



ON THE RISE

Fall Newsletter

HI ALL!

Hi all! I hope you and your families are enjoying the summer. Our staff is having a great time with camps – this time of year is always fun for us with a change of pace!

As you may have noticed, our facility is undergoing a pretty big construction project. All six of our outdoor courts and surroundings are being rebuilt. This project has brought on many entry/exit changes for the kids – we really appreciate your patience. Once all is said and done, we will continue having all junior team players enter and exit through the gravel lot.

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Hey! Did you know we're on
INSTAGRAM?

@cptcjuniorsteam



Please take time to review the Fall 2023 schedule. Registration is now open! We have added a few Saturday classes: "Mini Stars" and "Intro to Tennis for Teens" – details for these can be found on page 6.

Starting in January 2023, all current and new Challenger level players must be 2.5+ UTR. If you are currently in Challengers and have not yet achieved this, please contact Coach Mark for guidance to ensure you're on the right path.

Thanks for everything you do as parents – we appreciate you!

Blakeley Bean
Director of Junior Programming

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

CONSTRUCTION INFO

PLEASE DROP OFF & PICK UP ALL PLAYERS IN THE GRAVEL LOT!!!

Our parking lot becomes extremely backed up when players are dropped/picked up at the front. You will be asked to move if you are stalling in the fire lane or driving path near the main building.

ALL SUMMER CLASSES TAKE PLACE IN THE ROBERTS BUILDING (COURTS 9 - 12)

Please watch [THIS](#) video for a full visual on how to access the Roberts Building from the gravel lot.



Check out [these](#) awesome webinars for tennis parents provided by the USTA!



CONGRATULATIONS TO OUR SUMMER JUNIOR AWARD WINNERS!

MOST IMPROVED

Austin Tsao

PLAYER OF THE SUMMER

Spencer Ott

RED, ORANGE & GREEN STARS

MOST IMPROVED

Ella Choe

PLAYER OF THE SUMMER

Aria Shankri

FUTURES

MOST IMPROVED

Nikhil Sirivara

PLAYER OF THE SUMMER

Khrish Butani

CHALLENGERS & TOUR

MARK YOUR CALENDARS:

*Throughout the summer our junior program offers six different levels of class.
Players register and pay for classes by the week (Monday - Thursday).*

THREE WEEKS LEFT!

Week 6: August 7 - 10

Week 7: August 14 - 17

Week 8: August 21 - 24

*Class schedules and registration link are listed on following page.
If your child is new to our program, please use the descriptions to determine their
correct level. Our top four levels (Green/Futures/Challengers/Tour) also offer a
fitness option – you can choose with or without fitness for these levels.*

*If still unsure about what class is right for your child, please contact Coach Blakeley:
blakeleyb@centralparktennisclub.com / 678-595-3560*

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



SUMMER CLASS SCHEDULES / DETAILS:

RED STARS (Beginner)

- Introduction to all strokes
- Learn to rally using games and drills
- Continued growth in agility, tracking and eye/hand coordination
- Age 6 and older

Monday - Thursday
9am - 10:30am

Member: \$200/week
Non-Member: \$260/week

ORANGE STARS (Advanced Beginner)

- Need to learn basic stroke production
- Is eager and able to concentrate
- Experience needed, has the ability to keep the ball in play
- Age 10 and younger

Monday - Thursday
10:30am - 12:30pm

Member: \$250/wk
Non-Member: \$310/wk

GREEN STARS (Intermediate)

- Can rally, serve and track
- Understands basic concepts of tennis and movement
- Can consistently concentrate

Monday - Thursday
12:30pm - 2:30pm: Tennis
30 minute snack break
3pm - 4pm: Fitness

Tennis Member: \$250/wk
(+ Fitness: \$310/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

FUTURES (Junior High Player / Intermediate)

- Strong stroke foundation and concepts of basic strategy
- Consistent effort, attitude and desire
- Can consistently concentrate

Monday - Thursday
12:30pm - 2:30pm: Tennis
30 minute snack break
3pm - 4pm: Fitness

Tennis Member: \$250/wk
(+ Fitness: \$280/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

CHALLENGERS (Varsity High School Player)

- Exhibits basic stroke technique and footwork
- Consistent effort, attitude and desire

Monday - Thursday
1pm - 2pm: Fitness
30 minute snack break
2:30pm - 4:30pm: Tennis

Tennis Member: \$250/wk
(+ Fitness: \$280/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

TOUR

- Strong effort, attitude and desire
- Exhibits strong, stable technique, all-court skills, and knowledge of strategy
- Consistent commitment to tennis

Monday - Thursday
1pm - 2pm: Fitness
30 minute snack break
2:30pm - 4:30pm: Tennis

Tennis Member: \$250/wk
(+ Fitness: \$280/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

CLICK [HERE](#) FOR MORE INFO + REGISTRATION

Classes are filling up!

ON THE RISE POST-SUMMER 2023-2024 CALENDAR

{Sessions are scheduled to include seven weeks of class}

EARLY FALL
2023

SEPTEMBER 4 – OCTOBER 2

Registration opens Tuesday, August 1st at 1pm

LATE FALL
2023

OCTOBER 23 – DECEMBER 17

Registration opens Monday, October 2nd at 1pm
No class November 20th - 26th (Thanksgiving Break)

WINTER
2024

JANUARY 8 – MARCH 3

Registration opens Monday, December 18th at 1pm
No class February 12th - 18th (Mid-Winter break)

EARLY SPRING
2024

MARCH 4 – APRIL 28

Registration opens Monday, February 12th at 1pm
No class April 18th - 14th (Spring Break)

LATE SPRING
2024

APRIL 29 – JUNE 16

Registration opens Monday, April 8th at 1pm

REGISTER HERE
for Early Fall Session today!

WHICH CLASS? WHAT TIME? HOW MUCH?

NEW CLASS ALERT! MINI STARS (Very Beginner)		
<ul style="list-style-type: none"> Ages 4 - 6 Introduction to tennis with focus on growth in hand/eye coordination and agility Introduction to all strokes 	Saturday 9:30am - 10:15am	Member: \$150/week Non-Member: \$210/week
RED STARS (Beginner)		
<ul style="list-style-type: none"> Ages 6 - 8 Introduction to all strokes Learn to rally using games and drills Continued growth in agility, tracking and eye/hand coordination 	Tuesday/Thursday 4pm - 5pm Sunday 9am - 10am	1x Week: \$190 (Member) \$270 (Non-Member) 2x Week: \$350 (M)/\$515 (NM) 3x Week: \$485 (M)/\$755 (NM)
ORANGE STARS (Advanced Beginner)		
<ul style="list-style-type: none"> Ages 8 - 10 Need to learn basic stroke production Is eager and able to concentrate Experience needed, has the ability to keep the ball in play 	Tuesday/Thursday 4pm - 5:30pm Sunday 9am - 10:30am	1x Week: \$285 (Member) \$365 (Non-Member) 2x Week: \$525 (M)/\$690 (NM) 3x Week: \$725 (M)/\$995 (NM)
GREEN STARS (Advanced Intermediate)		
<ul style="list-style-type: none"> Ages 7 - 11 Can rally, serve and track Understands basic concepts of tennis and movement Can consistently concentrate 	Tuesday/Thursday 5:30pm - 7pm Sunday 10:30am - 12pm	1x Week: \$285 (Member) \$365 (Non-Member) 2x Week: \$525 (M)/\$690 (NM) 3x Week: \$725 (M)/\$995 (NM)
NEW CLASS ALERT! TEEN TENNIS INTRO		
<ul style="list-style-type: none"> Ages 13 - 18 Introduction to basic swings Learn and develop movement skills on court Develop control of racquet and shot accuracy Work towards controlled play from full-size court with other players 	Saturday 10:15am - 11:30am	Member: \$240/week Non-Member: \$315/week

continued...

FUTURES (Junior High Player / Intermediate)

- Ages 11 & Up
- Exhibits basic stroke technique and footwork
- Consistent effort, attitude and desire
- Can consistently concentrate

Monday/Wednesday
4pm - 5:30pm

Sunday
12pm - 1:30pm

1x Week: \$285 (Member)
\$365 (Non-Member)

2x Week: \$525 (M)/\$690 (NM)

3x Week: \$725 (M)/\$995 (NM)

CHALLENGERS * (High School Tennis Player)

- UTR 2.5+
- Playing USTA tournaments and UTR events
- Must be approved by coaching staff
- Strong stroke foundation and concepts of basic strategy
- Consistent effort, attitude and desire

Monday/Wednesday
4pm - 6pm

Sunday
1:30pm - 3:30pm

1x Week: \$380 (Member)
\$460 (Non-Member)

2x Week: \$700 (M)/\$865 (NM)

3x Week: \$965 (M)/\$1235 (NM)

TOUR

- UTR 3.5+
- Playing USTA tournaments and 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

Monday/Wednesday
4pm - 6pm

Sunday
1:30pm - 3:30pm

1x Week: \$380 (Member)
\$460 (Non-Member)

2x Week: \$700 (M)/\$865 (NM)

3x Week: \$965 (M)/\$1235 (NM)

* CHALLENGERS REQUIREMENT UPDATE: JANUARY 2024

Starting in January, all current and new Challengers players must have a UTR minimum of 2.5. With growth in our program, we feel strongly that adding a UTR requirement to this class is the best way to maintain a certain level. If you are currently in Challengers and have not yet achieved this UTR rating, please reach out to Coach Mark for guidance in how to do so before January.

6AM MORNING GROUP

Coach Mark is 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.

You're invited!

2023 JUNIOR TEAM CHALLENGE

CPTC Junior Players (Futures Level +)

We wanted to create a fun team event for our kids to celebrate the end of summer. There will be four coaches with four different teams (a total of 48 players). We will have food and games – along with lots of tennis matches being played!



AUGUST 29 & 30

Competition • 8:30am - 11:30am

Pizza & Swimming • 11:30am - 12:30pm

Central Park Tennis Club, Roberts Building & Pool

REGISTER HERE NOW!

Member: \$75 / Non-Member: \$90

COMPETITION CORNER

WHY SHOULD I PRACTICE AS HARD AS I WOULD PLAY IN A MATCH?

Practicing like you would play in a tournament is very important in tennis for several reasons. It is a key aspect of effective training that helps players develop their skills, mental game, and overall performance on the court. Here's why it matters:

- ▶ **Recreating Real Match Scenarios:** Tennis practice should simulate actual match situations as closely as possible. By doing so, players become familiar with the pressures, challenges, and dynamics they will face during competitive play. This includes practicing different shots, footwork, and strategies that will be required in a match.
- ▶ **Developing Muscle Memory:** Consistent practice of proper techniques and movements helps build muscle memory. When players practice like they would play in a tournament, they reinforce correct habits, making it more likely for them to execute these actions instinctively during high stress situations.
- ▶ **Mental Preparation:** Tennis is as much a mental game as it is physical. Practicing in a tournament-like environment helps players prepare mentally for the pressures and uncertainties they will encounter during actual matches. It allows them to develop concentration, focus, and emotional control, leading to better decision making under pressure.
- ▶ **Building Confidence:** Performing well in practice under competitive conditions boosts a player's confidence. Confidence is vital for success in tennis, as it helps players trust their abilities and take calculated risks during matches. When you put yourself in tournament like situations, you build the confidence to work yourself out of situations such as being down in a set and knowing you have the ability to come back.
- ▶ **Adapting to Variables:** Tennis tournaments involve various external factors like weather conditions, court surfaces, and opponents with diverse playing styles. Practicing in a tournament-like setting exposes players to these variables and helps them adapt their game accordingly. Being exposed to different playing styles prepares players for all different situations.
- ▶ **Improving Endurance:** Tournament-style practice sessions often involve longer playing times and multiple matches, which can improve a player's physical endurance. Endurance is crucial in tennis, as matches can be physically demanding and may extend over several hours.
- ▶ **Learning From Mistakes:** When players practice under competitive conditions, they are more likely to make mistakes. These mistakes provide valuable learning opportunities, allowing players to identify weaknesses and work on improving them. Being able to see what weaknesses you have during the high pressure situations allows a player to make adjustments during practice to work on those errors.
- ▶ **Testing Strategies & Tactics:** Practice sessions that mirror tournament play allow players to test different strategies and tactics against different opponents. This experimentation can help players refine their game plans and adapt to different scenarios they may encounter in actual matches.

- ▶ **Developing Routines:** Practicing like you would play in a tournament helps players establish pre-match routines. These routines include warm-up exercises, mental preparation techniques, and other rituals that can enhance focus and readiness before a match. Routines during a match will differ from player to player. Every player can have a different trigger that will help them focus, such as readjusting their strings to taking a second to walk back to the court. Playing practice matches helps a player figure out what works best for them.
- ▶ **Enhancing Overall Performance:** Consistent tournament-style practice enhances a player's overall performance level. As players become more familiar with the competitive environment, their game tends to elevate, leading to better results in actual tournaments. The more a player puts themselves in uncomfortable situations, the more comfortable they get in different scenarios.

Practicing like you would play in a tournament is an essential aspect of tennis training. It not only hones a player's physical skills but also prepares them mentally for the different scenarios of competitive play. The experiences gained from such practice sessions contribute significantly to a player's development and success in the sport. If you don't practice like you plan to play in matches, it will be very difficult to be successful in tournaments. A player must be willing to be comfortable in uncomfortable situations in order to keep advancing and become the best versions of themselves.



UPCOMING LOCAL TOURNAMENTS

We are in the heart of summer with plenty of tournaments left to play! Please keep getting out there and playing matches as much as you can. Grab a friend and set up a practice match with the weather being so nice there are plenty of outdoor courts to play at. Visit [HERE](#) or scan QRs below for all the upcoming tournaments!

Our team here at CPTC is here to help with any questions you have. If you need any guidance, please reach out to Mark (425-503-9487 / MarkS@centralparktennisclub.com).

WHAT IS UTR?

UTR stands for Universal Tennis Rating. It is a global tennis rating system that provides a standardized and objective way to measure the skill level of tennis players, regardless of age, gender, or location. The UTR is calculated based on a player's match results against other rated players, taking into account factors such as the opponent's rating and the competitiveness of the match.

The UTR scale ranges from 1.00 to 16.50, with higher ratings indicating a higher skill level. The rating is continuously updated as players compete in more matches and their performance changes. UTR has become widely used in the tennis community as a tool for players, coaches, and tournament organizers to assess player abilities and create more balanced and competitive matches and events.

It's important to note that while UTR is a useful tool, it's not the only factor considered in player evaluations. This measuring system allows players to be able to be placed in the right level whether they are just starting out or playing professionally. Implementing this system will allow for Central Park Tennis Club to be able to have students be placed in the correct classes with others their level.

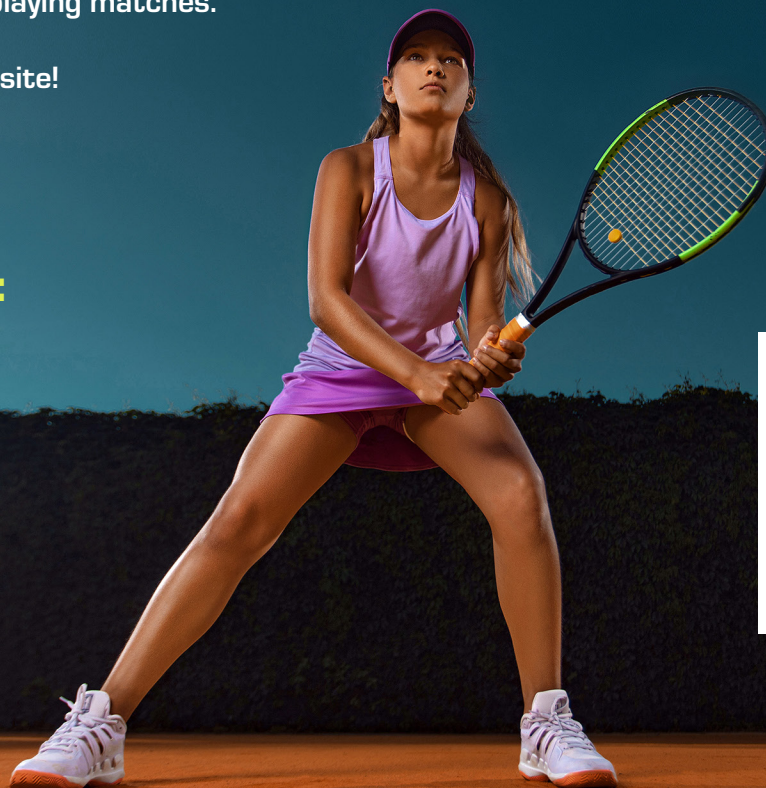
If you aren't able to play weekend long tournaments, UTR offers a flex league where you can play matches on your own time and location. This will allow you to have a UTR number without having to play USTA events. If you do participate in USTA tournaments, it will also help determine what level you are and vary your UTR based on the results. If you have the opportunity please check out the website to register and participate in the flex leagues to start playing matches.

Click [HERE](#) for the UTR website!

YELLOW BALL:



STARS:



FITNESS CORNER

"When it comes to making strength training enjoyable for kids, creativity is key."



HELLO FAMILIES,

Tennis is not only a fun and challenging sport but also a great opportunity for kids to learn about fitness and strength training. Incorporating strength exercises into their tennis routine not only improves their game but also helps build overall strength, agility, and endurance. However, making strength training fun for kids is crucial to keep them engaged and motivated. To make it exciting, coaches and trainers incorporate playful elements into the workout routine, such as turning exercises into games, setting goals, and providing positive reinforcement. By infusing a sense of enjoyment into strength training, kids will develop a love for fitness and experience the benefits firsthand.

When it comes to making strength training enjoyable for kids, creativity is key. We try to introduce fun exercises that mimic tennis movements, such as jumping over hurdles or practicing racquet swings while balancing on one leg. Another idea is to create friendly competitions between family members or friends, challenging each other to complete exercises within a certain time frame. Additionally, using colorful equipment like resistance bands or medicine balls can add a touch of excitement. Remember to encourage kids to express their creativity by designing their own workout routines or coming up with innovative exercises. By making it a collaborative and interactive experience, kids will look forward to their strength training sessions.

To ensure the safety and effectiveness of strength training for kids, it's important to keep a few guidelines in mind. First, always warm up before starting any exercises to prepare the body and prevent injuries. The goal is to provide clear instructions on proper form and technique, emphasizing the importance of listening to their bodies and not pushing themselves too hard. Additionally, incorporating regular breaks and allowing kids to choose their favorite music or incorporate their favorite tennis player's moves can further enhance the enjoyment factor. By striking a balance between challenge and fun, strength training will become a rewarding and engaging experience for kids, fostering their love for fitness and tennis simultaneously.

By infusing fun and creativity into strength training sessions, we can help kids develop a positive attitude towards fitness while improving their tennis game. Remember, the key is to make it an enjoyable and interactive experience that ignites their enthusiasm. So, grab those colorful bands, set up some challenges, and let the games begin! With the right approach, strength training can become a highlight of their tennis journey, building their physical abilities and nurturing a lifelong love for a healthy, active lifestyle.

Coach Chad

ACE Fitness Certified Trainer



CONNECT WITH OTHER PARENTS

We created text chains for our parents to connect about outside hitting times and more! Find the WhatsApp QR code for your child's level below, and then join the group by scanning or uploading.



CPTC Futures Parents
WhatsApp group



CPTC Green Ball Parents
WhatsApp group



CPTC Orange Ball Parents
WhatsApp group



CONTACT US

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