



ON THE RISE

Summer Newsletter

HI PARENTS & PLAYERS!

Even though the weather doesn't seem to be cooperating, we are heading into summer – crazy! Our staff is looking forward to a fun-filled two months with the kids. If you haven't signed up for summer classes, make sure to do so before June 18th. It was a tough decision to forgo "full day camps" again, but with COVID still lingering we thought one more year would be helpful in regards to staffing and numbers. We hope to have some options for longer days again next year.



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Hey! Did you know we're on
INSTAGRAM?

@cptcjuniorteam

If you haven't already seen it, we have rolled out a new program logo and name: **On the Rise!** Like most places, our program saw a lot of change throughout the pandemic. This new branding has felt important to be in alignment with "new beginnings" and we are very excited for what's to come.

Please remember to send players prepared for outdoor play through the entire summer. We like to take advantage of extra space when possible.

Hope to see you soon with the sunshine!

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

SUMMER SESSION 2022

JUNE 27 - AUGUST 19



RED STARS

Monday - Thursday
9am - 10:30am



ORANGE STARS

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



GREEN STARS

Monday - Thursday
12:30pm - 2:30pm



BRONZE

Monday - Thursday
12:30pm - 2:30pm



SILVER

Monday - Thursday
2:30pm - 4:30pm



GOLD

Monday - Thursday
2:30pm - 4:30pm

REGISTRATION OPEN [HERE](#)

6AM MORNING GROUP

Coaches Mark and Nick are running a 6am program on Mondays and Wednesdays 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.

COACH'S CORNER



Get to know...

**COACH
HENRY**

1 WHERE WERE YOU BORN?

Kirkland, WA

2 AT WHAT AGE DID YOU START PLAYING TENNIS?

4

3 WHAT IS YOUR FAVORITE TENNIS SHOT?

Swinging forehand

4 WHAT DO YOU LOVE MOST ABOUT TENNIS?

I love how competitive it is.

5 FAVORITE PRO PLAYER:

Andre Agassi

6 FAVORITE SPORT BESIDES TENNIS:

F1 Racing

7 FAVORITE MOVIE:

Stepbrothers

8 FAVORITE MEAL:

Pasta

9 Favorite thing to do in spare time:

Hang out with my dog

HOW MUCH OF TENNIS IS MENTAL?

Although tennis is first and foremost about hitting serves and forehands and backhands, people often wonder what percentage of tennis is mental.

"Tennis requires a huge degree of mental strength," says sports psychologist Professor Andy Lane of the London-based Centre for Health & Human Performance. "Winning and losing is done by the finest margins."

Although the mental side of the game is important, players have to be competent in four different areas: physical, tactical, technical as well as psychological, according to performance consultant Roberto Forzoni.

"I strongly believe that, in any sport, the better your psychology, the more you are going to enjoy that sport, and the more you are going to achieve in that sport," said Forzoni, a former national performance psychology manager of the British Lawn Tennis Association who has worked with former world No 1 Andy Murray and former junior Wimbledon champion Laura Robson.

Learning more about the mental game of tennis is important for all young players.
Read the rest of the above article [HERE](#)

ASK A PRO

Q What can I do when there aren't many tournaments available in my area?

A The USTA right now is a bit behind trying to catch up on tournaments. They haven't been listing many and a lot of players aren't getting to play as much as they would like to. During this time it is a great opportunity to get to know your peers, exchange information, and plan to play a match outside of regularly scheduled classes. The weather is getting better and there are many courts available to use in the area if you aren't able to book a court at Central Park. Playing matches against your peers lets you work on your game. Playing practice matches against a lot of different players will allow you to work on multiple strategies. It will also allow you to see what you have to work on and aren't doing well. So get out there and meet some peers, adults, and all of the above at the club!

Q What level player should I be playing?

A Playing all levels of players is the best route because each student needs to learn the ability to play against players who are worse, the same level, and better. There is a notion that you must always play players who are only better than you because that will push you to be better and raise your game. What if you play someone who isn't as good and you aren't playing well that day? Pressure starts to creep in and it is very easy to lose a match against someone who you think you should beat but aren't able to adjust because you have never been in a situation like this. It is also much easier to play players who are better because there is no pressure whatsoever and you are able to play freely. If you lose you can come off the court and say well they are better than me. When you lose to a player who is worse, then come the excuses of why you lose that day but not actually taking accountability for not performing under pressure. Playing all levels will make you the best well rounded version of yourself, so get out there and play all the matches that are available to you!



COMPETITION CORNER

Tournaments are back!

The summer season is upon us and there will be a lot of tournaments in the upcoming months. No school means more great opportunities to participate in the tournaments that are in the area.

Visit [HERE](#) to register or find more information about the following June events.

JUNE 10-12

Level 4 Girls: Ages 12-18
Kent, WA

JUNE 10-12

Level 4 Boys: Ages 12-18
Tacoma, WA

JUNE 17-19

Level 5 Girls: 14s & 18s
Kirkland, WA

JUNE 17-19

Level 5 Boys: Ages 12-18
Spokane, WA

JUNE 17-19

Level 6 Boys & Girls: Ages 12-18
Kennewick, WA

JUNE 18

Green Ball Boys & Girls 10u
Tacoma, WA

JUNE 24-27

Level 3 Boys & Girls: Ages 10-18
Beaverton, OR

JUNE 24-26

Level 6 Girls: Ages 12-18
Spokane, WA

JUNE 25-26

Level 7 Coed: Ages 12-18
Tacoma, WA

JUNE 26

Green Ball Boys and Girls 10u
Kirkland, WA

CONGRATULATIONS TO OUR LATE SPRING SESSION AWARD WINNERS!



RED

Most Improved: RICKY RUI / Player of the Session: ASHIKA GARG



ORANGE

Most Improved: ANEESH ALATKAR / Player of the Session: YVONNE QIAN



GREEN

Most Improved: ELLA XU / Player of the Session: AYUSH BAKSHI



BRONZE

Most Improved: JOSH PEREIRA / Player of the Session: COLBY SIEW



SILVER

Most Improved: ZADEN LECOVIN / Player of the Session: RYAN BRACKETT



GOLD

Most Improved: BRANDON EGDES / Player of the Session: JONATHAN KIM



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

FITNESS CORNER



I started playing tennis at the age of six and was competing in tournaments by the time I was eight. Even at such a young age, it didn't take long for my parents and me to start hearing about the importance of fitness within tennis. I can't remember attending a single practice where I didn't spend designated time on footwork, strength, and/or conditioning.

It feels like I must have been introduced to every tennis-related fitness suggestion by the time I turned eighteen. Like anything, there were highs and lows throughout my junior years; times where I felt my fittest and times when I knew it should be better. When I look back, there is a period throughout my college career that stands out as the most in shape I ever felt on a tennis court. I remember the feeling of long points becoming a strength and having more confidence than ever that I could outlast the person across from me.

While I'll never know for sure, I largely attribute this growth to one single running exercise I was completing 3-4 times a week:

- ▶ **SPRINT** length of a football field (100 yards)
- ▶ **REST** for 30 seconds
- ▶ **REPEAT** two more times with final resting period of two minutes
- ▶ Complete to above **SET** three times

As you grow stronger you can increase your number of sprints and/or amount of sets. *Happy running!*

– **Coach Blakeley**

CONTACT US

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