



# ON THE RISE

Winter Newsletter

## HI ALL!

Hi all! I'm writing this as I look out my office window to see rain falling (negative) down on our BEAUTIFUL new outdoor tennis courts (positive). Thank you all so much for your patience and support through the construction process. If you haven't had a chance to check out the finished product, I highly recommend – we all feel very grateful to work at a club with such nice facilities!

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Hey! Did you know we're on  
**INSTAGRAM?**

@cptcjuniorteam

With construction being finished please note our final and permanent entry/exit procedures that we've highlighted in this newsletter below. We are asking everyone to please enter and exit through the gravel lot for all junior programming. During class hours, our front parking lot and entry area become full of traffic when we are not following this procedure. There is even a video of Coach Chad demonstrating the process - please watch!

We are looking forward to a great Fall and Winter with the kids. Please make sure you have registered for the next session of classes with the links provided below - this session will begin on October 23rd.

Lastly, please remember that in January there will be a UTR requirement of 2.5+ put in place for our Challengers class. If your child is currently in this level please ensure you're communicating with Coach Mark on how to obtain this goal.

We hope you and your families have a great fall and holiday season together. See you at the courts!

**Blakeley Bean**  
Director of Junior Programming



## ENTRY / EXIT PROCEDURES:

Parents - please help us ensure your child is entering and exiting the club through the gravel lot for any Jr. classes!!! This is our final and permanent pathway! Watch demonstration video [HERE](#)

## 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 and families

# HAPPY HALLOWEEN!

*We encourage kids to wear their costumes to class and match play October 26th - 31st!*

*We will have candy for all!*



**OTR is a proud partner of Rainier Athletes!**

Click [HERE](#) to learn more about the amazing work RA does for youth in our community.

Email [deb@rainierathletes.org](mailto:deb@rainierathletes.org) to learn more about how you can get involved!



# CONGRATULATIONS TO OUR FALL SESSION AWARD WINNERS!

## **MOST IMPROVED**

Richard Tsao

## **MVP**

Nikhil Sirivara

## **HUSTLER**

Lisi Summers

**CHALLENGERS & TOUR**

## **MOST IMPROVED**

Jensen Muller

## **MVP**

Ella Wang

## **HUSTLER**

Oliver Tremble

**FUTURES**

## **MOST IMPROVED**

Jackson Li

## **MVP**

Diana Wo

## **HUSTLER**

Rohan Singhi

**RED, ORANGE & GREEN STARS**

## **RACQUET STRINGING SERVICES AVAILABLE (DROP-OFF SERVICE)**

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



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



# ON THE RISE 2023-2024 CALENDAR

{Sessions are scheduled to include seven weeks of class}

EARLY FALL  
2023

SEPTEMBER 4 – OCTOBER 22

Registration opens Tuesday, August 1st at 1pm

LATE FALL  
2023

OCTOBER 23 – DECEMBER 17

Registration opens Monday, October 9th 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 8th - 14th (Spring Break)*

LATE SPRING  
2024

APRIL 29 – JUNE 16

Registration opens Monday, April 8th at 1pm

**REGISTER HERE**  
for Late Fall Session today!



# WHICH CLASS? WHAT TIME? HOW MUCH?

## NEW CLASS ALERT!

### MINI STARS (Very Beginner)

- 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)

- 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**  
4:15pm - 5:30pm

**Sunday**  
9am - 10:15am

**1x Week: \$190 (Member)**  
**\$270 (Non-Member)**  
**2x Week: \$350 (M)/\$515 (NM)**  
**3x Week: \$485 (M)/\$755 (NM)**

### ORANGE STARS (Advanced Beginner)

- 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**  
4:15pm - 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)

- 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

- 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](mailto:MarkS@centralparktennisclub.com) with any questions.



# COMPETITION CORNER

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## Why is it important to play matches even though there are no tournaments coming up?

*There are many reasons why tennis players need to keep competing even though there may not be many tournaments in the near future. Below are a few reasons why setting up match play on your own against fellow players is crucial for your development:*

- 1. Skill Development:** Regular match play allows you to hone and refine your tennis skills. It provides a practical and realistic environment where you can work on your strokes, footwork, and strategy in real-game scenarios.
- 2. Pressure Simulation:** Tournaments often come with a certain level of pressure and stress. Setting up matches with your peers helps simulate a competitive environment, allowing you to get accustomed to handling pressure situations, making crucial decisions, and managing your emotions on court.
- 3. Adaptability:** Tennis is a sport that requires adaptability. Playing against different opponents, each with their own playing style, helps you develop the ability to adjust your game plan based on the strengths and weaknesses of your opponent. This adaptability is a key asset in tournament play where you may face a variety of opponents.
- 4. Fitness & Endurance:** Tennis matches can be physically demanding. Regular match play helps improve your fitness and endurance levels, ensuring that you can sustain a high level of performance throughout a tournament.
- 5. Mental Toughness:** Tennis is as much a mental game as it is physical. Playing matches regularly helps build mental toughness, resilience, and concentration. These mental attributes are crucial in tournaments where maintaining focus, staying positive, and bouncing back from setbacks are vital.
- 6. Strategy Refinement:** Practice matches provide an opportunity to experiment with different strategies and tactics. You can test out new techniques, patterns of play, and game plans in a low-stakes environment, allowing you to refine and perfect them before implementing them in a tournament.
- 7. Competitive Edge:** Regular match play keeps you in a competitive mindset. This mindset is essential for tournament success. Being able to maintain a competitive edge and stay sharp is important when you eventually step into a tournament setting.
- 8. Building Camaraderie:** Organizing and participating in informal matches with fellow players fosters a sense of camaraderie within the tennis community. This not only makes the game more enjoyable but can also lead to valuable insights, advice, and support from your peers.

*Even in the absence of official tournaments, setting up your own match play is a crucial component of tennis training. It contributes significantly to skill development, mental toughness, adaptability, and overall preparedness for when you do compete in tournaments.*



# TOURNAMENTS THROUGH DECEMBER:

**STARS:**



**YELLOW:**





# FITNESS CORNER

*Do you have a tennis bag?*



*As you become a more frequent and serious tennis player you will undoubtedly need a tennis bag to carry everything required to be court ready. Here are my must-have items:*

► **EXTRA RACKET**

Strings break, grips get slippery with sweat, having a backup racket is a requirement for any tournament player. I used to have 4 rackets because my string would break so often when I started hitting with power.

► **JUMP ROPE**

Need a way to warmup? Jumping rope will get you on your toes, moving quick and loosen your upper body. You don't need much space to jump and sometimes when you show up to play in an event you will have to wait until a court opens. Have access to a way to stay warm and ready to go.

► **WATER BOTTLE**

Some courts won't have water on them. Be ready to bring your own. If your opponent has sufficient water and you don't they will have an edge over you already. Stay hydrated.

► **BANDAGES**

Blisters are not fun but they happen to every player at some point. Be ready incase you need to protect your skin or start bleeding from a fall on the court. I always carried athletic tape and band aids of various sizes.

► **PROTEIN BAR**

Running out of energy happens during long matches. Make sure you go to events with something quick and easy to fill your tummy. I always liked protein bars because they don't spoil and were easy to eat. They would get smooshed in my bag but still tasted good.

► **CAN OF BALLS**

Nothing worse than trying to play or practice and not having any balls. A fresh can is so nice to have when you need it. I keep a couple cans in my bag.

► **TOWELS**

This is a must for players who sweat like me. I try to keep my grip dry and the sweat out of my eyes. A must carry for the singles players out there.

– Coach Chad



# 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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