

CTA UPDATE

tennis coaching | tennis fitness | tennis performance

tennis coaching

CTA cover all aspects of Tennis Coaching. CTA runs full Mini and Junior Tennis Programs for kids aged 3 through to 16; Regular Adult Beginner and Adult Improver Groups; CTA offer Private Individual Sessions; Video Analysis; Hitting Sessions and more...

tennis fitness

CTA believe that Tennis is a game for life and that it has numerous health benefits for people of all ages, even to the point of being 'anti-ageing' in some respects. From light Cardio Sessions; full Tennis Specific Fitness Programs to injury prevention, CTA can offer assistance.

tennis performance

CTA are very keen to develop home grown talent. We will be happy to work with anyone who wishes to take their tennis to the next level. We will assess our performance players regularly to ensure they are on track and show them their progress. We will also give support to all who wish to play tournaments and more competitive tennis.

CTA Sussex Launch 1st January 2014

Crowborough Tennis Academy, Sussex, (CTA) officially takes responsibility on 1st January 2014 at Crowborough Tennis Club to provide Tennis Coaching and related services at Crowborough Tennis Club, an already well established Tennis and Squash Club in East Sussex.

CTA is committed to running comprehensive Tennis Coaching Programs that provide sessions to players of any standard and practically any age.

CTA Coaches are dedicated and enthusiastic and have Tennis as their core passion, along with Fitness and Performance Training and adhere to the ITF international Code of Ethics for Coaches.

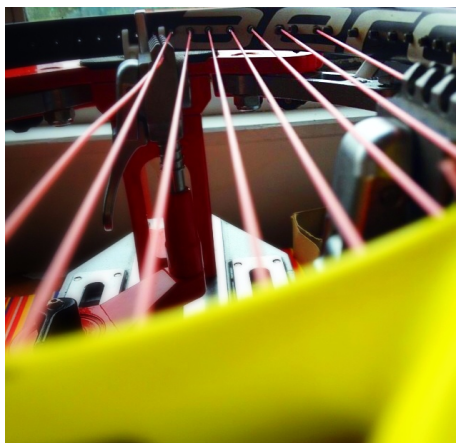
Already working

CTA coaches have been at the Club since 2011/2012, revamping the Adult Coaching Program. Various new sessions were introduced for beginners and improvers, through to helping more advanced players with their game.

CTA injected the much needed enthusiasm to develop this area, creating opportunities for everyone to get involved. The response has been amazing; CTA has already assisted over half of the Clubs Members with one or more aspect of their Tennis. Testimonials can be found on the Crowborough Tennis Club website under Coaching/ Testimonials.

The 2014 launch of CTA will provide more than just Coaching, helping Crowborough Tennis Club thrive and continue to grow.





tennis racquets

CTA will happily offer you unbiased advice when you get to that time in your tennis life when you need a new racquet. The minefield need not be daunting. CTA will cover the basics with you and help you every step of the way. We may even have a demo racquet for you to try out before committing to a purchase.

tennis restringing

CTA offer an on site restringing service for Tennis racquets. This can on the odd occasion be a "while you wait" service, if we have the time. Either way you will have your racquet returned by the time you need it next, freshly strung and freshly re gripped with a brand new over grip as part of the service.

tennis equipment

CTA do not keep a great deal of stock, but do have a number of contacts in the industry if you have a specific requirement for apparel, or shoes or even equipment. We are the European distributor for Solar Bat sunglasses and can offer discounts to Club Members on a number of Tennis related items.

Mini Tennis Calendar 2014

The Mini/Junior Tennis Term starts 13th January through to 4th April 2014, inclusive.

Leaflets are available at the Club Reception and online, outlining the full 2014 calendar. Application forms are also available.

The main changes to the 2014 program are the regular assessments and competitions planned at the end of each term and arranging the groups by ability rather than just by age.

CTA understands that every child is unique and therefore develops in a unique way. We will endeavour to give each child on the program some form of one to one support where possible but certainly to work in a group of similar ability.

The option to choose an additional private individual lesson for your child as part of the program is still available and CTA will accommodate as many of these requests as possible.

2014 promises to be an exciting year for the Mini and Junior Tennis Program. CTA is aware effort is required to run fun, successful and action packed programs at Crowborough. This will include new formats for the Easter and Summer Camps, plus lots more events and activities throughout the season.



How to Pay in 2014

CTA Sussex is a separate entity, providing a service to Crowborough Tennis and Squash Club. Therefore CTA will process payments for all CTA services independently. The Club reception will be able to collect Cash, but will be unable to process Card or PayPal payments on behalf of CTA.

These will be processed by CTA so from 1st January 2014, you will be able to pay for Coaching or any CTA Service by the following methods:

PayPal - Credit and Debit Card or Cash

Cheques will no longer be an encouraged form of payment, unless by specific request/arrangement.

For more information on this subject, please email info@ctasussex.co.uk to ask specific questions.