

INSIDE THE LINES

November 2018



November



Goldie's Tennis Tips

November 2018

Key Fundamental Nutrition Strategies for Recovery from Injury

Sufficient **calories** are required for healing. It is important to consume adequate calories from all macronutrients (protein, fat, and carbohydrate) throughout the healing process. In the acute phase of an injury there is an initial increase in metabolism and the need to consume adequate calories is vital before surgery or REST. **Carbohydrates** provide cells with glucose to enhance leukocyte functioning, collagen synthesis, and proteoglycan synthesis. Adequate **fat** intake is necessary to promote tissue repair and have the potential to inhibit inflammation. **Protein** is essential for revascularization, collagen synthesis, and soft tissue regeneration.

Lowered caloric intake is needed after the initial phase of recovery secondary to reduced physical activity. Increased protein is required to help repair tissue damage and minimize muscle loss. Maintaining a positive nitrogen balance is required for tissue repair; formation of connective tissues; synthesis of enzymes in wound healing and preserving muscle mass. Food sources include both animal and plant sources of protein.

Maintaining a **hydrated state** is essential to ensure nutrient delivery to the injured area, help prevent constipation due to pain killers, and replace fluids lost through the wound.

Nutrition can also assist when an injured player experiences nausea from pain killers, constipation, or a reduced appetite due to inactivity and stress. **Food sources and practices to assist include:**

- Consuming ginger products 30 mins before eating (i.e. ginger beer, ginger tea and adding ginger to juices)
- Eating bland, non-smelling foods (i.e. bread and honey, crackers, baked sweet potatoes and potatoes; cereal and rice milk; quinoa, pasta, and juice from vegetables and fruit)
- As tolerated non-smelling protein sources: tofu, yogurt, string cheese, beans, humus, homemade fruit and yogurt popsicles, egg whites initially and then egg.

CENTER COURT TUSCALOOSA

Fundraiser
TCHS Tennis Team

TENNIS JAMBOREE

\$40 per ticket
Ages 15+

DECEMBER 1

9AM-12PM

CALL (205) 331-0211

Sign up through TCHS or CCT

Six courts of outdoor clay court instruction



***Membership at Center Court Tuscaloosa is \$59 per month and includes access to all PARA fitness facilities.**

***Junior membership available for \$19.99 per month.**

***Premier membership includes up to 2 hours of indoor court time daily \$109.00 per month.**

Center Court Tuscaloosa

Singles Ladders

Divisions for Men and Women



\$35 MEMBERS

\$50 NON-MEMBERS

DEADLINE NOV 18

STARTS NOV 26 - JAN 21

OUTSIDE PLAY ONLY

Balls not included



Oh What Fun!

Christmas Doubles Tournament Center Court Tuscaloosa

December 15 and 16, 2018
starting Saturday 9:00am

Men's and Women's divisions
6.0, 7.0, and 8.0+

Mixed divisions - 6.5 and below, and 7.0+

Players with undetermined rating need to contact tournament staff.
No age restriction.

Members - \$20/person/event
Nonmembers - \$40/person/event

Call to sign up
(205) 331-0211



JUNIOR PROGRAM DESCRIPTIONS

Season – Monday, November 5 through Friday, December 21, 2018

Red Rockets:

Players will develop basic serve, rally, and score skills. Engaging partner activities and games are designed to build a player's foundation in all tennis strokes and continue to develop athletic skills (ABCs – agility, balance, coordination) for tennis. The program is for ages 4-8, taught on 36' courts, the kids using 19" – 23" racquets and playing with red foam and red dot balls.

Tuesday: 4:00 – 4:45 p.m.

Thursday: 4:00 – 4:45 p.m.

Cost (Members):

1 day per week - \$60

2 days per week - \$110

Cost (Non Members):

1 day per week - \$90

2 days per week - \$170

Orange Crushers:

This program teaches tennis fundamentals and the development of serve, rally and score skills while directing the players through a variety of fun and challenging, age-appropriate games and drills. The program is for ages 8-10, taught on 60' courts, the kids using 23" – 25" racquets and playing with orange dot balls.

Monday: 5:00 – 6:00 p.m.

Wednesday: 5:00 – 6:00 p.m.

Cost (Members):

1 day per week - \$60

2 days per week - \$110

Cost (Non Members):

1 day per week - \$90

2 days per week - \$170

Green Machines:

This program teaches and builds on the tennis fundamentals and the development of serve, rally and score skills while directing the players through a variety of fun games and drills that focus on all of the technical and tactical pieces of the game. The program is for ages 10-12, taught on the 78' court, the kids using 25" – 27" racquets and playing with green dot balls.

Tuesday: 4:45 – 6:15 p.m.

Thursday: 4:45 – 6:15 p.m.

Cost (Members):

1 day per week - \$90

2 days per week - \$165

Cost (Non Members):

1 day per week - \$125

2 days per week - \$235

Junior Development:

This program is for beginners through intermediate level players who have some experience competing in middle school, high school, and/or USTA team tennis or tournament competition. **Only players ages 13-18 throughout the entire session may register for this program without prior approval of the Director of Tennis.**

Monday: 4:30 – 6:00 p.m.

Wednesday: 4:30 – 6:00 p.m.

Cost (Members):

1 day per week - \$120

2 days per week - \$225

Cost (Non Members):

1 day per week - \$169

2 days per week - \$323

Academy:

Academy training is for committed, year-round tournament players who compete regularly in upper level USTA/UTR competition and aspire to play high level high school and/or college tennis. This is a comprehensive program, designed to give players the technical, tactical psychological and physical training and weapons they need to compete at the highest levels of the game. **Only players ages 12-18 throughout the entire session may register for this program without prior approval of the Director of Tennis. The Director of Tennis also has discretion to move any player from the Academy program to the Player Development program (based on performance/skill level, attitude, effort, commitment and sportsmanship).**

Monday – Thursday: 4:30 – 7:00 p.m.

Cost (Members):

1 day per week - \$180

2 days per week - \$340

3 days per week - \$500

4 days per week - \$660

Cost (Non Members):

1 day per week - \$229

2 days per week - \$438

3 days per week - \$647

4 days per week - \$856

Match Play:

Match Play is offered free of charge to junior players registered for any program during the session. There is no need to sign up in advance (drop-in). \$10/Saturday for members not registered in a program. \$15/Saturday for non-members not registered in a program. Center Court Tuscaloosa desk staff will be on site to help set up matches (singles, doubles and/or mixed). Balls will be provided.

Saturday: 9:00 – 11:00 a.m.

ADULT PROGRAM DESCRIPTIONS

Season – Monday, November 5 through Sunday, December 23, 2018

Adult Clinic 102:

This program is for those with some tennis experience and looking to get back into playing. We will build on the basic stroke mechanics and technique while developing consistency in keeping the ball in play and moving the ball around the court.

Monday and Wednesday: 7:00 – 8:00 p.m.

Cost (Members):

1 day per week - \$90
2 days per week - \$165

Cost (Non Members):

1 day per week - \$125
2 days per week - \$240

Drop In (Members): \$20

Drop In (Non Members): \$27

Daytime Clinic - Intermediate

This clinic is for anyone (men and women) regardless of level. Hit a ton of balls while learning new tips and techniques.

Monday and Wednesday: 9:00 – 10:30 a.m.

Cost (Members):

1 day per week - \$90
2 days per week - \$165

Cost (Non Members):

1 day per week - \$139
2 days per week - \$263

Drop In (Members): \$20

Drop In (Non Members): \$27

Daytime Clinic – Beginner

This program is for players new to tennis or who have played very infrequently over the years. You will learn basic stroke mechanics and technique, grips, scoring, positioning and court terminology.

Tuesdays: 9:00 – 10:30 a.m.

Cost (Members):

1 day per week - \$90

Cost (Non Members):

1 day per week - \$139

Drop In (Members): \$20

Drop In (Non Members): \$27

Men's Clinic:

This clinic is for men rated 3.0 – 4.5 and women rated 4.0 and above. Work on all your strokes in a fast-paced environment with a combination of singles and doubles drills and games.

Monday and Wednesday: 6:00 – 8:00 p.m.

Cost (Members):

1 day per week - \$120

2 days per week - \$220

Cost (Non Members):

1 day per week - \$162

2 days per week - \$304

Drop In (Members): \$25

Drop In (Non Members): \$32

Cardio Tennis:

Enjoy a heart-pumping workout and hit balls continuously. Improve your fitness and your tennis simultaneously.

Saturday: 8:00 – 9:00 a.m.

Cost (Members):

1 day per week - \$60

Cost (Non Members):

1 day per week - \$95

Drop In (Members): \$15

Drop In (Non Members): \$20

Adult Mixer:

This is a drop-in play program...pay at the door. A great part of a complete weekend! We'll set up matches, rotate courts and partners throughout the morning. Balls will be provided.

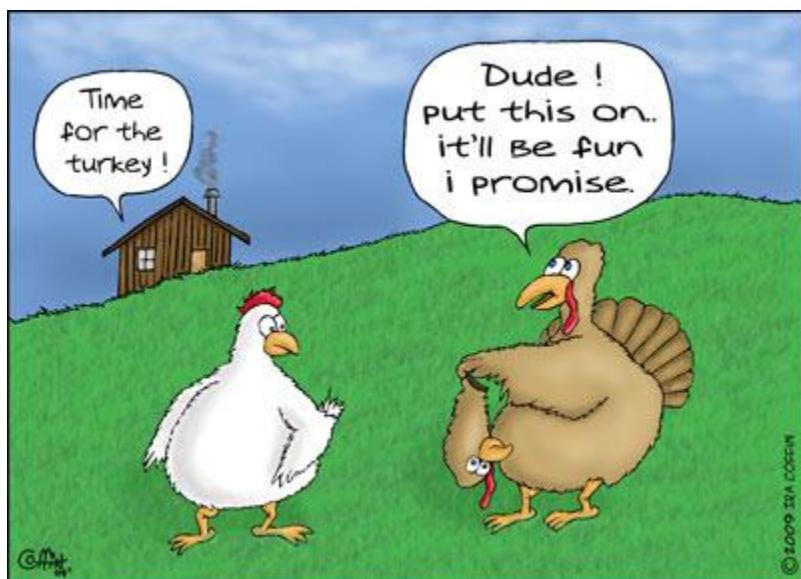
Sunday: 2:00 – 4:00 p.m.

Cost (Members):

\$5/week

Cost (Non Members):

\$15/week





Pro Shop
Racquet Stringing
\$15
Ask for Tiffany





CCT MEMBERS NOVEMBER BIRTHDAYS

RIC

CATHERINE

SHAWN

GREGG

SHANNON

RAY

EMILY

BOB

REAGAN

DANNA

FRED

AVI

ALICE

MEGGAN

MAJOR

ALY

Center Court Tuscaloosa Tournament and Mixer News



**Mike Goldammer shows his soft side at
the Halloween mixer!**



**Everyone had a spooky time
at the Halloween mixer on Oct. 20th!**



**The youth of Tuscaloosa
are having fun at Net Generation!**



**Another trophy in the collection
for Ava Rath!**



Tygen and Caden Goldammer came in 2nd at the USTA River Hills Open in Jackson, Ms.



Tiffany Goldammer won her division at the Coach John Cain Tennis Classic!



**Gwenetta Curry and April McKnight
took home 2nd Place in the Annual John Cain
Tournament!**



**Friends brought together at
CCT decided to travel the globe and had a
wonderful time at Machu Picchu!**



**Jacob and Amy repping CCT at
Oktoberfest!**



**CCT 40+ 6.5 league
came in 2nd at State!!**

FYI: Indoor and outdoor banners are available for purchase by businesses, individuals, families, and organizations. Call us for more information.



Happy Thanksgiving



Visit our website: www.tcpara.org

PARA's Mission: To enrich our community through exciting recreational and cultural opportunities.