



# ON THE RISE

Winter Newsletter

## HI ALL!

I hope this finds you and your families well. We had such a great holiday season here at the club... the snow, the toy drives, the SUGAR. We've missed the kids over break and are looking forward to a great Winter & Spring with everyone!

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

**@cptcjuniorteam**

As a program, our goal over these next few sessions is to get players competing more. We will be putting more emphasis on tournaments and match play. Please feel free to reach out to Coach Mark or myself if you're looking for more individual guidance in this area.



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 went 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

## WINTER SESSION 2023

### JANUARY 9 - FEBRUARY 26



#### 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](mailto: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



# CONGRATULATIONS TO OUR ANNUAL JUNIOR AWARD WINNERS!



**Alan Qi**  
**Avery Liang**



**Spencer Ott**  
**Zaden LeCovin**



**Ben Warren**  
**Max Xu**

## MARK YOUR CALENDARS:

**JANUARY 9**

First Day of Winter Session

**FEBRUARY 13**

Registration Opens for  
Early Spring Session

**FEBRUARY 26**

Last Day of Winter Session

**MARCH 6**

First Day of Early Spring Session

**APRIL 3**

Registration Opens for  
Late Spring Session

**APRIL 23**

Last Day of Early Spring Session

**MAY 1**

First Day of Late Spring Session

**June 18**

Last Day of Late Spring Session

**SUMMER INFO COMING SOON!!!**



# COACH'S CORNER



*Get to know...*

**COACH  
NIKITA**

**You may have recently noticed a new face in junior classes. Nikita Moroz recently joined our team, and we're so glad to have him. Give him a warm welcome if you see him around!**

"Hi Everyone!

I'm very excited to be joining the junior program here as one of the coaches. I've been working with kids' tennis since my freshman year of high school and have always loved seeing the kids grow and improve over time. I've been a coach at local clubs in the area including Pine Lake Club in Sammamish and Newport Yacht Club in Bellevue. I was also one of the kids in the junior program here at CPTC nearly 10 years ago so I'm glad to be back and able to spread what I've learned to the kids in the program now. I'm looking forward to working with everyone!"

**- Coach Nikita**

## **1** WHERE WERE YOU BORN?

Chelyabinsk, Russia - Lived in the Seattle area since I was 2 years old.

## **2** AT WHAT AGE DID YOU START PLAYING TENNIS?

5

## **3** WHAT IS YOUR FAVORITE TENNIS SHOT?

Serve

## **4** WHAT DO YOU LOVE MOST ABOUT TENNIS?

The competition and the one-on-one aspect.

## **5** FAVORITE PRO PLAYER:

Djokovic

## **6** FAVORITE SPORT BESIDES TENNIS:

Football/Soccer

## **7** FAVORITE MOVIE:

The Empire Strikes Back

## **8** FAVORITE MEAL:

Swedish Meatballs

## **9** FAVORITE THING TO DO IN SPARE TIME:

Spend time outside/with friends.  
Most other sports.

## **10** FAVORITE QUOTE:

"Be yourself; everyone else is already taken."

# READING MATERIAL

FOR JUNIOR TENNIS PLAYERS

## Mental Game of Tennis and Kids' Confidence

"In my last [article](#), I discussed the top five mental game of tennis confidence busters for tennis juniors. Why are these so important? It's simple. Tennis juniors cannot achieve their potential without feeling self-confident.

The top five confidence killers I touched on are: high expectations, perfectionism, self-doubt, negative feedback and not believing in one's self. In this article, I give you other tennis mental tips and explain confidence killers 6-10 for tennis kids."

Click [HERE](#) to read this full article by Patrick Cohn





# COMPETITION CORNER

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It's a new year which means it's a great time to start looking at playing some tournaments! Playing matches is key to the development of players. Going out and competing allows you to grow as a player to see what changes need to be made to your game to keep improving. Winning and losing isn't the most important part about the game, it is the hunger to continue to get better. Even if you go out there and lose, it's about how you come back to practice the next week. Showing the want to improve the areas you struggled in during the matches will show how much you really want it.

As this year has just started the USTA hasn't listed all of the upcoming tournament events yet. If you are wondering where to find events please go to [www.playtennis.com/tournaments](http://www.playtennis.com/tournaments) once you are at that main page go to the "search by USTA section/district" and under the section tab go to "Pacific Northwest". Once you are there you can see what tournaments are in the area.

This coming month there are two big tournaments coming up which are the Level 3 events. The girls event will be held in Tacoma and the boys will be in Vancouver. We want to wish all of our players the best of luck in these events! Looking forward to a successful year for our CPTC juniors!

– Mark Shkrebtan







# 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](mailto:Phila@centralparktennisclub.com)



## CONTACT US

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