



# CONTACT POINT

April/May 2022

YTC's bi-monthly newsletter focusing on what is considered the most important relationship in tennis, the **Contact Point**.



## **Hello YTC Family,**

In March of 2020, we used "the pause" to assess a couple of things, primarily how we as a company can best service the relationship with the most important people... **YOU**, our customer.

Two years later, as we head into April/May, we are excited to share *one* of the future changes that will greatly improve our processes as well as your experience. Starting May 3rd, we "go live" with **Club Automation**, our new software system provider. This company is one of the biggest tennis club systems in the world, with its ease of use and efficiency for both the club and the customer. Before the summer comes to a close, be on the lookout for information we'll be sending on how to navigate this system through the convenient online portal and mobile app.

As stated in the previous edition, engaging, retaining and developing players is essential to the success of any sport. Creating a learning environment that is fun, dynamic and safe allows us to create magic on the court! We are always on the lookout for vibrant staffers who would mesh well within our YTC team. If you or anyone you know are interested in being a tennis coach or front desk associate for our 2022-23 season in September, please email [kgalante@yonkerstennis.com](mailto:kgalante@yonkerstennis.com).

## **Covid-19 Safety & Protocols Update**

As of today, **April 1st**, we will **NO longer be requiring proof of vaccination** to enter and play at YTC. Please be advised that **masks** are **OPTIONAL** in all common areas and as usual we will continue with our rigorous cleaning protocols. To ease the flow of traffic, particularly during busy Jr. times, kindly leave the club through the **lower level exit door**. We reserve the right to revert back to our safety protocols if deemed necessary. We respectfully ask those who are showing symptoms or awaiting Covid test results to stay home and help keep everyone safe.

Should you test positive, contact our GM, KJ Galante [kgalante@yonkerstennis.com](mailto:kgalante@yonkerstennis.com)

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## **YTC Program Information**

**THANK YOU** to our **Seasonal and SeaPro captains & players** for renewing your contract court time with us again for the 2022-23 Season! Shout out to Mary Lou for handling the process so efficiently. If anyone would like more info or to request a new court, please reach out to [mlcummings@yonkerstennis.com](mailto:mlcummings@yonkerstennis.com) for availability.

## **End of Season Dates**

Seasonal, SeaPro, Permanent Private, Adult and Jr Clinics **[Click here to view](#)**

## **MAKE-UPS**

Adult and Jr. Clinic Make-Up Schedule [Click here to view](#)

## **NET GENERATION: End of Season Jr. Progress Reports**

We are currently in the process of assessing our junior player's levels. Progress reports will be distributed before the end of the season. This will show your child's projected level to be used for fall clinic registration beginning August 15th.

If your child plays a lot over the summer and you think they have had a dramatic improvement in their playing proficiency and level, we are happy to do a reassessment at the start of the season. The 2022-23 season starts on Thursday, Sept 22nd.



## **2022-23 Adult and Jr. Clinics**

**Clinic schedule & information will be released on August 15th!**  
**Registration to follow with our programmer Ali Goldman**  
[programmer@yonkerstennis.com](mailto:programmer@yonkerstennis.com)

## **Fundraiser for Ukraine**

Our fundraising efforts for Ukraine last week were a big success!! We donated 100% of 20+ hrs of open court time and private lessons. Thank you to everyone who played and contributed and to our Coaches for donating their time. On behalf of the Ukrainian Congress Committee of America, we were honored to deposit \$2,500 at the Yonkers Suma Federal Credit Union.

If you'd still like to make a donation, please visit [www.ucca.org](http://www.ucca.org) #stopthewar





## **Pickleball Event**

Join us for a ***FUN*** introductory evening of ***PICKLEBALL*** with your favorite **Coaches: Santos, Antonio and Tendai** **Friday, May 6th from 6:00-8:00pm** \$45 per person. Spots are limited. Call the front desk to reserve.



## **Tendai's Tactical Tennis Tips**

**Q:** Is warming up really necessary? I have played for years and get right into match play with first ball in rules. Please explain why coaches feel the need to continually force warm up when I just want to get on with playing. - Daniel Carlyle



**A:** Thank you for your submission Daniel.

I will do my very best to give a functional answer with recommendations after.

*Simply put, warming-up sends important signals to your body that you're about to work hard. Doing a quick warm-up (for just a few minutes) before you dive into your official workout not only prepares your body mentally and physically for the exercise to come, but can also prevent injury and improve(s) flexibility.*

*As a tennis player, the warm-up is a wakeup call for your body, preparing your muscles for the exertion of changing directions, chasing down balls whilst also firing your mind for the strategy you plan on executing.*

*The static stretching model from middle/high school gym class of reaching down to touch your toes and/or stretching your arm across your body to stretch your shoulder etc is fairly outdated. These movements do not replicate the motions and activity that you will be doing, nor are they firing the muscles needed for the work load of throwing your body around the court.*

### **Recommendations:**

Your warm-up should be between 5 to 10 minutes, often involving cardiovascular exercise like a brisk walk/jog around the block, a quick five minute ride on a stationary bike, or a 1/2 mile on a rowing machine with light resistance at a

moderate pace. Dynamic stretches (eg: arm swings that start small and gradually increase to become bigger, but always remain within the normal range of motion); joint mobilizers (like knee circles, hip circles, arm circles, bodyweight lunges with torso rotation); swinging your racquet (forehands, backhands, volleys and overheads etc) are all a great way to loosen up and get an increase in your heart rate as well as raise your body temperature. 🤔🤔

Please send in any nagging tennis related questions to [tttt@yonkerstennis.com](mailto:tttt@yonkerstennis.com). The chosen submission gets a 30 min complimentary lesson with Coach Tendai, which will also be featured in future newsletters.

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## **Where are my favorite YTC Coaches Teaching this Summer?**



- Santos De Aza - Quaker Ridge Country Club [sdeaza@yonkerstennis.com](mailto:sdeaza@yonkerstennis.com)
- Antonio De Aza - Quaker Ridge Country Club [adeaza@yonkerstennis.com](mailto:adeaza@yonkerstennis.com)
- Vito Galatioto - Edgemont High School [vgalatioto@yonkerstennis.com](mailto:vgalatioto@yonkerstennis.com)
- Alexa Goldberg - Edgemont High School [agoldberg@yonkerstennis.com](mailto:agoldberg@yonkerstennis.com)
- Rene Guerrero - Leewood Country Club [rguerrero@yonkerstennis.com](mailto:rguerrero@yonkerstennis.com)
- Richard Sanchez - Amakassin Club [rsanchez@yonkerstennis.com](mailto:rsanchez@yonkerstennis.com)
- Raphe Hurwitz - Hampshire Country Club [rhurwitz@yonkerstennis.com](mailto:rhurwitz@yonkerstennis.com)

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## **\*\*Reminders\*\***

The club is **closed** for the summer from **May 28th - September 5th, 2022**. We will be checking the front desk messages regularly. KJ, Mary Lou & Tendai are available via email should any questions or concerns arise.

Updates and program info can be found at [yonkerstennis.com](http://yonkerstennis.com)

*Office hours and orientations begin Tuesday September 6th, 2022.*

Our **52nd Season** officially kicks off on **Thursday, September 22nd, 2022**.

**THANK YOU** again for your love and support this season!

We wish you a fun, safe summer 😊 enjoying the outdoors & playing lots of  
**TENNIS**

