

CTA UPDATE

tennis coaching | tennis fitness | tennis performance

tennis coaching

Coaching continues to go from strength to strength. Particularly the junior Coaching. Numbers are increasing and we have lots of new faces joining the mini tennis ranks. There are still spaces on all mini tennis sessions.

tennis fitness

Cardio Tennis on a Monday evening has been postponed while the Horam League is on. However the week day sessions are still running on a Monday, Wednesday and a Thursday.

Those who have taken advantage of these sessions have commented on how much quicker they are around the court and in some cases have lost weight. Whatever your goal, come and give it a try.

tennis performance

The CTA Open is now accepting entries. Don't forget it's not just a junior tournament. We have adult singles and doubles categories. If you're in the divisions or club closed then this could be a great opportunity to play someone different from another club.

CTA Sussex - 6 Months on.

Can you believe it? Half way through the year already. From our point of view things are going well, and it would seem that the majority of you agree. So many people have recently commented on how the Club has a renewed 'vibe' and a more positive feel about it. We couldn't agree more. There is activity on the courts practically all of the time no matter what time of day, no matter what day, be it a coaching session, a match, a friendly game, families, kids or a social event. Things have really picked up.

But we are still only scratching the surface. There are numerous plans in mind for more tennis activities for all.

CTA Sussex - Supporting Local Business

CTA will be partnering up with a few carefully selected local businesses to offer CTA Members and by extension, Crowborough Tennis Club Members discounted or free services/items.

One such business is Harris + Hoole. A great place to meet and eat and also pick up a needed tea or coffee or a fabulously refreshing smoothie.

The first offer to Members is buy one get one free on the Harris + Coole Smoothie. This offer will run throughout the grass court season. Themed around summer and sunshine, come and see AJ and he will give you a token that proves you are a genuine member to exchange at Harris + Hoole.



The two berry smoothie is a recommended drink to try



We have a new mini tennis coach on the books at CTA. Her name is Marianne. She joins the team as a mini tennis coach on a Saturday morning, helping with the mini tennis groups we have that day. She brings with her a lot of experience working at JTS in Tunbridge wells as well as other useful qualifications and experience that will help with the overall program. Feel free to say hi and make her feel welcome if you see her on a Saturday morning around the club. Her bio can be found on the CTA Website.

Kids Tennis

For the last few seasons we have had a fairly good number of kids on the program. However, 2014 has seen a boost in numbers, particularly in the mini red sessions. These are for kids between 4 and 8 mainly. One session in the week we have had just two kids for quite some time. Now we are hosting sessions for 11 kids in the same week day session. We have 20 mini reds on a Saturday morning now. We also have new faces in the mini orange, and mini yellow groups which is so encouraging. The kids are the future of the club and we all need to encourage their progress.

The over all number has increased from approx 65 kids in the program over the last couple of years to over 100 this year. Some who left the program last year are returning and loving the sessions again, this in itself is a great testament to the CTA team. Plans are to increase this number over the coming months/years so that we can offer a comprehensive program to all abilities and give as many kids as possible the opportunity to learn to play tennis.

CTA are also hosting an after school club at Rotherfield primary school on a Wednesday. This was oversubscribed within a day of the announcement. CTA plan to keep this relationship going and build on this with offering clubs at other local schools.

New Head windbreaks. Make the courts look great!



Speak to AJ if you fancy a go at beach tennis. The weather is right. The beach is waiting. Come and have a go. Next session is Sunday morning 10-12 on brighton seafront.

