

# IMPORTANT DATES

- FALL USTA 9/16 -12/4
- QUAD LEAGUE 9/9-10/21 10/2-12/16
- SINGLES LADDER Begins 9/12
- JUNIOR CLINICS Session 1: 8/29-10/22 Session 2: 10/24-12/17
- JR TOURNAMENTS

To be notified of upcoming dates, text Bojana 440-915-4316 to be added to the mailing list

• CYO October 1—5 wk session

 THRIVE THROUGH TENNIS FOUNDATION thrivetennis.org
Adaptive: 9/10-10/1
Wheelchair: 9/13-10/18

To register for programs, visit our

Homeschool: 9/8-10/13

website:

or call 440-838-5600

## **CENTER COURT CONNECTION**

"I told myself to play free. You play the ball. You don't play the opponent. Be free in your head. Be free in your shots. Go for it. The brave will be rewarded here." Roger Federer

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### **CONGRATULATIONS**

SUMMER USTA

Congratulations to all of the Center Court Teams that advanced to district playoffs —well done! Many thanks to all of the dedicated team captains! We appreciate your hard work!

MIDWEST STAR AWARD

Congratulations to CCTC owner, Nancy Sobecks, who was presented with the Midwest Star Award, recognizing her contributions to growing and promoting tennis in our community.

### **WELCOME JOE HORVATH**

We are excited to have Joe Horvath as a member of the CCTC Coaching team! Joe graduated from North Royalton HS and went on to play collegiate tennis at Baldwin Wallace University, where he earned his BA in Exercise Science. Joe's experience includes his role as Assistant Tennis Coach at Division 1 Cleveland State University, in addition to teaching students of all ages at Northeast Ohio tennis clubs. To schedule a private or group lesson, call or text him at 440-390-9163.

### **WELCOME**

Welcome to our new and returning members! We look forward to seeing you on the courts! Please look for emails in the upcoming weeks about new programming and social events!

### **ADULT MEMBERSHIP RENEWAL**

Adult memberships will renew on a yearly basis beginning 9/1/22.

If you have a card on file, your card will be charged the week of September 5. If you would like to use an alternate payment method, please contact Mary @ 440-838-5600 from 8-2 pm, Monday-Friday. If we are unable to process your membership payment by September 16, your account will be charged an additional \$25 late fee. We appreciate your timely payment.

### **CARDIO TENNIS \*NEW CLASS\***

All playing levels can enjoy this high energy, heart pumping workout! Meet new people, and improve your game!

Fridays 8:00--9:00am

### START-RESTART

Sundays are back! This class for adult beginners and players returning to the game will have you rallying in no time! Classes Tuesdays 12:00-1:30pm and Sundays 12:30-2:00pm.

### **CENTER COURT APP**

Members can view court availability, book a court and register for drills (Events Calendar). Members must register on the website to use the app.

Download the App (Center Court Tennis Club) from the Google Play store or the App Store.

### **JUNIOR PROGRAMS**

### **FALL/WINTER JUNIOR CLINICS**

for students 4+ years

SESSION 1: August 29-October 22 (8 weeks)

**SESSION 2:** October 24-December 18 (8 weeks)

Register online at www.centercourttennisclub.com or

440-838-5600 <u>learn more</u>

### FITNESS TRAINING FOR JUNIORS

Designed to help young athletes prevent injuries and improve performance, these 30 minute sessions focus on full body flexibility, hip and shoulder mobility, strengthening and improving posture. Individual and small group sessions are available. For additional information or to schedule, call or text Bojana 440-915-4316 learn more

### JUNIOR MATCH PLAY

### **ORANGE and GREEN Ball Players**

Newer players practice skills and learn about match play in a round robin format. Players must be able to maintain a short rally, but serving is not required. Coaches are on court to assist players learn about match play. Contact Bojana to learn more 440-915-4316

#### JUNIOR TOURNAMENTS

#### ORANGE and GREEN Ball, Tennis 101 & 201, Varsity Bound

These non-elimination events provide an opportunity for young players to learn about competition, while practicing skills. Coaches are on court to assist players with scoring and rules. Call or text Bojana to learn more 440-915-4316

### **CYO TENNIS**

CYO Tennis is open to youth in grades 3 to 8. 5 weeks sessions take place during fall, winter and spring.

Next session: October 2022 (5 week session)

Registration: <u>Tennis | Catholic Charities Diocese of Cleveland</u>

(ccdocle.org)



### Follow Us







### **ADULT PROGRAMS**

### **CARDIO TENNIS**

Open to men and women of all playing levels!

Burn calories, meet people and improve your game!

Join Joe Horvath for Cardio Tennis Fridays 8:00-9:00am

#### QUAD DOUBLES LEAGUE

Open to all playing levels. A great way to meet other players and expand your tennis circle of friends! Preregistration is required. Please contact the front desk to register 440-838-5600. Fridays 11:30-1:00pm learn more

### SINGLES LADDER

Open to women of all levels. Schedule matches with your opponents at a mutually convenient time. For info, contact Vicky 216-632-3087. Begins 9/12 more info

### **PICKLEBALL**

**Pick up Pickleball** For intermediate and advanced players. Pre-registration required. Tuesdays/Thursdays 7:30-9am. <u>learn more</u>

**Open Play** reserve your court. \$5/per person, per hour.

**League Play** If you are interested in playing weekly in an afternoon pickleball league, contact Joe 440-390-9163

### **TRAINING & FITNESS**

**Tennis Specific Training:** core strengthening, flexibility and agility. 30 minutes.

**Stretching and Recovery** Stretching, foam rolling and gentle exercise to aid in recovery 30 minutes.

**Semi-Private Instruction** small group training. 45 minutes.

Contact Bojana to schedule 440-915-4316 <u>learn more</u>

### **BALL MACHINE**

Practice without a partner! Easy to operate with an app you can download to your phone. \$15 per hour + court fees \$10 per half hour + court fees





### **CENTER COURT TENNIS CLUB**

Celebrate the ultimate mind and body sport that sharpens your mind as it shapes your body





### FALL SCHEDULE







### JUNIOR PROGRAMS

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MONDAY	• Green 5:30-6:30pm
	• Rookies 4:30-6:00pm
	Tournament Tough 4:30-6:00pm
TUESDAY	• Little Sparklers 4:30-5:00pm
	• Red 5:00-6:00pm
	• Orange 5:00-6:00pm
	• Jr 101 4:30-6:00pm
	• Jr 201 4:30-6:00pm
	Varsity Bound 4:30-6:00pm
WEDNESDAY	• Green 5:30-6:30pm
	• Rookies 4:30-6:00pm
	• Tournament Tough 4:30-6:00pm
THURSDAY	• Red 5:00-6:00pm
	• Orange 5:00-6:00pm
	• Jr 101 4:30-6:00pm
	• Jr 201 4:30-6:00pm
	Varsity Bound 4:30-6:00pm
FRIDAY	no classes
SATURDAY	• Little Sparklers 10:30-11:00am
	• Red 9:30-10:30am
	• Orange 9:30-10:30am
	• Green 11:00-12:00pm
	• Jr 101 10:30-12:00pm
	• Jr 201 10:30-12:00pm
	Varsity Bound 10:30-12:00pm
SUNDAY	no classes

### **ADULT PROGRAMS**

TUESDAY	• Pick Up Pickleball 7:30-9:00am
	• Start-Restart 12:00-1:30pm
WEDNESDAY	• 4.0 Womens Drill 9:00-10:30
	• 3.0/4.0 Singles Drill11:30-1:00pm
THURSDAY	• Pick Up Pickleball 7:30-9:00am
	• 2.5/3.0 Open Drill 9:00-10:30am
FRIDAY	• Cardio 8:00-9:00am
SATURDAY	• 2.5/3.0 Co-Ed Drill 9:30-11:00am

• 3.0/3.5 Womens Drill 8:00-9:30am

• Start-Restart 12:30-2:00pm

### **CANCELLATION POLICY:**

SUNDAY

All court reservations, private and group lessons and clinics require 24 notice for cancellation. Members may be responsible for charges if less than 24 hour notice is given.

### **JUNIOR PROGRAM MAKEUP POLICY:**

Front desk MUST be notified 24 hrs in advance of absence. No shows are not eligible for make ups. Class must be re-scheduled with front desk. Class must make be made up within the same session, at same level and is subject to availability (where class size limit will not be exceeded).

### THRIVE THROUGH TENNIS FOUNDATION

CCTC is proud to be the home court of the non-profit organization, Thrive Through Tennis Foundation.

Thrive currently offers 2 tennis programs for adults and children with physical, emotional or cognitive challenges,

### ADAPTIVE TENNIS and WHEELCHAIR TENNIS. learn more

For families choosing non-traditional schooling, the **HOMESCHOOL TENNIS ACADEMY** is offered weekdays for youth in grades K-12. For more info on any of these programs, visit www.thrivetennis.org <u>learn more</u>

**VOLUNTEER OPPORTUNITIES:** Share your love! Volunteer tennis buddies are needed Knowledge of tennis is not necessary. For more info, or to become a volunteer buddy, contact Mary at 440-838-5600