

CPAC



COLLEGE PARK ATHLETIC CLUB
2019-2020 PROGRAMMING

WWW.CPACWEB.COM

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BE SURE TO FOLLOW US ON SOCIAL MEDIA:



JUNIOR PROGRAMS

College Park has been in the business of developing junior players for over 40 years. Our strong commitment to junior tennis is also evident in the fact that we have over 1,000 juniors involved in our programs. We currently have 25 NCAA College players, 195 District, 129 Sectional, and 58 Nationally ranked players. Just as important are the many students we have involved at the park district and high school team level.

We offer our indoor tennis programs at two locations, **College Park Athletic Club East (10 courts, including a 60 ft. court)** and **College Park Athletic Club West (6 courts)**.

How Do I Get Started?

STEP 1: CALL FOR AN EVALUATION

Evaluations are required for all non-beginner students. Please plan on 30 minutes for your evaluation. Call **847-948-5330** to schedule an evaluation.

STEP 2: REGISTER FOR THE APPROPRIATE CLASS

Registration for all classes can be done online or using a CPAC Registration Form at CPAC East or West. All students are required to have a Credit or Debit Card on file. A 10% discount is given for each family with a total registration of \$2,000.00 or greater per session (excluding junior membership).

STEP 3: SIGN UP AS A CPAC JUNIOR MEMBER

A \$195 Annual Junior Membership is required for all players enrolled in our Competitive Programs (Tournament Training and above). A 50% discount will be given for additional junior members in each family after the first child.



JUNIOR PROGRAMS

Free Junior Court Time

Junior members currently enrolled in the CPAC program have free junior court time privileges (limit one hour booking per reservation). Bookings must be made within two hours of the time of play. Junior members not enrolled in a class (and all adult players) must pay the full court rate, even with a reservation within two hours. Cancellation fees for junior court time may apply, and any parents playing or feeding balls to their children are subject to the regular court and guest fees.

Auto-Reregistration

Once you are registered in a class, you will automatically be given a spot in future sessions. For your convenience, the charge for the next session will post to your account on the registration deadline, at which point you will be able to pay online, pay at CPAC East or West, or pay with your Credit or Debit Card on file. You will receive advanced notification and have ample time to withdraw from the next session prior to the registration deadline. (For example: If you are registered for Session 1, you will automatically be registered for Session 2 three weeks prior to the Session 2 start date unless you choose to withdraw). If you choose to withdraw, your spot will be given to players on our wait lists.



Make-Up Classes

One make-up per session is available for students who give instructors advanced notice of missed classes, and must be completed prior to the end of each session. Please contact Alan Fijalkowski for **QuickStart**, Donna Marks for **JDP**, Jean Erasmus for **Tournament Training**, Mira Radu for **TAP**, Blake Bazarnik for **Super Excellence** and Maor Zirkin for **High Performance**.

All class times, locations, and prices are subject to change. For the most up to date information please contact **Ben Bicknese - BenB@cpacweb.com** or **Maor Zirkin - MaorZ@cpacweb.com**.

QUICKSTART TENNIS

QUICKSTART TENNIS (AGES 3-9 *)

QuickStart Tennis is an exciting program designed to promote fun and success for young players by utilizing lower bounce compression balls, smaller racquets, and shorter courts (36', 42' and 60' courts). Emphasis is placed on hand-eye coordination, motor skill development, proper stroke technique, tennis footwork patterns and fitness as well as teamwork, sportsmanship and court etiquette. ***QuickStart may require an evaluation. Age and level are both considered for class/program placement. Non-marking tennis shoes and a racquet are required (first-time QuickStart participants will receive 10% off these items).**

Director: Alan Fijalkowski - AlanF@cpacweb.com

Alan is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact him directly at any time.

| Weekday | Time | Location | Session Details for Quickstart | | |
|--|----------------|-----------|--|------------|-----------|
| HOT SHOTS | | | | | |
| Mondays | 3:15-4:00 PM | CPAC East | Session 1: August 19, 2019-October 27, 2019 | | |
| Tuesdays | 12:30-1:15 PM | CPAC East | Hot Shots | (10 weeks) | \$250.00 |
| Tuesdays | 3:15-4:00 PM | CPAC East | Hot Shots (Mon.) | (9 weeks) | \$225.00* |
| Wednesdays | 10:30-11:15 AM | CPAC East | Lil' Hitters | (10 weeks) | \$320.00 |
| Wednesdays | 3:15-4:00 PM | CPAC East | Lil' Hitters (Mon.) | (9 weeks) | \$288.00* |
| Thursdays | 3:15-4:00 PM | CPAC East | Grand Slammers | (10 weeks) | \$350.00 |
| | | | Grand Slammers (Mon.) | (9 weeks) | \$315.00* |
| *No class on Labor Day, September 2, 2019. | | | | | |
| LIL' HITTERS | | | | | |
| Mondays | 4:00-5:00 PM | CPAC East | Session 2: October 28, 2019-January 19, 2020 | | |
| Tuesdays | 4:00-5:00 PM | CPAC East | Hot Shots 1 | (10 weeks) | \$250.00 |
| Wednesdays | 4:00-5:00 PM | CPAC East | Hot Shots 1 (Thu.) | (9 weeks) | \$225.00* |
| Thursdays | 4:00-5:00 PM | CPAC East | Lil' Hitters | (10 weeks) | \$320.00 |
| Fridays | 4:00-5:00 PM | CPAC East | Lil' Hitters (Thu.) | (9 weeks) | \$288.00* |
| Saturdays | 9:00-10:00 AM | CPAC East | Grand Slammers | (10 weeks) | \$350.00 |
| Saturdays | 11:00-12:00 PM | CPAC East | Grand Slammers (Thu.) | (9 weeks) | \$315.00* |
| Sundays | 2:30-3:30 PM | CPAC East | *No class on Thanksgiving, November 28, 2019. | | |
| *No class Sat, December 21, 2019 thru Fri, January 3, 2020. Classes resume Sat, January 4, 2020. | | | | | |
| GRANDSLAMMERS | | | | | |
| Mondays | 5:00-6:00 PM | CPAC East | Session 3: January 20, 2020-April 5, 2020 | | |
| Tuesdays | 6:30-7:30 PM | CPAC East | Hot Shots | (10 weeks) | \$250.00* |
| Wednesdays | 5:00-6:00 PM | CPAC East | Lil' Hitters | (10 weeks) | \$320.00* |
| Thursdays | 5:00-6:00 PM | CPAC East | Grand Slammers | (10 weeks) | \$350.00* |
| Fridays | 5:00-6:00 PM | CPAC East | *No class Sat, March 21 through Fri, March 27, 2020. | | |
| Saturdays | 10:00-11:00 AM | CPAC East | Classes resume Sat, March 28, 2020. | | |
| Saturdays | 2:00-3:00 PM | CPAC East | Session 4: April 6, 2020-June 14, 2020 | | |
| Sundays | 1:30-2:30 PM | CPAC East | Hot Shots | (10 weeks) | \$250.00 |
| Sundays | 3:30-4:30 PM | CPAC East | Hot Shots (Mon.) | (9 weeks) | \$225.00* |
| Sundays | 4:30-5:30 PM | CPAC East | Lil' Hitters | (10 weeks) | \$320.00 |
| | | | Lil' Hitters (Mon.) | (9 weeks) | \$288.00* |
| Tuesdays | 4:00-5:00 PM | CPAC West | Grand Slammers | (10 weeks) | \$350.00 |
| Tuesdays | 5:00-6:00 PM | CPAC West | Grand Slammers (Mon.) | (9 weeks) | \$315.00* |
| *No class Memorial Day, May 25, 2020. | | | | | |

JUNIOR DEVELOPMENT

Junior Development Program (Ages 9-18*)

JDP is designed to develop proper technical skills for consistent baseline rallying. Proper footwork and grips are emphasized. Players will be separated by age and ability. ***JDP may require an evaluation. Age and level are both considered for class/program placement. Non-marking tennis shoes and a racquet are required (first-time JDP participants will receive 10% off these items).**

Director: Donna Marks - DonnaM@cpacweb.com

Donna is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact her directly at any time.

| Weekday | Time | Location | Age |
|------------|---------------|-----------|----------------|
| Mondays | 4:00-5:00 PM | CPAC East | Ages 9-11 |
| Mondays | 5:00-6:00 PM | CPAC East | Ages 12 and up |
| Tuesdays | 4:00-5:00 PM | CPAC East | Ages 9-11 |
| Tuesdays | 5:00-6:00 PM | CPAC East | Ages 12 and up |
| Wednesdays | 3:00-4:00 PM | CPAC East | Ages 9-11 |
| Wednesdays | 4:00-5:00 PM | CPAC East | Ages 9-11 |
| Wednesdays | 5:00-6:00 PM | CPAC East | Ages 12 and up |
| Wednesdays | 6:00-7:00 PM | CPAC East | Ages 12 and up |
| Fridays | 4:00-5:00 PM | CPAC East | Ages 9-11 |
| Fridays | 5:00-6:00 PM | CPAC East | Ages 12 and up |
| Saturdays | 10:00-11:00AM | CPAC East | Ages 9-11 |
| Saturdays | 4:00-5:00 PM | CPAC East | Ages 9-11 |
| Saturdays | 5:00-6:00 PM | CPAC East | Ages 12 and up |
| Sundays | 3:30-4:30 PM | CPAC East | Ages 9-11 |
| Sundays | 4:30-5:30 PM | CPAC East | Ages 12 and up |
| Mondays | 4:00-5:00 PM | CPAC West | Ages 9 and up |
| Wednesdays | 4:30-5:30 PM | CPAC West | Ages 9 and up |
| Thursdays | 4:00-5:00 PM | CPAC West | Ages 9 and up |
| Thursdays | 5:00-6:00 PM | CPAC West | Ages 9 and up |
| Fridays | 4:00-5:00 PM | CPAC West | Ages 9-11 |
| Fridays | 5:00-6:00 PM | CPAC West | Ages 12 and up |

Session Details for Junior Development Program

Session 1: August 19, 2019-October 27, 2019

| | | |
|----------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$370.00 |
| CPAC East/CPAC West (Mon.) | (9 weeks) | \$333.00 |

*No class on Labor Day, September 2, 2019.

Session 2: October 28, 2019-January 19, 2020

| | | |
|---------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$370.00 |
| CPAC West (Thu.) | (9 weeks) | \$333.00 |

*No class on Thanksgiving, November 28, 2019.

*No class Sat, December 21, 2019 thru Fri, January 3, 2020.

Classes resume Sat, January 4, 2020.

Session 3: January 20, 2020-April 5, 2020

| | | |
|---------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$370.00 |
|---------------------|------------|----------|

*No class Sat, March 21 through Fri, March 27, 2020.

Classes resume Sat, March 28, 2020.

Session 4: April 6, 2020-June 14, 2020

| | | |
|----------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$370.00 |
| CPAC East/CPAC West (Mon.) | (9 weeks) | \$333.00 |

*No class Memorial Day, May 25, 2020.



TOURNAMENT TRAINING

Tournament Training

TT is designed for players interested in developing skills essential for competition. Players will learn to execute proper technique in groundstrokes, serves, and volleys. **TT requires an evaluation unless pre-approved by Jean Erasmus. See page 1 for evaluation details or contact the club.**

Director: Jean Erasmus - JeanE@cpacweb.com

Jean is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact him directly at any time.

| Weekday | Time | Location |
|-------------------------------------|----------------|-----------|
| Tuesdays | 4:00-5:30 PM | CPAC East |
| Tuesdays | 5:00-7:00 PM* | CPAC East |
| Thursdays | 6:00-7:30 PM | CPAC East |
| Fridays | 4:00-5:30 PM | CPAC East |
| Fridays | 5:00-7:00 PM* | CPAC East |
| Sundays | 10:30-12:00 PM | CPAC East |
| Sundays | 2:00-3:30 PM | CPAC East |
| Sundays: Match Play | 5:30-7:00 PM | CPAC East |
| (See Page 9 for Match Play Pricing) | | |
| Mondays | 4:00-5:30 PM | CPAC West |
| Mondays | 5:30-7:00 PM | CPAC West |
| Tuesdays | 4:30-6:00 PM | CPAC West |
| Wednesdays | 4:30-6:00 PM | CPAC West |
| Thursdays | 4:30-6:00 PM | CPAC West |
| Saturdays | 2:00-3:30 PM | CPAC West |

*Invitational two-hour class includes tennis-specific fitness.

Session Details for Tournament Training

Session 1: August 19, 2019-October 27, 2019

| | | |
|---------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$555.00 |
| CPAC West (Mon.) | (9 weeks) | \$499.50 |
| Invitational 2-hour Class | (10 weeks) | \$635.00 |

*No class on Labor Day, September 2, 2019.

Session 2: October 28, 2019-January 19, 2020

| | | |
|---------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$555.00 |
| CPAC East/West (Thu.) | (9 weeks) | \$499.50 |
| Invitational 2-hour Class | (10 weeks) | \$635.00 |

*No class on Thanksgiving, November 28, 2019.

*No class Sat, December 21, 2019 thru Fri, January 3, 2020.

Classes resume Sat, January 4, 2020.

Session 3: January 20, 2020-April 5, 2020

| | | |
|---------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$555.00 |
| Invitational 2-hour Class | (10 weeks) | \$635.00 |

*No class Sat, March 21 through Fri, March 27, 2020.

Classes resume Sat, March 28, 2020.

Session 4: April 6, 2020-June 14, 2020

| | | |
|---------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$555.00 |
| CPAC West (Mon.) | (9 weeks) | \$499.50 |
| Invitational 2-hour Class | (10 weeks) | \$635.00 |

*No class Memorial Day, May 25, 2020.



TAP (Tennis Advancement Program)

Action-oriented drills to improve competitive skills for team and tournament play. Shot consistency will be emphasized. Designed to expose player's competitive edge. **TAP requires an evaluation unless pre-approved by Mira Radu. See page 1 for evaluation details or contact the club.**

Director: Mira Radu - MiraR@cpacweb.com

Mira is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact her directly at any time.



| Weekday | Time | Location |
|-------------------------------------|---------------|-----------|
| Mondays | 4:00-6:30 PM* | CPAC East |
| Tuesdays | 4:00-6:00 PM | CPAC East |
| Tuesdays | 4:00-6:30 PM* | CPAC East |
| Wednesdays | 4:00-6:00 PM | CPAC East |
| Wednesdays | 4:00-6:30 PM* | CPAC East |
| Thursdays | 4:00-6:30 PM* | CPAC East |
| Fridays | 4:00-6:00 PM | CPAC East |
| Sundays | 12:00-2:00 PM | CPAC East |
| Sundays: Match Play | 7:00-8:30 PM | CPAC East |
| (See Page 9 for Match Play Pricing) | | |
| Mondays | 5:00-7:00 PM | CPAC West |
| Thursdays | 5:00-7:00 PM | CPAC West |
| Saturdays | 1:00-3:00 PM | CPAC West |
| Sundays | 12:00-2:00 PM | CPAC West |

*Invitational 2 ½ hour class includes tennis-specific fitness.

Session Details for Tennis Advancement Program

Session 1: August 19, 2019-October 27, 2019

| | | |
|------------------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
| CPAC West (Mon.) | (9 weeks) | \$666.00 |
| Invitational 2 ½ hour class | (10 weeks) | \$820.00 |
| Invitational 2 ½ hour class (Mon.) | (9 weeks) | \$738.00 |

*No class on Labor Day, September 2, 2019.

Session 2: October 28, 2019-January 19, 2020

| | | |
|------------------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
| CPAC West (Thu.) | (9 weeks) | \$666.00 |
| Invitational 2 ½ hour class | (10 weeks) | \$820.00 |
| Invitational 2 ½ hour class (Thu.) | (9 weeks) | \$738.00 |

*No class on Thanksgiving, November 28, 2019.

*No class Sat, December 21, 2019 thru Fri, January 3, 2020.

Classes resume Sat, January 4, 2020.

Session 3: January 20, 2020-April 5, 2020

| | | |
|-----------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
| Invitational 2 ½ hour class | (10 weeks) | \$820.00 |

*No class Sat, March 21 through Fri, March 27, 2020.

Classes resume Sat, March 28, 2020.

Session 4: April 6, 2020-June 14, 2020

| | | |
|------------------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
| CPAC West (Mon.) | (9 weeks) | \$666.00 |
| Invitational 2 ½ hour class | (10 weeks) | \$820.00 |
| Invitational 2 ½ hour class (Mon.) | (9 weeks) | \$738.00 |

*No class Memorial Day, May 25, 2020.

Super Excellence

High-intensity program for high school and USTA tournament players. Emphasis is on advanced technical and competitive application. **SE requires an evaluation unless pre-approved by Blake Bazarnik. See page 1 for details or contact the club.**

Director: Blake Bazarnik - BlakeB@cpacweb.com

Blake is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact him directly at any time.



| Weekday | Time | Location |
|------------|---------------|-----------|
| Mondays | 8:00-10:00 PM | CPAC East |
| Tuesdays | 6:00-8:00 PM | CPAC East |
| Tuesdays | 8:00-10:00 PM | CPAC East |
| Wednesdays | 8:00-10:00 PM | CPAC East |
| Thursdays | 7:30-9:30 PM | CPAC East |
| Thursdays | 8:00-10:00 PM | CPAC East |
| Saturdays | 4:00-6:00 PM | CPAC East |
| Sundays | 12:00-2:00 PM | CPAC East |
| Sundays | 2:00-4:00 PM | CPAC East |

| | | |
|------------|---------------|-----------|
| Mondays | 5:00-7:00 PM | CPAC West |
| Mondays | 7:00-9:00 PM | CPAC West |
| Tuesdays | 6:00-8:00 PM | CPAC West |
| Wednesdays | 6:00-8:00 PM | CPAC West |
| Thursdays | 6:00-8:00 PM | CPAC West |
| Saturdays | 3:30-5:30 PM | CPAC West |
| Sundays | 12:00-2:00 PM | CPAC West |
| Sundays | 2:00-4:00 PM | CPAC West |
| Sundays | 4:00-6:00 PM | CPAC West |

Session Details for Super Excellence

Session 1: August 19, 2019-October 27, 2019

| | | |
|----------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
| CPAC East/CPAC West (Mon.) | (9 weeks) | \$666.00 |

*No class on Labor Day, September 2, 2019.

Session 3: January 20, 2020-April 5, 2020

| | | |
|---------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
|---------------------|------------|----------|

*No class Sat, March 21 through Fri, March 27, 2020.

Classes resume Sat, March 28, 2020.

Session 2: October 28, 2019-January 19, 2020

| | | |
|----------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
| CPAC East/CPAC West (Thu.) | (9 weeks) | \$666.00 |

*No class on Thanksgiving, November 28, 2019.

*No class Sat, December 21, 2019 thru Fri, January 3, 2020.

Classes resume Sat, January 4, 2020.

Session 4: April 6, 2020-June 14, 2020

| | | |
|----------------------------|------------|----------|
| CPAC East/CPAC West | (10 weeks) | \$740.00 |
| CPAC East/CPAC West (Mon.) | (9 weeks) | \$666.00 |

*No class Memorial Day, May 25, 2020.

HIGH PERFORMANCE

High Performance

Invitation-only program for CPAC's top USTA tournament players. All players must have competed in the Chicago District Championships, fulfill the minimum Universal Tennis Rating (UTR) requirements, and have National and Midwest Rankings. Emphasis is on advanced technical and competitive application. **HP requires an evaluation unless pre-approved by Tina Pisnik or Maor Zirkin. See page 1 for details or contact the club.**

Co-Director: Maor Zirkin - MaorZ@cpacweb.com

CO-Director: Tina Pisnik - TinaP@cpacweb.com

Tina and Maor are available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact them directly at any time.



| Weekday | Time | Location |
|------------|--------------|-----------|
| Mondays | 5:30-8:00 PM | CPAC East |
| Wednesdays | 5:30-8:00 PM | CPAC East |
| Thursdays | 4:00-6:30 PM | CPAC East |
| Thursdays | 5:30-8:00 PM | CPAC East |
| Tuesdays | 5:30-8:00 PM | CPAC West |
| Wednesdays | 5:30-8:00 PM | CPAC West |

All High Performance classes include 2hr. drill with 30 minutes of fitness and stretching.

Session Details for High Performance

Session 1: August 19, 2019-October 27, 2019

CPAC East/CPAC West (10 weeks) \$820.00
 CPAC East (Mon.) (9 weeks) \$738.00

*No class on Labor Day, September 2, 2019.

Session 2: October 28, 2019-January 19, 2020

CPAC East/CPAC West (10 weeks) \$820.00
 CPAC East (Thu.) (9 weeks) \$738.00

*No class on Thanksgiving, November 28, 2019.

*No class Sat, December 21, 2019 thru Fri, January 3, 2020.

Classes resume Sat, January 4, 2020.

Session 3: January 20, 2020-April 5, 2020

CPAC East/CPAC West (10 weeks) \$820.00

*No class Sat, March 21 through Fri, March 27, 2020.

Classes resume Sat, March 28, 2020.

Session 4: April 6, 2020-June 14, 2020

CPAC East/CPAC West (10 weeks) \$820.00
 CPAC East (Mon.) (9 weeks) \$738.00

*No class Memorial Day, May 25, 2020.

*From May 26-June 5, 2020 classes will take place outside at Lake Forest HS from 4:30-7:00pm (Weather Permitting) in conjunction with "The Qualifier Camp." Extra "Qualifier Camp" days will be available for students who wish to add classes.



ADDITIONAL JUNIOR PROGRAMS

Match Play Programs

CPAC is pleased to offer several different match play programs for players of all different ages and levels. On-court coaching is provided in some match play programs, as these are great ways to implement the skills learned in classes and private lessons. These are offered as a stepping-stone to USTA sanctioned tournaments. Because of the specific nature of match play program scheduling, a 24-hour cancellation policy is strictly enforced.

Quickstart Match Play: This monthly event will have match play with low-compression balls on 36 and 60 foot courts, focused on junior players who want to implement their skills while having fun.

Cost: **\$TBD based on length of event**

Dates: First Friday of Every Month (dates subject to change)

Contact: **Alan Fijalkowski - AlanF@cpacweb.com**

CPAC Junior Team: Players in TT and TAP will play against juniors from other North Shore Tennis Clubs! We will play both singles and doubles against clubs like North Shore Racquet Club, Five Seasons Sports Club, and many others.

Cost: \$46.00

Dates: Every Friday (dates subject to change)

Contact: Jean Erasmus - **JeanE@cpacweb.com or 847-948-5330**

Weekly Match Play: JDP, Tournament Training, TAP, Super Excellence, and High Performance players join us weekly to increase your match play experience. This is essential to preparing for an upcoming tournament or high school tryouts. Both singles and doubles play will be utilized. Results will determine your position on the CPAC Junior Ladder.

Cost: 10 match package: \$405
 20 match package: \$720

*Packages may be refilled once used up. All match play packages must be used by June 14, 2020.

Dates: August 26, 2019 - June 14, 2020 (40 total weeks)

Fridays (JDP) 6:00-7:30 PM CPAC East
 Sundays (TT) 5:30-7:00 PM CPAC East
 Sundays (TAP/SE/HP) 7:00-8:30 PM CPAC East

Contact: **Jean Erasmus - JeanE@cpacweb.com**



UTR - Universal Tennis Rating

UTR This year we are also expanding our Match Play programming to qualify toward each player's

UTR. Universal Tennis Rating (UTR) is a global tennis player rating system intended to produce an objective, consistent, and accurate index of players' skill in the game of tennis. This format is widely recognized by high school and college coaches and provides a great way to build a competitive resume for any level player. Any player who intends to play a competitive match **MUST** be enrolled and have a UTR profile to receive credit for each match. **Sign up for free at myutr.com and be sure to indicate CPAC as your home club!**

ADDITIONAL JUNIOR PROGRAMS

Tournament Competition

Patty Lambropoulos is CPAC's Tournament Coordinator and Consultant. She has 23 years of experience successfully taking and organizing CPAC juniors to over 500 Junior Tournaments at the District, Sectional and National levels. She is currently the Chairperson of the USTA Midwest Junior Competition Schedules & Sanctions Committee, on the Chicago District Tennis Association Board of Directors, and Tournament Director of 60 USTA Junior tournaments at the National, Sectional, and District levels, all hosted by CPAC.

Services Offered

Informational Meetings - Dates and times to be announced.

Topics Discussed:

- New Midwest Levels and Points-Per-Round System
- UTR (Universal Tennis Rating)
- Establishing a ranking and selecting appropriate tournaments
- USTA process (Youth Progression to National Level)
- Elevated Point Tournaments
- Midwest & District Levels, Points-Per-Round, and National Competition

Accompanied Tournaments

CPAC Pros accompany groups of players to selected sectional and national tournaments.

Private Consultations

For individual advice on what tournaments you should play, how many points you can earn, and how you can get a ranking, etc., contact Patty for a private consultation at \$50.00 per hour.

Contact: Patty Lambropoulos - PattyL@cpacweb.com

USTA Tournaments

CPAC hosts over 60 tournaments that are officially sanctioned by the USTA and count towards earning a Chicago, Midwest, and even a National ranking. Our tournaments vary in level and begin with the Orange ball, then move to Green Dot balls, and eventually the official Yellow ball. Divisions are gender-specific and age groups include 8, 10, 12, 14, 16, and 18 and under. Visit www.usta.com for a specific schedule for your appropriate division. For more information, contact **Patty Lambropoulos** (PattyL@cpacweb.com).



ADDITIONAL JUNIOR PROGRAMS

Sports Psychology/Mental Toughness Coaching

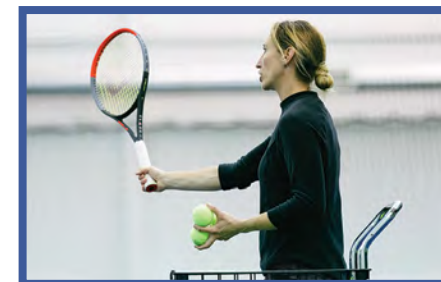
Mira Radu (M.A. in Sports Psychology) is CPAC's Resident Sports Psychology Consultant. The Mental Game is very important in tennis, especially when players operate in a highly competitive environment. Players must practice the mental aspects of their game, just like they practice their shots on the tennis court, in order to improve their confidence, resilience, and overall success in competition.

Mira Radu is a former professional tennis player (WTA #244 ranking), who also competed in college (NCAA #8 ranking), and at the international level in juniors (ITF). After her competitive career, she spent seven years as a college coach at the University of Wisconsin, the University of Mississippi, and the University of Iowa – where she received her Masters in Sports Psychology (2011). In addition to this degree, Mira also has an MBA as well as a Masters in Spanish.

Mira has been intensely involved in the Chicago District of USTA for the last four years, serving as the USTA Zonals Midwest Coach (BG12) and the District Team Cup Coach (BG14). With Mira's extensive playing experience and her academic credentials, she will partner with you to address:

- *Confidence issues
- *Appropriate focus in practice / competition
- *Performing under pressure
- *Playing important points / closing out matches
- *Coping with injury and recovery
- *Best practices for tennis parenting

Consulting sessions can be conducted with just players, just parents, or players and parents together. For more information, contact **Mira Radu** - MiraR@cpacweb.com.



High School Team Tennis

Many of you have participated on the CPAC High School doubles league. This is a great way to get crucial doubles experience. CPAC will be fielding 3 teams in the CITA (Chicagoland Indoor Tennis Association) high school tennis league. CPAC teams will consist of 8 players (4 doubles teams) per match and will be competing against teams from area clubs. CPAC will run team practices to work on doubles skills and strategy and will then provide coaching during the matches (college format allows coaching on odd number games).

- Cost: \$46.00
Dates: Boys League - September 2019-February 2020
Girls League - January 2020-June 2020
Time: Saturdays, 6:00-8:00 PM
Contact: **Blake Bazarnik** - BlakeB@cpacweb.com

Holiday Camps

Over Winter Break (Dec 23 - Jan 3, 2020) and Spring Break (Mar 23 - 27, 2020), CPAC offers Tennis Camps for all ages and levels. For more information please contact **Maor Zirkin** at MaorZ@cpacweb.com or 847-948-5330.

ADULT PROGRAMS AT CPAC EAST

College Park offers a wide range of programs for men and women at all levels. To learn more about these programs please contact Mark Roberts for a complimentary evaluation - MarkR@cpacweb.com or 847-948-5330.

Adult Drills - The following are "weekly sign-up" drills:

Early Bird Drills - Men/Women 4.0 & Above

4.0-4.5+ Drill/Play - Men

Tuesdays 6:30-8:00 AM
Thursdays 6:30-8:00 AM

(1 hour drill, 30 minutes play)
Tuesdays 8:00-9:30 PM

Starts: August 20, 2019
Cost: \$38.00
Contact: **Rich Koukol - RichK@cpacweb.com**

Starts: August 20, 2019
Cost: \$48.00
Contact: **Alan Fijalkowski - AlanF@cpacweb.com**

*No drill Thanksgiving, November 28, 2019

3.5-4.0+ Drill/Play - Men

4.5+ Open Drill/Play - Men

(1 hour drill, 30 minutes play)
Mondays 8:00-9:30 PM
Sundays 7:00-9:00 AM

(1 hour drill, 30 minutes play)
Wednesday 8:00-9:30 PM

Saturdays 7:30-9:00 AM CPAC West

Starts: August 21, 2019
Cost: \$48.00

Starts: August 19, 2019
Cost: \$48.00
Contact: **Rich Koukol - RichK@cpacweb.com**

Contact: **Frank Chen - FrankC@cpacweb.com**

*No drill Labor Day, September 2, 2019

Cardio Tennis

Lunch Time Drill

High-intensity cardio drill with live point-play.

High-intensity drill with live point-play.

Mondays 9:00-10:30 AM CPAC East
Tuesdays 11:00-12:30 PM* CPAC West
Wednesdays 11:00-12:00 PM CPAC West
Thursdays 8:30-9:30 AM* CPAC West
Thursdays 9:30-11:00 AM CPAC West
Fridays 8:30-10:00 AM* CPAC East
Fridays 10:00-11:30 AM CPAC West

Tuesdays 1:00-2:00 PM (4.0-4.5 level)
Thursdays 12:00-1:00 PM (4.0-4.5 level)
Fridays 1:00-2:30 PM (4.0-4.5 level)

Starts: August 19, 2019
Cost: Members: \$24 (1hour)
\$36 (1.5 hour)
Non-Members \$26 (1 hour)
\$39 (1.5 hour)

Starts: August 20, 2019
Cost: \$37.00 (Mondays/Thursdays)
\$46.00 (Fridays)
Contact: **Mark Roberts - MarkR@cpacweb.com**

*No drill Thanksgiving, November 28, 2019

*No drill Labor Day, September 2, 2019

*Level requirement of 4.0 or higher

*No drill Thanksgiving, November 28, 2019

MEN'S PROGRAMS

Men's Travel Teams

Men's 3.5 CITA Team

Saturdays 7:30-9 AM, 10:00-12:00 PM or 2:00-4:00 PM

*Drills and Matches are held on alternate weeks.

Cost: Drills \$60.00
Matches \$37.00

Location: Saturday 7:30-9:00 AM CPAC West
Saturday 10:00-12:00 PM CPAC West
Saturday 2:00-4:00 PM CPAC East

Starts: August 24, 2019
Contact: **Rich Koukol - RichK@cpacweb.com**
Mark Roberts - MarkR@cpacweb.com

Men's 4.5 CITA Team

Saturdays 2:00-4:00 PM

*Drills and Matches are held on alternate weeks.

Cost: Drills \$60.00
Matches \$37.00

Location: CPAC East
Starts: August 24, 2019

Contact: **Frank Chen - FrankC@cpacweb.com**

Men's 4.0 CITA Team

Saturdays 12:00-2:00 PM or 2:00-4:00 PM

*Drills and Matches are held on alternate weeks.

Cost: Drills (12-2pm) \$60.00
Matches \$37.00

Location: CPAC East
Starts: August 24, 2019

Contact: **Ben Bicknese - BenB@cpacweb.com**
Mark Roberts - MarkR@cpacweb.com

Men's Open CITA Team

Saturdays 12:00-2:00 PM

*Drills and Matches are held on alternate weeks.

Cost: Drills \$60.00
Matches \$37.00

Location: CPAC East
Starts: August 24, 2019

Contact: **Frank Chen - FrankC@cpacweb.com**



Men's 4.0 CITA Singles Team

Sundays 7:30-9:00 AM

Cost: \$38.00

Location: CPAC East
Starts: August 25, 2019

Contact: **Rich Koukol - RichK@cpacweb.com**



WOMEN'S PROGRAMS



Women's Programs

For more information on women's program and a complimentary evaluation, contact **Mark Roberts - MarkR@cpacweb.com** or **847-948-5330**

Beginner Drills

Drill for beginners and advanced beginners. Focus on stroke production and introduction to doubles strategy.

| | |
|----------------|-----------------------|
| Monday | 1:00-2:30 PM |
| Tuesday | 10:30-12:00 PM |
| Friday | 9:00-10:30 AM |

Session 1: August 19, 2019-October 27, 2019
 Mondays (9 wks.)* \$378.00 (CPAC members) \$450.00 (non-members)
 Tue/Fri (10 wks.) \$420.00 (CPAC members) \$500.00 (non-members)
**No class on Labor Day, September 2, 2019.*

Session 2: October 28, 2019-January 19, 2020
 Mon/Tue/Fri (10 wks.) \$420.00 (CPAC members) \$500.00 (non-members)
**No class Mon, December 23, 2019 thru Sun, January 5, 2020. Classes resume Mon, January 6, 2020.*

Session 3: January 20, 2020-April 5, 2020
 Mon/Tue/Fri (10 wks.) \$420.00 (CPAC members) \$450.00 (non-members)
**No class Mon, March 23, 2020 thru Sun, March 29, 2020. Classes resume Mon, March 30, 2020.*

Session 4: April 6, 2020-June 14, 2020
 Mondays (9 wks.) \$378.00 (CPAC members) \$450.00 (non-members)
 Tue/Fri (10 wks.) \$420.00 (CPAC members) \$500.00 (non-members)
**No class on Memorial Day, May 25, 2020.*

WOMEN'S PROGRAMS

Women's Super Doubles

Wednesdays 11:00 – 1:00PM (I)
 Wednesdays 9:00 – 11:00AM (II)
 Tuesdays 12:00 – 2:00 PM (III)

Starts: September 3, 2019
 Cost: Members \$23.00
 Non-members \$27.00

Contact: **Mark Roberts - MarkR@cpacweb.com (I-II)**
Donna Marks - DonnaM@cpacweb.com (III)



Women's Travel Teams and Drills

Women's Singles CITA Teams

Drills/Matches:
 Thursday (4.0-4.5) 1:00-2:30PM* \$44.00
 Contact: **Rich Koukol - RichK@cpacweb.com**

Starts: August 22, 2019
**Drills & matches will be held on alternating weeks.*

Women's 3.0 CITA Team

Matches: Thursday 11:00-1:00 PM \$37.00
 Drills: Monday 11:00-12:30 PM \$**
 Wednesday 9:30-11:00 AM \$**
**Wednesday drill is at CPAC West*

Captain: **Donna Marks - DonnaM@cpacweb.com**
 Starts: August 19, 2019

Women's 3.5 CITA Team

Matches: Wednesday 1:00-3:00 PM \$37.00
 Drills: Monday 11:00-12:30 PM \$**
 Thursday 10:00-11:30 AM \$**

Captain: **Donna Marks - DonnaM@cpacweb.com**
 Starts: August 19, 2019

Women's 4.0 CITA Team

Matches: Wednesday 1:00-3:00 PM \$37.00
 Drills: Monday 9:30-11:00 AM \$**
 Captain: **Julia Sapozhnikova - JuliaS@cpacweb.com**

Starts: August 19, 2019

Women's 4.0 CITA Teams

Matches: Wednesday 1:00-3:00 PM \$37.00
 Drills: Wednesday 1:00-2:30 PM \$**
 Captain: **Donna Marks - DonnaM@cpacweb.com**

Starts: August 21, 2019
**Drills & matches will be held on alternating weeks.*

Matches: Friday 11:00-1:00 PM \$37.00
 Drills: Tuesday 9:00-10:30 AM \$**
 Captain: **Donna Marks - DonnaM@cpacweb.com**

Starts: August 20, 2019
**Team will play 4.0 Red North Central, and 4.5 Green Northwest on alternating weeks.*

Women's 4.5 CITA Team

Matches: Friday 11:00-1:00 PM \$37.00
 Drills: Monday 9:30-11:00 AM \$**
**Drill is at CPAC West*

Captains: **Ben Bicknese - BenB@cpacweb.com**
Mark Roberts - Mark R@cpacweb.com
 Starts: August 19, 2019
**Matches are every week.*

Women's Open CITA Team

Matches: Friday (NC/NW) 10:30-12:30 PM \$37.00
 Drills: Tuesday 9:00-11:00 AM \$**
 Captains: **Ben Bicknese - BenB@cpacweb.com**
Jean Erasmus - JeanE@cpacweb.com

Starts: August 20, 2019
**North Central/Northwest play every other week.
 **Contact Team captain for drill package information.*

ADULT PROGRAMS AT CPAC WEST

College Park West offers a wide range of programs for men and women at all levels. To learn more about these programs please contact our Adult Tennis Director, **Mark Roberts**, for a complimentary evaluation. (MarkR@cpacweb.com or 847-948-5330).

Women

Women's 3.5 CITA Team

| | | | |
|-----------|--|----------------|---------|
| Matches: | Wednesdays | 12:00-2:00 PM | \$37.00 |
| Drills: | Mondays | 11:00-12:30 PM | \$** |
| | Thursdays | 10:00-11:30 AM | \$** |
| Captains: | Mark Roberts - MarkR@cpacweb.com Donna Marks - DonnaM@cpacweb.com | | |
| Starts: | August 19, 2019 | | |

**Contact Team Captain for drill package information.

Men



Men's 3.5 CITA Team

| | | | |
|-----------|---|---------|--|
| Saturdays | 10:00-12:00 PM | | |
| | <i>*Drills and Matches are held on alternate weeks.</i> | | |
| Cost: | Drills | \$60.00 | |
| | Matches | \$37.00 | |
| Contact: | Rich Koukol - RichK@cpacweb.com | | |
| Starts: | August 24, 2019 | | |

Men's 3.0-3.5 Level Drill and Play

| | | | |
|-----------|---|--------------|-----------|
| Day/Time: | Saturdays | 7:30-9:00 AM | |
| | Sundays | 7:00-9:00 AM | CPAC East |
| Cost: | \$48.00 | | |
| Contact: | Mark Roberts - MarkR@cpacweb.com | | |
| Starts: | August 24, 2019 | | |

TENNIS STAFF

College Park Tennis Staff

Private tennis lessons are available to CPAC members. For assistance in getting set up with a pro, contact **Ben Bicknese – BenB@cpacweb.com**. Due to high demand, all juniors must be enrolled in the CPAC junior tennis program. Please note that due to the limited number of private courts available, **all members taking a weekly standing lesson during the indoor season will be responsible for payment throughout the duration of the entire indoor season in the event of an unfilled cancellation.**

Matt Adler – MattA@cpacweb.com

Ranked #2 CDTA Boys USTA 18's Doubles. Over 20 Years Instructing Tournament Juniors, High School Varsity & College Level Students.

Blake Bazarnik – BlakeB@cpacweb.com

Former Illinois HS State Singles Champion. Ranked as high as #5 in US as a junior player. Played college tennis at Vanderbilt and University of Illinois.

Brian Bellew – BrianB@cpacweb.com

Over 40 years of teaching experience in the Chicago area for players of all ages and levels. Head Tennis Director at Twin Orchard Country Club. Coaches several competitive CITA Women's Teams.

Ben Bicknese – BenB@cpacweb.com

Director of Tennis at CPAC. Former CPAC Junior Director from 1999-2005. Directed programs at Medalist Country Club, Jupiter Island Country Club, and the Peninsula Covenant Community Tennis Center. USPTA P1 certified.

Rob Budacsek – RobB@cpacweb.com

Former Head Coach of Israeli National Team, Director of Rick Macci Academy, and Co-Director of Hermann Tennis Academy. Has coached 17 players ranked in the top 1000 in the world.

Peter Casati – PeterC@cpacweb.com

Several years of teaching experience with adults and juniors. Head Tennis Pro at Biltmore Country Club. Has run several successful junior programs and coached numerous highly ranked junior players.

Frank Chen – FrankC@cpacweb.com

Former player and coach from the University of Arizona (Tucson), top 500 ITF Juniors, top 10 Juniors in Taiwan. USPTA, PTR and iTPA certified. Bilingual in Mandarin.

Jean Erasmus – JeanE@cpacweb.com

Former ATP ranked player and Drake University standout. #1 player on the Namibian Davis Cup team. Former Head Coach at University of Texas – San Antonio.

Alan Fijalkowski – AlanF@cpacweb.com

Standout player at Lewis University. Former High School and Junior High training director at Glenbrook Racquet Club. Grew up playing in Poland. Competed in international tournaments.

TENNIS STAFF

Kevin Guttormsen – KevinG@cpacweb.com

Professional Stringer for over 20 years. Physical Education teacher & High School Tennis Coach for 20 years. Taught tennis at Club Med in Port St. Lucie, FL & Louisiana. Built & customized tennis racquets for 10 years.

Gian Issa – GianI@cpacweb.com

Former D1 player at Middle Tennessee State University. Ranked #193 International Junior Federation. Coached competition players in home country of Suriname for 2 years. Works with players of all levels at CPAC.

Patti Jilek – PattiJ@cpacweb.com

USPTR certified tennis professional. Over 20 years of experience teaching adults and children at numerous tennis clubs on the North Shore.

Andrei Kisliak – AndreiK@cpacweb.com

20 years of teaching experience in the Chicagoland area. Former pro at Glenbrook Racquet Club and Northbrook Racquet Club.

Rich Koukol – RichK@cpacweb.com

Has taught tennis in the North Shore area for over a decade at various tennis clubs on the North Shore. Deerfield HS Varsity Girls Tennis Coach.

Kevin Lai – KevinL@cpacweb.com

Former #4 NCAA Doubles Division 1 player from the University of Kentucky. Ranked #113 in ITF. Top 4 junior in Taiwan. USPTA Elite coaching level, trained top junior players in Taiwan. Speaks Mandarin, Taiwanese, English and Japanese.

Corky Leighton – CorkyL@cpacweb.com

48 years teaching experience. 3rd generation teaching professional. Former Head Pro and Director of Tennis at several tennis clubs. Head Boy's Varsity Tennis Coach at Lake Forest HS.

Donna Marks – DonnaM@cpacweb.com

Certified USPTA professional and physical education teacher. Experienced as a player as well as a coordinator of traveling teams and leagues. Director of Junior Development Program at CPAC for 30 years.

Sally Miller – SallyM@cpacweb.com

Former player at Boston College. Former Director of QuickStart at CPAC, and former Director of Tennis at Lake Forest Recreation Department. Founder of Surya Yoga @ CPAC. 200 RYT Certified Yoga Teacher.

Gretchen Moffat – GretchenM@cpacweb.com

Former Director of Tennis at Tennaqua Swim and Tennis Club for over 28 years. Former Manager at East Side and Racine Tennis Clubs. Teaches tennis to players of all ages and levels.

Josh Moran – JoshM@cpacweb.com

15 years of teaching experience. Competed at University of Toledo. Former Director of Junior Tennis at Perrysburg Tennis Center (Toledo, OH). Inducted into the Warren HS Tennis Hall of Fame in 2011.

Denise Murphy – DeniseM@cpacweb.com

Former player at Penn State University. Lake Forest HS Girls Varsity Tennis Coach. 19 years of teaching experience in the Chicagoland area.

TENNIS STAFF

Chris Nowak – ChrisN@cpacweb.com

Former college player at Middle Tennessee University. Graduate of Glenbrook South HS, where he was a standout tennis player. Competed on the pro tour.

Tina Pisnik – TinaP@cpacweb.com

Formerly ranked #29 on WTA Tour, and has played all major Grand Slam tournaments. Former Slovenian Fed Cup Captain. Coaches and travels with CPAC's top High Performance juniors.

Juliet Plonsker – JulietP@cpacweb.com

Former player at the University of Michigan. Several years of teaching experience in the Chicago area for players of all ages and levels. Assistant Varsity Girls Coach at Deerfield HS.

Mira Radu – MiraR@cpacweb.com

Formerly ranked #244 on WTA Tour. All-American player at Ole Miss, and college coach at University of Wisconsin, and University of Iowa. USTA Chicago Junior Team Cup Captain for the last two years.

Michael Reyes – MikeR@cpacweb.com

42 years teaching experience. Certified in 3 teaching systems. Taught Tennis in 3 Continents. Held State and National rankings in 4 sports. Personal Coach to the Royal Family of Qatar.

Mark Roberts – MarkR@cpacweb.com

Former professional and DI college player. 18 years coaching/directing experience with all levels including professional, DI college, adults and children.

Aaron Rusnak – AaronR@cpacweb.com

USPTR Pro with 22 years teaching experience. Standout Junior player. Competed on USTA Pro Circuit. Featured speaker for IHSA. Has developed many college players.

Melton Russell – MeltonR@cpacweb.com

48 years teaching experience with adults and juniors, 33 in the Chicagoland area. Several of his students have gone on to the national and professional level.

Julia Sapozhnikova – JuliaS@cpacweb.com

Several years of teaching experience in North Shore area. Competed at Marquette University and College of Lake County. 1996 National Champion in NCAA Div II (CLC). Played professionally on WTA Tour.

Jeff VanDixhorn – Jeff@cpacweb.com

26 years teaching experience with players of all ages. Former #1 player at Wheaton College. Two-time NCAA division III National Qualifier. Managing Partner of College Park Athletic Club, Four Lakes Athletic Club, and Forest City Tennis Center.

Ofir Weintraub – OfirW@cpacweb.com

Former NCAA Division I player at East Tennessee State University. Originally from Israel where he competed internationally, both on the pro tour and as a junior player.

Maor Zirkin – MaorZ@cpacweb.com

Currently coach to several top 50 nationally-ranked juniors. Former player and coach at Drake University, where holds the record for most wins in Drake tennis history. Competed on the ITF Circuit. Director of Junior Tennis and High Performance at CPAC.

Tae Kwon Do

Enhance Discipline, Build Self-Confidence, Increase Fitness and Endurance, Develop Perseverance, Learn Self-Defense and have FUN!

It is our desire to offer nothing but the best Taekwondo instruction possible. Our program is designed to meet the needs of all levels and ages as we offer lessons for both children and adults. Our Masters come with a long history of competition and training and have developed several National and International Champions. Please contact our Masters for more information, or visit us at www.cpacweb.com.

Master Roman Ogortsov (RomanO@cpacweb.com): 19 years of teaching experience. He has also competed at the highest level, winning Gold medals at both local and international tournaments including the U.S. Open.

Master Mary Alindogan (MaryA@cpacweb.com): 19 years of teaching experience. Competed at the 1992 Barcelona Olympics, Asian Championships (Bronze), and Southeast Asian Games (Silver).



Birthday Parties

Make sure to check out CPAC for your next birthday celebration. No matter the age or size of your party, we have many packages and options available to suit your needs. Check with **Ben Bicknese – BenB@cpacweb.com** for pricing and availability.

Tae Kwon Do 2019-2020

| Weekday | Time | Level |
|--------------------|----------------|---------------|
| Mondays/Wednesdays | 4:00-4:45 pm | White-Yellow |
| Mondays/Wednesdays | 4:45-5:30 pm | Orange-Green |
| Mondays/Wednesdays | 5:30-6:15 pm | Purple-Blue |
| Mondays/Wednesdays | 6:15-7:00 pm | Adult |
| Tuesdays/Thursdays | 4:00-4:45 pm | Purple-Blue |
| Tuesdays/Thursdays | 4:45-5:30 pm | Brown-Red |
| Tuesdays/Thursdays | 5:30-6:15 pm | Deputy-Black |
| Tuesdays/Thursdays | 6:16-7:00 pm | Black |
| Tuesdays/Thursdays | 7:00-8:00 pm | Sparring Team |
| Fridays | 4:00-4:45 pm | White-Yellow |
| Fridays | 4:45-5:30 pm | Orange-Green |
| Fridays | 5:30-7:00 pm | Sparring Team |
| Saturdays | 9:30-10:10 am | White |
| Saturdays | 10:10-10:50 am | Yellow-Orange |
| Saturdays | 10:50-11:30 am | Green-Purple |



Adult Self-Defense classes offered as well. Contact Master Roman for more information.
Master Roman Ogortsov - RomanO@cpacweb.com.

TRAINING AT CPAC

Training at CPAC integrates the latest research with world-class training methods into a structured program unique to each client. Come visit our newly remodeled performance center, complete with state-of-the-art equipment and expert training staff.

Training Staff

Shereen Barter

QuickStart Tennis Coach for 8 years. Personal Training 7 years for both Adults & Juniors. Former Track Coach for both High School & Jr. High Boys & Girls. Certifications include: NASM - CPT, NASM - Sports Performance, Resistance Band Training, Precision Nutrition 1, FMS 1.

Joey Drenik

Multi-sport High School Athlete (Baseball/Basketball). BS in Sports and Wellness Management from TIU. ACE Certified Personal Trainer, Precision Nutrition Certification, StrongFirst (Kettlebells & Bodyweight), TPI (golf), FMS (movement analysis).

Jason Irwin

Masters in Mental Health Counseling. Spent 4 years as the Head Strength and Conditioning Coach and Lead Men's Basketball Assistant at Trinity International University. Certified Personal Trainer. Jason has worked full time at CPAC since 2016.

Laura Lohrman

ACE certified trainer with BS in Exercise Science University of Kansas. Completed Crainiosacral 1 & 2. Specialize in corrective exercise and strength. MAT certified (improves performance, injury prevention and correction). Former professional wakeboarder & board sport enthusiast.

Brett Robinson

Former soccer player at TIU with a BA in Sports Wellness & Management and MA in Leadership. CSCS certified with additional certifications from Strong First (Kettlebells), Functional Movement Screen (movement analysis), and USSF-D (Soccer Coaching License). Professional Ultimate Frisbee player.

Brad Thurman

Strength & Conditioning Specialist. Certified Nutrition & Health Coach. CSCS, TPI (Golf), RacquetFit (tennis), StrongFirst (Kettlebell & Bodyweight). Consultant to the Philippines National Taekwondo Team.

Frank Russo

ACE certified personal trainer with a Bachelors in Sport and Wellness Management from Trinity International University. Sports performance specialist.

Erik Yamane

Former soccer player at Trinity International University with degree in Sports & Wellness Management. Certified Strength and Conditioning Specialist, with additional certifications from StrongFirst (Kettlebells), NSPA Program Specialist, NSPA speed and agility coach.

Personal Training

Private and semi-private sessions are available with programs developed based on clients goals. Small group (3 students) and group (4+) sessions are also available. Sessions are generally 45-60 minutes long and are dynamic, challenging and fun.

For more information, contact CPAC at 847-948-5330

TRAINING AT CPAC

Movement Assessments (FMS)

In order to compete, every athlete needs to be able to move optimally. NSEP Movement Assessments measure the fundamental movements that are key to all athletics. We score your movement in a simple way to determine if your movement patterns are optimal, acceptable or dysfunctional. Our Movement Assessments are the ideal first step for anyone looking to get into training.

For more information please contact **Joey Drenik** at JoeyD@cpacweb.com.

Junior Speed, Agility, Quickness (SAQ) Classes

NSEP has a desire to develop each student's fitness level at an appropriate rate. With this in mind NSEP is offering dynamic SAQ classes that are geared for your student based on their age and fitness level. Below are a variety of classes that will be held at CPAC-East and run for multiple week sessions. For further information or to register please contact **Joey Drenik** at JoeyD@cpacweb.com. These classes will focus on body awareness, core stability, power development, and tennis-specific speed and agility.

| | | | |
|-----------|--------------|-------|-----------|
| Mondays | 6:00-6:30 PM | TAP | CPAC East |
| Tuesday | 5:00-5:30 PM | TT | CPAC East |
| Tuesday | 6:00-6:30 PM | TAP | CPAC East |
| Wednesday | 6:00-6:30 PM | TAP | CPAC East |
| Wednesday | 7:30-8:00 PM | TT | CPAC East |
| Thursdays | 6:00-6:30 PM | TAP | CPAC East |
| Fridays | 5:00-5:30 PM | TT | CPAC East |
| Saturdays | 3:00-4:00 PM | SE/HP | CPAC East |
| Sundays | 1:00-2:00 PM | SE/HP | CPAC East |

| | | |
|-------|----------------------------|----------|
| Cost: | 10 Pack 30-minute sessions | \$170.00 |
| | 10 Pack 60-minute sessions | \$300.00 |
| | 20 Pack 30-minute sessions | \$300.00 |
| | 20 Pack 60-minute sessions | \$550.00 |



Muscle Activation Technique (MAT) Classes

Assessment and correction of muscular imbalances, joint stability, and limitations in range of motion. This method uses non-invasive techniques, designed to balance the muscular system of clients of all ages. MAT employs a systematic format used to activate muscles in order for them to work efficiently and get rid of aches and pains that keep you from moving.

For more information please contact **Laura Lohrman** at LauraL@cpacweb.com.



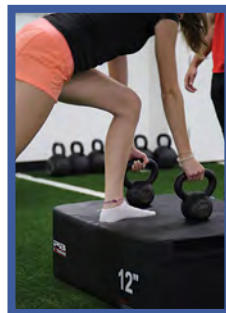
Total Body Training

This full body workout includes the use of TRX, Kettlebells, Medballs, and Battling Ropes that combines weight training and high intensity interval bouts to help build lean muscle and torch off the fat! Included is a movement assessment and baseline testing to track your progress and help you reach your goals in a safe and fun environment.

****Are you out of town for part of this program? We will write you a supplemental program for the time you are gone so you can stay on track with your training!**

| | |
|-----------|---------------|
| Monday | 6:30-7:30 AM |
| Monday | 12:00-1:00 PM |
| Tuesday | 9:30-10:30 AM |
| Wednesday | 6:30-7:30 AM |
| Wednesday | 12:00-1:00 PM |
| Thursday | 9:30-10:30 AM |
| Friday | 6:30-7:30 AM |
| Friday | 12:00-1:00 PM |
| Saturday | 9:30-10:30 AM |

Multiple membership options are available.
Contact **Jason Irwin** at JasonI@cpacweb.com for more information.



Nutrition Consultations

Our nutrition consultation program is designed to evaluate athlete's specific nutritional needs. Upon participation in a nutrition consultation, you will be asked to complete a 3-Day Dietary Record. With this completed material, we will help you to identify nutrient deficiencies and outline steps to improve your nutritional intake. You will walk away from your consultation with meal preparation tips, snack & smoothie ideas, and plenty of healthy recipes.

For more information please contact **Brad Thurman** at BradT@cpacweb.com or **847-553-1793**

Pro Shop

Come visit Chicago's Largest Premier Tennis Shop right here on the North Shore. We have nearly 1000 pairs of Tennis/Paddle shoes in stock for the whole family and even for those little ones just picking up racquets. Our prices are the same as any online site but here for you to see, touch and try-on for the best fit. Ask about our Buyers' Club, good for 20% off apparel, shoes and bags all year long for the entire family. As a special bonus, receive two 50% off coupons a year. We price match any internet site and have great sales all year long! For inquiries, special orders, or to schedule a personal shopping day contact **Patty Lambropoulos** at PattyL@cpacweb.com.

Racquet Sales & Stringing

Looking for a new racquet? We have scores of new racquets from Wilson, Babolat, Head, and Yonex. Aren't sure which one to get? We have dozens of demo racquets so you can try before you buy. All new racquets purchased at CPAC get the first stringing job for FREE (Racquet Packages do not qualify). Contact **Ofir Weintraub** (OfirW@cpacweb.com) for more information or to place a racquet order.

Re:fresh Cafe

Visit our cafe to power up with a snack or energy drink before you play, or to cool down with a smoothie afterwards.

Giving Back

At CPAC, we have a passion to give back to our local community, and our world at large. Not only does a portion of our proceeds go towards helping those in need, but CPAC regularly partners with non-profit organizations to host fund-raiser events in effort to raise money and increase awareness of the underserved. We'd be honored to have you at our winter fundraiser, **CPAC Serves**, or our spring fundraiser, **Play for Peace**. Together, we raise over \$70,000 each year for charity. Past guests have included top ATP pros, Kevin Anderson and Rajeev Ram, and benefit the following organizations and their work:





***College Park Athletic Club East
2223 Half Day Road, Bannockburn, Illinois 60015***

From Half Day Rd. (Rt 22), turn south on Lakeside Dr. (one block east of 294/94). Proceed to the second building on the right. The entrance is on the south end of the parking lot.

***College Park Athletic Club West
10 Marriott Drive, Lincolnshire, Illinois 60069***

From Half Day Rd. (Rt 22), turn south on Milwaukee Ave. (Rt 45, three miles west of 294/94). Turn east on Marriott Drive. Proceed to Lincolnshire Marriott Hotel and follow signs to "Racquet Club."

FREQUENTLY ASKED QUESTIONS

Do I need to be a CPAC member to play tennis at CPAC?

Generally, all tennis players need to be CPAC members. We allow up to three guest passes each year per person. We also have some limited options for non-members to take lessons at differing rates. To inquire about those options, contact CPAC Membership Director, **Jason Irwin** at JasonI@cpacweb.com.

How do I get Free Junior Court Time privileges?

To receive Free Junior Court Time, you must be a junior player currently enrolled in CPAC junior classes. Parents who want to play with or feed balls to their child only need to pay for their portion of the court fee, as well as a guest fee if the parent is not a CPAC Member. Limit one hour per booking and cancellation fees may apply.

Am I charged for a private tennis lesson that I cancel?

If a CPAC member requests a permanent, season-long lesson time with a CPAC instructor, that member is obligated to attend and pay for that lesson for the duration of the indoor season. If a one-time lesson is booked, a 24-hour cancellation policy will be enforced.

Do I need to be a CPAC member to work with a Personal Trainer?

No, Personal Training is available to non-members of CPAC.

What is the Buyers Club?

Join Buyers Club for \$100 to receive discounts for the entire family for an entire year! Our pro shop matches any internet prices. Receive 20% off of regular price, and additional 20% off on sale Shoes, Apparel, Accessories (not including racquets and stringing). Also, to save you even more money, twice each year you will receive an extra Buyers Club exclusive 50% off coupon!