MAXIMIZE YOUR FUN, EXERCISE, and IMPROVEMENT with US!
www.californiatennisacademy.net

# General Information about the CTA Tennis Courses

**The California Tennis Academy (CTA)** is very happy to announce its continued partnership with the **Tennis Club Uetikon am See!**

## Coaching Goals and Philosophy

**Our goal** in the CTA tennis program is to Maximize Fun, Exercise and Improvement for each student.

**Our philosophy** is that where there's serious Fun and Enjoyment, there's serious Motivation, and that's the key to Passion, and thereby rapid improvement in Tennis. No Fun and Enjoyment = no Passion ; no Passion = no Champion. And we believe this applies to any quest in life, be it sports, academics, music or anything else!

## Group Lesson Programs: Junior Clinics

Our **Clinic-style group lesson programs** that are offered **for juniors aged 7 years and older** (Tiger Tots on the Fun-Court for juniors aged 5 & 6 yrs.) run for a period of **55 minutes**, and are adapted to student's ages and ability levels. We start off with a warm up as a big group, and then divide into smaller groups where coaches run dynamic drills, competitive hitting exercises and games. At the end of each session, we play fun and exciting group games with names like **Gladiators**, **Stick'um**, **Covered Wagon**, **Stations**, **Tennis Olympics**, **Plums**, **Defend the Fortress and Blood and Guts,** to name a few.

**The Clinic Model**

In general, when it comes to group lessons, coaches are often isolated with their group of students, with little or no interaction between other coaches and their groups of students in the same age category. Overall, this can limit fun and excitement, interaction between students, and teamwork between the coaches.

The **Clinic Model** offers many advantages, **and it forms the backbone of the CTA junior program.** The primary emphasis is on **designating larger group divisions of students, or "Clinics"** (typically 12-16 students) according to age. All the students in a particular Clinic start together on the same days and times each week, and then break into smaller groups of 4, 5 or 6 students, established primarily according to the student's ability level. The CTA coaches work on designated courts with the groups for a period of time, and then all the coaches and students come together for the motivating **Group Games** which constitutes the last segment of the lesson. **A very important component of the Clinic is that all the students start the lesson together, and finish the lesson together.**

**Advantages of the Clinic Model:**

- The Clinic model helps to promote enjoyment and motivation, creating a conducive atmosphere for student interactions, synergy and a feeling of belonging to something BIGGER than themselves
- It promotes interaction, communication and TEAMWORK between coaches
- It allows coaches to work with students with different ability levels, and exposes students to all of the coaches
- This model is dynamic and allows for more flexibility and mobility between ability levels and age

**Rotational system**

Another advantage of the **Clinic Model** is that it allows for the possibility for the groups of students (or the coaches) to "rotate", or switch courts during the lesson period. This allows students to get a chance to work with all of the coaches, and for the coaches to work with all of the students in a Clinic. This fosters community and offers a more dynamic and motivating group experience for everyone.

**Wednesday Clinics**

**Junior Clinics are offered primarily on Wednesday afternoons**, which constitutes the backbone of the CTA Junior Program. We have 4 courts available, and the Fun Court for the ***Tiger-Tots Clinics*** (ages 5-7 yrs.) from 13:00 – 18:00.

**Alternative Clinic Days:**

Alternative clinics (minimum of 8 players) will be offered on Tuesdays and Thursdays for those students who do not have Wednesday afternoons off from school or who are in an apprenticeship program.

**Please consult the Program Page on the CTA website to sign up.**

**Expectations regarding Junior Behavior**

At CTA, we take proper behavior, etiquette and sportsmanship on and off the court very seriously. Our goal is to teach the CTA kids what I like to call **"Big Time Manners and Attitude".** Some examples include:

- Never abuse or throw your racket
- Never intentionally hit another youth with your racket or a ball
- Never use bad or inappropriate language (in any language!)
- Have respect for the coaches and the lesson
    - Pay attention and be quiet and respectful when a coach is speaking
    - Making your best effort to follow the coaches' instructions on the court
    - Picking up balls when asked to do so and helping to collect lesson materials at the end of the lesson
- Having a positive and enthusiastic attitude
- Being honest with yourself about your ability level and taking responsibility for your progress
- Learning to be happy about winning and how to deal with a losing
- Learning to control your emotions

Tennis is a competitive sport where winning and losing are part of the game. Learning to play tennis is challenging and we want it to be enjoyable, but it can also be frustrating. Juniors need to learn as quickly as possible how to deal with the emotions that come with learning a sport and competing, and our goal is to help them with this process. When a junior's emotions take over, it can affect their behavior, and disrupt the class. If this happens, the coach may ask them to take a "time out" and sit on the bench until they calm down. In rare cases, if the negative behavior continues, a youth may be asked to leave the lesson. Finally, it may be that a student simply needs time to grow and mature and is not yet ready for tennis lessons.

**A Word About Other Sports and Activities**
At the CTA, the junior tennis program is a top priority, and motivating young people to try our wonderful sport and to stay with it is our goal. Tennis can be challenging to learn and master, but with enthusiasm, positivity, constant encouragement, and promoting fun and enjoyment, tennis can develop into a passion and top priority for our juniors.

We are aware that as a tennis school, we are competing for a junior's time with many other sports and endeavors such as soccer, swimming, dance, hockey, skiing, skateboarding, not to mention school! It's mind boggling the demands that are put on young people, and how many activities many are involved in.

It's our opinion that oftentimes, kids are trying to do too much and they are overwhelmed. The result is that, while they are exposed to many different sports and activities, they become a "Jack of all trades, but master of none". Because they are trying to do so many different activities, they are unable to focus and develop a primary passion and really excel at it. **At the CTA, our philosophy is that we really want to help students develop a primary passion for Tennis and excel at it!**
***To Our TCU Parents:** We absolutely encourage you to support your children and watch their lessons, but we kindly ask you to give them (and our coaches) space and ***watch from outside the courts.*** Thank you!

**Group Lesson Training Seasons**
Group lesson training periods are organized around **Summer and Winter seasons.** Summer Group Lessons start after the Spring break and lasts until the Fall break (excluding Summer break). Winter Group Lessons start after the autumn vacation and end before the spring vacation (excluding Christmas and Sports' Vacations).The sports' vacations are based on the Uetiker vacation schedule. **Note:** The group lesson training schedules for summer and winter are different!

**Clinic Registration and Waiting List**

In general, the CTA offers group lessons for children ***5 years and older. There is limited space in each clinic category, so make sure to get your registrations in early!** Registration Forms can be found on the CTA website. Please fill out the registration form completely before submitting it. Registration is First come First serve! Once a clinic is booked out, we will create a wait list. We will get in contact with you if a space becomes available.
***(* If there are too many registrations, we reserve the right to put 5-year-old juniors on a waiting list).***

**Group Formations**

In general, a group is composed of 4 - 6 students, who will be divided into groups primarily according to age and ability level by the CTA Coaching Staff. Changes may need to be made in the group formations. If a child is too strong (or too weak) for a particular group, we may need to make a group change.

**Lesson Cancellations due to Bad Weather**

In case of rain, or unsafe playing conditions, lessons will be canceled, and will not be rescheduled. There will be no refunds. In compensation for missed lessons, all participating juniors will be invited free of charge to a special **CTA Clinic Rain Make Up Day** which will be organized at the end of the summer season.