# "SMASH"

# Beach Tennis News

World Championship Edition

## Ready, Setty, Spaghetti!!

Yes Ladies and Gentlemen, boys and girls, Australia's newest sporting heroes the "Sandflies" are set to fly.

Hoping to add some sting to the court at this years World Championships in Ravenna, Italy, the Sandflies will see the fruits of their hard work over the past months. A regime that has seen them adopt Pilates, Yoga with beach workouts and cardio fitness.

Paul Mapley President of the AFBT and Kellie de Burgh, Team Manager, will lead the team to Italy, and feels that the strength of out tilt, is our ability to stay strong and be a solid unit.

Over the past months, the team has been training rigorously to get themselves in shape, to compete at the highest level. The Sandflies have adopted some of Percy Cerutti's training techniques, focussing on many sessions in the sand, to improve core strength and speed and endurance on the court.

The 11 strong team, will see a wide range of participation, from 14 and under to the over 50 event. The Nations event will take place in the evening under the lights of Marina, in a round robin World Cup, format.

But I guess there is one consolation, that diving on the Italian beaches is a great part of the game and a major spectacle, to witness the athleticism of the competitors.

The Nations event will see Australia attempt to improve on their 5th place at last years Championships, but we have no doubt the other nations have been training just as hard, to raise the bar.

**Check the website for updates of our progress, we will endeavour to give you report from the edge, so you can show you support for the team.**
**www.beachtennis.com.au**

Sandflies Support Night

The recent support night to raise money for the Sandflies and the AFBT, a **Huge success.**
**BuZZZZZZZZZZZZZZZZZZZZZZZZZ!!**
It was night that saw the end of our hard work to finally focus on the job at hand. With the support of the R-bar in Port Melbourne, it saw many family and friends of beach tennis show their support by digging deep to raise money, for what is currently a self funded team.
We would like to thank the sponsors of the event and those who gave generously, to see that the team was outfitted well and flying the flag with pride and passion.
Very special thanks to the members of the AFBT, who gave their time to be there and present the Australian kit.
Most of all, Thanks to all the sponsors and supporters for the 2006 World Championships, Mills Oakley, Sangreal, Rydges Hotels, Chifley Business School, Cadbury Schweppes, Greg Ross, RBAR, Leveson Hotel, Fine Wine Partners, Pure Blonde, Kraft, Danielle Lopes Photography, Mapley Beach Tennis.
**The Team is PUMPED and FIRED UP!**

## *WORLD NEWS*
## *Australian International Beach Tennis Championship Update*

***Proudly supported by Mapley Beach Tennis***

*There's always next year for the World Champs, so grab your beach tennis racquet and get practicing. But to compete at the* ***1st Australian Championship. January 11-14, 2007*** *at South Melbourne Beach, get online and get your info, so as you can test the best! The event is open to Juniors, Adults alike and we will see players from overseas competing, for the first time, in a major event. See the website for more details, or from September, see www.mapleybeachtennis.com to gain further info and registration for the event. Your entry is vital to springboard beach tennis into the sporting psyche.* ***Be part of this great game, be a pioneer, or perhaps an Australian Champion!***

## The Message…

See what people can do, if they believe and have passion. Support of communities is essential, but most of all, look at the big picture. If we build the sport and stay focussed, it is there for everyone, and can be enjoyed by ALL. After-all it is great to watch!

## My Tips!

**Beach Tennis is great for all round fitness and cardio vascular and strength.**
**Play it like, your favourite song is in your head! Keep the Pedal Down!**

***Sundays Beach Tennis***
***Sunday 9:30-1pm***
***Come on Down.***
***Please note Aug14-31 Cancelled***

## *Twilight& Comp.*

*Summer is just around the corner, so it's time to shed the winter coat. Mapley Beach Tennis will be conducting regular competition and twilight social beach tennis, commencing in October. Upon our return from, the world championships, we will be visiting schools and promoting to businesses to ensure a big, FUN summer ahead. Check the Mapley website for online registration and info and scheduling.*

Future Events, Download your form on the Web.

## Corporate Events

**All Corporate Event and Sponsorship enquiries, contact Kellie on 0411 485 511 @ Mapley Beach Tennis, kellie@beachtennis.com.au**

## ALL your BT NEEDS

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