

# COURTSIDE RACQUET CLUB

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



**Early sign-up available for our highly acclaimed Tennis Summer Camps (for ages 7-18)**

*What will your kids be doing this summer?!*

- Have Fun & Make Friends!
- Learn & Improve Their Tennis Skills
- Indoor and Outdoor Camps
- Play Safe in Our Huge Indoor Camp Space
- Massive HVAC System Pumps in Fresh Air through Merv-13 Hospital Grade Filters
- Indoor Air Conditioning
- FREE Before & After Care!

*Details enclosed: Early sign-up is encouraged to ensure your preferred times.*

**Check out our Spring & Summer Registration forms enclosed!**



We are on Facebook and Instagram!  
@CourtsideRacquetClub and @Courtsidepickleball

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

# THE COURTSIDER

SPRING 2024

**CHECK OUT THE PRO SHOP AT COURTSIDE & SEE WHY WE ARE ONE OF THE BEST PRO SHOPS AROUND!**



*We have everything you need for tennis or pickleball. We carry all the major brands and a huge variety of products.*

## PICKLEBALL BRANDS

Get the gear you need to be a pickle pro! We carry pickleball paddles, balls, and more from the absolute best brands. (Selkirk / Paddletek / Komodo / Head)

## RACQUETS

We carry top racquet brands with the best pricing anywhere and if we don't have it, we can special order! Head, Yonex, Babolat, Solinco, Dunlop and more. We have a full line of demo racquets for use as well, which are no charge if you use it at the club. (If you take it outside the club a fee will be charged and will be applied to purchase).

## FOOTWEAR

A player knows that having the best footwear is the only way to be able to perform. We carry a huge inventory of brands from Nike, Kswiss, Babolat, Head and more!

## BAGS AND ACCESSORIES

Everyone needs gear and we've got it! Bags, socks grips, balls, hats, wristbands, dampeners etc

## STRINGING

What tennis string you put in your racquet can absolutely make the difference in your game! The technology in string materials have come a long way in the past few years and may be suited to your game in terms of elasticity, durability, rebound efficiency, tension holding capability, and cost. Stringing services are typically 1-2 day turnaround. We carry all the major brands.

**Don't see what you're looking for?** We take special orders! Call us at (908) 713-1144

VIP Members always take 20% off clothing and shoes!

As always, we will match any authorized online dealer on any in stock item at the pro shop!

Confused about what racquet or what string to use? Call or see Steve : (908) 713-1144.



Exciting News for Pickleball Starting March 20, 2024

We've got some awesome updates for our Spring 2024 sessions that we think you'll love!

From now on, all sign-ups for Pickleball Drop-in or Social Events will be super easy and convenient, using the TeamReach app (Code: CourtsidePBEvents). Say goodbye to sign-up sheets at the Front Desk! If you're unsure about how to register with the app, just give the club a call, and we'll guide you through it. Don't worry, though—registration for clinics and lessons will still be a breeze online at www.Courtsideracquet.com or at our friendly front desk.

Here are a few things to keep in mind when registering through TeamReach:

- Make sure your Courtside account is all set up with your name, phone number, email address, and credit card information. This helps us out if there are any last-minute changes or no-shows. Players without this

info won't be able to register for Pickleball play.

- VIP members can sign up as soon as the events go live. Non-members can register 1 week in advance. If a non-member registers prior to 1 week, and there are waitlisted VIP members, the non-members will be moved to the waitlist and the VIP member given priority.
- Need to cancel? No problem! Just make sure to do it at least 12 hours before the event starts. And if you can't make it anymore, just hit 'No' on the app to free up your spot for someone else. Late cancellations will be charged the session fee.
- Please don't be a no show. This is unfair to other players and people on the waitlist who would have loved your spot. No shows will result in a \$20 fee.

- Are you on the waitlist? Joining the waitlist is a commitment to play if a spot becomes available. Be sure to check the app 2 hours before start time to see if you've been moved to the Play list.

We've got you covered with pickleballs for all our club activities, like drop-in socials and clinics. Just remember to bring your own balls for any other play! Balls are also available for purchase in the pro-shop.

There's a \$5 fee per play for demo Pickleball paddles used in the club. But here's the good news: if you decide to purchase a paddle from us within 30 days, we'll deduct any Demo fees you've paid from the price of your shiny new paddle!



Important High School Membership Policy Update:

Due to popular demand effective immediately, only high school players whose position on their high school roster has been confirmed, are entitled to a free high school membership annually. This membership will expire upon completion of their tennis season in their senior year of high school. All graduation dates must be noted on the membership form to be complete.

Only high school members currently active in program/lessons/clinics are entitled to one free hour of tennis either on Friday evenings from 7-10pm OR Saturday evenings from 5-8pm.

Courts may be reserved starting after 7pm on Wednesday of the week to be booked. All parties playing must be listed at the time of booking or the booking will not be guaranteed.

For high school players not actively enrolled in any clinic or lessons, courts may be booked after noon on Friday for that evening or that Saturday. Court fees will be charged for non-active high school members.

Players who are not current High School members must pay for their share of the court time. Non-members are subject to the 4 times guest limit policy.

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.

First, some of these emotions are good. Choking and anger show that you really care about your performance. The problem is that although you can not change what just happened, you need to play in the here and now while not letting these emotions distract you. Just being aware of your emotional state and realizing that your opponent has the same feelings is the first step to managing them.

**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.

**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.



**OBJECTIVITY**  
Don't be overly 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.



SIGN UP FOR SPRING

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.

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.

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.

MEN'S LATE NITE ACTION

Join the guys on Thursday 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. Contact David Yun at (908) 635-3855 to sign up.



Paws Down, Pickleball Fundraiser is a Winner!

The Pickleball/Oktoberfest/Animal Alliance fundraiser was a huge success!

Thank you to all that participated and donated to such an incredibly worthy cause! We were able to raise money, food, toys, towels, etc. for all the deserving dogs and cats at the shelter.

A special thank you to our very own incredible Pickleball event planner, Amee Smolinsky, who tirelessly puts together amazing events that everyone loves to attend! We could not do this without her!

If you're interested in attending an upcoming event please be on the look out for information, we would love to have you join us!

