

TOPSPIN

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davisvilletennisclub.com

MARCH 2004

President's Message

Can you smell it? Can you feel it? Something's different out there. Spring!!! Time to get out there and go. And when I say there, you know that I mean Davisville Tennis Club!

Hello again! Welcome to your membership newsletter. We know that you have been eagerly awaiting it and now its here. Please send back your membership form (with a cheque) as soon as possible so that we can have a tag ready for you on April 24 - Opening Day.

All of the wonderful things about Davisville will be back this year. Tag up system! Free Balls! No court fees! Group Lessons! House League! Davisville Cup! Tournaments! There will be some new things too! New Courts in mid May! Improved Ladder! More communication so you know what is happening at the court and when! Two Opening Days! Membership Cards! Slick looking clubhouse? Well, that's a secret for now.

Court Manager - Simon Elliot

While the board is still looking for a Clubhouse Manager for the executive, we have taken steps to make sure that the club will run smoothly this year. We would like to introduce Simon Elliot as our Club Manager. Many of you will know Simon as a member for the past 2 years and from his first stint

If you are a returning member, then welcome back. It will be great to see the familiar faces and see what effect winter had on your games.

If you are new to the club, then let me be the first to extend my warmest welcome to the place that many of us call home from late April through until the end of September. You will find that Davisville has a lot to offer. The more you come out and join in on what's going on, the more you will want to. Davisville is cool.

Enough of me (for now anyway)! There is lots in here. Read it, send it to your friends, download additional copies off of our web site (www.davisvilletennisclub.com) and then come out and enjoy 2004 at our club.

Until April 24, stay safe and be well.

Stuart

in the position in 2001.

We feel the club is in good hands with Simon and know that you will all do your best to make his job as easy as possible and welcome him to his new position.

Court Stewards...

The club is looking for court stewards!

If you know someone that would like a job for the summer with somewhat flexible hours, in an outdoor setting, surrounded by fun people, receive a free tennis membership and get paid \$9/hour to do so, then please have them contact **David Yousri** by calling the club phone at 416-481-

6569 or by e-mailing vicepresident@davisvilletennisclub.com.

Act fast! Great jobs like this don't last long. We are looking for mature, reliable and outgoing candidates.

Upcoming Events...

Winter Tennis - Mar 27, Apr 10

Winter Tennis (and the socials) have been such a huge success! Some of our sessions have had over 55 people come out to play at MayFair West. Come on out to the remaining sessions on March 27 and April 10. If you are not on the e-mail list please e-mail wintertennis2004@yahoo.com and we will put you on the evite.

Preparation Day - April 17

If you want to get a head start on volunteer of the year honours, then I know where you can be the week before opening day! We will be putting up nets and windscreens and doing general clean up and preparation for Opening Day. We greatly appreciate and welcome anybody who can spare a few hours to help out.. We will start at 10:00 in the morning and go as long as we have to. Thanks in advance!!

Meet and Greet - May 1, 2004 8 PM

Bow and Arrow Pub (Upstairs)
1954 Yonge St. north of Davisville

Spring is around the corner-THANK GOODNESS, which means Davisville Tennis club will be opening shortly! This means we have to have a party to celebrate it! Come one, come all-drink a few and have a ball!

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A and C Team Tryouts

Our A team did really well last year. Congratulations to all involved! To qualify for the A Team, you need to be at least a 5.0 male or a 4.5 female.

It's official now. After a particularly rough year for our B Team, we have been bumped down to the C Division. If you would like to help us reverse this injustice, then you need to know when tryouts are going to be this year. To qualify for the C Team, you cannot be rated higher than a 4.5 male or a 4.0 female.

A Tryouts

Sunday April 25th - 1:00 to 3:00

Saturday May 1 - 3:00 to 5:00

Sunday May 2 - 1:00 to 3:00

C Tryouts

Sunday April 25th - 3:00 to 5:00

Saturday May 1 - 1:00 to 3:00

Sunday May 2 - 3:00 to 5:00

Note: If you cannot make any of these tryout dates then you will not be eligible for team play in 2004.

Additional dates and time may be added, if necessary, due to weather or number of applicants.

Community News

On Tuesday March 10, there was a meeting held at Hodgson Public School to discuss a proposed name change of Davisville Park. The proposal (headed by local councilor Michael Walker) is to change the park name to June Rowlands Park, to honour the former and first female Mayor of Toronto who represented the area for many years. To find out more about this proposal, you can visit our web site and look under Proposed Park Name Change or contact Councilor Walker's office directly. If you feel strongly about this proposal one way or another and would like to express your view then you should become involved soon as this proposal will shortly be moved to City Hall for voting and ratification. *This proposal will not change the name of the Davisville Tennis Club.*

Membership...

It's time for you to send in your membership forms for 2004. Please read and sign the attached form and send it back along with your cheque by mail if possible so that we can have your tag and membership card ready for you on opening day. Do it now so you don't forget!! Forms sent in early qualify for a draw for two opening day tickets. Details on the form!!

When we receive your form and have processed payment, we will be sending you an e-mail indicating that we have received your information. In fact, a lot of information about the club will be disseminated to you this year by e-mail. Please help us stay in touch with you by printing your e-mail address in your best possible handwriting!

When you come to the club for the first time in 2004, your tag will be in a special registration package in the clubhouse. Please see a court steward or an executive member to get your tag.

Over the course of the coming year we are looking into the feasibility of adding a feature to the web site that would give you the option to register and make payments online. We aren't there yet, but this year's forms will be the base that we use to get the site working perfectly. At all times, we will work to ensure that the system is both flexible and easy while maintaining privacy for all of our members.

If you have any questions, please don't hesitate to contact us by e-mail at membership@davisvilletennisclub.com or phone the club at 416-481-6569.

CONTACT INFORMATION

Club Phone: 416-481-6569

Web:
davisvilletennisclub.com

E-mail:
info@davisvilletennisclub.com

Fitness Tips from our Pro...

Working out is an excellent way to keep your muscles strong and toned during the off season. If you have a gym to go to, there are several exercises that are great for tennis. For explosive speed and footwork, try calf extensions, and the leg press. To help the power on your overheads and serves, try the triceps pushdown and biceps curls. For injury prevention and flexibility, the back extension and seated row are excellent.

If you do not have access to a gym, try squeezing a tennis ball and relaxing over and over. This can be done while watching TV or while at work. Sit-ups and push-ups strengthen the triceps, abdomen, and back. Jogging and wind sprints improve speed and agility. Consult with a personal trainer for the specifics of these exercises.

Just as important is cardiovascular training. Healthy heart and lungs are key to having the stamina to play well for an entire match. Jogging, treadmills, stair climbers, and cross-training machines are great ways to improve cardiovascular health. It is important to elevate your heart rate at least three times per week for a duration of at least 20 minutes per day. These kind of exercises ensure that your body is operating at peak efficiency. Make sure that you consult with your physician before beginning any exercise regimen.

Davisville Tournament Dates

Jul 10	Davisville Cup
Jul 12-18	Mixed doubles : A, B, C
Aug 2 - 8	Mens A Singles Womens B singles Women's C Doubles
Aug 9-15	Women's A Singles Mens B Singles Mens C Doubles
Aug 23-29	Men's A and B Doubles Men's C Singles
Sep 6-12	Womens A & B Doubles Womens C singles
Sep 13-19	Mens and Womens Masters

