

## Members



Hi Everyone,

This is our fifteenth issue of the Diamond Tennis Academy Newsletter.

We hope you all had a good Christmas and are ready to start a New Year of tennis. We hope you all kept practising your tennis skills to help you earn Diamond Rewards.

We are very busy at the moment as we have just expanded into Cowbridge and are now looking into the Caerphilly and Bridgend areas.

We are currently planning our February Half Term Camps and next set of sessions.

As always we welcome your views, comments and suggestions so please don't hesitate to contact us.

twitter

facebook



OUTDOOR TENNIS WILL BE BACK

## PLAYER OF THE MONTH

We have decided to select a player of the month based on factors such as attendance, performance, improvement and helping out at sessions and tournaments.

This month's winner is:

**MICHAEL VAUGHAN**

Last Month's Winner is:

**LYDIA STEWART-WASON**

(December 2011)

Based on reward slips

### FEBRUARY TO APRIL SESSIONS

**WE ARE NOW TAKING BOOKINGS FOR THE NEXT SET OF SESSIONS AT HEATH, CANTON AND COWBRIDGE. BOOK YOUR PLACE ONLINE OR BY PHONE.**



Dear Member,

I hope that everyone had a good Christmas period? It was a very busy period for us as a club; we have started new indoor sessions in Cowbridge and also have camps starting in Caerphilly with a large tennis project in the pipeline for the borough.

A massive thank you to everyone who attended our event day, and hope they will make good use of their prizes. Also a huge well done to all the players competing in our indoor beginner matchplay events. These are specifically designed for player in our coaching groups to get an introduction to competition as we hope all our players will be in the running to represent their school in the upcoming schools tennis tournaments, some may be selected to represent the club in the local area summer leagues. Also with extra reward strips available in the tournaments there is another reason to come along and try out your skills. We will have more indoor beginner competitions from April to keep an eye on the website or give us a call in the office.

*Sena Tengey*

Head Coach, Diamond Tennis Academy



### Feb Half Term Camps

This February Half term (13<sup>th</sup>-17<sup>th</sup>) we will be holding half term camps at Heath, Canton, Cowbridge and Caerphilly. The camps start at 10 am and finish at 3pm. In Heath we are also offering an extended day from 9am to 5pm. See the website or contact the office for details of costs and dates .

### Junior Event

The Junior event held on Saturday 28<sup>th</sup> January was a huge success we would like to thank all that attended and hope you all enjoyed the day.

### Tournaments

Also this month we held two tournament days at the Tennis Hut in Llanishen High School. Thank you to all that attended. Tournaments are a great way for players to put the skills they learn in sessions into practice. We have a Division 10 Under 18s tournament on 5<sup>th</sup> Feb for more detail see the website. We will also be holding more tournaments in the summer.

## COMPETITION!

Words can be found horizontally, vertically, diagonally and backwards:

C	C	O	W	B	R	I	D	G	E	B
O	D	U	Q	U	A	L	I	T	Y	O
A	R	Q	Y	F	U	N	H	E	J	O
C	V	E	D	I	A	M	O	N	D	K
H	Q	T	W	T	O	G	V	N	Y	I
I	A	N	D	A	M	U	R	I	E	N
N	E	E	K	S	R	X	W	S	P	G
G	D	V	N	N	Z	D	O	O	T	S
F	K	E	E	P	F	I	T	E	Z	L

- 1 BOOKINGS
- 2 COACHING
- 3 COWBRIDGE
- 4 DIAMOND
- 5 EVENT
- 6 FUN
- 7 KEEPFIT
- 8 TENNIS
- 9 QUALITY
- 10 REWARD

Complete and hand it to your coach for a chance to a win DTA prize. Deadline 10<sup>th</sup> February 2012

### Answer to Nov/Dec competition

Last month's question was posted on Facebook. DTA hold Tennis Sessions at Roath Park, Rhydyphenau, Pwll Coch, Birchgrove and Ton Yr Ywen.

Well done to everyone who got it right.



## Keep Fit With Tennis

At Christmas we all like to indulge ourselves with turkey, chocolate and mince pies. The start of the year is all about getting ourselves fit and back into shape after relaxing and having a good time. Tennis is a sociable, exciting and great for all over body and mind exercising.

10 benefits of Keeping Fit through tennis

1. Great overall Workout
2. Keeps your heart healthy
3. Lots of fresh air
4. No age or ability barrier
5. Competitive tennis burns more calories than aerobics or cycling
6. Boosts self esteem and confidence
7. Develops strong leg muscles
8. Helps to increase agility
9. Hand eye coordination
10. Helps to increase flexibility

The best thing about Tennis is that it's great

*FUN.*



# “PROVIDING QUALITY COACHING FOR ALL”

## THE TEAM

**Head Coach:** Sena Tengey

**Lead Coach:** Marc Davies

**Coaches:** Rob Gaunt, Kevin Williams, Sam Court,

Dean Devillers, Tom Sidford, Ben Gauna

**Marketing & Admin Assistant:**

Samantha Hawker

## CONTACT DETAILS

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