



The April 2009 Newsletter

And suddenly it's almost Easter. The clock has sprung forward, the weather is mostly clement and the long, hot Summer is coming. Optimism. In this edition read about recent league success, the main upcoming events both adult and Junior, and a lot more besides. So get on those tracksuits. Pick up the racquet, and get out and play.....

RTC Ladies lead the way.....

If you have been lucky enough to play in the Winter league this last season or indeed any previous campaign, you will know that it's a struggle. You learn to cope with occupational hazards such as snow, sleet, high winds, iced courts and much more besides. You slog for five weeks and there's nearly always an unbeatable team in your group that pick up 3 points each week as if it's their divine right. So making the play-offs is step one in the chain of success, everything else then is possible, albeit remotely.

Well this year we were very glad to report that when the dust settled after phase one of the competition, four out of the six RTC teams in action had made the playoffs, all three ladies teams and one of the mens teams. Sadly three of the four didn't make it to the promotion phase of the proceedings, but one did to everyone's delight.

The ladies Class 5 team breezed through to the semi-finals, thereby being promoted to Class 4. And having done that they made the final. And then, on a recent bright Sunday in late March in Greystones, they went and won the final. As we said, anyone that has slogged through Winter league knows it's very very hard indeed to make a final and win the class. So our heartiest congratulations go out to the Ladies Class 5 team. It's worth noting incidentally that as a result of this win RTC now have - in the Winter league - a ladies team in each of Classes 2, 3 and 4. Which is frankly rather amazing given that we're a mid-sized club....

The Ladies Third team - now in Class 4 - were Marion Hefferon and Joanne Casey, Nuala O'Reilly and Orla Devane (captain), and Eleanor Teggart and Carol O'Riordan. Along the way Pauline Scannell, Ruth Moore and Derbhile Malone also featured as subs. So well done to all concerned - you did us proud ladies!



Winning RTC Ladies team pictured below..



Developments in RTC

You will recall in a prior newsletter we told you that we were going to 'regenerate' the front five courts which have become susceptible to ponding due to the hard-packed sand. Well this has begun, and with any luck and a reasonable spell of weather we'd hope to have the works finished by end of April, just in time for the Summer League which starts May 8th.

In addition to the courts we'll be replacing a number of the nets, especially on the front courts, to ensure that they are 'up to scratch'. We have also agreed the fencing for the practice wall with the contractor, as well as a durable playing surface, and these should also be in place by the end of this month. Once these works are all done we'd like to think we'll be all set up for an intensive Summer of on-court activity. We'd really encourage everyone to use the wall to 'get in the groove' and do ask our two coaches for the best way to practice in that way to maximise the benefit.

Subscriptions....

It won't be long until the annual Subs are due at the end of April so this is merely an advance warning. We'll be writing to all the members before the end of this month to remind you of the benefits that accrue from membership and the great facilities that are at your disposal as a result.

In the past year we have, among other things, built the long-promised practice wall, are currently revamping the front courts, and have successfully promoted a series of adult tennis events. Obviously the new Junior Coaching program is something we're very proud of also and we think it'll build a foundation for the club for years to come.

So when that letter drops through your letterbox, do bear in mind the value for money that comes with membership. Talk to you soon....

All the Junior News from Rathgar Tennis Club...

Spring/Summer 2009 Junior Tennis Coaching Program:

Enrolment for the Spring/Summer Junior Tennis Coaching Program took place on the 28th March. The number of previous participants re-enrolling, along with a significant number of applications (40) from new-comers eager to participate, demonstrates a great commitment to the program. It is anticipated that some of the new applicants can be facilitated in the new term.

New term commences Saturday the 18th of April. The duration for the 13 year old and upwards groups will be six weeks finishing on the 29th of May. The duration for the other age groups will be eight weeks finishing on 12th of June.

Social calendar:

Social tennis for the 11-13 year age group will continue to run. A complete list of children in this age group has been circulated to all children in this group with the intention that plenty of singles matches can be played within this group. The club recommend that children arrange a match at least once a week in order to practice the skills and techniques learned from their coach. Results of matches will be recorded in the clubhouse.

Match play for the 9-10 year age group is also going well and results are noted on the junior board in the club house. (Further details of the social tennis program will continue to be circulated via the e-mail and will appear on the notice board in the club for juniors from time to time)

Practice Seminar:

The Practice Seminar was held on the 8th March and run by Mark O'Neill our Junior Coach. There was a great attendance all of whom were extremely impressed by Mark's enthusiasm and the help and information he gave on the day. This seminar was a fantastic success and hopefully the tips and techniques learned will be put into practice.

Easter Tennis Camp:

The Easter Tennis Camp will run for 4 days from 6th to 9th April from 10.00 to 1pm. 40 children have enrolled for the camp. Please note this will mean limited morning court availability for 4 days.

Inter Club Matches:

Two more inter-club friendly matches have taken place with Glenageary Tennis Club (total of 4 for this year). A number of others are scheduled in the near future including one against Brookfield on 19th April. These events were very much enjoyed by the participants. Again thank you to those who represented our club in a very sporting fashion and an extended thank you to the members of the host-clubs for their hospitality.

Leagues:

Two teams are playing in the DLTC under 17 doubles league. Each team consists of 3 boys and 3 girls. Matches started on Sunday the 29th March with the first round scheduled to finish on the 10th May.

HOT NEWS - Starting young with our first Open tournament we're pleased to announce that RTC will host an **Under 9 Open** Tournament in association with Leinster Tennis on May 30th. Good luck to the organising committee with this, we'll tell you more in the next newsletter, and you can see details on www.leinstertennis.ie.

The Adult Tennis Roundup

The tennis committee, in association with the club coach Kieran Galvin, continues to build a programme of tennis for adult club members. The club aims to ensure that we cater for all levels of tennis within the club from the novice to the high performer. A programme has been prepared for April to May. The program provides for:

- those who are being introduced to the basics of tennis through the “beginners tennis” on Tuesday from 7pm to 8pm.
- the “improver” level from 8pm to 9pm on Tuesdays in the “Rusty Rackets” social session.
- the league players are currently playing in the Martyn Evans Spring Singles Competition which is on the web site and all are invited to the finals night on Wednesday 29th April.
- **NOTE – please try to get Singles games played over Easter...**
- Organised ladies tennis on Thursday mornings from 11am-12am run by club coach Kieran Galvin.
- A ladies singles competition is currently running in the mornings, and a date for the finals will be announced shortly.
- League “ladies” and “mens” nights of organised tennis (by club coach Kieran Galvin) on Wednesday and Thursday respectively from 8.30pm to 10.00pm aimed at developing Rathgar league team squads.
- Tournament for mixed doubles to be played on Friday 24th of April. This event will be open to ladies and men who have played class 2, 3 or 4.

Cardio Tennis

The club coach is offering cardio tennis which is a fun group activity that pushes your fitness to a new level with a high energy work out while you improve your tennis skills.

Cardio tennis is first and foremost a group fitness activity, people of all abilities can participate and it's a great way to meet people and have fun while working out.

Cardio tennis will be to tennis what spinning has done to riding a bike.

Contact club coach Kieran Galvin (086 2100 440)

Web site: www.cardiokieran.com

Planned events (Details will be emailed and placed on notice board).

A [festival week of tennis events](#) is planned for the period from Tuesday the 5th of May to Saturday 9th of May and will run each night from the about 7pm to 9pm. Details will be put on club notice board this week and emailed to members. Please note that this event will court availability during this time.

Coaching at reduced rates for non league players is planned to run Friday evenings, an email will go out soon, first 32 applicants will be accommodated with 8 people catered for in each session.

A Tournament of mixed doubles for classes above 4 will be arranged for Friday night in early May with a view to the upcoming DLTC Mixed League.

An assessment of your ability is provided by an approved assessment method which is known as ITN (International Tennis Number). It is planned to provide the opportunity for members to be assessed by the club coach in June. Details will be circulated at a later date.

Open Weeks

Also please note that other clubs' Open Weeks are starting with the first one being just down the road in Leinster in Rathmines – Closing date is next Tuesday 14 April and play starts on Saturday April 18th. Great practice for league matches, believe us....