



ON THE RISE

Spring Newsletter

HI ALL!

Hi all! I hope this finds you and your family well. It's that time of year where the weather gives us moments of hope – then takes us right back to reality. Though this can be a drag – it's also a great time to take yourself indoors and play some tennis.

As you may have noticed, our Club is currently undergoing some pretty serious construction. All six of our outdoor courts are getting a “face lift” – a project we hope (fingers crossed) can be done by the end of July. Please take the time to read all of the entry /exit procedures on the following page for your child's classes – we really appreciate the patience and cooperation!



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Registration for Late Spring & Summer are both open. You will find information and links throughout this newsletter – don't forget to sign up – classes are filling fast!

Thanks for everything you do as parents – we appreciate you!

Blakeley Bean
Director of Junior Programming



Hey! Did you know we're on
INSTAGRAM?

@cptcjuniorteam

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.



CONSTRUCTION INFO

PLEASE DROP OFF & PICK UP ALL PLAYERS IN THE GRAVEL LOT!!!

Our parking lot becomes extremely backed up when players are dropped/picked up at the front. You will be asked to move if you are stalling in the fire lane or driving path near the main building. *Thank you for your cooperation and patience throughout this project.*

ACCESS TO ROBERTS BUILDING (COURTS 9 - 12)

- Red/Orange/Green/Futures, Monday - Thursday
- All Classes & Match Play, Friday & Sunday

Junior Team players must access the Roberts Building by being **dropped off in the gravel lot** and following the signage/sidewalk from the parking lot to the Exit Gate (to the right of main building). Roberts Building is directly to the right once entering through this gate. Players will exit class through the same gate and follow the same sidewalk back to **gravel lot for pick up**. Red & Orange classes will have a staff escort for this. Parents can enter/exit through the same pathway. There is a big viewing area in this building if you want to watch.

Please Watch Video for Full Visual: <https://youtu.be/Mm5PPHQ9I3k>

ACCESS TO REED BUILDING (COURTS 1 - 4)

- Challengers/Tour, Monday - Thursday

Junior Team players must access the Reed Building by being **dropped off in the gravel lot**. In the back of the lot there is an open gate to the left of the pool. Enter the facility through this gate and follow the pathway to the front of the Reed Building - you will see the main entrance to this building on your left. Players will exit through the same route and gate to be **picked up in the gravel lot**.

Please Watch Video for Full Visual: <https://www.youtube.com/watch?v=EB2oduyODXc>





Committed to the development of GOOD ATHLETES & GOOD PEOPLE

UPCOMING CLASS SCHEDULE

LATE SPRING SESSION 2023

MAY 1 - JUNE 18



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 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 tennis 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 SPRING JUNIOR AWARD WINNERS!



Eliz Luks
Rohan Patwardhan



Daniel Ollis
Makenna Kim



Mandy Li
Alek Prunk

MARK YOUR CALENDARS:

APRIL 23

Last Day of Early Spring Session

APRIL 24 - 26

Futures / Challengers / Tour Camp
4pm - 6pm
Contact Coach Mark for info

APRIL 27

Orange Mini Tournament
4pm - 7pm

APRIL 28

Green Mini Tournament
4pm - 7pm

MAY 1

First Day of Late Spring Session

JUNE 18

Last Day of Late Spring Session

JUNE 16 - AUGUST 24

Weekly Summer Classes

- | | |
|-----------------|-----------------------|
| 1. June 26 - 29 | 5. July 31 - August 3 |
| 2. July 10 - 13 | 6. August 7 - 10 |
| 3. July 17 - 20 | 7. August 14 - 17 |
| 4. July 24 - 27 | 8. August 21 - 24 |

Throughout the summer our junior program offers six different levels of class. Players register and pay for classes weekly (Monday - Thursday). Class dates, times, descriptions, and registration links are listed on the **following page**.

If your child is new to our program, please use the descriptions to help determine their correct level. Our top four levels (Green, Futures, Challengers, Tour) also offer a fitness option that you can choose to add or opt out of.

If still unsure, please contact Coach Blakeley:
blakeleyb@centralparktennisclub.com
678-595-3560

WHICH SUMMER CLASS IS RIGHT FOR ME?

RED STARS (Beginner)

- Introduction to all strokes
- Learn to rally using games and drills
- Continued growth in agility, tracking and eye/hand coordination
- Age 6 and older

Monday - Thursday
9am - 10:30am

Member: \$200/week
Non-Member: \$260/week

ORANGE STARS (Advanced Beginner)

- Need to learn basic stroke production
- Is eager and able to concentrate
- Experience needed, has the ability to keep the ball in play
- Age 10 and younger

Monday - Thursday
10:30am - 12:30pm

Member: \$250/wk
Non-Member: \$310/wk

GREEN STARS (Intermediate)

- Can rally, serve and track
- Understands basic concepts of tennis and movement
- Can consistently concentrate

Monday - Thursday
12:30pm - 2:30pm: Tennis
30 minute snack break
3pm - 4pm: Fitness

Tennis Member: \$250/wk
(+ Fitness: \$310/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

FUTURES (Junior High Player / Intermediate)

- Strong stroke foundation and concepts of basic strategy
- Consistent effort, attitude and desire
- Can consistently concentrate

Monday - Thursday
12:30pm - 2:30pm: Tennis
30 minute snack break
3pm - 4pm: Fitness

Tennis Member: \$250/wk
(+ Fitness: \$280/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

CHALLENGERS (Varsity High School Player)

- Exhibits basic stroke technique and footwork
- Consistent effort, attitude and desire

Monday - Thursday
1pm - 2pm: Fitness
30 minute snack break
2:30pm - 4:30pm: Tennis

Tennis Member: \$250/wk
(+ Fitness: \$280/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

TOUR

- Strong effort, attitude and desire
- Exhibits strong, stable technique, all-court skills, and knowledge of strategy
- Consistent commitment to tennis

Monday - Thursday
1pm - 2pm: Fitness
30 minute snack break
2:30pm - 4:30pm: Tennis

Tennis Member: \$250/wk
(+ Fitness: \$280/wk)
Tennis Non-Member: \$310/wk
(+ Fitness: \$350/wk)

CLICK [HERE](#) FOR MORE INFO + SUMMER REGISTRATION

Classes are filling up!

COACH'S CORNER



Get to know...

**COACH
BLAKELEY**

1 WHERE WERE YOU BORN?

Atlanta, GA

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

6

3 WHAT IS YOUR FAVORITE TENNIS SHOT?

Inside out forehand

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

The independence and self-assurance
it gives to players through the process
of competing alone

5 FAVORITE PRO PLAYER:

Madison Keys

6 FAVORITE SPORT BESIDES TENNIS:

Baseball/Softball

7 FAVORITE MOVIE:

The Sandlot

8 FAVORITE MEAL:

A big salad

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

Spend time with friends & family,
play games, and be outside

10 FAVORITE QUOTE:

"You can't shoot a cannon from
a canoe. " – Coach Phil



RACQUET STRINGING SERVICES AVAILABLE (DROP-OFF SERVICE)

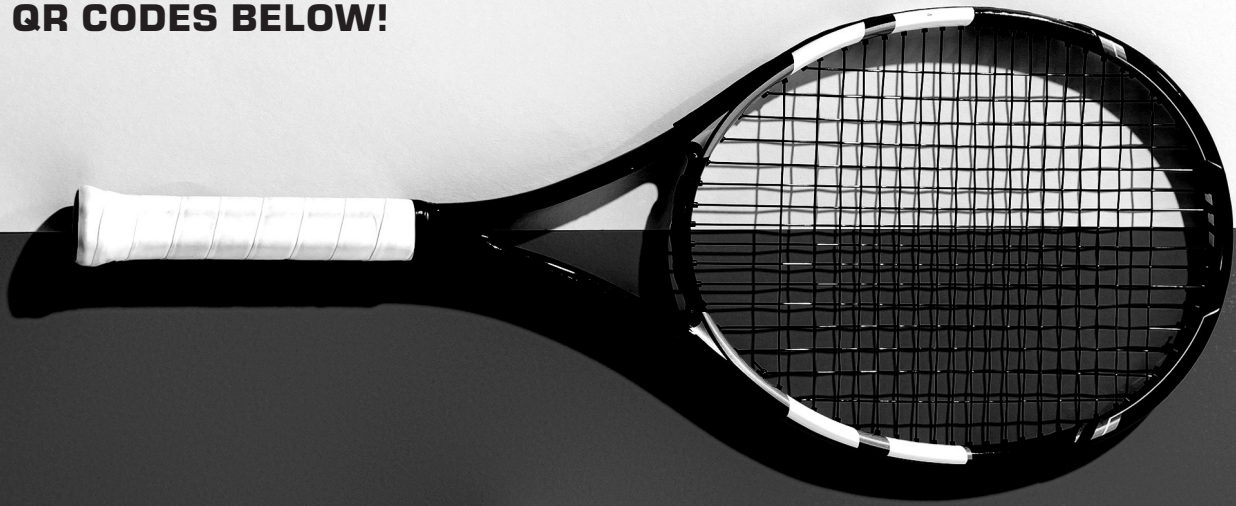
Simply fill out the stringing information form online [HERE](#)
or under the "About" tab at centralparktennisclub.com



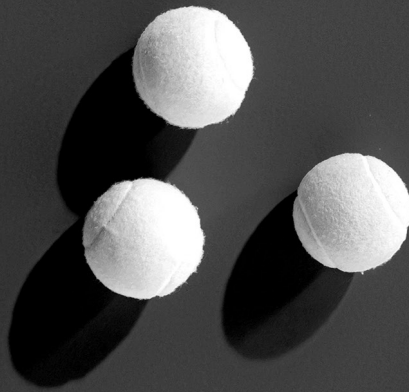
Email Phil to set up drop-off and pick-up times:
Phila@centralparktennisclub.com

COMPETITION CORNER

**FIND LOCAL TOURNAMENTS
AT QR CODES BELOW!**



STARS:



YELLOW BALL:



READING MATERIAL

FOR PARENTS

It can be hard to know how to best support your kid(s) in a competitive environment – especially if you don't know much about Tennis. Check out this resource [HERE](#) for parents from the USTA.

FITNESS CORNER

Tennis is a physically demanding sport that requires a combination of quickness and stamina...



Whether you are a young beginner or an experienced player, maintaining a high level of fitness is crucial to succeed on the court. For children ages 6 to 18 it is essential to focus on building a strong foundation in terms of endurance, speed, and agility. The following tips will help young tennis players develop these important fitness components:

CARDIOVASCULAR TRAINING

A crucial component of tennis fitness is cardiovascular training. This includes running, cycling, swimming, and other activities that get the heart pumping. Regular aerobic exercise helps improve endurance, which is important for long matches.

PLYOMETRIC EXERCISES

Plyometrics are explosive exercises that help develop power, speed, and agility. Jumping jacks, box jumps, and burpees are examples of plyometric exercises that can improve quickness and explosiveness on the court.

AGILITY DRILLS

Agility drills help improve a player's ability to change direction quickly, which is essential in tennis. Activities such as ladder drills, cone drills, and shuttle runs can be incorporated into training to improve agility.

INTERVAL TRAINING

Interval training involves alternating high-intensity exercise with periods of rest or low-intensity exercise. This type of training can improve both stamina and quickness by mimicking the short bursts of intense activity that occur during a match.

With summer just around the corner, it's the perfect time to prioritize your health and fitness goals. That's why we're excited to invite our juniors to join our fitness program at Central Park. Our program is designed to accommodate individuals of all fitness levels, from beginners to seasoned athletes. With a variety of activities and exercises, we aim to make fitness fun and engaging for all participants. So, sign up today and join us for a summer of fitness, fun, and community. We can't wait to see you there!

– Coach Chad



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.



CONTACT US

BLAKELEY BEAN

Tennis Professional

Director of Junior Programming

blakeleyb@centralparktennisclub.com

Office Hours: Thursdays 11:30am – 1pm

MARK SHKREBTAN

Tennis Professional

Director of Junior Development

marks@centralparktennisclub.com

Office Hours: Thursdays 2:30pm - 4pm