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ISSUE 8

MANOR

TENNIS. FASHION. LIFESTYLE.



TABLE OF CONTENTS

A.M. SPORT

Table of Contents	02
A Conversation with Chris Dong	04
Editorial	07
Club Ascot Manor Staff Picks	09
Manor Juniors	10



A.M. HOME

Venus Williams	15
Editorial	16
Club Ascot Manor Staff Picks	20



Women's Essential Striped Sweatshirt

Our unique Women's Essential Striped Sweatshirt will have you feeling like an official member once you put it on! What's more, the durable fabric with a cotton-feel face and soft brushed fleece inside means that this sweatshirt is bound to become a wardrobe favorite for a long time. Available in XS-3XL. \$71.90





A CONVERSATION WITH CHRIS DONG

We had the pleasure of speaking with Chris Dong, a tennis player and coach who currently works as a USTA Eastern Adult League Coordinator. In our interview, Dong spoke about his background in tennis, advice for advancing your tennis career, and his thoughts on and predictions for the US Open.

First off, we'd like to learn a bit about your background in tennis. How long have you been playing, what made you initially want to pursue tennis, how has your expertise in the sport contributed to your success as a league coordinator at USTA Eastern?

When my parents got married, they wanted to take up an activity that they could do together and to be active. Tennis was the perfect choice. They fell in love with the game, and got my sister and I involved at an early age. They even built a hard-tru court in the backyard, so we could play together as a family.

I went on to be a ranked junior and play on NYU's varsity team. After college, I worked as the Tennis Director at the South Shore YMCA near Boston, MA, and then the Director of Operations of Adult Programming and Junior Intensive Training Program at NYJTL's Cary Leeds Tennis Center in

the Bronx. Currently, I am at USTA Eastern as NYC's Adult Leagues Coordinator.

Growing up in a tennis family and working in many aspects of the tennis industry, I've had great experiences with juniors and adult programming, tennis events and facility management, which have given me the background to recruit and coordinate around 4,000 USTA League players across NYC.

What advice do you have for junior players who are considering playing college tennis?

College is an amazing time in a young person's life, with so many new experiences happening at once. Just be sure to think about how tennis is going to fit into your studies, extracurricular activities and family. Find out how intensive the program will be, the team culture, and the coach's training style and philosophy. The division and conference can also have an impact on the time commitment and how competitive the team is. Also know what your goals are, whether it be to play for fun, competition or potentially turning pro.

What about for college/adult players who are considering going pro?

Understand what it takes off the court to be successful, and have the right people around you to handle as much of it as possible. Tennis has its unique challenges. Unlike team sports, there are no contracts that protect you from injury. You have to play and win to be compensated. You also have to pay your own international travel and personnel expenses. And travel is more uncertain since you don't know how far you will advance in a tournament, where team sports have set schedules for their regular season. To take some pressure off the grind of the tour, have a backup plan you would truly enjoy.

The journey can be incredibly rewarding, forming lifelong friends and relationships along the way, with people who are also as passionate about tennis as you are. And there are many job opportunities in the industry, both on and off the court. Surprisingly, I believe having high-level management and administrative skills can be great assets that tennis clubs and organizations highly covet and are in great demand.

Switching gears to the fast-approaching US Open, who do you predict will win this year's tournament?

For the women, I like Iga Swiatek as the favorite. She's the complete package right now with incredible ball striking. She takes the ball early, but still has margin with such a heavy ball and a champion's attitude. Coco Gauff is the young American gaining momentum during this summer's hard court swing. She might have the breakthrough this year. Ons Jabeur can make a deep run as well. I really like her well-rounded game style and great feel around the court. Leyla Fernandez will feed off the crowd, but may not have the stamina yet coming back from injury. I like Emma Raducanu's game, but she's still so young and needs time to be consistent at the highest level, especially now dealing with new pressures and not being the underdog.

For the men, how can you bet against Djokovic or Nadal? For the next gen, I actually am more impressed by the newcomers, such as Alcaraz and Sinner. Though Thiem and Medvedev have won a Slam, that group really hasn't taken the mantle yet from the Big 3. Taylor Fritz and Nick Kyrgios have had good seasons, let's see if they can keep it going in New York.

How are you expecting the newer players to perform in comparison to the older, more seasoned players?

I think on both the men's and women's tour, players are bigger, stronger and better trained in terms of fitness, recovery, diet and stroke mechanics. But mentally, I think the women have done a better job of breaking through and establishing themselves, winning many more Grand Slams than on the men's side. Only Thiem and Medvedev have broken through, as opposed to Rybakina, Swiatek, Raducanu, Krejčíková, Osaka, Kenin and Andreescu for the women in the past few years.

We're big fans of Serena Williams here at the Manor. Do you think she can win one more title before retiring?

I just heard the news she is retiring after the Open this year, which would bring to a close one of the best tennis careers ever. She is incredible and deserves even more credit for what she has been able to do. I think what she and her sister have accomplished is one of the greatest sporting achievements across all sports—not just tennis. Both reaching #1 and winning numerous Grand Slams, despite facing unique challenges socioeconomically and taking a non-traditional route, as highlighted in the movie *King Richard* recently, is unprecedented.

Who are your top 5 women's picks (under 21) to reach the Top 10 in the next 3 years?

All have complete games. This is who stands out to me for my top 5 women's picks under 21: Emma Raducanu for her well-rounded stroke mechanics, Leylah Fernandez for her mental strength, Iga Swiatek for her heavy and hard groundstrokes,

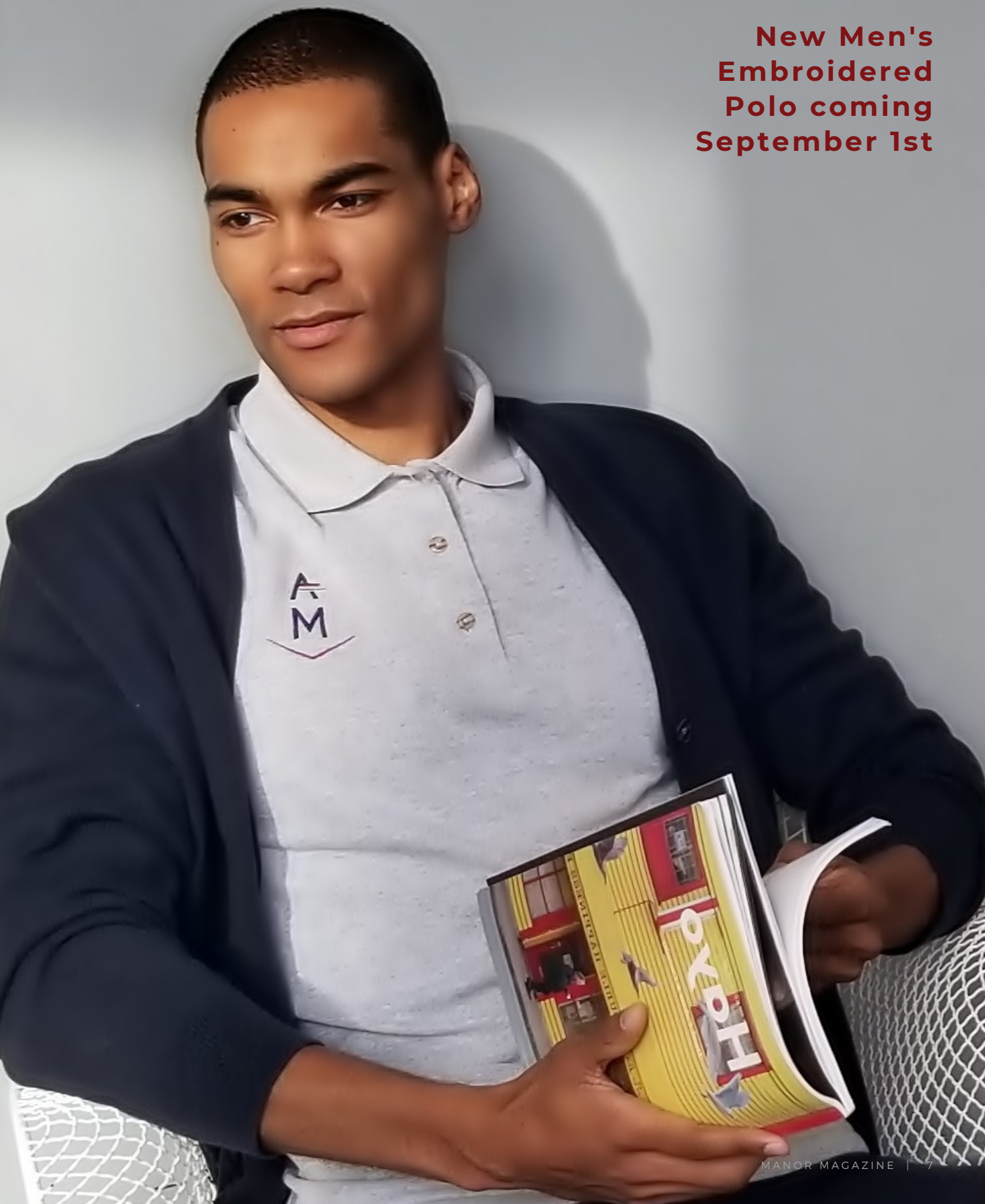
Coco Gauff for incredible athleticism, Amanda Anisimova for her clean power and Camila Osorio for her fighting spirit.

What about your top 5 men's picks?

This is who stands out for the men under 21: Carlos Alcaraz for his Nadal-like mental strength and speed, Felix Auger-Aliassime for his athleticism, Jannik Sinner for his Djokovic-like ground game, Jenson Brooksby for his craftiness and unorthodox play, Brandon Nakashima for his all-court play style and Sebastian Korda for his clean ball striking.



**New Men's
Embroidered
Polo coming
September 1st**





Women's Essential Pro Stripe Leggings

Stylish, durable, and a smart fashion staple. These polyester/spandex leggings made of a comfortable microfiber yarn, and they'll never lose their stretch. You can power your way through any workout or wear as a stylish tennis-leisure statement. Available in XS-XL. \$51.90



ASCOT MANOR

SPORT

-
1. Women's Essential Academy Stripe Shorts
 2. Women's Essential Court Dress
 3. Essential Tennis Visor White
 4. Men's Essential Manor Court Athletic T-Shirt
 5. Men's Essential Court Tennis Shorts

US Open Kick-Off Sale

Take 15% off of all Juniors and A.M. Home Gift Shop items

CODE: USOPEN22

MANOR JUNIORS

A photograph of two young girls standing on a white, curved staircase that leads down to a body of water. The girls are wearing matching bright red, long-sleeved dresses with ruffled cuffs and waists. They are barefoot. The girl in the foreground is looking towards the camera, while the girl behind her is looking off to the side. The staircase is made of white-painted metal or wood. The background shows a clear blue sky and a calm sea. The overall mood is serene and elegant.

Junior Essentials Crew Neck Tennis Shirt

Introducing our new junior tennis tee that makes a colorful statement piece to your tennis wardrobe. Made of a soft fabric and 4-way stretch, this tennis shirt is the perfect essential for junior athletes. Available in sizes 8-20. \$41



Essential Juniors Unisex Embroidered Club Hoodie

Young or old—hoodies are one of those timeless pieces that fit seamlessly into everyone's wardrobe. The Essentials junior hoodie will easily become a trusted companion for all your kids athletic adventures thanks to its soft and cozy feel. The hoodie is made from durable material and has elastic cuffs and a waistband that will ensure long-lasting performance.
Available in S-XL. \$45



Essentials Junior Embroidered Backpack

The Essentials embroidered backpack combines functionality and good looks. Use the two-way zipped main compartment to carry anything from a 15-inch laptop to books, your tennis essentials, and keep your phone and keys safe in the front zip pocket.

Dimensions: H 16.5", W 12.2", D 8.3". \$46





ASCOT MANOR

home

V STARR

Award-winning interior design firm
founded by Venus Williams, a Club Ascot
Manor favorite

Founded in 2002 by Venus Williams, V Starr is a South Florida-based full-service interior design firm specializing in commercial design with a focus on hospitality and multifamily, and experience in the high-end residential market.

Over the past two decades, Venus has proven that, in her professional life, she is more than just a tennis legend, but a skilled interior design expert as well.

While she can claim her sister as part of her clientele, her first project was for NBA player Carlos Boozer. V Starr has also tackled homes and condos in New York, Chicago, and other major cities.



"My father always taught us to be business-minded, so I looked early on at my interests and other types of work. It was a huge undertaking to open an office, put together a team, learn how to structure the business, and how to get clients when first starting ... We have a strict no drama policy and a great working environment."

-Venus Williams

A.M Home Midnight Relief Candle

Whether you are looking for a gift or a simple, stylish decor piece to brighten a room, the A.M Home Midnight candle is your perfect go-to. \$22





Essentials Baby Organic Club Jacket

Welcome to Club Ascot, little one. The Essentials Club Jacket has a soft fabric, ribbed cuffs, and brass poppers, and it guarantees comfort and style for any kid. Available in 6-12m - 2-3y. \$60



**Essentials Baby
Organic Club Jacket**

Welcome to Club Ascot, little one. The Essentials Club Jacket has a soft fabric, ribbed cuffs, and brass poppers, and it guarantees comfort and style for any kid. Available in 6-12m - 2-3y. \$60



A.M Home Manor Mom Tote Bag

A tote done right for a mom on the go! Spacious and trendy to help you carry around everything that matters. Welcome to the club.

- 100% spun polyester fabric •

Bag size: 15" x 15" (38.1 x 38.1 cm). \$35



1

2

ASCOT MANOR
home
Gift Shop

1. A.M Home Tennis Relief Candle

2. A.M Home Midnight Relief Candle

3. A.M Home Essentials Throw Pillow Collection

4. Essentials Baby Organic Club Jacket

5. A.M Home Manor Mom Tote Bag



3



4



5

US Open Kick-Off Sale

Take 15% off of all Juniors and A.M. Home Gift Shop items

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