

# ***CPAC***

***College Park Athletic Club***

***2024 - 2025***

***Season***

***[www.cpacweb.com](http://www.cpacweb.com)***

***847-948-5330***



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**CPAC requires either an ACH or debit/credit card on file to participate in classes, private lessons and/or group activities.**

A 3% infrastructure fee has been added to all debit/credit card transactions and EFT bi-monthly payments. If you wish to pay by cash or check, please do so before the EFT payments run on either the 1<sup>st</sup> or 15<sup>th</sup> of the month.

**BE SURE TO FOLLOW US ON SOCIAL MEDIA**

 Instagram - [collegeparkathleticclub](https://www.instagram.com/collegeparkathleticclub)

 facebook - [College Park Athletic Club](https://www.facebook.com/CollegeParkAthleticClub)

# JUNIOR PROGRAMS

College Park has been in the business of developing junior tennis players for over 40 years. Today, we have over 1,000 registered players in our programs with goals of succeeding at the high school level and beyond.

Our strong commitment to the development of junior players starts with our beginners and continues with more competitive levels of play. The foundation of strong tennis players is built on athleticism and stroke production; these are the twin focal points of player development. As athletes advance and master these foundations, strength work and competitive strategy are emphasized. We accomplish this development through a mix of both group and private training with an interdisciplinary team of experts. This involves tennis coaching with differing expertise, strength coaching, personal training, tournament consultation, and mental coaching. At CPAC you won't have just one coach, you'll have a team of experts dedicated to your success.

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 players. Please plan on 30 minutes for your skills and fitness 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 Card, Debit Card, or ACH on file.**

### STEP 3: SIGN UP AS A CPAC JUNIOR MEMBER

Each session a \$45 Junior Membership is required for all players enrolled in our programs that are 90 minutes or longer. This membership allows you to register for our group classes, take private lessons, and book court time. All active Junior Members can book court time at a 50% discount up to 72 hrs. in advance. Canceled courts within 24 hrs of the reservation will result in a \$20 fee. Non-members playing with a Jr. Member will be assessed a fee in addition to their share of the court time. Junior Membership also includes access to our Proteus Assessment Program, a cutting edge technology that measures athletic performance and potential limitations. CPAC is the first tennis program in the world with Proteus. Junior Membership will be added upon registration for each successive session and will remain active throughout each session of active enrollment.



# JUNIOR PROGRAMS



# QUICKSTART TENNIS

## Quickstart Tennis (Ages 3-9\*)

QS 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).**

**For more information contact Rachael White (RachaelW@cpacweb.com)**

Rachael 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.

### Junior Court Time

Junior members currently enrolled in the CPAC program will receive **half-off junior court time privileges** (limit one hour booking per reservation). Bookings must be made within 72 hours of the time of play. Junior players not enrolled in a class (and all adult players) must pay the full court rate. Cancellation fees for junior court time will apply. During the summer, students must be enrolled in CPAC Camps to receive junior court time privileges.

### 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). **Withdrawal requests must be submitted directly to the program director prior to the auto-registration deadline.** 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 Rachael White for **QuickStart**, Donna Marks for **JDP**, Kevin Aquino for **Tournament Training**, Frank Chen for **TAP**, Chris Nowak for **Super Excellence** and Chris Thomas for **High Performance**.

All class times, locations, and prices are subject to change. For the most up to date information please contact Jean Erasmus (JeanE@cpacweb.com) or your program director.

Weekday	Time	Location	Session Details for Quickstart
<b>RED 1</b>			<b>Session 1: August 12, 2024 - October 20, 2024</b>
Mondays	3:15-4:00 PM	CPAC East	Red 1 (10 weeks) \$330.00
Tuesdays	3:15-4:00 PM	CPAC East	Red 1 (Mon.) (9 weeks) \$297.00*
Thursdays	3:15-4:00 PM	CPAC East	Red 2 (10 weeks) \$400.00
			Red 2 (Mon.) (9 weeks) \$360.00*
			Orange 1 & 2 (10 weeks) \$430.00
			Orange 1 & 2 (Mon.) (9 weeks) \$387.00*
			*No class on Labor Day, September 2, 2024.
<b>RED 2</b>			<b>Session 2: October 21, 2024 - January 12, 2025</b>
Mondays	4:00-5:00 PM	CPAC East	Red 1 (10 weeks) \$330.00
Tuesdays	4:00-5:00 PM	CPAC East	Red 1 (Thu.) (9 weeks) \$297.00*
Wednesdays	4:00-5:00 PM	CPAC East	Red 2 (10 weeks) \$400.00
Thursdays	4:00-5:00 PM	CPAC East	Red 2 (Thu.) (9 weeks) \$360.00*
Fridays	4:00-5:00 PM	CPAC East	Orange 1 & 2 (10 weeks) \$430.00
Saturdays	9:00-10:00 AM	CPAC East	Orange 1 & 2 (Thu.) (9 weeks) \$387.00*
Sundays	11:00-12:00 PM	CPAC East	*No class on Thanksgiving, November 28, 2024.
			*No class Mon, December 23, 2024 thru Sun, January 5, 2025. Classes resume Mon, January 6, 2025.
<b>ORANGE 1 &amp; ORANGE 2</b>			<b>Session 3: January 13, 2025 - March 23, 2025</b>
Mondays	5:00-6:00 PM	CPAC East	Red 1 (10 weeks) \$330.00*
Tuesdays	5:00-6:00 PM	CPAC East	Red 2 (10 weeks) \$400.00*
Wednesdays	5:00-6:00 PM	CPAC East	Orange 1 & 2 (10 weeks) \$430.00*
Thursdays	5:00-6:00 PM	CPAC East	*No class Monday, March 24 - Sunday, March 30, 2025.
Saturdays	10:00-11:00 AM	CPAC East	<b>Session 4: March 31, 2025 - June 8, 2025</b>
Sundays	1:30-2:30 PM	CPAC East	Red 1 (10 weeks) \$330.00
Sundays	3:30-4:30 PM	CPAC East	Red 1 (Mon.) (9 weeks) \$297.00*
Sundays	4:30-5:30 PM	CPAC East	Red 2 (10 weeks) \$400.00
			Red 2 (Mon.) (9 weeks) \$360.00*
			Orange 1 & 2 (10 weeks) \$430.00
			Orange 1 & 2 (Mon.) (9 weeks) \$387.00*
			*No class Memorial Day, May 26, 2025.
Tuesdays	4:00-5:00 PM	CPAC West	
For 90-minute Orange Ball Academy classes, see page 9			

# JUNIOR DEVELOPMENT

# TOURNAMENT TRAINING

## Junior Development Program

### (Ages 9-14 \*)

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	3:00-4:00 PM	CPAC East	Ages 9-11
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	9:00-10:00 AM	CPAC East	Ages 9 and up
Saturdays	10:00-11:00 AM	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: Match Play	4:00-5:30 PM	CPAC East	
(See Page 10 for Match Play Pricing)			
Mondays	4:00-5:00 PM	CPAC West	Ages 9 and up
Thursdays	4:00-5:00 PM	CPAC West	Ages 9 and up
Sundays	12:00-1:00 PM	CPAC West	Ages 9-11

For 90-minute Green Ball Academy classes, see page 9  
For JDP Stroke Clinics, see page 10



## 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 Kevin Aquino. See page 1 for evaluation details or contact the club.**

**Director: Kevin Aquino**  
(KevinA@cpacweb.com)

Kevin 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	5:30-7:30 PM	CPAC East
Fridays	4:00-5:30 PM	CPAC East
Fridays	5:30-7:30 PM	CPAC East
Sundays	10:30-12:00 PM	CPAC East
Sundays: Match Play	4:00-5:30 PM	CPAC East
Sundays: Match Play	5:30-7:00 PM	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	4:00-5:30 PM	CPAC West
Mondays	5:30-7:30 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
Sundays	1:00-2:30 PM	CPAC West

For Academy level classes, see page 9



## Session Details for Junior Development Program

**Session 1: August 12, 2024 - October 20, 2024**  
CPAC East/CPAC West (10 weeks) \$450.00  
CPAC East/CPAC West (Mon.) (9 weeks) \$405.00  
*\*No class on Labor Day, September 2, 2024.*

**Session 2: October 21, 2024 - January 12, 2025**  
CPAC East/CPAC West (10 weeks) \$450.00  
CPAC West (Thu.) (9 weeks) \$405.00  
*\*No class on Thanksgiving, November 28, 2024.*  
*\*No class Mon, December 23, 2024 thru Sun, January 5, 2025. Classes resume Mon, January 6, 2025.*

**Session 3: January 13, 2025 - March 23, 2025**  
CPAC East/CPAC West (10 weeks) \$450.00  
*\*No class Monday, March 24 - Sunday March 30, 2025.*

**Session 4: March 31, 2025 - June 8, 2025**  
CPAC East/CPAC West (10 weeks) \$450.00  
CPAC East/CPAC West (Mon.) (9 weeks) \$405.00  
*\*No class Memorial Day, May 26, 2025.*

## Session Details for Tournament Training

**Session 1: August 12, 2024 - October 20, 2024**  
CPAC East/CPAC West (10 weeks) \$675.00  
CPAC West (Mon.) (9 weeks) \$607.50  
Invitational 2-hour Class (10 weeks) \$900.00  
*\*No class on Labor Day, September 2, 2024.*

**Session 2: October 21, 2024 - January 12, 2025**  
CPAC East/CPAC West (10 weeks) \$675.00  
CPAC East/West (Thu.) (9 weeks) \$607.50  
Invitational 2-hour Class (10 weeks) \$900.00  
*\*No class on Thanksgiving, November 28, 2024.*  
*\*No class Mon, December 23, 2024 thru Sun, January 5, 2025. Classes resume Mon, January 6, 2025.*

**Session 3: January 13, 2025 - March 23, 2025**  
CPAC East/CPAC West (10 weeks) \$675.00  
Invitational 2-hour Class (10 weeks) \$900.00  
*\*No class Monday, March 24 - Sunday March 30, 2025.*

**Session 4: March 31, 2025 - June 8, 2025**  
CPAC East/CPAC West (10 weeks) \$675.00  
CPAC East/CPAC West (Mon.) (9 weeks) \$607.50  
Invitational 2-hour Class (10 weeks) \$900.00  
*\*No class Memorial Day, May 26, 2025.*

# T A P



## TAP (Tennis Advancement Program)

TAP is an action oriented program that emphasizes heavily on competing with a strategic mindset and mental toughness. Tournament participation is required for high TAP levels. Shot consistency will be emphasized. Designed to expose player's competitive edge. **TAP requires an evaluation unless pre-approved by Frank Chen. See page 1 for evaluation details or contact the club.**

**Director: Frank Chen (FrankC@cpacweb.com)**  
Frank 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	4:00-6:00 PM	CPAC East
Tuesdays	4:00-6:00 PM	CPAC East
Wednesdays	4:00-6:00 PM	CPAC East
Thursdays	4:00-6:00 PM	CPAC East
Fridays	4:00-6:00 PM	CPAC East
Sundays	12:00-2:00 PM	CPAC East
Sundays: Match Play	5:30-7:00 PM	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	5:00-7:00 PM	CPAC West
Thursdays	5:00-7:00 PM	CPAC West
Saturdays	2:00-4:00 PM	CPAC West

For Academy level classes, see page 9

## Session Details for Tennis Advancement Program

**Session 1: August 12, 2024 - October 20, 2024**  
CPAC East/CPAC West (10 weeks) \$900.00  
CPAC East/CPAC West (Mon.) (9 weeks) \$810.00  
*\*No class on Labor Day, September 2, 2024.*

**Session 2: October 21, 2024 - January 12, 2025**  
CPAC East/CPAC West (10 weeks) \$900.00  
CPAC East/CPAC West (Thu.) (9 weeks) \$810.00  
*\*No class on Thanksgiving, November 28, 2024.*  
*\*No class Mon, December 23, 2024 thru Sun, January 5, 2025. Classes resume Mon, January 6, 2025.*

**Session 3: January 13, 2025 - March 23, 2025**  
CPAC East/CPAC West (10 weeks) \$900.00  
*\*No class Mon, March 24 - Sun, March 30, 2025.*

**Session 4: March 31, 2025 - June 8, 2025**  
CPAC East/CPAC West (10 weeks) \$900.00  
CPAC East/CPAC West (Mon.) (9 weeks) \$810.00  
*\*No class Memorial Day, May 26, 2025.*

# SUPER EXCELLENCE



## Super Excellence

SE is a 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 Chris Nowak. See page 1 for details or contact the club.**

**Director: Chris Nowak (ChrisN@cpacweb.com)**  
Chris 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	7:30-9:30 PM	CPAC East
Tuesdays	8:00-10:00 PM	CPAC East
Wednesdays	6:30-8:00 PM	CPAC East
Wednesdays	8:30-10:00 PM	CPAC East
Thursdays	8:00-9:30 PM	CPAC East
Thursdays	8:00-10:00 PM	CPAC East
Sundays	12:00-1:30 PM	CPAC East
Sundays	1:30-3:00 PM	CPAC East
Sundays	2:00-4:00 PM	CPAC East
Sundays	3:00-4:30 PM	CPAC East
Sundays: Match Play	7:00-9:00 PM	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	7:00-9:00 PM	CPAC West
Mondays	7:30-9:30 PM	CPAC West
Wednesdays	6:00-8:00 PM	CPAC West
Thursdays	6:00-8:00 PM	CPAC West
Thursdays	8:00-9:30 PM	CPAC West

## Session Details for Super Excellence

**Session 1: August 12, 2024 - October 20, 2024**  
CPAC East/CPAC West (10 weeks) \$900.00  
CPAC East/CPAC West (Mon) (9 weeks) \$810.00  
CPAC East/CPAC West (1.5 hr.) (10 weeks) \$675.00  
CPAC East/CPAC West (1.5hr.) (9 weeks) \$607.50  
*\*No class on Labor Day, September 2, 2024.*

**Session 2: October 21, 2024 - January 12, 2025**  
CPAC East/CPAC West (10 weeks) \$900.00  
CPAC East/CPAC West (Thu) (9 weeks) \$810.00  
CPAC East/CPAC West (1.5 hr.) (10 weeks) \$675.00  
CPAC East/CPAC West (1.5hr.) (9 weeks) \$607.50  
*\*No class on Thanksgiving, November 28, 2024.*  
*\*No class Mon, December 23, 2024 thru Fri, January 5, 2025. Classes resume Mon, January 6, 2025.*

**Session 3: January 13, 2025 - March 23, 2025**  
CPAC East/CPAC West (10 weeks) \$900.00  
CPAC East/CPAC West (1.5 hr.) (10 weeks) \$675.00  
CPAC East/CPAC West (1.5hr.) (9 weeks) \$607.50  
*\*No class Mon, March 24 - Sun, March 30, 2025.*

**Session 4: March 31, 2025 - June 8, 2025**  
CPAC East/CPAC West (10 weeks) \$900.00  
CPAC East/CPAC West (Mon) (9 weeks) \$810.00  
CPAC East/CPAC West (1.5 hr.) (10 weeks) \$675.00  
CPAC East/CPAC West (1.5hr.) (9 weeks) \$607.50  
*\*No class Memorial Day, May 26, 2025.*

# HIGH PERFORMANCE

## Performance

This program is for our competitive juniors that are on the academy path along with super excellence players that are working towards competing in USTA tournaments throughout the year. We want these players to fulfill the UTR requirements and to have a tournament schedule. The emphasis is on advanced technique and match strategy. Groups are composed of mainly live ball and point play drills. **Performance requires an evaluation unless pre-approved by Chris Thomas. See page 1 for details or contact the club.**

**Director: Chris Thomas (ChrisT@cpacweb.com)**

Chris 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	6:00-8:00 PM	CPAC East
Thursdays	6:00-8:00 PM	CPAC East
Tuesdays	6:00-8:00 PM	CPAC West
Wednesdays	6:00-8:00 PM	CPAC West

## High Performance

Invitation-only program for CPAC's top USTA tournament players. We want all players to compete 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. Groups are composed of mainly live ball and point play drills.

**Director: Chris Thomas (ChrisT@cpacweb.com)**

Chris 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	6:00-8:00 PM	CPAC East
Wednesdays	6:00-8:00 PM	CPAC East
Thursdays	4:00-6:00 PM	CPAC East
Tuesdays	4:00-6:00 PM	CPAC West

## Session Details for Performance and High Performance

### Session 1: August 12, 2023 - October 20, 2024

CPAC East/CPAC West (10 weeks) \$940.00  
 CPAC East (Mon.) (9 weeks) \$846.00

\*No class on Labor Day, September 2, 2024.

### Session 2: October 21, 2024 - January 12, 2025

CPAC East/CPAC West (10 weeks) \$940.00  
 CPAC East (Thu.) (9 weeks) \$846.00

\*No class on Thanksgiving, November 28, 2024.

\*No class Mon, December 23, 2024 thru Fri, January 5, 2025. Classes resume Mon, January 6, 2025.

### Session 3: January 13, 2025 - March 23, 2025

CPAC East/CPAC West (10 weeks) \$940.00  
 \*No class Mon, March 24 - Sun, March 30, 2025.

### Session 4: March 31, 2025 - June 8, 2025

CPAC East/CPAC West (10 weeks) \$940.00  
 CPAC East (Mon.) (9 weeks) \$846.00

\*No class Memorial Day, May 26, 2025.

# ACADEMY TENNIS PROGRAMS

Academy level programs are a track for players who show both the potential and commitment to play competitively. These levels are invite-only and space is limited. Requirements are based on a combination of metrics which include the Director's evaluation, strength and conditioning data, training hours per week, and match play/tournament commitment.

Please contact **Jean Erasmus (JeanE@cpacweb.com)** for more details.

## Orange Ball Academy

## Pricing

Orange Ball Academy contact **Rachael White (RachaelW@cpacweb.com)**

Weekday	Time	Location	Pricing
Mondays	6:00-7:30 PM	QS Center	\$645.00 (10 weeks)
Tuesdays	6:00-7:30 PM	QS Center	
Thursdays	6:00-7:30 PM	QS Center	\$580.50 (9 weeks)
Fridays	5:00-6:30 PM	QS Center	

## Green Ball Academy

Green Ball Academy contact **Kevin Aquino (KevinA@cpacweb.com)**

Weekday	Time	Location	Pricing
Mondays	4:00-6:00 PM	CPAC East	\$900.00 (10 weeks)
Tuesdays	4:00-6:00 PM	CPAC West	
Thursdays	4:00-6:00 PM	CPAC East	\$810.00 (9 weeks)
Fridays	4:00-6:00 PM	CPAC East	

## U12 Academy

U12 Academy contact **Rachael White (RachaelW@cpacweb.com)**

Weekday	Time	Location	Pricing
Mondays	6:00-8:00 PM	CPAC East	\$900.00 (10 weeks)
Tuesdays	6:00-8:00 PM	CPAC West	
Thursdays	6:00-8:00 PM	CPAC East	\$810.00 (9 weeks)

## Tournament Training Academy

Tournament Training Academy contact **Kevin Aquino (KevinA@cpacweb.com)**

Weekday	Time	Location	Pricing
Tuesdays	5:30-7:30 PM	CPAC East	\$900.00 (10 weeks)
Thursdays	6:00-8:00 PM	CPAC West	

# 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 this is a great way 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.**



**CPAC Junior Team:** Players in TT and TAP will play against juniors from other local clubs. We will play both singles and doubles.

Cost: \$54.00  
 Dates: ONCE per month, starting session 3 7:00-8:30 PM  
 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 their match play experience. This is essential to preparing for an upcoming tournament or high school tryouts. Both singles and doubles results count toward a WTN rating. The WTN will be used in selection criteria for further USTA tournaments. CPAC hosts a variety of different USTA tournaments. Results will count toward a WTN rating.

Cost: \$54.00  
 Dates: August 12, 2024 - June 8, 2025 (40 total weeks)

Sundays (JDP/TT)	4:00-5:30 PM	CPAC East
Sundays (TT/TAP)	5:30-7:00 PM	CPAC East
Sundays (SE/HP)	7:00-9:00 PM	CPAC East

Contact: **Jean Erasmus (JeanE@cpacweb.com)**

## Stroke Production Clinics

CPAC's stroke production clinics this year will be an hour-long drill focused on proper technique fundamentals and mechanics designed for intermediate beginners. Players will have the opportunity to work with a variety of coaches and emphasize repetition.

COST: \$30  
 TIME: TBA  
 LOCATION: TBA  
 RSVP: Email coach Donna Marks at DonnaM@cpacweb.com

# ADDITIONAL JUNIOR PROGRAMS



## Tournament Competition

Patty Lambropoulos is CPAC's Tournament Coordinator and Consultant. She has 25 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 National and Midwest Junior Competition Schedules & Sanctions Committee, on the Chicago District Tennis Association Board of Directors, and Tournament Director of 50 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
- WTN (World Tennis Number)
- 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)**  
 Cell (847) 962 - 7588

## USTA Tournaments

CPAC hosts over 30 tournaments per year. These tournaments will help build your competitive edge and improve your ranking (see WTN section on pg 10). There are orange, green and yellow ball offerings with gender specific events in USTA from Boys and Girls 18, 16, 14, 12 and 10 & under.

**For USTA tournaments please visit:** [www.playusta.com/tournaments](http://www.playusta.com/tournaments)  
 For more information, contact **Patty Lambropoulos (PattyL@cpacweb.com)**.

# ADDITIONAL JUNIOR PROGRAMS



## 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: \$54.00  
 Dates: Boys League - September 2024 - February 2025  
 Girls League - January 2025-June 2025  
 Time: Saturdays, 6:00-8:00 PM  
 Contact: **Kevin Lai (KevinL@cpacweb.com)**

## Holiday Camps

Over Winter Break (Dec 23 - Jan 3, 2025) and Spring Break (March 24 - March 28, 2025), CPAC offers Tennis Camps for all ages and levels. For more information please contact **Kevin Lai (KevinL@cpacweb.com)** or 847-948-5330.

## 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 **Julie Schoen (JulieS@cpacweb.com)** for pricing and availability.

# ADULT TENNIS PROGRAM

## Adult Drills

Explore College Park's extensive range of adult programs designed for both men and women of all skill levels. Elevate your experience in the 2024 season with CPAC's revamped adult membership. Gain access to exclusive member-only packages, savings on drills, discounted court time, and more. Check out page 16 for detailed information on our membership and drill package options. Below are this season's adult drills and programs:

For further details on our adult offerings, feel free to contact **Mark Roberts at MarkR@cpacweb.com**.

### Lunch Time Drill

High-intensity drill with live point-play.  
 Tuesdays 1:00-2:30 PM CPAC East (4.0-4.5)  
 Thursdays 12:00-1:30 PM\* CPAC East (4.0-4.5)  
 Fridays 1:00-2:30 PM CPAC East (4.0-4.5)

Starts: August 12 2024  
 Cost: Members: \$55.00  
 Non-Members \$65.00

\*No drill Thanksgiving, November 28, 2024

### Cardio Tennis

Tuesdays 9:00-10:00AM CPAC East (4.0+)  
 Thursdays 9:00-10:00AM CPAC East (4.0+)  
 Fridays 9:00-10:00AM CPAC East (4.0+)

Starts: August 12, 2024  
 Cost: Members: \$28.00  
 Non-Members \$33.00

\*No drill Labor Day, September 2, 2024  
 \*No drill Thanksgiving, November 28, 2024

Mondays 9:00-10:30 AM CPAC East (3.0-4.0)  
 Tuesdays 9:30-11:00 AM CPAC West (3.0-4.0)  
 Wednesdays 9:00-10:30 AM CPAC West (3.0-4.0)  
 Thursdays 9:30-11:00 AM\* CPAC East (4.5+)  
 Fridays 9:00-10:30 AM CPAC West (3.0-4.0)

Starts: August 12, 2024  
 Cost: Members: \$43.00  
 Non-Members \$48.00

\*No drill Labor Day, September 2, 2024  
 \*No drill Thanksgiving, November 28, 2024

### Early Bird Drills - Men/Women 4.0 & Above

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

Starts: August 12, 2024  
 Cost: Members: \$44.00  
 Non-Members \$49.00

\*No drill Thanksgiving, November 28, 2024

### Men's and Women's Drills

**4.0-4.5+ Drill/Play - Men**  
 (1 hour drill, 30 minutes play)  
 Tuesdays 8:00-9:30 PM

Starts: August 12, 2024  
 Cost: Members: \$55.00  
 Non-Members \$65.00

**3.5-4.0+ Drill/Play - Men**  
 (1 hour drill, 30 minutes play)  
 Mondays 8:00-9:30 PM  
 Saturdays 7:30-9:00 AM  
 Sundays 7:30-9:00 AM

Starts: August 12, 2024  
 Cost: Members: \$55.00  
 Non-Members \$65.00

\*No drill Labor Day, September 2, 2024

**4.5+ Open Drill/Play - Men**  
 (1 hour drill, 30 minutes play)  
 Wednesday 8:00-9:30 PM

Starts: August 12, 2024  
 Cost: Members: \$55.00  
 Non-Members \$65.00

**4.5+ Open Drill/Play - Women**  
 (1 hour drill, 30 minutes play)  
 Thursdays 9:30-11:00 AM

Starts: August 12, 2024  
 Cost: Members: \$55.00  
 Non-Members \$65.00



# WOMENS CITA TEAMS

# MENS CITA TEAMS

## Drills and Match Times

CITA matches begin the week of August 12, 2024

### Women's 3.0 CITA Team

Matches: Thursday 11:00-1:00 PM  
 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)

### Women's 4.0 CITA Teams - CPAC EAST

Matches: Friday 10:00-12:00 PM  
 Drills: Tuesday 9:00-10:30 AM  
 Captain: Donna Marks (DonnaM@cpacweb.com)  
*\*Team will play 4.0 Red North Central, and 4.5 Green Northwest on alternating weeks.*

### Women's 3.5 CITA Team

Matches: Wednesday 10:00-12:00 PM  
 Drills: Monday 10:30-12:00 PM  
*\*Wednesday match is at CPAC West*  
*\*Thursday drill is at CPAC West*  
 Captain: Ken Sitar (KenS@cpacweb.com)

### Women's 4.5 CITA Team

Matches: Friday 10:00-12:00 PM  
 Drills: Monday 10:30-12:30 PM  
 Captain: Kevin Lai (KevinL@cpacweb.com)  
*\*Matches are every week.*

### Women's 4.0 CITA Team

Matches: Wednesday 10:00-12:00 PM  
 Drills: Monday 9:00-10:30 AM  
*\*Monday drill is at CPAC East*  
 Captain: Ken Sitar (KenS@cpacweb.com)

### Women's Open CITA Team

Matches: Friday (NC/NW) 10:30-12:30 PM  
 Drills: Tuesday 9:00-11:00 AM  
 Captain: Rachael White (RachaelW@cpacweb.com)  
*\*North Central/Northwest play every other week.*  
*\*\*Contact Team captain for drill package information.*

### Women's 4.0 CITA Teams - CPAC WEST

Matches: Wednesday 10:00-12:00 PM  
 Drills: Thursdays 9:30-11:00 AM  
 Captain: Donna Marks (DonnaM@cpacweb.com)



## Women's CITA Teams Cost

1.5hr drill times	\$55.00 member
	\$65.00 non member
2hr drill times	\$70.00 member
	\$80.00 non member
Matches	\$40.00

## Drills and Match Times

CITA matches begin the week of August 12, 2024

### Men's 3.5 CITA Team

Mondays 8:00-9:30 PM, 10:00-12:00 PM  
*\*Drills and Matches are held on alternate weeks.*  
 Location: CPAC East  
 Contact: Rich Koukol (RichK@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.*  
 Location: CPAC East  
 Contact: Frank Chen (FrankC@cpacweb.com)

### Men's 4.0 CITA Team

Tuesdays Drill: 8:00 - 9:00 PM  
 Saturdays 12:00-2:00 PM or 2:00-4:00 PM  
*\*Drills and Matches are held on alternate weeks.*  
 Location: CPAC East  
 Contact: Ken Sitar (KenS@cpacweb.com)

### Men's 4.0 CITA Singles Team

Sundays 7:30-9:00 AM  
 Location: CPAC East  
 Contact: Rich Koukol (RichK@cpacweb.com)

### Men's 4.5 CITA Team

Wednesdays 8:00-9:30 PM  
*\*Drills and Matches are held on alternate weeks.*  
 Location: CPAC East  
 Contact: Frank Chen (FrankC@cpacweb.com)

## Men's CITA Teams Cost

1.5hr drill times	\$55.00 member
	\$65.00 nonmember
2hr drill times	\$70.00 member
	\$80.00 non member
Matches	\$40.00



# ADULT PROGRAMS AND MEMBERSHIP

# COACHING STAFF

## Women's Super Doubles

**Tuesdays 12:00 – 2:00 PM (3.0 USTA & up) | Wednesdays 11:00 – 1:00 PM (4.0 USTA & up)**

Starts: August 12, 2024  
 Cost: Members \$28.00  
 Non-members \$32.00  
 Contact: **Donna Marks (DonnaM@cpacweb.com) (Tues)**  
**Mark Roberts (MarkR@cpacweb.com) (Wed)**  
 Location: CPAC East



## Beginner Drills

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

**Mondays 1:00-2:30 PM | Tuesdays 10:30-12:00 PM | Fridays 9:00-10:30 AM**

Starts: August 12, 2024 Cost: Members \$55.00 Non-Members \$65.00  
 \*No drill Labor Day, September 2, 2024 \*No drill Thanksgiving, November 28, 2024

For more information on beginner's tennis drills and pricing, please contact **Mark Roberts** at **MarkR@cpacweb.com**.

## Adult Membership

CPAC is rolling out upgraded Adult membership for this season where you get more perks at a lower cost. With this season's adult memberships, you also have access to more savings with packages. For more information on our membership and packages please contact **Mark Roberts (MarkR@cpacweb.com)**.

### 2024 Adult Memberships

Individual Adult Membership	Cost: \$50.00/month
Couples Membership	Cost: \$70.00/month
Family Membership	Cost: \$90.00/month

### Membership Includes:

- \*Savings on ALL drills
- \*Access to our discounted packages
- \*50% off court time
- \*Full access to our fitness center

You can supercharge your membership with our Adult Athlete Unlimited Add-On  
 Cost: \$149.00/Month\* (\*See Pg. 20 for more information.)

### Adult Packages

All Packages come in 10 packs and must be used during the 2024-25 Indoor Season:

Women's CITA Drill (1.5)	\$500	Co-Ed Drill	\$500
Women's CITA Drill	\$650	Men's CITA Drill	\$650
Lunch Time Drill	\$500	Men's Drill	\$500
1.5 Hour Cardio	\$400	1 Hour Cardio	\$250

## College Park Tennis Staff

Private tennis lessons are available to CPAC members. For assistance in getting set up with a pro, contact Jean Erasmus (JeanE@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 unfiled cancellation.**

### Joseph Alvarez – JosephA@cpacweb.com

ITF and FVT certified former tennis player in Venezuela, I was ranked #1 in both the country and state in the junior category, champion in national and state tournaments, representing Venezuela in international tournaments across Brazil and Colombia as a part of the Cosat Tour. Joseph gained valuable experience coaching within the LARA STATE TENNIS ASSOCIATION (ATEL), helping aspiring players take their skills to new heights.

### Kevin Aquino – KevinA@cpacweb.com

Kevin is originally from Staten Island, NY. Played tennis at NCAA D I Saint Joseph's University from 2008-2010 and nationally ranked NCAA DIII University of Mary Washington from 2010-2012. Has been teaching tennis professionally in the Chicago area since 2013.

### Isriz Balase – IsrizB@cpacweb.com

Isriz "Izzy" is USPTA Certified and is the current head coach for boys and girls varsity tennis at Stevenson High School. He played high school tennis at Schaumburg, collegiately at Judson University, and served as the men's and women's assistant coach at North Central College. Isriz has been teaching all ages and levels professionally for more than 9 years.

### Matthew Baron - MatthewB@cpacweb.com

Thrilled to be CPAC's new pickleball pro, Matthew caught the pickle-bug in Southern California in May 2021. Teaching since Summer 2022 with Level II certification, he constantly refined and tailored his instruction to meet client needs. Previously, earned a Masters in Education and taught public school for a decade; also became a certified life coach in 2021.

### Lawson Barter - LawsonB@cpacweb.com

CPAC Pickleball Director & IPTPA Certified. Experienced tennis professional with over 12 years of coaching at all levels across the North Shore. Worked for 3.5 years in the Racquet division at Wilson Sporting Goods. Former D1 tennis player at Saint Francis University (PA), holds the record for most doubles wins in a single season. Graduate of Loyola Academy, where he was the top singles and doubles varsity player all four years.

### 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. Previous CPAC Junior Tennis Director and current General Manager.

### 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.

### Christian Breuker - ChristianB@cpacweb.com

Christian graduated from Hope college with a Professional Tennis Management degree. He is a USPTA and PTR certified coach. Coached high school tennis in Michigan for 3 years and has been coaching all ages for 5 years now.

### Max Brito - MaxB@cpacweb.com

Max's passion for tennis started through his childhood and transitioned into competitive play during his high school years. Max was a four-year varsity athlete and continued to play on the University of Illinois club tennis team. Alongside his athletic achievements, Max holds both a bachelor's and master's degree in Clinical Social Work, showcasing his dedication to both mental and physical well-being.

### Rob Budacsek – RobB@cpacweb.com

Former ATP singles & doubles player. Israel's coach of the year 1997. Israeli National Junior Head 1996-1999. CUSTPA coach of the year 2013 & USTPA certified for 20 yrs. Coaching USTA/ITF/ATP/WTAP players since 1996. Coaching Chicago's top juniors since 2000. Coached 32 ATP/WTA professionals and 285 collegiate athletes. CDTA B18s Head coach for Midwest Champions 2018 & Finals 2019. CPAC Director of Coaches and Player Development.

### Frank Chen – FrankC@cpacweb.com

Former D1 player and coach for the University of Arizona. Top 500 ITF junior ranking and top 10 junior in Taiwan. Bilingual in Mandarin. Coached WTA players from Taiwan in prestigious events such as BNP Paribas Open, Western and Southern Open and the US Open as well as many tournaments above ITF W60 level.

### Allan Chiu - AllanC@cpacweb.com

Former college D1 tennis player played for Illinois State University. Ranked top 400 in junior and top 3 u18 in Taiwan national ranking.

# COACHING STAFF

## **Jean Erasmus – JeanE@cpacweb.com**

Former ATP ranked player and Drake University stand out. Former interim head coach at UT San Antonio. Current Namibian Davis Cup playing Captain. Current Junior Tennis Director.

## **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.

## **Alex Gray – AlexG@cpacweb.com**

Alex played high school tennis at Edwardsville High School and won state in doubles in 2017 and then went on to play college tennis at the University of Wisconsin - Whitewater where he was an All American in 2021. In his free time he enjoys working out and being outdoors hiking or fishing.

## **Penny Hseih - PennyH@cpacweb.com**

Former player from West Virginia University player in Division 1. Nationally Ranked program while a member of the team. Top 5 Junior player in Taiwan and 2019 Sunbelt first team double. Penny has 6 years of coaching experience, working with both junior and adult players during the past summer.

## **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.

## **Matt Kacyn – MattK@cpacweb.com**

Two time Illinois HS all state doubles player from Deerfield HS. Played collegiate tennis at Lake Forest College, two seasons as #1 doubles. Bachelor's degree in psychology and education.

## **Rich Koukol – RichK@cpacweb.com**

Has taught tennis in the North Shore area for over 2 decades at various tennis clubs on the North Shore. He's also the Deerfield HS Varsity Girls Tennis Coach and the Lake Forest HS JV Boys 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, and English.

## **Corky Leighton – CorkyL@cpacweb.com**

50 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 well as a coordinator of traveling teams and leagues. Director of Junior Development Program at CPAC for 35 years.

## **John Metzger - JohnM@cpacweb.com**

John Metzger played #1 singles at Illinois Central College and as high as #3 singles at Illinois State University. In 1989, he was a bronze medalist in doubles at Illinois' Prairie State Games. He has over 12 years of teaching experience, having taught at several tennis clubs in the Chicagoland area.

## **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. Former Quick Start Director. Current Director of the CPAC Super Excellence program.

## **John Park - JohnP@cpacweb.com**

John Park is a PTR-certified tennis-teaching professional at CPAC, known for his motivating catchphrase on the court, "You are almost there!" He's passionate about inspiring tennis players of all skill levels to enhance their athleticism. Beyond the court, John loves to play golf with his wife, Julie, and to teach art history as an adjunct faculty member at Trinity International University. Additionally, he serves SENT International Church as the founding pastor. John holds a Ph.D. degree from Trinity Evangelical Divinity School.

## **Wendy Revak – WendyR@cpacweb.com**

USPTA P1 Certified Tennis Pro, ISSA Certified Personal Fitness Trainer. Current Manager of a former WTA #1 Ranked doubles player and #8 in the world singles player. Former Assistant Coach at The University of Michigan, Top 25 USTA nationally ranked player Class "A" Michigan State Champion at #1 Singles, University of Wisconsin #1 Singles and #1 Doubles player. Work with aspiring hs players to nationally ranked juniors.

## **Michael Reyes – MikeR@cpacweb.com**

45 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 D1 college player. 22 years coaching/directing experience with all levels including professional, D1 college, adults and children.

# COACHING STAFF

## **Melton Russell – MeltonR@cpacweb.com**

50 years teaching experience with adults and juniors, 34 in the Chicagoland area. Several of his students have gone on to the national and professional level.

## **Ken Sitar - KenS@cpacweb.com**

Ken has a Masters degree in Education. He has been coaching tennis for the past 10 years, at all levels. His passions include coaching, tennis, exercise, reading, sculpting, and aviation. Fun fact: he doesn't own a TV!

## **Chris Thomas – ChrisT@cpacweb.com**

Played HS tennis at New Trier and D1 tennis at Eastern IL Univ. Graduate Asst Coach for both Men's and Women's teams at Western IL. Former High Performance director at Glenbrook Racquet Club for 7 yrs. New Director of CPAC's High Performance program.

## **Gary Thomas – GaryT@cpacweb.com**

Lifelong player and full-time coach since 2010. Certifications include: Master of Tennis in Junior Development (PTR), 10 and Under Professional (PTR), Youth Tennis Coach (USTA) and High School Athletic Coaching (IHSA).

## **Jeff VanDixhorn – Jeff@cpacweb.com**

27 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 and Four Lakes Athletic Club.

## **Karyn Weiss – KarynG@cpacweb.com**

Former collegiate athlete at Oklahoma State University. WTA ranking of 870. Head CPAC Racquet Stringer.

## **Rachael White - RachaelW@cpacweb.com**

Former IL HS state champ from Deerfield HS. All-American at University of Illinois. Worked at IMG Academy, Five Seasons Sports Club and Northmoor Country Club. Experience coaching all levels. USTA Orange Ball EDC coach and recipient of USPTA Midwest Division U30 Award.

## **Maor Zirkin – MaorZ@cpacweb.com**

Worked with several juniors who reached top 20 in the nation in the past 10 yrs. Former player and coach at Drake University, where he holds the record for most wins in Drake tennis history. Competed on the ITF Circuit.

## *College Park Fitness Staff*

### **Jared Cruz – JaredC@cpacweb.com**

Received a Bachelor of Science Degree in Kinesiology at the University of Illinois at Urbana-Champaign. Competitive power lifter. Trains both collegiate and professional athletes, as well as youth and adult athletes.

### **Corbin Gaines – CorbinG@cpacweb.com**

Received both a Bachelors of Science degree in Health & Fitness from the University of Oklahoma and a Master's Degree in Strength and Conditioning from Concordia University. Has been coaching and training professionals, collegiate, and youth athletes for over 12 yrs.

### **Nathan Ku- NathanK@cpacweb.com**

Graduate of University of Illinois at Urbana-Champaign. Grew up playing basketball and volleyball throughout high school and has a love for sports and fitness. He recently picked up running and has been training for a half-marathon and a future full marathon. He understands the importance of strength training and areas of sports and fitness, especially from a young age.

### **Laura Lohrmann - LauraL@cpacweb.com**

Received a B.S. Sports and Exercise Science - University of Kansas. Certified Muscle Activation Techniques® Specialist, Certified ACE Personal Trainer, CrainioSacral Courses Completed CS1, CS2, SER1, Around the Table, Professional Wakeboarder and X-Games Athlete.

### **Maddie Nye- MaddyN@cpacweb.com**

B.S. in Exercise Science and Psychology, Mercyhurst University, M.B.A. in Sports and Recreation Management, Salem University, NSCA Certified Strength and Conditioning Specialist, and USA Weightlifting Certification Level 1. As a collegiate water polo player, Maddie fell in love with the process of strength training. During undergraduate school, she was a crossfit coach. As a graduate assistant and collegiate club water polo coach, she was able to develop these skills even further. She has trained collegiate, high school, and youth water polo, tennis, soccer, swim, and diving athletes to help enhance their athletic performance.

### **Brett Robinson - BrettR@cpacweb.com**

Collegiate soccer player from Trinity International University and professional Ultimate Frisbee player. Has been part of the CPAC team for over 3 years, currently a personal trainer.

### **Gail Thomas- GailT@cpacweb.com**

MS, UW- LaCrosse, Cardiac Rehab/Adult Fitness, BS, WIU, Dietetics. Her career includes the Shape Up Chicago TV Show, establishing herself as one of the Chicago Tribune's Top 3 Fitness Instructors, and building an impressive clientele of celebrities and politicians in both NYC and Chicago. She is an exercise physiologist who keeps up with exercise science research and trends.

# STRENGTH AND CONDITIONING



# STRENGTH AND CONDITIONING



## Youth Training

### Private and Semi-Private Training:

Strength, speed, and resilience is built during off-court training. Our coaches work with a wide array of athletes from a multitude of sports to keep them healthy and ready to compete.

For more information and pricing, please contact **Corbin Gaines (CorbinG@cpacweb.com)**.

## Proteus Motion

Introducing a revolutionary new way to evaluate performance and athletic potential, CPAC is the first club of its kind to offer the Proteus System. Using 3D Resistance, the Proteus is the first-ever solution that provides objective metrics in power, imbalances, explosiveness, and range of motion. Assessments are available for Personal Training clients, and included for all Junior Tennis Members.



For information on packages for individuals or teams, contact **Corbin Gaines (CorbinG@cpacweb.com)**.

## Adult Training

### Adult Athlete

Don't let time slow you down; continue being an athlete! This class uses a variety of equipment, weight training, plyometrics, and conditioning to get you moving better, feeling better, and looking better.

Multiple membership options are available. Contact **Corbin Gaines (CorbinG@cpacweb.com)** for more information.

## Muscle Activation Technique (MAT)

MAT is a non-invasive treatment that identifies and corrects muscular imbalances that can cause chronic pain and injury. Athletes and exercise enthusiasts of all levels can benefit greatly from MAT. It can help improve strength and performance by optimizing the muscles ability to contract and increasing force production. While high intensity training places a lot of demand on the body, MAT can help decrease the damage done to joints and reduce recovery time. No matter what the age, activity level, or issue is: Muscle Activation Techniques® can help you achieve a higher quality of life and keep you doing what you love!



For more information contact **Laura Lohrmann** at **(LauraL@cpacweb.com)**.

## Personal Training

We offer both private (1 on 1) and semi-private (up to 4) training options for our adult population. These options are best suited for those with specific goals or limitations that need to be addressed in programming.

For more information please contact **Corbin Gaines (CorbinG@cpacweb.com)**.

# PICKLEBALL

Pickleball is the fastest growing sport in the United States, and it's arrived at CPAC! It is a fun and socially friendly game that is easy for beginners to learn and it can be played at any age and skill level. We offer 6 pickleball courts at our CPAC West location and 1 private court at our CPAC East location! We look forward to seeing you on the court!

Not sure about your level? No problem! Schedule a free 15 minute evaluation with our Director of Pickleball, **Lawson Barter** at **LawsonB@cpacweb.com**.

**All Pickleball programming will be at CPAC West unless otherwise noted.**  
 Programing will run August 12, 2024 through May 30, 2025

# PICKLEBALL

## Pickleball Offerings Continued

### Performance Play:

Weekday	Times	Levels	Cost
Mondays	12:00-1:30 PM	(4.5+ Invite Only)	\$30.00
Tuesdays	11:00-12:30 PM	(4.5+ Invite Only)	\$30.00
Fridays	12:00-1:30 PM	(5.0+ Invite Only)	\$30.00

If you are interested in joining Performance Play, please contact **Lawson Barter** at **LawsonB@cpac.web**.

## Pickleball Court Membership

Pay \$42 per month to receive **unlimited free court booking** from 7am-2pm at CPAC West.

There is no membership requirement to play pickleball at College Park Athletic Club. Players without pickleball court membership will need to pay their portion for the court time based on the number of players reserving the court.

## Leagues

Session 1: August 26, 2024 - October 31, 2024	10-week session	\$230.00
Session 2: November 3, 2024 - January 23, 2025	10-week session	\$230.00
Session 3: January 27, 2025 - April 10, 2025	10-week session	\$230.00
4.0 Mixed Doubles	Mondays	10:30-12:00PM
3.0-3.5 Mixed Doubles	Tuesdays	9:30-11:00 AM
4.0+ Singles	Wednesdays	12:00-1:30 PM
4.5+ Mixed Doubles	Thursdays	11:00-12:30 PM

## Court Reservation Fees

CPAC East \$50 per hour      CPAC West \$42 per hour

If you are looking for permanent court time reservation, please contact Pam Zlotnik at **Pamz@cpacweb.com**

## Junior Pickleball Program

Weekday	Times	Age	Cost
Saturdays	5:00-6:30 PM	12-14yrs.	10-week Session / \$300.00
Saturdays	6:30-8:00 PM	14+ yrs.	10-week Session / \$300.00

## Pickleball Offerings

### Open Play:

Weekday	Times	Levels	Cost
Mondays, Wednesdays, Fridays	9:00-10:30 AM	(2.5-3.5)	\$15.00
Fridays	10:30-12:00 PM	(4.0+)	\$15.00

### Drills:

Weekday	Times	Levels	Cost
Tuesday Cardio Drill	8:30-9:30 AM	(4.0+)	\$20.00
Wednesday Performance Drill	10:30-12:00 PM	(4.5+)	\$30.00
Thursday Cardio Drill	9:00-10:00 AM	(3.0-3.5)	\$20.00

**Learn to Play:** Open to anyone interested in learning how to play pickleball or if you are someone who would like a refresher. In this group we will work on basic fundamentals, rules, and strategy.

Weekday	Times	Cost
Thursdays	12:30-1:30 PM	4-week Session / \$80 per person
Fridays	12:00-1:00 PM	4-week Session / \$80 per person

## Club Tournaments

Dates and times will be announced by email 2 weeks in advance.

## Pickleball Coaching Staff

Lawson Barter (Director), Joseph Alvarez, Matt Baron, Isriz "Izzy" Balase, and John Metzger.



# TAEKWONDO



## Taekwondo

**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 Champions.

**Master Roman Ogortsov (RomanO@cpacweb.com):** 24 years of teaching experience. He competed at the highest level, winning at both local and international tournaments including the U.S. Open.

**Master Mary Alindogan (MaryA@cpacweb.com):** 22 years of teaching experience. Competed at the 1992 Barcelona Olympics, Asian Championships (Bronze), and Southeast Asian Games (Silver).

## Taekwondo August 12, 2024 - June 8, 2025 Class Schedule

Students can attend up to 2 classes/week based on belt level. Online Advanced Training excluded from regular classes. **All make-ups/changes must be approved by Master Mary.** Please come to class on time and in full uniform. CPAC TKD reserves the right to change or cancel class(es).

Weekdays/Weekend	Times	Ages	Levels
Mondays/Wednesdays	3:30-4:00 PM	3-5yrs	White-Yellow
Mondays/Wednesdays	4:00-4:45 PM	6-10yrs	White-Yellow
Mondays/Wednesdays	4:45-5:30 PM	7-10yrs	Orange-Green
Mondays/Wednesdays	5:30-6:15 PM	8-12yrs	Purple-Blue
Mondays/Wednesdays	6:15-7:00 PM	Teens	White-Green
Tuesdays/Thursdays	3:30-4:00 PM	3-5yrs	White-Yellow
Tuesdays/Thursdays	4:00-4:45 PM	8-12yrs	Blue-Brown
Tuesdays/Thursdays	4:45-5:30 PM	10-12yrs	Red-Deputy
Tuesdays/Thursdays	5:30-6:15 PM	12-17yrs	Deputy-Black
Tuesday/Thursdays	6:15-7:00 PM	Teens	Purple-Brown
Saturdays	8:30-9:00 AM	3-5yrs	White-Yellow
Saturdays	9:00-9:40 AM	6-10yrs	White-Yellow
Saturdays	9:40-10:20 AM	7-10yrs	Orange-Green
Saturdays	10:20-11:00 AM	8-12yrs	Purple-Brown

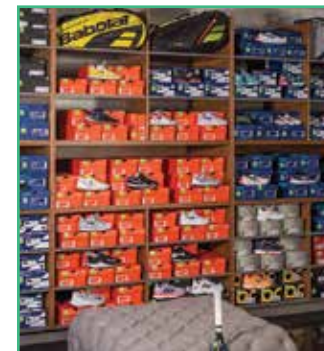
Adult classes offered as well. Contact Master Roman for more information.  
**Master Roman Ogortsov - RomanO@cpacweb.com.**

# CPAC SERVICES

## Pro Shop

Come visit Chicago's largest premier tennis shop right here on the North Shore. We have nearly 1000 pairs of Tennis/Paddle/Pickleball 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, you will receive two 50% off coupons a year. (Discount applies to only one item.) 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 (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 you can try before you buy for just \$5.00. (\$5.00 demo fee will be returned as an account credit for racquet purchased thru CPAC.)

All new racquets purchased at CPAC get the first stringing job for FREE (Racquet Packages do not qualify). Contact Frank Chen (FrankC@cpacweb.com) for more information or to place a racquet order. **Inquiries will be answered within 48 hours.**

Stringing services are available for both members and nonmembers. Services are completed within 2 days. Rush fees are also available upon request.

## Giving Back

CPAC has partnered with various charitable organizations throughout the years to raise money for causes we care about. Thank you to all of you who consistently donate your time, money, and resources to take part in the good work these organizations are doing in our world.



**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 21, 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?***

No, you don't need to be a member to book courts. However, there's discounted court time, drills, and packages to all CPAC Members. To inquire about those options, contact CPAC Membership Director, **Mark Roberts (MarkR@cpacweb.com)**.

### ***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, 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!

### ***DOES CPAC HAVE AN APP?***

Yes, The CPAC App is available on both iOS and Android.

### ***I'M A MEMBER AND HAVING TROUBLE ACCESSING THE CPAC APP, WHAT DO I DO?***

If you are an existing member or participant, you already have a profile with us. If you're having trouble logging in, try the password reset prompt on the bottom of the login screen. If you are still unable to log in from the reset, please refrain from creating a new account and call our HUB Staff (847-958-5330) or visit our HUB (Front Desk) in person.