



"I love the challenge of playing against players better than myself."



eat before a match when I play early in the morning, but I try to eat a Future Life or some energy bar to keep me energized.

What do you enjoy most about travelling for tournaments?

I like the competition, the fight on court. I love the challenge of playing against players better than myself, and to see what I can do.

I also love meeting and making friends at the tournaments.

JUNIOR CORNER

At the time of going to press: we proudly announce that we have no less than 7 of our junior members (from age U10 - U18), in the last round of WP tennis trials. What talent we have. We will announce all names in our next newsletter.

Features

PLAYER SPOTLIGHT

🏆 A huge congratulations to Emma Van Rooyen and her team for winning the ITF U12 event in Mozambique against 11 other African countries. Emma also went the whole week without dropping a match 🤜. ETC is very proud of you. "UP THE MEAD".

We asked Emma a few questions:

How do you prepare for your matches?

I wake-up around 2 hours before the match. I do a warm up, not too long, between 30 and 45 min. I think about a strategy for the match and listen to music. I find it very difficult to



We at ETC, would also like to congratulate Stefan Strijdom for obtaining his U18 WP colours for 2026.

BEHIND THE BASELINE

We're excited to announce that Edgmead Tennis Club offers professional tennis coaching to players of all ages and skill levels! Whether you're a beginner looking to learn the basics or an experienced player aiming to refine your technique, our qualified coaches are here to help you achieve your goals. With personalised training and expert guidance, you can improve your game in a supportive and friendly environment. Join us at Edgmead Tennis Club to enhance your skills, boost your confidence, and enjoy the sport you love even more. In **Behind the Baseline**, we step into their world to learn what drives them, hear what makes them love being



part of our club community, their best advice, and discover more about them.

Introducing *Christine Rossouw*. One of our first and long standing members, Christine is a dedicated member of our professional coaching squad and welcomes juniors and seniors to enrol in group and private classes at the club.

ETC: What first drew you to tennis, and how did your coaching journey begin?

School tennis, it looked fun and my Father was a player too. I was lucky (and talented) enough to get into high

schools 1st team and then I obtained my WP tennis colours.

I began my coaching journey at ETC. I noticed lots of talented juniors messing around and I started to help them with their tennis. I started junior league and junior championships. My son also played, so that was also great.

TSA then contacted me to get qualified, which I did and now enjoy coaching all levels.

ETC: What's one thing you wish more players focused on during training or match play?

The mental side of the game, and having more fun.

ETC: What's the biggest lesson tennis has taught you, both as a player and a coach?

Patience. Take the good with the bad. Everyone is different.

ETC: How do you help players stay motivated after a tough match or loss?

Chat to them. Highlight the good things that they accomplished in their match. Identify areas for improvement without dwelling on the mistakes. Put the emphasis on their effort not the outcome. Ask the player what they think.

ETC: If you could coach anywhere in the world for a week, where would you go?

Mmmm, for 1 week? I would say a Tennis academy or resort with all the facilities eg: All 3 types of courts, a pool, a gym, a physio, a sports science devision.

Introducing *Brad Dore*, he is a senior level coaching professional, with 35 years of coaching experience. He has been an active member of our community since 2015 and welcomes players of all levels and age groups.

We sat down with Brad recently and asked him to share a few thoughts on the game we love.

ETC: What first drew you to tennis, and how did your coaching journey begin?

I first became interested in tennis at a very young age when I was living in Zimbabwe. I later took my passion for tennis to the UK, where I earned all my international advanced coaching certificates while working late shifts at McDonald's to make my dreams come true.

ETC: How would you describe your coaching style, and what do you think makes a great coach-player relationship?



My coaching style is very technical and mental, but not in a conventional way. I believe that truly knowing your player is key to being a great coach, as it allows me to teach and communicate with them in a way they understand. Having a lot of trust between coach and player is a huge part of building a strong relationship.

ETC: What has been one of your most memorable moments on court, either as a coach or player?

My most memorable moment on court was hosting the Trio Junior Masters in 2023. Giving back to the community I love, seeing the next generation of players come together to compete, and watching some of my own pupils take part made it an

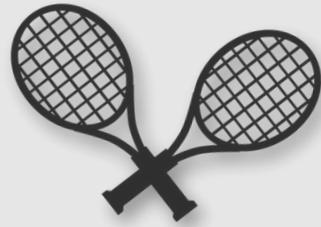
unforgettable moment for me as a coach.

ETC: Which pro player would you most like to have a coffee with - and what would you ask them?

As much as I respect pro tennis players, I would personally rather meet Nick Bollettieri, an incredibly admired coach. I'd ask him what early signs he looks for in a future pro.

Thank you Brad and Christine, some great insight there from our senior coaching pro's. Please reach out to them by clicking on the links provided below:

- Christine, HotShot Academy: [email](#).
- Brad, TORO Tennis Academy: [email](#).



News and Events



LEAGUE RECAP

The Singles League season has drawn to a close, and the club couldn't be prouder of the effort, spirit, and sportsmanship shown by all our players.

Starting with the ladies, all three of our teams successfully held their positions within their respective leagues. The Ladies B Singles team secured an impressive final-day victory to avoid relegation, while the Ladies A team delivered consistently strong performances throughout the season, earning a well-deserved spot in the league shoot-out.

On the men's side, results were mixed. The Singles B, Singles C, and Doubles B teams faced relegation this season, while the Doubles A team qualified for the shoot-out which they won! Well done gentlemen. The Men's Singles A team fought hard in their final fixture, clinching a crucial win to remain safely in the First League.

A heartfelt thank you goes out to all players who made themselves available each weekend to represent the club, your commitment and enthusiasm are truly appreciated by your captains and fellow members.

Enjoy the off-season, we look forward to seeing everyone back on court for the Mixed League starting towards the end of January 2026!



CONGRATULATIONS TO OUR WEDNESDAY MORNING LEAGUE!

We would like to congratulate our Wednesday Morning League on their fantastic win this season, finishing with a total of 336 points!

This league doesn't form part of WP and is entirely run by volunteers from clubs in the Northern Suburbs. Since COVID, participation had dropped from 14 teams down to just 6. This year however, Milnerton was proud to enter two teams, bringing the total up to eight teams.

It's a fantastic competitive league where several clubs accommodate players from smaller clubs that can no longer field a full team. It also plays an important role in fostering interclub relationships, allowing us to connect and consult with one another on club-related matters and the game we all love.

The league follows a unique format where each player is allocated a ranking and plays three rounds of 11 games, partnering with different teammates against opponents of the same ranking.

- Round 1 has Players 1 and 2 play against the opposing team's Players 1 and 2, while Players 3 and 4 face Players 3 and 4.
- Round 2 sees Players 1 and 3 pair up against the opposing team's Players 1 and 3, while Players 2 and 4 take on Players 2 and 4.
- Round 3 has Players 1 & 4 and 2 & 3 round things off for the day.



This friendly yet challenging format ensures everyone gets plenty variety of match play while building teamwork and relationships across the local club scene.

We look forward to seeing more players join the league in the future!

SAVE THE DATE: 

22 November: Meadowridge Doubles Night Tournament:

Meadowridge Tennis Club is delighted to invite members to participate in their Doubles Night Tournament.

This much-loved event will once again take place under the lights at Meadowridge Tennis Club from 24 - 28 November. There will be both Men's and Ladies Doubles sections with cash prizes up for grabs.

Entries can be submitted using the following [Link](#).

29 November: Annual ETC Boot Sale:

Tennis enthusiasts, local shoppers, and bargain hunters, mark your calendars. This annual event combines community spirit, fantastic finds, and a love for the game we all cherish. We are hosting our annual boot sale and we want YOU to be a part of it!

Funds raised from this Boot Sale will go directly toward upgrading Court 4 with LED lights. To get involved, kindly consider donating items for us to sell! We're looking for items in good condition such as books, toys, puzzles, clothing, tennis equipment or anything preloved as a few examples.

Where: Edgemead Library

When and what time: Nov 29, 8am - 12pm

Join our team of enthusiastic volunteers to help set up, manage stalls, and ensure the event runs smoothly. It's a fun way to serve and showcase the club to the community.

6 December: Summer Slam tennis tournament:

This year's theme is beach and poolside, so whatever says summer vibes to you, let's bring it. Get into the festive spirit and join us for a fun filled day of tennis, laughter and friendly competition.

Entries are limited to members only and play starts at 12pm.



WORLD

Just like Carlos Alcaraz and Jannik Sinner, Siya Kolisi enjoyed the taste of victory in Turin, over the weekend of the Nitto ATP Finals.

A two-time Rugby World Cup-winning captain with South Africa, Kolisi led the Springboks to a 32-14 victory against Italy at the city's Allianz Stadium, just as home

favourite was sinking Alex de Minaur to book his championship-match spot at the ATP Finals.

A few hours later, Kolisi was inside Inalpi Arena to watch Alcaraz down Felix Auger-Aliassime and set a blockbuster title match with his great rival Sinner.

"It was the first time I've seen Carlos play live and also the first time I've seen Felix play live," said the 32-year-old Kolisi after witnessing Alcaraz's 6-2, 6-4 semi-final triumph. "I came to



the tournament because of Felix. He and I have been talking on social media and supporting each other. We already planned on meeting, and this was the opportunity to meet. “The match was good. It was tough. Alcaraz was very powerful today, but you can’t take away from the effort of Felix as well. Alcaraz deserved the match, but Felix will get up again.”

Ahead of Sundays final Kolisi said: “I’m very excited. I think it’s huge.”. “Obviously, Sinner has home advantage here. He’s from here, but I don’t think that’s going to play on Alcaraz’s mind because he is such a powerful player and he showed tonight what he is capable of. It will be great.”

COURT UPGRADES & CLUBHOUSE IMPROVEMENTS

As part of the club’s ongoing court resurfacing initiative, members were delighted to see the long-awaited resurfacing of courts 5, 6 and 8 having been completed this year. The upgraded surface has significantly improved the playing experience, offering smoother ball bounce, better traction, and an overall enhanced feel underfoot.

Beyond the technical benefits, the fresh surface has also revitalized the look of the court, bringing its aesthetic and quality in line with our other recently resurfaced courts. The project reflects the club’s continued commitment to maintaining top-class facilities for all members to enjoy.

The club is also pleased to announce the successful upgrade of the incandescent lights on our 3 main courts. The new LED system provides noticeably brighter and even illumination across the playing surface, enhancing visibility and overall playing conditions, especially for evening matches and training sessions.

In addition to the improved lighting, the new fixtures are significantly more energy-efficient, supporting the club’s commitment to sustainability and reducing our overall environmental footprint.



For members who struggle to find time during the day, this upgrade offers the perfect opportunity to enjoy a relaxed evening hit under the lights. You are encouraged to use the booking system to reserve court [here](#). Don’t forget that Trio Cafe remains open until 7p.m every weekday, so why not stay after your game to unwind with a meal or a

refreshing drink while catching up with fellow members? A link to their website is listed [here](#).

Social and Community

QUIZ EVENING



A huge thank you to all our participants, organisers, and the ever-enthusiastic Trio Café team for making our recent Quiz Night such a memorable evening! The energy in the room was electric, with plenty of laughter, friendly rivalry, and good-natured banter echoing throughout the night.

Teams put their knowledge to the test across a variety of fun and challenging rounds, covering everything from sport and pop culture to general trivia and a few sneaky curveballs thrown in for good measure. It was wonderful to see so many members and guests coming together to share in the fun, enjoy great food and drinks, and celebrate the spirit of community that makes our club so special.



Congratulations to our top three teams:

- 1 1st Place: **Cold Front 101**
- 2 2nd Place: **Wise Guys**
- 3 3rd Place: **Ace Venturers**

Well done to all who took part, your enthusiasm and team spirit made the evening a true success.

We hope to see you at the next one.

UNO-SLAM



Our UNO Grand Slam brought competitive chaos and plenty of laughs to the our Tennis Club with 4 rounds of 3 games each. Teams from all age groups battled through quick rounds of Uno card play, keeping everyone on their toes. Big congratulations to the Winners AJ and Karlien for taking first place, with Zelda and Agmat close behind in second. Marilize and Moe secured a well deserved third, rounding off a memorable event. The spirit of fun made the event shine well in to the evening, creating a warm social atmosphere that had everyone eager for the next one.



VOLUNTEERS MAKE IT HAPPEN

A big thank you to all the amazing ball boys and girls for their outstanding contribution to this years TRIO MASTERS 🎾. It's clear that all your training and preparation truly paid off, and the dedication you brought to your roles reflected the spirit and pride of our club.

The TSA organisers were so impressed that they said they wouldn't hesitate using you for the Davis Cup.

DONATION BOX



The tennis club would like to thank the members who have generously donated items towards our tennis community box. The donation box provides a simple and effective way for members to give back, may it be big or small, old or new items. Located conveniently in the braai room, this box allows anyone to make contributions at their convenience. Donatable items include: tennis gear such as rackets, strings, grips and dampeners. Any clothing like shoes, shirts, pants or skirts. Accessories such as towels, sweatbands and tennis bags. Tennis balls can also be donated. Let's continue to participate and make a positive impact to our less privileged tennis community.

Tips hints and Inspiration

TOP TENNIS TIPS FROM THE PROS

- Vary your shots: Use different shot heights, speeds, and spins to create mistakes or open up the court.
- Attack the net: Use different tactics to bring the opponent to the net or go to the net yourself to finish points.

FAQ

How do I get onto the ladder?:

For those who have not yet played a challenge match, you get one free challenge anywhere on the ladder. If you win, you take that person's spot. If you lose, you have to start at the bottom of the ladder and work your way up.



SnapScan

ETC is excited to share the following SnapScan links for members who prefer not to use cash or EFT:

By **clicking on the links below** it will direct you to the SnapScan App. Kindly use your Name & Surname as prompted.

LEAGUE FEES

VISITORS FEES

EVENTS