



Courtside

THE OFFICIAL MAGAZINE OF THE KOOYONG LAWN TENNIS CLUB INC. // August 2023



2023 Champion's Dinner Celebration

Celebrating our winners pg. 8

2018 DAVID BISHOP
2019 MATTHEW GARRALL
2020 DAVID BISHOP
2021 DAVID BISHOP
2022 DANIEL EYKENS
2023 JAMES JONES
2018 ANDREW WHITTINGTON
2019 ANDREW WHITTINGTON
2020 ANDREW WHITTINGTON
2021 ANDREW WHITTINGTON
2022 ANDREW WHITTINGTON
2023 ANDREW WHITTINGTON

FULL STRENGTH LUXURY

RANGE ROVER SPORT

The New Range Rover Sport, with its strong athletic stance and unmistakable profile, is where modernist design leads to visceral desire. The stealth-like appearance of the headlights and grille connect harmoniously with the sculpted lower bumper to create a face that conveys supreme confidence with attitude. There are no superfluous details, only what is necessary to create the epitome of sheer sporting luxury.



ULR Land Rover
1303 Malvern Rd, Malvern VIC 3144
(03) 9864 3555

retailers.landrover.com.au/ulr.landrover.com.au



Kooyong Lawn Tennis Club Inc.

489 Glenferrie Road,

Kooyong VIC 3144

Phone (03) 9822 3333

Fax (03) 9822 5248

Web www.kooyong.com.au

Email enquiry@kooyong.com.au

17 177 846 072 / A0039994S

BOARD

President Adam Cossar

Vice President James Macmillan

Treasurer Ian Anderson

Members of Board Jeremy

Brown-Greaves, Rowena Cole,

Darren O'Loughlin, Sally Peers,

Sarah Sheer, Peter Tingate,

Chris Brown (CEO).

PUBLISHERS

Editor Justin Cox

jcox@kooyong.com.au

Membership Genevieve Wallis Best

gwallis@kooyong.com.au

Tennis & Sport Cedric Mason

cmason@kooyong.com.au

Events Rachael Whitelaw

rwhitelaw@kooyong.com.au

Design Lauren Grande

lauren@twobridges.com.au

CORPORATE MEMBERS

Australian Urology Associates

ULR Jaguar Land Rover

Go Markets

KOOKAI

Mercedes-Benz Toorak

Gramercy Pet Australia

Global Chinese Tennis Association

Riversdale Capital Pty Ltd

Studiocraft Picture Framers

AM Sportswear

Little Lane Learning Group

Care Corporation

Body Fit Training Company Pty Ltd

AltX



ISSUE 61 : AUGUST 2023

CEO's Report & Upcoming Events.....	4
President's Report	6
2023 Champion's Dinner.....	8
President's Lunch.....	12
Club News.....	13
Website & App Updated.....	14
Club Regulations.....	15
Tennis Department.....	16
The Kooyong Grounds.....	17
Kooyong Foundation.....	18
Pennant Men.....	22
Pennant Women.....	23
Junior Competition.....	24
Midweek Ladies.....	25
KITA Coaching.....	27
Health Club.....	28
Squash.....	29
Pickleball.....	32
Bridge Club.....	33
Billiards & Snooker.....	34
Wine & Food Society.....	35
Royal Children's Hospital Auxiliary.....	36
Young Members.....	37
Social Committee.....	38

8

Champion's Dinner

The Champion's Dinner is a highlight each year of the Kooyong calendar as we celebrate our winners.

12

President's Lunch

Featured guests AFL legend, Nathan Buckley and Hockeyroo player, Georgie Parker.

24

Junior Competition

Our Junior teams once again had an amazing season and represented Kooyong brilliantly.

"Our gala Champions' Dinner was held at the end of May, and we had some notable Champions return to the dais..."

Adam Cossar, President

CEO's Report

Kooyong is recognised as one of the great sporting clubs and each year we celebrate the annual sporting achievements at our Champions Dinner. This year was no exception with over 200 people attending to applaud the victories of Members across our tennis, squash, billiards & snooker and bridge sections.

In the women's tennis Open, we celebrated the first-time win of Isabella Crossman, while on the men's side Cooper Erry took out his second title. New Squash Club President, Daryl Thompson presented the awards for the squash section and Tate Norris and Selena Shaikh took home the Open awards. Bridge President, Maria Campbell announced the winners of the Jim Borin and Penny Purbrick trophies, while David Pitt made note of the special achievements of David Cosgriff taking out both the Open billiards and Open snooker competitions.

Around the Club we have seen busy times continuing with all areas extremely active. That level of activity includes the busy Member groups which are highlighted in the pages of Courtside that follow. We thank all of those section committees for the opportunities they continue to provide.

Several changes are taking place for sport currently. New tennis appointments Justin Cox and Shelly Hart have joined Cedric Mason and are developing initiatives to roll out for further competition and social play. Our squash section has been successful in introducing new people to the game at a series of "Come & Try" days under the supervision of our squash players.

A large crowd enjoyed a very popular President's Lunch featuring Nathan Buckley and Georgie Parker and reflected on their respective careers and their early years of sport. Details will

be coming out shortly of future events to enjoy.

Some great changes are being made to both the public and member only sections of the website and the Club App has also been upgraded. Members will have the opportunity to profile their individual interests ensuring that the Club will keep them informed of all related opportunities.

To improve customer service in the dining areas, the Club is introducing table side ordering. Staff will carry iPads to use when taking down details of orders at the tables which will be confirmed and fired to the kitchen or bar for meal preparation and service of drinks. This will avoid duplication of activities of the tickets prepared

by hand or errors than can occur when details are re-entered and improve accuracy and efficiency.

Pickleball is the fastest growing sport in the USA and several of our Members play in venues around Melbourne. In response to demand Pickleball will be added as a weekly opportunity each Sunday afternoon from September. The stadium will be converted into the small courts and our coaches will provide instruction during each session with organised matches to follow.



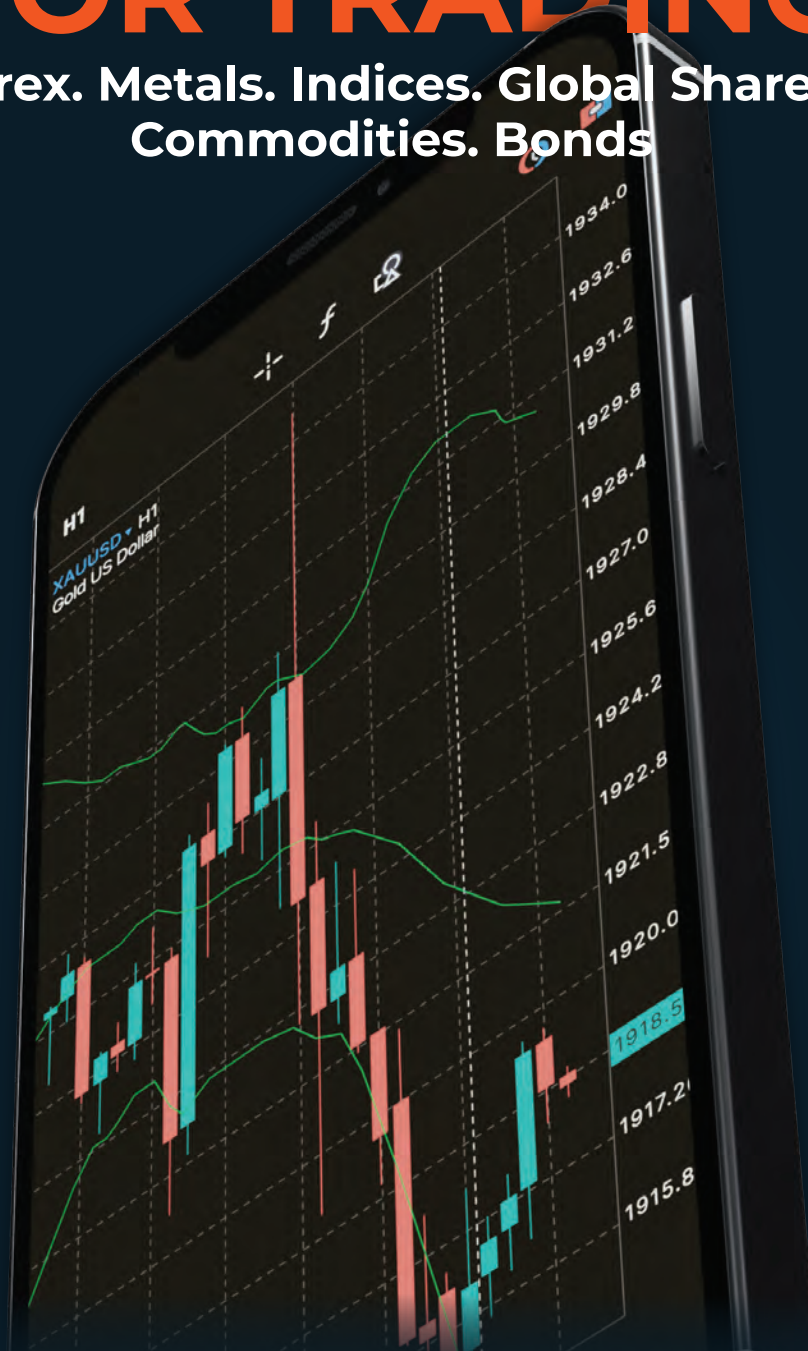
Chris Brown, CEO

UPCOMING EVENTS

Thursday 3rd August	Young Members Pot and Parma Night
Tuesday 15th August	WFS Meet the Winemaker Dinner – Bindi Wines
Thursday 17th August	Bridge Sandbelt @ Sandown
Friday 25th August	Social Committee Trivia Night
Friday 1st September	President's Lunch
Sunday 3rd September	Father's Day
Thursday 7th September	Young Members Pot and Parma Night
Sunday 10th September	Young Members v Not so Young Members tennis challenge
Wednesday 13th September	RCH Card Day
Thursday 21st September	WFS Guided Wine Tasting
Thursday 5th October	Young Members Pot and Parma Night
Friday 6th October	Speaker Series Ladies Luncheon – Featuring Jelena Dokic
Thursday 19th October	Social Committee JJ Mixed Doubles Tennis
Friday 27th October	RCH Auxiliary Trivia Night
Saturday 28th October	Young Members YarraYong Ball
TBC	Kooyong LTC AGM
Thursday 2nd November	Young Members Pot and Parma Night
Tuesday 7th November	Social Committee Melbourne Cup Luncheon
Friday 10th November	Year 8 Disco
Sunday 19th November	Bridge Club Congress
Sunday 26th November (TBC)	President's Grass Court Open Day
Friday 1st December	Friday Morning Women's Tennis Lunch
Saturday 2nd December	WFS End of Year – Tastes of Summer Dinner
Sunday 3rd December	Social Committee Christmas Family Tennis Day
Thursday 7th December	Young Members Pot and Parma Night
Saturday 9th December	Social Committee Christmas Ball
Monday 11th December	Bridge Club Christmas Dinner
Monday 25th December	Christmas Day Event

FIRST CHOICE FOR TRADING

Forex. Metals. Indices. Global Shares.
Commodities. Bonds



Trade with a multi-award winning broker*

*Investment Trends Australia Leverage Trading Report 2022



GO MARKETS

Official Gold Sponsor of the Care A2+
Kooyong Classic 2023, 2024 & 2025

Trading forex, derivatives, and leveraged products carries a high level of risk, including the risk of losing substantially more than your initial investment. Before you make any decisions in relation to a financial product or service, you should obtain and read the relevant Product Disclosure Statement and other legal documents. GO Markets Pty Limited, ABN 85 081 864 039, AFSL 254963 is a CFDs issuer.

President's Report

Welcome to our second edition of Courtside for 2023.

As we kick off our 2023-2024 fiscal year the Club is in a strong position on both financial and wider operational considerations. Activity across the Club continues to perform above expectations with plenty of member activity and celebrations that we are proud of as Members.

Our gala Champions' Dinner was held at the end of May, and we had some notable Champions return to the dais as well as celebrating new and up and coming players/participants of the future. The night is always a wonderful celebration of community as much as it is a celebration for our winners with their family and friends. Darren James as MC kept us entertained with Cedric Mason watching on

In addition to tennis the Champions Dinner celebrates all that is the Club across Squash, Billiards and Snooker and Bridge. **Selena Shaikh** took out the Women's Open Squash title, making it three titles to her name, with **Tate Norris** triumphant in winning his first Men's Open title, whilst **David Cosgriff** won both the Open Billiards and Snooker titles. It is wonderful to see the increased interest across our membership in Billiards and Snooker being steered so well under **David Pitt**, President of the Billiards and Snooker Committee, a role he has served admirably since the late 80's.

Bridge continues to develop a strong following across our membership with **Maria Campbell** and **David Happell** winning the Jim Borin Trophy whilst **Peter Hodsman** took out the Penny Pubrick Trophy.



"The night is always a wonderful celebration of community as much as it is a celebration for our winners with their family and friends."

with a careful eye close at hand. Our guest speaker Jo Weston a 2022 Commonwealth Games gold medallist and Melbourne Vixens 2-time Premiership Player provided some unique insights into the world of professional netball and what it takes to be the best in your chosen sport.

Our junior tennis aspirants continue to shine a light on the bright future for Kooyong in developing talent with on court success and whole of life/purposeful development off the court.

This was no more apparent than in the Ladies and Men's Open Singles with **Isabella Crossman** and **Cooper Errey** respectively winning their titles, Cooper returning to back up his 2022 win.

I had the pleasure in hosting our first President's Lunch, outside of our Care A2+ Kooyong Classic lunches in January, in May with special guests AFL legend **Nathan Buckley** and former Hockeyroo and AFLW player **Georgie Parker**. A thoroughly enjoyable afternoon of Kooyong hospitality and connection hosted by our regular MC in Ralphie Horowitz.

Our very own Lord Mayor of Melbourne, **Sally Capp AO** was honoured in the recent King's Birthday Honours list and appointed Officer of the Order of Australia in recognition of her distinguished service to the people of Melbourne, to local government, to business and to the community. Congratulations from the Kooyong Board,

▲ President Adam Cossar welcomes winners and guests to the Champion's Dinner evening.

► President Adam Cossar, presents two times Men's Open Singles Winner, Cooper Errey, with the Frank Sedgman Cup.

Management and all our Kooyong Community on this well-deserved recognition of tireless service.

Under a purposeful and clear direction of the Board and Management its wonderful to see the various digital activations and resultant information and services for Members come to life with further breadth and depth in the form of the 'Club App' and soon to be released upgraded website.

We've recently welcomed two new team members into the Tennis Department in **Justin Cox**, our new Tennis Manager, and **Shelly Hart**, Assistant Tennis Manager, following the tennis department restructure a little earlier this year. Cedric remains a constant voice and heartland of the tennis department and continues in a capacity to provide guidance and support for the tennis team on the forward journey in concert with John and Tim's able support. Congratulations to Justin and Shelly and we wish

▼ President Adam Cossar with Women's Open Squash title winner, Selena Shaikh.



them every success in their new leadership roles.

Our Kooyong grounds continue to be an important and iconic aspect of our great Club and with what I believe have been some of the best grass courts in memory for the recent grass court season.

Congratulations to the grounds staff for all that they do in preparing and presenting the wonderful Kooyong landscape and backdrop.

Tennis and squash are prominently represented in this Courtside edition #61 which is no surprise considering our roots and foundations as a Club. Activity and results are equally impressive, however, one standout for me to mention is our A1 squash team who recently won the Club Circuit pennant. Outside of the win the team was comprised of both past and current Kooyong Foundation Scholarship Players highlighting the importance that our Foundation plays in supporting and developing young talent both in on and off court activity.

Our Kooyong community and Member Groups continue to be a secure foundation that makes our Club so special for Members and guests alike to enjoy. As we move into the second half of the calendar year, we can all look forward to a range of member activities and events on the calendar which I encourage you to take advantage of.

Finally, thank you from myself and the wider Board to our wonderful operational team across food and beverage, conference and events, administration, sport and property/grounds for their dedication and service to our Club.

A stylized handwritten signature in black ink.

Adam Cossar, President

CHAMPIONS' DINNER

The Champion's Dinner is a highlight each year of the Kooyong calendar.





On Friday 26th May 2023, a crowd of over 200 gathered in the Kooyong Room to celebrate the sporting highlights and successes of the past year across tennis, billiards & snooker, squash and bridge.

Winners were joined in the Kooyong Room by family, friends and fellow Club Members and welcomed by radio personality and event MC Darren James. Darren's humour and quick wit kept the award recipients and crowd entertained throughout the evening.

In the Ladies Open Singles, **Isabella Crossman** collected her first Evonne Goolagong Cup. Isabella's family show great commitment to her tennis travelling regularly from Torrumbarry (near Echuca) for her to play and train in Melbourne. How great it was to see that dedication rewarded with the Open title this year.

In the Men's Open Singles, **Cooper Errey** collected his second Frank Sedgman Cup in as many years after taking out a hard-fought final. It is fantastic to see Cooper achieving great results while enjoying his tennis.



◀ 2023 Open Singles Champions, Isabella Crossman and Cooper Errey.

▲ David Happell received the Jim Borin Championship Trophy.



◀ Squash Masters Handicap winner, John Piccolo, with Racquetball Open winner, Mike Wilkinson.

Opposite

- 1 President, Adam Cossar, with Under 16 Doubles winners, Ashton Coster and Carl Gerstman.
- 2 Rowan Blyth won this year's Handicap Snooker award.
- 3 Bridge player, Peter Hodsman took out this year's Penny Purbrick trophy.
- 4 A Grade winners, Matthew Ry'dell and Hayden Heng.
- 5 Toby Tomlin won both the A and B Grade this year in Squash.
- 6 Deanne Ritchie dominated D Grade this year. She won with her partners the Ladies Doubles and Mixed Doubles events.
- 7 Mother and son team, Sarah Brooks-Gay and Will Brooks-Gay, won the C Grade Mixed Doubles.
- 8 100 & Over Men's Doubles winners, Marcus Thomas and Martin Warwick, with 100 & Over Ladies Doubles winners, Caroline Venn and Leanne Scott.
- 9 Christopher Warwick beat Jason Kloszynski in the finals to take out this year's D Grade Singles trophy.
- 10 Squash President and player, Daryl Thompson, won the Women's Graded trophy this year.



◀ **Top** President Adam Cossar with 6-time Open Snooker winner, David Cosgriff.

▲ B Grade Ladies Doubles winners, Sophia Brooks-Gay and Philippa Bush.

Bottom Guest speaker, Jo Weston, being interviewed by MC, Darren James.





1



2



3



10

Several players collected multiple trophies on the night including **Deanne Ritchie**, **Salvatore Soepardi**, **Isabelle Gemmel**, **Harriet Venn** and **Andrew Rae** in tennis, Billiards and Snooker player **David Cosgriff**, and Squash players **Daryl Thompson**, **Toby Tomlin** and **Selena Shaikh**.

Maria Campbell presented the Bridge awards on the night and **Peter Hodsman** accepted the Penny Purbrick Trophy, whilst the Jim Borin Trophy winners were **David Happell** and **Maria Campbell**.

This year, **David Cosgriff** was very impressive collecting both the Open Billiards and Open Snooker competitions. It is worthy of note that this is the sixth time David has taken out the Open Snooker award.

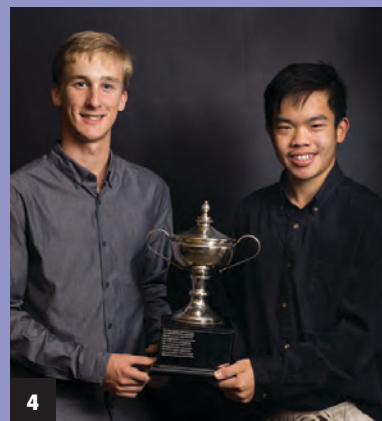
Mike Wilkinson and Daryl Thompson presented the Squash awards on the night and **Tate Norris** collected his first Men's Squash Open Club Championship, whilst **Selena Shaikh's** 2023 victory sees her recognized as a three-time Women's Squash Open Club Champion. **Mike Wilkinson** returned to the stage to receive the award for winning the Racquetball Open this year.

2022 Commonwealth Games gold winner and Melbourne Vixens 2-time Premiership Player Jo Weston was the guest speaker on the evening. Jo provided a fascinating story of her childhood and her journey to becoming a professional netball player, noting the commitment and sacrifices required to play at the elite level.

It was a wonderful night and congratulations go to all our Club Champions. We look forward to another great year at the Club. ●



9



4



5



8



7



6

President's Lunch

A crowd of over 200 people attended the first of our President's Lunches for 2023 when our guests were AFL legend Nathan Buckley and former Hockeyroo and AFLW player Georgie Parker.



◀ Georgie Parker shared an insight into her amazing sporting career.

The crowd enjoyed the excellent hospitality that Kooyong is famous for while MC **Ralph Horowitz** spoke with **Georgie Parker** about her career that began in Adelaide and saw her become part of our national hockey team where she played over 100 international games for the Hockeyroos, including the Commonwealth Games, Summer Olympics and World Cup.

Her insights into her time growing up highlighted that opportunities to pursue were more limited, but despite the challenges she achieved success in both hockey and more recently in AFLW football.

Today she is also an accomplished media performer and a regular contributor on radio, podcasts and she hosts "Armchair Experts" following Friday night AFL games on Channel 7. Her insights into a few of the personalities in the media entertained the crowd.

Nathan Buckley was assistant coach of Collingwood when he spoke at the Club over 10 years ago and on this occasion reflected on the changes for him personally over a career in senior football that spanned over 30 years and the time since.

▲ Nathan Buckley sharing one of his great stories with MC, Ralph Horowitz.



► Guests enjoyed the lunch and entertainment on the day.

He shared a number of insights into his own personal journey and how he has changed over the years as a result.

He discussed the high expectations he had on himself as a player, the challenges of being drafted to Brisbane and then moving to Collingwood, winning a Brownlow Medal and becoming coach of one of the largest football clubs in the country. He shared a number of insights into his own personal journey.

President's Lunches are always popular and book out quickly so

watch for details of our next one later this year. Our next lunch on Friday 1st September will be an AFL finals preview featuring four time Hawthorn premiership players Jordan Lewis and Jarryd Roughead along with former St. Kilda player and commentator Michael Roberts. It promises to be another great day and bookings can be made on the website or Club app. ●

Club News

2023 King's Birthday Honours

Kooyong Member and current Lord Mayor of Melbourne **Sally Capp** was appointed an Officer of the Order of Australia in this year's King's Birthday Honours.

The award recognised Sally's distinguished service to the people of Melbourne, to local government, to business, and to the community through various organisations.

The Club congratulates Sally on this well-deserved recognition and honour. ●

The award recognised Sally's distinguished service to the people of Melbourne...

► Order of Australia recipient, Sally Capp.



► Handheld iPads will improve the accuracy and efficiency of service in our dining areas.



Table Side Ordering

To improve the accuracy and efficiency of service on the floor of our dining areas, rooms are being set up with table side ordering facilities.

Handwritten dockets can be slow, cumbersome and subject to errors of processing with double handling.

By comparison, tableside ordering allows staff to enter orders directly into the point-of-sale system on handheld iPads at the table they are serving.

At completion of taking orders, order details can be confirmed, and information subsequently fired directly to our kitchen or bar for preparation of meals and service of drinks.

Overall this change will improve the customer experience in our hospitality areas. ●

SEN 1116

MELBOURNE'S HOME OF SPORT



SEN 1170

SYDNEY'S HOME OF SPORT

8PM-10PM AEST MONDAYS
LISTEN ON 1116AM MELBOURNE, 1170AM SYDNEY,
1629AM ADELAIDE, 693AM BRISBANE,
1620AM GOLD COAST, 1611AM DARWIN,
1629 HOBART, SEN WA, SENZ NEW ZEALAND
OR ONLINE AT SEN.COM.AU AND VIA THE SEN APP.

THE FIRST SERVE
YOUR HOME OF TENNIS

BRETT PHILLIPS



Website & Club App Updated

Both the Kooyong website and Club app have been upgraded, and as a result, Members will notice substantial changes in both presentation and functionality.

Importantly, the changes and additional features on both will provide better opportunities to be informed and engage in Club activities.

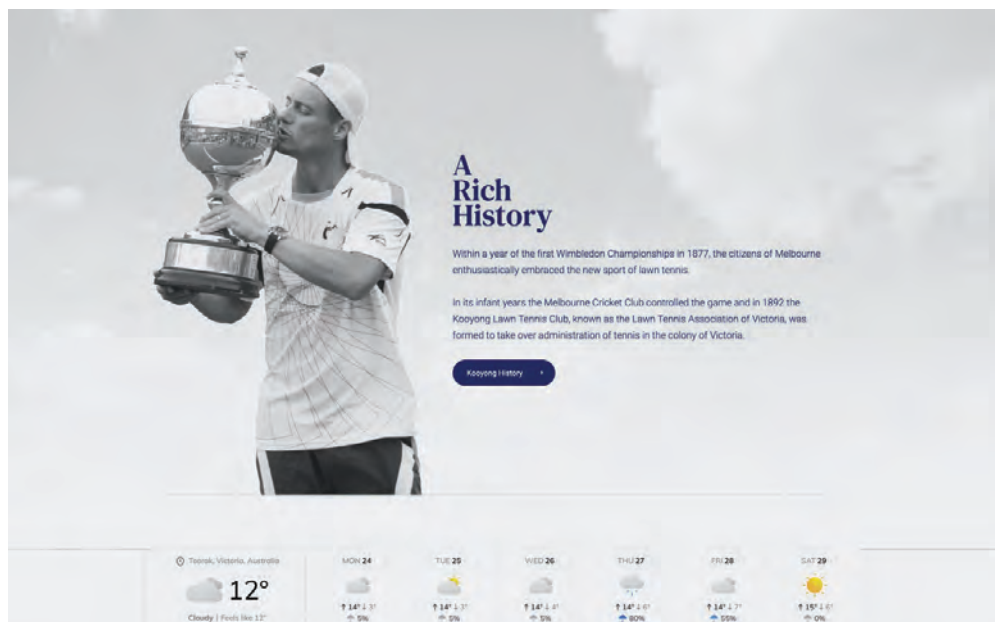
The app and website will both provide Members with direct access to update their own profile, check on subscriptions and make payments, and importantly, provide information regarding specific areas of interest for future communications from the Club.

The website features new images and a revised layout which provides improved navigation across the site and the home page features include the addition of a search function and weather information which will be constantly updated to provide a six-day forecast.

The public pages also provide visitors with information about the Club, memberships, events, the Kooyong Foundation, Kooyong Classic and news. A refreshed history section provides access to historic films which detail the evolution of the Club and important milestones.

Members seeking to find information specifically about Club groups and events may access the Member Only section where there are calendars and online options for booking tennis, squash, the crèche or dining. Calendars can display all upcoming events or filtered to specific areas of interest.

Court conditions can also be assessed online with cameras providing real time vision of both grass and en tout cas courts



for Members to consider the suitability of the courts for play.

The updated app provides fast and effective connections on mobile devices through the feed which provides communications that can be targeted for individual interests. Notifications can be activated to inform when messages are received to be aware of updated information.

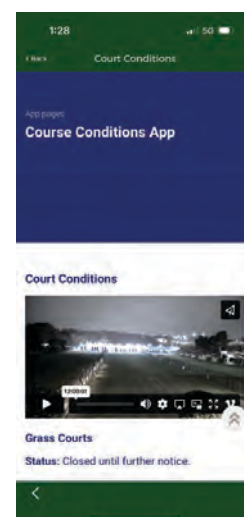
The home screen can be populated with up to three of the most popular options which could include different booking

options or Club information for quick activation of bookings for upcoming events, tennis, squash, dining and crèche.

More general information regarding Club regulations, dress code, calendar dates, information regarding reciprocal clubs or details of sections within the Club can also be viewed.

Members are encouraged to view the website and use the app which is a quick and convenient way to find information or activities to enjoy. ●

Court conditions can also be assessed online with cameras providing real time vision...



Club Regulations

It is important that Members are familiar about Club regulations which provide information that can clarify both the privileges and obligations that apply when using the Club.

The following are a few regulations that have required discussions and clarification.

Court Bookings

If a court is booked and not occupied within 15 minutes from commencement time, the booking will be forfeited and recorded as a no show. Failure by Members to take up their court booking may result in a loss of booking privileges.

Member Only Areas

The gymnasium, swimming pool, spa & sauna are strictly Member only areas. Visitors are not permitted and anyone bringing visitors into those areas may be subject to disciplinary action which could include suspension or cancellation of membership.

Membership Cards

Under no circumstances are membership cards to be transferred for the use of another person and a breach may result in cancellation of membership.

Visitors

All visitors must be booked in on arrival and fees paid where applicable. Members are required to ensure their visitors comply at all times with the dress code and Regulations and must remain in the company of the Member at all times.

Use of telephones

It is not permitted to make telephones calls in the clubhouse. Members should exit the building or use the phone box to make calls.

During gym exercise sessions phone use should be limited to the activity and Members must not linger on equipment viewing content on their mobile phones. Please vacate equipment to allow others users to use it.

Personal Computers & Tablets

It is not permitted to use computers and tablets in the dining areas and hospitality spaces. Workstations are available for short term use in the Members Lounge or the small meeting room may be booked through Reception. ●

Disciplinary Hearings

Recent activities have required the Board to initiate disciplinary hearings and follow up breaches of the Rules and Regulations which have been found to be conduct unbecoming of a Member.

President Adam Cossar commented, "Members are expected at all times to treat other Members, visitors and staff with respect and exercise due courtesy in dealings around the Club".

Members should not take up matters with other Members but should advise management of any issues for follow up.

It has been necessary to initiate disciplinary actions where matters were deemed inappropriate and sometimes aggressive, and as a consequence, suspensions of membership have resulted.

I urge Members to always respect our wonderful Club, but please note the Board will take action in cases where individuals act inappropriately or are in breach of the Rules." ●





Tennis Department

We are pleased to outline details of a restructure within our tennis department and introduce two important additions to the team who will be working closely with Cedric, Tim and John.

Cedric Mason's wealth of experience and tennis knowledge will continue to provide invaluable guidance and support for our tennis team as it has for many years and **Justin Cox** joins him as Tennis Manager while **Shelly Hart** has taken on the role of Assistant Tennis Manager.

Justin has made a strong contribution since joining the Club early in 2023 and will continue to build on that and strengthen our tennis operations. He grew up playing tennis in Gippsland and brings over 20 years of management experience to the role.

Prior to joining Kooyong, he was Player Pathway Manager at Tennis Victoria assisting tennis clubs and associations with their programs and offerings to increase participation both in social and competition tennis. He looks forward to increasing participation in our junior

competition teams, as well as implementing improvements to our current competitive and social tennis opportunities.

Shelly's father was and still is a coach and she grew up with tennis. She went on to play US College tennis at North Carolina Wesleyan College and at Shaw University in North Carolina before returning to take up an internship at Tennis Victoria.

That subsequently led to multiple roles heavily involved across Victorian tournaments including Tournament Director for Tennis Australia on ITF Pro Tours and UTR Pro Tennis tours, as well as overseeing the Regional Team Events. Shelly brings strong competition management and

▲ **From left** Justin Cox, Cedric Mason and Shelly Hart.

tournament directing experience to our Kooyong tennis team.

She also has experience in Player Development having worked closely with the five Victorian Regional Academy of Sports and the Tennis Australia National Development Squad including assisting with the Inter Academy Challenge, facilitation of RAS trials, and State teams for the National Championships.

We congratulate Justin and Shelly on these appointments and know that Members will welcome them warmly and offer every support as they settle in. ●

Cedric Mason's wealth of experience and tennis knowledge will continue to provide invaluable guidance and support for our tennis team...

The Kooyong Grounds

Members often comment favourably about the opportunities to enjoy at Kooyong, and we are fortunate to have our hard working staff preparing and maintaining the courts, gardens and clubhouse to the highest standard.

Our grass courts closed this year in probably the best condition in many years and that places them in a very favourable position for the next season. There will be less need for returfing base lines and that should produce excellent starting conditions for the season to come. The Club's next stage commitment to improving our courts has already begun with laser levelling and returfing underway on courts 23 to 26 following the same program completed in prior years on courts 6 - 9 and 15 - 18. If spring and early summer weather is favourable, we should see these courts returning to enjoy again well before Christmas.

Our nursery within the stadium is used to propagate new stock which becomes subsequently used around the clubhouse and the various garden beds around the property. The clubhouse features full length planter boxes that bring the colours of the seasons into focus throughout the year,

while the large feature terracotta pots located in the clubhouse and around the terraces looking out to the courts are regularly refreshed with a range of decorative plants.

The garden beds around the property feature a variety of plants including many drought tolerant natives that work well with the Club's commitment to sustainability. In addition to suitable selections, the ability to reclaim water from a range of sources including roof run off and nearby Gardiners Creek has significantly reduced, and at times eliminated, a need to draw potable water for use on the courts and gardens.

A special feature that has attracted great interest of late is the hedge along the northern embankment showing the Kooyong name for all to see. This initiative of our gardening crew has prompted many favourable comments along with other excellent examples elsewhere around the grounds.

▼ The impressive Kooyong hedge receives many compliments.

We are proud of our Club and grateful for the efforts of our team in presenting the property in such a wonderful way. ●



◀ Our hard working Grounds staff.

▲ Some of the beautiful gardens on display around the Club.



Mother's Day Buffet Lunch

Sunday 14th May 2023
12noon – 3pm



Live acoustic
entertainment

Floral centrepieces from
your table to take home

Complimentary glass of
French sparkling wine on arrival
for all adults



The Kooyong Room
Kooyong Lawn Tennis Club
489 Glenferrie Road, Kooyong

\$110 per adult
\$40 per child (3-12 years old)

Drinks available at bar prices

Booking forms available at reception
or online at www.kooyong.com.au

Prices include GST. All bookings must be accompanied
by appropriate payment. Club dress code applicable.





If you are interested in donating to the Foundation please contact the Club on 9822 3333 or head to our website: kooyong.com.au/web/pages/make-a-donation

Charlton and Stevens selected for Australian World University Games team

Josh Charlton and Amy Stevens have been selected to represent Australia at the World University Tennis Championships in Chengdu, China. Both players have had successful season at US Colleges with Stevens attending Vanderbilt University, halfway through her college career and Charlton attending the University of Oregon over the past 5 years having recently graduated. "I can't wait to put on the green and gold uniform and represent Australia in another team environment, I love being involved in the team atmosphere and all working together towards a common goal" Charlton says. This is the second time Charlton and Stevens have played in the event after helping team Australia to a bronze medal in 2022 at the Championships. All the best Josh and Amy! ●

► Brothers in arms, Greg and Marc Polmans.

▼ Charlton's sizzling backhand back in the green and gold.



KOORYONG
FOUNDATION

Polmans x2 on Tour

Marc and Greg Polmans have been playing tennis together since they were youngsters, growing up practicing, living and breathing the sport. Both joined Kooyong at a young age on scholarships and have been representing the Club in pennant and premier league for many years and have now been teaming up in another manner.

Being a tennis coach of a professional Australian player on the tour is probably the toughest coaching role because of the amount of travelling and time it demands.

"We can't just go home for a week or so every 2 months to rest up, for example, I am away from Australia for 7-8 months straight on this current tour," Marc Polmans says.

As a player finding someone compatible to travel with you week in week out, experiencing the ups and downs, sharing rooms, practices, being in each other's pockets near 24/7 it's

not an easy thing to find the right person.

"I was looking for a coach/ travelling buddy/ hitting partner all in one and it is not easy to find someone who can offer this level of commitment that I need."

"In August 2022, Greg decided he wanted to be a tennis coach and did his coaching course and some coaching work locally and then as a family it came up in discussion that maybe Greg should be this person."

With younger brother Greg stepping up into the role of full-time travelling coach of Marc, who was coming back from injury after 6 months off, he has helped guide his older brother from mid 800s to 165 in the World rankings. "Our combination is working really well and improving all the time and I am very excited to see where this goes".

With the brothers working beautifully together they will keep working hard on tour to get Marc to achieve his next goal of reaching the World's top 100. ●

"I was looking for a coach/travelling buddy/ hitting partner all-in-one and it is not easy to find..."



◀ Kooyong players (centre left and right) Sam Simmonds and Aryan Karnani led Victoria to victory.

▼ Jenson Yokota-Ho (right) all smiles after his 13/U team success.



▲ The Kooyong Foundation Pro Am back again for December 4th.

State team titles

The Kooyong Foundation had strong representation at the recent Australian National teams championships on the Gold Coast. Pauline Ma and Jenson Yokota-Ho represented Victoria in the boys and girls 13/U teams. Sam Simmonds and Aryan Karnani in the 15/U boys team, and Ava Beck, Charlotte Vanstone-McGrath and Mahi Khore making up the 15/U girls team.

Impressively team Victoria were champions in two age groups- the 13/U boys and 15/U boys meaning Simmonds Karnani and Yokota-Ho all tasted the ultimate success! Yokota-Ho cherished the experience "It was an honour to represent Victoria in the teams event. It has provided me with valuable experience and an opportunity to develop better relationships with other national players. I didn't expect us to win given the tough competition from the other states and it was also my first time, but through tough work and teamwork we won it!" ●

Donate To The Kooyong Foundation

If you would like to join other generous donors, who are assisting the development of Kooyong's outstanding and deserving young tennis players both on and off the court, please go to the "Sports Development Program" tab at: www.kooyong.com.au/web/pages/make-a-donation.

Alternatively, some members have opted to remember the Kooyong Foundation in their Will as their form of support for talented young players.

For information on this option, use your phone camera to scan the QR code to the right.

Donations to The Kooyong Foundation are tax deductible via our partnership with the Australian Sports Foundation and every dollar goes to the athletes as KLTC covers all the Foundation's administrative costs. ●

Donations to this program are tax deductible via our partnership with the Australian Sports Foundation.

▼ Scan the QR code with your phone camera.



Kooyong Foundation Corporate Pro Am Presented by Askin Performance Panels

The Kooyong Foundation Corporate Pro Am is back Monday, December 4th for the third edition of the highly successful event. Held on Kooyong's famous grasscourts, this year's presenting partner will be Askin Performance Panels, "we are thrilled to get behind the event and support a fantastic cause" says Steve Clark from Askin.

The Pro Am acts as a major fundraiser for the Foundation to help support up and coming players on their tennis and life journey and will once again feature some of Australia's past and present tennis greats including Paul McNamee, Sam Stosur, Sam Groth, Nicole Bradtke, Marc Polmans and many more. ●

Roisin Gilheany Junior Wimbledon

If there is one junior tournament that every young player dreams of playing it is the Wimbledon juniors event. Roisin Gilheany, 18 realised this dream as she qualified for the 2023 singles event at Wimbledon. Gilheany came through the qualifying rounds winning both her matches in deciding third set tie breaks. She faced the UK's Isabelle Lacy first round, going down 6-4, 6-2. Gilheany also played the doubles main draw at the junior Grand Slam furthering her tennis experience at the All-England Club. Impressively she has broken into the World's top 100 juniors reaching a career high 86 in the World after some strong recent results and continued development of her powerful game. ●

Da Silva-Fick Continues Rise

Gabby Da Silva-Fick only returned to professional tennis full time in April 2023 after a long layoff with a reoccurring wrist injury, but it hasn't taken long for her to regain her form and build her ranking. Some steady singles results have seen her ranking climb to the 700s in the World, with minimal points to defend in the coming months this is set to rise as she continues her European pro circuit tour. The doubles court has seen Da Silva-Fick shine even more so, with two ITF pro circuit titles this year. Firstly in Monzon, Spain at the W25 and more recently in Porto, Portugal at the W40 ITF event. With this Da Silva-Fick's doubles ranking has reached a career high sitting at #385 in the World. All the best to Gabby as she continues her progress on tour! ●



▲ Da Silva-Fick's second title of the year in Porto. ●



EXPERIENCE EXTRAORDINARY RETIREMENT

Live exceptionally at Ardency Kennedy Place and discover urban luxury at its best for over-55s.

Featuring spacious apartments and resort-style facilities including a private cinema, wellness centre and a hotel-style concierge service.

Two bedroom apartments from \$990,000*
Three bedroom apartments from \$1,220,000*

Buy now & move in before Christmas

Contact Stewart on 0408 345 781
to book an appointment

FIRST
RESIDENTS
MOVE IN
SEPTEMBER



Artist's impression and all representation shown are for illustration purposes and are indicative only. *Prices correct as at 19 July 2023 and subject to availability. Prospective purchasers must make and only rely on their own professional advice in all respects.



◀ Nassim Belbaly prepares to put a volley away in his match with his partner, Viktor Sirucek.
▼ Viktor Sirucek keeps his eyes on the ball throughout his serve.

Daniel Warwick's team is in a tight battle in their **Grade 6 – section 4** group. They are currently sitting third on the ladder but are on equal points as both the second and fourth placed teams. With the ladder so close, Warwick's team will have to finish the season strongly to remain in the mix for the top four.



Pennant Men

As the Tennis Victoria Pennant home and away season comes to an end, our Men's teams are looking to finish the season off strongly.

As the Tennis Victoria Pennant season reaches its last few rounds, our Men's teams are looking to finish the season off strongly. Out of the 14 Men's teams representing Kooyong this season, we have an impressive nine in the top four of their respective sections.

Our **State Grade team**, captained by **David Bidmeade**, started the season strongly, winning three out of their first four matches. Unfortunately, with a few injuries and players being away, the team has lost the last few matches. Currently positioned fourth on the ladder, the team can still make the finals.

James O'Sullivan's Grade 1 team has had a tough start to the season. Currently sitting seventh on the ladder, the team has a few more weeks to begin their climb back up.

Our **Grade 2 team**, led by **Emmanuel Soepardi**, is sitting seventh on the ladder. They've had a couple of wins and a draw so far. They will want to finish the season strongly and have a few more wins.

Both **Charlie Tulloch** and **Auray Hu's teams** are having a great battle in **Grade 3 – Section 2**. Tulloch's team is comfortably sitting second and Hu's team fourth on the ladder. Tulloch's team has only percentage separating them from the top team, Bulleen TC. Whilst Hu's team is only a point away from third position. We look forward to seeing how the rest of the season transpires.

Our other **Grade 3 – section 3 team**, sees **Chris Alevizos' team** being placed fourth on the ladder. They've had five strong wins and are a few points clear on the fifth placed team. With a few more wins before the season wraps up, the team may even sneak into second position.

The two **Grade 4 teams** are neck to neck with each other. **Liam Polizzi's team** is sitting second on the ladder, whilst **Jamie White's team** is in third place. Being equal on points to the top team, Polizzi's team is perfectly placed to snatch top of the ladder position before the season finishes. While White's team is well placed to consolidate their position in third place.

Jamie Plant's Grade 9 team is currently sitting sixth on the ladder. They have had equal wins as the third place team, but only points separates them. With a few strong wins, Plant's team can quickly climb the ladder.

In **Grade 11**, **Sam Besley's team** is sitting fourth on the ladder. With the ladder being so close, Besley's team will need to finish the season well to consolidate the fourth position.

In **Masters Grade 1** we have **Stephen Gay's team** and **Dennis Mihelyi's team** both occupying the top four. Gay's team is sitting comfortably in second and Mihelyi's team in fourth. Both teams will be looking to lock in their finals chances by finishing the season well.

Kevin Green's Masters Grade 2 have had an enjoyable season so far. Sitting in seventh spot, they will want to finish the season with a couple of wins.

We wish our teams the best for the last few rounds of the season and for the upcoming finals. ●

Pennant Women

The Tennis Victoria Pennant home and away season is drawing to a close. With only a few rounds left, our teams are looking at locking away their spot in the upcoming finals series.



◀ Phillipa Bush hits a crosscourt forehand in her match with partner, Felicity Wei.

In **Grade 5 – Section 1**, we have **Jenny Osborne's** and **Isabella Lucas' teams** battling it out. Osborne's team is positioned well on top of the ladder, whilst Lucas' team is placed fourth. Both teams will want to finish the season well and head into the finals with momentum behind them.

Good luck to all of our Women players and teams for the remainder of the Pennant season and for the upcoming finals season. We hope you can bring home a few more flags for us to display in the Pavilion. ●

This season we have nine Women's teams competing. We have eight of the nine in the top four, and more impressively, four of the nine are sitting top of the ladder in their respective grades.

Jasmin Starr's State Grade team has had a fantastic season so far. Sitting top of the ladder, they have had seven wins and are nineteen points above the next placed team, Diggers Rest TC.

We have two teams going head-to-head in **Grade 1** this season.

Olivia Quigley's team is currently sitting second on the ladder, while **Sienna Opray's team** is in third place. Amazingly the teams are only separated by percentage. It is going to be an amazing finish to the season in this Grade.

In **Grade 2 – Section 1**, **Natalie Baic's team** is one of the other teams positioned on top of the ladder. They have Hawthorn TC not far behind them, so Baic's team will need to finish the season well to lock away the top spot.

Jasmin Starr's State Grade team ...[is] sitting top of the ladder, they have had seven wins and are nineteen points above the next placed team...

Similarly, in **Grade 2 – Section 2**, **Sophia Brooks-Gay's team** has had a great season so far and is positioned on top of the ladder. They are only six points above second place, Oakleigh TC, so will also be keen to lock away the top spot and finish the season well.

After Tennis Victoria moved them up a Grade, **Anthea Nolan's team** has been enjoying their tennis in **Grade 4** this season. They are sitting sixth on the ladder and will be keen to secure a few more wins before the season concludes.



► Mahi Khore remains focused as she prepares to hit a forehand return.

Junior Competition

Our Junior teams once again had an amazing season and represented Kooyong brilliantly. It is so pleasing to see them give their all each week whilst still having fun.



We had two of them finish the season as Runners Up and another team miss out on the Grand Final by a single game.

For the Autumn Bayside Regional Tennis Association season, we were represented by one Saturday team and six Sunday teams. Impressively, the majority of these made it to the Finals. We had two of them finish the season as Runners Up and another team miss out on the Grand Final by a single game.

On Saturdays, **Oliver Dennis' Section 2 team** finished the season sitting second on the ladder with equal matches won and points as the top team, Carmelite Yellow. The team had a great battle with Carmelite throughout the season, even being opposed to them in the Grand Final. Unfortunately, Carmelite had our measure on the day.

Lysander Mitchell's Sunday Section 2 team had a good year. They finished the season on 5 wins, but just missed out on a finals place by 9 points.

James Temple's Section 4 team finished the season 7th on the ladder. However, they won the same number of matches as the third and fourth placed team. Unfortunately, they missed out on finals by 10 points.

In **Section 8, Oscar Nicholson's team** finished fourth on the ladder to make it to the Semi Finals. They fought hard, but unfortunately went down to the top team in a close one, 4-34 to 2-32.

Kayla Coster's Section 12 team had a great season, finishing second on the ladder and making it to the Semi Finals. They went down to St Louis de Mont in a nailbiter 3-31 to 3-30.

In **Section 20, Harper Baron's team** finished the season sitting third on the ladder. They took care of second place team, Black Rock Blue in the Semi Finals to make it to the Grand Finals. Unfortunately, St Joan of Arc were too strong on the day.



▲ **Top** (from left) Freddie Tulloch, Stephan Merigoux, Harper Barons (C), Henry Moore and Stephanie Forsyth..

Above (from left) Oliver Dennis (C). Miles Mitchell, Anna-Maria Stamenos, Victoria Ullmer, Elizabeth Ullmer.

Angus Clement's Section 21 team finished the season sixth on the ladder. They had an opportunity to make the finals but came up against tough opposition in the last few weeks to miss out on finals by 6 Points.

Excitingly, we welcome around 30 new Junior players for the upcoming season. For many of these players, this will be their first-time playing competition tennis. As a result of the increase in numbers, we have entered more teams in both Saturday's Moorabbin and District Junior Tennis Association and Sunday's Bayside Regional Tennis Association.

Best of luck to all of our Junior players for the upcoming season. ●

Any juniors interested in playing competition tennis, please contact Justin Cox at jcox@kooyong.com.au or by calling the Club on 9822 3333.

Midweek Ladies

Kooyong will be represented by seven midweek ladies' competition teams in August, playing across two days and two associations.

The MEMRLTA summer 2023 season concluded in March.

Lois Plowman's Section 1 Blue team finished on top of the ladder and defeated Glen Waverley in the Semi Final to qualify for the decider. The team achieved their goal of going one better following last season's Grand Final defeat, beating Donvale Gold 4-44 to 2-31 to claim the premiership! Congratulations to the whole team: Jill Meggs, Barbara Weston, Annette Sheppard, Lisa Niglia, Linda Dohnt, Lois Plowman and special thanks to all those who filled in during the season. The winter 2023 season commenced in April and the side are on track to go back-to-back, sitting on top after nine rounds.

Steph Fry took over the captaincy of our **Section 1 Gold team** from Kris Tulloch for the summer 2023 season, finishing in sixth position. They are currently placed seventh, but have a few matches remaining to begin their climb up the ladder.

Lauren Sanford's Section 2 Blue team had a competitive season, also finishing in sixth position. They narrowly missed out on the Semi Finals by two points and percentage. Lauren unfortunately couldn't field a team this season, but they plan to return next season.

While **Angela Godwin and Jill Kaminsky's Section 2 team** finished second last, they improved winning six of their last seven matches of the season. They unfortunately were relegated to Section 3 for the winter season, with Skye Berman and Kimberley Mustow taking over the captaincy. The team will be hoping for a return to Section 2, sitting second.



▲ Cheers to our Section 1 MEMRLTA winners, from left: Louis Plowman, Lisa Niglia, Linda Dohnt, Barb Weston, Jill Meggs and Annette Sheppard.

Sally Addison's Section 3 team remained seventh on the ladder to conclude the summer 2023 season. As previously mentioned, they have decided to have a rest and return in summer 2024.

Now to Thursday, where **Rachael Dickinson's BRTA Section A1 Purple team** rose to second on the ladder to conclude the autumn 2023 season. They defeated Basterfield Park to qualify for consecutive Grand Finals! The team achieved their goal of going one better following last season's Grand Final defeat, beating Eaglemont 2-4-29 to 0-1-18 to claim the premiership! Congratulations to the whole team: Rachael Dickinson, Maya Ferguson, Julie Fidler, Jill Meggs, Leanne Scott, Caroline Venn and special thanks to all those who filled in during the season. Next season, Rachael will not be putting a team in, but will probably come back next year.

Kris Tulloch's Section A1 Yellow team finished the autumn season in seventh position but were just six points (less than one win) behind Donvale in fifth. They will be hoping to push higher up the ladder when the spring season commences in July.

Jenny Osborne's Section 2 Green team return for the autumn 2023 season culminated in them finishing on top. They defeated Black Rock to qualify for the Grand Final! Unfortunately, the team went down to Elwood Blue in a tight Grand Final, 1-3-33 to 2-4-37. Jenny will be hoping to go one better in spring.

Duckett's Section 2 Yellow team remained sixth on the ladder to conclude the autumn 2023 season. They were only six points (less than one win) behind Black Rock in fourth and had a better percentage. The team will be hoping to push for the finals next season.

Heather Anderson's Section 3 Purple team remained in second and on the same points as top team Elwood Yellow at the end of the autumn season. They automatically qualified for the Grand Final as there were only six teams in the section. Unfortunately, the team went down to Elwood Yellow in the decider, 2-4-27 to 2-4-35, with Elwood's top pair proving too strong. Heather Anderson and Libbie Geason are co-captains for the spring season.

Finally, to Wednesday, where **Jacqui Morris' Section 2 team** stayed fifth on the ladder to finish the autumn 2023 season. They narrowly missed out on the Semi Finals by three points. ●

If you are interested in playing midweek ladies competition, please contact Tim Baddock on 9822 3333 or via email at tbaddock@kooyong.com.au



PRO SHOP

We have had an excellent start to 2023 and have loved seeing KITA students enjoying their tennis lessons and continuing to enhance their game.

Winter edition // 2023



Comfortable and Stylish on Court

The Pro Shop strives to help customers of all standards to improve their tennis game. Tennis fashion is also very important to the Pro Shop as we want to ensure our customers feel comfortable and look stylish on the court. We feel it is essential to protect your skin from the strong Melbourne sun which is why we have brought in **new white long sleeve** Kooyong polos for both Women and Men. These polos have breathable material which are perfect for a hit of tennis. Furthermore, we also have a wide variety of Kooyong **caps, visors** and **bucket hats** available.

NEW KOORYONG COLLECTIONS

Exciting news...The tennis clothing range at the Pro Shop has expanded with a new **J.Lindeberg, Castore, Röhnisch** and a larger variety of Kooyong clothing having arrived. This bright & colourful new array of Kooyong Men's and Women's Polos will make you stand out and be the best dressed on court!

J.LINDBERG
STOCKHOLM

RÖHNISCH

CASTORE

Kooyong Kids!

Due to popular demand, the Pro shop now has kids Kooyong **Polo tops, skirts** and **shorts** readily available which are perfect at making your children look very fashionable on court.



Looking for a new racquet check out Wilson racquet range with the NEW Wilson Shift and Wilson Pro Staff racquets!

TERM 3 DATES

Monday 10th July - Sunday 17th September

Here at KITA, player development is our passion; we believe that a deliberate and structured approach to a player's improvement process is the best way to realise their potential. As well as our player programs we also cater for adult players of all levels and packages for young players, teens and seniors preparing to climb the ladder of success. Please email kita@kooyong.com.au for more information on the programs that we have to offer.

KITA

How is your movement around the court?

When we look at tennis today compared to a generation ago there have been some considerable changes in some areas more than others. There is one major change, which doesn't get talked about enough and has come about with the introduction of advanced technology producing more power from racquets and strings and this is "Movement Patterns". This has meant that players now instead of having to move in between the singles lines to play shots are now consistently having to move outside doubles lines to execute forehands and backhands.

Not only are they doing this, but they are hitting these shots "offensively" and having to recover at greater speed to move to the other side of the court, get balanced and execute more offensive shots; there are relatively few defensive shots now played in tennis.

The knowledge of these Movement Patterns are so important to be able to move out to the ball, get balanced, execute the hit and be able to recover fast, to the right position, so that you can get to the next ball and do it all again. This is one of the major differences at all levels of tennis.... How can I get to the ball and be best balanced to execute each and every shot.

Research shows that 70% of all shots in singles are hit within 2.5 meters and 18% are hit up to 4.5 meters with 5% moving forward. If you watch players, the next major grand slam which will be the US Open, you will see that players compared to a generation ago have a much **wider base**, a **lower centre of gravity** and **move with larger steps** which enables players to establish a stronger ground force.



This is the initial stage of developing maximum power; the more upright the player is the less power that can be produced from ground force. So important for recreational and elite players alike, in producing more power into their shots. You may read about or hear the terms "chaining", "sequential summation for forces", "elasticity", which are all terms used for building up a sequence of forces throughout the body to produce the maximum force in every shot and..... the first stage of building up this force is from what you **push off the ground**. It's like a cat jumping for height or a sprinter starting in the blocks, neither start from an upright position to produce maximum power.

Another most important change is players now do not take small steps, which was always encouraged a generation ago. It's all about large steps and cross over steps. These enable maximum distance covered and crossover steps which enable the faster and most efficient recovery. Players are getting out to the singles lines in 2 to 2 1/2 steps and recovering in 2 steps a huge difference in efficiency of taking 5-6 small steps from years gone by. ●

Coaching News

Last term our numbers in coaching were exceptional, completely full after school and a huge increase from past years during the day, thank you. If you are looking to get back into your tennis and especially if getting ready for the summer, it's a great time to start the process now. We have a multitude of options during the day and night

- Private individual and semi-private sessions available with a friend, before work or during the day;
- Ladies clinics and cardio classes;
- Bootcamp early am and now looking at men's cardio during the day;
- Also early afternoon 3pm for 3-4 year olds working on proprioceptor, hand eye co-ordination and movement skills opposed to a tennis focus which so hard for these children at this age.



View it on video!

Use your phone camera to scan this QR code — it will open a link to a KITA YouTube video showing you what I describe!

Please call the Proshop for any of your tennis needs on 03 90387141 or email proshop@kooyong.com.au

Health Club

The importance of strength training and the benefits for women.

In the realm of fitness and well-being, women are embracing their physical and mental strength. One avenue that is gaining significant recognition and momentum amongst women is strength training. In this article, we debunk the myths surrounding strength training and celebrate the benefits it can bring to one's life. We focus on the fitness journey of Emily Hardy, guided by a strength and conditioning coach.

When it comes to strength training, there are still some lingering misconceptions that prevent women from fully embracing its incredible benefits. The notion that lifting weights will make women bulky is a fallacy. Scientific research has consistently shown that regular strength training offers numerous positive outcomes for women, including enhanced muscle strength and endurance, improved joint function and stability, increased bone density, improved metabolic health, heightened cognitive function, and improved mental and emotional well-being.

Let us delve deeper into Emily's Journey as we embark on a Q and A session, where we learn about the benefits she has gained from regular strength training.

What do you do with yourself Emily? What is your profession?

I head up Brand & Marketing for the .au Domain Administration (auDA). We run the .au Domain Name System (DNS). If you want to get a .com.au or .au direct domain for a website or email, or if you use Google.com.au or the mobile internet and any

web address ending in .au, you are using the .au DNS. The DNS underpins our modern digital lives. Put simply, we run the .au (Australian) part of the Internet and my job is to ensure there is long term, sustainable demand for .au domain names.

How long have you been training at the Health Club?

I've been a member at Kooyong for over 30 years and I started with personal training at Kooyong when I returned to Melbourne after living in Amsterdam for a long time. I enjoy training, swimming, and playing tennis at Kooyong. We are lucky to have such an amazing club.

Why did you want to get into strength and conditioning?

I did some strength training when I was rowing at school and then it was always part of my gym routine. When I got a personal trainer for the first time in Amsterdam, he got me into doing more challenging and different strength training and I realised I loved it. I also was reminded of the importance of patience, consistency and repetition and was thrilled to achieve a few personal bests before leaving Amsterdam.

Why did you want a trainer?

I believe in the value of coaching and ongoing learning and skills development. A personal trainer shows you correct technique enabling you to improve your performance and avoid injuries. They can also explain the purpose and benefits of different exercises. I like knowing why I'm doing something. They tailor a programme to your capabilities



▲ Edward James, Exercise Scientist and Strength and Conditioning Coach, working with Emily Hardy.

and keep challenging you to extend yourself. They also hold you accountable and keep it fresh and interesting. It's simply more fun!

What were the physical and mental changes you made after you started training? What are the major results you've had?

Starting my day with PT sets me up for a good day. I feel strong, energised, and positive, knowing I've already accomplished something before my day has properly begun. It improves my posture and outlook.

What is a functional lifestyle activity you found easier once you started training?

I swim in a swim squad and training on non-squad days aids my swimming. Doing complementary but different movements improves my strength and power and reduces the risk of injuries. My goal is to be fit for every day rather than going crazy and getting injured and being out of the game. Training helps me get more power in my strokes. Improving my swimming is a lifetime goal, and I'll never be done!

There are a lot of misconceptions around strength training for women. What do you think are the benefits of strength training for women?

Any members interested in strength and conditioning, injury rehabilitation, sports performance, personal training, weight loss, general wellbeing or group fitness may contact Health Club Manager Michael Kull directly on 0419 003 726 or email the Health Club at gymnasium@kooyong.com.au.

That's true. At first my mother said "Darling, you don't want to get too bulky" but it's a total misconception that strength training is going to bulk you up significantly, unless you do that in a very focused way with the accompanying changes in diet. Strength training improves overall tone. As women age, it's also really important to consider the benefits of strength training on bone health and overall strength for mobility, balance and avoiding falls. My Mum is nearly 85 and she now trains with Ed and lifts weights appropriate for her circumstances. She is now a convert!

Have you found that it's improved your overall confidence?

Training makes me feel confident and positive. There is plenty of evidence about the value of movement and exercise on one's mental state. It can be hard to get out there and get moving when one is feeling down, but it is a sure-fire mood enhancer. We were designed to move, and I feel great when I do.

What would you say to other people who are thinking about doing strength training but aren't too sure?

Give it a try and you might surprise yourself by how much you like it! It's obviously important to build rapport with your trainer. A good trainer can set you up with a customised plan which you can do together or follow independently. I highly recommend it.

To conclude, through Emily's story and her responses to these questions, we gain a glimpse into the benefits of strength training and the positive impact it can have on women's lives. Her experiences serve as a testament to the potential that lies within everyone who embarks on the journey of strength training. ●

By Edward James



Squash numbers on the rise

With player numbers increasing nationwide, now is the time to try or start playing squash again.

▲ **From left**
Tate Norris,
Ryan McCarter,
Connor Hayes
and Chris
Harris.

The Squash club are now holding free introduction sessions monthly for novice or seasoned players of all ages! These sessions are fully supported by our scholarship players and squash members. Rain, hail or shine we will be on court. Sessions are monthly on a Friday between 4:00pm and 6:00pm. Racquets provided when needed.

The Squash club, with support from our head coach, **Malcolm McClarty**, also hosts a monthly Junior squad at 10am on the first Sunday of each month. All players under 18 years and all levels welcome.

For more information, call Chris Harris on 0425 849 522.

Kooyong Wins A1, E2 and SSL Women's Squash Grand Finals

Kooyong's top team recently won the Club Circuit A1 pennant.

The team, comprising of all past and present scholarship players had a magnificent season. **Connor Hayes**, playing at number three, finished the season undefeated with his greatest achievement beating a former number one in the grand final 3 games to 1. At just 18 years old Connor is moving up the rankings rapidly.

Tate Norris, our current Squash Club Open Champion, playing at number one was the star of the night. Going on court last with only 16 points to spare. Tate won 11/4, 11/6 and was 1/3 down in the 3rd game. Tate, not knowing the number of points he could lose, went from strength to strength winning 10 out of the next 11 points to win 11/4 and securing a Kooyong win by 2 points. The whole crowd was on the edge of their seats watching one of the greatest finals ever played at Kooyong.

Tate Norris, our current Squash Club Open Champion, playing at number one was the star of the night.

It was great to see a full crowd on the magnificent new squash court with at times only standing room available.

By Chris Harris



F1 Miss Out by Only 6 points

This season had many good matches, fine dinners and good conversations.

The season was unfortunately marked by Graeme Hubbert's passing in a bad bike accident at the start of the season. It was great to see many turned up for his memorial dinner at KLTC. Many fun memories were shared.

We struggled to get a team together for the start of the season but managed to get some great new recruits like **Fiona Zuccala** and **Harry Heyworth**.

It was a joy to watch them improve throughout the season and we look forward to seeing them continue to develop.

Grace Park was on top of the ladder most of the season but it was a tight race for the last final spot. We managed to beat MCC in the semifinal to earn a spot at the Grand Final.

Putting our strongest team forward set us up for an exciting night. We came back from 0-2 to draw the night even on games but unfortunately we lost by just 6 points. Always bitter sweet to lose any Grand Final but we are super proud of our accomplishments.

Despite all the good squash the season will always be remembered by Graeme's passing. Thoughts go out to his family and friends.

By Asger Hardt

▲ **From left** Peter Cook, Jim Pappas, Gerald Lau & Asger Hardt.

Kooyong Squash Head Coach Claims International Victory

Malcolm McClarty recently played in the WSF Masters Tour held in Hong Kong in June 2023. Malcolm proved his prowess and won the tournament with a very convincing 3/0 win in the final. Well done Malcolm being the Open Masters Champion.

By Chris Harris



Kooyong International Squash Trip 2023

A group of seven enthusiastic squash players headed to Bangkok Thailand for the Annual International Squash Trip. The highlight of the trip was a match against one of Kooyong's many international reciprocal clubs, The British Club, who were fantastic hosts both on and off the court. We had some great matches followed by a great meal and some cold drinks to cool us down in Bangkok's extremely humid weather. I encourage all members when travelling to reach out to these reciprocal clubs and meet some wonderful people who at times become lifelong friends.

The group also played in the oldest Squash tournament in the world: the Chiangmai Cup Jumbo Doubles Tournament played at the Royal Bangkok Sports Club, located in the heart of Bangkok.

This magnificent club comprising of a horse racing track, 18 hole golf course, grass tennis courts, 50 metre swimming pool, squash courts, table tennis centre and much more.

The trip didn't disappoint with all having a trip of a lifetime and now waiting to plan our next.

It was a joy to watch them improve throughout the season and we look forward to seeing them continue to develop.

► Kooyong International Squash Trip 2023, from left: Ryan McCarter, Peter Mioni, Gerald Lau, Reinhard Gregg, Rowan Booth, Brendan Harby & Chris Harris.



▼ Congratulations to Michael King for becoming an official Australian Record Holder!



Most Aces

Amazingly, in 1971 Michael King made 9 consecutive aces during a state-grade squash match. Over the past year or two, the family has been trying hard to get this feat recognised as a world record in the Guinness Book of Records.

We're pleased to report that the family are one step closer to achieving this. At a recent board meeting, Squash Australia recognized this fantastic achievement. Please see the confirmation letter that the family recently received.

From here, the family is already in the process of reaching out to the World Squash Federation and the Professional Squash Association to get the feat recognised as a world record.

Congratulations, Michael on officially becoming the Australian Record Holder for the most aces in a row in a game of squash. We hope shortly you will also hold the world record title too.



Women's Cup Grade Win Grand Final

We brought the Cup home again!! It was a terrific finish to the Cup Grade Pennant for the SSL Autumn season. We are very grateful for the win against Melbourne University who put up a hard fight.

Very proud to Captain this team of busy women who front up each week and give their best. Our top 3 players - **Daryl Thompson, Katrina Stalker** and **Caz Van Dort** have been consistent and kept us on top of the ladder throughout the season. We are a jet-setting bunch so luckily there is **Jude Swales, Liz Taptopulos** and myself to fill in when required.

The Cup grade is named after a perpetual trophy which is handed over to each winner for the season. Unfortunately, at Kooyong, we don't have a big enough cabinet to display it so if you're interested, it's kept in the Kooyong Office. Let's hope we can keep it there for many more years to come.

Thank you to SSL, Squash Vic and Kooyong who facilitate this competition and allow us to benefit from playing such a great sport. The Kooyong Bistro has been amazing and always provide us and our guests with delicious suppers - it's much appreciated.

By Josephine Van Dort

▲ **From left**
Katrina Stalker,
Judith Swales,
Josephine Van Dort,
Daryl Thompson,
Caroline Van Dort.

E2 Wins Grand Final

The pennant season had its challenges, with several regular members injured or travelling, and in the lead up to Grand Final our line-up was looking light.

We were fortunately able to muster up a team and headed to Mulgrave to play Grace Park, our biggest rival for the season.

The final team selection was **Daryl Thompson, Colin Cruickshank, Benny Baker, Peter (Dicko) Dixon**, and **Caz Van Dort** as the emergency.

As tradition goes, the toss of the coin went in Captain Col's favour, who decided to play Benny Baker first, and decisively won his match 3/0.

To the surprise of the Team, Grace Park Captain called on the number threes next, matching

Captain Izzy and Captain Col. With the score at 1 game all and Izzy leading 13/9 in the third, the match got tight. Captain Col managed to capture the third game 18/16, which must have knocked the wind out of Izzy who went down quickly in the fourth.

Next on were the number ones, Daryl and Kurt. Each player had only lost one match all season - to each other. When Daryl lost the first game, thoughts of an early celebration soon faded. In an extremely tight high quality game Daryl won the next three games, giving us the overall win and the BLUE FLAG.

To Bert Armstrong who supported us all season: thank you Bert.

By Colin Cruickshank

▼ **From left** Ben Baker, Daryl Thompson, Colin Cruickshank, Peter Dixon & Caz Van Dort





◀ Pickleball proved to be a great hit with the crowds at the 2023 CareA2+ Kooyong Classic.

▼ Pickleball coaches Beth Coton and Ollie Casey are offering supervised sessions.

Pickleball

Pickleball is proving popular both overseas and now locally with several of our Members already regulars at venues around Melbourne.

Pickleball is easy to learn, low in impact and something that can be enjoyed by people at all fitness levels.

To meet demand, we will create weekly Pickleball opportunities for Members by transforming our stadium courts on Sunday afternoons from 2pm commencing from 10th September.

Coaches **Beth Coton** and **Ollie Casey** will provide supervised sessions offering coaching for newcomers and organised social play for other participants.

Later in each session, teams of four players will be organised to play off in a series of double matches. Courts will be set up and paddles and balls will all be supplied for participants to use during the sessions.

A booking system will be available on the website and Club app. With limited courts available, this will initially be available for Members only. ●



The small court game of Pickleball requires strategy to play and has great appeal as a sport.

Welcome to
Hear and Clear Care,
an independent,
locally-owned clinic.

To book: 03 9822 0719
1398 Malvern Road, Glen Iris VIC 3146
www.hearandclearcare.com.au



Hearing
Tests



Hearing
Aids



Ear Wax
Removal

Services that we provide:

- ✓ Hearing assessments for people over 5 years old
- ✓ Ear Wax Removal
- ✓ Hearing aid consultations
- ✓ On-going support for your hearing aid devices
- ✓ Custom made ear plugs



Emma Batrouney (Heale)



Bridge Club

Bridge Club activities continue to be very well attended with 5 sessions per week including a Monday evening supervised session for new and improving players.

Membership numbers continue to increase with a number of players from the beginner lessons last year transitioning into full duplicate bridge and acquitting themselves well.

The Jim Borin Club Championship event held in May was won by **Maria Campbell** and **David Happell** with the under 50 points section won by **George Lisowski** and **Stephen Turner**. The club also participated in the Nationwide Novice Pairs with the two top Kooyong pairs being **Peter Hodsman** partnered by **John Finkelstein**, and **Cindi Damian** with **Louise Leatham**. Both pairs were placed in the top fifty of over 1000 participants nationwide.

Recently Kooyong members **Elizabeth Angelatos** and **Marcus Brodmeyer** were placed first in the novice section of the Victor Champion Cup run by the Australian Bridge Federation at Moonee Valley Bridge Club.

Upcoming events include the Nationwide Open Pairs in late August, a match against the RACV Club, ongoing Sandbelt events against various golf clubs and the much anticipated Kooyong Congress in November which is always equally popular with both Kooyong Bridge Club members and members of other bridge clubs. The Club also participates in the Children's Hospital Auxiliary Card Days whenever they happen.

The Kooyong Bridge Club webpage provides a lot of information about all the activities within the club. The club provides free 15 minute lessons Tuesday lunchtime and Thursday mornings given by director and teacher **Bill Jacobs**.

Kooyong Tennis Club provides a great place to play bridge and draws more and more members to the Tennis Club. ●

By James Tulloch

Recently Kooyong members Elizabeth Angelatos and Marcus Brodmeyer were placed first in the novice section of the Victor Champion Cup...



◀ Monday Bridge members in action in the Stadium room.

▲ Elizabeth Angelatos and Marcus Brodmeyer with the Victor Champion Cup.



◀ B Grade billiards premiers (L to R) Martin James, Simon Fortune (c), David Pitt (top break for the season), and Steve Murphy.

Billiards and Snooker

Since the last edition of Courtside, the Billiard Room has been busier than at any time in its thirty-year history, which is pleasing.

Five teams have been playing in Interclub competition, and they have had much success as follows:

A Grade Billiards

The A graders have dominated this season. In early July they won the premiership yet again, defeating Yarraville 4-0 and with a massive points differential. The season was notable for some excellent breakmaking: Steve Mifsud made a handful of centuries; his best run was a magnificent 195 in the semifinal. Dave Cosgriff made two centuries and Don Richter one. Great stuff!

B Grade Billiards

The B graders had a rather lacklustre home and away season, finishing fourth and last on the ladder. However in the finals, they beat the heavily fancied Brunswick side in the semifinal, and then won the Grand Final 2-all and by 38 points in aggregate against RACV. Thus our team not only won the Wooden Spoon but also the Premiership! The team is pictured: L to R Martin James, Simon Fortune (c), David Pitt,

and Steve Murphy. David had the highest break all season: a superb run of 70 points.

C Grade Snooker

The C graders did well to finish fourth out of seven teams, thus making the finals. However the eventual premiers The Hamptons put them out in the semifinal. Rowan Blyth had a very good season winning 20 out of 36 frames for the season. Jeremy Sneddon also impressed.

Churches Billiards competition

Our Churches team finished top of the ladder, but unfortunately were beaten twice in the finals series to be eliminated. Nonetheless Martin James' team had a lot of success and fun throughout the season.

City Clubs Circuit competition

This has started recently – more news next time. ●

By Alistair Macindoe



In early July they won the premiership yet again, defeating Yarraville 4-0 and with a massive points differential.

Wine & Food Society

Members of the Kooyong Wine and Food Society continue to enjoy a range of activities based around their love of fine food, good wine and interesting company.

Dinner at the Melbourne Club

116 WFS members and guests enjoyed dinner at the Melbourne Club in May.

The evening began with sparkling wine and canapés in the Library on first floor of the Club, and then moved to the Main Dining Room for a three course meal accompanied by carefully selected wines.

Members were able to enjoy their meal in the magnificent 19th century dining room in this long-established club. They also enjoyed seeing many of the fine art works and the beautiful walled garden.

Our thanks go to **Mr Tim Gilliespie** for hosting us, and to the staff of the Melbourne Club for making this a memorable night.

Italian Wines Master Class

Anthony Nania, a member of the Kooyong WFS Committee, led a Master Class featuring wines from a range of wine regions in Italy.

The tasting started with a sparkling Prosecco and was followed by three white wines, a rosé and four red wines. As many members will know, the term Prosecco is currently part of the trade negotiations between Australia and the European Community.

The wines demonstrated the great diversity of wines that are produced in Italy. In fact, Italy was the leading producer world wide of wine in 2022 and also had the highest export volume in that year.

My personal favourite wine of the evening was a 2021 Langhe Nebbiolo from Piedmont, but I know there were many other opinions!



▲ Upcoming Master Class with Tellurian Winery in September.
◀ Anthony Nania led the Italian Wines Master Class.

Upcoming Events

Master Class with Tellurian Wines Thursday 21st September

We are looking forward to a Master Class with Tellurian Winery in September. Tellurian Wines were founded in 2002 in Heathcote and they have emerged as one of the region's leading wineries and their wines are highly regarded throughout the hospitality industry.

Tellurian's winemaker, **Tobias Ansted**, will lead us on a journey through a carefully selected range of their wines.

The tasting will be accompanied by a range of antipasto dishes, served in a similar manner as was done at the Italian Wine Master Class.

Bendigo and Heathcote Weekend 13th-15th October

The WFS is heading regional Victoria once again. A weekend in Bendigo is shaping as another culinary delight.

Members will enjoy dinner in Bendigo, curated tastings at three of Heathcote's excellent wineries and a fine dinner at Balgownie Winery to complete the weekend.

Judging by the enthusiasm that this proposal has received, it promises to be a highlight of the year.

Our thanks go to Anthony for sharing his knowledge and love of Italian wines with us...



The wines were accompanied by a range of curated canapés prepared by Kooyong staff especially for the evening including salumi, cheeses, breads, warm bowls of Polpetti in sugo, zucchini flowers filled with ricotta and basis and a truffle and baby pea Arancini.

Our thanks go to Anthony for sharing his knowledge and love of Italian wines with us. Thank you also to Kooyong's Executive Chef **Mat Macartney** and to **Patrice Renaudin**, Food and Beverage Manager, for their contributions to the evening.

The WFS Committee is delighted to be bringing a range of different food and wine events to Kooyong

for its members to enjoy, and we look forward to the remainder of the year with great interest.

By Greg Baker,
President Kooyong Wine & Food Society





Royal Children's Hospital Auxiliary

Special events are generously supported by many guests.

Jean Burgess, Past President, magnificently convened our **April Card Luncheon** contributing to the raising of \$4,194.50. We welcomed 116 guests comprising both Social and Duplicate Bridge players all of whom very generously supported our raffle. Maria Campbell, President of the Kooyong Bridge Club, was thanked sincerely, for her support, especially for recruiting players, for the donation of playing cards and recruiting Terry Crawford, who wonderfully directed the Duplicate Bridge players. The Committee also thanked Terry for the generous donation of his time.

At the Card Luncheon special mention was made of Conor Horgan (Kooyong Member) who, over many years, has generously donated many MECCA products for our raffles and silent auctions. The philanthropic work that MECCA undertakes to assist women and girls was highlighted and the bridge players were encouraged to support this very worthwhile undertaking.

The Dame Elisabeth Murdoch Nursing Scholarship Lunch held at Crown in The Atrium was attended by current President, Lyn Wheat, as well as Past Presidents, Jean Burgess and Jenny Booth. 230 guests attended and enjoyed Jo Horgan, CEO and

Founder of MECCA Cosmetics, the guest speaker, in conversation with Penny Fowler, Chairman of the Herald and Weekly Times and Patron of the Auxiliaries. This was especially interesting for us, as it is Jo's father, Conor, who has generously made donation of prizes from MECCA for our fundraising auctions and raffles.

Kellie Light was this year's recipient of the \$50,000 Nursing Scholarship. Kellie will use the scholarship to research Trauma Informed Practice and its implementation in a hospital setting. This research will take her overseas and interstate over the next year.

A Luncheon was held in Kooyong's Racquet Club to thank **Frieda Werner**, a very special friend of our Auxiliary. Frieda has provided priceless assistance at our functions over many years. In recognition of her service, she was presented with an 'RCH Auxiliary Friend' Certificate. In addition, it was a pleasure to present Long Service badges to Denise Cosgriff (15 years) and Sally Barton (5 years). We are

▲ **Left** RCH Auxiliary President, Lyn Wheat (left) with Jo Horgan, CEO and Founder of MECCA Cosmetics, at the Dame Elisabeth Murdoch Nursing Scholarship Luncheon.

▲ **Right** Long Service badges were awarded to Denise Cosgriff (left) and Sally Barton.

indeed fortunate to have so many hard-working Auxiliary Members.

Our sincere thanks goes to the Kooyong Staff, our Kooyong community and the wider community for supporting our events, both in the planning and execution stages. Our remaining 2023 functions are listed below. We encourage you to participate and support us in achieving our goal to make a significant difference to RCH children and their families. ●

By Lyn Wheat
President KLTC RCH Auxiliary



SAVE THE DATE: UPCOMING FUNCTIONS

Duplicate and Social Bridge Card Day	Wednesday, 13 September 2023
Trivia Night	Friday, 27 October 2023

▲ 'RCH Auxiliary Friend' Certificate awarded to Frieda Werner by President Lyn Wheat.

Young Members

The Kooyong Young Members event calendar is in full swing for 2023.



In June, the group hosted a Saturday afternoon Long Lunch with over 30 in attendance. Following the lunch, a number of attendees made their way to the MCG to watch the Melbourne Demons take on the Hawthorn Hawks.

While every month we continue to host a casual tennis hit and Pot and Parma night on the first Thursday of the month (6pm hit on courts 28-31, and dinner in the winter garden at 7pm), the committee is gearing up for two of the flagship events of the Social Calendar. Both to be held in October, the Day on the Clay is a social tennis tournament and the "Yarrayong", a cocktail evening event co-hosted between Royal South Yarra young members and those of Kooyong Lawn Tennis. The event, to be held on October 28th (save the date now!) will be hosted at Kooyong for the first time in several years due to Covid interruptions. Follow us on our social media channels and look out for updates through regular Kooyong newsletter, as more details will be released over the coming weeks. ●

...the committee is gearing up for two of the flagship events of the Social Calendar.



▲ The annual Young Members Long Lunch in full swing.
▲ Young Members and their guests prior to heading into the MCG.

UPCOMING 2023 EVENTS

1st Thursday of each month	Tennis, Pot and Parma night
7th October 2023	Day on the Clay #2
28th October 2023	YarraYong Ball at Kooyong



For more information on any upcoming events or to contact the committee, follow and message us using the Instagram QR code above @kooyong_ym. Alternatively reach Chris on christopher.mcmullin@keypathedu.com.au or 0438 357 760 if you would like to become involved in our group.

Social Committee

More Fun and Games from the Social Committee

Firstly, a warm welcome from all of the Social Committee.

The Social Committee's direction forward

With the support of Chris Brown and his fabulous team we have reflected on the philosophy of the committee and set our goals in alignment with the values of KLTC. To this end our goal is to host out of the ordinary marquee events and round robin social tennis with a twist. Our aim is to bring members and their guests together in both participative tennis and inspiring social functions.

Shelley Lipe Tennis Mixed Doubles

The popular Shelley Lipe Tennis Mixed Doubles was held on Sunday 26th March. This event provides members with the opportunity to showcase amongst their best tennis shots, their most colourful and at times extravagant tennis gear! Our winner this year was Sandra Wolf who wore a lovely bright colour skirt.

The afternoon culminated with a sumptuous barbeque in the clubhouse overlooking the spectacular grass courts.

Spring Speakers Ladies Luncheon - Friday 6th October 12 noon

After a sell-out inaugural event organisation of the second of our Spring Speakers Ladies Luncheon is well underway. Jelena Dokic, former Professional Australian Tennis Player will feature in a Q&A style panel hosted by committee members Liz Jones and Larissa Langley.

Jelena was born in Croatia and played professional tennis for Australia. Jelena has had an outstanding tennis career being the top-ranked junior in the world



at the age of 15. A year later at the age of 16 and ranked 129th in the world, she achieved one of the biggest upsets in tennis history, beating Martina Hingis 6-2, 6-0 in the 1999 Wimbledon Championship.

She is also a tennis coach, commentator and writer.

Bookings will open in early September and the luncheon is expected to sell out quickly so gather a table of 10 and join us in this inspirational Q&A fully catered luncheon.

On behalf of the Social Committee, we look forward to seeing you at our next function.

By Amanda Thomas,
President KLTC Social Committee

▲ Some of the players who participated in the Shelley Lipe tennis day.

► Jelena Dokic to be featured at the Spring Speakers Ladies Luncheon in October.



SOCIAL COMMITTEE EVENTS: SAVE THE DATE

Friday, 25th August 2023	Trivia night & auction with Scott Kennedy Trivia Master <i>Includes signed items by Ash Barty and Football paraphernalia</i>
Friday, 6th October 2023	Speaker Series Ladies Luncheon <i>Featuring Jelena Dokic</i>
Sunday, 10th September 2023	Young Members v Not so Young Members <i>Let's see how we go with this tennis challenge!</i>
Tuesday, 7th November 2023	Melbourne Cup Luncheon <i>Featuring fashions on the field and great prize giveaways</i>
Sunday, 3rd December 2023	Family Fun Tennis Day <i>Bring the family for a fun round robin tennis afternoon</i>
Saturday, 9th December 2023	Annual Christmas Ball <i>Featuring the Baker Boys</i>

Our committee has had some recent changes so we wanted to take this opportunity to introduce you to our people.



Andrew Munday
Treasurer

Andrew has been a member of Kooyong for over 30 years. He has enjoyed Kooyong's journey from a small Clubhouse and membership to the magnificent Club it is today. Six years ago, Andrew joined the Social Committee to become more involved with the Kooyong Community and to give back to the Club. Andrew's involvement with the Social Committee is Treasurer and assisting Geoff Cowan with the Social Tennis Days.

Amanda Thomas
President

Amanda has been a keen member of Kooyong for 20 years and joined the Social Committee two years ago with the aim to become more involved in the Kooyong Community and to assist in building and creating exciting events for members and their guests. Amanda plays Monday night, Bayside and MEMRLTA competition. Amanda is currently President overseeing the tennis and social events.

Kate Wheeler
Secretary

Kate is a relatively new member to KLTC and has joined the Social Committee as Secretary. She is keen to be part of the fun activities the club has to offer. Kate has two young sons who are also very enthusiastic about tennis.

Liz Jones
Vice President

Liz has been a Kooyong Member for over 15 years and on the Social Committee for 5 years. Liz assumes responsibility of Vice President and assists with the Christmas Party, Spring Speakers and Melbourne Cup Luncheons. Liz joined the committee to immerse herself within and to build the culture of the Club and she actively participates in Friday morning Ladies tennis competition and plays regularly on Tuesday evenings with friends.

Larissa Langley
Event Manager

Larissa has been a member of Kooyong for close to 20 years. She has been on the social committee since 2019 navigating through the Covid years. Larissa plays tennis in the Friday morning Ladies competition and socially on Tuesday night with a great group of girls.

Geoff Cowen
Event Manager & Social Tennis Coordinator

Geoff has been a member of Kooyong for 30 years and has recently commenced his tenure on the Social Committee. His primary role is to organise and oversee the four social tennis days the committee runs each year as well as assisting with other marquee events on the social calendar. Geoff joined the Committee to ensure a strong social link between members and the Club. Geoff is a keen Monday night competition and social tennis player. ●



Trust Only The Best.

Mercedes-Benz Toorak

As one of our top sales agents within the Mercedes-Benz network, Kara's highly compassionate communication style helps build strong relationships with her customers. Personable, yet detail-minded, Kara's approach allows her clients to articulate what matters most.

As your local business contact at Mercedes-Benz Toorak, I would be delighted to work with you. As a valued local client, Mercedes-Benz Toorak is pleased to offer you the following:

- ✓ 10% off final service bill when Kooyong membership is provided¹
- ✓ \$200 off Black Vue Gold PRO Dash Camera – #1 Selling product in Australia²
- ✓ Complimentary pick-up and drop-off, or access to a loan vehicle when your Mercedes-Benz is being serviced³
- ✓ Competitive finance rates and options through Mercedes-Benz Financial Services Australia Pty Ltd.⁴

Please get in touch with Kara should you wish to discuss further opportunities.



1. 10% is calculated off the final service bill. 2. \$200 off the list price of the Black Vue Gold Pro Dash Camera, RRP: \$1595.00 including supplied and fitted. 3. Pick-up and drop-off must be within 15km of Mercedes-Benz Toorak. Loan vehicle is subject to availability. 4. Finance to approved business customers (excluding fleet, government or rental buyers) of Mercedes-Benz Financial Services Australia Pty Ltd ABN 73 074 134 517, subject to standard credit assessment, lending criteria and fees.

Mercedes-Benz

