

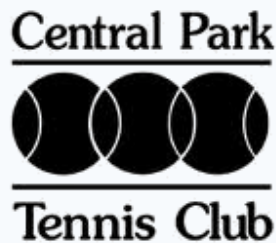
TENNIS TIPS

Losing the lead in a match is never fun but it doesn't mean the match is over! Staying mentally tough is a key piece to winning a match. While they may sound obvious, here are some mental toughness tips to give you that competitive advantage:

- 1) **Don't relax after you take the lead.** Keep that momentum going—stay in that optimal competitive state by pumping yourself up with a few jumps or power words like “Come on”, “You've got this”.
- 2) **Play aggressive.** Find your opponents weakness and exploit it. Get yourself back in the lead and don't relax after you take back the lead. Play smart and think about what you need to do to win.

WINTER EDITION

2017 TOURNAMENT DATES



GRAND SLAM

Australian Open - January 16-29

French Open - May 28 - June 11

Wimbledon - July 3-16

US Open - August 28 - September 10

OTHER

PNB Paribas - March 6-19

AUSTRALIAN OPEN - FUN FACTS

- Total Prize money for 2017 is a record \$50 million AUD (Roughly \$36 million USD)
- The Australian Open was 1st introduced in 1905 and was known as the Australian Championship. It was renamed the Australian Open in 1969.
- It is the only Grand Slam Tournament to be held in different countries and cities.
- Matt Wilander is the only player to have won the title on both grass and hard court surfaces.
- The youngest female champion was Martina Hingis who was 16 years old.
- Ken Rosewall holds the record for being both the youngest (18) and oldest (37) to win the championship.
- Both Novak Djokovic & Serena Williams hold the most AO titles (6) in the open era.
- The youngest male champion was Ken Rosewall who was 18 years old.
- The AO has had 3 different surfaces since 1905. Grass, Rebound ace, Plexicushion.
- Margaret Court holds the record for the most successive wins (7) 1960-1966.
- Roy Emerson holds the most male singles titles (6).
- Margaret Court holds the most female single titles (11).
- Thelma Long is the oldest female champion. She was 35 when she won the AO.

TENNIS TRIVIA - TEST YOUR KNOWLEDGE

- Yellow tennis balls were 1st used in Wimbledon in what year?
A. 2000 B. 1986 C. 1945 D. 1977
- The Game of Tennis Comes from?
A. Great Britain B. France C. Australia D. United States
- Every year how many tons of Strawberries are ordered to the Championships at Wimbledon?
A. 10 B. 12 C. 15 D. 24
- Which major tennis tournament is still played on grass?
A. Wimbledon B. US Open C. Davis Cup D. Australian Open
- Who was the 1st player to wear shorts at Wimbledon? (Hint: 1932)
A. Henry Austin B. Andre Agassi C. Arthur Ashe D. Roger Federer
- The French Open is played in a stadium named after a?
A. Tennis Player B. Pilot C. Actor D. Prime Minister
- The Open Era of Tennis started in?
A. 1955 B. 1975 C. 1968 D. 1986

1) B, (2) A (3) D, (4) A, (5) A (6) B (7) C

JUNIOR AWARDS - LATE FALL

Gold Competitor of the session:

Marin Bendo



Gold Most Improved:

Kate Cocales



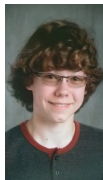
Gold Player of the Session:

Dora Varsa



Silver Competitor of the session:

Andrew Buckingham



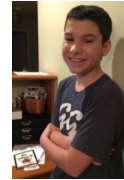
Silver Most Improved:

Jeffrey Chen



Silver Player of the Session:

Erik Laursen



QUESTIONS ABOUT JUNIOR TEAMS

Gold & Silver

If you have any questions regarding your child, their current level, how they can improve, what they are exceeding at, etc. please call the following Pros:

Gold Go-To-Pro: Ethan Vaughn 425-822-2206 Ext 124 or ethanv@centralparktennisclub.com.

Silver Go-To-Pro: Chad Smith 425-822-2206 Ext 125 or chads@centralparktennisclub.com.

UPCOMING USTA JUNIOR TOURNAMENTS

Please see page 3 for a list of upcoming Intermediate and Advanced USTA Junior Tournaments!

UPCOMING USTA JUNIOR TOURNAMENTS

Tournament Date	Tournament	ID	Entries Close	Location
1/27/2017	Tacoma Lawn New Years Tournament	600006317	1/19/2017	Tacoma, WA
1/20/2017	Sprinker January Jr Entry Level, Intermediate Superset, Champs Singles Tournament	600003917	1/8/2017	Tacoma, WA
2/18/2017	Bellevue Tennis Academy Winter Break Boy's Advanced 2017	600014317	2/13/2017	Bellevue, WA
2/18/2017	AYTC Girls Level 4	600003417	2/12/2017	Seattle, WA
2/18/2017	Skagit Valley College Intermediate and Entry Level	600013017	2/14/2017	Mount Vernon, WA
2/10/2017	Kitsap County Intermediate	600015817	2/5/2017	Bremerton, WA
2/3/2017	Sprinker February Junior Intermediate Superset & Advanced Tournament	600005917	1/22/2017	Tacoma, WA
2/10/2017	Mint Valley Advanced	600017117	2/5/2017	Longview, WA
2/17/2017	Club Green Meadows Intermediate	600011917	2/12/2017	Vancouver, WA
2/17/2017	VTC Boys Winter Level 4	600004417	2/13/2017	Vancouver, WA
2/3/2017	Glendoveer Junior Intermediate	600001517	1/22/2017	Portland, WA
3/10/2017	Tacoma Lawn End of Winter Advanced	600006517	3/3/2017	Tacoma, WA
3/24/2017	Sprinker March Jr Entry Level & Intermediate Superset	600006017	3/12/2017	Tacoma, WA
3/24/2017	Steamboat Tennis Advanced	600704117	3/18/2017	Olympia, WA
3/24/2017	Club Green Meadows Intermediate	600012117	3/19/2017	Vancouver, WA
3/17/2017	Level 4 Girls @ VTC	600004617	3/13/2017	Vancouver, WA
3/17/2017	Portland Tennis Center Intermediate Boys and Girls 12-18	600000118	3/12/2017	Portland, WA
3/9/2017	Western Or. Jr. Advanced	600004117	3/5/2017	Salem, OR
3/17/2017	Umpqua Valley Level 4 Spring	600010617	3/11/2017	Roseburg, OR