

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

Courtside Employment Opportunity

Courtside Racquet Club is currently looking for a part time (15-20 hours) Front Desk Administrator for mornings, evenings and weekends. Candidates should be personable, have a knowledge of tennis, basic computer skills, excellent phone etiquette and be able to multi-task. Job responsibilities include booking court time, answering the phones, refreshing the courts at the end of the shift and any other tasks as assigned. The candidate should be comfortable discussing the club's programs and offerings.

Courtside offers competitive wages and free club membership to all employees as well as discounts on all club activities and purchases. A friendly work atmosphere and flexible schedule are part of the Courtside job experience.

Please contact Steve Bork, General Manager with any interest or questions at (908)713-1144 or email him at SteveB@courtsideracquet.com.

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



We are Facebook and Instagram!



/@CourtsideRacquetClub



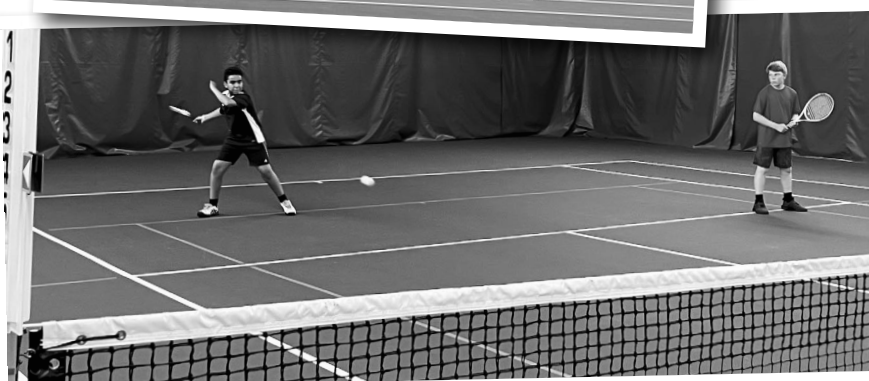
FALL
2022

THE COURTSIDER



Summer Camp Fun!

2022 marked another successful summer camp season! We want to thank all that attended TopDog, High School and Dawgpound camps!



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

INSIDE THIS ISSUE...

Weight Loss...

Time to Sign-Up for Fall

Steve's Tennis Tip

*USTA @Courtside
Tournament Schedule*

Employment Opportunity

WEIGHT LOSS
WILL NOT HAPPEN
UNTIL YOU BECOME
THE NEW YOU

People are funny.

I cringe most of the time when someone tells me they finally find a new diet that they are going to do.

But, this time, it will be different.

Why will it be different?

The said person usually goes into something informational, such as counting macros, restricting carbs, cutting out such and such.

Listen up, weight loss struggles are very, very rarely an informational problem.

If it were, you could look up the answer and be done with it.

But I will note that there are many fake fitness experts out there that have no clue what they are talking about, confusing the consumers about what to do.

That's another story that I have talked about numerous times before.

Back to the point.

You must decide about the new you.

Decision means to sever, to cut off from all other possibilities.

A big part of what I teach in the Panda is about deciding. Don't waffle.

If you have the 'I want to' or 'I need to' attitude, you will never succeed.

The only mindset that will succeed is the champion's mindset of 'I will'.

If you refuse to see yourself empowered and in control of your life, then no amount of will power will ever work and if you do have a change, it will be temporary because you didn't work on your inner.

The inner you creates the outer you, despite what you've been brainwashed to believe.

Until you become the qualities as a person that you think you will attain by changing your appearance, then your appearance will forever allude you.

It's the inside out approach to Coaching, the only one that works.

All it takes is making a decision.

Which should excite you because making a decision literally takes fractions of a second.

If your transformation has been a long, drawn out process, then it is likely that you have been going with an outside in approach.

Be unconventional
—Kyle Newell

P.S. If you'd like a FREE copy of our Fasting Manual, you can go to www.newellstrength.com/if-manual

Thank you to **Kyle Newell** for being a guest contributor to *The Courtsider*

TIME TO
SIGN-UP
FOR FALL!



Registration forms and details enclosed in this mailer, the fall season starts soon!

JUNIOR and ADULT CLINICS

Participating in clinics at Courtside is a great way to learn the sport, advance your level, or develop new skills. We offer JUNIOR and ADULT CLINICS each day of the week for all levels (beginner, intermediate, and advanced).

Junior clinics begin at age 4 with our **PUPPY POUND** classes and go until age 18.

Ladies Doubles
League

If you are looking for team play without the travel to other clubs then our round robin league is perfect for you. We will be organizing this round robin style doubles league. For levels: 3.0, 3.5, and 4.0. Contact Bobby at the club to register.

Junior UTR
CHALLENGER
circuit

There is no
Substitute for Match Play.

Getting organized match experience as a junior player is much more difficult to come by compared to other sports. The Junior UTR Challenger Circuit is a great way to get junior players match experience. They will be playing against many different types of opponents and will be better prepared in future match-ups. Match play at a young age is important to help implement skills learned through lessons, clinics and practice.

STEVE'S TENNIS TIP
PLAYING THE ROCK-STEADY
BASELINER...

People ask me all the time on how to play against players that are rock-steady from the baseline so here you go!

These types of players are pretty common at every level of play. They win the majority of their matches on their opponents errors.

They try to lure you into over hitting because you become impatient. They are successful against players who have weak to average put away shots.

This type of player also prefers playing their matches from the baseline.

HERE ARE SOME TIPS TO DEAL:

Be patient! Try to hit 5 to 7 shots before you try to do anything with the ball. Work the point, you may get a chance to hit your big shot later when the time fits.

Look for opportunities to get to the net and finish. This type of player will not give you anything, so take it to them.

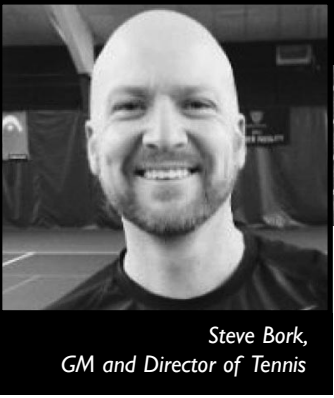
Use drop shots or chips to get them off the baseline. Take them out of their comfort zone.

Serve and volley. This will keep you from being drawn into a baseline marathon.

Be aggressive on their second serves. Attack!

Mix up your groundstrokes. These players love to hit with rhythm.

Do not play them side to side. These players are Golden Retrievers moving side to side! Play them up and back.



Steve Bork,
GM and Director of Tennis

Now...quick ways to lose...AVOID!

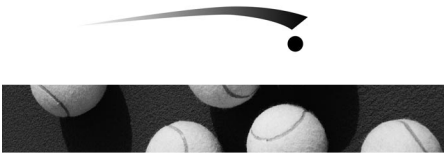
Becoming impatient and pounding the ball.

This is what they want!

Don't get lured into a marathon. If it becomes obvious they are stronger from the baseline, change your strategy!

Make sure the game plan you use is a game plan you own! Don't serve and volley if you never have before.

Go get 'em!



USTA @ COURTSIDE
TOURNAMENT SCHEDULE

Level	Tournament	Start date	End date
6	Boys 14s & 16s	August 27	August 28
5 Open	Girls 18s	September 24	September 25
6	Girls & Boys 16s	October 8	October 9
6	Girls & Boys 14s	November 12	November 13

* 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!

