

# CTA UPDATE

tennis coaching | tennis fitness | tennis performance

## tennis coaching

CTA 2015! Who'd have thought we'd be in year two of CTA Sussex already. Time has certainly flown by. We have seen a high proportion of members join us on court to improve their game. At the last count, CTA Sussex had Coached over 68% of the Clubs Membership during 2014. This enthusiasm continues. So good to see. Little adjustments here and there make big differences on court. If you've not yet enjoyed a session with CTA Sussex, get in touch to arrange one. You'll love it.

## tennis fitness

CTA Sussex believe efficient movement on court and over all fitness will bring your game up a level or two. Cardio Tennis sessions are designed specifically with this in mind. Feel free to attend a group session or ask us to tailor a one to one session for you. You'll be amazed at the difference a few tips on how to move to a ball will make. Timing is everything.

## tennis performance

Could this be the year for you? Would you like to play in more external tournaments? Let us know and we can work on this with you



Out with the old, in with the new. What is your New Years resolution?

A better backhand? A more powerful serve? Move up a division? Play more tactically? Get fitter? Lose weight?

What ever it is you want to achieve, CTA Sussex are available to help you. We are not just about improving your tennis, but your over all wellbeing also.

Have a chat with AJ and see if there are any areas we can assist. You may be suprised by what we can help with.

## Mini Tennis Update

January to March generally see a decline in numbers due to the icy cold weather. So it has been encouraging to see as many as we have had this year returning to the courts for their sessions.

Half term is upon us now and we would warmly welcome any new faces if you would like to start after half term, commencing 23rd February 2015. Simply get in touch with AJ via email or call him, and it can be arranged. Spring is just around the corner.





#### Current Time Table

Monday 7:30pm - Cardio Boot Camp Tennis

Tuesday 2pm - Adult Beginner Group

Tuesday 7pm - Adult Beginner Group

Wednesday 10am - Cardio Tennis

Saturday 10am - Adult Improver Group

Team training on a Wednesday evening has been put on hold for the time being. Please ask the Tennis Committee when this is coming back.

CTA are using the indoor facility at the moment due to contractual obligations. Once this contract has ended, more sessions will be introduced during the week. Watch this space. This will commence June 2015.

#### British Tennis Membership

If you haven't already got a British Tennis Membership Number, then it may be time for you to apply for one. There are a few benefits of being a British Tennis Member, particularly if you play a lot of tennis. Ask AJ for more details, or ask him to help you apply for one. Your Club will also benefit from you being a BTM Member, too.

#### Non Member Pricing

If you are not a Member of Crowborough Tennis and Squash Club, then Coaching Fees will increase slightly from April 2015. Mini Tennis Coaching Fees will have a non Member supplement reintroduced. All details of prices will be advertised shortly. Please ask AJ for more details in the mean time.

**Don't forget CTA Sussex has their own website. This is kept upto 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.**