



***College Park Athletic Club***  
***Summer Programming***  
***2020***

# QUICKSTART PROGRAM

## QuickStart Program

QuickStart Tennis is an exciting program designed to promote fun and success for young players by utilizing low compression balls, smaller rackets, and shorter courts. Emphasis is placed on hand-eye coordination, motor skill development, proper stroke technique, tennis footwork patterns, and fitness. We will also discuss teamwork, sportsmanship, and court etiquette.

For registration information please contact **Ben Bicknese** at **BenB@cpacweb.com** or at **(847) 948-5330**.

### QuickStart Drills @ CPAC East (Ages 4-9)

Drills will be held at CPAC East. This program is ideal for kids who attend other day camps but want to keep playing tennis over the summer.

One make up class is available per session and must be completed before the end of the session. Please contact Ben Bicknese to schedule in advance.

Lil' Hitters: 4:00 - 5:00pm Monday **and** Wednesday  
(Ages 4-6)

4:00 - 5:00pm Tuesday **and** Thursday

Cost: \$256/session

Grand Slammers: 5:00 - 6:00pm Monday **and** Wednesday  
(Ages 7-9)

5:00 - 6:00pm Tuesday **and** Thursday

Cost: \$280/session

Dates: Session 1: June 15 - July 10 (4 wks)

Session 2: July 13 - Aug 7 (4 wks)

# GRAND SLAMMERS CAMP

## Grand Slammers Camp @ CPAC East

The Grand Slammers Camp is specifically designed for CPAC's advanced orange ball players and will include drills, match play, fitness agility training, a yoga/stretching session, and games. Campers should bring a water jug, a snack, and can purchase lunch at re:fresh cafe.

For registration information please contact **Ben Bicknese** at **BenB@cpacweb.com** or at **(847) 948-5330**.

\*Director approval required.

Location: CPAC East

Days: Monday - Friday

Time: 9:00am - 3:30pm

Schedule: 9:00am - 10:30am Tennis Drills

10:30am - 10:45am Snack

10:45am - 12:00pm Match Play

12:00pm - 12:45pm Lunch

12:45pm - 1:30pm Agility Training

1:30pm - 2:15pm Yoga

2:15pm - 3:30pm Tennis Games

Dates: Session 1: June 15 - July 10 (4 wks)

**Deadline for Early Registration is April 5**

Session 2: July 13 - August 7 (4 wks)

**Deadline for Early Registration is June 22**

Cost: \$104/day (Early Registration)

\$114/day (Regular Registration)

# JUNIOR DEVELOPMENT PROGRAM

## Junior Development Program (Ages 9-15)

The Junior Development Program is designed for the beginner to intermediate player, with emphasis on stroke development. JDP classes will be taught at CPAC East, as well as through the Lake Forest Recreation Department. (See page 8 for information on LF Rec.)

For registration information please contact **Donna Marks** at **DonnaM@cpacweb.com**.

Location: CPAC East

Days/Times:	4:00pm - 5:00pm (9-11yr olds)	Monday and Wednesday
	5:00pm - 6:00pm (12 and older)	Monday and Wednesday
	4:00pm - 5:00pm (9-11yr olds)	Tuesday and Thursday
	5:00pm - 6:00pm (12 and older)	Tuesday and Thursday

Dates: Session 1: June 15 - July 10 (4 wks)  
Session 2: July 13 - Aug 7 (4 wks)

Cost: \$296 Session 1, 2

# FUTURE STARS PROGRAM

## CPAC Future Stars Day Camp (JDP and Tournament Training)

This all-day camp includes level-specific drills, match play, fitness, and yoga. Our goal for all players in this camp is to build the right foundation to become future USTA and High School competitors. The afternoon session will include match play and a yoga/stretching session where students will learn about yoga fundamentals. Students must be at CPAC East by 9:00am for transportation to the outdoor facility. Pick up will be at 3:30pm at CPAC East. Students should bring a water jug, a snack, and can purchase lunch at re:refresh cafe.

For more information please contact **Jean Erasmus** at **JeanE@cpacweb.com**.

Location: Deerfield High School, CPAC East & West

Days: Monday - Friday

Time: 9:30am - 3:30pm

Schedule:	9:30 - 12:00pm:	Tennis Drills
	12:00 - 12:45pm:	Lunch
	12:45 - 1:30pm:	Agility Training
	1:30 - 2:15pm:	Yoga/stretching
	2:15 - 3:30pm:	Tennis Games

Dates: Session 1: June 15 - July 10 (4 wks)  
**Deadline for Early Registration is May 8**  
Session 2: July 13 - August 7 (4 wks)  
**Deadline for Early Registration is June 19**

Cost: \$100/day (Early Registration)  
\$110/day (Regular Registration)

\* \* Make ups are available. Must be completed during the same week of missed class.

# QUALIFIER CAMP

## Qualifier Camp

Offered for all High Performance, SE, or TAP players who will compete in the CDTA Championships (also known as "The Qualifier").

For more information please contact **Tina Pisnik** at [TinaP@cpacweb.com](mailto:TinaP@cpacweb.com) or **Maor Zirkin** at [MaorZ@cpacweb.com](mailto:MaorZ@cpacweb.com).

\*In case of rain, alternate time and location will be communicated via e-mail. Players registered for Session 4 High Performance will attend Qualifier Camp in place of their regular classes.

Location: Lake Forest High School (West Campus) and CPAC East

Dates: May 26 - May 29 (Tuesday - Friday)  
June 1 - June 5 (Monday - Friday)

Times: 4:30 - 7:00pm

Cost: \$82/day (Early Registration)

**Deadline for Early Registration is May 10**

\$92/day (Regular Registration)

## Qualifier Match Play

For more information or to sign up, please contact **Ofir Weintraub** at [OfirW@cpacweb.com](mailto:OfirW@cpacweb.com).

Location: Lake Forest High School (West Campus)

Date: May 30 (Saturday)

Times: 10:00am (subject to change depending on weather)

Cost: \$47

For more information on playing in the CDTA Championships in June, or general questions about USTA tournaments, please contact **Patty Lambropoulos** at [PattyL58@comcast.net](mailto:PattyL58@comcast.net).

# ELITE CAMP

## Elite Camp

Offered for players currently enrolled in TAP and High Performance. Players will be separated daily according to ability level. Drills will take place from 9:00 - 11:30am and will include a 40 minute fitness session. Students must be at CPAC East by 8:40am for transportation to the outdoor facility. There will be an afternoon break for lunch (which can be purchased at re:refresh café) at CPAC East. The PM session will take place from 12:15 - 3:15pm. Please arrive at CPAC East by 12:00pm. This afternoon session will include match play and an active recovery/yoga session.

For more information please contact **Maor Zirkin** at [MaorZ@cpacweb.com](mailto:MaorZ@cpacweb.com).

Location: Lake Forest High School (West Campus),  
CPAC East & West

Days: Monday - Friday

Time: All Day: 9:00am - 3:15pm

AM (Drill/Fitness): 9:00am - 11:30am

Lunch: 11:30am - 12:15pm

PM (Matches/Yoga): 12:15pm - 3:15pm

Dates: Session 1: June 10 - July 5 (4 wks)

**Deadline for Early Registration is April 26**

Session 2: July 8 - August 9 (5 wks)

**Deadline for Early Registration is June 21**

Cost: All Day: \$104/day (Early Registration)

\$114/day (Regular Registration)

AM: \$74/day (Early Registration)

\$84/day (Regular Registration)

PM: \$52/day

\* \* Make-ups are available. Must be completed during the same week of missed class.

# HIGH SCHOOL CAMP

## CPAC High School Tennis Camp

This camp is geared towards boys and girls who are preparing to play High School Tennis. These sessions will not only focus on singles and doubles strategy but will also incorporate strength & conditioning training to improve stamina and prevent injury. One-way transportation will be provided from CPAC East to the drill location at 2:30 PM each day. (Pick up must be made at the drill location as there will be no transportation available to return to CPAC East after drill).

For more information please contact **Blake Bazarnik** at **BlakeB@cpacweb.com**.

Location: CPAC East and Lake Forest West Campus  
Days: Monday - Friday  
Time: 1:30 - 2:15pm Strength & Conditioning (CPAC East)  
2:30 - 4:45pm Drill & Match Play (Lake Forest West Campus)  
Dates: June 15 - August 7 (8 weeks)  
Cost: \$84/day (Early Registration)  
**Deadline for Early Registration is Friday of previous week**  
\$94/day (Regular Registration)

# PRIVATE LESSONS

## Private Lessons

At CPAC, we believe that having a strong foundation of the proper technique and mechanics is the key to reaching your fullest potential in tennis. One of the best ways to build that foundation is by taking private lessons. A private coach is not only a good sparring partner, but also a teacher and mentor on your journey to achieving your tennis goals.

\*Junior players must be enrolled in CPAC Camps in order to take private lessons.

Contact: **Ben Bicknese** at **BenB@cpacweb.com**  
Days/Times: Schedule will vary based on instructor availability  
Cost: Varies based on instructor seniority but generally ranges between \$85/hr and \$110/hr

# L.F. REC DEPARTMENT

## Lake Forest Recreation Department Tennis

CPAC is pleased to run the Lake Forest Recreation Department Tennis Program for the tenth summer in a row. We are offering both junior and adult programs, as well as private lessons outside at various parks in Lake Forest.

Phone: (847) 234-6700

Website: [www.LFREC.com](http://www.LFREC.com)

For information, contact:

**Ben Bicknese** at **BenB@cpacweb.com**

# USTA TEAM TENNIS

## USTA Team Tennis:

Teams will be organized according to USTA rating system and entered in the USTA summer league.

For Men's Team information, contact:

**Mark Roberts** at **MarkR@cpacweb.com**

For Women's Team information, contact:

**Donna Marks** at **DonnaM@cpacweb.com**

# ADULT TENNIS

## Adult Summer Tennis Program

The outdoor season runs from May 11th - August 16th.

### CPAC Women's Drills

Drills will be organized based on level. For more information please contact **Mark Roberts** at **MarkR@cpacweb.com**.

Open Level:	Tuesday	Friday
Time:	9:00 - 10:30am	9:00 - 10:30am
Location:	CPAC East	CPAC East
Cost:	\$48.00	\$48.00

4.5 Level:	Monday	Friday
Time:	9:30 - 11:00am	9:00 - 10:30am
Location:	CPAC West	CPAC East
Cost:	\$48.00	\$48.00

3.5 - 4.0 Level:	Monday	Wednesday
Time:	11:00 - 12:30pm	12:30 - 2:00pm
Location:	CPAC West	CPAC West
Cost:	\$48.00	\$48.00

3.0 Level:	Wednesday	Saturday
Time:	9:30 - 11:00am	7:30 - 9:00am
Location:	CPAC West	CPAC East
Cost:	\$48.00	\$48.00

Mixed Drill:	Saturday
Time:	7:30 - 9:00am
Location:	CPAC East
Cost:	\$48.00

### Cardio Tennis

Tired of the boring treadmill workout? Burn calories while hitting balls on the tennis court and listening to your favorite upbeat music! For more information please contact **Mark Roberts** at **MarkR@cpacweb.com**.

Tuesday	11:30am - 12:30pm	CPAC East
Wednesday	11:30am - 12:30pm	CPAC West
Friday	11:30am - 12:30pm	CPAC East
Cost:	\$24 (members)    \$26 (non-members)	

# ADULT TENNIS

## CPAC Men's Drills:

Drills will be organized based on level.

### Early Bird Drill

High Energy, action oriented play based drills.

Days:	Tuesday	Thursday
Time:	6:30 - 8:00am	6:30 - 8:00am
Location:	CPAC East	CPAC East
Cost:	\$38.00	\$38.00

For more information please contact **Rich Koukol** at **RichK@cpacweb.com**

### Lunch Time Drill (3.5 - 4.5)

Days:	Tuesday	Thursday	Friday
Time:	1:00-2:00pm	12:00-1:00pm	1:00-2:30pm
Location:	CPAC West	CPAC West	CPAC West
Cost:	\$38.00	\$38.00	\$48.00

For more information please contact **Mark Roberts** at **MarkR@cpacweb.com**

### Men's Drill and Play:

One hour of high energy drills followed by either singles or doubles matches. Players will be separated by level.

#### Men's 3.5 - **Rich Koukol** at **RichK@cpacweb.com**

Days:	Monday	Saturday	Saturday	Sunday
Time:	7:00 - 8:30pm	7:30 - 9:00am	10:00 - 12:00pm	7:00 - 9:00am
Location:	CPAC East	CPAC East	CPAC East	CPAC East
Cost:	\$48.00	\$48.00	\$60.00	\$60.00

#### Men's 4.0 - **Mark Roberts** at **MarkR@cpacweb.com**

Days:	Tuesday	Friday	Saturday
Time:	7:00 - 8:30pm	1:00 - 2:30pm	12:00 - 2:00pm
Location:	CPAC East	CPAC West	CPAC East
Cost:	\$48.00	\$48.00	\$60.00

#### Men's 4.5 - **Frank Chen** at **FrankC@cpacweb.com**

Days:	Wednesday	Friday	Saturday
Time:	8:00 - 9:30pm	1:00 - 2:30pm	2:00 - 4:00pm
Location:	CPAC East	CPAC West	CPAC East
Cost:	\$48.00	\$48.00	\$60.00

# TAE KWON DO CAMP

## Tae Kwon Do Camp (Ages 5-14)

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

This morning camp will challenge and benefit even non Tae Kwon Do practitioners with drills, exercises, activities and games in a fun and encouraging environment. We will also develop the techniques and training specific to students particular level in Tae Kwon Do.

For more information please contact **Master Roman Ogortsov** at **RomanO@cpacweb.com**.

Location: CPAC East TKD Studio

Days: Session 1: Mondays - Fridays  
Session 2: Mondays, Wednesdays, Fridays

Time: 9:00am - 12:30pm

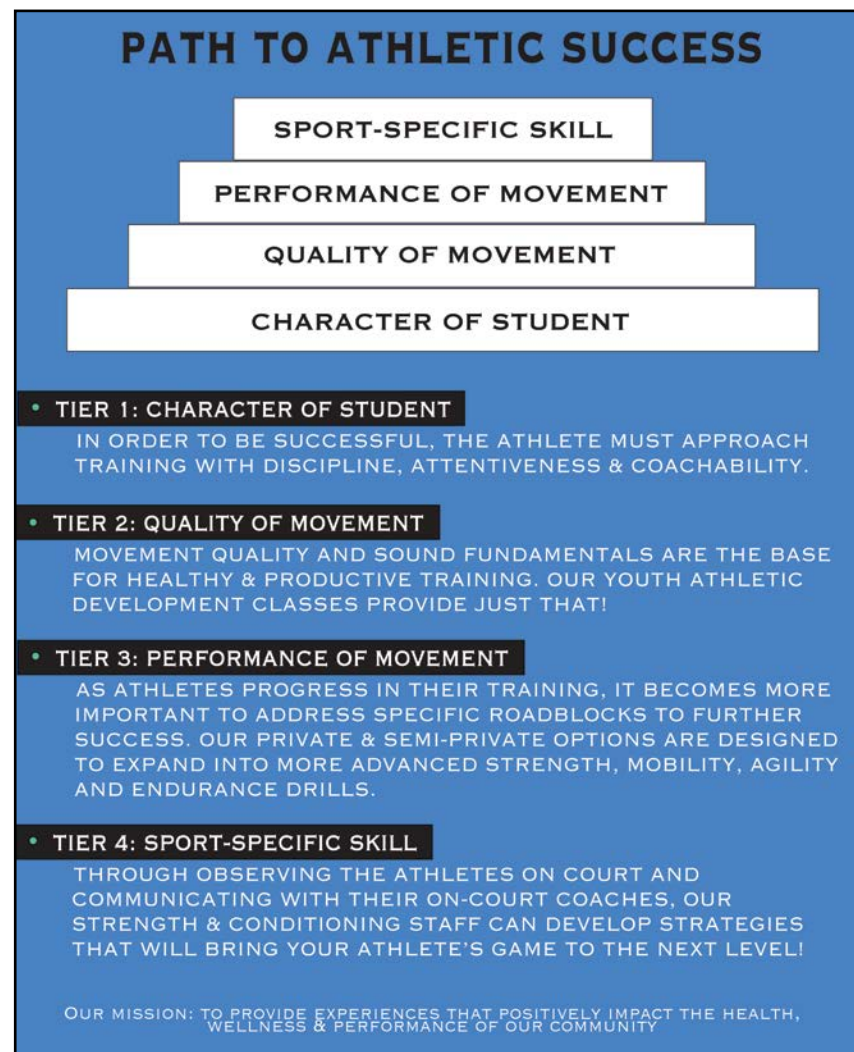
Dates: Session 1: June 1 - June 26 (4 weeks)  
**Deadline for Early Registration is May 1**  
Session 2: June 29 - July 31 (5 weeks)  
**Deadline for Early Registration is June 10**

Cost: \$59/ day (early registration)  
\$69/ day (regular registration)

# CPAC PERFORMANCE CENTER

## Season Preparation

Champions are made in the off season. Our off season training will give your athletes the power (harder hit tennis balls and better court speed), coordination (better adaptation to the demands of technique), and resilience (greater resistance to injury) that will bring them to the next level.



# CPAC PERFORMANCE CENTER

## Youth Athletic Development Class

Our large group offering delivers the basics of strength and conditioning that will give your athlete the foundation that they need to build a strong, athletic, and resilient body. This is our most cost effective training option.

## Private and Semi-Private Training

Training in a private (1-on-1) or semi-private (1-on-4) setting with our coaches will give your athlete a tailored program that fits their specific needs in development while affording them the opportunity to learn and perform more advanced training techniques.

Please contact our Fitness Director, **Mike Connelly**, at [fitness@cpacweb.com](mailto:fitness@cpacweb.com) for more information or to get your athlete started.

## Muscle Activation Technique ® (MAT)

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 Lohrman** at [LauraL@cpacweb.com](mailto:LauraL@cpacweb.com).

## Origin Meals

Nutrition can be as complex as you let it be. Make it as simple as heating instructions with Origin Meals! Healthy meal options can be pre-ordered and picked at at CPAC East. Go to [www.originmeals.com](http://www.originmeals.com) for more information.

# CPAC PERFORMANCE CENTER

## Adult Training

We are happy to announce that we are expanding our class menu for our adult training program and offering our members a significant price reduction! By adding this option to your membership you will have access to our entire class menu.

## Total Body Training

This class is programmed to deliver sound strength and conditioning programming that will keep you on the court and active in life without the chronic aches and pains that often come with aging. It is large group training, but our approach allows our coaches to tailor the program to fit your needs and goals.

## Restore and Recover

This class is designed to help you regain mobility and movement patterns while recovering from the demands of an active lifestyle. As much as we need to push our limits every now and then, it's just as important to Restore and Recover from those efforts.

## Metabolic Conditioning

This shortened class is perfect for the busy professional that needs a mid-day break to get their fitness training in and reset their mind for a productive afternoon. Give us 40 minutes and we'll give you great results!

## Private and Semi-Private Training

Working with our coaches in private or semi-private training environments might be the better option for someone with more specific goals or limitations. Our private and semi-private training options offer individualized programming that will accelerate your progress.

Please contact our Fitness Director, **Mike Connelly**, at [fitness@cpacweb.com](mailto:fitness@cpacweb.com) for more information or to get your athlete started.

# DIRECTIONS

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

From the East: Take Half Day Road west past Waukegan Road (approximately ½ mile). Turn left on Lakeside Drive and proceed to the second building on the right. The parking lot entrance is on the south side of the building.

From the West: Take Half Day Road east past Milwaukee Avenue (Route 21). Continue east past Riverwoods Road and the Tri-state Tollway. Turn right on Lakeside Drive and proceed to the second building on the right. The parking lot entrance is on the south side of the building.

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

From the East: Take Half Day Road west to Milwaukee Avenue (Route 21). Turn left on Milwaukee Avenue and left again onto Marriott Drive. Proceed on Marriott Drive to the hotel and follow the signs to the tennis courts.

From the West: Take Half Day Road east to Milwaukee Avenue (Route 21). Turn right onto Milwaukee Avenue and then left onto Marriott Drive. Proceed on Marriott Drive to the hotel and follow the signs to the tennis courts.

**Lake Forest West Campus:  
300 S. Waukegan Road, Lake Forest, Illinois 60045**

From CPAC East: Turn right onto Half Day Road. Take Half Day Road to Waukegan Road and turn left. Proceed on Waukegan Road until you reach the intersection of Waukegan Road and Westleigh Road. At the stop light turn left onto Westleigh Road. Follow the road back to the parking lot.

**Deerpath Middle School  
95 W. Deerpath Road, Lake Forest, Illinois 60045**

From CPAC East: Take Half Day Road east to Waukegan Road and turn left. Proceed on Waukegan Road to Townline Road (Route 60) and turn right. Turn left on Skokie Highway (Route 41) and make an immediate right turn on Deerpath Road. Deerpath Middle School is on the right side, and tennis courts are located behind the school.

**Deerfield High School:  
1959 Waukegan Road, Deerfield, Illinois 60015**

From CPAC East: Turn right onto Half Day Road and go east to Waukegan Road. Then turn right on Waukegan Road. Deerfield High School is one mile down on the left.



2223 Half Day Road, Bannockburn, Illinois 60015  
(p) 847-948-5330 (f) 847-948-0162  
[www.cpacweb.com](http://www.cpacweb.com)