PINE CREST TENNIS FAMILY FUN DAY COMING IN JANUARY

We are thrilled to announce Pine Crest Tennis Family Fun Day is coming January 28th! Fathers and sons, mothers and daughters, siblings and friends are invited to hit the courts with the Pine Crest Tennis Pros for a morning of games, drills, and fun all set to heart pumping music! The day will feature two hours of tennis followed by a courtside lunch and raffle. The day will also showcase several of Pine Crest School’s finest student athletes—2011 State Champion Roy Lederman and 2010 State Champion Blaine Willenborg will be on hand to inspire and encourage our younger tennis players. Can you win a point against the 2010 State Champion? Can you return the serve of the 2011 State Champion? Join us on January 28th from 10:00 a.m.—1:00 p.m. and find out! If you participated in the Family Demo Day held in September, you know that this is an event not to be missed! Click here for the registration form.

QUICKSTART TENNIS COMING IN JANUARY

Developed by the United States Tennis Association, QuickStart Tennis is a revolutionary change in the way kids learn and play tennis, as well as compete. Tennis is following the formula that the majority of youth sports have used for years—tailoring equipment and courts to a child’s size and age so that they develop skills and have fun right from the start. QuickStart is designed to bring kids 10 and under into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is our goal to instill in children a lifelong passion and appreciation for tennis and to offer our families the best and most current programs. All Pine Crest Tennis Pros attended a QuickStart training session and have been certified by the USTA to teach this exciting new program. QuickStart will be open to children in grades Pre-K and Kindergarten and children under age 10 who are new to tennis. Please call Kasey Hamaway at (954) 492-4159 to sign up!

COACHES CORNER

Brett, Farhan and Christine’s Tip of the Month...
Strategies for getting in tennis shape...
The experts agree, the fastest way to improve your game is to get in better shape. Follow these tips from the pros to improve your tennis.
Brett: Spider Sprints! Start at the baseline and sprint to each line, returning to your starting point each time.
Farhan: Play tag! The stopping and starting and quick movements of tag mimic the quick, short steps a tennis player takes.
Christine: Sprint to the net and back pedal to the baseline with an explosive first step.

TENNIS TRIVIA

In the Open Era, how many left-handed men and women have been ranked #1 at the end of the year?

Please send your answer to Kasey Hamaway at kasey.hamaway@pinecrest.edu

The winner will be drawn from all correct answers submitted and will receive a Pine Crest Tennis shirt!

Congratulations to 6th grader Chris Kotite who was the winner of November’s Tennis Trivia question. Chris correctly answered that The International Tennis Hall of Fame event is the only annual professional men’s tournament that the #1 seed has never won.
NET NOTES

Congratulations to Pine Crest Tennis Pro Brett Kurtz and 7th grader Stephanie Taylor who teamed up to win the Mixed Doubles Open in the Broward Fall Championships held on November 19th and 20th in Coral Springs. Brett, who has coached Stephanie since she was just 2 years old, said, “This tournament was a great opportunity for Stephanie and I to work on match play strategy point by point.” Kurtz and Taylor have competed in three mixed doubles events and have taken home the winning trophy in two of them! Many of our student athletes train and compete year round. For the latest tournament results and rankings of Pine Crest students, click here. For a complete list of state and national rankings as well as upcoming USTA tournaments, go to www.usta.com.

COURTSIDE WITH KASEY

I recently sat down with USTA ranked 5th grader Salomon Slatkoff who suffered a broken thumb. After being out of tennis for three weeks, Salomon is happy to be back out on the court!

KASEY: “Has your injury changed the way you train or think about tennis?”

SALOMON: “I missed tennis a lot. I watched it on TV and worked on my fitness.”

KASEY: “How did you stay in shape while you were recovering from your injury?”

SALOMON: “I would run for 25 minutes on the treadmill and do exercises to strengthen my left arm.”

KASEY: “You train with the Elite players at Pine Crest. How has this contributed to your success?”

SALOMON: “I get better because I hit harder balls, and hitting harder balls helps my timing. It’s good competition for me. I play with a lot of older players, and they are all really nice to me.”

KASEY: “What are your tennis goals?”

SALOMON: “To take tennis as far as I can, and to be the best I can be.”

Match Mania Update

Match Mania is off to a great start! We had over 75 students participate in the first three dates of this exciting event! Players competed in singles, doubles and mixed doubles matches to expand their match play skills and develop strategies to enhance their game. Congratulations to our “Divide and Conquer” Doubles and Mixed Doubles Challenge winners: Antony Novak and runner-up Barrett Riley. In our Doubles Round Robin, third grader Jared Brody and second grader Gigi Genovese took home the trophy!

Pine Crest Tennis

Sportsmanship Award

November Winners:

1st Grade: Ava DeFrancesco
2nd Grade: Rishabh Sandhu
3rd Grade: Max Perlman
4th Grade: Chandler DeMayo
5th Grade: Sarah Rodriguez

The Sportsmanship Award will be presented monthly to one student from each grade who exhibits fairness, respect and outstanding effort. Winners receive a trophy and will be announced in the next month’s newsletter!

ASK THE EXPERTS!

5th Grader Conor Zimmerman wants to know:

How do I stay focused and relaxed during a match?

Every player will, at some time, feel anxious or nervous or lose focus during a match. The key is to know how to deal with it when it happens. Our Pros suggest that you rely on the rituals you develop in practice:

- Take a deep breath
- Move your feet between points
- Slow down when you are nervous—anxious players tend to rush through points.
- Don’t think about the score

Thanks for your question Connor!