

Comox Valley Tennis Club

Box 3402
Courtenay, BC V9N 5N5
www.cvtennis.com



Newsletter Spring 2011

President's Message

Welcome to the 2011 tennis season! CVTC most certainly runs on the strength of its membership and the wonderful support of its volunteers - thank you all! Without you, the CVTC would be unable to provide the many leagues, socials and tournaments, as well as an active junior program. We would like to encourage each and every one of you to participate in one or more of the organized tennis events this year - there is something for everyone!

Hats off to our past president Cathy Curry, and the 2010 executive, for their time and energy devoted to the success of the CVTC. We are lucky to have another fantastic executive this year and welcome newcomers Mike Gould, VP; Janet Marriott, Secretary; and Patrick & Marion McGrath as Social Directors. We are currently working on a new look for the CVTC website, a tennis director facilitation course and a tennis code of conduct. We are also looking to create a mentoring program to develop potential candidates for our executive including tournament director positions.

Thank you for all of your suggestions, encouragement and continued support. We look forward to working with you all to make this a most enjoyable 2011 tennis season. Tennis truly can enrich one's life ~ see you all soon!

-Annette Mayo/Brenda Dean

Court Repairs

We are pleased to report that Lewis Park courts have been approved for repairs and a contract has been awarded. The court repair is scheduled for the first part of June weather permitting. The cost of repairs is in excess of budget and will be absorbed by the City of Courtenay. Lewis Park courts also had benches installed in 2010.

Unfortunately, the Town of Comox has not been able to determine the best solution to repair the Anderton Courts. They are unsure as to the extent of the repair that is required to ensure a lasting fix (previous surface repairs have not fared well). If the courts require major work, such as base work, it can be appreciated that the cost would escalate substantially. We will be recommending that an expert be brought in to determine if the base requires any remediation, which should then determine the extent of repair and cost required. We will keep members posted on this matter.

The CVTC will continue to work closely with the City of Courtenay and the Town of Comox to ensure that the Valley's tennis courts are maintained for safe play. We will be contributing financially towards

the repair of both venues to show our support to tennis in the Valley.

Club House & Equipment Room Key

CVTC members enjoy the privileged use of a clubhouse and equipment room where club-owned & maintained equipment such as squeegees and a ball machine for the use of members are stored.

Due to the value of contents in the Club House and Equipment Room, an initiative was undertaken by Comox Recreation and backed by CVTC, to have the locks changed to a deadbolt requiring a key which cannot be copied. The new lock has been installed for the clubhouse door and the equipment room lock will be changed as of April 10, 2011. Any member wishing a key, which unlocks both the equipment room and clubhouse, can obtain one on Opening Days, April 9th & 10th, for a refundable \$30.00 deposit. You will be required to sign for your numbered key. Your deposit is refunded when you surrender your key.. Should you have questions please contact us at membership@cvtennis.com.

Comox Rec Doubles

Join Comox Recreation's facilitator Audrey Greve for a morning of doubles tennis at Anderton Courts 1-4, Wednesdays April 6 - Sept 29, 8:00 - 10:30 am. Please register at the Comox Community Center Fee: \$10.00 for the season.

2011 Opening Days

Sat. April 9th Courtenay, Lewis Park 10 am - 2 pm	Sun. April 10th Comox, Anderton Park 10 am - 2 pm
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Let tennis become part of your healthy lifestyle. Come to play, join the club, renew memberships and register for Spring Leagues. Ask about our Junior program. An on-court demonstration on cardio-tennis including proper warm-up & cool down techniques will be provided at the top of each hour on both days.

For more information:
Call: 250-335-1447
Email: membership@cvtennis.com
Register online: cvtennis.com

Poster courtesy of Marjorie Milliken

Why Tennis?

Those of us who have played this game, got addicted to it very easily. There are so many reasons to play and keep playing the rest of your life. It is a sport that is simple, yet challenging. It can be played from youth to old age and as an individual or as part of a team. Tennis BC Magazine recently wrote "*Tennis outperforms running, weight-lifting, golf and many other sports in developing positive personality characteristics like sociability, mental focus, competitiveness, adventurousness, spontaneity, creativity and assertiveness*" (Dr. Jim Galvin, author of The Exercise Habit).

Tennis is a great way to keep active, have fun with your tennis friends, keep fit, and challenge your mind. I know that's why I play tennis.

-Shirley Kirk, RN. BSN.

Cardio Tennis

What is Cardio Tennis? Imagine playing non-stop tennis for an hour, burning hundreds of calories, hitting dozens of balls, and having a ton of fun the whole time. That's Cardio Tennis!

Generally, it is a 60 minute class where the focus is not on tennis instruction, rather it is about having fun while working out. Although there's little to no instruction in the typical CT class, players do improve their tennis because of the repetition, the large numbers of balls they hit, and the realistic challenging "play" situations.

The class begins with a warm-up which includes dynamic movement exercises, a catching/tossing skill, and light hitting. The cardio portion is 35 to 45 mins and is about 30% drills and 70% play based on games. The last segment is the cool down, which includes activities to safely bring the heart rate down and some light stretching. According to TennisLife Magazine Oct 2009, Cardio Tennis is a safe, healthy workout designed for everyone, from beginning players to advanced, from kids to seniors.

There will be a series of free Cardio Tennis classes in April and May. For those of you

who are interested please send your name and email address to inyourcourtfitness@hotmail.com.

-Brenda Dean

2011 BC Sr Games Aug 16 – 20

The host communities for the 2011 BC Senior Games, Castlegar, Nelson and Trail, are located in the West Kootenays. For more information visit their website <http://bcseniorsgames.org>.

We would like to congratulate all of our seniors who participated in the 2010 games and in particular our club members:

Atton, Sally		WD 70-74
		Mxd 70-74
Knight, Shirley	Gold	WD 75-79
	Gold	Mxd 75-79
Axtell, Glayne	Gold	WD 55-59
Lessard, Kim	Gold	WD 55-59
		Mxd 55-59
Croome, Judy		Mxd 65 -69
Morgan, Art	Silver	MD 70-74
		Mxd 55-59
Evans, Chris	Bronze	MD 75-79
		Mxd 70-74
Oxley Lynda		WD 65-69
Greve, Audrey		WD 65-69
Greve, Udo	Bronze	MD 75-79
Precious, Sheila		WD 65-69
Robinson, Denis		Sgles 65-69
		Mxd 65-69
Ives, Sheila		WD 65-69
		Mxd 65-69
Turner, Bob		Sgles 65-69

Thank You 2010 Sponsors

On behalf of the Comox Valley Tennis Club, I would like to give a special thanks to our generous sponsors who supported our tournaments last year and by doing so, have supported healthy living activities in the Comox Valley.

The 2010 sponsors were:

WestJet, Crown Isle Golf and Country Club, High Strung Rackets, Kingfisher Resort and Spa, Old House Oh Spa, Longlands Golf, Sunnysdale Golf, Mulligan's Golf,

Comox Videos and More , Taco Del Mar, Booster Juice, Griffin Pub, Simon's Cycle, Boston Pizza, and Extreme Runners.

Thank you so much and we look forward to partnering with many of you again this year.

- Shirley Kirk Sponsorship Director

Membership Director Note

Welcome everyone to tennis in 2011. Yes, it is that time of year again to renew your CVTC membership or to join for the first time.



Online Renewal Option for existing members is just a 'Click' away in the Members only section of the website. We encourage all members to use this new fast and convenient feature. Just login and click the 'Renew Membership' link.

Interested in joining the club? You can join online at the club website which is listed on the front page of this newsletter. There you will also find an option to print out a registration form which you can mail in or bring it with to register in person on Sign Up days if you prefer.

Our 2011 membership fees are \$35.00 per person. Approximately 50% of your membership fee is sent to our provincial tennis association which allows us to host tournaments, acquire affordable liability insurance, participate in workshops, clinics and junior development programs and provides provincial rankings. Last year, Tennis BC worked with Tennis Canada to provided the club with equipment and training worth \$2000.00 for our junior program) at no charge to the club.

The remainder of the membership fees is used for court equipment and improvements, socials advertising and host of other benefits. Our membership numbers at around 140 members. Don't think twice about it, come on out and join the fun.

PS. Even if you sign up on-line come on out on opening days and get the dust off that racquet!



Junior Program

For our junior members, we are hoping to be able to offer twice weekly coaching sessions during May and June. Also on the drawing board is a weekly league which will provide a venue for junior players to continue with social play and put into practice the skills and techniques learned during the Spring coaching session.

As well, we have tentatively booked two tournaments: My Buddy and Me, where a junior and senior member are partnered for a round robin style tournament; and a Rogers Rookie Tour tournament, this is an introductory tournament for juniors sponsored by Tennis BC and Rogers, it appeals to first time tournament players focusing on fun, it is a great way to experience the rules and etiquette of tournament play.

For information regarding junior programming contact: Barbara Jefferson at: baJefferson@shaw.ca

Leagues

Parks and Rec supports the growing popularity of organized play by allowing us the use of all six Anderton Courts and all four Lewis Park courts, if needed. It is very important that we respect this privilege by ensuring matches are played at assigned courts and day/time as scheduled.

Men's Doubles League

This year the box ladder format will be used. Register with a partner or we will try to find one for you. Each team plays one another in their box. Then the boxes get adjusted for the next schedule. If you wish for information, email leagues2@cvtennis.com or call Rob Calder.

Singles League

Men & women compete against each other in a box ladder format. The schedule is adjusted as players move forwards and backwards in boxes every 3 to 4 weeks.

Women's Doubles

You will enter with your partner or individually and if possible we will match you up with a suitable partner. There will be two options this year and it will be your choice. We will have you enter as wishing to report scores, box format, which will allow for movement of teams either up or down

after each round or, you can elect to not report scores and a social box schedule will be used where your team will be placed onto a similar level (you may challenge if you feel you have been incorrectly placed) for the entire session.

Note ~ if numbers do not warrant two formats the social schedule will take precedence.

Mixed Doubles

Due to its popularity the Spring Mixed Doubles League will be offered in a "box format" if numbers allow. You will enter with your partner or individually and if possible we will match you up with a partner. An initial schedule of opponents and times will be drawn up. Match scores will need to be reported & teams will move up or down accordingly at the end of each round at which time a new schedule will be drawn up. This format is fun in that teams are playing on a similar level and allows for a change in teams each round.

2011 Sponsors Comox Recreation

City of Courtenay
Lewis Center

The Record



Sunnydale Golf
VI Fitness for Women

2011 Executive

Co-Presidents

Annette Mayo/Brenda Dean

Vice President

Mike Gould

Secretary

Janet Marriott

Treasurer

Susie Fraser

Womens/Mixed League

Annette Mayo

Mens/Singles League

Rob Calder

Junior Program

Barbara Jefferson

Social Director

Pat & Marion McGrath

Sponsorship

Shirley Kirk

Tournament Director

Unfilled

Anderton Park Saturday, April 30	Club Season Opener Social Format - to be determined. This is a meet & greet social tournament for everyone. Sign Up sheets will be posted on Opening Days.
Lewis Park Courts 1-4 Mondays, May 2 - June 27 starting at 5:30 PM	Men's Doubles Spring League Please refer to Page 3 for details. Need more info? Email: leagues2@cvtennis.com
Anderton Park Courts 1-6 Tuesdays, May 3 - June 21, starting at 5:30 PM	Women's Doubles Spring League Please refer to Page 3 for details. Need more info? Email leagues1@cvtennis.com
Lewis Park Courts 1-4 Spring Wed May 4 - June 29 ,starting 5:30 PM Anderton Park Courts 1-4 Summer Tues Jul 6 - Aug 31, starting 5:30 PM	Singles (Spring and Summer Leagues) Men and women compete against each other using a box ladder format. Each player will play one another in the box over a number of weeks and the top player at the end, moves up a box and the bottom player moves down a box. A new schedule is to be posted/emailed after all of the games have been played. Registration for the summer session begins June 1st and closes June 15. Need more info? Email: leagues2@cvtennis.com
Anderton Park Courts 1-6 Spring Thurs May 5 - June 24, 5:30 PM. Summer: To be determined	Mixed Doubles (Spring League) Please refer to Page 3 for details. Need more info? Email leagues1@cvtennis.com
Anderton Park Courts 1-4 Dates and Times to be Determined	Junior Program Details not yet finalized. Updates will posted on the club website. Email: juniors@cvtennis.com
Anderton Park Fridays May 27th, June 17th, starting at 5:30 PM Lewis Park Fridays July 22th, Aug 26th starting at 5:30 PM	TGIF (Thank Goodness It's Friday Social) Registration begins at 5:00pm. Play commences at 5:30 pm. Fun, round-robin tennis . Format to be determined.
Anderton Park Fri - Sun, June 24th, 25th & 26th	Any Two For Tennis Mixed Doubles Tournament Traditionally one of our most popular tournament, this is an Open, mixed doubles format. The format is to-be-determined; in the past we've tried both compass draws and traditional A, B, C double elimination draws with good success. As with all of our Open tournaments, entry size may be limited, so register early. Need more information? Email tennis_bag@hotmail.com
Anderton Park Fri - Sun, July 15th, 16th & 17th	Ben Bellamy Memorial Junior Tournament Each year, we host this Memorial tournament to honor Ben. Generously sponsored by Dr. Chris and Wendy Bellamy, the Bellamy Open is a BC Tennis sanctioned tournament. Categories include Boys and Girls U12, U14, U16 and U18, plus U14, U16 and U18 doubles. Entry is open to any Junior who was under 18 as of December 31, 2010
Anderton & Lewis Park Fri-Mon, July 29th - August 1st	Nautical Days Open This is a Tennis BC Sanctioned Tournament. Events: MWsd 3.5, 4.5, 5.0+; MWs 3.0, 4.0; Mxd 7.0, 8.0., 9.0+ Players of all levels welcome. Need more info? Email: rahsaan_debra@hotmail.com
Lewis Park Fri-Sun, Aug 19th, 20th & 21st	Lewis Park Open Always a fun tournament with a full slate of events: WS, WD, MS, MD and MXD (based on entries). Need more info? Email: tournaments@cvtennis.com
Anderton Park Singles & Doubles, Thurs - Sun, Sept 7-11th Mixed Doubles Sept 17th & 18th AGM held Sunday, Sept 18th	Club Year End Tournament/Club AGM You must be a member to participate..