



Courtside

THE OFFICIAL MAGAZINE OF THE KOORYONG LAWN TENNIS CLUB INC. // April 2022



Kooyong Foundation Corporate Pro-Am

Past and present stars line up pg. 11



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Vale Terry Fraser

The President, Kooyong LTC Board, Kooyong Foundation Board and staff of Kooyong Lawn Tennis Club are extremely saddened by the passing of past Kooyong President, Life Member, Patron and former Kooyong Foundation Chairman.

Mr. Terry Fraser OAM. Terry was a Member of Kooyong for 53 years. He was popular, part of a weekly playing group and a wonderful friend to many.

He served the Club in a variety of roles including:

- President - Kooyong Lawn Tennis Club 1990 – 2000
- Vice President 1981 – 1989
- Grounds Committee 1979 – 1990
- Courts Committee 1979 – 1982
- Planning Committee 1985 – 1990
- Marketing Committee 1987 – 1989
- Chairman of Constitution Committee
- Wine & Food Society Committee Member

Following the move of the Australian Open from Kooyong to Melbourne Park, Terry and Joe Devereux ensured Kooyong remained connected to international tennis by establishing the annual Kooyong Classic along with Colin Stubs.

In 2000, he was awarded Life Membership of Kooyong Lawn Tennis Club and also became a Patron of the Club.

He was the inaugural Chairman of the Kooyong Foundation from 2001 – 2006 and remained a Board Member from 2007 contributing to the dual objectives which support the history of the Club and pathways for junior development.

Terry was appointed an OAM in the 2019 Australia Day Honours for service to tennis and the following is an extract from Courtside - April 2019:



"It's always great to be recognised, but there's been a huge joy in what I've done over the years, anyway," Fraser says. "There's just so much pleasure in being involved at Kooyong."

Back in 1950, he saw - and played at - the Club for the first time. "I came from Ballarat for the schoolboy championships and needless to say was immensely impressed by the grass courts and started then to dream of being a member," Fraser recalls of his 18-year-old self. From the time of application, it took about eight years.

Many roles have followed, from Councillor to Wine and Food committeeman – "so if you take all that into account it's 50 years" – and then that invaluable contribution to the Foundation as the member of a board that currently includes the likes of Evonne Goolagong Cawley, Frank Sedgman and Wayne Arthurs.

▲ Terry was appointed an OAM in the 2019 Australia Day Honours for service to tennis.

As to what was the motivation for all this admirable office-bearing: "Originally it was the fact that we thought in the early days that the members were not getting a very good deal and that a lot more could be done for them."

So, in that regard, what has been done of which Fraser is most proud? "Well, after losing the Australian Open, which I think was inevitable, because Kooyong could never have coped with it, I'm particularly proud of the fact that Joe Devereux and I got the Classic up and going with Colin Stubs in the year afterwards.

"We saw that as very important because the members like to have the international flavour at the club. I think Kooyong can be justly proud of that, and of course we're proud of the Foundation and all the work that's done, because it has been an outstanding story."

Terry Fraser will be sadly missed, and our sympathies are extended to Beverley and the family at this very sad time. ●



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2022 Club Championships

More than 500 Members
competed across
48 events.

"It's wonderful to see our Club in our 130th year enriched with Member activity and engagement across all our sporting, lifestyle and social spaces as we extend and open our Club..."

Adam Cossar, President

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Kooyong Foundation Corporate Pro-Am

The stars line up for the Foundation's first Pro-Am.

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Midweek Ladies

Ladies return to the courts: Kooyong will be represented by 11 teams.



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CEO's Report

It has been a great start to 2022 with every part of Kooyong active and Members again enjoying those things that make our Club unique and very special.

With the grass courts in the best condition in memory late in February, there were more than 500 entries for Club Championships, and in glorious weather Members battled it out over two weeks for the glory of a title across every level of competition.

Matches produced sensational tennis and close results and the Open finals saw two of our younger Members become first time champions. Eliza Dunbar and Cooper Errey took all before them including former champions to earn their respective Club Champion titles.

When our annual Champions Dinner returns in May we will celebrate Eliza and Cooper's triumphs and recognise all other victors who have competed in Tennis, Squash, Billiards & Snooker and Bridge across the Club. The night is always popular and with bookings open for the 27th May gala event, we encourage everyone to reserve a spot early to join us for a special celebration.

Across the Club we are seeing plenty of social sport again but it is especially pleasing to note the return of all competition events. Bridge groups are filling each day, squash courts are busy with club circuit and SSL again, night-time, midweek, pennant, junior and senior tennis competitions are providing many opportunities to enjoy, while downstairs in the clubhouse the Billiards and Snooker regulars are back at the tables.

Two of our very committed squash Members celebrated different milestones recently. Bert Armstrong called time on a career that totalled 1,255 games, while Bill Dubsky reached the total of

800 pennant matches. Both have epitomised much of what Kooyong represents blending a love of their sport with camaraderie and team spirit.

Our extended and refurbished gym has been extremely popular with greater opportunities for cardio, strength work and conditioning within the health areas and numbers have returned to the pool. Class times for the group studio activities are available on the website and bookings can be made through the gym office to enjoy.

The New Year has seen our groups offering a range of opportunities to get active and socialise with other Members. The Wine & Food Society celebrated their 50th year at a gala dinner, a long lunch and also a social tennis day were organised by the Social Committee and the Young Members enjoyed tennis on the clay and also a night watching the final of the Australian Open. These groups and the RCH Auxiliary have a full calendar of events planned for the year ahead which will be publicised.

A sad note in closing is to recognise the passing of Kooyong stalwart Terry Fraser. Terry's time as a committee member, Club President and inaugural Chairman of our Foundation are recognised as major contributions that have shaped Kooyong to grow and prosper over the years. I personally valued his counsel and friendship and will miss his sense of goodwill. Vale Terry Fraser.

Chris Brown, CEO

President's Report

Welcome to the first Courtside magazine for 2022.

It's wonderful to see our Club in our 130th year enriched with Member activity and engagement across all our sporting, lifestyle and social spaces as we extend and open our Club more fully post quota and density limits.

Our Kooyong community was saddened with the recent passing of Terry Fraser, former President of our Club and founding Chairman of the Kooyong Foundation. Terry was an inspired leader of our Club and Clubman who presided over a changing landscape post Kooyong hosting the Australian Open and was instrumental along with Joe Devereux in establishing the annual Kooyong Classic. Our thoughts go out to Beverley and the family at this time.

Kooyong Foundation Pro-Am presented by Patterson Cheney and Club Championships

Following on from my December report the inaugural Kooyong Foundation Corporate Pro-Am was held on December 13. A showcase of the best of tennis from our young aspiring Foundation Scholarship players, through current and former professional WTA and ATP players and to our Corporate Sponsors showing form in an environment not as familiar as the boardroom/corporate setting.

14 Corporate Teams competed in idyllic weather on our perfectly groomed grass courts following a gathering in our new Stadium Room to kick off proceedings and to set in place the schedule and playing format for the day.

We had a fantastic line up of Pros including but not limited to Sam Stosur, John Peers, Paul McNamee, Daria Saville (nee Gavrilova) and Luke Saville.

Our 51st Club Championships were held in February with near record participation with 510 Members across all member categories competing across 48 events with weather across the event working in our favour with uninterrupted play across the event schedule.

Some notable performances across the tournament with firstly two new Open Club Champions

"The Spiritual Home of Tennis in Australia has been living up to its legacy and of its current and future position as a leader in delivering incredible tennis events and activity since my last report".

As the afternoon progressed, we moved onto Centre Court for the final where Shadforth Financial Group was victorious in a tightly contested final and concluding back in the Stadium Room for presentations and the enviable Kooyong hospitality. Congratulations to all participants and organisers for making this inaugural event memorable, permanently affixing it as the launch pad for the Summer of Tennis and importantly raising funds for our Kooyong Foundation in assisting young boys and girls to become the best versions of themselves both on and off the court. Plans are now well underway for our 2022 event which will again be held in December.

in Cooper Errey (16 years old) and Eliza Dunbar (17 years old) with Eliza also winning the Under 21 title with Thomas Patton winning the Under 21 junior boy's title. These performances, amongst others, highlight the depth of junior development and blossoming talent in our junior ranks fuelled through our Kooyong Foundation Scholarship Program, via the Kooyong International Tennis Academy and through the re-emergence of tennis as a safe and 'for life' sport suitable for all age groups.

Other notable performances and results include Sally Peers and Sophie Vickers winning the Ladies Open Doubles (third time lucky), Paul McNamee returning to our hallowed turf to win the Men's 60 & Over Doubles partnering up with Eddie Trusgnach and Andrew Whittington and Daniel Byrnes returning to the winner's circle in taking out the Men's Open Doubles Championship over David Bidmeade and Greg Jones.

Thank you to all participants in making this a successful and connected Member event.

Kooyong Foundation

The Kooyong Foundation Scholarship Player development program is well underway for 2022 with Monday and Wednesday training sessions being held weekly at the Club. I encourage Members to check-in with the Tennis Department for further details – our scholarship players would appreciate your support and connection.

Peter Quinn our former President and most recent Chairman of the Kooyong Foundation has recently stepped down as Chairman whilst still maintaining a role on the Board after 15 years of dedicated service. Peter has been a humble servant and leader of the Foundation - thank you Peter for your service and contribution. Peter Carew our immediate past President steps into the Chairman's role to continue to lead an important pillar of our Club.

Four of our Kooyong Foundation Scholarship players in Cooper Errey, Roisin Gilheany, Amor Jasika and Zara Larke competed in the Australian Open Juniors providing invaluable match experience and learnings on a global stage with John Peers and Marc Polmans competing in doubles and mixed doubles at AO22.

I recently had the honour of presenting the John Laidlaw Award for 2021 to Thomas Patton and Koharu Nishikawa. The Award is named after one of the Kooyong Foundation's most generous donors and supporters, the award recognises a player or players who have excelled as a Kooyong Foundation scholarship player and made a significant contribution to club activities at Kooyong Lawn Tennis Club – congratulations Thomas and Koharu.

UPCOMING EVENTS

Wednesday, 27th April	RCH Auxiliary Card Day
Sunday, 1st May	Social Committee Kooyong vs. RSY and BBQ
Sunday, 8th May	Mother's Day Buffet Lunch
Friday, 20th May	Wine & Food Society Winemakers Dinner
Friday, 27th May	Champions' Dinner
Wednesday, 8th June	Wine & Food Society Wine Tasting
Friday, 17th June	Social Committee Gin Tasting
Saturday, 18th June	Squash Gala Dinner Event

Billiards, Snooker and Squash

Dave Cosgriff won both the Open Billiards and Open Snooker titles at the Club Championships narrowly defeating Neil Maclachlan – congratulations on the dual victory Dave.

Bert Armstrong one of our Distinguished Members retired from Pennant Squash in February after an illustrious career which included 23 squash pennants, 1255 games and 104 seasons. Bert has been an inspired influence in the squash competition for seven decades and in contributing to the development and enhancement of the game of squash both within and external to the Club, enjoy retirement Bert and in stewarding family members/the next generation(s). A special mention also to Bill Dubsky reaching 800 pennant matches for the Club, one of only five to do so.

Around the Club

Our various member groups have been busy in delivering plenty of member re-connections and events through 2022 to-date. Appreciation to the various Presidents and supportive Committees in all the work they do voluntarily. Some new and exciting events are planned through the year so be sure to watch out through the various member communications and book early to avoid disappointment.

Keep safe, keep well and stay connected.



Adam Cossar, President



Visit from Rod Laver

It was pleasing to welcome Rod Laver to the Club recently who was in attendance for the International Tennis Club of Australia Annual Luncheon held during the second week of the Australian Open. Laver is pictured with Tennis & Sport Manager Cedric Mason. ●

2022 Club Championships

More than 500 Members competed across 48 events in this year's Club Championships on the pristine grass courts.



Two weekends of ideal weather made for a great tournament as Members gave it their all to become part of Club history and take home a title.

Two new names have been added to the Honour Board with teenagers Cooper Errey and Eliza Dunbar claiming the Open Singles titles for the first time.

Seeded three, Dunbar defeated good friend Jessica Board in her opening match before taking down another promising young player in Charlotte Vanstone-McGrath. Dunbar then defeated last year's finalist and second seed Klaire Elkin in a close encounter 7/6 7/6 to earn a spot in the final.

On the other side of the draw, top seed and defending champion Zoe Llewellyn made her way to the final after two tight three-set matches in the quarterfinal and semi-final to setup the chance to claim back-to-back titles.

The match was level from the get go as players exchanged strong groundstrokes before Dunbar stepped ahead and took the first set 7/5. Settled into the match, seventeen-year-old Dunbar raced through the second set and ultimately proved too strong for Llewellyn as she claimed the match and Championship title 7/5 6/1.

The Men's Open Singles final saw Errey take on four-time champion and top seed David Bidmeade. Errey was taken to three sets by Mike Vaughan in his opening round match before adjusting to the grass and claiming his next three matches in straight sets.



◀ **Opposite** 2022 Club Champions, Eliza Dunbar and Cooper Errey.
 ▶ 2022 Club Champion Cooper Errey.
 ▶ 2022 Club Champion Eliza Dunbar.
 ▼ **Below** Open Mixed Doubles winners David Bidmeade and Sally Peers.
Bottom Women's Open Doubles winners Sally Peers and Sophie Vickers.



Two new names have been added to the Honour Board with teenagers Cooper Errey and Eliza Dunbar claiming the Open Singles titles for the first time.

Bidmeade won through to the final without dropping a set despite being challenged by younger players Darcy Nicholls and Thomas Patton along the way. It was the experienced Bidmeade who got off to a great start in the final, startling 16-year-old Errey to win the first set 6/0.

Errey reset in the second set and was able to go toe to toe with Bidmeade and broke serve at 6-5 to level the match and send it into a deciding set.

Errey kept the momentum rolling into the third set and continued his strong baseline play. The teenager held his nerve to close out the match 0/6 7/5 6/3 and be crowned champion for 2022.

Dunbar followed up the Open win by taking out the Junior Girl's Singles soon after. Dunbar claimed her second straight title in the event defeating Grace Darcy in straight sets.

Top seed Thomas Patton won the Junior Boy's Singles defeating Nicolas Tremblay in three sets. The match had to be stopped at one set all due to bad light and was completed the following week with Patton claiming the final set 6/2.

In the Men's Open Doubles, Daniel Byrnes and Andrew Whittington put an end to the three-year win streak of Bidmeade and Greg Jones defeating them in the final 6/3 6/3 to claim their first title together.

The Women's Open Doubles final was a three-set battle with Sally Peers and Sophie Vickers edging out Jessica Board and Darcy 2/6 6/4 6/4 to win their first title.

In the Open Mixed Doubles, Bidmeade and Peers teamed up and defeated Byrnes and Grace Fountain to claim the title.

Another popular win for the Championships was former world number one doubles player Paul McNamee taking out the Men's 60+ Doubles with Eddie Trusgnach.

Peter Wilson also had a great tournament winning both the Men's 50+ Singles and the B Grade Mixed Doubles with Anne Saville.

A big thank you to all competitors for their efforts and congratulations to all the winners!

We look forward to celebrating all the fantastic achievements at the Champions' Dinner on Friday 27th May. ●



Club Championship winners

		Winner	Runner Up
Event 1	Men's Open Singles	Cooper Errey 0/6 7/5 6/3	David Bidmeade
Event 2	Men's Open Doubles	Daniel Byrnes/ Andrew Whittington 6/3 6/3	David Bidmeade/ Greg Jones
Event 3	Ladies Open Singles	Eliza Dunbar 7/5 6/1	Zoe Llewellyn
Event 4	Ladies Open Doubles	Sally Peers/ Sophie Vickers 2/6 6/4 6/4	Jessica Board/ Grace Darcy
Event 5	Men's 50 & Over Singles	Peter Wilson walkover	Stephen Myers
Event 6	Men's 50 & Over Doubles	Ken Cooper/ Stephen Gay 7/6 6/3	Alex Krohn/ Ross Pritchard
Event 7	Ladies 50 & Over Singles	Jill Meggs (round robin)	Isabelle Gemmel
Event 8	Ladies 50 & Over Doubles	Rosemary Everett/ Wanda Howes (round robin)	Julie Murphy/ Anne Saville
Event 9	Men's 60 & Over Doubles	Paul McNamee/ Eddie Trusgnach (round robin)	Dennis Mihelyi/ Mark Swindon
Event 10	Ladies 60 & Over Doubles	Gail Llewellyn/ Lois Plowman (round robin)	Youngsook Eddington/ Liz Palmer
Event 11	Men's 100 & Over Doubles	Joel Fredman/ Stephen Sharp walkover	Edward Myers/ Stephen Myers
Event 12	Ladies 100 & Over Doubles	Wanda Howes/ Jill Meggs 6/1 6/3	Rosemary Everett/ Anne Saville
Event 13	Men's 130 & Over Doubles	Andrew Rae/ Chris Ulrik 6/4 6/1	Clive Fredman/Joel Fredman
Event 15	Men's A Grade Singles	James Yeung 2/6 6/4 7/6	Charlie Tulloch
Event 16	Men's A Grade Doubles	Alex Krohn/ Ross Pritchard 6/4 2/6 7/5	Jack Appleton/ Rohan Appleton
Event 18	Men's B Grade Singles	Chris Alevizos 6/3 6/4	Hayden Heng
Event 19	Men's B Grade Doubles	Joel Fredman/ Justin Smith 6/3 7/6	Chris Alevizos/ Kosta Mandikos
Event 20	Ladies B Grade Singles	Siobhan Stagg 6/7 3/3 retired	Georgina Gillon
Event 21	Ladies B Grade Doubles	Julie Fidler/ Koharu Nishikawa 6/3 6/3	Lauren Sanford/ Annette Sheppard
Event 22	Men's C Grade Singles	Hardi Vollenbroich 6/4 6/3	Oliver Hancin
Event 23	Men's C Grade Doubles	Lachlan McAndrew/ David Western 6/4 3/6 6/3	Thomas Gilbert/ Julius Pompei
Event 24	Ladies C Grade Singles	Libbie Geason 6/4 7/6	Sandra Wolf
Event 25	Ladies C Grade Doubles	Michelle Clay/ Emma Dudley 6/3 3/6 7/5	Gill Hunt/ Christine Shearer
Event 26	Men's D Grade Singles	Spencer Hunter 6/3 1/6 6/1	Marc O'Donoghue
Event 27	Men's D Grade Doubles	Campbell Sorell/ Charlie Sorell 6/2 6/3	Justin Cox/ Marc O'Donoghue
Event 28	Ladies D Grade Singles	Stephanie Smith 7/5 0/6 6/4	Alice Leet
Event 29	Ladies D Grade Doubles	Mary King/ Nalda Mannix 6/3 6/3	Carolina Palazzo/ Amanda Thomas
Event 30	Open Mixed Doubles	David Bidmeade/ Sally Peers 6/1 6/2	Daniel Byrnes/ Grace Fountain
Event 31	100 & Over Mixed Doubles	Andrew Rae/ Isabelle Gemmel 4/0 retired	Peter Hampton/ Julie Murphy
Event 32	B Grade Mixed Doubles	Peter Wilson/ Anne Saville 6/3 6/1	Cooper Pearson/ Sophia Brooks-Gay
Event 33	C Grade Mixed Doubles	Wes Horskins/ Lucette Horskins 6/7 6/2 6/3	Kamil Bober/ Eliza Bartlett
Event 34	D Grade Mixed Doubles	Anthony Ward/ Natalie Postma 6/1 6/0	Daniel Sculley/ Susanna Sculley
Event 35	Junior Boy's Singles U/21	Thomas Patton 6/4 2/6 6/2	Nicolas Tremblay
Event 36	Junior Girl's Singles U/21	Eliza Dunbar 6/1 6/1	Grace Darcy
Event 37	U/12 Boy's Singles	Jack Skerman 7/6 6/1	Will Brooks-Gay
Event 39	U/12 Girl's Singles	Zara Stevens 5/7 6/0 6/3	Kayla Coster
Event 41	U/14 Boy's Singles	Liam Polizzi 6/2 2/6 6/4	Hardi Vollenbroich
Event 42	U/14 Boy's Doubles	Will Brooks-Gay/ Ashton Coster (round robin)	Alexander Ang/ Lachlan Wang
Event 43	U/14 Girl's Singles	Sarah Meagher (round robin)	Harriet Venn
Event 45	U/16 Boy's Singles	Nikolas Baker 7/5 7/5	Aedan Nelson
Event 46	U/16 Boy's Doubles	Maita Munyimani/ Mudiwa Munyimani 2/6 6/4 6/4	Oliver Elmslie/ Aedan Nelson
Event 47	U/16 Girl's Singles	Philippa Bush (round robin)	Sophia Brooks-Gay
Event 48	U/16 Girl's Doubles	Koharu Nishikawa/ Charlotte Vanstone-McGrath 6/4 6/0	Sophia Brooks-Gay/ Grace Thomas



Stars line up for Pro-Am

The Kooyong Foundation's first Corporate Pro-Am was moments from starting...

Past and present Australian tennis stars lined up in the clubhouse like it was a schoolyard, ready to be picked one by one.

Even with grand slam champions Sam Stosur and John Peers to choose from, there was an inevitable No.1 draft pick – Sam Groth, the man who delivered the world's fastest serve.

Patterson Cheney, as the event's title sponsor, had the honour.

Mere mortals can only dream of sending down a 263km/h serve but this was a rare opportunity to play doubles with Groth. And all for a great cause.

A group of Kooyong Lawn Tennis Club members launched the Foundation more than two decades ago and it has since raised almost \$3 million in donations to assist a generation of aspirational kids.

Among the professional players to benefit are John and Sally Peers, Marc Polmans, Jason Kubler, Destanee Aiava, Andrew Whittington and Omar Jasika.

But there are also many success stories of less-familiar names, such as Corey Clarke.

Clarke rose from small NSW town Laurieton, near Port Macquarie, and overcame various hardships, including having to learn to walk again, to attend Scotch College and earn a tennis scholarship at the University of Arkansas.

"The Foundation has done so much for me and I wouldn't be where I am today (without their support)," Clarke said.

"I don't think I would be here at college, I don't think I would have attended Scotch and I definitely wouldn't be the person I am today and the tennis player I've become.

▲ Winning team Shadforth Financial Group.

▼ Scholarship holder Amelia Zylberman was all smiles during the day's play.



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Patterson Cheney is proud to support the Kooyong Foundation as the Presenting Partner of the inaugural Kooyong Foundation Corporate Pro Am.



Fourteen teams signed up to play, with each having a professional player plus a Kooyong Foundation scholarship-holder in their squad.

"They have given me so much opportunity and I cannot thank them enough. I just hope they can continue doing it, especially for kids like me."

With that inspiration in mind, the Kooyong Foundation's Pro-Am was established as another way to make dreams happen (for young and old).

Australian Davis Cup player Luke Saville didn't hesitate volunteering to do his part. "The Kooyong Foundation is an amazing initiative," Saville said. "Being from Australia, it's very expensive to travel internationally on the tour, so any bit of support for up-and-coming juniors is really beneficial and really good for Kooyong."

Fourteen teams signed up to play, with each having a professional player plus a Kooyong Foundation scholarship-holder in their squad.

The Peers siblings – whose family is Kooyong tennis royalty – Saville and his former world No.20 wife Daria, Paul McNamee, Nicole Pratt, Kubler, Jasika, Nicole Bradtke, Jacob Grills, Greg Jones, Gabriella Da Silva-Fick and, of course, Stosur all played.

"When I was a kid, I didn't get an opportunity like this," Stosur said.

"I just watched everyone on TV and then it wasn't until I was playing in junior slams that I hit with Alicia Molik for the first time. I was so scared to make a mistake.

"If they are aspiring to be players; what a great opportunity, in a format where it's a bit of fun and light-hearted, but they get out on the court with the pros."

The tennis stars weren't the only celebrities sweating it out on the grass-courts.



▲ **Top** Kooyong's famous grass courts in full flight.

Above Dynamic duo Elliot Loney and Ash Williams.

Comedians Ash Williams, Dave Hughes and Elliot Loney – who impersonates some of the sport's biggest names – were teammates on one of the teams, The Classics.

Then there was Groth.

He no longer serves as fast as he once did but saved some thunderbolts for the event, although one double fault saw him scold himself with an audible "Samuel!"

But one piece of advice the 2015 Newcombe medallist gave one of the amateurs was,



▼ Bruce Ferguson and former professional player Greg Jones on court with Grand Slam Champion Samantha Stosur.

▲ Dave Hughes serving it up.

► Presenting Partner Team Patterson Cheney.



perhaps, unexpected: speed isn't everything.

"Use the grass," Groth said. "You don't have to over-serve; bring your partner into it."

John Peers, who went head-to-head with sister Sally in one of his matches, engaged in the fun of the Pro-Am when he asked an amateur rival to tell him where to serve.

"Out wide," came the nervous reply.

Peers did as he was asked – but still the return didn't come back.

Those types of priceless moments were also what Kooyong's Pro-Am was designed for.

Campbell Sorell, a 30-year club member, captained the triumphant Shadforth Financial Group team and relished the opportunity to partner Peers, the 2017 Australian Open doubles champion.



PHOTOS: CASAMENTO PHOTOGRAPHY

“We’re trying to help people make the best of themselves, and we’re not after Roger Federer – we’re offering kids an opportunity through tennis.”

Brian Cooney

Joining them in the winning squad were Kooyong Foundation scholarship-holder Oliver Elmslie, Lincoln Rego, Anthony Coxon and Steve McGlaughlin.

They pipped the Auschar Headhead Hackers in the final on Kooyong’s stadium court.

“John’s a magician on the court. You see and read so much about him, then just to actually be there to witness it first-hand was quite surreal,” Sorell said.

“He is a very, very gracious man, and family man, and just wants to be the best version of himself.

“The great thing about the Foundation is it’s giving kids opportunities with education – and not just to rely on tennis – because that will help them become better people and have more sustained success beyond the game.”

Creating more of those opportunities, on and off the court, is what motivates Brian Cooney and the rest of the Kooyong Foundation board.

“The grassroots tennis community knows what the Kooyong Foundation does and knows how successful it’s been,” Cooney said.

“We’re trying to help people make the best of themselves, and we’re not after Roger Federer – we’re offering kids an opportunity through tennis.

“We’re hoping to raise awareness for the Foundation through this event and we’d like it to become an event on the tennis calendar that everyone wants to play.” ●

By Marc McGowan



▲ The Peers Family.

◀ Nicole Pratt, Peter Johnston, Louise Field and Paul McNamee.



► Scholarship holders Ram Mude, Ethan Gottschalk and Emmanuel Soepardi.





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Kooyong Foundation Chairmanship

After 15 years of successfully chairing the Kooyong Foundation, Peter Quinn OAM has stepped aside as from January 1 this year. He will continue on as a Board member.

As one of the instigators of the Foundation, Peter joined the Foundation Board on its establishment in 2000, under then Foundation chair Terry Fraser OAM, whilst Peter was President of Kooyong Lawn Tennis Club. Prior to his presidency he was for four years club Treasurer and was the founding editor of 'Courtside' magazine.

On his retirement as Club President in 2006, Peter assumed the role of Foundation chair and over 15 years has guided it through a remarkable period of growth and success as it has pursued its twin goals of supporting the development of junior tennis and squash and preserving of the history and traditions of Kooyong.

During this period the Foundation's scholarship program has flourished, former and current scholarship holders have achieved remarkable success on the world stage and the spectacular display cabinets of tennis and squash trophies and memorabilia around the club have continued to be enhanced. Under Peter's watch this has been achieved via a process of sensitive outreach to potential donors and careful and considered thanking of those generous donors.

Peter assumed the role of Foundation chair and over 15 years has guided it through a remarkable period of growth and success...

Scholarship Holders

Congratulations to the following players who were inducted as Kooyong Foundation

Scholarship holders for 2022:

- Ava Beck
- Philippa Bush
- Luca Connaughton
- Chelsea Elliott
- Oliver Hancin
- Auray Hu
- Mahi Khore
- Diordan Macababba
- Zali Morris
- Cooper Pearson
- Liam Polizzi
- Nithesa Selvaraj
- Salvatore Soepardi
- Grace Thomas

In December 2021, under Peter's leadership, the Foundation hosted its first annual Pro Am tournament, which allows corporate entities to play on Kooyong's famed grass courts whilst supporting the growth of junior tennis.

The club and the recipients of the Foundation's programs are very much in Peter's debt for his years of inspiring leadership.

From January 2022, Foundation chairmanship has moved to recently retired Club President Peter Carew, and he is committed to continuing the success and growth of the Kooyong Foundation as it pursues its twin objectives. ●



▲ 2021 John Laidlaw Award winners Thomas Patton and Koharu Nishikawa pictured with John's daughters Jenny Michelmores and Melissa Duggan.

John Laidlaw Award Winners

The John Laidlaw Award was presented at the recent President's Lunch. Named after one of the Kooyong Foundations major and most generous donors the award recognises players who have excelled as a Kooyong Foundation scholarship player and made a significant contribution to club activities at Kooyong Lawn Tennis Club. The very worthy winners for 2021 were Thomas Patton and Koharu Nishikawa. ●



◀ Roisin Gilheany in action during the Australian Open Juniors.

Australian Open Juniors

Congratulations to Roisin Gilheany, Zara Larke, Cooper Errey and Amor Jasika who competed in the Australian Open Junior event. It was a great representation by the Kooyong Foundation to have four players competing in the singles event. Larke was the most successful making the second round, losing in a tight 3-set battle with Kenya's Angela Okutoyi. Gilheany and Larke also teamed up in the girl's doubles

event, with Cooper Errey also contesting the doubles pairing with Canberra's Charlie Camus. Well done to some of our most promising young players!

As well as our junior players, John Peers and Marc Polmans

competed in the men's doubles and mixed doubles events. Peers made the quarter finals of doubles and semi-finals of the mixed doubles while Polmans went down in the first round of doubles and second round of the mixed doubles. ●

It was a great representation by the Kooyong Foundation to have four players competing in the singles event.



PHOTO: PHILLIP GOODMAN

Playing some of his best tennis, Jasika defeated fellow Aussie James McCabe 6-1, 6-2 in the final to take the title without dropping a set.

Omar Jasika Wins Bendigo Pro Circuit Event

Omar Jasika's hard work has started to pay dividends with some successful tournament results. Towards the end of 2021 Jasika, won the Victorian Hardcourt Championships, Canberra UTR Pro Series event, was runner-up in the Ballarat Open plus led Kooyong to the finals of Premier League playing in the number one position.

At the beginning of 2022 Jasika turned his focus to ITF Pro Circuit events to achieve his goal of returning to the ATP rankings after a three-year break. Following a series of quarter finals results at the ITF Futures events Jasika was back on the ATP rankings list.

▲ Omar Jasika recently claimed his fourth Pro Circuit title, and first since 2017, at the Bendigo event.

At the Bendigo ITF Futures event in March it all came together. Playing some of his best tennis, Jasika defeated fellow Aussie James McCabe 6-1, 6-2 in the final to take the title without dropping a set. "I was locked in for the whole week, felt great on court and knew it was my week".

After reaching a career high singles world ranking of 239 in 2017 the 24-year-old is now back in the world's top 750. Jasika plans to travel for most of the year across Europe and the USA. "My goal in 2022 is to win some more ITF Futures events, progress to Challenger events and get my ranking up to Grand Slam qualifying level". ●

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Our heartfelt thanks to all those who donated to the **Kooyong Foundation** in 2021 and 2022.

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Megan Dicks	Suzanne Matthews	Alexander Tseng
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Dominic Di Mattina and Margaret Prendergast	James McLaren	Patricia Vardy
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Ian Fuelscher	Terry Pacini	
Tamsin Fullerton-Assem	John Piccolo	
John Garofalo	Michael Ponsford	
	Sarah Preston	

Pennant

Tennis Victoria's Pennant competition will return in 2022 after last year's season was unfortunately cut short due to Covid.

The competition will again be trialling a different format to previous years with singles and doubles to be played on the same day. A round will consist of two doubles matches followed by four singles matches, and will allow teams to have up to six players take to the court on the day.

The Masters competition will remain a doubles only format but will also introduce the flexibility of allowing six players to compete each round.

Kooyong has entered a total of 26 teams consisting of fourteen men's teams, nine women's teams, and three Masters teams.

In the men's competition, Club Champion Cooper Errey will be looking to impress in his first season of Pennant for the Club after injury has prevented him from playing over the past couple of years. Thomas Pavlekovich-Smith, David Hough and Thomas Patton will also be strong players across the Club's Grade 1 teams.

Other players to look out for include promising youngsters Cooper Pearson, Salvatore Soepardi, Liam Polizzi and Oliver Hancin who will be representing Kooyong for the first time.

Players to look out for in the top grade of the women's competition will include Club Champion Eliza Dunbar, Zoe Llewellyn and new scholarship holder Zali Morris.

Koharu Nishikawa, Amelia Zylberman and Charlotte Vanstone-McGrath continue to improve and will relish the opportunity to play quality matches each week.

In the Masters competition Stephen Gay's team will be tough to beat yet again after having won multiple flags over the years while Dennis Mihelyi and Kevin Green will also be hoping to lead their teams to successful campaigns.

Good luck to our teams for the 2022 season! ●



▲ Above
Darcy Nicholls.

▲ Top
Jessica Board.

Players to look out for in the top grade of the women's competition will include Club Champion Eliza Dunbar, Zoe Llewellyn and new scholarship holder Zali Morris.



Kooyong Crèche

Recent building work and COVID required the Kooyong crèche to close but leading up to the close there had been only limited interest for the service.

The Club is seeking to determine if there is sufficient interest from Members to undertake the necessary steps including recruitment of child care staff to plan a reopening of the facility.

If you think you would use it we would appreciate you completing the survey so that we might understand the demand for the service.

The survey will be open until 14 May 2022 and can be found on the Latest News section of the Club website. ●



• KOORYONG LAWN TENNIS CLUB INC. •

Mother's Day

Buffet Lunch

The Kooyong Room
489 Glenferrie Road, Kooyong
Sunday 8th May 2022
12:00 pm – 3:00 pm

\$110 per Adult
\$40 per Child (3-12 years old)
Drinks available at bar prices

Bookings close on Sunday 1st May 2022
(unless sold out). 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.





◀ Zara Stevens.

▼ Ashton Coster.



Junior Competition

The Club's juniors have enjoyed a return to the court this year following a couple of interrupted seasons.

This season, the Club is represented by six teams in the Bayside Regional Tennis Association competitions across Saturday and Sunday mornings.

On Saturdays, Kooyong is represented by one team in Section 2. Captained by Edward Pollard, the team is currently sitting in third position and have recently knocked off the top team Carmelite Blue.

The Club has five teams in the Sunday morning competition. Caroline Marcel's Section 3 team are sitting at the bottom of the ladder, however, have enjoyed a win over third placed team Mordialloc and will be looking to improve in the second half of the season.

Charlie Williams' Section 6 team are having a great season and sitting in second place on the ladder. The team will be looking to continue their good form in the remaining rounds as they give it their all to bring home a flag for the Club.



In Section 10, Angus McCallum's went down in round one but have gone undefeated since and are sitting in second position.

Zoe Kinsella's Section 12 team are in sixth position but still a chance to sneak into the top four and play finals.

▲ Left Josie Best.
Right Zoe Kinsella.



James Porter's young Section 19 team are currently in fifth position are looking like strong finals contenders after recently defeating the top placed team.

All the best to our junior players for the remainder of the season! ●

Any juniors interested in playing competition tennis, please contact Sophie Vickers at svickers@kooyong.com.au or by calling the Club on **9822 3333**.

Midweek Ladies

Midweek ladies' competition has returned in a "COVID Safe" way in 2022, where Kooyong will be represented by 11 teams in March, playing across two days and associations.

The winter 2021 season of the Midweek Eastern Metropolitan Region Ladies' Tennis Association (MEMRLTA) commenced in April 2021, and concluded in... March 2022! Well done to the association for navigating multiple lockdowns and finishing the season.

Kris Tulloch's Section 1 Gold team elected to withdraw from the winter 2021 season once it resumed post-lockdown. Kris has entered her team in the winter 2022 season, which will commence in March.

Lois Plowman's Section 1 White team also decided against playing the remainder of the winter 2021 season but will return for the winter 2022 season.

Sally Addison's Section 2 team concluded the winter 2021 season sixth on the ladder, playing out the remainder of the season. Sally has entered for the winter 2022 season.

Angela Godwin and Jill Kaminsky's new Section 2 team also elected to play post-lockdown but remained on the bottom of the ladder to finish the winter 2021 season. They will be looking to improve next season.

A reminder that unlike MEMRLTA, Bayside Regional Tennis Association (BRTA) has February to June and July to December seasons. **Rosemary Everett's Section A/1 team** is fourth on the ladder after six rounds of the February to June 2022 season and will be hoping for a clean run.

Jill Meggs' Section A/1 team are in fifth place, two points behind Rosemary Everett's team.

Kris Tulloch's Section A/1 team are currently on the bottom



Heather Anderson's team were granted a return to Section 3 for the July to December 2021 season and their good form has continued into the new year, with the team sitting well clear on top of the ladder.

of the ladder but have lost several close sets.

Jenny Osborne's Section 2 team has started strongly this year, sitting in second position.

Also in Section 2, **Gill Hunt** has taken over the captaincy from Christine Shearer, leading the team to third on the ladder, one spot below Jenny Osborne's team.

Heather Anderson's team were granted a return to Section 3 for the July to December 2021 season and their good form has continued into the new year, with the team sitting well clear on top of the ladder.

▲ Jacqui Abbott and Amanda Thomas.

Finally, **Trish Gorman's Section 3 team** has enjoyed a successful switch from WDTA to BRTA. This season, the team is sitting in third position.

We wish our midweek ladies' teams all the best for the remainder of the year. ●



2021 Inductees:

Michelle Anderson

John Barlow

Caroline Brand

Brian Burzacott

Reginald Church

Ross Cohen

Ian Cooke

Leigh Deckert

Jennifer Gross

Paul Hamilton

Susan Hase

Nancy Hillier

Clive Jones

John Kelly

Geraldine Kelly

Joan Landy

Dennis Maddern

Bruce Matthews

Bruce Merritt

George Nicholls

John O'Connor

Simon Permezel

Lynette Petersen

John Prowse

Mark Roberts

Sandra Roth

Steven Sendor

Loane Skene

Graeme Skene

Bruce Stewart

Jill Van Der Sluys

Paul Van Der Sluys

Paul Zimmet

Vivien Zimmet

Club News

The Club recently inducted its new 50 Year Members. Both the 2020 inductees and the 2021 inductees were celebrated at the event held in December.

2020 Inductees:

Ian Addison

John Bales

Pamela Barham

Margaret Bristow

Ruth Chatwood

John Dempster

Donald Douglas

Charles Edney

John Fanshaw

Alan Fincher

Anne Fitzpatrick

Virginia Francis

Trevor Gorman

Patricia Hammond

Grant Harvey

Michael Haussegger

Julian Hoare

Vivianne Hughes

Anne Lechte

Peter Little

Norma Marks

Geoffrey Salter

Karen Scarff

Howard Steer

Robert Welch

Christopher White

Anthony Wiltshire



Congratulations to the new 50 Year Member inductees. We wish them many more years of enjoyment at the Club!



Margot McCluskey was recently presented with a Certificate of Appreciation from President Adam Cossar for her 23 years of service on the OH&S Committee. The Club wishes to thank Margot for her contributions over the years.



2022 Champions' Dinner

FRIDAY 27th MAY 2022 • 7pm

**THE KOORYONG ROOM,
489 GLENFERRIE ROAD, KOORYONG
VICTORIA 3144**

Includes a three course meal and drinks

Pro Shop

We have had a great start to 2022 and we look forward to continuing this throughout the year and appreciate all your continued support.

It puts a smile on all the KITA team's faces when we see all our players back on court having lots of fun.

Besides having a great turnout on the court, we are also pleased with the feedback regarding the clothing in the Pro Shop. We have listened to your requests and believe that this has been reflected in what we have to offer in our store. The Pro Shop is fully stocked with your favourite Kooyong attire alongside other tennis brands Ellesse, Wilson, Le Coq Sportif, Glenmuir, EPNY, Asics, K-Swiss and Castore coming shortly. Our new outfits are ready to be worn by you and shown off on the tennis court.

The Pro Shop wants to make sure you feel your best, look your best and play your best. We want you to have the best experience on court whether you are having an individual or group session. Our coaches are here to make sure you improve on your skills, as well as having fun at the same time. Besides coaching and clothing, our staff are ready to help find you your dream racquet. Our newest Clash v2 not only looks the part but may even make you play better too (we can't make any promises though). ●



▲ Our new outfits are ready to be shown off on the tennis court.

The Pro Shop is fully stocked with your favourite Kooyong attire alongside other tennis brands Ellesse, Wilson, Le Coq Sportif, Glenmuir, EPNY, Asics, K-Swiss and Castore coming shortly...

Easter Holiday Tennis Clinics

We are excited to get the kids on court after a great start to Term 1. Check out our website for more details regarding prices and dates. We look forward to seeing you on court!

● 11-15th April 2022

● 19-22nd April 2022 ●



Drop by the Pro shop, email us at kita@kooyong.com.au or give us a call on **9038 7141**...let's get you on court and looking the part.

KITA

What a great summer we have had with the weather and courts; we needed it and deserved some positive time after Victoria's last two years.

Even the AO was a great success with Ash doing her best to give us all something to cheer about. What a great ambassador for tennis and life she is.

When you watch her play, **"the last Courtside article I wrote,"** becomes so apparent with regard to the absolute MUST of having a gameplan and strategy when you walk on the court. Without a doubt this is her greatest strength, that is, being able to analyse a match and understand **"who is doing what to whom"** and how to either keep her structure going or change it, if she is losing.

At her height she has an amazing serve, which is not a huge serve in power, but great variety and accuracy. So many players are out there today hitting the ball harder and harder, bigger and bigger and here is Ash using her tennis smarts with angles, change of pace using her slice just so effectively and dominating with her forehand, at will, continually working on keeping her opponent off balance.

Here, at the club I watch so many people playing matches at social level and in tournaments who look amazing in the warmups, but once in a game situation have no knowledge of structures or idea of how to PLAY tennis and

lose frustratingly. The inability or understanding of where to hit the ball and being able to analyse their opponents' strengths and weaknesses more than often leads to a loss. We have all seen players who look amazingly good, so talented, so many skills and yet lose so many matches because they just hit balls and have little knowledge of what is happening in the match.

For those players who develop these skills early, they can win matches playing poorly; **a sign of a good player** as it's easy to win matches when playing well. Being able to adapt your game and understanding what is happening on the court enables you to being able to adapt your game. Knowing why you are winning is just as important as understanding why you are losing. This is why "routines" for in between points and games are critical.

So many times, I have heard players say I knew my opponent had a weaker forehand or backhand but they kept playing their opponents strengths and subsequently lost. Having in between point and in between game routines is critical to consistent analysis of your matches and keep you focused on every point.

Like anything the only way to get better at this process, is



“
What are their
strengths/
weaknesses?
”

“
Who's doing
what to
whom?
”

“
Why am I
winning/
losing?
”

practice it. It just doesn't happen all at once, but consistent efforts at analysing "who is doing what to whom?", what are your opponents' strengths, weaknesses? What are your strengths and weaknesses? How are you or your opponent controlling the match, why am I winning or losing? How can I maintain what is happening or change a losing game? Being able to apply this knowledge between each point can only lead to greater success on the court.

It's been fantastic to see so many members back into coaching, whether it be morning bootcamp, night adult classes, ladies' clinics and so many taking private and semi-private lessons. Our junior programs are almost totally full; tennis has certainly gained a huge momentum post Covid. ●

By Glenn Busby

*If you have been wanting to take a lesson or two to just brush up on your skills or get involved in any of our extensive programs, please give us a call in the **Pro Shop on 9038 7141**. We are here to assist you with any of your tennis needs.*

PUB CIRCUIT SQUASH

BERT ARMSTRONG

104 Seasons
Pennants
Games

14 Runner Up
1969 to 2022
Seven Decades

◀ Bert celebrates a truly amazing career in style.



Landmark matches for Kooyong Squash Legends

Kooyong's squash section is filled with members who are active on all fronts, from social play to competition and of course, the off-court social aspects that surround the game.

Few have been more involved in the club than Bert Armstrong and Bill Dubsky and these two legends of our club both had milestone games to kick off 2022.

Bert Armstrong retires from competitive squash in grand style

One of the most influential people, not just for squash at our club, but a massive contributor to squash in Australia, Bert Armstrong finally called time on an illustrious pennant career in February.

In a well-staged and fairly theatrical event on the night, Bert played long time pennant adversary Graeme Sinclair in a match that was anything but ordinary. It was agreed to commence at two-all and a frenetic pace was held for at least the first point until the two old foes settled into a well-known and comfortable rhythm.

Shots were fired and surprisingly no trash talk accompanied a fairly uneventful passage to 14-all. At that point the gallery was put into a state of shock as Bert collapsed to the floor clutching his ticker and grimacing. Some believed they heard him whisper "I knew I should've quit while I was ahead!" This was followed a split second later by Graeme who also hit the boards grabbing at his calf that had seemingly exploded from the stress.

It turns out that after 1255 matches, for the first time in his playing days, Bert had colluded to stage manage the perfect ending. A hard-fought tie where neither man was bested.

Few will have a career to match what Bert achieved. He played competitive squash, up to a very high standard, across seven decades. He played matches in every grade from F to A and then back to F grade, winning flags in all but A grade. All this while contributing massively to the development of the game in-house and externally. He served on the club's tennis committee for

Few will have a career to match what Bert achieved. He played competitive squash, up to a very high standard, across seven decades.



▲ Bert and an old foe made it through the match unscathed despite some theatrics.

six years and spent over 25 years on the Squash Committee with over ten in the role of Squash Club President. Bert has always maintained a strong focus on the future while preserving and respecting the past of our sport.

The past will be acknowledged within club walls through Bert's memorabilia that is dotted around in various cabinets and



Bill joined our club well over 50 years ago as a sprightly and enthusiastic 16-year-old...

a pending transfer of the bulk of his world-famous collection that will be housed in almost 20 custom cabinets within the squash section. The range and quality of this collection cannot be understated. It includes the collection previously amassed by the famous Harry Hopman as well as that of Bill Hunt, one of Australia's foremost administrators and the father of squash legend Geoff.

Bert's future focus now shifts to watching family members Ben, his son who himself has an impressive match tally for the club and grandson Max who is just starting out on his playing career. Bert also has passed on a living legacy through initiating the club's squash scholarship programme that continues to develop young champions and future contributors to our club.

Well done Bert and we know we will still see you regularly at the club but now more likely at your other home court, The Hopman Bistro.

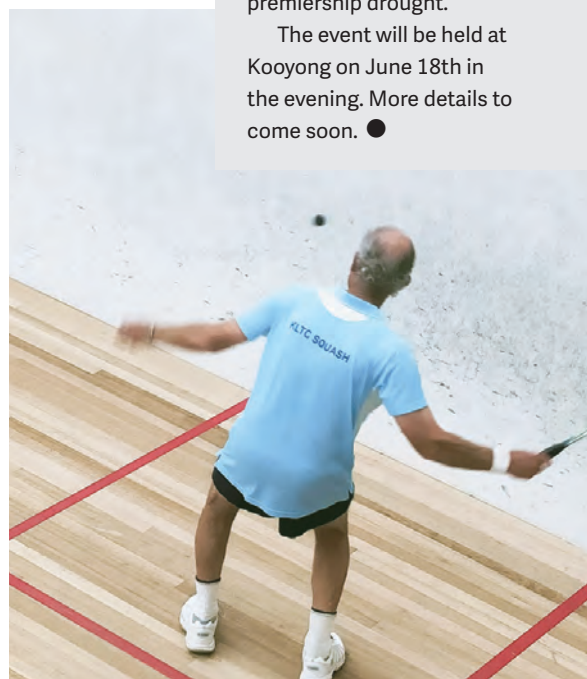
Bill Dubsky becomes only the 5th KLTC member to hit 800 pennant matches

Another long-time competition player for the club, Bill Dubsky, joined an elite group of only 4 others to have played 800 pennant matches for Kooyong Lawn Tennis Club. To put that in context, it's the equivalent of not missing a home & away round for nearly 30 years! It's taken Bill a bit longer than that but surely over such a long playing career, missing a night here and there is quite reasonable.

Bill joined our club well over 50 years ago as a sprightly and enthusiastic 16-year-old having been invited by a friend to play tennis. The £5 annual fee at the time probably sounds ridiculously low but our research shows that at the time it was enough to purchase a 5-bedroom family home in nearby Hawthorn.

Bill's first season in competition tennis resulted in a runners-up flag, at a time when the finals series were longer than some of our whole seasons these days and took seven weeks to complete. Bill has seen Kooyong develop over time and enjoyed many landmarks in the club's development. He was there to enjoy the first gym and pool (really not much more than

◀ Bill looks as fresh as a daisy after the match with Chris Harris from the Squash Committee.



a wading pool) in the early 80s. He watched the great Heather McKay and Geoff Hunt play the first match after the development of glass backed squash courts in the 90s. Today Bill marvels at our stunning new squash centre that was part of the recent club development and he still gets a kick from being part of a club that is always evolving and always developing new ways for members to enjoy the facilities.

But regardless of surrounds, over time, Bill has relentlessly clocked up matches. 800 is an impressive tally but by no means does it seem like he has any plans to stop there. Keep going Bill and we are so looking forward to watching you on court as more milestones get ticked off. Bring on 1000! ●

▲ Bill warms up for the 800th time.

SQUASH SECTION ANNUAL GALA EVENT THIS JUNE

Well, the last two years caused more than a few false starts but finally you can save the date for the upcoming Squash Section Gala. All members are welcome, and the evening will have at least one great highlight for many. The guest speaker will be someone very important from an AFL club that is very popular amongst our members and just might have recently broken a premiership drought.

The event will be held at Kooyong on June 18th in the evening. More details to come soon. ●



◀ Winning Church Competition team of Nick Kotros, Martin James, Simon Fortune and Steven Murphy.

Billiards and Snooker

Kooyong wins Church Competition plus other successes.

Interclub Billiards

Because of COVID-19, the interclub competitions from the first half of last year were only finished in November, with Kooyong teams having much success.

In the Church Competition Kooyong won an amazingly close grand final 2-2 and by 33 points. In the first round both games were dead level with thirty seconds left. Justice was done when one game was lost by two points and the other was won by three points! The winning team of (L to R) Nick Kotros, Martin James, Simon Fortune and Steven Murphy is pictured with the trophy.

In the City Clubs League, Kooyong lost in a semi-final to the eventual champions the Melbourne Club. Snooker is played as well as billiards in this fun, social competition.

In the non-handicapped VBSA competitions, Kooyong was runner-up in both the A and B grade competitions, losing to Yarraville and Geelong respectively.

Club Championships Results

Dave Cosgriff defeated Neil Maclachlan narrowly in both the Open Billiards and Open Snooker to become Club Champion

again. Neil was just pipped in the billiards by two points, when Dave made an unfinished break of 19 to fall over the line, winning 426 to 424 (46 break). In the snooker Dave won 4 frames to 2. Both players are photographed in A1 position at the top of the table.

In the Handicap Billiards Olivia Morris defeated Will Edwards 157 to 97, with Will conceding a 30 start. In the Handicap Snooker Nick Kotros defeated Martin James 175-139 to win the final, with the help of a 12-point start. Congratulations to the winners and commiserations to the losers. ●

By Alistair Macindoe

▼ Club Champion Dave Cosgriff.



► Neil Maclachlan.



Annual match against the Sandringham Club

After a two year hiatus due to COVID-19, our rivalry with Sandringham will be renewed later this year, probably in July. This is a fun evening of handicapped snooker and a dinner and drinking in moderation. If you are interested in playing please send an email to our Dear Leader (David Pitt) at david.pitt@bigpond.com. ●

Health Club

Living Longer, Living Stronger.

Through the advancement of exercise science, strength and conditioning training has not only increased in popularity throughout professional sport but throughout the training of the general population as well. Strength and conditioning training has long suffered from the stigma that only Olympians and body builders could complete the style of training. However, strength and conditioning training can offer many benefits to undertakers such as improvements in muscle and bone health as well as decreasing the incidence of many chronic illnesses and injuries. It can also be tailored to each individual person to benefit whatever fitness or health goals they wish to achieve.

Strength and Conditioning and Chronic Disease

The undertaking of strength and conditioning training has been recently linked to the decreased prevalence of chronic diseases such as type 2 diabetes, cardiovascular disease, and cancers as well as decreased symptom severity of these diseases (McLeod et. al, 2019). Researchers have even reported that strength and conditioning training is just as effective at decreasing the risk of chronic disease as aerobic exercise training via the increase of muscle mass, strength and overall body function (McLeod et. al, 2019).

Strength and Conditioning with Older Adults

Through the improvement of muscle mass levels, mineral bone density, improved insulin

sensitivity and increased muscle fiber area, strength and conditioning can aid in the prevention of falls as well as any bone fractures (Fragala et. al, 2019). Furthermore, a properly designed strength and conditioning program has been found to improve symptoms of dementia and Alzheimer's disease by improving cognitive function and coordination (Plassman et.al, 2007).

Strength and Conditioning and Injuries

By adding strength and conditioning to your own gym routine, the likelihood of acquiring an injury decreases. This is due to muscular imbalances and weaknesses being corrected over time which allows for decreased loads of force and strain upon the tendons and ligaments helping to prevent any soft tissue injuries (Maninga, 2020). Furthermore, strength and conditioning training has been found to offer the most osteogenic benefit when compared to any other types of training (Hoffman, 2017). Therefore, the risk of osteoporosis, fracture or any other osteogenic conditions can be reduced via strength and conditioning training (Hoffman, 2017).

Strength and Conditioning and Sport Performance

As the field of exercise science has grown and progressed, athletes and coaches alike have begun to focus more closely upon strength and conditioning training in the gym as well as their sport-specific training. At any professional level club in the world you will find a group of strength and



conditioning coaches who work with athletes in order to help improve their power, strength and overall performance in whichever sport they decide. Most traveling athletes will even bring a coach who is trained in strength and conditioning on tour with them to ensure they are always improving not only through the pre-season but the entire season. Strength and conditioning coaches have been implemented throughout training programmes as they have a high level of physiology understanding and intricate knowledge of how different people react to different types of exercise, helping their athletes to improve rapidly, whereas they will leave the more sport-specific coaching such as how to throw a ball or any game-winning strategy to other coaching staff. By working with strength and conditioning coaches, athletes can expect improvements in both muscle mass and tone, strengthened connective tissues and improved bone density as well as improvements in their power, speed and agility (Lockie et. al, 2020). ●

**By Michael Kull,
Kooyong Health Club Manager**

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



Bridge Club

Following the relaxation of Covid restrictions the Bridge Club is now back in operation with four face to face sessions per week.

Attendances at all sessions have been increasing week by week as players gradually gain confidence in mixing again.

A recent lesson and lunch presented by Director Bill Jacobs was well attended and well received.

11 club members attended the Gold Coast Bridge Congress in February with some excellent results. Diana Saul and Doug Harrah won the Restricted 2-day Bobby Richman pairs event while Fiona Trescowthick and Sarah Acton were placed 4th in the Restricted Teams event but were ranked 1st in the mixed teams section of this event. Despite Queensland's inclement weather at this time a great time was had by all who attended.

Upcoming events include a Sandbelt event against various golf clubs in April at Kooyong, the Jim Borin Trophy event for Kooyong Club Members in early May and the match against South Yarra Bridge Club in mid May. Also, celebrations are planned for the 30 year anniversary of the commencement of the Kooyong Bridge Club this year.

▲ Sarah Acton and
Fiona Trescowthick.

Membership numbers of the Bridge Club continue to increase with a number of people joining Kooyong Tennis Club just so they can play at our Bridge Club. Members are especially enjoying playing in the Stadium function room when it is available. ●

By James Tulloch

...celebrations are planned for the 30 year anniversary of the commencement of the Kooyong Bridge Club this year.

Royal Children's Hospital Auxiliary

In 2022 the RCH will celebrate 100 years of Auxiliaries supporting the Royal Children's Hospital.



A commemorative book is being compiled and each auxiliary has been asked to contribute their "story" to the publication. Whilst researching the history of the KLTC Auxiliary we discovered that since our inception in 1938 we have donated over \$800,000 to support, fund and subsidise many RCH research programs and grant requests. Definitely something of which to be proud.

Over the last two unpredictable years we have been very grateful to Kooyong's CEO Chris Brown and his wonderful KLTC administrative team along with the KLTC community who have steadfastly supported the Auxiliary wherever and whenever possible. I would also like to thank the Kooyong Wine and Food Society and the Kooyong Bridge Club whose offers of support and collaboration during the past two years have been truly appreciated.

Our dates are set and we have proven that as a committee we can "pivot", "regroup" and rediscover the humour and joy that is so necessary to continue our efforts to support the Royal Children's Hospital.

We are looking forward to the first of our two Card Luncheons traditionally held each year coming up on Wednesday 27 April. We will be incorporating Social Bridge, Solo and Duplicate Bridge, under the direction of Terry Crawford. Please do come and join us for this wonderful day, our first fundraising event since March 2020. Tickets, which include lunch and three raffle tickets, may be purchased at \$45.00 per person at www.trybooking.com/BXNSG

Our Auxiliary members believe that we should be looking towards 2022 with optimism. Our dates are set and we have proven that as a committee we can "pivot", "regroup" and rediscover the humour and joy that is so necessary to continue our efforts to support the Royal Children's Hospital. ●

By Jenny Booth,
President KLTC RCH Auxiliary

▲ 2022 AGM attendees — (left to right)
Standing: Patty Wallace Smith, Jenny Booth and Lyn Wheat; **Seated:** Denise Cosgriff, Marie Devereux, Jean Burgess and Denise Bartlett; **Absent:** Lisa Carew, Sally Barton and Natalie Cossar.



The Society held it's first dinner back in 1971, and has continued to thrive and grow as a group since then.



Wine & Food Society

Finally we have managed to conduct some 'in person' Wine and Food functions.

A wonderful dinner was held in December and our AGM was conducted in February which resulted in the return of your committee. At the AGM, we tasted a range of Innocent Bystander wines and thoroughly enjoyed the spectacular food tastings on offer.

As I write this article for the next Courtside, we are preparing for the Kooyong Wine and Food Society's Gala dinner. It will be a celebration of 50 years of members coming together to enjoy wine, food and good company. The Society held it's first dinner back in 1971, and has continued to thrive and grow as a group since then.

Past President Ken Wheat has taken on the task to update the WFS recorded history. He has been able to unearth interesting photos and information from 'the underground' of the stadium. (It has been quite the Indiana Jones adventure). He has also interviewed many Kooyong WFS members to record some of their stories from the early beginnings. We thank those members for their contributions and Ken for his persistence and hard work. Carolyn Varney (50th Anniversary sub-committee member) has recorded Ken's findings in a timeline which will be on display at the Gala Dinner and afterwards in the members lounge. We thank Carolyn for her efforts.

▲ *Wine and Food Society President Leanne Parer presenting a cheque from WFS to Patrice Renaudin for the staff fund.*
 ▲ *Wine Master Greg Baker and Past President Ken Wheat with the lucky winner of the wine option.*

Our next function is a special evening with Pat Carmody, Founder / Winemaker of Craiglee Wines. We look forward to meeting Pat and tasting his exceptional wines. This dinner is scheduled for Friday 20 May, 2022.

We have scheduled many functions for 2022 and look forward to a busy, but fun, year. ●

By Leanne Parer,
President Wine and Food Society



Young Members

After a pretty quiet two years for the Kooyong Young Members this year we are really looking forward to all the great social events and get-togethers we have planned!

We are looking at trying to increase our exposure even more around the club and outside the club. Our get togethers are a great way to meet some new young people, network and also get more involved with everything the Club has to offer.

Our first event of the year was the yearly Day on the Clay held at the start of March. It was a roaring success! The rain held out on us and all tickets sold, it really was the best afternoon. Lots of great doubles tennis was played and then drinks and nibbles on the balcony. It was terrific to see how many members saw our advertising around the Club and on social media. Such a fun and social afternoon with a wonderful turn out.

Lots of great doubles tennis was played and then drinks and nibbles on the balcony.

We are looking forward to more events throughout the first half of this year including a golf day, a long lunch/brunch and a monthly pot and parma night! Stay tuned Young Members! ●

By Chris McMullin,
President Young Members



PHOTOS: R TONG

For further information on all things Young Members, join the Facebook Group by searching "KLTC Young Members" and follow us on Instagram by searching @KOORYONG_YM – we look forward to seeing you at our next event!

Social Committee

Fun and games return to Kooyong!

The year ended with the return of social events to the club just in time for the Kooyong Christmas Ball. Over 200 members and their guests attended our annual formal dinner dance. With the Kooyong Room rocking to the tunes of the Baker Boys Band it was lovely to see everyone up dancing, with the good vibes spilling out on to the terrace to enjoy a perfect evening at the club. Preparations are already well underway for this year's Ball. Anticipation is growing that this will be even bigger than last year's event!

Our first tennis event for the year was a sell-out with

participants enjoying a fun afternoon on the grass followed by a barbecue on the terrace. Our in-house musician Mike Daglish had everyone entertained as they enjoyed the night singing and chatting with other members and friends.

In February we held our annual Long Lunch in the new function room overlooking the stadium courts. This was the perfect space to enjoy a French themed three-course meal paired with French wines. A French accordionist greeted guests as they arrived, setting the tone for a very enjoyable afternoon. Many thanks to the club's hospitality team for



PHOTO: SANDRA WOLF



PHOTO: SANDRA WOLF

curating our gastronomic French menu and fabulous wine list.

We have two special events coming up in the weeks ahead! Save the date for our 'Gin it Up' gin tasting evening on Friday 17 June. And as we head into ski season, enjoy 'Après Ski' at the Winter Cocktail party on Saturday 23 July.

As always, we welcome the participation of all members and their guests. On behalf of the Social Committee, we look forward to seeing you at our next function. ●

By Peter Tingate,
President Social Committee

SAVE THE DATE : UPCOMING FUNCTIONS

MAY	KLTC versus RSY Challenge Cup	Sunday, 1 May 2022
JUN	"Gin it Up!" Gin Tasting Happy Hour	Friday, 17 June 2022
JUL	Winter Cocktail Party	Saturday, 23 July 2022
AUG	Trivia Night	Saturday, 20 August 2022
SEP	JJ Jeffries Mixed Doubles Round Robin	Sunday, 11 September 2022
NOV	Melbourne Cup Day Event	Tuesday, 1 November 2022
DEC	Christmas Family Tennis Day	Sunday, 4 December 2022
	Kooyong Christmas Ball	Saturday, 10 December 2022

* Special Events in bold

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