

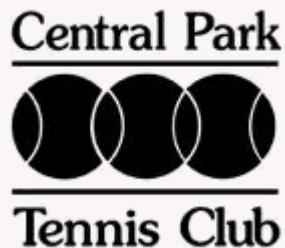
JUNIOR NEWSLETTER

LITTLE STARS, RED STARS, ORANGE STARS, GREEN STARS

WAYS TO PRACTICE OUTSIDE OF JUNIOR TEAM

1. **Grab a family member or friend** and practice hitting the ball back and forth. Make a game out of it, see how many times you can hit the ball back and forth successfully. Write it down and keep trying to beat your record!
2. **Practice hitting the ball** against a wall at a park or your garage door (if your parents say its ok).
3. **Try to bounce the ball on your racket** 10 times in a row, then 15, then 20, always increasing it by 5.
4. Once you have mastered bouncing the ball on your racket—take **it up a notch!** Try bouncing the ball on one side of your racket, then flip the racket over and bounce it on that side, reversing it with each hit.
5. **Time yourself while you run lines.** Start at the net and back peddle to the baseline, then sprint back to the net. After you touch the net sidestep to the left sideline and then sidestep back to the right sideline.
6. **Dribble the tennis ball.** Take your racket in your dominant hand and place the tennis ball in the other. Drop the tennis ball in front of you and try to hit the ball with your racket towards the ground. Try to see how many times you can hit the ball back towards the ground.

WINTER EDITION



TENNIS WORDS

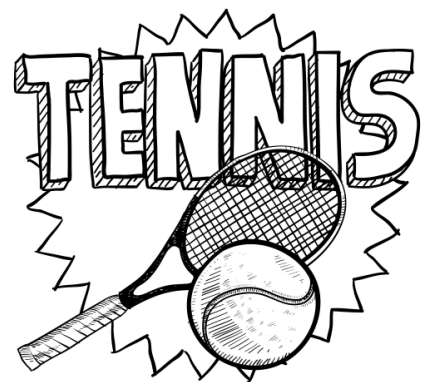
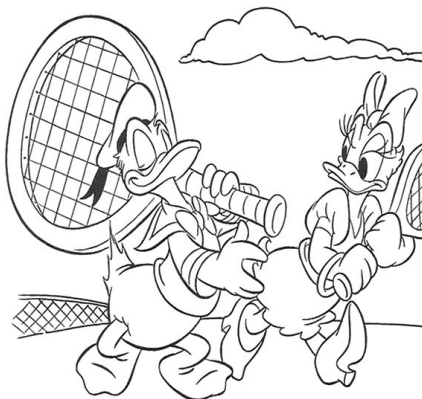
What is a volley?

A shot that you hit before the ball touches the ground. Typically you hit a volley by the net but it can also be done anywhere.

What is a winner?

A winner is another expression used when you successfully hit the ball and your opponent cant get to it.

COLOR ME!



FUN FACTS ABOUT COACH DEA

Favorite Colors are: Purple and Mint Blue

Do you have any pets: Yes, I have a dog

Favorite Dessert is: Red Velvet Cake

Right or Left handed tennis player: I am a right handed tennis player

Do you have any siblings: Yes, I have 3 older brothers

Favorite Animal is: a Panda

When did you start playing tennis: I started playing when I was 5 years old

What was your favorite subject in school: History

If you could meet any Professional Tennis Player who would it be: Roger Federer

Where did you go to College: University of Washington



JUNIOR AWARDS- LATE FALL

Red Stars

Most Improved: Kodiak Nelson



Player of the Session:
Alexander Yang



Orange Stars

Most Improved: Jonah Chianglin



Player of the Session:
Marissa Woo



Green Stars

Most Improved: Daniel Domingos



Player of the Session:
Leo Yang



QUESTIONS ABOUT JUNIOR TEAMS

Little, Red, Orange & Green Stars

If you have any questions regarding your child, their current level, how they can improve, what they are exceeding at, etc. please call the Go-To-Pro: Dea Sumantri: 425-822-2206 Ext 117 or deas@centralparktennisclub.com.