

OVERCOMING FEAR

Fear of: losing, embarrassment, disappointing yourself or others, missing an easy shot, wasting an opportunity, losing ranking, losing to a lower ranked player, being criticized, not playing to your potential, etc.

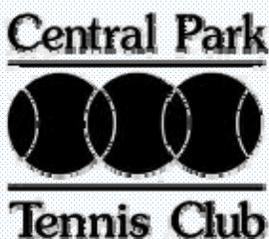
If you have experienced one of the fears listed above, you probably realize that your fear prevents you from doing something.

Fear of volleys and overhands prevents you from coming to the net. Fear of losing to a lower-ranked player prevents you from playing aggressively and taking chances – you just play very safely and hope that he / she misses. In order to overcome the fear we must simply be brave. Courage is nothing more than being willing to do what is necessary in spite of feeling the fear.

Create your own list of fears and then write down what each fear prevents you from doing. By writing it out you will be better able to address each fear.

Source: <https://www.tennismindgame.com>

WINTER EDITION



JR. CLUB CHAMPIONSHIPS

November 9-12, 2017

Singles \$25.00. Doubles \$20.00 /PP

Match play begins weekdays after 5:30 pm and all day on weekends.

Register on our website today!

ENTRY DEADLINE IS WEDNESDAY, NOVEMBER 1.

CONSISTENCY

Consistency at an advanced level means you should be able to rally with a playing partner for 40 shots or more. This can be a basic forehand shot in the middle of the court or various shots, with different types of spin. However, you must be able to do this consistently, if you are to stay in rallies with advanced players. It takes timing and concentration to do it but by attempting this before every practice session, you will become a more consistent player.

Playing the correct shot at the correct time has a big influence on the consistency of your tennis game. There are specific situations during a match where you will want to be aggressive. However, there will also be times when you need to be defensive. If your opponent is dictating a point, do not worry about it. Worrying about the fact you are on the defense will lead you to playing an attacking shot, in the wrong situation and losing the point. Keep your attacking shots for when you are controlling the point or your opponent drops in a short ball. Knowing when to play attacking shots will keep you in points for longer and increase the consistency in your game.

Matches against players of equal ability can go on for a very long time so it makes little sense to try and storm your way to victory as early as possible. Prepare yourself mentally for a long match and do not try and make each shot you play a winner, as this will result in more lost points than winning points. Work to create opportunities for winning shots and take them when they arrive. Going into a match with this mindset will really improve the overall consistency of your play. You will not tire during a match as you would if you went all out to end the match inside an hour. You want a good, consistent style of play every time you step onto the court and pacing yourself through a match, will help in achieving that aim.

Source: <http://tennisracket.me/>

TENNIS TRIVIA - TEST YOUR KNOWLEDGE

- 1.) Who was the 2017 Men's Single Champion at the Australian Open:
A) Roger Federer B) Rafael Nadal C) Grigor Dimitrov D) Stan Wawrinka
- 2) Who was the 2017 Women's Single Champion at the Australian Open:
A) Venus Williams B) Johanna Konta C) Garbine Muguruza D) Serena Williams
- 3) Who was the 2017 Men's Single Champion at the French Open:
A) Stan Wawrinka B) Andy Murray C) Rafael Nadal D) Dominic Thiem
- 4) Who was the 2017 Women's Single Champion at the French Open:
A) Simona Halep B) Karolina Pliskova C) Timea Bacsinszky D) Jelena Ostapenko
- 5) Who was the 2017 Men's Single Champion at Wimbledon:
A) Roger Federer B) Dominic Thiem C) Andy Murray D) Stan Wawrinka
- 6) Who was the 2017 Women's Single Champion at Wimbledon:
A) Timea Bacsinszky B) Simona Halep C) Jelena Ostapenko D) Garbine Muguruza
- 7) Who was the 2017 Men's Single Champion at the US Open:
A) Rafael Nadal B) Kevin Anderson C) Juan Martin del Potro D) Pablo Carreno Busta
- 8) Who was the 2017 Women's Single Champion at US Open:
A) Sloane Stephens B) Venus Williams C) Madison Keys D) CoCo Vandeweghe

(1) A(2)D(3)C(4)D(5)A(6)D(7)A(8)A

JUNIOR AWARDS - SUMMER

Gold Most Improved:
Nicole Carpenter

Sorry we missed you.

Please submit a photo to
marketing@centralparktennisclub.com.

Silver Most Improved:
Lili Samii

Sorry we missed you.

Please submit a photo to
marketing@centralparktennisclub.com.

Gold Player of the Session:
Luke Kim



Silver Player of the Session:
Jacob Ye



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 contact 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!