

# COURTSIDE RACQUET CLUB

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

1115 Route 31 South  
Lebanon, NJ 08833  
(908) 713 • 1144



**Please note:**  
Courtside Racquet Club  
will not be opening it's pool this summer.

## IT'S REGISTRATION TIME

Enclosed in this mailing:

### SPRING YOUTH PROGRAMS:

- Junior Clinics
- UTR Challenger Circuit
- Puppy Pound

### SPRING ADULT PROGRAMS:

- Adult Clinics
- Ladies Doubles
- Mens Doubles
- Pickleball Socials & Clinics

### SUMMER CAMPS:

- Top Dog Tennis
- High School Camps
- Dawgpound (Invite Only)

You can also sign-up by stopping by the front desk at the club, calling the club, or registering online at [www.courtsideracquet.com](http://www.courtsideracquet.com), and as always, please feel free to contact us with any questions, at (908) 713-1144.

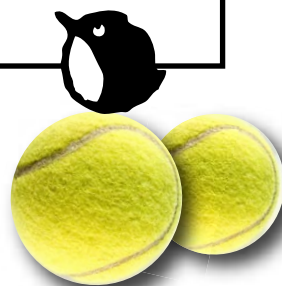
**Have something to share?**  
Please send relevant pictures, articles,  
or other tennis related material to  
[Steveb@courtsideracquet.com](mailto:Steveb@courtsideracquet.com).



We are Facebook and Instagram!



/@CourtsideRacquetClub



SPRING  
2021

# THE COURTSIDER

## Spring into Summer **CAMP**



# Top Dog

## COURTSIDE RACQUET CLUB

2009 USTA NATIONAL FACILITY OF THE YEAR

2009 USTA NATIONAL FACILITY OF THE YEAR  
2013, 2014, 2015, 2016, 2017, 2018  
USTA Middlestates Premier Facility

[www.courtsideracquet.com](http://www.courtsideracquet.com)

### INSIDE THIS ISSUE...

*Steve's Tip: Why Play  
Competitive Tennis*

*Benefits of Summer Camp*

*Why Play Tennis—  
the Basics*

**C**ourtside is excited to announce our new Summer Camp programs for 2021. At Courtside we pride ourselves on top level instruction, promoting and providing a positive and fun learning environment for all our campers. To that end, this year we will offer Three levels of Tennis Camps to fit your child's ability and interests.

### TOP DOG INDOOR CAMP

We will continue to offer our Top Dog Summer Camp program for all ages. From beginners to intermediate juniors, this program is designed to promote fitness and fun while allowing the camper to discover the importance of teamwork, build social skills and develop self esteem while learning and playing tennis. And once again this year we will be adding Pickleball for campers who would like to try the fastest growing sport in America. Registration is on a weekly basis beginning the week of June 14th; daily drop ins are welcome for a prorated fee. Multiple siblings and multiple week discounts are available. Camps run Monday through Friday 9am-3pm; we offer free extended care from 3pm-5pm. Pickups after 5pm are not permitted. Every camper receives a free Top Dog T-shirt.

### H.S. GIRLS CAMP

Finally, we will once again offer our High School Girls Camp. This camp is designed for High School players who are competing or planning on competing on their Varsity or Junior Varsity tennis teams. 7th and 8th graders are permitted with prior

approval only. This Camp is structured around 3 options: **FULL DAY** sessions 9am-4pm; **MORNING CAMP** only 9am-12:30 pm/lesson based; **AFTERNOON CAMP** only 1pm-4pm/Match play. Half day sessions are prorated. Again, continuity of attendance is recommended to get the most out of the campers' tennis experience. This Camp is held outdoors at one of the local High Schools.

### THE DAWGPOUND IS BACK!

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. Sign ups are on a weekly basis. Because of the progressive nature of the drills and practices, continuity in attendance is recommended. *This program will be invitation only. Players MUST be approved for admittance.*



Courtside hosts our Camps rain or shine. Free pizza every Friday, for our campers' lunch. Check our website, [www.Courtsideracquet.com](http://www.Courtsideracquet.com) for registration information, or stop in at the club and pick up a registration form. Payment is requested at the start of each camp session.

## STEVE'S TENNIS TIP

Below is a great article I'd like to share from the website: [top4tennis.net](http://top4tennis.net) (Dec. 9, 2017)

### WHY YOU SHOULD PLAY COMPETITIVE TENNIS

Plenty of people get into tennis around the summer time. Wimbledon is on the telly, Andy Murray is most likely winning and Pimms is in the air. Tennis is the national sport for a fortnight. But the problem with only playing for that two-week period every year is that it's hard to improve. If you really want to step up your game you need to play regularly.

It needs to be competitive, too.

#### THE BENEFITS OF PLAYING COMPETITIVE TENNIS

So what's so special about competitive tennis and why is it an important part of developing as a player? There are a few reasons...

#### THE MENTAL SIDE OF TENNIS

First of all, it's important to realise that tennis is as much a mental game as it is a physical one. If you watch the professionals, it's all about decision making, playing the right shots and executing them under pressure consistently.

That kind of environment is difficult to recreate in training sessions. When you're training, there's nothing on the line, nobody on the other side of the net trying to prove themselves and generally, the atmosphere is relaxed, not competitive.

Playing competitive games helps you to train your mind, not just your skills. Which brings us to...



Steve Bork,  
GM and Director of Tennis

#### LEARNING TO PLAY UNDER PRESSURE

Above we mentioned how it's impossible to recreate the pressure of a competitive match in a training session. That's because there's no anxiety associated with your shots. There are no nerves at play.

Often this means that in training you'll hit better shots more consistently than when it really matters.

There's also the cumulative effect of missing balls and shots you know are makeable. Frustration and other emotions can come into play.

The more competitive game time you get, the better you become at dealing with hiccups, handling pressure and nerves and coming out on top when it really matters.

Being able to perform consistently during competitive matches doesn't happen by accident.

Practice makes perfect.

#### DEVELOPING YOUR TACTICAL GAME

Another aspect of competitive tennis is the tactical side of things. Learning how to win during a match and adapting your strategy as a game unfolds are things you can't work on in training.

When something isn't working, you need to learn to try a new tactic. If something is working, you need to be able to capitalise on that and punish your opponent's weaknesses. These situations don't occur during casual rallying, you have to learn them as you go.

#### LEARNING TO WIN

One of the most obvious benefits of playing competitive matches is that they give you the chance to win. Competing, giving your all and coming out on top is a great feeling. Who wouldn't want it?!

Sometimes it's good to play FOR something, not just for the sake of it. Whether that's pride, financial reward of career progression, playing in a competitive environment is the best way to achieve those things.

It's also the best way to chart your progress. If you never test yourself in competitive games, how do you know if your tennis is really improving?

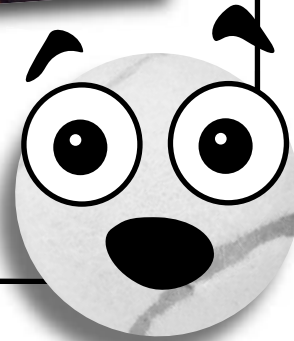
#### TREAT TRAINING LIKE MATCHES, OTHERWISE YOUR MATCHES WILL ALWAYS BE LIKE TRAINING SESSIONS

Obviously training is still important and a vital part of becoming a better tennis player. Improving your skills when the pressure is off is important, too.

But the best thing to do is treat your training sessions like matches. Take them seriously and strive to improve. Otherwise your attitude in training will carry into competitive games and you'll get off to a slow start!



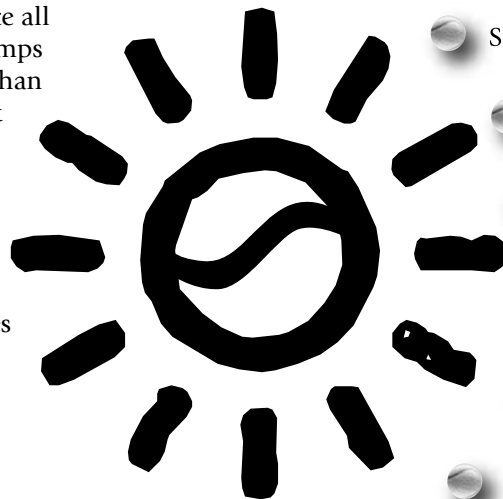
Circa 1990s (!!) – Steve Bork and Bobby Weiss hang out between USTA Matches. Looking forward to those days again!



## BENEFITS OF SUMMER TENNIS CAMP

Why summer camp? Summer tennis camp allows kids to become independent and develop self confidence all while making new friends. The best camps will also teach new skills, what better than the sport of tennis? A lifetime skill that incorporates exercise!

- Summer Tennis Camp develops life skills needed to become successful adults.
- Summer Tennis Camp educates the whole child.
- Summer Tennis Camp helps build mental stimulation and physical activity.
- Summer Tennis Camp reinforces independence and empowerment.



- Summer Tennis Camp allows for confidence to be reinforced by success.
- Summer Tennis Camp instills appreciation and gratitude.
- Summer Tennis Camp allows children to unplug from technology.
- Summer Tennis Camp allows for plenty of time for play which kids develop socially and emotionally.
- Summer Tennis Camp nurtures social skills and builds friendships
- Summer Tennis Camp models healthy living.
- Summer Tennis Camp is fun!

## Why Play Tennis the Basics:

Whether you are looking to get into tennis or have been playing for decades, tennis is a sport with numerous physical and psychological benefits. Here are a few benefits of tennis you can tell your friends to get them on the court!

- IMPROVE YOUR HAND-EYE COORDINATION**  
Tennis also helps improve your balance, agility, and reaction time
- LIVE LONGER**  
If you play tennis for just 3 hours a week your risk of heart disease drops by 56%
- GET FIT!**  
Playing tennis is a great cardio workout—one hour of play can burn 580-870 calories

- STRESS REDUCER**  
Tennis has been proven to increase your ability to deal with stress since it includes mental, physical, emotional, and social challenges
- DEVELOP TEAMWORK AND SPORTSMANSHIP**  
Through team play, league play, and doubles play, tennis develops a player's ability to communicate and work together

*Don't wait, get involved with tennis today. It's a sport you can play for a lifetime!*