

COURTSIDE RACQUET CLUB

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

Check out our Camp and Summer Registration forms enclosed!

Bobby and Luis join forces in our Elite and High School Camps at Hunterdon Central.
And Stephan continues the Junior Tour through the summer!

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 Steve at Steveb@courtsideracquet.com with any tournament questions. Sign-ups will be available at the front desk as we get closer to the event.



We are on Facebook and Instagram!

@CourtsideRacquetClub

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

SUMMER
2023

THE COURTSIDER

Join Us for the 2023 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 30 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 \$200. each for members and \$225. 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

COURTSIDE RACQUET CLUB

www.courtsideracquet.com

INSIDE THIS ISSUE...

Tennis, According to A.I.

Steve's Tennis Tip

"Home" Improvements

Courtsides' Championship

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



WHEN: June 15 through Labor Day

WHO: All Tennis, adult and junior members, have access to BOTH Tennis and Pickleball courts (Pickleball members have access to Pickleball only)—and 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!

Why Tennis? According to A.I.

For fun, we decided to ask ChatGPT, Artificial Intelligence, to write an article about what it thought about Tennis—this is what it wrote ... and we tend to agree!

Tennis is a popular sport enjoyed by people of all ages and abilities around the world. Not only is it a great way to stay active, but it also provides a range of physical and mental health benefits. In this article, we'll explore some of the top benefits of playing tennis.

1 Improves cardiovascular health

Tennis is a great way to get your heart rate up and improve your cardiovascular health. It involves a lot of running, jumping, and quick movements, which can help strengthen your heart and lungs. Regular tennis players have been found to have lower resting heart rates and blood pressure, reducing their risk of heart disease.

2 Develops agility and coordination

Tennis requires a lot of agility and coordination, as players need to quickly change direction, adjust their body position, and hit the ball accurately. Regular tennis practice can improve your overall coordination and balance, which can be beneficial for other sports and daily activities.

3 Increases muscle strength and endurance

Playing tennis regularly can help increase your muscle strength and endurance. It involves using your legs, arms, and core muscles, which can all become stronger over time. This can be particularly beneficial for older adults, who may experience muscle loss as they age.

4 Reduces stress and anxiety

Like other physical activities, playing tennis can help reduce stress and anxiety levels. Exercise releases endorphins, which are natural mood boosters that can help you feel more relaxed and less anxious. Tennis can also be a great way to socialize and connect with others, which can be beneficial for mental health.

5 Enhances brain function

Playing tennis involves a lot of quick decision-making, problem-solving, and strategic thinking, which can help improve brain function. Studies have found that regular tennis players have better reaction times, faster decision-making abilities, and improved spatial awareness.

6 Promotes weight loss and weight management

Tennis is a great way to burn calories and lose weight. It involves a lot of physical activity, which can help you burn calories and lose fat. Additionally, tennis can help you maintain a healthy weight, as it can help increase your metabolism and prevent weight gain.

7 Builds social connections

Tennis can be a great way to build social connections and meet new people. Whether you join a local club or participate in tournaments, tennis provides opportunities to connect with others who share your interests. This can be particularly beneficial for older adults, who may experience social isolation.

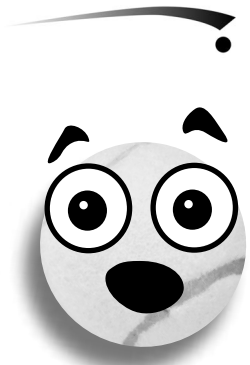
8 Teaches discipline and perseverance

Tennis requires discipline and perseverance, as players need to practice regularly and stay focused during matches. These skills can be beneficial in other areas of life, such as work or school.

In conclusion, playing tennis can provide a range of physical and mental health benefits. From improving cardiovascular health to promoting social connections, tennis is a great way to stay active and healthy.

So why not grab a racket and head to the court today?

What do you think?!



STEVE'S TENNIS TIP

HOW TO MANAGE NEGATIVE EMOTIONS DURING YOUR MATCHES:

There are many emotions that will affect your performance during play. When discussing these emotions with my students they come up with words and actions like tanking, fear, anger, choking just to name a few. These emotions will destroy your confidence. Managing these emotions is easier said than, done so I will give you some tips to combat them.

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BREATHING

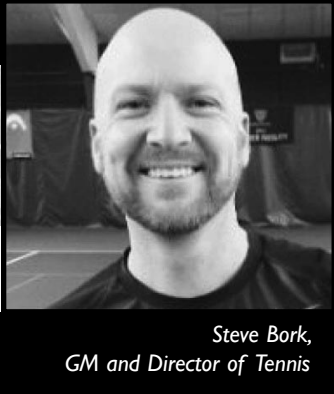
The most important aspect to managing your emotions is breathing. Taking slow relaxed breaths calms your nerves. Try to breathe in with your nose and out with your mouth. Pretend that when you are exhaling all the negativity is leaving your body.

CONFIDENCE

Try acting. The more your opponent knows about how bad you feel the worse for you. Pretend you are your favorite player, act as they would. Head is up, ready to go.

BE REALISTIC

Play one point at a time. Accept what is happening. Save what energy you have for things you can change. Don't whine about what has just happened...it's done.



Steve Bork,
GM and Director of Tennis

OBJECTIVITY

Don't be over critical. Because you lose a match

doesn't mean you are any less of a person. Everyone, even the best, lose.

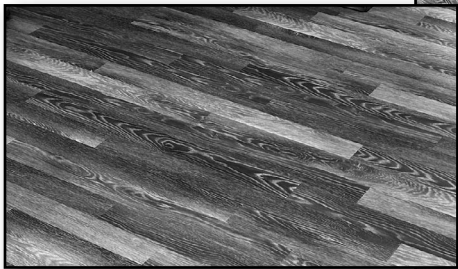
ENJOYMENT

Have fun! Laugh! This is not life or death. Think of what you are doing, you're playing a game! How cool is that? Relax.

Don't feel like you are the only person that feels these emotions. All the top players in the world do too. These are some of the techniques they use to manage them, so you can use all or some to help you.

"HOME" IMPROVEMENTS

We take great pride in keeping Courtside the best club around—most efficient, most comfortable, cleanest, and most beautiful space—both inside and out. Check out our recent improvements so far... and stay tuned for more!



New locker room flooring...



Roofing upgrades...