

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



FREE TENNIS OVER THE HOLIDAY BREAKS!

- Thanksgiving Free Tennis is November 22, 23 and 25.
- Christmas and Hanukkah Free Tennis begins December 24 and runs through December 31.

All Courtside VIP members are welcome to book court time and play for free during these periods. Courtside program members, Courtside Team members, and non-Courtside members are welcome to play but must pay the regular court fee of \$78 per hour for their portion of the court fee if they are playing with members.

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 for the time you booked and the money will be donated to Courtside's charity of choice.

Please note, the Club is closed November 24, December 25 and January 1.

Join in and play more tennis!

*Courtsides' Staff and Pros
Wish Everyone a Happy and Safe Holiday Season!
We look forward to seeing you next year!*



We are Facebook and Instagram!
/@CourtsideRacquetClub

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



WINTER
2022-2023

THE COURTSIDER

How Often Do You Need to Restring?

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 racket 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?

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 rackets. For advanced players who no longer play this frequently, we'd recommend restringing your racket 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.

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 racket once a month. Whether you're playing in leagues or starting to enter a

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Happy Holidays!

WINTER PROGRAMS

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 organize this round robin style doubles league for levels: 3.0, 3.5, and 4.0. Contact Bobby at the club to register.



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 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.

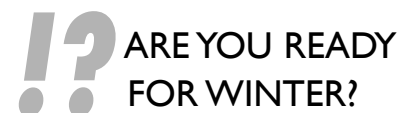
MEN'S LATE NITE ACTION

Join the guys on Wednesday nights from 9:00 pm-10:30 pm. We have open doubles play with no commitment to attend every week. A new can of balls is provided each week.



Have fun at our "Social Pickle" open to all levels. Call to sign-up. Or if you're new to the sport, or want some lessons in how to beef up your game, check out our PICKLEBALL CLINICS.

We also offer Parent/Child Classes.



Registration is open now - use the forms enclosed in this mailing. Sign-up by stopping by the front desk at the club, calling the club, or registering online at www.courtsideracquet.com. And, as always, please feel free to contact us with any questions, at (908) 713-1144.

STEVE'S TENNIS TIP

HOW TO DEAL WITH ROCK STEADY BASELINE PLAYERS

I have had a lot of inquiries this past month 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.

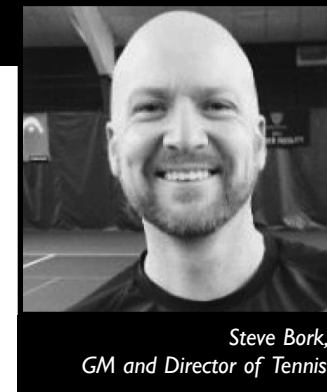
- Use drop shots or chips to get them off the baseline. Take them out of their comfort zone.

- 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.

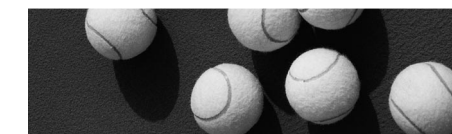


Steve Bork, GM and Director of Tennis

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!



CARDIO QUEENS AND CALORIE COUNTING ^{elle} 1234567.....

By Guest Writer: Kyle Newell, CEO of Newell Strength

I wrote an article that went viral back in 2007 or 08. I cannot remember the exact year but the concept was about the Aerobic/Cardio fallacy.

Cardio is one of the most misunderstood words in fitness.

And to make matters worse, you have way too many Fake Fitness Experts out there that continue to pound on the calorie equation game.

Burn, burn, burn.

The only problem is this...

Fat loss is not simultaneous, it is sequential.

The simultaneous model says that you can cut calories, burn calories and weight loss should happen.

Now, if you've tried that before, and no doubt that you have, you will know that it doesn't work.

I can hear you now... 'Kyle, yes it does. I've done it before.'

My question back to you would be, 'Did the results last? Was it a true transformation or was it a temporary change?'

The real model of weight loss is sequential.

Things need to change hormonally and stress-wise within your body before you can drop the extra weight once and for all and say good riddance to it.

With that in mind, let me explain what cardio actually is and the hierarchy I have outlined up above.

Cardio as people refer to it is anything that works your cardiac muscle.

What drives the cardiac muscle and cardiovascular system is your muscular system.

So, in order to get more of a cardiac benefit, you need to work more muscle. In an anaerobic (without

oxygen) fashion. We call this PHAST at Newell Strength: Peripheral, Heart Action Strength Training.

We want your heart pumping blood head to toe.

If you hop on a cardio piece of equipment, good luck. Not much will happen.

If you enjoy it, that's one thing. But most people I talk to don't enjoy doing traditional cardio.

The way we train at Newell Strength should have your heart popping out of your chest.

But even that is not the most important thing in your weight loss journey.

Exercise, directly, is pretty much useless for weight loss. Exercise is great for brain health, muscular health, cardiac health and having healthy joints.

To think it is a weight loss tool directly is to fall prey to that simultaneous model of weight loss I spoke of earlier.

View exercise as one wheel of a bicycle and your habits as the other wheel. One will assist the other as far as routine, but DO NOT mistake what exercise is for.

Nope, the most important thing is the stuff you do outside the gym on a consistent basis.

The things that will have the biggest impact on the nervous system, stress levels and hormones are SLEEP, FASTING, LAUGHING AND WALKING.

I've had tons of people go through the Panda Challenge that don't exercise at all and do great with their weight loss because they follow the foundational principles of weight loss.

And you may have heard me say it before, but I'll say it again... SLEEP is the best diet in the world!

The next most effective thing is the way we train at NS, PHAST. This has an effect long after the workout as far as tapping into body fat stores, assuming

you don't immediately eat after. Once you eat, insulin spikes and you can forget about weight loss.

Then we have NEAT, which stands for non-exercise activity thermogenesis. This is basically stuff like cutting the grass, doing blue collar type work, chores around the house. When I used to diet incorrectly when I was bodybuilding, I didn't even have enough in the reserve to stand up and teach my PE classes (which is considered NEAT).

4th, you have interval training. Think of sprint, walk, sprint, walk for a specified ratio of time. It's good and has a purpose, but again, not effective for weight loss.

Lastly is SLD, your typical cardio: treadmill, elliptical, etc. This actually trains your body to become more efficient at utilizing and storing body fat. Not a good thing.

Walking to me is in the bottom category because for our intents and purposes, we use it to lower stress hormones, not to burn calories.

The most important thing in your fat loss journey is definitely not cardio.

You can refer to my older article for some more in depth looks at this.

Compliance is the science.

Appreciate you and love you all for how great you are to Newell Strength!

Be Unconventional — Kyle

P.S. If you'd like to get a 2 free week trial at Newell Strength where we start with a 1-1 consultation, you can go to: <https://www.newellstrength.com/freetrial>