

# COURTSIDE RACQUET CLUB

1115 Route 31 South  
Lebanon, NJ 08833  
(908) 713.1144



**Check out our Fall Registration forms enclosed!**



**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](mailto:Steveb@courtsideracquet.com).*

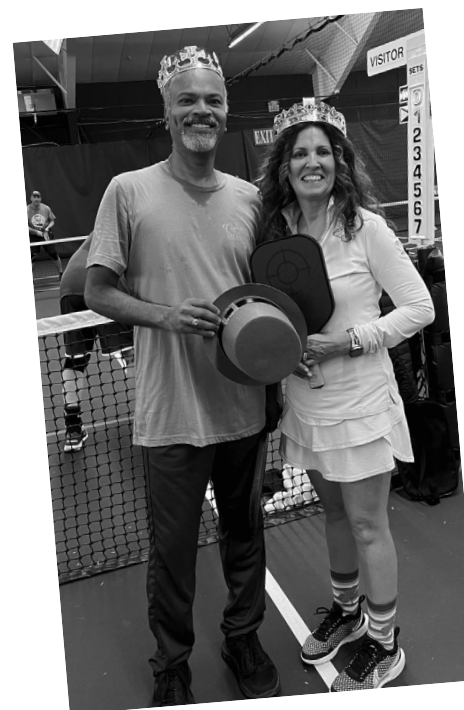
# THE **COURTSIDER**

FALL 2023

*Join the Fun at Our*

## ***pickleball*** ***Social Events!***

We had a blast at Courtside's many Pickleball Socials including Friday Night Kings, St. Patrick's Day and Cinco de Mayo Celebrations! Come check out all the fun for yourself!



## COURTSIDE RACQUET CLUB

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

**Inside...**

*Tennis Summer Camps 2023*

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*3 HUGE Fasting Mistakes*

Thanks for Another  
Great Summer at Camp,  
See you next year!



# Pickleball: The Plus and Minuses of a Growing Sport

**Pickleball, once mainly associated with the senior population, has seen astronomical growth and now attracts people of all ages.** While the insurance industry may complain about the rising medical costs (estimated at \$400 million for 2023) associated with pickleball injuries, they often overlook the significant health benefits this sport brings to its participants. Arguably, this may ultimately represent a cost savings to the insurance industry, and one cannot dismiss the value of improved quality of life and greater life satisfaction.

**One of the main reasons pickleball attracts so many new players** (aside from just how fun it is) is that the learning curve is relatively small. Most people have played a racquet sport of some kind, such as badminton, ping-pong, or tennis, at some point in their lives. Beginners quickly grasp the

basics and progressively improve with each play. This makes playing highly rewarding with many going “all in”, leading to playing too much, too soon. This can result in overuse injuries like tendinitis in the elbows, knees, shoulders, and ankles. Additionally, sprains, strains, and fractures can result from falls or collisions during play. All of which can be costly and curtail one’s ability to participate.

**On the contrary, the benefits of playing pickleball and becoming more physically fit are immeasurable.** Regular engagement in the sport can lead to lower blood pressure, improved cholesterol levels, decrease BMI, increased flexibility, enhanced strength, heightened stamina, and various heart and brain health benefits. Moreover, participants often experience improved mood, social engagement, and overall well-being. After the

isolation many experienced during the Covid pandemic, pickleball can provide players with a new social outlet previously missing in their lives.

To fully enjoy the benefits of pickleball while mitigating potential risks, players should approach the sport with moderation and prioritize safety measures. Professional instruction can teach proper technique thus reducing the risk of injury. Other protective measures players should adopt include proper warm-up routines, avoid extended play sessions, wear protective eyewear and court shoes, maintain healthy nutrition, strength training, stretching and sleep. Most importantly, always bear in mind the main reason for participating is to have fun with old and new friends in this silly sport called pickleball.



# STEVE’S TENNIS TIP

## JOB DESCRIPTIONS FOR DOUBLES PLAYERS

In this issue, I will be reviewing the job descriptions for doubles players. I am asked many times “what should I do” or “what should my partner do”? Here are some brief descriptions.

### THE SERVER:

- Call out the score before every point. There is nothing more frustrating than playing 5 hard points, being up, and not knowing the score!
- Identify and serve the your opponents weakness.
- Tell your partner before each point where you are trying to serve. I don’t personally like hand signals unless you can pinpoint the serve. If you speak to your partner you can execute a different play if the serve does not go where you want it to go!
- Try to put in 70 % of your first serves! Dental work is expensive!

### THE SERVER’S PARTNER:

- Move your feet before the serve is struck. That is essential to keep you in motion.
- Move at the net. Don’t let the returner think they can just push the ball back cross court and you’ll just be standing in cement.
- If the return gets past you cross-court, take 2 steps back. Don’t be a target for the net players.
- On offensive volleys target the net player.
- Help your partner identify and choose targets for the serve.

### THE RETURNERS:

- Put the return in play! Any way you can!
- Position yourself in the center of the servers possible targets.
- Attack weak serves with your body and not by swinging as hard as you can. We have all tried and failed at this.



- Come to the net for your second shot.
- Use the return to set up your partner. Don’t try to hit winners... please.

### THE RETURNER’S PARTNER:

- Help call the serves. Decisively.
- Get up to poach a low volley off a good return.
- Do not move in until the return has past the player at the net. Again dental work is expensive.
- If your partner is struggling with returning the ball, do yourself a favor and back up to the baseline.
- Be ready when the return goes to the net player. The middle is yours!
- Encourage your partner on the return. Please don’t rip them for bad returns, you may find yourself in the same boat and want the favor “returned”.



# 3 HUGE Fasting Mistakes

**9 years ago, I began my fasting journey** and am now considered the World’s leading expert on the matter.

I’ve Coached over 1,000 people directly with my program and have helped many thousands more with my book and online with answering questions.

With that in mind, I have a large pool of experience to pull from. Here are the 3 biggest mistakes I see often:

**1. People want to overthink it.** Stop. Make the decision to stick to your designated fasting time and then we clean up the ‘diet’ from there.

**2. People think there has to be some special meal before beginning a fast.** NOPE. Don’t let the fake fitness experts complicate this for you.

**3. People are worried about spiking insulin when they break their fast.** You are supposed to! We’ve already limited it the majority of the week, FEASTING is the time to take advantage of the anabolic effect

of insulin so we can keep you shredding fat and building muscle, at the same time!

There you go my friend. Avoid these mistakes at all costs!

—by Kyle Newell, contributor

P.S.To see how to do your first 48 hour fast, check out this video that I made for you: <https://youtu.be/gxmFTOkmsOg>

P.P.S. If you are interested, or curious about, taking your LIFE to the next level, text me at 908-229-6666, and find out more about a variety of approaches right for you.