

THE COURTSIDER

CARDIO Tennis

COMES TO COURTSIDE

The ultimate full body, calorie-burning workout has arrived at Courtside. Cardio Tennis is an excellent way to get into a more active lifestyle, meet new people, and improve your tennis. Classes run from 9 to 10 a.m. every Monday, Wednesday, Friday and Sunday and are FREE for VIP members. Every Wednesday and Friday, there will be two courts of Cardio Tennis offered. To register, call 908/ 713•1144.

WHAT IS IT?

High Energy — Cardio Tennis is a high-energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate full body, calorie-burning aerobic workout.

Social — It is a very social and fun class for players of all ability levels. If you are just starting out, it is a great way to achieve early success, and if you are an experienced player, it is the best way to train for tennis.

Engaging and Welcoming — Most classes have mixed ability, but our instructors provide the ultimate workout for each person.

BENEFITS OF PLAYING

Most Cardio Tennis classes will be made up of players of all ability levels, but our instructors ensure that each player is challenged for their ability and fitness level. In classes, women burn 300 to 500 calories per hour while men burn between 500 and 1,000. Not only are you getting a great workout, but you are also improving your game.

WHAT CAN YOU EXPECT?

- You can burn more calories than you would playing singles or doubles as well as many other fitness options

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THE IMPORTANCE OF CHECKING IN

As all of you are aware, Courtside hands out key tags with a unique barcode to everyone that becomes a member at the club. It is of the utmost importance that you scan your key tag each and every time you enter the club. We need to know who is in the building at all times for safety and insurance purposes, and we always want to ensure that our members are able to enjoy the perks that come with their membership.

Our front desk staff will begin ensuring that members check in as soon as they enter the club. If you have any questions or concerns about member check in, please reach out to Steve Bork, General Manager.

USTA Leagues!

It's that time of year again! USTA League Tennis is returning to Courtside. The 40 and over mixed season begins in late October. Currently, there is one 8.0 team and a 7.0 team is being formed. If you are interested in joining, contact Avi Parida at avip@courtsideracquet.com or 908/713•1144.

USTA League Tennis is organized as competitive team match play. Teams are made up of a minimum of five to eight players depending upon division.

Teams and matches are set up according to NTRP ratings, so your teammates and opponents will be at your skill level. The competition is exciting, the atmosphere is social, and since players compete on teams, you have a built-in cheering section.

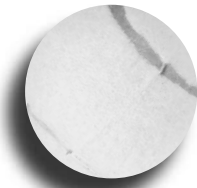
LOVE / Wednesdays!

Men's Singles League

Courtside has recently introduced a men's singles league that meets on Wednesday nights. If you are looking to improve your singles game, this program is for you. Each week a few of Courtside's bravest battle it out on the singles court. The guys play a best two out of three set match for bragging rights, but it's all fun and games afterwards when we bring out the beer and pretzels.

Program Details:

- Wednesdays from 9 to 10:30 p.m.
- \$200 for 10 weeks
- Balls, beer, and pretzels provided



**20%
DISCOUNT
ON SELECT
WEDNESDAYS**

Wednesdays just got a whole lot better! Courtside members can receive 20% off of private, semi-private, or group lessons and court fees on select Wednesdays from noon until 2 p.m. Available dates for this promotion are: October 8, 22, 29, November 19, December 10, 17, January 14, 21, 28, February 11, March 4, and 18. For more information, call 908/713•1144.

FREE MEMBERSHIP FOR HIGH SCHOOL PLAYERS

Any player on one of the local high school tennis teams, junior varsity or varsity, can enjoy a free junior VIP membership at Courtside. Encourage your coach to send the team roster to the club for verification. Once we ensure that you are listed on the roster and a high school membership packet is filled out, you can enjoy the benefits of a junior VIP membership at Courtside. This includes free tennis during the holidays and summer, a 10% discount on items from the pro shop, reduced clinic prices, and free court time on Friday nights. For more information on free membership, please call 908/713•1144.

FREE PASS FOR JUNIOR TOUR

Junior players who have never participated in Junior Tour on Sundays are eligible to try one session for free. Junior Tour is a great way to put the skills and tactics you learn during clinics to practice. Each week, Junior Tour players participate in a round robin followed by a single- or double-elimination tournament. Pizza and lemonade are provided. If you are interested in a free pass or would like to return to Junior Tour, contact Avi Parida at avip@courtsideracquet.com or 908/713•1144.

\$20 Off of Private and Semi-Private Lessons

Interested in booking a private or semi-private lesson? You may want to consider an evening lesson. Members can now enjoy a \$20 discount on private and semi-private lessons starting at 8:30 p.m. Monday through Thursday. Be sure to coordinate with a member of the teaching staff for court availability.

CARDIO TENNIS COMES TO COURTSIDE

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- It provides interval training scenario, which is an effective way to achieve heart health and fitness
- It is a fun group activity where players of all ability levels enjoy tennis together
- The primary focus is on getting a great workout while you are playing tennis
- It fights the obesity crisis and offers a better fitness option for those who do not like to go to the gym

Cardio Tennis Is for Everyone

Beginner Players — It is not about where or how you hit the ball. Cardio Tennis is about getting a great workout while having fun. You will improve your conditioning and your game at the same time.

Advanced Players — The best way to train for tennis is through tennis. Cardio Tennis helps improve speed and agility, making players faster on court and able to adapt to the variety of situations faced in a typical tennis match.

STEVE'S TENNIS TIP

TENNIS ETIQUETTE 101

With the recent surge in Courtside's Junior Tournament participation, I thought it might be prudent to list some do's and don'ts for juniors and parents on tennis etiquette. Please adhere to the below list for a stress free experience!

DO:

- Know the rules
- Confirm your match time and location
- Only check in when you are READY-to-PLAY (shoes on, water, racquets...)
- Introduce yourself to your opponent
- Spin your racquet before starting your warm-up
- Call the score loudly and clearly
- Wait until players finish a point before walking on or behind another court to retrieve a ball
- The ball is "in" if you don't clearly see it out
- Hold or pocket two balls on first serve

- Discuss score disagreements in an even manner
- Applaud your opponents good shots
- Shake hands after the match
- Carry your own equipment
- Win or lose, report to the tournament desk after the match

DON'T:

- Show up late for your match
- Shout or make loud noises in the middle of a point
- Engage in "gamesmanship"
- Foot fault
- Talk to friends, parents, coaches, or spectators during the match
- Refer to your opponent in derogatory terms
- Slam the ball off the court or throw your racquet
- Speak in the middle of a point
- Interrupt play on adjacent courts



Steve Bork,
GM and Director of Tennis

- Cheat to "get even" with your opponent

PARENTS:

- Remember: The match is on the court! DO NOT GET INVOLVED!
- Allow your player to handle their problems
- Don't talk to your child during a match
- Don't cheer or applaud when the opponent misses a shot
- Don't check in for your child; it's their job
- Don't get involved in arguments with other parents
- Don't yell at your child when they make a bad shot
- ALWAYS: Support your child's effort — WIN or LOSE!



Play Days

Courtside's Play Day series is a great way for kids 10 and under to be introduced to competition on the court. The final two Play Days for 2014 are scheduled for November 15 and December 13, both from 2 to 3:30 p.m. Sign your 10 and under player up for a day of free tennis, prizes, and pizza. Players should be able to serve, rally, and keep score. For more information or to sign up, call 908/713•1144.

JETS is the Junior Educational Tennis System

NEW WELL SYSTEM

Construction on Courtside's new well is complete and the system is now fully operational. The new well construction stems from suggestions made by you, the members. There is no need to worry about low water pressure at the club anymore! The revamped system combines both wells on the Courtside campus. The new well draws its water from 600 feet below the ground. Our complex charcoal filtration system ensures that you receive the cleanest water possible.