



TENNIS JAMAICA NEWSLETTER

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LIME

2009 Inter Secondary Schools Tennis Competition



Tennis Jamaica President Phillip Gore accepting sponsorship cheque from Errol Miller LIME Regional Vice President Corporate Communications

The 15th Annual LIME Inter Secondary Schools Tennis Competition was launched on Thursday, October 22, 2009. LIME with its commitment to tennis has donated \$2.5 million to the 2009 Inter Secondary Schools Competition.

This is an Island Wide Event and the 16 participating schools have been divided into 2 Regions that will compete in a round robin format over the next 4 weeks culminating in the National Finals which will be hosted in Kingston from the 19th - 21st November. The LIME Inter Secondary Schools Competition has served as the catalyst for the development of the schools' tennis competitions at all levels in Jamaica; primary, secondary and tertiary.

The ties for the Eastern Region will be based at Tennis Jamaica's Headquarters, The Eric Bell Tennis Center and those for the Western Region will be played at the Aqua Sol Theme Park. Ties will take place over 4 consecutive Fridays beginning October 23, 2009 at those locations.

Whilst LIME and Tennis Jamaica celebrate their history together and call on those who have benefited from past efforts, to them selves give back to this cause we look forward with even more determination to overcome the challenges of the future. These are not only

economic but involve practical matters such as the more stringent rules of the NCAA - the governing body of US college sport- and of course our own educational system which continues its downward spiral as reported in one of our newspapers a few weeks ago .

To strengthen Tennis Jamaica's ability to face these challenges we have recruited and now will partner with the Overseas Examination Commission (OEC), KBC Learning Centre and Mayberry Investments Ltd.

The Overseas Examination Commission are the owners of the Club House where Tennis Jamaica has its Offices and is also the owner of the 4 Tennis Courts known to us all as the Eric Bell Tennis Center which is in fact the ONLY Public Tennis Facility on the Island. Through their generosity Tennis Jamaica has a home.

KBC Learning Centre are neighbours of Tennis Jamaica and in fact occupy - as Tenants of OEC - Tennis Jamaica's former Learning Center. Here student athletes attend on-line high school, after school academic intervention programs, SAT and CXC preparation classes. Their proximity to Tennis Jamaica is not accidental and again is made possible by OEC!

Mayberry has in addition to being an actual cash sponsor, allowed Tennis Jamaica unlimited access to its Marketing Expertise which is an incredible boost to the organisation.

Together Tennis Jamaica along with these organisations intends to continue its work for these amazingly talented but sadly under served children of Jamaica.



Burke goes all the way in Doubles



Caribbean doubles duo Darian King & Brandon Burke

Brandon Burke playing with his Barbadian partner Darian King captured the prestigious Pan American Closed ITF Championships held in Tulsa, Oklahoma, USA which ended on Saturday October 17, 2009. In the finals Burke and King overcame the American pair of Emmett Egger and Shane Vinsant in a grueling 3 setter 7-6, 3-6, 10-8 to claim the Under 18 Boys Doubles Championship title. The tournament is rated just below the junior grand slams such as the Junior US Open and Junior Wimbledon.

Emmett/Vinsant served at 6-5 in the first set however Burke/King broke the Americans and won the tiebreaker 7-5.

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The Caribbean duo then lost the second set, but then served and volleyed excellently in the third set to squeeze out the tiebreaker 10-8. In the semi-finals Burke/King defeated the Mexican pair of Alexis Carlos/Marco Nunez 7-6,7-5. This was after edging out the Canadian pair of Damien Davis/Samuel Monnett 3-6, 6-2, 10-8 in another tight encounter.

This victory will give Burke a boost after his disappointing finish in the ITF Junior event in Montreal two weeks before. In Doubles, Brandon partnered with Bahamian Rodney Carey and were seeded number one but they went down to Chidi Gabriel and Alex Petrone of the USA in the first round 7-6,3-6,12-10. In Singles action Brandon seeded again at number one lost to Canadian Victor Hoang in the second round.

Playing during the week of September 8 to14 in the Kentucky International Junior Tennis Derby Brandon seeded 16th lost in the third round to the number 4 seed Duillo Beretta who went on to win the tournament. In Doubles action with Darian King, the Caribbean duo seeded 7th had another solid performance defeating the number 2 seeded team en-route to the semi-finals before losing to Shaun Bernstein and Campbell Johnson of the USA.

Burke's performances over the last three months have shot his ITF World Junior Ranking up from 200 in June to 113.

Further overseas training and competition for Burke are again stalled as Tennis Jamaica faces continued sponsorship challenges!



Tennis Jamaica October 2009 Rankings (Based on tournament results Oct 2008 - Sept 2009)

Boys

Age Category	Player	Points
18 & Under	Camarsh Crumbie	440
16 & Under	Daniel Harris	470
14 & Under	Alex Anderson	405
12 & Under	Roger Lyn	500

Girls

Age Category	Player	Points
18 & Under	Sicquena Sinclair	455
16 & Under	Shelita Haughton	365
14 & Under	Michael-Ann Denton	400
12 & Under	Olivia Chin	365

The above ranking is based on tournaments held October 2008 - September 2009. Visit our website at www.tennisjamaica.com for more information.

JAMAICA INTERCOLLEGIATE TENNIS SERVES OFF

Jamaica Intercollegiate Tennis Competition serves off on Saturday, October 24, 2009 at the Tennis Courts at the U.W.I Mona Bowl. The tournament is in a two part competition, will feature three participating teams, The University of The West Indies Mona, The University of Technology, Jamaica (UTech) and GC Foster College.

Mens and Womens Competition will be held using a round-robin format. Each contest will consist of three singles and two doubles matches with each match being the best of three tie-break sets. Singles matches will be held on the Saturday and doubles on the Sunday.

On both days matches will begin at 10:00a.m. with the first match being U.W.I playing UTECH, followed by U.W.I versus GC Foster and then UTECH versus GC Foster.

The second stage of the competition will be held next semester.



Important Advice on Prevention of H1N1 Virus

The following advice, given by Dr. Oz, makes a lot of sense and is important for all to know:

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe.)
3. *Gargle twice a day with warm salt water (use Listerine or Hydrogen Peroxide if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water, or hydrogen peroxide. *Not everybody may be good at Jala Neti or

Sutra Neti (very good Yoga asanas to clean nasal cavities), but *blowing the nose softly once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.*

5. *Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6. *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.



The Sterling Asset Management Open Junior Doubles Tennis Championship

The third and final event in the Sterling Asset Management sponsored Junior Tennis Series served off with a Juniors Doubles Event on October 10, 2009 at the Liguanea Club. The tournament saw 40 teams competing in 6 categories; Boys 18/16/14/12 & Under and Girls 18/14 & Under.

Majority of the Junior Tournaments held across the island are Singles Tournaments, therefore the need of an all Doubles Event. The Junior Doubles Tennis Tournament envisage camaraderie among juniors by way of developing team work. The tournament was well received by both players and spectators alike.

Mr. David Weir, Manager - Investments and Client Services at Sterling Asset Management Limited was on hand to present the following winners and runner ups with their trophy prizes:

Boys 18 Winners	Ramone Doyley/ Michael (Shak) Jones	6-3,6-4
Boys 18 Runners up	Camarsh Crumbie/Sheldon McIntosh	
Boys 16 Winners	Horatio Ludford/Oshane Trail	6-2,6-2
Boys 16 Runners up	Simon Levy/Andrew Bicknell	
Boys 14 Winners	Roger Lyn/William Berry	6-1,6-4
Boys 14 Runners up	Bradd Smith/Kareem Marshall	
Boys 12 Winners	Blaise Bicknell/Jacob Bicknell	6-2,6-1
Boys 12 Runners up	Emmanuel Sylvester/Luke Roberts	

Girls 18 Winners	Shantal Blackwood /Sicquena Sinclair	6-2,6-1
Girls 18 Runners up	Michealann Denton/Monique Hanson	
Girls 14 Winners	Kerri Thelwell/Megan Viera	6-0,6-2
Girls 14 Runners up	Shannon Chen See/Suwan Satahoo	

Sterling Asset Management has committed to the development of Junior Tennis in Jamaica and hopes to continue in the 2010.

Also present was Douglas Burke National Director - Tennis Jamaica and Llockett McGregor Tournament Director and Junior Tennis Development Director at Tennis Jamaica.

JAMAICAN WINS FLORIDA ROOKIE EVENT



Jamaicans (L-R) Nicholas Gore and Luke C. Roberts on court at the Papa John's Rookie Spooktacular, Fla

Unseeded Luke C. Roberts of Kingston 6, Jamaica overcame all other Florida residents over the Heroes week-end and won the Papa John's Rookie Spooktacular Boys 10 Event held at the Crayden Park Tennis Center, Key Biscayne Florida on October 17 & 18, 2009.

Roberts defeated the three Florida residents (Santiago Williamson 8-0, Alex Falces 8-6, Javier Guerrero 8-0) to advance to the finals against country man Nicholas Gore where he defeated him 8-2.

**What's Happening!!!
October – November**

Oct 31 – Nov 1 – Guardian Life All Girls Development Junior Tournament (Liguanea Club)

Oct 30 – Nov 13 (Tues & Fri only)
LIME Inter Secondary School Competition Regional Matches at Eric Bell Tennis Center and Aqua Sol Theme Park.

Nov 19 - 21 – Finals of LIME Inter Secondary Schools Tennis Competition to be held at the Eric Bell Tennis Centre.

Keep checking www.tennisjamaica.com for updated Calendar of Events!

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