

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

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



WHEN: June 15 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.



SUMMER
2022

THE COURTSIDER



**It's
BACK!**

Join Us for the Return of the 2022 Bus Trip!

Every year starting in late August, the top tennis players converge in the Big Apple for 2 thrilling weeks of grunts, groans and glory. Spurred on by a crowd that's one of the best - and loudest - in the sport.

Join us on Wednesday August 31 to see one of tennis's most spectacular tournaments.

Departure is promptly at 8:00 a.m. from Courtside for an 11:00 am arrival in Flushing Meadows Tennis Center. Transportation is provided on a luxury bus with snacks and beverages,



both alcoholic and non-alcoholic, for the ride home.

Tickets supplied for access to Arthur Ashe, Louis Armstrong, the Grand Stand and all other grounds courts.

Tickets are \$175. each for members and \$200. each for non-members.

Sign-up is extremely limited, early registration is encouraged.

You can sign up at the front desk or call the club at 908-713-1144

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2013, 2014, 2015, 2016, 2017, 2018
USTA Middlestates Premier Facility

www.courtsideracquet.com

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Thank you!

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Congratulations Hunterdon Central!

Congratulations to all of our players who participated in the Hunterdon/Warren/Sussex tournament. Hunterdon Central won all 5 court positions to win their 9th straight Tri-County tournament title.

We have the privilege of training boys and girls at many of the local high schools such as Voorhees, North Hunterdon, Hunterdon Central, Warren Hills, Bridgewater, Somerville, Hillsborough, Ridge, Rutgers Prep, Bernards, Pingry, and more. To all the seniors, we wish you luck in all of your future endeavors and we thank you for supporting Courtside over the years.

Thank you!

Courtside sends a big thank you to Steve Parente and Kyle Newell for speaking at two recent seminars on eliminating lower and upper body joint pain! These events were incredibly informative and huge successes. We look forward to hosting more events in the future!



SUMMER USTA @ COURTSIDE TOURNAMENT SCHEDULE:

Level	Tournament	Start date	End date
6	Boys 14s & 16s	August 27	August 28
5 Open	Boys 14s	July 16	July 17
5 Open	Girls 18s	September 24	September 25

* All Tournaments are "FMLC First Match Losers Consolation", unless otherwise noted.

Please call us at 908-713-1144 if you have any questions.
We look forward to seeing you compete!

BENEFITS OF SUMMER CAMP

Why summer camp? Summer 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 Camp develops life skills needed to become successful adults.
- Summer Camp educates the whole child.
- Summer Camp helps build mental stimulation and physical activity.
- Summer Camp reinforces independence and empowerment.
- Summer Camp allows for confidence to be reinforced by success.
- Summer Camp instills appreciation and gratitude
- Summer Camp allows children to unplug from technology.
- Summer Camp allows for plenty of time for play which helps kids develop socially and emotionally.
- Summer Camp nurtures social skills and builds friendships.
- Summer Camp models healthy living.
- Summer Camp is fun!

STEVE'S TENNIS TIP CLOSING OUT A MATCH

You are in a position to win a match, what you do to "finish it" determines the outcome. Many players become nervous in this situation. Remember: Being a little nervous will actually increase your performance level.

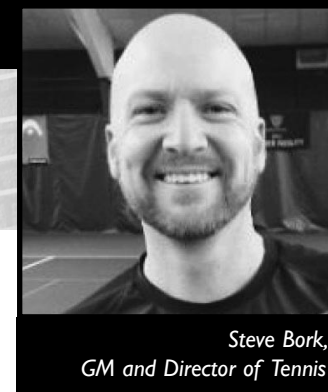
But if all the control you had during the match to get you to this point begins to disappear your mind will race, you'll panic and you'll get tight. Sound familiar? Here's what to do...

STICK TO WHAT GOT YOU THERE...

- Play smart, if you built your lead using a specific playing style, stick with it!
- Play every point like its match point...
- Some of the players on tour play as if they are losing instead of winning. This state of mind

can maintain their level of focus throughout a match and allow them to play tougher.

- Expect your opponent to fight for every point...
- They want to win the match as much as you do so don't be surprised if they continue to fight hard and get everything back.
- Maintain your optimal level of relaxation...
- Focus on your breathing and relaxing your muscles in between points. In fact, to prevent excessive nervousness you should be applying relaxation exercises throughout the entire match.



Take slow deep breaths, you need to stay calm so you can control the tempo of the match.

- Don't "Play not to lose"...
- You will become too tentative. Try to take it to your opponent!

REMEMBER TOO...

- Look across the net and be assured that your opponent is as nervous as you are. Sometimes it helps to relax when you realize that they are in the same boat as you!

USTA TEAM PRACTICES

Do you have a USTA team for the spring/summer season? Courtside's professional staff is available to help train and coach your team! Let us know what day and which professional your team would like to have and we will gladly provide!

Practices are generally 90 minutes to 2 hours and can be indoors or outdoors. For more information or to request a practice, please contact Steve at steveb@courtsideracquet.com or call 908-713-1144.

COURTSIDE CLUB *Championship*

Are you interested in participating in our open style tournament? Our Club Championship will be held this August, so mark your calendar and get your game ready! 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 Seve at Seveb@courtsideracquet.com with any tournament questions.

Sign-ups will be available at the front desk as we get closer to the event.