

## It's good to have friends

The team here at the Trust is very fortunate indeed to have many influential friends from all walks of life and we very much appreciate their support. We were particularly pleased to receive a letter of encouragement from Kate Hoey, MP after her appointment this year as Minister For Sport and feel sure that her strategy of encouraging a more disciplined approach to sport in schools will be universally welcomed. It certainly gets our vote! Here's what a few other influential tennis types had to say to us:

*"When I started helping Cliff with his tennis all those years ago who would have thought that one of the end results would have been the establishment of Cliff's own tennis charity! Over the years I have kept a close eye on the charity's work and I have even visited some schools as part of the Cliff Richard Tennis Trail. Now I am delighted to be President of the charity's new campaign 'Kids On Court' which will help promote the game to many more children and help the charity expand its current work and introduce some new and exciting projects."*

Sue Barker

Photo Courtesy of BBC Sport



*"Tennis has been good to me. How thankful I am that when I was young and impressionable my home backed onto public tennis courts. I was lucky. I had the opportunity to play and was able to spend many hours trying to emulate the great players of the time. The key word though is opportunity and this is where the Cliff Richard Trust excels. So many young players have been introduced and excited by a game that will give them a reward for life. And who knows, with Greg Rusedski to show the way others may follow in his footsteps."*

Mark Cox, Director Rover Junior Tennis Initiative



*"The Lawn Tennis Association has watched and supported the steady development and impact that the Cliff Richard Tennis Trust has had at the grassroots level over many years."*

*"The British Tennis Foundation has provided funding for the last three years and this is, I think, a testament to the value of what is being offered by the Trust to youngsters all over the country. We will continue supporting you and I wish the charity continued success as you enter your tenth year in 2000."*

Richard Lewis, Director of Tennis,  
Lawn Tennis Association

## Cliff limbers up in Slough

Cliff received a really warm welcome from staff, children and parents when we dropped into Priory School in Slough during a Trail week last March. The school is one of the largest junior schools in the area and one of ten visited during a hectic week which saw another 1,700 youngsters introduced to tennis and their schools equipped to continue with tennis as part of the curriculum. The school also has a very talented choir and we were so impressed when they sang for Cliff that we invited them to come to a Pro-Celebrity event at the National Indoor Arena.



## Meet some of the children we have helped

In our last newsletter we told you about the excellent progress being made by some of our Trailblazers - youngsters whom we are supporting with individual grants to cover the cost of coaching, tournament fees and equipment. In this issue we bring news of yet more budding talent from a different group of girls and boys.

If ever proof was needed that sport can help people to triumph over illness or disability, here it is.

Melanie McKenzie, from Glasgow is one of our star players. She has been accepted onto the Scottish national training programme. Melanie has been a severe asthmatic since the age of 4 and has needed to use an inhaler every day to ward off attacks and in the past had to give up other sports and dancing. Tennis, however, has done Melanie the power of good and according to the practice nurse at her health centre, it helped Melanie's overall fitness levels and control of her breathing. Melanie agrees: "I only have to take my inhaler before my matches now unless it's a long, hard game. I play tennis nearly every day now and I feel a lot better than I did a few years ago."



Melanie McKenzie

There must be something special about the air in Tyneside - or the quality of the coaching there! Three boys from Sunderland, all of whom are coached by Geoff Henderson, are currently making startling progress.



Cliff helping out at Priory School Slough.

Luke Taylor is sports mad. He has just started secondary school and has already been selected for their tennis, football, cross country and athletics squads, yet still manages to fit in extra tennis lessons each Saturday with Geoff. And as a real demonstration of his love of tennis, Luke even contributes some of his pocket money towards his coaching fees!

All of Luke's hard work and enthusiasm is paying off - he became Tennis Champion of 1999 in the Sunderland Inter School tournament and is currently number one in his squad. Well done, Luke!

Gareth Haley and Gary Evans, both 13, have teamed up as a doubles partnership and, despite having only partnered each other for a few months, provided other players in the Northumberland Open with some stiff competition by reaching the quarter finals. Both are also talented singles players too. Gareth won the 12 and Under Chester-Le-Street Open Tennis Tournament last year and cemented his victory again this year by winning the 14 and Under group of the same tournament, beating his friend and doubles partner, Gary. Gary also plays in his school's tennis team and they came first in an inter schools competition this year, thanks in no small part to his contribution which earned him a medal. Both boys have become members of Burnmoor Tennis Club and love tennis so much that they have started coaching some of the younger children at the Club.

With boys like Luke, Gary and Gareth helping to spread the message, we can't fail!

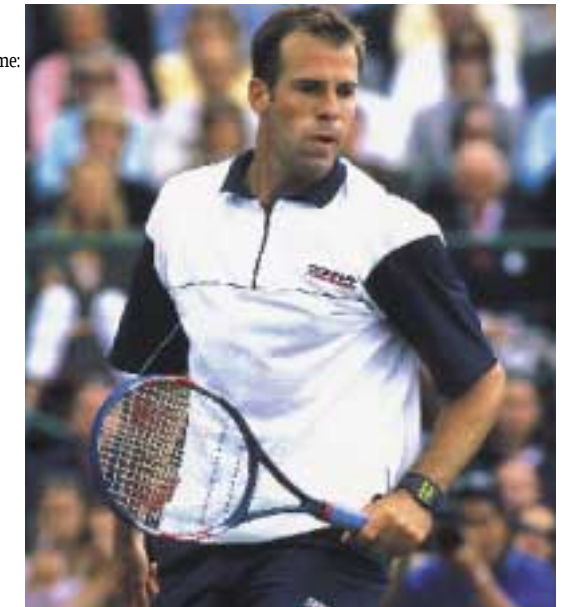
Gareth, Luke and Gary with their coach Geoff Henderson.



## Top Ten Tips for young Tennis Players

Steve Green is one of this country's busiest fitness trainers who has worked with our own Ambassador, Greg Rusedski. (Pictured)  
Here he gives us his own top tips for helping young tennis players to stay fit and on top of their game:

1. Always warm up and stretch those muscles before you play.
2. Always cool down after playing by doing some stretching and 5 - 10 minutes of slow jogging
3. Remember to drink plenty of water during practice and play. And sip it, don't gulp down huge quantities in one go!
4. Try to maintain good eating habits both at home and when you are away playing a tournament. That means having regular, healthy balanced meals with plenty of energy foods like pasta and lots of fresh fruit and vegetables.
5. Train sensibly, and plan your time. You need to ask an expert before setting out on any new training programme. Why not contact the local gym for help?
6. When training on or off court, think about the quality of your shots first, then worry about quantity and consistency.
7. Enjoy your sport!
8. Play other sports. This will help your overall fitness levels
9. Make time for other interests like friends, hobbies - and the dreaded homework!
10. Get a full night's sleep. Sports people usually need more sleep than most non active people.



*"As I move around the world I sometimes get the feeling that the opportunities for youngsters are greater elsewhere than here in the UK and that's a shame because children are the future of the sport. That's why I believe so much in the work that Cliff and his team do and why I am happy to continue being the Trust's Ambassador. Keep up the good work!"*

Greg

## Pro-Celebrity Event 1999

Cliff's Pro-Celebrity Tennis Event held each Christmas at the National Indoor Arena in Birmingham has become a firm fixture in the calendars of many fans and this year was no exception. The NIA was packed out, the singing was great and tennis provided the usual mix of hilarity with some serious point scoring.

This year saw Cliff sparring with Bobby Davro, Elaine Paige and his old music partner, Hank Marvin as well as facing some pretty tough competition from Ilie Nastase and the world's best female double players, Natasha Zvereva.

The funds raised from the Pro-Celebrity Tennis Event help to keep our Tennis Trail on the road and some of our young players also got the chance to come to the NIA to play in front of the crowd. Amongst them were two Trailblazers, Melanie McKenzie and John Paul Llano, each of whom has received an 'improvers' award of £100 this year courtesy of British Association of Tennis Supporters.



"Cliff with Vic Farrow, Direct Line, sponsors of the Cliff Richard Tennis Trail since 1992"

## Sizing up the squad in Sandwell

The Cliff Richard Tennis Foundation runs up to 30 regional squads in conjunction with local tennis development officers and coaches. The youngsters who participate have usually been identified through a Trail visit as having athletic potential and the squad gives them the chance to improve quickly. In this issue, we are highlighting the progress of the squad in Sandwell in the West Midlands. Despite being in a deprived area, the tennis scene in Sandwell is very buoyant, thanks in large part to the efforts of the local tennis development officer, Van Willerton. He runs an affordable 'Schools Out' pay and play tennis programme every day as well as working with us to over-

see our squad which was formed in September 1998. Eight children, four boys and four girls play in the squad regularly and three of the youngsters, Dalian Poole, Nathan Osbourne and Emma Fendall, have been invited to join their County training squad. Nathan is also lucky enough to attend a very enlightened school, Joseph Turner School, which is giving him financial assistance to help with his County training. Our thanks are due to Van, the squad's coach, Craig Unitt, Joseph Turner School, to all eight players for their enthusiasm and dedication and to the hundred or so children who are now playing in the centre thanks to the Trail's visit. We look forward to further good news stories from them!



## Success without borders

Those who received last year's newsletter might remember the story about the tennis clinic that we ran at Caminul Felix, an orphanage which is run by the Christian charity, Euroangelism, in Romania. We are still in regular touch with them and were delighted to receive an e-mail recently telling us that ten of their children now receive regular coaching. Two children, Solin and Delia have become outstanding players and Sorin recently won a local tennis competition. Many congratulations to Sorin. We hope that this is the first of many trophies for Caminul Felix. If you would like to know more about ways in which you can help the children of Caminul Felix, visit their web-site at [www.caminulfelix.org](http://www.caminulfelix.org)



Sue Mappin with children from Caminul Felix during the Trusts Visit.

## Darren goes down under

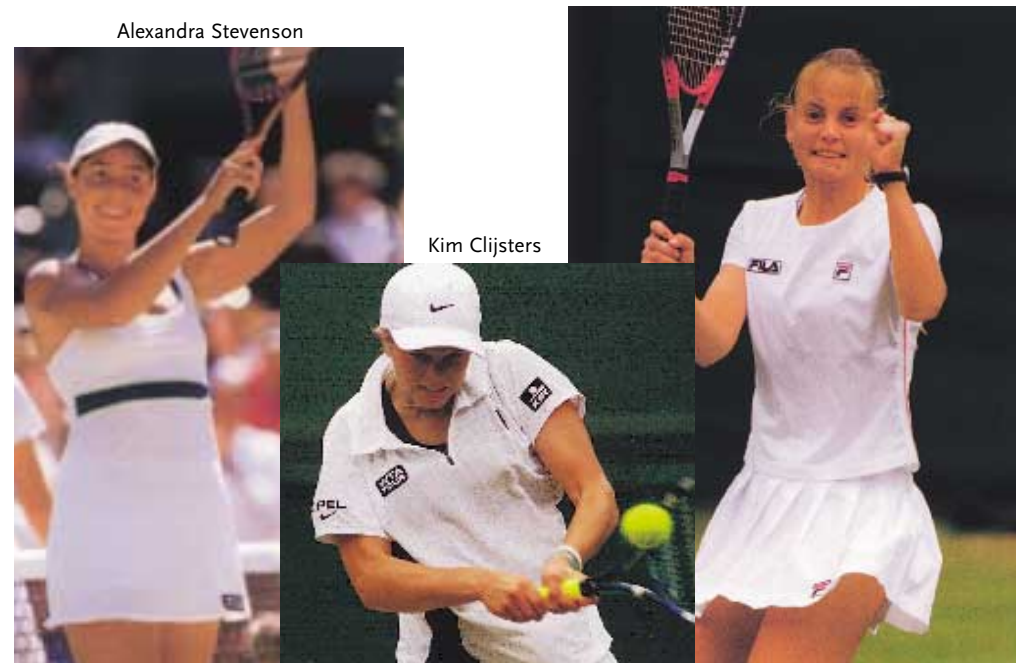
In September we bade a fond farewell to head coach, Darren Aistrophe, who after six years working for the Trust here in the UK decided to return to Australia to pursue a tennis coaching career there. We will all miss the special brand of energy and enthusiasm that Darren brought to his coaching role and we wish him well.

## These are the ones to beat!

There is a trio of young women players who are the ones to watch - an inspiration to all of us who love tennis. Not only did they succeed in the awesome task of qualifying to play at this year's Wimbledon Championships, but each caused considerable upset during the tournament. Sixteen year old Jelena Dokic's first round win over number one seed, Martina Hingis, proved to be no fluke as she progressed to the quarter-finals where she beat 18 year old American qualifier Alexandra Stevenson in a tense three-set match. And Kim Clijsters from Belgium managed a very respectable first Wimbledon coming through five rounds and putting out Steffi Graf along the way.

We hope that all our girl Trailblazers take note and have the belief that, with determination and dedication, the world can be their oyster too!

Pictures supplied by Professional Sport



## On the brink of great changes

by Sue Mappin

Sue Mappin who has headed the Cliff Richard Tennis Development Trust since its inception in 1991 looks back at a fulfilling year and forward to the new Millennium

"There have been so many remarkable tennis moments this year that it is hard to know where to start. Take the 1999 Wimbledon Championships which were about the most exciting in recent memory. Or the two Davis Cup ties against the USA at Easter and South Africa this Autumn, both playing to packed crowds at the new 'home' of British tennis, the NIA in Birmingham. These events demonstrated two things. First, tennis can be just as much of a mesmerising spectator sport as any other, football included, and second, this country has got to find more tennis players if it is to harbour a winning philosophy. We can't go on relying on Greg and Tim to carry the burden alone. That's why I am so passionate about the work that we do and why we are moving up a gear or three in 2000, as Sir Cliff indicated in his introduction to this newsletter.

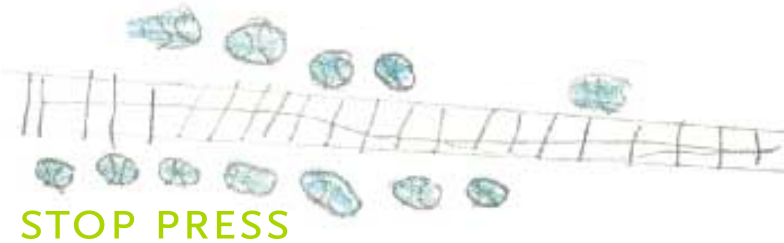
"In 2000 we will be launching a major campaign called 'Kids On Court'. The aim of the campaign is to promote tennis to all children as a safe, healthy sport that they can enjoy for a life time. The goal in Phase 1 of the campaign is to raise one million pounds through corporate and individual donations. We will then be able to expand our work in schools, train more coaches and introduce some new initiatives.

"I am delighted that Sue Barker has agreed to be our President for the campaign and we have many other high profile figures joining us. We are also meeting with representatives from some of the game's leading authorities in the hope that they will support us.



## 2000 Trail Venues Confirmed

Basingstoke, Northampton, Leeds, Sandwell, St. Albans, Perth, Harrow, Norwich, Sutton Coldfield, Bicester, Minehead, Durham, Penzance, Forest of Dean, Haverfordwest, South Tyneside, Devizes, Christchurch Westway in London and one further venue to be confirmed.



After meeting The Minister for Sport, Kate Hoey, she has agreed to support our Kids on Court Campaign which will launch next year.

## THANKS TO OUR SPONSORS AND SUPPORTERS

The Cliff Richard Tennis Foundation is reliant on the generosity of sponsors and supporters. There are many, many thousands of Cliff's loyal fans who buy tickets to his Pro-Celebrity Tournament held each Christmas at Birmingham Indoor Arena and the proceeds raised from this event helps to fund all of the Foundation's many projects. But in addition to this, the following organisations deserve a very special mention:

- ★ Direct Line Insurance, our major sponsor for the last seven years who have confirmed their continuing support until at least the end of 2000. They provide the bulk of the funding for the Tennis Trail
- ★ The British Tennis Foundation, the charitable arm of the LTA who have supported us for the last three years
- ★ Rover Cars who provide vehicles for our coaching teams
- ★ The Foundation For Sport And The Arts who have given us yet another sizeable grant this year which pays for all the equipment donated to the Trail schools
- ★ Our grateful thanks go to all these organisations for their help, their enthusiasm and continued support of our work.



## And finally...

If you would like to find out more about us, or make a donation, please write to:  
The Cliff Richard Tennis Development Trust PO Box 46c  
Claygate Esher Surrey KT10 0RB



Cliff Richard Tennis Foundation is the working title of the Cliff Richard Tennis Development Trust Registered Charity No. 1005647



CLIFF RICHARD  
TENNIS FOUNDATION



Welcome to the last newsletter of this century from my tennis charity. To mark a date as auspicious as the start of a new Millennium, the team here at the Trust has decided to make some fairly radical changes to the way we work. We are not moving away from our main focus of giving more children the chance to play tennis, rather we are aiming to streamline and expand what we do.

Our working name will also change to The Cliff Richard Tennis Foundation. We hope to achieve these changes in 2000 and beyond partly through a "Kids On Court" campaign which has a number of aims: to expand the existing Tennis Trail and with it the size of the team of coaches and fitness experts who help us; to increase the number of Assessment Days we run for individual youngsters from 4 to 6 per year and to start something new and, I think, very exciting. This is a pilot scheme, to be called 'Tennis In The Parks' which will make tennis facilities and reasonably priced coaching available to more children from all walks of life, whatever their standard of play. This scheme will initially be tested in public parks in London, Leeds and East Devon and, if successful, we'll roll it out across the land! That should help take the wind out of the sails of all those who still insist that tennis is an elitist sport!

I hope you enjoy reading about us in this newsletter and that we can count on your continuing support in helping to shape our charity for the next Millennium.

Cliff Richard



## Blazing a trail at Eastbourne

Over 30 Cliff Richard Trailblazers got an experience this year that they will never forget. In June they were invited to participate in their own special tennis tournament during the Direct Line International Ladies Championships at Eastbourne. The youngsters, aged between 8 and 14 years, travelled from all over the UK. Most are already playing at County standard just a couple of years after being spotted by our coaches when the Tennis Trail visited their schools. The tournament was organised in mixed round robin groups with the quarter and semi-finals plus the finals being played on the famous grass courts of Devonshire Park.

Three boys emerged as the victors - 14 year old Darren Hill from Wrexham and two ten year olds, Nathan Aulsberry and John Paul Llano, both from West London. The girls also gave a good account of themselves and two of them - Melanie McKenzie from Glasgow and Gemma Chitticks - were losing finalists. But the smiles in our picture are proof that everyone who took part enjoyed the special atmosphere at Eastbourne and had a wonderful experience. The Foundation is looking for a new venue for 2000 so that we can repeat the exercise, so watch out for further news.

