

COURTSIDE RACQUET CLUB

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

Check out our FALL Registration forms enclosed to sign-up!

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).

Clinics begin at age 4 with our **PUPPY POUND** and continue with various programs offered until age 18.

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 Challenger Circuit is a great way to gain 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.

LATE NITE ACTION

Now Wednesday and Thursday nights, from 9:00 pm–10:30 pm. We have open singles and doubles play with no commitment to attend every week.



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



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

THE COURTSIDER

FALL 2024

**THANKS
FOR A
GREAT
SUMMER!**



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www.courtsideracquet.com

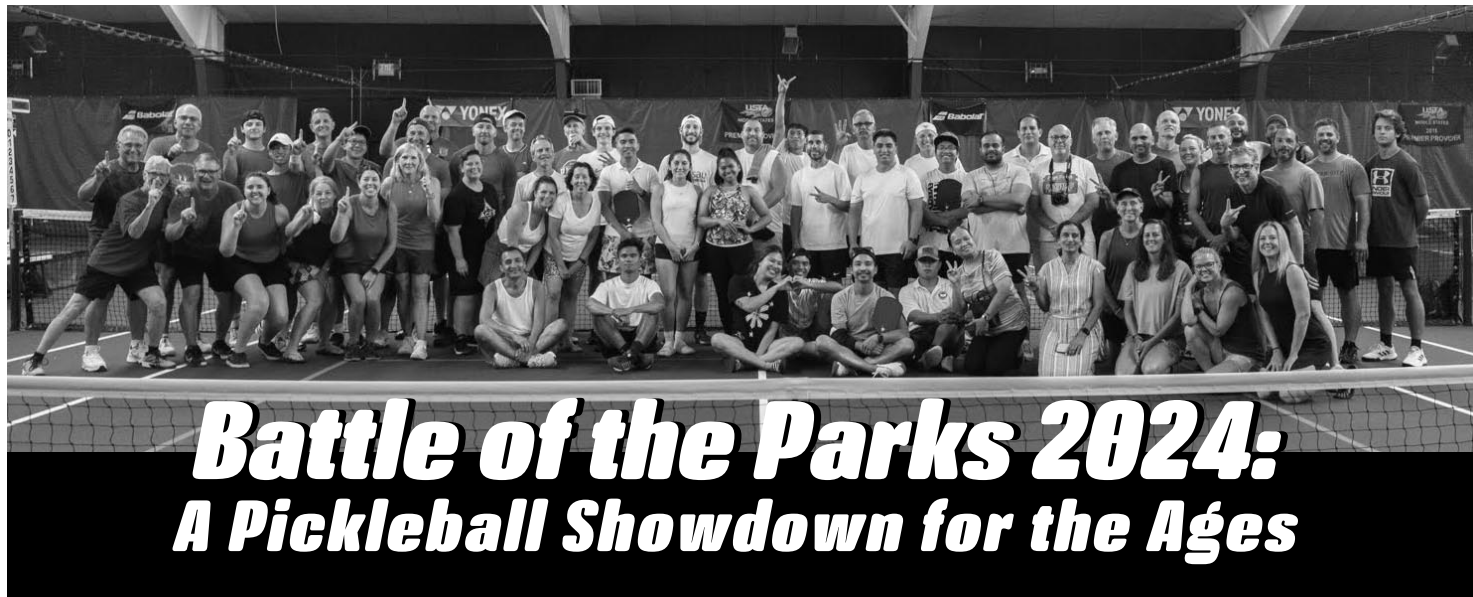
Inside...

**Pickleball
Battle for the Parks 2024**

**Steve's Tennis Tip
FALL Programs
Enclosed**



**Enjoy School,
See You Next Year!**



On the sunny Sunday following the 4th of July, pickleball players from three local community parks—Bundt Park in Clinton Township, Readington's Summer Road Park, and Somerville Recreation—came indoors for an epic showdown in the highly anticipated “Battle of the Parks 2024” Pickleball tournament. With temperatures hovering in the high nineties outside, Courtside Racquet Club hosted the tournament on its 16 indoor air-conditioned courts. Amidst a buzzing atmosphere and the promise of thrilling matches, 116 eager players gathered to prove their mettle and claim the coveted title of the park with the best Pickleball players. Keeping with the patriotic theme of the weekend, Summer Road players wore red, Somerville players donned white, and Bundt Park players sported blue.

The tournament featured a round-robin format, ensuring that every participant played a minimum of five games. This format not only maximized the number of matchups but also provided ample opportunities for players to showcase their talents and strategic prowess. As paddles clashed and the sound of whizzing pickleballs filled the air, the spirit of competition was palpable.

Bundt Park’s team came in with high hopes and an array of seasoned players known for their powerful serves and sharp reflexes. Somerville boasted a diverse mix of young talents and experienced veterans, all ready to put their best foot forward. Summer Road, however, quickly emerged as the team to beat. After a stellar morning performance in the women’s division, Bundt Park trailed Summer Road by just one point.

As the day progressed, it became evident that Summer Road Park was on a winning streak. Their players, displaying exceptional coordination and strategic finesse, dominated the courts. In the end, their outstanding performance

secured their victory and the prestigious title of the best Pickleball Players among the local parks.

The Battle of the Parks 2024 was more than just a competition; it was a celebration of community, athleticism, and the unifying power of sports. Everyone—players and spectators alike—was treated to a mouthwatering barbecue lunch featuring juicy burgers, sizzling hotdogs, savory veggie burgers, salads, and sides. As players and fans mingled and shared stories of their favorite moments, it was clear that this event had left a lasting impression on all who attended. With Summer Road Park's well-deserved victory, the stage is set for next year's showdown, where the other parks will undoubtedly be eager to reclaim the title. Until then, the local Pickleball community will be buzzing with the memories of an unforgettable day.



STEVE’S TENNIS TIP

HOW TO DEAL WITH A SLUMP:

In this issue of The Courtsider I would like to discuss something we have all experienced from time to time... a slump.

First off let’s not panic, this happens to all athletes no matter what level they are playing at and in whatever sport. The good news is that much the same in life all storms come to an end and so will your slump.

Here are some tips that you can use to survive.

- ☛ **Take it easy on yourself.** Try not to take it so seriously. This isn’t life and death we are talking about and even the most elite players suffer its wrath. You will get through it!
- ☛ **Don’t over-think about what going on.** Put yourself in cruise control and let it go! Just let your body do what it knows how to do. How many

times have you heard the phrase “paralysis by analysis”. If you think about all the things that are going wrong your body will freeze up.

- ☛ **Take a couple of days off and chill out!** Most people I talk to about this want to hit 100 times more balls and work through it which creates even more rigidity. Sometimes taking a little time and re-booting helps you rejuvenate.
- ☛ **If you’re going to play through it, play through it by hitting around with someone, not by playing competitive matches.** Playing matches and getting pummeled will not do any wonders for your psyche.



Steve Bork,
GM and Director of Tennis

- ☛ **Play weaker players or hit with players that you always do well against.** You need to re-inflate your confidence. P.S. just don’t tell the person you’re about to play that’s what you are trying to do ;)

Ideas for the next tip in *The Courtsider*? Please email Steve at steveb@courtsideracquet.com

