

# CTA UPDATE

tennis coaching | tennis fitness | tennis performance



## tennis coaching

Part One of the 2014 Term has been and gone, half term has been and gone. Time is flying by. We must be having fun. The next big event on the calendar is the Easter Camps between 7th and 18th April. Application Forms are available on the website and from the Club. Details also on page 2.

## tennis fitness

Have you yet to kick start your year with some fitness? Did you promise yourself you would be more healthy and active this year? It's not too late. Join in a Cardio Tennis Session. You're never too late to start, or too old!

## tennis performance

One of our young lads finished the 12 and under season second in the Sussex County after a hard fought week of tournaments over the half term. Congratulations to young Cam Waller. More news on page 2.

## CTA / VSO Charity Tournament Success

Steve scorer and his Wife, Sue are about to embark on a journey of a lifetime. They love to travel, but this time they are making a life changing trip to Tanzania. They will be living out there for up to two years to assist with raising the standards of education and the availability of education in Tanzania. Certainly a challenging task.

To help raise awareness of the VSO Charity (Volunteer Services Overseas) and to help them raise funds for this Charity, a fun tournament was held on Sunday 23rd February. A fantastic turn out was seen with 22 players and twice as many visitors and supporters. The Club has not seen so many people on a Sunday! The atmosphere was amazing and the tournament a great success.



Our very own Joan Short came in as the over all winner not losing a match for the whole morning. Well done, Joan. Our runners up were David Bray and

Mike Garrett, gallantly fighting for their second and third place position in a very windy final.

Steve and Sue will be off in a couple of weeks and we all wish them all the best in their new life abroad for the next two years. What an experience. We look forward to hearing all about it.

For those of you who would like to donate to this great cause and support this Charity, Steve has a just giving page set up - <http://www.justgiving.com/stevescorer>.

For more information on the kind of work Steve and Sue will be doing, take a look at the VSO website as well - <http://www.vso.org.uk/volunteer/opportunities/teaching-and-education>



Both AJ and David sat the iTPA's tennis performance trainer exam during February and passed with flying colours. They are now happy to bear the title of Tennis Performance Trainer (TPT). It was quite a tough exam!

This qualification deals with Tennis Specific Fitness and Injury prevention techniques.

Proving once again that you can never stop learning. CTA are dedicated to ensuring that all Coaches and assistants are trained and competent to deliver the program.



WEBSITE COMING SOON

## Tennis Performance

Cam Waller, actually a Member from Maresfield, has been having extra Training with CTA for a few months now. Already a great player, we have concentrated on more focused movement and strength training to complement his physical game. Young Cam is a hard worker. Always keen to train 100% which earned him over all Second place in the Sussex County 12 and Under Category. What a year he has had. We wish him all the best in his next venture, taking on the 14 and Unders. We will be helping reach his performance goals over the coming months. Watch this space.

## NEXT BIG EVENTS

Application forms are available for the 2014 Easter Camps. We are introducing full 5 hour days of fun activities which also can include a small lunch. Have the day off and let us entertain your children for the day. 10am to 3pm, four days a week. Full

### Crowborough Tennis Academy Easter Camp 2014 7th to 18th April



## ITS OFFICIAL...



Pizza Cucina has agreed to be our caterer every 1st Friday of the Month.

The Tennis Club Evening has been fairly well attended over the last few months on the first Friday. So we plan to keep this going.

Squash and Racketball have their Club night on a Friday, perhaps we can get involved in everything the Club has to offer.

The next Club Evening will be 7th March 2014. Put it in your diary and come along. Play starts from 6:30pm. On the first Friday, CTA sponsor the floodlights for you, so you can enjoy your tennis. Donations towards these costs are of course welcome. See you there.