

CTA UPDATE



community outreach

cta has always been engaged in a community outreach program, that exists for individuals across all walks of life making tennis an openly accessible sport.

in early 2018 ctsc secured funding from the local council and cta was engaged to ensure it was put to good use.

year to date, cta has provided coaching to over 105 individuals as part of the outreach program. these individuals have come from various places - including;

rotherfield school; free sessions;

grove park school; charity events

st anthony's; fund raisers

new members; organic growth

open days; cta development squads

lta volunteer work;

cta will continue their outreach programs for the foreseeable future and will also actively seek additional funding for 2019. every little helps. cta managed to secure a further £500 from the local council this month.

kids coaching

cta is proud to state that year on year the junior coaching program has grown steadily since we took over the coaching program.

we are seeing a positive change in the quality of juniors coming through, due to the dedication and hard work of the coaching team.

we have a boys team tennis squad; and a girls team tennis squad in training for the first time ever. the future of the club? we will at least keep these until they go off to university. but there are also a handful of younger juniors that are showing promise.

a full and vibrant coaching program is enjoyed by over 100 kids each week.



adult coaching

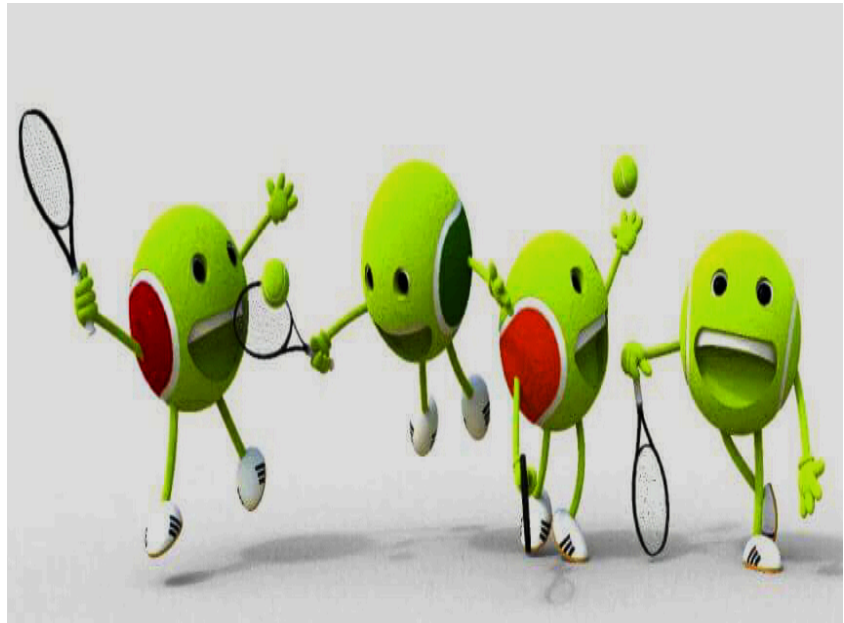
lets not forget the adults. we have seen a huge improvement amongst the adult players. the enthusiasm and drive to learn the tricks of the modern game is evident each week with many attending the groups sessions and many others having private tuition to hone their ever developing game.

at the last count, cta was happy to discover that we actively coach 56% of the clubs membership with a generous proportion of non members that we welcome to the club each week. what a testament to the love of the game of tennis.



the team

cta has a wonderful team of coaches running the program. each of them are true lovers of the sport and care for each individual on the program. our juniors love their time on court and cant wait to get back and play each week.



thanks goes to jacob, charlotte, lottie, harkiran, jo, david and all the other part time coaches we invite along to help with camps and tournaments; tara, cam and ellis.

cta ensures we are on top of furthering our own personal development and makes sure that we adhere to the latest safeguarding and registration protocol.

mentoring program

cta provides opportunities for new coaches to come along and practise their skills on court with our juniors or adults prior to their assessment for a particular coaching certification. cta is proud to offer a mentoring program for new coaches. this is another part of the community outreach program cta engage in.

cta can proudly announce that all mentees that have been through the mentor scheme have all passed their respective certifications. 100% success.

our latest mentee is jo. pictured here, in the middle, with some of our beginner adults. she has her level two ita certification assessment at the end of september. we wish her all the best.



the future

cta will continue to provide the service you have enjoyed for the foreseeable future.

you will find the timetable on the noticeboard for all of the sessions we host if you'd like to join us. we also have various time slots available for one to one coaching.

if there is anything that you feel that you would like to see added to the timetable, let us know. simply speak to AJ or email him with your ideas.

we welcome feedback. we welcome individual testimonials if you have the time to write one. let everyone know what your experience has been like on your tennis journey.

be sure to follow us on social media. facebook and instagram are updated regularly and will be the first port of call for any news or updates. @ctasussex

our website is www.ctasussex.co.uk - visit us, see what else we do and what other projects we are involved in.

we are as far reaching as yorkshire with one of our development players and have involvement with global organisations; two of the largest coaching organisations in the world; the ptr and the wtca.

watch this space for potentially exciting news around eastbourne tennis time 2019. the wtca will be coming to sussex. maybe even to crowborough.

you don't know who they are?? look up the [womens tennis coaching association](#). read up and get involved with the movement.

we hope you've found this update insightful. see you around the club or on court.

AJ and CTA

