



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

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.

Check out our Camp and Summer Registration forms enclosed!



We are on Facebook and Instagram!
[@CourtsideRacquetClub](https://www.facebook.com/CourtsideRacquetClub) and [@Courtsidepickleball](https://www.instagram.com/Courtsidepickleball)

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

THE COURTSIDER

SUMMER 2024

Join Us for the 2024 US OPEN Bus Trip!

**Wednesday,
August 28, 2024**

*"Nothing Beats
Being Here"*

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 28th 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 \$225. each for members and \$250. 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...

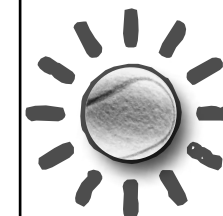
Summer Camp

Guest Article

Steve's Tennis Tip

Happy Summer!

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: 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.

What are Your Kids Doing this Summer?

Here are some photos, just to give you some ideas ;)



Photos by Luis Fidalgo



TopDog



STEVE'S TENNIS TIP

CLOSING OUT A MATCH

You are in a position to win a match, what you do to "finish it" determines the outcome. Many players become nervous in this situation. Remember: Being a little nervous will actually increase your performance level.

But if all the control you had during the match to get you to this point begins to disappear your mind will race, you'll panic and you'll get tight. Sound familiar? Here's what to do...

STICK TO WHAT GOT YOU THERE...

- Play smart, if you built your lead using a specific playing style, stick with it!
- Play every point like its match point...

Some of the players on tour play as if they are losing instead of winning. This state of mind can maintain their level of focus throughout a match and allow them to play tougher.

- Expect your opponent to fight for every point...
They want to win the match as much as you do so don't be surprised if they continue to fight hard and get everything back.

- Maintain your optimal level of relaxation...
Focus on your breathing and relaxing your muscles in between points. In fact, to prevent excessive nervousness you should be applying relaxation exercises throughout the entire match. Take slow deep breaths, you need to stay calm so you can control the tempo of the match.

- Don't "Play not to lose"...
You will become too tentative. Try to take it to your opponent!
- REMEMBER TO...
- Look across the net and be assured that your opponent is as nervous as you are. Sometimes it helps to relax when you realize that they are in the same boat as you!

*We hope you have a safe and healthy summer!
Play TENNIS & Pickleball & Have FUN!*

NO THOUGHT GETS TO LIVE IN YOUR HEAD RENT FREE

When it comes down to success, focus, time and energy are the name of the game.

Yet, so often, we focus on the wrong things.

It's like we don't realize that we can control our focus and redirect it at any time.

There is a 3 step process to creation which consists of your thoughts, your words and your actions.

Examine your thoughts.
What are they? Drill down and simplify; they are actually just pictures that you hold in your head.

Those mental images become your dominant thoughts.

When you are feeling off, there's only two things you need to do to course correct.

First, ask yourself the question, 'What am I focused on currently?' This is powerful because your brain cannot ignore a question. Read that again.

Your brain will answer any question you ask of it, which is the reason that reframing is so powerful, by the way. What you focus on is what you feel.

In other words, what you focus on expands. So often, we worry, which leads to anxiety, and distraction. What is worrying besides just a projection into the future of something bad that may or may not potentially happen? It's a negative visualization.

That alone proves to you that you have the power to visualize.

Now, the second thing that you have to do is **become aware of the mental image that you have in your head.**

If it is not serving you, replace it with a picture of what will serve you and make you feel good.

When you feel good, you create better and are more efficient. Worrying and negative mental images will sap your energy.

One of the highest level skills that is worthy of investing our time into is the skill of thinking about our thoughts. Otherwise known as self-awareness. When you look at any religion and really boil down the teachings, it comes down to self-awareness.

When you aren't self-aware, you aren't present.

When you aren't present, you aren't focused.

Your focus is finite, yet incredibly powerful. Get great at asking yourself the question of what you are currently focused on and also of becoming more aware of the images that you are picturing in your mind. If they aren't serving you, simply switch them out. Over time, this will get easier and easier.

Be Unconventional
– Kyle Newell