

November

Dear Parents,

November is here and we are half way through the first semester for the 2016-2017 academic year. The players continue to have fun and we are equally excited to provide tennis training opportunities this month and beyond. Our newsletter is designed to keep you up-to-date on the happenings at the ATA this month.

Upcoming from our Calendar for November:

- 5th: ATA Car Wash
- 10th: Deadline for ASP Payments
- 10th- 11th: ATA Regional U18 ITF Qualifier Tournament
- 12th-19th: ITF Junior Championships

Notice:

The ATA will be hosting the upcoming ITF Junior Championships from the 12th to 19th November. All tennis programs will be cancelled during this week therefore all program fees will be adjusted for November only. We are expecting players from around the world to participate in this program. Please be sure to be courteous to our guests and to welcome them to our island and to our facility. We encourage you to bring the children to the facility to witness the tennis games.

Birthdays:

We trust that all of the birthday celebrants from October had a wonderful birthday & we wish them a bright future. Please extend birthday greetings and best wishes to our celebrants for this month:

- Azara Carter - November 6th
- Coach Mitch Lake - November 7th
- Kafrey Carty - November 9th
- Orlando Hill - November 13th
- Myisha Letang - November 17th

Reading is Fundamental Program:

On November 11th we will launch our reading program at the ATA. Please refer to last month's newsletter for details. If you have any books at home you wish to donate to this program, please deliver them to the ATA's front office.

Anguilla Children's Tennis Clinic:

During the period of the ITF Junior Championships, there will be a children's day where children can participate in a tennis clinic. This event is scheduled for Saturday November 19th from 5pm to 6pm. Please take note of this and make every effort to have your child participate in this event

Players of the Month:

Each month we will celebrate the hard work and success of players in different categories. Please make an effort to congratulate the players and encourage them in the sport. The players of the month for November are:

Most Improved Players

Dashita Chhatlani - disciplined and dedicated player.
Nikolas Loizos - improved ability to hit the tennis ball.
Destin Webster - improved in stroke consistency.
Jahria Webster - improved ability to hit the tennis ball.
Orlando Hill - dedication to the game and training.

Most Valuable Players

Zuri Babrow - most coachable and listens well.
Ella Irish - trains hard and growth in competitive skill.
Jared Hodge - improved his fitness and hitting the ball.
Rodrigo Vazquez - most improved tennis game.
Nandi Edwards - most improved tennis game.

ATA Player of the Month

Benajah Harrigan - Benajah is being recognized for his willingness to help and for his dedication, hard work and eagerness to learn.

Tennis Courts Upgrade:

So far we have 3 courts completely resurfaced and ready for play. We continue to ask for your patience while the work continues. Tennis instruction will continue as usual for the ASP. However, there will be limited courts available for booking.

Tennis Tip for the Month:

Hit and recover to the middle of the court: Often times players will hit a ball and watch the ball and then compliment themselves on the shot. Players should hit the ball and recover to the middle of the tennis court to prepare for the next shot.

Feeding Child Athletes:

Athletic children need to eat the right amount and mix of foods to support that higher level of activity, but that mix might not be too different from a normal healthy diet. Eating for sports should be an extension of healthy eating for life.

Meal and Snack Suggestions

A good breakfast for young athletes might include low-fat yogurt with some granola and a banana, or whole-grain cereal and low-fat milk with sliced strawberries. Try bean burritos with low-fat cheese, lettuce and tomatoes, or a turkey sandwich on whole-wheat bread and fruit for lunch. For dinner, serve grilled chicken breasts with steamed rice and vegetables, or pasta with red sauce and lean ground beef, along with a salad. Good snacks include pretzels, raisins, crackers, string cheese, vegetables, or fruit.

kidshealth.org/en/parents/feed-child-athlete.html

