

COURTSIDE RACQUET CLUB

2009 USTA NATIONAL FACILITY OF THE YEAR
2013, '14, '15, '16, '17, 18 USTA Middlestates Premier Facility

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COURTSIDE'S 2020 TOURNAMENT SCHEDULE

DATE TOURNAMENT

AUG. 28 COURTSIDE BOYS/GIRLS 14S ONE DAY DOUBLES (SR-L5)

AUG. 29 COURTSIDE BOYS/GIRLS 14S OPEN (SR-L6)

OCT. 9 COURTSIDE BOYS/GIRLS 18S ONE DAY DOUBLES (SR-L5)

OCT. 10 COURTSIDE BOYS/GIRLS 18S CLASSIC (SR-L6)

NOV. 13 COURTSIDE BOYS/GIRLS 14S ONE DAY DOUBLES (SR-L5)

NOV. 14 COURTSIDE BOYS/GIRLS 14S OPEN (SR-L6)



COURTSIDE CLUB Championship

Our Club Championship will be held this year on Saturday, August 1st and Sunday, August 2nd. Mark your calendar if you are interested in this open style tournament. We will have draws for men's singles and doubles, ladies singles and doubles, and mixed doubles. You must be a VIP member to participate in the tournament. Please contact Anthony at AnthonyC@courtsideracquet.com with any tournament questions. Sign-ups will be available at the front desk as we get closer to the event.

CORONAVIRUS RISK LEVEL BY ACTIVITY

HIGH RISK	9	LARGE CONCERTS
	8	SPORTS STADIUMS GYMS
	7	BASKETBALL PUBLIC POOLS
	6	PLAYGROUNDS
LOW RISK	5	BEACHES
	4	WALKING IN A BUSY DOWNTOWN
	3	GOLFING
	2	WALKING, RUNNING, BIKING WITH FRIENDS
	1	PLAYING TENNIS

SOURCE: MLIVE

SUMMER
2020

THE COURTSIDER

Insights from "USA Today"

Even as the parts of the country start the process of opening back up in the wake of the COVID-19 pandemic, the truth is that most recreational sports are not compatible with the kind of measures to keep people healthy that may be in place for weeks and months to come.

But that's where we are lucky. Our sport is tennis, and according to the United States Tennis Association, there's a way to play it safely in cities and states that have entered Phase 1 of the White House's reopening guidelines.

"Our sport is conducive to social distancing," the USTA's CEO and executive director Michael Dowse said in a phone interview. "Health and safety is paramount and tennis comes second, but once that first box is checked and it's deemed safe, it's the perfect sport for all of us to participate in coming out of this pandemic."

Dowse, of course, has an interest in promoting tennis. But if you follow the guidelines his organization released last week, it really is an ideal competitive activity to take up during this period where it's uncertain when pickup basketball or flag football games will be safe to play.

First and foremost, tennis is a non-contact sport played where the participants in a singles match are typically at least 60 feet from each other. But even then, the USTA has produced a document in accordance with its Medical Advisory Group that suggests ways to make tennis even safer.

In addition to all the obvious suggestions like hand washing/sanitizing, avoiding touching your face or other surfaces and staying home if you are experiencing any symptoms associated with coronavirus, the USTA suggests the following modifications to typical tennis protocol:

- No post-match hand shakes or high fives
- Don't change ends of the court during a match
- Use a new racquet grip every time you play
- Wipe down and disinfect racquets and all equipment after use.

And though there's no evidence that coronavirus can be transmitted via a tennis ball, Dowse said the scientists have advised that there are "too many variables to really understand it" and thus advise an extra layer of precaution by using four or six balls instead of the usual three. That way, you can ensure each server only touches balls from their own can. In the event that your ball ends up on the other side of the net, your opponent should scoop it with their racquet or use their foot to send it back across the court.

"We always want to err on the side of being overly cautious, so as much as we can put in to make it safer, each player having their own can of balls makes a tons of sense," Dowse said.

Though singles is the preferred style of play for optimum social distancing, the USTA says "all incidental contact"

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Racquet Restringing

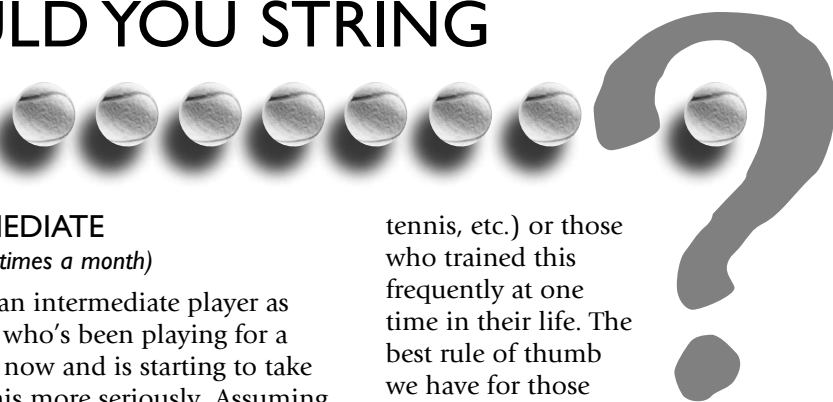
Summer Programs

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HOW OFTEN SHOULD YOU STRING YOUR RACQUET?



BEGINNER

(plays once a month)

We define a beginner as someone who is brand new to the game and is taking lessons once a month, and maybe even hitting a few times in between. To this player, we'd recommend re-stringing every three months. While you won't break your strings, the tension of your strings (how tight or loose they are) will change dramatically in that time. Your strings begin losing tension the moment your racquet is taken off the stringing machine. Re-stringing every three months will keep your string tension as consistent as possible, resulting in a much better learning experience. You wouldn't learn to golf with different size clubs every week would you?

INTERMEDIATE

(plays 3-4 times a month)

Think of an intermediate player as someone who's been playing for a few years now and is starting to take their tennis more seriously. Assuming you're willing to spend some money on your equipment, we'd recommend this player re-string their racquet once a month. Whether you're playing in leagues or starting to enter a tournament or two, it's important to maintain your strings' tension for consistent performance as you start to compete.

ADVANCED

(plays 4-7 days a week)

We consider advanced players either those training full-time for match play (junior tournaments, college

tennis, etc.) or those who trained this frequently at one time in their life. The best rule of thumb we have for those training 4-7 days a week is "re-string when you break". Most advanced players playing this frequently will break a string every week or two, so no need to re-string until you break unless you have an important tournament coming up, in which case you should have fresh strings in all your racquets. For advanced players who no longer play this frequently, we'd recommend restringing your racquet as often as possible. Whether you're playing once a week or once a month, you know consistent equipment will give you the best playing experience any time you're able to hit a few balls.

DID YOU KNOW? Social distancing is built into the sport of tennis... You're 60 feet away from your opponent and if you're playing doubles it's 6000 ft.² of room!

Insights from "USA Today"

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should be avoided in doubles including no chest bumps or whisper strategy sessions.

"Ultimately, it's up to each individuals' decision-making whether it's proper to come back in the communities they live in," Dowse said. "But if the local guidelines have been approved, go for it. Tennis is the perfect sport to start playing in this phase. It's social, it's physical and it's intellectual and that's what we're starved for."

But some early indications suggest that more and more people are gravitating toward tennis since the

pandemic began. Dowse, who was the former president of Wilson Sporting Goods before moving over to the USTA late last year, said he's heard reports that mass merchants of tennis balls and racquets had a double-digit surge of sales since the end of March.

That suggests the purchasers are new players, not people who already have equipment.

As far as people who already play competitively or in local leagues, the USTA is stressing that they should follow community guidelines on when it's safe to play. USTA sanctioned leagues and tournaments have been paused through May, and Dowse said

they'll revisit that decision at the end of next month to see when it might be appropriate to start up again.

In the meantime, though, there's light at the end of the tunnel for tennis players. Whether it's going out for a casual hit or playing a match, tennis is the safest sport around that combines competition and cardiovascular exercise.

"When tennis is played in a safe way it can provide all of that," Dowse said. "People are hungry and starved for that — not just current players but new people to the sport as well."

SUMMER PROGRAMS: 3 LEVELS OF JUNIOR TENNIS

TOP DOG INDOOR

From beginners to intermediate juniors, this program is designed to promote fitness and fun while allowing the discovery the importance of teamwork, build social skills and develop self esteem while learning and playing tennis.

- Weekly sessions. Monday through Friday 9am-3pm
- Indoors
- Multiple siblings discounts.
- Multiple week discounts
- Extended care 3pm-5pm.

THE DAWGPOUND IS BACK!

The Dawgpound is designed for players with the desire and discipline to compete at a higher level, looking to improve every aspect of their game. These campers will focus on drills, tactical instruction and match play.

- Weekly "factions". Progressive skills learning—continual attendance recommended.
- Indoors
- By invitation only. Players MUST be approved for admittance.

H.S. OUTDOOR TENNIS

Designed for High School players who are competing or planning on competing on their Varsity or Junior Varsity tennis teams.

- Weekly sessions. Progressive skills learning—continual attendance recommended.
- 7th and 8th graders with approval.
- Three Options available: **FULL DAY, MORNING** only, or **AFTERNOON**
- Outdoors, choice of three area locations.

Note: due to Limited Group sizes, registration space is filling fast



FAQs—REGARDING THE CLUB CLOSURE:

RE-OPENING JULY 2!

Any weeks missed will be credited to your 2020/2021 contract season fees.

MEMBERSHIP — Renewals will be processed as they come due in our system. Rest assured that any time owed from your renewal date until we reopen will be credited towards your 2021 renewal. Member-ship rates will be prorated daily and the amount of

that prorate will be credited to your next membership renewal. For example if the Club is closed for 90 days, an amount equal to 90 days of your membership fee will be credited towards your 2021 renewal rate.

CONTRACT TIMES — Dates missed will be credited towards your 2020/2021 season. Free tennis begins July 2.

EARLYBIRDS — Earlybirds will have the pro-rated cost of any days missed this season credited to next year's Earlybird rates.

Earlybird sub card holders will also get a pro-rated cost for the percentage of unused days (not unused punches) applied to next season's card, and will start with a fresh punch card in September.

CLINICS — Classes missed after March 16, 2020 will be credited towards future sign ups.

Enjoy Free Tennis, Cool-off Indoors Over the Summer!



WHEN: July 2 through Labor Day

WHO: All VIP adult and junior members will not have to pay any court fees on these designated dates.

HOW: Booking privileges are the same as always: you are allowed to book 3 weeks in advance; however, if you book and do not cancel your court time 24 hours in advance, you will be charged \$25 per hour for the time you booked.

We hope you have a safe and healthy summer!



 We are Facebook and Instagram!
 /@CourtsideRacquetClub

Have something to share?
Please send relevant pictures, articles, or other tennis related material to Steveb@courtsideracquet.com.