



Presented by
adidas

Barnes Tennis Center
San Diego California

2019 BJK Girls' Nationals Survival Guide

TIPS FOR YOUR STAY IN SAN DIEGO





Dear Players, Parents, and Coaches,

Welcome to the 10th combined USTA Billie Jean King Girls 16s & 18s National Championships at the Barnes Tennis Center. ***"Where Champions are Made!"*** We are excited to have you here for a great week of competition!

We have put together this Tournament Survival Guide to make your stay more enjoyable. Please download Match Tennis App and use the official tournament website, ustagirls.com, for your rules, guidelines, practice courts, daily scheduling, contact numbers, and important information.

We want to extend a very special thank you to all our sponsors, donors, staff, and volunteers who make this tournament a success. We know they join us in wishing you a great time and good luck in San Diego!

Your 2019 Tournament Staff and Volunteers

P.S. Don't forget to follow our facebook instagram, and twitter pages for daily updates.



Important for all Players!

MATCH TENNIS APP

Match!
TENNIS

We are excited to provide our players with the highest quality tournament experience! Please register for Match Tennis App. We will be using Match Tennis App during our tournament for the following:

- 1. Important Tournament Notifications**– you must register to receive automatic email messages for (rain delays, schedule changes, draw changes etc.)
- 2. “Doubles Pairing”** – Privatized Service (Find a doubles partner for our tournament. Register, add your name to the list, and connect with others looking)
- 3. “Find a Warm-Up Partner”** Privatized Service (Find a partner to warm-up with before your matches. Register, Add your name to the list, and connect with others looking)

In order to receive all important Tournament notifications, YOU MUST register to use the app. **Enter promo code “CA-27070”** during registration for free access. No Credit Card Required.

Please click here to register.



SPECIAL EVENTS

Opening Ceremony, Mandatory Player Meeting, Group Picture, and Player Dinner Party

When: Saturday, August 3rd, 4:45 p.m.

Where: Barnes Tennis Center Center Court

After the player meeting and group picture, be sure to join in the player party/dinner - complimentary for players, parents, and coaches.

College Coaches' Recruitment Forum, with New Panel Discussion

When: Saturday, August 3rd, 11 am - 2:30 pm

Where: Barnes Tennis Center

11:00 am - 2:00 pm, rising juniors and seniors in high school can meet with College Coaches.

2:00 - 2:30 pm, all players and parents can attend a Panel Question & Answer with College Coaches.

ITA Reception and Meeting for College Coaches

When: Monday, August 5th, 5:30 pm - 8:00 pm

Where: Barnes Tennis Center

Final Eight Beachside Dinner

When: Thursday, August 8th, 5:30 pm - sunset

Where: La Jolla Beach and Tennis Club

Quarterfinalists in both 16s & 18s, singles and doubles, are invited to be the guests of the La Jolla Beach and Tennis Club for a fabulous sunset barbecue dinner on the beach.



COLLEGE COACHES' RECRUITMENT FORUM

Saturday, August 3rd
11:00 AM to 2:30 PM
Barnes Tennis Center

Rising Juniors & Seniors
11:00-2:00 Meet with Coaches

NEW *All Players & Parents*
2:00-2:30

Panel Question & Answer with Coaches

Speakers Include:

Ronni Bernstein, Head Coach University of Michigan

Bill Dallis, Head Coach Dartmouth College

Bill Maze, Head Coach University California at Davis

Gretchen Rush, Head Coach Trinity University

Sheila McInerney, Head Coach Arizona State University



NECESSITIES OF LIFE

GROCERY STORES

Baron's: 4001 W. Pt. Loma Blvd.

Ralphs: 1666 Rosecrans at Nimitz, 3345 Sports Arena Blvd.

Stumps: 3770 Voltaire St.

Trader Joe's: 2401 Truxton Road (Liberty Station)

Von's: 2495 Truxton Road (Liberty Station)

Whole Foods, Hillcrest, La Jolla & Del Mar

Sprouts Farmer's Market, Garnet Ave Pacific Beach

MISCELLANEOUS: ANYTHING & EVERYTHING

Target: 3245 Sports Arena Blvd.

PHARMACIES

CVS: 3950 W. Pt. Loma Blvd.

CVS: 3327 Rosecrans St. at Midway

*Minute Clinic available

Walgreens: 3005 Midway Drive at Rosecrans St.

Rite Aid: 4840 Niagara Ave

TENNIS SUPPLIES:

San Diego Tennis & Racquet Club – Tecolote Road

Dick's Sporting Goods: 3265 Sports Arena Blvd.

Big 5 Sporting Goods: 3729 Rosecrans St.

Ray's Tennis Shop: 1436 University Ave.



SAN DIEGO EATS

BEST BREAKFAST:

Crushed, Pacific Beach

Breakfast Republic, Pacific Beach

Sugar & Scribe, La Jolla (Food Network Chef Maeve)

Isabelle's Cantina (966 Felspar St, San Diego)

Better Buzz, Pacific Beach (best avocado toast)

The Cottage, La Jolla

Richard Walker's Pancake House

BEST ACAI BOWL:

Better Buzz Coffee, Pacific Beach or Ocean Beach

Hana Cafe, La Jolla

The Mad Beet, Pacific Beach (Garnet Ave)

Everbowl

BEST JUICE AND SMOOTHIE:

Nekter, Point Loma or La Jolla

Pressed Juicery, UTC and Fashion Valley

Beaming, Del Mar

Joe & the Juice, UTC and One Paseo

BEST SANDWICH SHOP

Board and Brew, Pacific Beach and Del Mar

Cheese Shop, La Jolla Shores



SAN DIEGO EATS

BEST LUNCH

Crushed, Pacific Beach

Breakfast Republic, Pacific Beach

Isabelle's Cantina, 966 Felspar St, San Diego

The Cottage, La Jolla

Extraordinary Desserts, Little Italy and Downtown

BEST BURRITO SHOP

Taco Stand, La Jolla

Taco Surf, Pacific Beach

Enricos, La Jolla

BEST SEAFOOD

Point Loma Seafood, Point Loma

Fish Market next to the Midway, Downtown

Pacific Coast Grill, Solana Beach (on beach)

Wicked Main Lobster, Little Italy Food Hall

Mustangs & Burros for Ceviche, at Estancia La Jolla

BEST BURGERS

Rocky's Crown Pub

Hodad's

In-N-Out Burger, Garnet Ave



SAN DIEGO EATS

BEST SUSHI

Sushi on the Rock, La Jolla

Sushi Ota, Pacific Beach

Station Sushi, Del Mar/Solana Beach

Shiku Sushi, La Jolla

BEST ITALIAN

Piatti's, La Jolla Shores

Bernini's, La Jolla

Cesarina, Point Loma

Little Italy Food Halls,

BEST ASIAN

Dumpling Inn, Shanghai Saloon, Convoy St.

Kroran, Hand Pulled Noodles, Clairemont Mesa

Ocean Beach Noodle House, Ocean Beach

Jasmine, Chinese Food

BEST MEXICAN

Las Cuatro Milpas

Pueblo, Pacific Beach

Puesto, La Jolla (best Tacos)

Las Olas, Solana Beach along coast

El Jardin (upscale), Liberty Station

Tahona Bar, Mezcaleria, Old Town



DESSERTS, COFFEE & BREWERIES

BEST ICE CREAM & GELATO

Baked Bear, Pacific Beach

Pressed Juicery, Vegan Ice Cream * Amazing!

Gelato, India Street/Washington St

Mr. Frosty, Garnet Ave. Pacific Beach

Bobbi Natural Gelato, La Jolla and Little Italy Food Hall

Pappalecco, Little Italy State & Cedar St.

BEST LOCAL COFFEE MAKERS

Bird Rock Coffee

Better Buzz

Pannikin

Local Krave

Swell Coffee

Forum Coffee House

Pacific Bean Coffee

Brickyard Coffee

BEST BREWERIES

Stone Brewing, Escondido

Karl Strauss Brewing, La Jolla

Ballast Point

Culture Brewing, Ocean Beach, Solana Beach

Gravity Heights, Brew Pub, Sorrento Valley

Kairoa Brewing Company

Coronado Brewing Company, Coronado

Lost Abbey Brewing, Cardiff

Pizza Port/ Port Brewing Co. Ocean Beach



RESTAURANTS

BEST PLACES FOR MULTIPLE RESTAURANTS:

Little Italy Food Halls

Liberty Station, Point Loma

Old Town for Mexican

UTC Mall, tons of great restaurants

Fashion Valley Mall, tons of great restaurants

Hotel Del Coronado, multiple restaurants

BEST RESTAURANTS FOR DINNER:

Cantania, La Jolla \$\$

Eddie V's, La Jolla \$\$\$\$

Sbicca, Del Mar \$\$-\$\$\$

Jake's, Del Mar \$\$\$\$

Flower Child, Del Mar \$\$

Pacifica, Del Mar \$\$-\$\$\$

Whisk'n Ladle, La Jolla \$\$-\$\$\$

Iron Pig BBQ, Pacific Beach \$\$

Crack Shack, Little Italy \$\$

Bud's Louisiana Cafe \$\$ \$\$\$

Born & Raised, Little Italy \$\$\$\$

Juniper & Ivy, Little Italy \$\$\$\$

Crab Catcher, La Jolla \$\$\$\$



SHOPPING IN SAN DIEGO

BEST SHOPPING MALLS:

UTC Mall

Fashion Valley Mall

BEST SHOPPING AREAS:

Pacific Beach

Coronado

La Jolla Village

One Paseo, Del Mar Heights Rd (great restaurants too)

Carlsbad Outlets

Seaport Village

Gaslamp Quarter, Downtown

Cedros Ave, Solana Beach

BEST SURF SHOPS:

Hansen's Surf Shop, Encinitas

Surf Ride, Solana Beach

Mitch's Surf Shop La Jolla

BEST BOOK STORES:

Warwicks, La Jolla

Run for Cover, Ocean Beach

Bay Books, Coronado



THINGS TO DO IN SAN DIEGO

BEST BEACHES:

Mission Beach Boardwalk

Coronado Beach

Del Mar Beach/Powerhouse Park

FAVORITE THINGS TO DO

San Diego Zoo

Sea World San Diego

Midway Museum (aircraft carrier with planes)

Balboa Park- 15 museums including Air & Space Museum

Coronado- Rent bikes, restaurants, beach, & shopping

Hike Torrey Pines, Torrey Pines State Park and Beach

Glider Port to watch hang gliders, great lunch too

La Jolla Cove to see sea lions, kayak, snorkel

Go for a run, bird, or bike on Mission Beach Boardwalk

Little Italy for shopping, restaurants, and bird scootering

Old Town for our San Diego History

Birch Aquarium, La Jolla

Seaport Village for shopping, restaurants & harbor

Point Loma Tidepools

Check out local farmer's markets

Gaslamp Quarter downtown for shopping and restaurants

2019 Tournament Staff

Honorary Chair – Billie Jean King

Tournament Director – Lornie Kuhle

Tournament Committee Chairs

Lori Faierman	Special Events
Nancy Kutner	Website & Print Communications
Vicki Miller	Sponsor Services
Marty Molden	Registration
Jill Morton	College Forum
Marianne Werdel	Past Player Liaison

Tournament Referee

Sandi Pardon

Scheduling Administrator

Eric Stephens

Chief of Officials

Laurel Smith

Associate Tournament Staff

Betsy Kuhle, Eric Kutner, Jeannie Riggs

Tournament Desk

Lauren Rothstein, Ai Takamori, Megan Heneghan

Media Consultant

J. Fred Sidhu

Appeals Committee

Lornie Kuhle
Eric Stephens
Betsy Kuhle





Thank you to our 2019 Sponsors!



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