



10(SUN) MARCH 2024

# 6th Memorial Tournament

RED, ORANGE, GREEN, YELLOW  
| ADULT DOUBLES

NTC DE KEGEL | Bovenkerkerweg 8, 1187 XC, Amstelveen  
INFO@KONISHISPORTS.COM

## The Memorial Tournament will finally be held this month!

Sales from this year's tournament will be donated to the juniors who are playing tennis in the affected areas. Those who have never played a match before are more than welcome to join us!

**Sign up : March 6th(Wed)**

Opening ceremony 12:00

Closing ceremony 16:00

Fee: Adult € 30/ Junior € 25

## Playing tennis makes you live longer?

It is well known that tennis is a lifelong sport. Studies have shown that playing tennis for three hours a week reduces the risk of heart disease by 56% and increases life expectancy by 9.7 years compared to sedentary people.

Let's play tennis and live longer☆.

### Summer Season

We will soon send you an information about the next term. Please apply for the next term by e-mail when you receive the information.

\*This season ends on Sunday, March 24. If you have a make-up ticket, please make sure to use it by March 24 (Sun.).

## Congratulations!

School students Patrick (left) and Yoshi(right) won the Men's Doubles title on the tournament at Kegel last week, winning close matches from the first round!

Congratulations to both of them!

(Yoshi was also the runner-up in Singles.)



## Time to Restring!

Is it time to re-string your tennis strings? Usually, we recommend changing strings after 6 months or a year, even if you play tennis once a week. Please consult your coach for details.