

MANOR

Tennis. Fashion. Lifestyle

Mag

Fashion trend
Classic fashion
Retro fashion
Modern fashion

Spring Edition



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FORMER TENNIS PRO ELENA JIRNOVA ON BONDING WITH HER DAUGHTER ON THE COURT AND INTRODUCING YOUR CHILDREN TO TENNIS



Once a Ukraine No. 1 professional tennis player, Elena Jirnova now bestows her knowledge and expertise upon youth tennis players in Aventura, FL. One of the children that Elena coaches is her five-year-old daughter, Mila. We spoke with Elena about her mother-daughter bond with Mila on the court, and how parents might go about introducing their young children to tennis. Additionally, she recounted her early days as a rising tennis star and how she bonded with her parents through fitness.

As a child of two athletes, Elena grew up working out and participating in various physical activities with her family. Although neither of her parents were tennis players specifically, Elena fondly recalled occasional visits to the tennis court with them for fun. Because fitness was so important in her household, Elena also participated in other sports and activities, including ballroom dancing, figure skating, and more.



Elena first started playing tennis at seven years old and completely fell in love with the sport. "I can't even imagine how my life would be without it," she shared. Now, Elena has instilled her love for tennis within her daughter.

Elena teaches group tennis lessons for children four-years-old and up, including Mila in these group lessons as well. That way, she not only gets to experience playing tennis with her mother, but also with children around her same age. Though Elena doesn't consider their mother-daughter bond on the tennis court to be very different from their bond during other activities, it's still special nonetheless to be able to spend quality time with your child and have a shared interest, especially one that Elena has lovingly pursued since she was a little girl herself.

Elena also shared her tips for parents looking to introduce their young children to tennis. When considering at what point in your child's life you should get them started on the court, it's not so much about age but rather about their physical and cognitive abilities. Tennis is a technical sport which requires a great deal of discipline, determination, training on and off the court, and passion. So before you jump into anything, it's crucial to ensure your child is ready and eager to play.

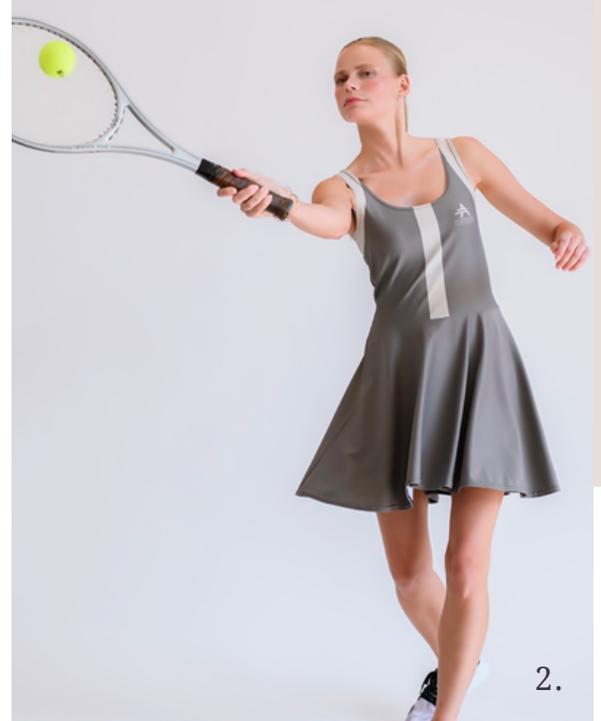
You could absolutely enroll your child in either group or one-on-one lessons, but if you are a trained tennis player like Elena, it could be a wonderful experience to teach tennis to your child yourself. Now if you were to take this route, however, Elena stresses the importance of finding the balance between being a mother wanting to have fun with her child, and being a coach wanting to effectively train and discipline her player.



But regardless of how you introduce your child to tennis based on their level of interest and skill, it's paramount that you listen to your child and refrain from forcing them to play. It's best to start practicing in short intervals. If they end up wanting to spend more time on the court, go for it! If not, you could encourage them to participate in additional activities for some variety and versatility. According to Elena, exercise in general is the most important thing, so it all depends on what's best for each individual child.

editorial

1.



2.

1. Women's Cultured Class Athletic Shorts

These comfortable, functional shorts are made from a polyester elastane blend which features four-way stretch and water repellent technologies. Doubling down with mesh side pockets, these are a necessity with an embossed accent pattern laying at the hips Available in XS-3XL. \$45

2. Women's Cultured Class Classic Scoop Tennis Dress

This dress guarantees style, comfort, and functionality on the court. Its moth elastic fabric made of a polyester and spandex blend is ensured to keep you comfortable while the elastic waistline and flared skirt are designed with your movement in mind. Available in XS-3XL. \$65.99

editorial

1.



2.

1. Men's Cultured Class Eco Sport Polo

Look sharp in our versatile Cultured Class Slim Fit Sport Polo, perfect for business casual or a polished weekender outfit. This polo features soft, breathable mesh-like fabric made of recycled materials and featuring a close-cut torso, tailored to show your natural physique. Available in XS-XXXL. \$53

2. Essential Tennis Visor in White

Looking for style, comfort, and durability, the Ascot Manor Flex-Fit Visor is highly visible on and off the court. Match your visor with an all-white look, or add pops of color to represent your Ascot Manor style. \$33.90



SPOTLIGHT: TENNIS PRO MOMS

SERENA WILLIAMS

on balancing her career and motherhood, spending as much time as she can with her daughter Olympia, 4

"She keeps me going especially during tournaments. Although the popcorn machine has her attention here, I know she's watching and learning to see how I persevere in challenging and rewarding moments."



VICTORIA AZARENKA

on fighting the stereotype of professional athletes who are also mothers

"Being a parent is the most important thing in my life, but I'm a tennis player on the court, I'm a fighter on the court. I want to go after my dreams, my personal dreams."

TAYLOR TOWNSEND

on how perceptions of professional tennis players who are mothers have evolved in recent years

"The whole dynamic has just changed and I think the sport has evolved and realised that this is part of a woman's life. This is part of what comes with being a woman. Women get pregnant, they have kids, but it doesn't stop what you're doing. And it doesn't stop the path that you want to be on."





1



2



ASCOT MANOR SPORT

1. Cultured Class

Unobstructed Cap

2. Cultured Class Adeline

*Performance Tennis
Dress*

3. Cultured Class B21-

Sport Duffle Bag

4. Women's Aristocrat

Floral Tennis Shorts

5. Cultured Class

*Performance Capri
Leggings*



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home

Gift Shop



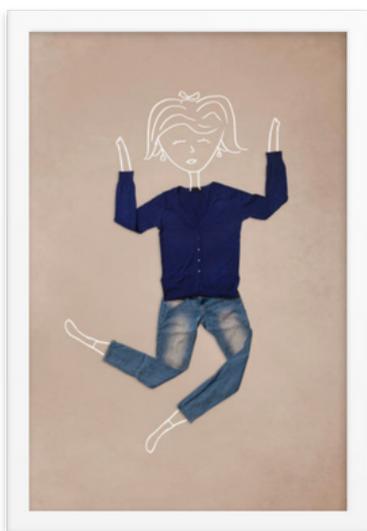
1. *The Motherhood Mug*

2. *Naturally Chic Mama Backpack*

3. *The Academy Kids - Halle*

4. *Cabin Comfort Throw Blanket*

4



3



editorial

1.



1. Naturally Chic Mama Backpack

The naturally chic color along with the pockets (including one for your laptop) give plenty of room for all your necessities, while the water-resistant material will protect them from the weather. H 16 $\frac{7}{8}$ " (42cm), W 12 $\frac{1}{4}$ " (31cm), D 3 $\frac{7}{8}$ " (10cm). \$57

2. Cabin Comfort Throw Blanket

Do you feel that your home is missing an eye-catching, yet practical rustic design element? Solve this problem with a soft silk touch throw blanket that's ideal for lounging on the couch during chilly evenings providing ultimate Cabin Comfort. 50" x 60". \$44



2.

editorial



1. Linda Throw Blanket

Want to add a splash of color to your home? This premium feel pillow with a shape-retaining insert is just what you're looking for! 50" x 60". \$44

2. One Manor Lane Collection

Want to add a splash of color to your home? This premium feel pillow with a shape-retaining insert is just what you're looking for! Available in 18x18, 20x12, and 20x20. \$34-\$40

3. Leaf Basic Pillow Set

Luxuriously soft, this beautiful machine washable pillow helps bring together any room. Available in 20x12 and 22x22. \$32-\$37

JACKIE NEWGENT'S [RDN, CDN] QUICK, NUTRITIOUS MEAL IDEAS



Dinner Ideas:

Soft Taco Bar - Line up taco-sized tortillas and plenty of choices for filling—anything from grilled chicken strips, refried beans, and sautéed bell peppers, to onions, cheese, guacamole, and salsa.

Pasta alla Checca - Toss spaghetti or any pasta of your choosing with a generous amount of diced fresh tomatoes, diced mozzarella cheese, chopped fresh basil leaves to taste, and a dash of olive oil and salt.

Breakfast for Dinner - Create a fun, easy dinner by frying some eggs and serving them alongside whole grain toast, poultry sausage, avocado slices, and a lemony vinaigrette side salad.

Kids' On-The-Go Snack Ideas:

Popcorn Snack Mix

Mix popped popcorn with salted pistachios, dried tart cherries or cranberries, and a few dark chocolate chips.

Cocoa Peppermint Power Patties

Blend pitted dates, hemp seeds, shelled roasted pistachios, almond or cashew butter, unsweetened cocoa powder, vanilla extract, peppermint flavor, and sea salt on low in food processor. Roll mixture into 12 balls and flatten into patties. Refrigerate for up to one week, or freeze for up to two months.

Deconstructed Ants on a Log

Separately pack up celery sticks, peanut butter (or a nut-free butter of choice), and raisins. Enjoy this yummy snack by dunking the celery sticks into the peanut butter, then the raisins.

[Click here for Newgent's full recipe.](#)



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