

CPTC Junior Newsletter

Spring 2022



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CPTC Junior Players & Parents —

Happy Spring! We hope you and your families are enjoying the random days of better weather we've been seeing.

It's been so nice to see some of the kid's full faces and smiles again! The program is busy and players have been working hard. We are hoping to see more action on the "competition front" soon. Right now the USTA is working to get back in the groove of things, so it is a little slow. Junior Team Tennis and tournaments are around the corner. Thank you for being patient. We have more information available on page 4.

Thank you for adapting to the drop off/pick up in the gravel lot. Our parking lot traffic and safety has improved immensely!

Also, as we head into better weather, please remember to send your child equipped to play outside. We sometimes take advantage of the outdoor court space on nice days.

Thank you for everything you do!

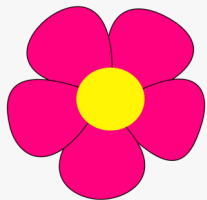
- CPTC Junior Team Staff



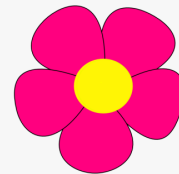
Watch your emails & check the website!

We will send important updates, protocol, & reminders for all jr team participants. Please check the website for important info as well..

REMINDER: JUNIOR CLASS PICK UP/DROP OFF IS NOW BEING DONE AT THE GRAVEL LOT IN CPTC PARKING LOT!!!! Please do not enter or exit through main building. Thank you for your efforts in helping to keep our parking lot clear & safe.



Spring 2022



Friday, April 15th
Wednesday, April 20th
Friday, April 22nd
Sunday, April 24th
Monday, April 25th
Friday, April 29th
Friday, May 6th
Friday, May 20th
Friday, May 27th
Friday, June 3rd
Friday, June 10th
Sunday, June 12th
Monday, June 27th

Green/Bronze/Silver/Gold Match Play
Late Spring Registration Deadline
Green/Bronze/Silver/Gold Match Play
Last Day of Spring Session
First Day of Late Spring Session
Green/Bronze/Silver/Gold Match Play
Green/Bronze/Silver/Gold Match Play
Green/Bronze/Silver/Gold Match Play
Green/Bronze/Silver/Gold Match Play
Green/Bronze/Silver/Gold Match Play
Green/Bronze/Silver/Gold Match Play
Last Day of Late Spring Session
First Day of Summer Programs

Central Park Junior Tennis Program

*We are committed to the **DEVELOPMENT** of **GOOD ATHLETES** & **GOOD PEOPLE***

Upcoming Late Spring Session 2022

April 25th - June 12th

***Registration Open [HERE](#)*

Class Schedule:

Red Stars: *Tuesday/Thursday 4:00 pm - 5:00 pm & Sunday 9:00 am - 10:00 am*

Orange Stars: *Tuesday/Thursday 4:00 pm - 5:30 pm & Sunday 9:00 am - 10:30 am*

Green Stars: *Tuesday/Thursday 5:30 pm - 7:00 pm & Sunday 10:30 am - 12:00 pm*

Bronze: *Monday/Wednesday 4:00 pm - 5:30 pm & Sunday 12:00 pm - 1:30 pm*

Silver: *Monday/Wednesday 4:00 pm - 6:00 pm & Sunday 1:30 pm - 3:30 pm*

Gold: *Tuesday/Thursday 4:00 pm - 6:00 pm & Sunday 1:30pm - 3:30pm*

FITNESS CORNER

As a tennis player you need to be light on your feet but explosive toward the ball. Here are a few tools and exercises you can use to create gains on the court.

Jump rope – a must for every serious players tennis bag, use as a warmup or quickness training

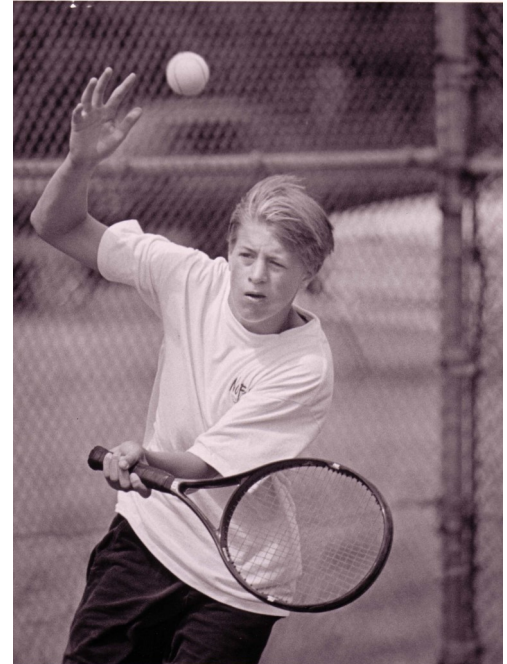
Ladder – an easy way to create fun and challenging footwork drills

Jump squats and skaters – one of my favorites for leg power and stability

Explosive sprints – work on an explosive start and finish slow- to work on improving takeoff speed

Try to add these routines regularly and you will see a fast improvement. Got get it!

- Coach Chad



Contact Us...

Blakeley Bean

Tennis Professional

Director of Junior Programming

blakeleyb@centralparktennisclub.com

Office Hours: Wednesdays 12:00 pm—2:00 pm

Mark Shkrebtan

Tennis Professional

Director of Junior Development

marks@centralparktennisclub.com

Office Hours: Thursdays 2:30 pm—4:00 pm

COMPETITION CORNER

What to do when there aren't many tournaments available in your area?

The USTA right now is a bit behind trying to catch up on tournaments. They haven't been listing many and a lot of players aren't getting to play as much as they would like to. During this time it is a great opportunity to get to know your peers, exchange information, and plan to play a match outside of regularly scheduled classes. The weather is getting better and there are many courts available to use in the area if you aren't able to book a court at Central Park. Playing matches against your peers lets you work on your game. Playing practice matches against a lot of different players will allow you to work on multiple strategies. It will also allow you to see what you have to work on and aren't doing well. So get out there and meet some peers, adults, and all of the above at the club!

What level player should I be playing?

Playing all levels of players is the best route because each student needs to learn the ability to play against players who are worse, the same level, and better. There is a notion that you must always play players who are only better than you because that will push you to be better and raise your game. What if you play someone who isn't as good and you aren't playing well that day? Pressure starts to creep in and it is very easy to lose a match against someone who you think you should beat but aren't able to adjust because you have never been in a situation like this. It is also much easier to play players who are better because there is no pressure whatsoever and you are able to play freely. If you lose you can come off the court and say well they are better than me. When you lose to a player who is worse, then come the excuses of why you lose that day but not actually taking accountability for not performing under pressure. Playing all levels will make you the best well rounded version of yourself, so get out there and play all the matches that are available to you!

Mark Shkrebtan

Director of Junior Development

MarkS@centralparktennisclub.com

425-503-9487



Junior Team Tennis

We're excited to learn that Junior Team Tennis (JTT) through the USTA is starting up again for the first time since COVID entered our world .

What is it JTT?

Junior Team Tennis is team competition, much like adult USTA league, but for juniors. Central Park hopes to have some teams in the first season back.

Contact Coach Blakeley if interested:

blakeleyb@centralparktennisclub.com



RACQUET STRINGING AVAILABLE DROP OFF SERVICE

Simply fill out the stringing information [form online here](#) or under the *About Tab* at www.centralparktennisclub.com

Email Phil to set up drop off and pick up
Phila@centralparktennisclub.com

IF YOU ARE INTERESTED IN PURCHASING A NEW RACQUET, CONTACT ANY COACH!

Late Fall Session Awards

Red

Most Improved: *Ashika Garg*

Player of the Session: *Mila Ermak*

Orange

Most Improved: *Abbie Deng*

Player of the Session: *Spencer Ott*

Green

Most Improved: *Lydia Ryvkin*

Player of the Session: *Lucas Chaney*

Bronze

Most Improved: *Avery Liang*

Player of the Session: *Chloe Yang*

Silver

Most Improved: *Richard Tsao*

Player of the Session: *Chris Lum*

Gold

Most Improved: *Charlie Du*

Player of the Session: *Alan Wen*

Coach's Corner

Between the ages of 8 and 13 my family lived in New Zealand. Most of my time was spent skateboarding, surfing, riding BMX bikes, but mostly playing tennis. I played all the junior tournaments and in 1977 was ranked #6 in N.Z. for the boys Under 12's. I became totally hooked on tennis after having the opportunity to be a ball boy at the Auckland Open. A professional tournament that happens every year just before the Australian Open, and still exists to this day. The only difference being, in the late 70's it was played on grass, and now has switched to hard courts. I was so mesmerized by the power and spin the pros were hitting with, seeing it up close changed my life forever. I knew this was the sport for me.

In 1978 we moved to the Seattle area when my Dad got a job at Boeing. To encourage my passion for tennis, my parents looked for the best junior program around and found Central Park. I loved Central Park right from the start and have called it home ever since. My main goal is to share my passion for tennis with as many people as I can, and help them enjoy this game as much as I do. Amazingly, (seeing as though I'm reminiscing about the old days) in 1982, my former coach from N.Z., his friend and student, who would sometimes hit with us little 12 yr olds when he was 18 yrs old or so, his name was Chris Lewis, made it all the way to the Wimbledon singles final, losing to John McEnroe. Ahh.. those were exciting times and maybe the reason I'm so addicted to this sport.

If you yourself feel that passion gurgling inside of you, don't let anything hold you back. Do whatever you can to nourish it, and who knows what might come of it. Maybe we can see you holding that Grand Slam trophy up high and you'd be set for life. If any of you juniors reading this are interested, you too can get a close up view of the pros at the Indian Wells BNP Paribas Open. They are in need of Ball boys and girls every year in March. Let me know and I can give you the contact information.

Good luck! Follow your passion!

- Coach Phil

Junior Team Match Play

Join us for match play every Friday....

**Please only send players that are members or enrolled in our program
2 x or more per week!**

Every Friday

Green/Bronze: 4:00 pm—5:30 pm

Silver/Gold: 5:30 pm—7:00 pm

6 am Morning Group

Players interested in pushing themselves to take their game to the next level—Coach Mark & Nick are running a 6 am program on Mondays & Wednesdays. Players must be approved by coaching staff. Email MarkS@centralparktennisclub.com

Get To Know Coach Phil...



Where were you born: *Blackpool, England*

What age did you start playing tennis: *4*

What is your favorite tennis shot: *A ripper dipper forehand roller cross court*

What do you love most about tennis: *The fact that you need to be not only physically strong, but mentally too!*

Favorite pro player : *Roger Federer*

Favorite sport besides tennis: *Motocross*

Favorite movie: *Gladiator*

Favorite meal: *Filet Mignon & loaded baked potato*

Favorite thing to do in spare time: *Clean & maintain my motorcycles*

Favorite Inspirational Quote: *“Do what you love, & love what you do.”*

Follow us on Instagram

[@cptcjuniorteam](https://www.instagram.com/cptcjuniorteam)

