

Di Sheahan – Nullawil Lawn Tennis Club

There are so many positive outcomes with playing team sports ~interacting with people from other towns ~watching all the kids playing with each other and of course ~keeping yourself fit and healthy.

I love tennis because of all of the above reasons and that's why i play.

Not only are we a very successful club by winning many premierships, as in the last 32 years we have won 22 of them and were runners up in 7 of them. This is about us all being so dedicated, committed and determined by not allowing our club to lose numbers. We are a very friendly family orientated club where mothers and daughters and sisters all play together, as well as having 70 year olds playing with 13 year olds. Experience, expertise, etiquette and wisdom is given to our kids by this happening and hopefully the tradition continues.

I play with my daughters Georgia (20) and Ella (14) and these are long lasting memories. However I like a rally and they dont!! I feel by playing so long (no I'm not the 70 year old!) I have given my daughters the opportunity to participate in this great team sport.

We at the Nullawil Tennis club have 28 members who field 12 ladies and 4 men each weekend, most weeks we have ladies who play as men and find this a strong challenge and might I add handle themselves admirably.

I have been secretary for the last 15 years as well as our treasurer and president but by everyone doing their bit for the club it makes us just as successful off the court. The laughter and chatter at afternoon tea time is lovely to hear and is certainly good for all our well being.

So as long as you enjoy your sport I encourage you to do it as long as you can as there are so many healthy benefits.

Go women and girls!!

