



ON THE RISE

Fall Newsletter

HI ALL!

It's hard to believe that another summer has come and gone! We had a great time with the kids this year and are looking forward to getting back into the swing of the school year.

You will notice that we have changed the descriptions and names of some of our classes. Through COVID and its aftermath we had drifted away from stricter requirements that were once in place. While there will be some growing pains, getting back to this will allow our program to maintain a high standard of quality. Please register your children for the same level they have been attending unless you have been told otherwise by one of the junior directors – this remains true for the beginning of every new session. If you have any questions don't ever hesitate to reach out.

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Hey! Did you know we're on
INSTAGRAM?

@cptcjuniorsteam



Drop-off and pick-up will still be happening in the gravel lot. Please make sure to drive very slowly in the parking lot – during busy times there are kiddos running around! Thank you for your continued efforts with this.

We hope the first weeks back to school are going well for your families and are excited to see you back on the courts!

Blakeley Bean
Director of Junior Programming

With new branding comes
NEW SWAG!

Check out our program
sweatshirts in youth & adult sizes!
Both are available in black or gray.
Click [HERE](#) to order now.





Committed to the development of GOOD ATHLETES & GOOD PEOPLE

UPCOMING CLASS SCHEDULE

FALL SESSION 2022

SEPTEMBER 12 - OCTOBER 30



RED STARS

Tuesday/Thursday: 4pm - 5pm
Sunday: 9am - 10am



ORANGE STARS

Tuesday/Thursday: 4pm - 5:30pm
Sunday: 9am - 10:30am



GREEN STARS

Tuesday/Thursday: 5:30pm - 7pm
Sunday: 10:30am - 12pm



FUTURES

Monday/Wednesday: 4pm - 5:30pm
Sunday: 12pm - 1:30pm



CHALLENGERS

Monday/Wednesday: 4pm - 6pm
Sunday: 1:30pm - 3:30pm



TOUR

Tuesday/Thursday: 4pm - 6pm
Sunday: 1:30pm - 3:30pm

REGISTRATION OPEN [HERE](#)

6AM MORNING GROUP

Coaches Mark and Nick are running a 6am program on Mondays, Wednesdays & Thursdays for players interested in taking their game to the next level.

All players must first be approved by coaching staff.

Email MarkS@centralparktennisclub.com with any questions.

CLASS DESCRIPTIONS

RED STARS

- Ages 6 - 8
- Beginner level
- Introduction to all strokes
- Learn to rally using games and drills
- Continued growth in agility, tracking and eye/hand coordination

ORANGE STARS

- Ages 8 - 10
- Advanced beginner level
- Need to learn basic stroke production
- Is eager and able to concentrate
- Experience needed, has the ability to keep the ball in play

GREEN STARS

- Ages 7 - 11
- Advanced intermediate level
- Can rally, serve and track
- Understands basic concepts of tennis and movement
- Can consistently concentrate

FUTURES

- Ages 11 & up
- Junior High player
- Intermediate level
- Exhibits basic stroke technique and footwork
- Consistent effort, attitude and desire
- Can consistently concentrate

CHALLENGERS

- High School tennis player
- Play USTA tournaments & UTR events
- Must be approved by coaching staff
- Strong stroke foundation and concepts of basic strategy
- Consistent effort, attitude and desire

TOUR

- UTR 3.5+ and/or varsity High School player
- Playing tournaments & UTR events year round
- Must be approved by coaching staff
- Strong effort, attitude and desire
- Exhibits strong, stable technique, all-court skills, and knowledge of strategy
- Consistent commitment to tennis

MISSION

Create a positive environment that allows every player in our program to build character and a long-lasting relationship with the game of tennis

VISION

An exceptional junior tennis program that cultivates a community of players & families

READING MATERIAL

FOR JUNIOR TENNIS PLAYERS

Now is a great time to continue reading, start reading, or listen to tennis-related books to help hone your skills. As tennis athletes, we can learn from other sports and the world's best athletes. The 5 pillars for success in sports are **technical skills**, **tactical awareness**, **physical power**, **mental skills**, and **character**.^{*} This book list (at article link below) is divided into those 5 categories plus 2 additional categories – inspirational and biographies/autobiographies/ stories.

For your convenience we have included web links for each book, and many offer low-cost or free versions for Kindle, Audible, NOOK Book, or eBook. This reading list is divided by category and age suggestions are sometimes noted. We hope you enjoy reading or listening!

^{*}Get the list and read the rest of this USTA article [HERE!](#)

If one of our players reads a suggested book from this list and brings us a written summary (one paragraph minimum) they will receive a free merchandise item!



COACH'S CORNER



Get to know...

**COACH
JEFF**

Hope everyone had an awesome summer on and off the court! On behalf of the entire CPTC teaching staff we are excited to welcome you all back to the program. We believe that each of you is capable of reaching your greatest potential as players by giving your best effort on the court. Everyone is looking forward to a fun Fall season of tennis at Central Park. Looking forward to seeing you all on the courts!

– Coach Jeff

1 WHERE WERE YOU BORN?

Bellevue, WA

2 AT WHAT AGE DID YOU START PLAYING TENNIS?

10

3 WHAT IS YOUR FAVORITE TENNIS SHOT?

The overhead smash!

4 WHAT DO YOU LOVE MOST ABOUT TENNIS?

All of the friends and connections I've made

5 FAVORITE PRO PLAYER:

Roger Federer

6 FAVORITE SPORT BESIDES TENNIS:

Football and golf

7 FAVORITE MOVIE:

Top Gun: Maverick

8 FAVORITE MEAL:

Sushi

9 FAVORITE THING TO DO IN SPARE TIME:

Fly airplanes

10 FAVORITE QUOTE:

"You miss 100% of the shots you don't take." – Wayne Gretzky

CONGRATULATIONS TO OUR SUMMER SESSION AWARD WINNERS!



RED

Most Improved: TOBY DANIELS / Player of the Summer: ANIYA BAKSHI



ORANGE

Most Improved: SANAA SIKKA / Player of the Summer: AAVIK JOSHI



GREEN

Most Improved: JADEN NAKASHIMA / Player of the Summer: SPENCER OTT



BRONZE

Most Improved: EVERETTE DENG / Player of the Summer: AYUSH BAKSHI



SILVER

Most Improved: MAX WU / Player of the Summer: KHRISH BUTANI



GOLD

Most Improved: CHRIS LUM / Player of the Summer: BRANDON EGDES



RACQUET STRINGING SERVICES AVAILABLE (DROP-OFF SERVICE)

Simply fill out the stringing information form online [HERE](#)
or under the "About" tab at centralparktennisclub.com



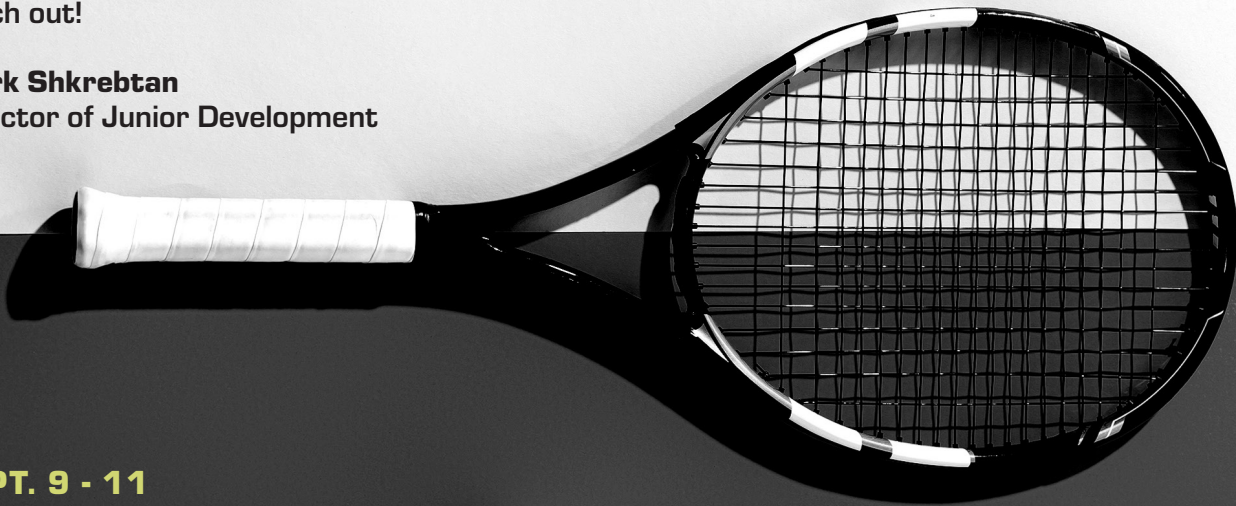
Email Phil to set up drop-off and pick-up times:
Phila@centralparktennisclub.com

COMPETITION CORNER

As we wind down from summer and head into the fall season, there will be less tournaments to play. A good way to continue improving your match play is to practice sets against other kids in our program. We offer free match play on Fridays (open to all students in our program) and we recommend players and parents exchange numbers and set up match play on their own time as well. Along with USTA tournaments, I highly recommend visiting the UTR website myutr.com, where they also host one day tournaments and offer Flex League, an alternate match play experience. Flex League helps set up players by placing them in individual groups and allows them to set up times on their own.

As our program at CPTC grows, we are implementing UTR requirements to be able to register for certain classes. Therefore, we continue to encourage tournament play in order to further your skills and improve your UTR standing. If you have questions on either the USTA or UTR page or need more information, please reach out!

Mark Shkrebtan
Director of Junior Development



SEPT. 9 - 11

Level 4 Girls
Jupiter Tennis (Edgewood, WA)

SEPT. 9 - 11

Level 4 Boys
Vancouver Tennis Center

SEPT. 18

Coed Green Ball 12u
LRC (Tacoma, WA)

SEPT. 23 - 25

Level 5 Boys
Spokane Racket Club

OCT. 14 - 16

Level 5 Girls
Jupiter Tennis (Edgewood, WA)

OCT. 16

Coed Green Ball Event
GTC (Tacoma WA)

OCT. 21 - 23

Level 4 Boys
Vancouver Tennis Center

OCT. 21 - 23

Level 4 Girls
GTC (Tacoma, WA)

FITNESS CORNER

As a tennis player you need to be light on your feet but explosive toward the ball. Here are a few tools and exercises you can use to create gains on the court.

1 ► JUMP ROPE
A must for every serious player's tennis bag. Use as a warmup or for quickness training

3 ► JUMP SQUATS & SKATERS
One of my favorites for leg power and stability

2 ► LADDER
An easy way to create fun and challenging footwork drills

4 ► EXPLOSIVE SPRINTS
Work on an explosive start and finish slow to work on improving takeoff speed

Try to add these routines regularly and you will see a fast improvement. Go get it!

– Coach Chad

CONTACT US



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