

Cook County Tennis Association News Flash Spring 2019

After a long winter, the 2019 season is just around the corner. The CCTA has been working over the winter to put together a full season of instruction, recreational play and social events. Come and join us for the FUN!

April kicks off our annual membership campaign. While the CCTA facility is open to all, we encourage membership as a way to help the CCTA maintain its facilities, provide professional instruction and support organized play opportunities. Members also benefit from lower instruction fees, access to member only events, and special news and information on the CCTA web site.

You can renew your membership or join the CCTA by going to www.playtenniscookcounty.org. Membership fees are modest. When joining, please consider making an additional contribution as a way of showing your support for the CCTA programs and activities.

Another important way to support the CCTA is volunteering to help with our events and activities. Coming up on Saturday May 18th at 10:00 AM is "the hanging of the windscreens". This is definitely a job that many hands make light work. Please let Mike Carlson know you can help through contacting him at mhcnvc@boreal.org.

Youth Spring Tennis

Youth tennis was a big success in 2018 and will be back under the continued guidance of Charley Darley, CCTA Director of Instruction. Classes are for youth ages 4-18 and are structured by age group and experience. Classes begin Monday May 6th with the spring session running through June 1.

The youth spring tennis schedule is as follows.

- Discover Deep Tennis for ages 4-5: Wednesday 3:45-4:35, Saturday 9:00-9:50.
- Explore Deep Tennis for ages 6-8. Monday 3:34-4:35, Saturday 10:00-10:50.
- Understand Deep Tennis for ages 9-18. Tuesday 3:45-5:05, Thursday 3:45-5:05.

Registration is available online at www.playtenniscookcounty.org.

Adult Play

2019 will be very busy with the addition of pickleball to tennis and POP tennis play. Starting in May, the CCTA will have two official pickleball courts lined and nets available for play. The courts will be located on Court 3, on the northwest side of the CCTA facility.

Also new this year is a weekly cardio class on Tuesday evening from 5:30-6:50. This is a fast paced class emphasizing higher speed drills to get the legs working and heart pumping. A great way to get and keep in shape for court sports.

The CCTA provides designated times for drop in doubles play. Anyone is welcome. Players are organized into teams which rotate and change based on the result of play. No advance sign up required. Fun competitive play.

The drop in schedule starts May 6 and is as follows:

- Tennis doubles: Monday-Wednesday-Friday 10-12
- Pickleball doubles. Monday through Friday 1-3 all season plus starting in June M-W-F 8-10.
- POP tennis. M-W-F 4:30-6:30 and Tuesday 10-12 and Saturday 9-11.

Adult Instruction

Adult instruction is provided weekly starting May 6.

Movement-limited (ML) classes are for less experienced and/or mobility-limited players. Holistic movement based approach to learning the fundamentals of tennis. Emphasis on balance, rhythmic dancelike movement, relaxation, extension, acceleration and focus.

Experienced and Agile (EA) classes are for experienced and agile players. Action-based drilling and point-playing focused on doubles shots, shot patterns, and strategy. Instruction has a foundation in balanced, relaxed, free-flowing rhythmic movement, as well as awareness as it plays out in readiness, anticipation and court positioning.

The schedule for adult instruction starting May 6 is:

- ML classes. Tuesday & Thursday 8:30-9:20.
- EA classes. Tuesday 9:30-10:50 & Thursday 5:30-6:50.

Registration for adult instruction including cardio classes is available online at www.playtenniscookcounty.org.

Private lessons are also available by contacting Charley Darley at instruction@playtenniscookcounty.org.

Social Activities

2019 will have several familiar events plus the addition of monthly social doubles and family events. Social doubles is intended to promote friendly competition followed by snacks and beverages. Family events are designed to encourage family members of all ages to join in fast-paced family tennis games and play.

Add these events to your calendars. More details will be forthcoming.

- June 1 CCTA 2019 Open House 12-2. Weather backup day June 2.
- June 8 Tennis Doubles Social Mixer 3-5. Weather backup day June 9.
- June 15 Rally the Family 12-2. Weather backup day June 16.
- June 21 Thunder Bay Doubles (Friday)
- June 29 POP Tennis Mixer 9-11

June 29 Pickleball Mixer 12-2

July 6 Tennis Doubles Social Mixer 3-5. Weather backup day July 7.

July 13 Rally the Family 12-2. Weather backup day July 14.

July 27 POP Tennis Mixer 9-11

July 27 Pickleball Mixer 12-2

August 2-4 Fisherman' Picnic Tournament

August 10 Rally the Family 12-2. Weather backup day August 11.

August 17 North Shore Doubles & Potluck Dinner 1-8

August 24 POP Tennis Mixer 9-11

August 24 Pickleball Mixer 12-2

September TBD Annual Meeting

Thank You

Cook County Tennis Association Donors



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