

CTA UPDATE

tennis coaching | tennis fitness | tennis performance

tennis coaching

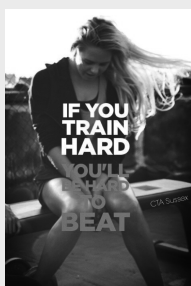
Adult and Junior/Mini Coaching is gaining momentum with more sessions being run and well attended in the week. More sessions are planned and even Match Play events and Open Tournaments are on the horizon for 2014. We will keep you posted.

tennis fitness

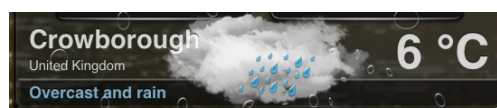
Cardio Tennis seems to be proving popular. A small group of hardcore players attend the weekly sessions and are reaping the benefits of these sessions which directly translate to on court play. Get involved.

tennis performance

We are growing the number of 'performance' players at the Club this year. We have some rising stars in our midst. These players are committed to improving their overall playing standard, fitness and tactical edge. Watch this space for more encouraging news from this 'elite' group. Crowborough will soon be back on the map.



2014 Off to a great (albeit wet) start.



Despite the rain, January 2014 has seen possibly one of the busiest periods in a winter month. With unseasonably mild weather and numerous keen players, there were times when all 9 courts were in use at once, with people waiting. Lovely to see. Let's keep the buzz going.



The Mini and Junior Tennis Term has had a healthy start, also. January generally sees a slight dip in numbers due to the cold weather, but so far we have approx 60 Juniors on our Program with plans to increase this number over the coming months. We already have a number of promising young players who are working hard to improve their current LTA rating and regularly competing, some at County Level. One of our Juniors has recently been crowned Number One in the County in 12 and under category. Impressive stuff.



Cardio Tennis Sessions have increased in popularity, which is lovely to see. These range from light Cardio Sessions to the 'boot camp circuit' style session. All sessions are, however, Tennis Fitness specific. The drills and movements you are encouraged to partake in during these sessions will directly translate to your on court performance. There are now five open sessions per week for you to join in on.

All in all a very positive start to the Year. Long may it continue. Feel free to have a chat with AJ and David about your own Coaching requirements or suggestions for new sessions etc. It would be great to hear from you.

WHO WE ARE AND WHAT WE DO

Available for your information is a leaflet entitled, 'Who We Are and What We Do'. This is a simple outline of CTA's Coaching Prices and basic offering. Queries can be sent to info@ctasussex.co.uk or pop in and visit us and speak to AJ when he is free. This leaflet is printed for you to collect from the Club House or you can view it online on the Crowborough Tennis Club website, under Coaching/CTA Sussex.



CTA Sussex

EASTER CAMPS

7th to 18th April 2014

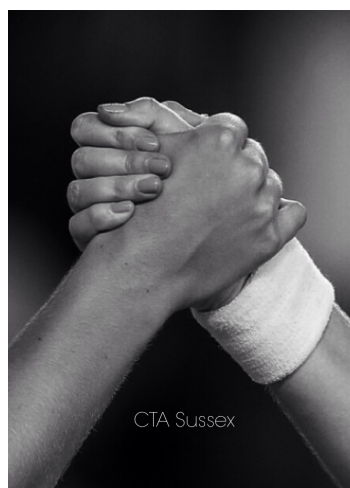
1 hour from £2.5 per day (5 hour days)
Or £10 for a full week.
All ages between 2 and 14 welcome.

Crowborough Tennis Club
10am to 3pm Daily

Secure your place for the Easter Holiday Camps at Crowborough Tennis Club. Sign up throughout February and receive 10% discount. Camps will run from April 7th to 11th then April 14th to 18th inclusive.

There will be everything from Tennis to Table Tennis, from Football to Frisbee, from Hockey to Hide and Seek, from Egg Hunts to Egg Crafting, from Mini Olympics to Mini Golf, from Mini Squash to Mini Quizzes... lots of fun to be had.

For full details go to www.crowboroughtennis.co.uk or email INFO@CTASUSSEX.CO.UK



CTA Bespoke Programs

Are you one of our regulars? Do you attend a Group Session at least once a week on a regular basis? Do you have a regular one to one every week or at regular slots in a month? Would you do more if you knew that your costs were fixed and you could still take advantage of these sessions and perhaps more?

If the answer is Yes to one or all of those questions then a CTA Bespoke program could be for you.

Let's say you have one individual session per week. You also come along to one group session per week and maybe have a hit with one of us once a month. That would cost you over £120 per month (as a Member). CTA would look at this regular pattern and see that you are committed to improving your enjoyment of Tennis. Therefore to assist you even more, we will calculate the cost of what you want to do and offer you a discounted rate for each session and set you up with your own bespoke program, with a fixed monthly fee. So, for all of the above mentioned services you could be looking at £100 per month instead. Saving you £240 a year, which in fairness will pay for your annual membership to the Club.

In addition, as you will be part of a CTA program, we add a free racquet restrung service once per year and a free over grip for your racquet when you require one (maximum of one per month). Additional benefits worth approx £45.

It is certainly worth considering. Come and have a chat with us about it and see if you could increase your on court time without having to increase your on court budget.

CTA Cards

Not everyone is able to commit to regular slots every week and some may not even be able to attend every month. But that shouldn't mean that they miss out on saving money. CTA cards are perfect for those players who are unsure when they might attend a class. They are available for group sessions and individual lessons and we offer 6 sessions for the price of 5 in each case.

This applies to gift cards as well. If 6 sessions is too many, we can tailor it to your needs and price it accordingly. Just let us know what you are looking for. We would just like you to be able to enjoy as much tennis as you can.