of players willing to challenge the champion as he attempts to set a nearly insurmountable record for the men's title and also chases Liz Peers' record of fourteen Club singles titles.

Paul Arber, David Bidmeade, Rob McKenzie, Rob Phillips, Matthew Coghlan Anthony Zafiris, Matthew Carroll and Glenn Busby are some of the players sure to be pushing Jay again next February.

Some of the younger players likely to feature include Mitch Burman, Sam Bertram, Lorenzo Alforque and Ricky Robertson.

This should make for another extremely strong event as the Club continues to build through the junior ranks.

In the women's singles the Club should see a new champion crowned as 2010 champion Lisa D'Amelio is currently expecting her first child.

Adriana Szili is unlikely to be available due to the same reason so we are nearly guaranteed of a new name being etched onto the honour boards here at Kooyong.

Viktorija Rajcic, Belinda Woolcock, Molly Polak, Sandy Vo, Stefani Stojic, Laura McNamara and Karen Kleverlaan are some of the likely winners of this event but there is also a large group of young girls wanting to prove they belong in this company.

Last year's finalist Sophie Vickers heads up a long list of players ready to step up and win the title including Jessie Tamber, Ashleigh Capannolo, Laura Rabinovich, Brigitte Beck, Annabelle Andrinopoulos, Isabelle Wallace and Monika Rajcic.

The Club Championships will feature 47 different events and all members are encouraged to take part in the grade that suits their ability while the addition of under 12 events will give the younger kids on the waiting list the chance to play against kids in their own age group.

Take advantage of the opportunity to play on the grass courts and enjoy the atmosphere at this wonderful event.

Entries for the Club Championships close at the Clubhouse on Friday February 4th at 5pm.

# The Perfect 10



# Tony Ryan RIP

*Kooyong Lawn Tennis Club would like to extend their sympathies to the family of*

*50-year Member and Victorian tennis star Tony Ryan.*

Tony had a long and distinguished tennis career and then moved into tennis administration where he served the sport for more than 40 years.

He was a member of the Victorian Linton Cup team in 1950 and 1951 and won the Australian Junior Hardcourt title in 1952 and then became the Victorian Hardcourt Singles Champion in 1957, 1958 and 1959.

Tony was also an integral part of several Victorian A Grade pennant sides and he went on to win 10 titles over his 25-year involvement in the top grade.

As a tennis administrator Tony became a Councillor of Tennis Victoria in 1964 and spent 15 years serving the state body in various capacities including Vice President for 5 years and 8 years as Chairman of Tennis.

His involvement with Tennis Australia began on the Council from 1977 to 2005 and he served on the Board from 1994 until his retirement in 2005.

He was an Australian Selector for 23 years, Chairman of the Events Committee for eight years, and member of the MJTA Board for seven years, Chairperson of the men's and women's selection panel for four years, Davis Cup selector for 5 years and a Director of Tennis Australia for 11 years.

In 2005 Tony was awarded Life Membership in recognition of his long and meritorious service to tennis and to Tennis Australia, and was also recognised by the International Tennis Federation.

Tony also served as a member of the National Tennis Centre Trust and was a member of the Melbourne and Olympic Parks Trust.

He continued to show his passion and commitment to Australian tennis as he served on the Kooyong Foundation Board in recent years.

Tony loved the club and the sport and will be remembered fondly by all those who came into contact with him.



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*The women's pennant season was a highly successful one for several of the Club's teams especially with most of the State Grade players opting to compete in Grade 1.*

This saw the Club field three very even teams in the top grade and allowed us to expose several youngsters to some fantastic competition and they all showed they were up to the challenge.

All three Grade 1 teams went on to play in the finals which is a great reflection on the even spread across each side but the season ended earlier than expected for Sandy Vo's side after they lost Molly Polak to illness the morning of the semi final.

After finishing on top of the ladder, Sandy's team needed to play extremely well against a full strength side from Royal South Yarra to move through to the next round but lost the final doubles match of the day to end their season prematurely.

Hannah Arnold's Grade 1 team also made it into the semi finals but fell to a strong Essendon line up in a closely fought encounter. This match could have gone either way but it wasn't to be despite some impressive performances by Karen Kleverlaan, Monika Rajcic and a very unlucky captain who lost in three tight sets.

The one remaining Grade 1 side was Catherine Louis' team who made tough work of their semi final against MCC,

winning by just 2 games after a long battle. They then faced off against the Essendon side that had knocked Hannah Arnold's team out of the finals and were extremely impressive in defeating their opponents early in the doubles rubbers.

This moved Catherine's team into the Grade 1 final against Lisa Newman's Royal South Yarra No 1 and a tough assignment by any standard as their opponents boasted a State Grade standard side.

The secret to their success was the unbelievable form of the undefeated Laura McNamara who carried this side on her shoulders to victory. Laura was the only player to win her singles while the captain secured a vital set against the opposition number one and captain, Lisa Newman.

The four doubles rubbers presented the girls with a brilliant opportunity as they'd

been so strong in doubles all season and they proved what a great team they were again in the final.

Laura McNamara and Laura Rabinovich teamed together to win both of their doubles rubbers in unbelievable fashion against a couple of accomplished pairs at this level while Catherine teamed with experienced Anna Judd to win another vital rubber in straight sets to set the team up for a fairytale win against all the odds.

Congratulations to all the girls who played in this side during the season especially

Catherine Louis, Laura McNamara, Jessie Tamber, Ashleigh Capannolo, Laura Rabinovich and Anna Judd.

In Grade 2, the Club blooded several juniors across three teams and it was Kate Francis' team who again shone across the season and made it through to the finals against some tough opposition.

In the semi final they ran into a red-hot side from Wonga Park and couldn't quite get over the line despite a great singles win and a fantastic season from Romy Stephens and some strong doubles play from the team.

Romy, Taylor Capannolo and Briony McKenzie all performed well in this team in their first season in Grade 2.

Renee Sheary's Grade 3 team also made the finals after a fantastic season as Katerina Valos and Destanee Aiava dominated in their first season with the Club.

Both girls are still just 13 and 10 respectively and have exciting futures ahead of them but, after winning their first final against MCC, they faced a very impressive side from Royal South Yarra in the Tier 2 semi final and unfortunately lost to the side that went on to win the pennant.

All of the girls in this side performed extremely well considering their relative experience and we look forward to more improvement in year ahead.

Congratulations to all of our women's teams for a wonderful season in 2010 and we look forward to 2011 with great anticipation.

Grade 1 Premiers: (L to R) Anna Judd, Ashleigh Capannolo, Catherine Louis, Laura McNamara, Laura Rabinovich. Absent: Jessie Tamber

# Women's Pennant News







### *Kooyong's Tennis Victoria Pennant season finished on a high note with the Grade 1 men's team winning a hard fought final against Caulfield Rec.*

Five months of competition by the club's 19 men's teams ended with several success stories and plenty of experience gained by many of our young stars of the future.

Matt Carroll's Grade 1 side were one of those success stories as they battled through several tough situations throughout the finals to come away with the prized pennant.

From the experience of Matthew Coghlan to the youthful exuberance of Mitch Burman in his first season in Grade 1, this team had all bases covered and deserved their win after a long campaign.

The final went down to the wire as Kooyong's Premier League captain, Jay Salter, tried to lead his Caulfield Rec team to victory over a team he knew extremely well. Despite Matthew Coghlan going down to

Jay Salter in the opening singles match, this contest turned in Kooyong's favour as Anthony Zafiris and Matthew Carroll won in straight sets against Mark Shanahan and Peter Taylor respectively and when Mitch Burman turned a one set deficit into a three set win against Glen Dawes things were looking good.

The four doubles rubbers were still vital to the outcome of the match and Zafiris and Carroll got things off to a great start with a straight sets victory over Taylor and Andrew McFarlane 6/2 6/3.

While Coghlan and Burman lost a tight encounter to Salter and Shanahan 6/4 6/4, both were able to refocus and get the job done in the reverse doubles despite a boisterous crowd and pumped up Caulfield Rec team.

The final scoreline was 6/1 6/4 and that left the final doubles match unfinished and the pennant in the hands of captain Matthew Carroll. Ryan Riedler and Scott McNamara also played a huge role in this side going all the way in 2010 and all the boys should be proud of their efforts.

Grade 1 Premiers: (Top L to R) Anthony Zafiris, Matthew Coghlan, Matthew Carroll, Mitch Burman, Scott McNamara, Ryan Riedler.  
Grade 4 Seniors Premiers: (L to R) Michael Groves-Taylor, Peter Gard, Maurice Broom, Hugh Magee, Don Heath. Absent: Barry Evans.

Other teams to complete very successful seasons were Joel Wickman's Grade 3, Damian Mescher's Grade 5 and Martin Cassidy's Grade 5 team while several others finished in fifth spot on the ladder.

Another fantastic story was Don Heath's Grade 4 Seniors team winning the pennant after a near flawless season.

After finishing near the bottom of the ladder in Grade 3 Seniors in 2009, Don's team were dropped down a section in 2010 and were successful in winning the title to prove they belong in the higher grade.

The team of Heath, Michael Groves-Taylor, Maurice Broom, Peter Gard, Barry Evans, Hugh Magee and Daryl Henwood defeated a determined Chadstone side in the final.

Other Seniors teams to complete highly successful seasons were Cam Dickinson's Grade 1 side, Graeme Heath's Grade 2 and Michael Bolger's Grade 6 side.

All of these teams made it through to the grand final but couldn't quite get over the line after a long season while Doug Bell's team also made it through to the semi finals.

Congratulations to everyone involved in the Club's pennant teams in 2010 and we look forward to another big season in 2011.

# PENNANT PROFILES



**NAME: KATE ANTOSIK**

**AGE: 21      GRADE: PREMIER LEAGUE      PLAY L/H OR R/H: RH**

**AUSTRALIAN RANKING: 41**

## TENNIS ACHIEVEMENTS:

My best tennis achievement would be winning the South Australian Female Player of the Year for four consecutive years. The Boyce Medal is the most prestigious award in tennis in SA and to have won this award for four years straight, it is always a big achievement for me.

## MOST ADMIRED SPORTSPERSON/WHY?

My most admired sports person is Roger Federer. He is always out there giving it 100%. I love the fact that he never gives up and always believes that he is the best.

## GREATEST INFLUENCE ON TENNIS CAREER/WHY?

My greatest influence in my tennis has been my mum and dad. They have been there for me throughout my tennis career from day one. Through all the good and bad times, all the injuries, and all the stages of wanting to give up tennis, they continued to push me and keep me in the sport.

## GREATEST SPORTING MOMENT WITNESSED?

My greatest sporting moment witnessed would have to be Steven Bradbury at the Winter Olympic Games in the speed skating. Although he was completely down and out he kept in the race and kept fighting and ended up with the win.

## WHAT GOALS HAVE YOU SET FOR YOURSELF IN TENNIS?

My goals have varied over the years from playing full time to playing part time. My current goals being placed at Kooyong is to continue to keep up with tennis and be able to compete across the board.

## HOW IS YOUR PENNANT TEAM GOING?

Kooyong LTC is going very well this season. As I have just moved to Melbourne in the past 6 weeks, being part of a new team and new environment is a new experience and it is one that I am enjoying very much.

## IF YOU WEREN'T A TENNIS PLAYER WHAT WOULD YOU BE?

If I wasn't a tennis player I would like to be involved with the coaching side of tennis. I love to see athletes progress with their tennis, and as a coach, for me to be part of the reason why they have progressed is a good feeling.

## WHAT DO YOU DO OUTSIDE OF TENNIS?

Outside of tennis I love to hang out with friends and go to different sporting events, such as soccer and the NRL.

## HOW MUCH TIME DO YOU SPEND DEVELOPING YOUR TENNIS EACH WEEK?

Definitely not as much as I should be, but having a full time job now limits you to the amount of time that you can get out on the court.

## SACRIFICES REQUIRED TO PLAY TENNIS AT A HIGH LEVEL?

Everything! Tennis becomes your life, you live and breathe tennis.



**NAME: ROB MCKENZIE**

**AGE: 24      GRADE: PREMIER LEAGUE      PLAY L/H OR R/H: RH**

**AUSTRALIAN RANKING:**

**(Just returned from living in America)**

## TENNIS ACHIEVEMENTS:

I played in the NCAA singles and doubles tournament. Runner Up at the Mansfield Open Tennis Tournament. Won the Doubles at the Texas Future with Daniel Byrnes in 2007.

## MOST ADMIRED SPORTSPERSON/WHY?

Roger Federer is an amazing player and role model for all tennis players to aspire to.

## GREATEST INFLUENCE ON TENNIS CAREER/WHY?

Patrick Rafter influenced me as a kid. I grew up watching what a great career he had as a professional and it inspired me to continue playing tennis.

## GREATEST SPORTING MOMENT WITNESSED?

The greatest sporting moment I've seen would have to be the epic Federer vs Nadal final in 2008. It was an amazing match between two brilliant players.

## WHAT GOALS HAVE YOU SET FOR YOURSELF IN TENNIS?

I'd just like to keep playing at a competitive level and participate in a few pro tournament events.

## HOW IS YOUR PENNANT TEAM GOING?

Unfortunately we lost in the semi final to Geelong.

## IF YOU WEREN'T A TENNIS PLAYER WHAT WOULD YOU BE?

If I didn't play tennis I think I'd definitely be a golfer.

## WHAT DO YOU DO OUTSIDE OF TENNIS?

I do a bit of coaching outside of tennis but I also surf the internet and play with the dog.

## HOW MUCH TIME DO YOU SPEND DEVELOPING YOUR TENNIS EACH WEEK?

I probably practice 5 days a week to make sure I maintain my standard and fitness.

## SACRIFICES REQUIRED TO PLAY TENNIS AT A HIGH LEVEL?

Diet, social activities and earning money are all sacrificed at various stages when trying to play tennis professionally.



# KOORYONG PLAYERS PICK UP PENNANT AWARDS



From left: Tennis Victoria President David Stobart, Gregory Collis-Brown, Michael Jeffrey and David Cox

## *Kooyong's successful Tennis Victoria Pennant season continued when several players were rewarded for their fantastic form across the year.*

When the Player of the Year awards were announced at the recent Tennis Victoria Annual General Meeting four Kooyong players were lauded for their performances.

Karen Kloverlaan was awarded Player of the Year in Grade 1 after another brilliant season in the top grade and she has continued that form in the Premier League.

Karen helped her side make the semi finals

with 5 singles wins, 8 doubles wins and just the 2 doubles losses, which incidentally came in just the second round of the season against the top side from Essendon.

In Grade 5, Michael Jeffrey continued to improve at a rapid rate and had a fantastic season at number one that culminated in a semi final loss to Wantirna.

Michael's season included 6 consecutive singles wins, 9 doubles wins and just one doubles loss and should see him move up a couple of grades in 2011.

In Seniors Grade 2 David Cox was awarded Player of the Year for his extremely

consistent season that saw him win 19 of his 25 doubles matches.

David's team unfortunately missed the finals by just 10 points despite his best efforts.

Greg Collis-Brown was also awarded Player of the Year honours after finishing the season win 14 doubles wins from his 18 matches.

His team went on to play in the semi finals but lost to the eventual champions.

Congratulations to all of these players and others who performed brilliantly during a long Pennant season.

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# junior competition news

## RESULTS

Kooyong's junior teams have completed another fantastic season and can be proud of their results in 2010.

On Saturday morning the Club fielded 7 teams across Section 1 and 2 and nearly all of them made it into the semi finals.

Henry Marcel's Section 1 side finished in second spot on the ladder and won the semi final against Port Melbourne to move into the grand final.

Nick Savage's Section 1 team unfortunately finished in seventh spot and missed the finals while James Goller's Section 1 side played

Martin Kaminsky's Section 1 side made the semi finals but unfortunately ran into a very strong side from Dendy Park and didn't quite have the firepower to get through to the grand final but it was a great effort for most of the kids who were competing in Section 1 for the first time.

The Club had two very competitive sides in Section 2 but unfortunately both Alex Galligan and Hugh Davenport's teams finished just outside the top four in fifth and sixth respectively.

In Section 3, Max Alexander's team finished in third spot on the ladder and

of contention in the final round to finish in fifth while Max Charles' Section 12 side finished in seventh spot in their first season with the club.

The youngsters in James Muir's Section 13 and Amy White's Section 14 also improved as the season went on and we look forward to seeing them continue to develop next year.

## NEXT SEASON

The February to June season will feature 22 teams representing the Club and there's been a big jump in teams on Sunday morning due to a lot of our kids moving



Left: Saturday Section 2 Premiers. Right: Saturday Section 1 Premiers

Erin Ronge's team in the semi finals and it was James' team that came out on top.

The all-Kooyong final lived up to expectations as both teams battled for every point but it was James Goller's team that came out on top with two strong doubles wins.

In Section 2, Alexandra McGrath's team finished on top of the ladder and lived up to this billing with an impressive semi final win over Port Melbourne 2.

They impressively defeated Port Melbourne 1 in the grand final after they defeated Rachel Main's Section 2 side in a very competitive semi final.

Unfortunately Max Robson's Section 2 team finished in sixth and missed the finals.

On Sunday mornings Kooyong had 11 very competitive teams representing the Club at various levels.

looked like they could have taken out the pennant if they played well in the finals but unfortunately they lost a close semi final with Dendy Park.

Nicole Kaminsky's Section 4 side finished on the bottom of the ladder despite suffering several very close losses throughout the season and these kids will be much better for the experience.

In Section 6, Dylan Cooper's team was extremely competitive but found the top few sides were just too strong and they unfortunately finished on the bottom of the ladder.

Laura Hallam's Section 10 side was another that made the semi finals but unfortunately they were without their number one player when it mattered most and they couldn't overcome the loss.

In Section 11 Antony Targett's team looked like finalists all season before dropping out

across from Saturday morning to fit in with their school commitments.

This should present the Club's junior players with plenty of opportunities to progress their tennis from the lower sections right through to Section 1 as their ability allows.

## KOoyong vs RSY Round Robin

The Kooyong vs Royal South Yarra Junior Round Robin was an overwhelming success and all of the kids who participated will be looking forward to next year's event to be held at Kooyong.

Royal South Yarra hosted the event that saw 32 kids from each club compete in a friendly round robin and the message came back that our kids may have won on the day.

Hopefully all of our juniors enjoyed the experience and we look forward to hosting the kids from Royal South Yarra in 2011.



## **NEW KITA Performance Squads Programs for 2011**

In 2011, KITA will be developing 2 new squad programs and pathways. One of those will be the Performance Squad for kids 12 years and above and this will encompass two pathways.

One for players who would like to treat their tennis seriously and create opportunities for their future, whether it be as a full time tennis player, a College player in America, a state grade player or develop a real understanding of tennis and work in areas of marketing, accounting or events management with an IMG or Tennis Australia or something similar.

The other leg of this program is developed around a more recreational basis for players who are enthusiastic and love their tennis and want to get more time on court. Opportunities will be available to progress to the performance squads as your desires or goals change. Both squads have the ability for you to be involved in 4 sessions a week and that also involves tournament/competition and match play at the club.

Developing a Junior Performance Squad for players 8-12 will involve 3 possible sessions a week. This program will see players involved in an environment that will offer a comprehensive tennis training program, which will allow them to develop opportunities and a range of pathways for their future tennis.

The ultimate goal of all programs are to provide a pathway for players who are motivated, enthusiastic, prepared to make sacrifices and really apply themselves to achieve their full potential.

The vision of all our Squad Programs is to develop the individuals self confidence, belief in their abilities, self motivation and have the ability to apply themselves with a work ethic that will enable them to achieve great things with their lives.

Those individuals who are prepared to apply themselves with a consistent work ethic and challenge themselves on a continual basis are those who will create life opportunities.

**All squads will be based on an application of interest which can be found in the coaching office in the proshop**

### **KITA Tennis Bootcamps**

The Bootcamps are currently being run on Tuesday & Thursday mornings from 6:30am to 8:00am and are for players of all ages and competition standards.

- For advanced/elite players, drills are designed to improve your footwork patterns, speed, agility, power and endurance while using your core to keep balanced.
- Intermediate and recreational players will find it great tennis and fitness benefits too. It's a dynamic, safe and social way to workout. This is a high intensity, high energy, and high repetition tennis workout.

### **KITA Midday Tennis Bootcamp**

This Bootcamp runs from 12 noon to 1:00pm on Tuesday & Thursday, and is co-ordinated by KITA's Head Coach, Greg Wikman. This bootcamp has become a great addition to our daytime services and is becoming more popular with our adult members. This bootcamp gives you a 60 minute cardio workout, and caters for all ages and standards. Aerobics with a racquet!

### **KITA Monday & Wednesday Ladies Clinic**

Kita's ladies clinics are a great place to start for beginners and the advanced alike. You can bring your own group or be placed in a program that suits your ability. It's a great way for beginners/intermediate level players to gain skills and confidence before beginning competition.

It's also a great structure for competition players looking to improve their game, fitness, tactics and strategies. It's also a good social environment to meet others to form teams and friendships within the club.

We currently have limited places available NOW for the ladies clinics, so be sure to get in quick for next term!

### **KITA Summer Break Holiday Clinics**

During the Summer Break we will be holding 6 holiday clinics, 3 weeks prior to Christmas & 3 weeks in January. Our holiday clinics cater for children of all ages and standards. We will have specialist coaches with programs that have been developed for the young 4-6 year olds.

We will also run our really popular program for older ages and also provide a program for the advanced players. The program is based around drills and skills in the morning program and match play and tournaments in the afternoon with prizes.

Our 3 holiday clinics in January include 1 clinic during the AAMI Classic and 2 clinics during the Australian Open, where the clinic participants will have the chance to watch some professional tennis and be surrounded by the professional tennis lifestyle. The clinics involving the Australian Open will include a day trip out to the Australian Open to watch the professionals such as Roger Federer & Rafael Nadal in action.

Places always book very fast and we have limited positions so be sure to make your booking soon! Bookings can be made by phoning through to Kate in the coaching office on 9824 6860.

### **KITA Monday & Friday Night In-House Competition (4:15pm-6:00pm)**

Our in-house match-play competition is for our young members aged 9-12 yrs who have not yet played competition tennis, or who have just started out and want to develop confidence and experience in a competition format. This competition is run by John McInnes, who has a wealth of tennis knowledge and experience.

**K.I.T.A.**  
Kooyong International Tennis Academy



# Midweek *Ladies* Report

**Our midweek ladies teams continue to play some extremely competitive tennis on Tuesday and Thursday mornings.**

The Club has 11 teams competing across two different Associations and many of them have been in the hunt for finals action this season.

In the Bayside Regional Tennis Association's Tuesday morning competition, Jane Lennon's Section 1 team finished in sixth spot on the ladder.

On Thursday mornings, Kris Tulloch's Section A side finished in fourth on the ladder and just missed the finals in a six team section while Anne Saville's Section 1 team also finished fourth and just missed the finals.

In Section 2 the Club fielded two sides and Heather Anderson's team finished the season in seventh while Gillian Rickett's team finished first and won their semi final against Wellington that sent them through to the grand final.

They are currently waiting on the result of the preliminary final to find out who they will play for the pennant.

Jane Galbraith's Section 3 team finished in sixth spot while Cate Robinson's Section 4 team finished in fourth but won their semi final against Mentone and were to play St Finbar's in the preliminary final.

In Section 5, Anne Fitzpatrick's team finished a very respectable fourth and just missed out on a finals berth.

Good luck to the teams who are yet to complete their finals series!

In Tuesday morning MEMRLTA competition the Club has three teams who have just passed the mid point of their season.

We have two teams in the A1 Section and Sue Taylor's team is currently in fourth on the ladder while Sue Thomas' team sits in seventh.

In A4, Sally Addison's team sit in fifth spot on the ladder and will be hoping to make the finals by the end of the season.

We look forward to another big year of women's tennis in 2011.

## THE PRO SHOP

### KLTC MERCHANDISE

New Kooyong Summer range! Latest Summer tennis fashion (Lacoste, K-Swiss, Adidas, Head,), gym attire (Leluu, 2XU, Adidas), racquets & racquet bags. Gift vouchers available also as a great Christmas idea!

### NEW TO THE PRO SHOP

2XU compression tights and gym wear!

### SPECIAL

35% off tennis bags with any racquet purchase! All Wilson racquets 20% off until 15th Dec!

### BRAND NEW RANGE

of head, Wilson & Volkl racquets

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## billiards and snooker report

By Alistair MacIndoe

The billiards season is nearing its completion and our A-Grade team is going well, having qualified for the finals with a match still to play. We hope for a late surge to snatch the crown.

Social matches against the Sandringham Club and the Royal South Yarra Tennis Club were held successfully over the last two months.

### David Cosgriff and David Pitt do well in State Billiards Champs

In the State Billiards Championship, David Cosgriff (pictured) played very well to reach the semi-finals. He made two centuries and numerous other substantial contributions

in his three matches. Meanwhile David Pitt did well to reach the last eight, making many half-century breaks.

### Harry Andrews wins Club Billiards Champs

Harry Andrews won the Club billiards championship in a very close match against the author, winning 203 to 201 in the final. David Pitt and Neil Maclachlan were the losing semi-finalists.

### Technical tip of the month

Try to hit the balls as softly as you can, while giving the object ball enough pace to reach the pocket. The harder you hit the cue ball, the greater is the chance of hitting it off line; also the pockets are more likely

to accept soft shots. Try not to worry too much about what you might leave your opponent.

### Quote of the Month

*"I cannot remember anyone ever asking 'Who came Second?' Can you?"*

- Ray Reardon, six times World Professional Snooker Champion.

## CRÈCHE NEWS !

Sue, Gill, Marie and Karen continue to provide a happy, safe, nurturing and fun environment in the crèche, with the children able to participate in lots of activities including art and craft, dressing up, sand play and physical play.

With our children happily settled in the crèche, parents can enjoy the club's facilities, whether playing tennis, going to the gym, participating in Pilates or Zumba, having a swim or just relaxing in the bistro. For more details and to arrange a tour of the crèche, please contact the pro-shop.

### Crèche Session Times and Fees

The crèche operates during school terms, from 9.15 am to 12.00 pm on Mondays to Thursdays and from 9.15 am to 12.15 pm on Fridays. The annual family registration fee for 2010 was \$65, with a session fee of \$10 per child.

### Recent Social and Fundraising Events

#### SEX AND THE CITY MOVIE NIGHT

Tuesday 8th June

Held at the Palace Cinema, Balwyn, our movie night was attended by 38 people, mainly crèche mums and their family and friends.

We enjoyed drinks in the foyer upstairs before seeing Carrie, Miranda, Samantha and Charlotte in Sex and the City 2. The night was a fun one and was a successful fundraiser too!

#### PARENT'S DINNER

Friday 6th August.

The first of hopefully many such nights, the Parents' Dinner was held in the Racquet Club, and was a most enjoyable evening for those who attended.

We enjoyed drinks followed by a wonderful 3-course dinner. Thanks to Patrice and the other staff for looking after us so well and helping to make the night so special.

#### KOORYONG CHILDREN'S CHRISTMAS PARTY

Sunday 28th November

As always, an amazing and fun time was had by the 71 children attending, as well as by their parents and grandparents.

Apart from enjoying lots of party food and playing with many balloons, the children were treated to a visit from Santa and were entertained by a balloonist, face painting and a magical Christmas fairy. There were also door prizes and raffles.

**Samantha Wood**  
President

## NEW SQUASH COACH at Kooyong

*Nathan Sneyd joins Kooyong in January 2011 as the Head Squash Professional.*

Nathan Sneyd joins Kooyong in January 2011 as the Head Squash Professional.

Nathan has returned from a 10-year coaching position in Luxembourg and it was Melbourne & Kooyong that attracted him to coach again.

Born and educated in New Zealand, Nathan represented his country of birth as a Junior & Senior player.

In recent years he has played for his adopted country, Luxembourg, in the European Team Championship.

With a tertiary education in Sporting Performance, Nathan is a New Zealand and Australian registered level 2 squash coach.

He also has accreditation as a European and UK level 3 squash coach, an accreditation that has a reputation of the highest standard.

During his time in Luxembourg he was the National Coach to the Luxembourg Squash Federation and year by year the junior & senior teams & squads reaped rewards from their continuous success in development.

He is also the founder and director of Squash Logic Coaching School at Luxembourg's premier 8 court squash and fitness centre.

Nathan says, 'Squash requires a combination of skills performed quickly. It is best to be honed with the help of a squash coach. From beginners and social players, to the more advanced, they can all benefit from the tutelage of an experienced player & coach.'

'Due to the quick instinctive reflexes required to play squash it is easy to fall into bad habits with movement, technique and shot selection. These effectively snowball while playing and more than often reflect a negative outcome,' he says.



Nathan is now coaching at Kooyong and has recently been a training partner for Sarah Fitz-Gerald in preparation for the Women's World Team Championship.

He is looking forward to teaching squash at Kooyong and can be contacted on 0432 434 227 or via email [ns@squashlogic.com](mailto:ns@squashlogic.com).

## CLUB CIRCUIT NEWS

*Our spring season has been disappointing after the excellent results we had in the autumn season as only two teams, B1 and D2, played finals.*

A bright spot has been the continued improvement of Amiel Raniga's squash despite being just 14 years of age.

He played his first pennant match for Kooyong last season at number four in the pennant winning D2 team.

Amiel won every match 3/0 except his first match where he lost the first game before winning the next three games to win the match.

This season he was promoted to number 2 in D1 and has not lost a match and won them all 3/0.

His unbeaten streak for Kooyong now sits at 20 matches and he has won 60 consecutive games, which is a magnificent record.

Another first for the Club was entering a team in C3 where the qualification to play for KLTC was to be over 65 years of age and the seven players were Barry Barnes, Hedy Mameghan, Peter Mayberry, Nick Alves, Mike Wilson, Bert Armstrong and Bill Dubsy.

The combined age of the team was 478 years and they regularly had to concede 130 years in their matches but they finished a creditable fourth.

# Kooyong Girls Complete Rare



# SQUASH NEWS

## Kooyong's Vicki Cardwell takes home ANOTHER WORLD SQUASH TITLE



Former World Open Champion Vicki Cardwell has added another trophy to the family's collection when she recently claimed another World Title.

Vicki travelled to Cologne, in Germany, to contest the World Masters Games and was able to win the Women's Over 55 final in impressive fashion.

After cruising through the round robin stages, Vicki continued her good form in the knockout phase of the competition by defeating Bermuda's Denise Joan Kyme 11-1, 11-7, 11-2 in the quarterfinal.

In the semi final Vicki faced England's Jan Mary Ellis and completed another easy

victory with great symmetry by defeating her opponent 11-5, 11-5, 11-5.

Vicki, seeded number one, faced the second seeded Scot, Pauline Douglas, in the final and showed why she is a member of the Squash Australia Hall of Fame with another sterling performance.

Winning the title 11-5, 11-7, 11-3, Vicki claimed Australia's second world title of the event after Adelaide's Geoff Davenport won the Men's Over 50 event.

Our congratulations go to Vicki on another wonderful achievement!

Kooyong's Sarah Cardwell and Selena Shaikh have completed a rare quinella at the recent Australian Junior Squash Championship in Alice Springs.

Seeded one and two respectively, Sarah and Selena travelled two very different paths to the under 19 girls' final.

Sarah was able to cruise through her opening round match with Queensland's Angela Sadler 11/2, 11/5, 11/4 and then continued her dominance with a win over Heather Pilley from NSW 11/3, 11/5, 11/5.

Selena took a much tougher path to the final including a first round match with Challen Stowell from Queensland that she won 11/6, 8/11, 11/7, 11/8.

In the semi final she faced Jennifer Brown from NSW and this turned out to be a marathon match as both girls battled it out for a spot in the final.

After going down two games to one, Selena fought back to win a titanic struggle 7/11, 11/2, 7/11, 11/7, 11/9 to setup the all-Kooyong final.

In the final, Sarah continued her dominance of the competition to take out the Australian Championship 11/3, 11/4, 11/4. This is thought to be the first time two Kooyong members have played off for a National Squash Championship and what a wonderful achievement it is for both girls.



## e National Squash Quinella

# Royal Children's Hospital Auxiliary

The Royal Children's Hospital Melbourne



To commence our fundraising activities for 2011 we are selling tickets for the AAMI Classic at Kooyong on Wednesday 12th January and Friday 14th January 2011, which includes lunch in the Clubhouse and excellent seats in the stadium to watch the tennis.

Lleyton Hewitt, our great champion, will be competing together with other overseas champions.

Booking forms are available in the Clubhouse. If you attend on Wednesday 12th January you will see all eight players in action.

After you return from holidays we are holding our very popular event for all tennis players, the Ladies Doubles Grass Tournament played on the grass courts at Kooyong on Monday 7th March 2011 with lunch included.

The entry forms have already been mailed out but if you would like to join all our regular players and require an entry form, they can be obtained from the office at Kooyong.

Entries close on Friday 11th February 2011 so don't delay; pick up one soon so you don't miss out.

Finally, on behalf of all my Committee I thank you most sincerely for your wonderful support of all functions in 2010 and I look forward to having you join with us again in 2011 to help all the sick children in Victoria.

A very Happy Christmas to you all!

**Marie Devereux**  
President

# bridge bulletin

Kooyong Bridge Club held their Annual General Meeting in October:

- ♦ The new Constitution was accepted by the Members
- ♦ Leeron Branicki was made an honorary Life Member of the Bridge Club
- ♦ A new Committee was voted in as follows: President - Leeron Branicki, Treasurer - Bruce Higgs, Secretary

## The end of the year Christmas Events:

Monday 6th December is the last daytime duplicate for 2010 and afternoon tea will be served.

The first Penny Purbrick Annual Award will be presented to the two top Players from Daytime Duplicate.

Tuesday 7th December is the Evening Duplicate with celebratory Supper and presentation of Trophies.



- Roger Kenna Committee - Moira Righetti, Elizabeth Neal, Val Miles, Kate Millie, Susan Everist, Fiona Trescowthick

- ♦ The retiring Committee Members were thanked for their contribution to the Club with special thanks to Wendy Johnson, the Interim President from June to October

On 12th October the RACV Bridge Club joined us for Dinner and Duplicate with Geoff and Jan Keenan the winners for RACV and Leeron and Alf Branicki winners for Kooyong.

Sunday 14th November is the date for the very popular Kooyong Congress being Swiss Pairs including lunch, trophies and prizes.

We thank the wonderful staff at our Club for assisting in the success of our Bridge Club.

Bridge at Kooyong for 2011 will commence on Monday 31st January and Tuesday 1st February and we look forward to another happy and successful year.

Latest details and information always available on the Bridge webpage at [www.kooyong.com.au](http://www.kooyong.com.au).

Safe and happy holidays to all.

**Leeron Branicki**  
President



# THE SOCIAL COMMITTEE



Our 'JJ' Round Robin, held in memory of the late John Jeffries was a huge success.

Many will have fond memories of John, an extremely well known and much loved personality around the club for years.

Play was underway just after 3pm on an absolutely stunning Sunday afternoon in October for a couple of hours of thoroughly enjoyable social competition en tout cas.

From all comments, everyone had a fantastic day rounded off with a drink and some delicacies from our Kooyong catering department on the terrace.

Many thanks to all, both Committee and KLTC staff who helped make the afternoon an outstanding event.

## **Congratulations goes to the Winners:**

Gabby and Neville Miles

Frances Rees & Derrick Wilde

Diane and Harold Coles

Tijana Zoric & Chris Piesse

Felicity Taylor & Scott Bolton

Detje Marcel & Jean-Pascal Marcel

For members who haven't participated in one of our Round Robin days, they are an excellent opportunity to enjoy mixed doubles and make new acquaintances at the club.

These days are frequently booked out, so it's always wise to get your registration in to reception early.

Single entries, pairs or groups are most welcome, and we try to accommodate playing requests where possible.

With the year quickly drawing to a close, and this being my last report as I embark on further part-time study, it's perhaps timely to reflect on 2010.

Unfortunately it has been a difficult year for many on the Social Committee, leaving us more than a little short-handed to get our planned events off the ground.

As with other Committees, we are small group of volunteers assisting the club by arranging social activities in the time we have available.

As we go to print, we have our AGM on November 18th (new Committee members are welcome to join throughout the year) and our first RSYLTC/KLTC Challenge locked in for Sunday 21 November.

It is thought this will be an annual event between the two clubs on a rotation basis, and hopefully an enjoyable afternoon of 'social' tennis for all.

Numbers will be limited and on a 'first-in' basis. The Challenge will perhaps be to ensure there is only friendly competition!

Look forward to seeing you soon and welcoming some new faces and ideas to the Committee.

**Natalie Postma** *President*

## **AGM**

**At the recent AGM the "New" 2011 Social Committee Office Bearers were elected unanimously:**

**President:** David Hadley  
**Vice President:** Tanya Fryc  
**Treasurer:** Rowan Harris  
**Secretary:** Janet Wainwright

I'd like to take this opportunity to thank Natalie Postma for all the hard work she has done for the Social Committee and we look forward to receiving your valuable suggestions for social events and your continued support for 2011.

**David Hadley** *President*

# Wine & FOOD

## SOCIETY

**a**s a result of the highly successful French Night in July we have 15 new members with several others still considering joining.

I was particularly pleased that a number of people have joined individually. They clearly felt welcomed and comfortable at our Functions.

One of the aims of the Society, beside the obvious ones of enhancing our experience and enjoyment of Food and Wine, is to provide an environment where Kooyong members can meet and enjoy the company of other members outside of their particular sporting interests.

On September 29 we enjoyed a beautiful degustation menu at the Society Restaurant at 23 Bourke Street, in the City. The dessert was good, the first four courses were superb, and I could not pick one above the others.

After drinks upstairs we were seated in Rino's Room (named in deference to the original owner of the Restaurant, an early icon for Italian food in Melbourne).

I was a little uncertain with the layout of the room – long and narrow, with upholstered benches along the wall, requiring two long tables almost end to end, seating a total of 20, another table of 14 and one of 8.

This was different from our usual tables of 8 or 10. Well, it worked excellently. People moved within their tables, talked between tables, and if the level of conversation is an indicator of the level of satisfaction a very good evening was had by all.

The room, still in its traditional red and gold wallpaper and red velvet upholstery provided a warm atmosphere.

The wines, on the recommendation of the restaurant, were supplied by Russell Gehling, a wholesaler in Albert Park. Russell attended and gave a lively introduction to the wines, which are listed with the menu below. The initial sparkling was highly praised and I particularly enjoyed the pinot grigio.

### New Year's Eve

We'd like to draw your attention to the New Year's Eve Dinner being organised by Food and Beverage Manager Patrice Renaudin in the Racquet Club. It is not a Wine & Food Society Function but a number of our members have enjoyed it immensely in the past. It was not held last year due to the incomplete renovations. Speak to Patrice for details.

### 2011

We have made some initial bookings and plans for 2011 though these may be subject to some alteration:

### Friday, March 4th, 2011

A large function in the Kooyong Room to which Members may invite one guest plus Kooyong Members and their guest. It will be a themed night – probably either an Australian or a Spanish theme – on a similar style to the French Night last July. We hope to be able to make use of the lovely balcony area by having the Function early in the year.

### Friday, July 1st, 2011

Winemakers Dinner in the Racquet Club.

### Friday/Saturday, November 25th or 26th, 2011

EOY/Christmas Function in Racquet Club.

Membership or information enquiries should be directed to either: Mary Hoban, President, maryahoban@hotmail.com Ph. 9499 2881, or Peter Nolan, Secretary, peternolan\_@hotmail.com Ph. 9859 1014

FUNCTION No. 280

### Wednesday 29 September 2010

Society Restaurant

## *spring degustation.* *Menu*

On arrival an Italian Prosecco  
Prosecco Di Valdobbiadene  
From Winery La Riva Dei Frati Region  
Conegliano Valdobbiadene

### *1st Course*

#### **Carpaccio di Manzo**

*Thinly sliced cured beef topped  
with rocket and reggiano*

White: Pinot Grigio 2008 from Palladium  
Winery Region Veneto

Vernaccia Reserva 2006 from Calcinaie  
Winery Region San Gimignano

Red: Colli Senesi Chianti Classico 2009  
from Calcinaie Winery Region San  
Gimignano

### *2nd Course*

#### **Capesante Ripieni**

*Scallop filled with scarrozza and basil lightly  
coated in fresh crumbs and shallow fried*

White: Pinot Grigio 2008 from Palladium  
Winery Region Veneto

Vernaccia Reserva 2006 from Calcinaie  
Winery Region San Gimignano

Red: Colli Senesi Chianti Classico 2009  
from Calcinaie Winery Region San  
Gimignano

### *3rd Course*

#### **Scialatelli con Vongole**

*A typical fresh pasta from Sorrento  
with clams, spinach, eggplant and calamari*

White: Pinot Grigio 2008 from Palladium  
Winery Region Veneto

Vernaccia Reserva 2006 from Calcinaie  
Winery Region San Gimignano

Red: Colli Senesi Chianti Classico 2009  
from Calcinaie Winery Region San  
Gimignano

### *4th Course*

#### **Agnello e Coniglio**

*Duo of grappa infused brioche crumbed  
lamb cutlet and rabbit filled with martini  
and vanilla scented pork mince*

Red: Casa Sola Chianti Classico 2007 from  
Calcinaie Winery Region San Gimignano

Montepulciano 2007 from 1st Drop Winery  
Adelaide Hills Sa

### *5th Course*

#### **Semi Freddo di Cioccolata bianca**

*White chocolate and honeycomb semi  
freddo served with small Italian doughnuts*

Gewurtzraminer 2007

from Kofererhof Winery Region Alto Adige



**WHAT A GREAT TIME TO BE PART OF KOOYONG HEALTH CLUB, WITH MORE MEMBERS UTILISING THE WORLD-CLASS FACILITIES. IT'S INSPIRING TO SEE A NUMBER OF OLDER AND YOUNGER MEMBERS TAKING UP WEIGHT TRAINING (RESISTANCE TRAINING).**

Weight training has a valuable long term effect on health, muscle mass, bone density and is the ultimate discipline for long term weight loss, due to more muscle mass and a higher basal metabolic rate, which assists with burning calories at a higher rate.

New state of the art, cardiovascular equipment has been purchased by the club, one cross trainer and one treadmill with TV monitors, and two new stationary exercise bikes.

A big thank-you to Jules "Julian Roberts" for his personal training services and co-writing of the Health Club News. His jovial manner and poetic license was a real asset at the Health Club.

A new trainer is joining our team of professionals. Troy Griffiths has completed a degree in Health Science and has extensively studied lifestyle diseases, special populations, resistance training, and competed in gymnastics & swimming.

Along with the Health Club remaining extremely popular and vibrant, Hannah Savige our body conditioning and Zumba instructor, has certainly been raising the bar of intensity on the group exercise circuit.

All who enjoy her weekly classes can see Hannah's passion, fitness and dedication. Hannah's Zumba classes are currently held on Monday 10.30 AM, Tuesday 8.00 PM and Friday 11.00 AM.

Zumba is about having fun and getting fit at the same time. Interval training sessions that incorporate a variety of movements at different paces, Zumba allows you to tone and shape your body through high calorie burning and a class that is fun with a routine that is natural for your body.

Our Thursday, 10.30 Morning group exercise class has been reinvented into a boxing class for ladies, and a boxing dummy and gloves and pads have been purchased for members, and Hannah is doing a terrific job with the group.

The new Pilates timetable has been adjusted giving the participants two 9.30 AM time slots.

DAYS	TIMES	CLASS
Monday	8.30 AM	Pilates
Tuesday	9.30 AM	Pilates
Tuesday	10.30 AM	Power Bar
Thursday	9.30 AM	Pilates
Thursday	7.30 PM	Power Bar

Margaret Scotti has done an exceptional job with the ladies and working in with the other group fitness instructors.

As the weekday classes are becoming well patronised and popular, the Health Club is looking to extend the group exercise range to the weekends and early morning on weekdays.

Zumba, Pilates, Yoga, Boxing and Boot Camp classes would be gradually introduced. We would encourage all members interested to fill in a feedback form that can be located just next to the Health Club Office.

It is interesting that whilst a considerable amount of people train really hard in the gym, they still do not lose weight. The major contributing factor for weight loss is what we eat, 85% is food and the kind of meal you prepare.

As personal trainers, we feel we can do more to help members achieve good health and fitness. The Health Club Team is introducing LivingLEAN recipe handouts for members that want to lose weight and put on muscle and feel great.

If you have any enquires regarding the Health Club Activities you can contact Health Club Manager Michael Kull on Mobile: 0419003762 Phone: 9822 3333.



# Diary Dates

December 2011 - March 2011

<h1>Diary Dates</h1> <p>December 2011 - March 2011</p>		<p>December 2010</p>		<p>Sunday 5th</p> <p>Royal Children's Hospital Auxiliary Christmas Lunch</p>	<p>Saturday 11th Sunday 12th</p> <p>Wayne Arthurs Cup</p>
<p>Friday 25th</p> <p>Christmas Lunch at Kooyong</p>	<p>Friday 31st</p> <p>New Year's Eve Dinner Racquet Club (Enquiries to Patrice Renaudin)</p>	<p>January 2011</p>		<p>Tuesday 11th</p> <p>AAMI Classic Media Launch</p>	<p>Wednesday 12th Saturday 15th</p> <p>AAMI CLASSIC KOOYONG</p>
<p>Sunday 30th</p> <p>Kooyong Foundation Australian Open Men's Final Dinner</p>	<p>February 2011</p>		<p>Saturday 19th, Sunday 20th, Saturday 26th &amp; Sunday 27th</p> <p>Club Championships</p>		<p>Saturday 26th Sunday 27th</p> <p>Squash Club Championships</p>
<p>March 2011</p>		<p>TBC</p> <p>Alicia Molik Cup</p>	<p>Friday 4th</p> <p>Wine &amp; Food Society Dinner in the Kooyong Room</p>	<p>Monday 7th</p> <p>Royal Children's Hospital Tennis Day</p>	

## Kooyong member marries *Vegas style*

Kooyong member Jeff Sonderhof married long time partner and best friend Jan Hansson in Las Vegas on the 10th of August at the A Elvis Chapel. They married in front of 16 colourful family and friends, all decked out in Aloha Hawaii themed outfits, and then enjoyed the Legends in Concert show and buffet at Harrah's Casino on The Strip. Fellow Kooyong member Graeme Goudie was Jeff's best man having travelled via Los Angeles across the Nevada desert by bus to Las Vegas with his wife Sue.







KOORYONG LAWN TENNIS CLUB INC.

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