

CPTC Junior Newsletter

Fall 2021



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CPTC Junior Players & Parents —

We hope you & your families are enjoying the return of some normalcy after dealing with the long battle of a pandemic. It's certainly been busy for us while everyone looks to escape the rain with some indoor tennis.

While we approach the holiday season & end of 2021 there is a lot we have in store for our junior players—awards, tournaments etc. Please read this newsletter thoroughly so that you don't miss anything!

As always, thank you for everything you do as parents and please let us know if there is anything you need!

- *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.



Fall 2021



<i>Friday, November 12th</i>	<i>Green/Bronze/Silver/Gold Match Play</i>
<i>Friday, November 19th</i>	<i>Green/Bronze/Silver/Gold Match Play</i>
<i>Sunday, November 21st</i>	<i>Jr Team Award Ceremony</i>
<i>November 22nd - 28th</i>	<i>NO CLASS/Thanksgiving Break</i>
<i>Friday, December 3rd</i>	<i>Green/Bronze/Silver/Gold Match Play</i>
<i>Monday, December 6th</i>	<i>Winter Registration Opens</i>
<i>December 10th - 11th</i>	<i>Orange/Green Tournament/No Match Play</i>
<i>Friday, December 17th</i>	<i>Junior Social/Match Play Event</i>
<i>Sunday, December 19th</i>	<i>Last Day of Fall Session</i>
<i>December 27th - 31st</i>	<i>Bronze/Silver/Gold CP Tournaments</i>
<i>Monday, January 10th</i>	<i>First Day of Winter Session</i>

Central Park Junior Tennis Program

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

Upcoming Winter Session 2022 **January 10th - February 27th**

***Registration opens Monday, December 6th*

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*

WELCOME, NICK KAMISAR!

CPTC is excited to have Nick Kamisar join our coaching staff & junior program! Nick has been with us since the end of September & we know our juniors have a lot to learn from him.

“Helping the kids improve every day while keeping the sport fun and fulfilling is my favorite part of coaching tennis. I learned a lot through my own journey as a junior player and college athlete, and I look forward to using that knowledge to help CPTC juniors achieve their own goals.”



Contact Nick:

Nickk@centralparktennisclub.com

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

Why Competition?

It is very important for tennis players to compete to test their skills. It will give players at all levels the opportunity to see what they do well and what they can improve on. As kids play tournaments it gives them the chance to also problem solve. As they play more matches they will face many players with different strengths which will make them adjust strategies and make adjustments in real time.

Here are a list of upcoming tournaments within the next couple of months:



10U Boys Green Dot November 14th Eastside Tennis Center - Kirkland

10U Girls Green Dot November 21st Eastside Tennis Center - Kirkland

Level 4 Boys November 26th-28th Vancouver Tennis Center - Kirkland

Level 4 Girls November 26th-28th GTC - Tacoma

Level 5 Girls December 3rd-5th Steamboat - Olympia

Level 5 Boys December 3rd-5th Eastside Tennis Center - Kirkland

Level 5 Boys December 10th-12th Eastside Tennis Center - Kirkland

10U Girls Orange Dot December 12th Eastside Tennis Center - Kirkland

10U Boys & Girls Green Dot December 22nd Eastside Tennis Center - Kirkland

10U Boys & Girls Orange Dot December 30th Eastside Tennis Center - Kirkland

[USTA / Tournaments](#) - Link to all the tournaments where you can register

If you have any questions please feel free to reach out:

Mark Shkrebtan

Director of Junior Development

MarkS@centralparktennisclub.com

425-503-9487

In House Tournaments

If you participate in CPTC junior classes this is a great opportunity to gain some experience competing against other at level players!

Orange: Friday, December 10th 4:00 pm - 7:00 pm: Register Soon!

Green: Saturday, December 11th 11:30 am - 2:30 pm: Register Soon!

Bronze: December 27th - 31st schedule/time TBD

Silver/Gold: December 27th - 31st schedule/time TBD



RACQUET STRINGING AVAILABLE DROP OFF SERVICE

Ready to get your racquets serviced for play when we reopen?

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

Early Fall Session Awards

Red

Most Improved: *Mila Ermak*

Player of the Session: *Aavik Joshi*

Orange

Most Improved: *Carter Vandenburg*

Player of the Session: *Sheryl Ma*

Green

Most Improved: *Oliver Cho*

Player of the Session: *Mohib Mujtaba*

Bronze

Most Improved: *Nikhil Sirivara*

Player of the Session: *Richa Badi*

Silver

Most Improved: *Vedant Balan*

Player of the Session: *Mercan Draman*

Gold

Most Improved: *Vedaant Kulkarni*

Player of the Session: *Taraneh Khalighi*

Coach's Corner

Develop a positive mindset for match play...

When you think about the matches you play, what match would you want to remember many years down the road? You could find yourself in a match where you beat a very weak player in a very easy manner (6-0, 6-0), or a very close match where you beat a player far better than you? The more challenging opponent requires you to use every ounce of your mental, emotional and physical strength to win. It makes you find ways to handle every point, battling each set, and finally winning through persevering and believing in yourself. You will remember the tough one far more. Even if you do not come away with a victory, these types of matches push your mental toughness. You can not control what your opponent will do, but you can always control your view and preparation of the tennis match.

A strong mental and emotional outlook on match play is directly tied to mental control as well as good decision-making and footwork. Mental toughness relates to improving ourselves and your game. Your emotional and mental outlook will dominate the physical part of your game. How do you think about and treat yourself during a match? Do you say negative things about yourself? For example, "You missed that shot again!" If you do, then you are a bigger obstacle to yourself than your opponent. When in doubt, just say, "I can do this. I will do by best". Go out on the court knowing that you are capable and prepared. Think good thoughts before, during, and after the match. If you find nerves setting in, take a jog, talk to a friend, listen to music ... just don't over think the opponent or the match. You are either ready or are not ready. Choose "ready."

Yes. It is also important to get appropriate amounts of practice before any match, and your mental toughness is important to practice as well. You can help yourself to focus on your mental toughness for a match by being well prepared. Have your bag packed with anything that you could possibly need, eat well and try to be rested, leave plenty of time to get to your destination so you don't feel rushed getting to the courts. Give yourself a significant mental boost by remembering and thinking about some of your best moments on the court. Basically, have everything taken care of so that there are no worries or distractions from the match itself. Your mental preparation and outlook is key. Take the time to practice it!

-Coach Jeff

Junior Team Awards & Celebration

Come join us as we recognize our players & all of their hard work throughout 2021! [**REGISTER HERE NOW!!**](#)

Sunday, November 21st

Red/Orange/Green: 5:30 pm—7:00 pm

Bronze/Silver/Gold: 7:00 pm—8:30 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

Jeff....

Where were you born: *Bellevue WA*

What age did you start playing tennis: *10*

What is your favorite tennis shot: *The running forehand*

What do you love most about tennis: *The people I have met and the places it has allowed me to travel*

Favorite pro player : *Roger Federer and Andre Agassi*

Favorite sport besides tennis: *Football*

Favorite movie: *Top Gun*

Favorite meal: *Sushi*

Favorite thing to do in spare time: *Flying planes or getting out on the water*



Follow us on Instagram

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

