



ON THE RISE

Winter Newsletter

HI ALL!

Hi all! I hope this finds you and your family after a wonderful holiday season. We are excited to start a new year and get back into a busy tennis season for the kids.

As always, please remember to pay attention to our 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!

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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](#)

Please be on the lookout for both internal and outside tournament opportunities. As a program, we are really focused on ensuring our kids are getting experience in competition. Match play in the sport of tennis is extremely important for development. As you now know, after the Futures level a UTR is required to progress. Please let us know if you need help starting this process - that's what we're here for.

Please continue to check emails and the website for all important information. We rely on you to read our outgoing communication in case of inclement weather or schedule changes.

See you on the courts!

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



You may remember Rainier Athletes (RA) as the beneficiary of our ribbon cutting event in September. Central Park Tennis Club is excited to announce we're continuing a year-round partnership with RA!

RA'S Mentoring Movement

RA's mission is to affirm our youth's sense of purpose and belonging by connecting their core community of teachers, coaches, families, and mentors. RA begins the journey with students and their families in 4th or 5th grade and continues through high school graduation and beyond. Each student is

fully sponsored year-round to participate in extracurriculars, paired with a dedicated mentor that meets with them every week all year round, and motivated to achieve both on and off the field through RA's classroom engagement and self-advocacy model.

Mentoring affirms students' sense of belonging and brings connection and opportunity to youth in all the spaces they are meant to thrive - classrooms, tennis courts, art studios, robotics labs, college campuses, and throughout their community.

Get Involved

Interested in following Central Park's lead and getting involved more deeply? Become a volunteer mentor with RA! In just 4 hours per month, you can make a significant impact on a young person's life. Check out the links below for more info.

Learn More: [Mentor Info and Application](#)

Video: [Josue's Journey](#)

Video: [Celebrating 10 Years of Impact](#)

2024 Rainier Athletes Holiday Raffle Winner: The Cockrell Family

Congratulations & thank you for everyone who purchased tickets for this great cause!



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

2024 ON THE RISE WINTER & SPRING SESSION CALENDAR

{Sessions are scheduled to include seven weeks of class}

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 Winter 2024 Session today!

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.

WHICH CLASS? WHAT TIME? HOW MUCH?

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 - 5pm

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
- Needs 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)

TEEN TENNIS INTRO (Beginner)

- 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)

NEW CLASS ALERT!

STRONGER BETTER FASTER WORKSHOP

Sign up: clay@fit2playnw.com

- Step up and take your game to the next level
- Class taught by Clay Runnels to focus on agility, strength, quickness & stability
- All levels welcome

January 8 - March 3:
Monday/Wednesday
6pm - 7pm

14 classes: \$199
Drop-in: \$20

* 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.



STRONGER FASTER BETTER TENNIS

Taught by Clay Runnels

AGILITY

STRENGTH

QUICKNESS

STABILITY



All Levels Welcome

Step up and take your game to the NEXT LEVEL

January 8th - March 3rd

Monday & Wednesday

6:00-7:00pm in the multipurpose room

14 classes for \$199 or \$20 drop in

Email Clay to sign up: clay@fit2playnw.com

CONGRATULATIONS, FALL SESSION WINNERS!



2024 WINTER SESSION MATCH PLAY SCHEDULE:

JANUARY 12

Futures Matchplay (4pm - 5:30pm)
Challengers & Tour Matchplay (5:30pm - 7pm)

JANUARY 19

Orange Matchplay (4pm - 5:30pm)
Green Matchplay (5:30pm - 7pm)

JANUARY 26

Futures Matchplay (4pm - 5:30pm)
Challengers & Tour Matchplay (5:30pm - 7pm)

FEBRUARY 2

Orange Matchplay (4pm - 5:30pm)
Green Matchplay (5:30pm - 7pm)

FEBRUARY 9

Futures Matchplay (4pm - 5:30pm)
Challengers & Tour Matchplay (5:30pm - 7pm)

FEBRUARY 23

Orange Matchplay (4pm - 5:30pm)
Green Matchplay (5:30pm - 7pm)

MARCH 1

Futures Matchplay (4pm - 5:30pm)
Challengers & Tour Matchplay (5:30pm - 7pm)

COMPETITION CORNER

It's the beginning of the new year and there's no better time to start playing competitive tennis! There are many reasons for beginning to compete and nothing like starting at the beginning of the year. The following are some reasons to begin:

Fresh Start & New Goals: The beginning of the year is usually known for new beginnings and resolutions. It's a time when people set goals they would like to achieve. Playing tournaments and competing could push players to want to keep improving their games as they compete with others to see what flaws they may have.

Motivation & Inspiration: The start of the year often brings a sense of motivation. Pushing yourself out of your comfort zone if you aren't comfortable with competing can be a motivator and goal for the year. Having the Australian Open at the start of the year can inspire one to go out there and want to play!

Tennis Community: Going out and competing at local events can lead to meeting new players to hit with. You will be able to find other players in the area to not only play matches against but potentially have new hitting partners as well. This will be great especially in the summer time when there are many courts available to play on.

Court Availability: Seeing as we live in an area where it is very rainy during the next few months, tournaments allow for more court time. It is a great way to get in extra practices and use the things you've in coach led practices on your own.

Building Confidence: Starting the year with tennis tournaments allows players to gain valuable experience and build confidence on and off the court. Learning how to deal with successes and challenges during these competitions can serve as a foundation for growth and improvement throughout the year not only on a tennis court but also in real life situations.

The start of the new year provides opportune moments to embrace tennis tournaments, personal growth, fitness, and pushing yourself outside your comfort zone. Whether you are a beginner of an experienced player, participating in tournaments can contribute to learning about yourself and facing new challenges.



**CLICK [HERE](#) for
local tournaments**

FITNESS CORNER

Sportsmanship is like a superpower that makes you a top player, on and off the court.



HEY, TENNIS CHAMPS-IN-THE-MAKING!

You know how awesome it feels to crush a killer serve or nail a perfect backhand. But guess what? There's something even cooler than winning points – it's called sportsmanship. Sportsmanship isn't just about being nice after a game; it's like the superpower that makes you a top player, on and off the court.

WHY IS IT SUPER IMPORTANT?

Respect Rules: It's like playing by the rules in a video game - no cheating! It keeps the game fair for everyone.

Respect Opponents: Even if you win or lose, being cool to your opponent is a big deal. High-fives, compliments, and fair play show you're a true tennis rockstar.

Keep Cool: Tennis can get intense, right? But staying cool under pressure is mega-important. It shows how awesome you are at handling tough situations.

Be Kind: Cheering for your opponent's good shots and giving a thumbs-up even when you miss is like spreading good vibes on the court. It makes everyone feel great!

Learn & Grow: Losing stings, but it's a lesson in disguise. Embrace it, learn from it, and get stronger. That's the spirit of a real winner!

Being a great sport isn't about losing your competitive edge. It's like adding a special power-up to your game. It gets you respect from friends, coaches, and everyone around. So, whether you're in a big tournament or practicing with pals, remember the sportsmanship code. Show the world that you're not just a tennis star but a true champion who plays with heart – both on and off the court!

Keep swinging those rackets and being the awesome sportsman you are!

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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