

Yonkers Tennis Center Inside the Lines:

Volume Three

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YTC in the news...

YONKERS TENNIS CENTER GETS KIDS COMPETING EARLY
THE JOURNAL NEWS APRIL 17, 2009 BY KEVIN DEVANEY JR.

YONKERS - Simon Gale registered his stepdaughter, Juliette, in a soccer league three years ago. The team of 6-year-olds practiced once and played its first game the next week. "The kids had no idea what was going on," Gale said. "We're telling them which way to run, not to kick it into the wrong goal and they're all looking at their outfits. Then two years later, the kids are kicking, left foot, right foot, passing, shooting. They were hooked."

As the Director of Instruction at the Yonkers Tennis Center, Gale was intrigued by the concept. He realized that competition - not training - is how to keep a kid's interest in a sport. "In tennis, you have to have lessons for years before you are good enough to play in a tournament," he said. "The whole reason kids play junior sports is the competition. It's what motivates them."

Gale is attempting to apply that theory at the Yonkers Tennis Center. Two years ago he introduced QuickStart, a teaching program for kids 10-and-under that accelerates the transition from training to competition. QuickStart does it by modifying almost every aspect of the game: the court is shorter, the nets are lower, the rackets are smaller, and the balls are denser. Gale believes QuickStart could revolutionize the sport.

"There's a huge dropout rate in tennis and we have to do something about it," he said. "Every junior sport, whether it's soccer, basketball, baseball, they're all modified to start with. Tennis is not. And if you look at the participation rates in young kids, they're miles ahead of tennis. These sports have got it right. They have a couple of practices and then the kids are playing the game, which is how they learn. Tennis doesn't offer that, so this is the whole concept of QuickStart."

YTC is the only facility in Westchester to offer the QuickStart program, and was the first in the state to adopt the program two years ago. The facility regularly hosts USTA-sanctioned QuickStart tournaments in the 8- and 10-year-old divisions, and uses the program's methods for most instructional lessons and all camps.

"Instead of being 12 years old and playing in your first match, we have 6- and 7-year-olds playing in tournaments," said Nigel Brown, the assistant director of tennis at YTC. "Through the rallies they learned in their lessons, they can play matches."

The size of the court is the biggest means to that end. Instead of the traditional 78-foot-long and 36-foot-wide dimensions, the courts in QuickStart are 36x18 in the 8-and-under division, and the net is 3 inches lower. The court is 60x21 for kids 10-and-under. Rackets range from 19-23 inches, far shorter than the standard 29- to 32-inch rackets for adults. The balls are low-compression to lower the speed of travel.

"I've been playing here for 1 1/2 years and I really like it," said Sneha Dei, an 8-year-old from Scarsdale who is enrolled in the program. "I played in a tournament. I've got a lot better."

There are currently 250 kids registered in the QuickStart program at YTC, spread over four skill levels. The popularity, Gale hopes, will grow quickly.

"I don't see how this is going to fail," he said. "It's a winning combination. We're really trying to get every club around to do it. I don't want to be the only one who does it. We want to have a network of QuickStart kids for tournaments and really get tennis fired up for kids 10-and-under."

Fewer lessons, more competition



In the mail!

Junior Season End & Renewal Packets

VICTORY! New York Health Club Dues Services Tax Defeated!

2,441 fitness professionals and health club members wrote 7,902 messages to legislators in Albany. Many fitness professionals and club companies met personally with legislators to discuss the impact that the tax would have on their members and their businesses.

The voices of our advocates for healthy lifestyles were heard loud and clear in Albany!
Everyone at IHRSA would like to extend a sincere "thank you" to all the clubs and fitness professionals that worked so hard to defeat this tax on healthy lifestyles.

Junior Tennis Upcoming Events

Parent Week

May 11th-17th, 2009

Come onto the court during your child's lesson and observe how the professional staff runs a tennis lesson. Bring your own racquet if you want to play in with your child's group!

USTA Quickstart Tournaments Boys & Girls

USTA Tournament registration & membership can be done directly through our website at www.yonkerstennis.com, Tournament Page.

Registration cut off date is 2 weeks prior to each tournament.

USTA Quickstart Tournaments Boys & Girls 8 and Under

June 6, No event scheduled July/August, September 19, 7:00PM start time

USTA Quickstart Tournaments Boys & Girls 10 and Under

June 13, No event scheduled July/August, September 12, 7:00PM start time

USTA Level 3 Tournaments Boys & Girls 12 and Under

May 16, June 20, July 18 7:00PM start time, August 15 3:00PM start time

Junior Spring & Summer Programs 2009

Summer Camp

Juniors age 7 and up can participate in a tennis camp that includes innovative tennis instruction, stroke and movement drills, strategy, on-court games, prizes and fun!

Monday-Friday:

One week session, \$345 9:00am - 12:00pm half day

One week session, \$599 1:00pm - 4:00pm full day

Junior Lesson Package

Exclusively for YTC program participants only!

Take your game to the next level.

Buy 6 one hour private lessons, get 1 FREE, package \$474.

Monday-Saturday, May 11-Aug 28, 2009.

For more information about our Junior programs contact Suzy Kerper at 968-6918 ext 314 skerper@yonkerstennis.com



The Yonkers Tennis Center is officially a member of the Facebook Community. A great online networking website that allows the club to display upcoming events, showcase players of the club as well as bring tennis players together.

Take a look at our new webpage and become our friend to stay up to date with the latest news from YTC.

Go to www.facebook.com & search for Yonkers Tennis Center. In order for it to be successful, view the page and spread the news!

Adult Specialty Clinics

Sign-up week to week \$30.00 per class

Cardio Tennis

Instructors: Santos Deaza, Chris Gale & Cleary Packard
Designed for the adult player who wants to hit more tennis balls and get a workout.
Tuesday 12:30-1:30pm, Friday 12:00-1:00pm

Men's Monday Morning Workout new 2008/2009

Instructor: Pat Rogers
Start your day with a workout before you head for the office. Focus on drills, footwork and point play.
Monday 7:00-8:00am

Call the Front Desk to sign up at 968-6918

Spring & Summer Specials 2009

Early Bird Lesson Package

The ultimate in game improvement
Buy 6 one hour private lessons, get 1 FREE, package \$474
Monday-Saturday, between 7-9am, May 11-Aug 28, 2009.

Adult Clinic Mini Session

Keep on playing until the kids get out school.
4-6 week sessions, \$168(1 hour clinic)-\$378 (1.5 hour clinic)
Monday-Sunday, May 11-June 21, 2009.

Early Bird Play Pass

Unlimited play!
\$100, Monday-Friday, between 7-9am, May 11-Aug 28, 2009.

Adult Boot Camp

Instructors: Simon, Nigel, Santos, Chris, Cleary and Pat
May 12 & 14, May 19 & 21, May 26 & 28, June 2 & 4, June 9 & 11.
Time: 9:30-11:30 am
Cost: \$60 per day (\$30 per hour)
Ratio: 4:1
Level: USTA rated 2.5 and above

For more information about our Adult programs contact Chris Gale at
968-6918 x 319 or cgale@yonkerstennis.com

Yonkers Tennis Center Pro Shop

Great Gift Ideas for Mom and Dad!

Tennis Tote Bag \$37.00
Ties \$30.00
Belts \$11.00

Gift Certificates available for Open Time, Lessons, Pro Shop, etc.
"A great gift idea for any occasion." Minimum of \$25.00. Please inquire at the front desk.

Check out our updated website www.yonkerstennis.com