

# CTA UPDATE

tennis coaching | tennis fitness | tennis performance

## tennis coaching

CTA has committed to hiring an indoor facility for some of the Winter Program. Primarily for those on a regular CTA Program. This has already proved invaluable when the weather has been less than pleasant outside. Ask for more details, we may even have the odd time slot available for you.

## tennis fitness

Still quite an underrated aspect of the average Club Tennis player. Particularly the movement side of the game. What stance to use and when; how to get to that stance; how to move more efficiently around the court; how to anticipate the next move and be ready for it. Talk to AJ if you would like to know more about footwork specific movements. You'll be amazed at the difference it will make to your game.

## tennis performance

We have amongst our Members a few players who have either picked up their county colours or have performed well at local or county tournaments. The performance training that CTA provides is proving successful. Ask AJ for more details.

### Game, Set and Cash

Our very own Joan Short met with the legend Pat Cash whilst at the 02 earlier in November. The ball she is holding has been signed by the man himself. Ask her about her experience at the 02. And what she plans on doing with this ball. You may even want in on it..



### Mini Tennis Term Ends

The end of the CTA Mini Tennis term is also upon us. The term ends on 19th December 2014. Details will follow regarding the 2015 term which commences 12th January 2015.

### The 02 World Finals

The end of the tennis year has been and gone. Congratulations to Novak Djokovic on finishing the year as the world number one





**Congratulations to our very own Caitlyn (above left) who passed her PTR under 10's Coaching Course. She is now a part of the CTA Coaching Team and helps us out with some of the Saturday classes. Pictured here with Suzannah!**

**Don't forget CTA Sussex has their own website. This is kept up to date and has all relevant information about the coaching program and a few extras. There is a link to it via the Crowborough Tennis Clubs site under Coaching Services. The address is: [WWW.CTASUSSEX.CO.UK](http://WWW.CTASUSSEX.CO.UK) more content will be uploaded as we go. But all the essentials are already there. Drop by.**

A reminder of the current timetable for the remainder of 2014

Monday - 7:30pm - Cardio Tennis Boot Camp at Crowborough

Tuesday - 2pm and 7pm - Adult Beginners at Crowborough

Wednesday - 10am - Cardio Tennis at Crowborough

Wednesday - 8pm - Adult Improvers and Match Practice for Team Players only at Crowborough

Thursday - 1pm - Cardio Tennis at Crowborough

Thursday - 2pm - Adult Beginners at Crowborough

Friday - 9:30am - Adult Coffee Morning at Crowborough

Saturday - 10am - Adult Improvers at Crowborough

Mini Reds - Monday's and Thursday's at 4pm and Saturdays 9:30am (Tots at 9am Saturdays)

Mini Orange - Tuesday's and Fridays at 4pm and Saturdays 10:15am

Mini Green - Tuesday's and Fridays at 5pm and Saturdays 11:15am

Mini Yellows - Monday's and Thursday's at 5:30pm and Saturdays 12:30pm

