

The ATA Summer Camp – A Parent’s Perspective

by Mimi Connor

Riverbanks, jail, and fruit salad. Palaces, dungeons, and frying pans. What, you ask, do these have to do with tennis? Plenty, if you are a child enrolled in the Anguilla Tennis Academy summer camp.



Our son Keval, a five-year-old student in the Peewee class, leaves the house every morning with his water bottle and junior racquet in hand, determined not to fall in the river, eager to stay on the bank, and focused on staying out of jail in order to win points and prizes from his coach. The fruit salad? It is not his morning snack; it is one of the many drills and games he enjoys as he learns racquet technique and footwork, develops eye-hand coordination and improves general fitness. As an added bonus, he is also developing discipline, concentration and listening skills – essentials he will carry with him off the court and into the classroom. As far as he’s concerned, however, he’s just happy to tell you he’s hitting more tennis balls over the net each day and having lots of fun doing it.

Our eleven-year-old daughter Sabrina’s experience with the summer tennis camp reads like a history of the ATA. In 2001 at the age of 4, she attended her first

summer camp. At that time there was only the camp (no after school programme) and the venue was the one tennis court (sometimes two courts) at The James Ronald Webster Park.

As a parent during those early years I remember many children, few courts and long lines of eager tennis novices tended by a very patient and encouraging team of coaches. Sabrina remembers trying very hard to get the ball over the net and getting frustrated when she didn’t. She remembers improving with her coaches’ help so that by the end of the international coaches’ week (courts provided by Malliouhana and Carimar, later Temenos), she was winning those much coveted prizes and receiving praises for her efforts. Her great disappointment with the tennis camp was that she’d have to wait a whole year until the next one. She waited, sometimes not so patiently, and attended every summer camp since.

In September 2003, the after-school tennis programme was launched. Sabrina enrolled and has been training and playing tennis, year-round since – on average three times per week. With the opening of the new facility in Blowing Point in December 2007, class size decreased, the student to coach ratio improved, and the children received more individualized attention. With the new facility, tournaments became a more frequent event on the ATA programme, including family fun days for all ages. What a pleasure it’s been to attend all these activities at such a world-class facility.

Over the years Sabrina advanced through the ranks from Peewee to Intermediate to the Tournament Ready group. She has benefitted from tournament play

– both local and international competitions. This summer she and several students in the tournament ready group serve as assistant coaches during the morning camp sessions. She looks forward to greater competition and development of her game during the upcoming school year when she joins the older students in the senior tournament ready group.

This parent is happy knowing that the ATA is helping the children to learn and enjoy the sport of tennis – an activity that will serve them well throughout their lives. In addition to developing the skills necessary to play this wonderful game, the benefits to our children through involvement in the various ATA programmes are many – opportunities for personal growth, advancement and leadership to name a few. This parent must also confess a personal interest in athletic scholarships that are available for promising young tennis players. Several of our local youngsters who came up through the ranks of the ATA are attending colleges and universities thanks to generous athletic scholarships. They can attest to the fact that with a generous amount of discipline, self-motivation and hard work, tennis can provide a path to achieve your goals.





ATA Thanks everyone who supported the 1st annual

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and all the Families!



Photos by: Rednaxela Productions



Looking to the future, there is still much work to do. We should continue to set high goals for the Academy and the children. It would be great to see tournament opportunities and the necessary training further develop. Membership in the International Tennis Federation (ITF) and its regional association would be one well-placed step to bring us closer to its junior and senior international circuits and the many programmes, competitions and events offered.

Opportunities are out there for disciplined, self-motivated young people to achieve their goals through tennis. The benefits of ATA involvement can be far reaching and life changing – delightful fruit salads, physical and mental fitness, and sports scholarships – to name a few.

Thank you Anguilla Tennis Academy for the invaluable role you play in our community.



Coaching Tip of the Month

by Rodney Ross



Warm-up exercises

Warm up exercises are very important. All tennis players must warm up before they play any match or before they practice. It is necessary for players to stretch in order to warm up their bodies and get their heart rate up so that they can perform at their peak. Also, warming up before any vigorous activity helps to prevent injuries.

Player Profile



Player: Daniel Andrews

Playing Style: Mainly offensive, sometimes defensive

Grip Colour: Dark Blue

Date of Birth: 26 June 1994

Favourite Tennis Player: Roger Federer

Tennis Goals: To receive a tennis scholarship

Mini Bio: Danny has been playing tennis in Anguilla since he was four. He enjoys every aspect of the game. His forehand is a weapon on the court. He likes to try different shots and strategies, developing an all-court game. He says that he enjoys every aspect of the game and would like to earn a black grip in the GRIPS program one day. In his free time, when he's not playing tennis, he enjoys fishing and going to the movies. His favorite place to visit is Miami. Keep an eye out for this dynamic young man as he grows in his tennis game.

Introducing The GRIPS Program



This year the Anguilla Tennis Academy (ATA) has made the next step in the development of the children, coaches and members at the Academy.

In July 2009, the Anguilla tennis Academy held its 14th Annual Summer Camp at its facility in Blowing Point, Anguilla. Mr. Aaron Fox and Ms. Page Bartelt co-founders of the GRIPS program, were among a number of visiting coaches. They participated in coaching of the kids during the summer program and trained the coaches on how to administer the GRIPS program testing. Once trained, the

at the ATA administered placement tests to their upper echelon of players. Almost immediately, there was a new spirit among the players who participated, they were eager to improve to move on to the next colour level.

The GRIPS program is a structured player development system. Players take objective online and on-court tests to advance colour levels from the white grip to the black grip, similar to Karate. This system allows players of any age to set attainable goals for themselves by looking at their tennis game in steps. Once placed on certain colour level, players can see what skills they should be able to master to move on to the next level. This constant setting of goals will allow players to train with a purpose, as is often difficult in a somewhat isolated environment as can be seen in small island communities. It also reminds players that consistency is the basis of any good tennis game.

We at the ATA have now begun to

introduce the GRIPS system to all the players in the After School Tennis Programme. We look forward to the continued growth of the GRIPS program within the Academy, and hope to eventually involve not only its junior players but all of its members.



ATA Summer Camp 2009



As almost 150 children ran, jumped and played their way into the Anguilla Tennis Academy throughout the month of July, the excitement grew and they enjoyed themselves. As with previous years, the ATA has successfully conducted its fourteenth Summer Camp Programme. It has become the main attraction for the new facility in Blowing Point since its inception and shows much promise for tennis growth here on Anguilla.

The coaching staff – Coaching Tennis And Beyond (CTAB), as well as many helpers from the Tournament Group of the After School Programme, came together and organized fun and effective activities for all the participants. It

is the first year that Executive Director, Marvin Hazell and Office Manager, Shauna Richardson have been the main organizers and they were able, with the advisory help of Mitch and Keesha Lake, to put on a high quality camp.

As with years past, coaches from abroad have been re-introduced to the fold for the international coaches' week. Coach Bill Riddle, Siobhan Belloli, Devin Crotzer, Aaron Fox, Page Bartelt and Blakely Riddle visited Anguilla for one week where they injected new skills, new methods and a wealth of great knowledge that will help the Anguilla Tennis Academy grow in the future. Many thanks to these coaches for their magnificent help this summer. Thanks to all the parents and children who made time and chose the 2009 ATA Summer Camp. The ATA looks forward to another wonderful time with you in 2010.

The large event, of course, would not have been successful without the help of our many sponsors. The ATA would like to thank the following sponsors.

Platinum:

ABC Supplies, Keene Enterprises, Social Security Board, National Bank of Anguilla, Cuisinart Resort & Spa, Carimar Beach Club and Malliouhana Hotel & Spa.

Gold:

Caribbean Commercial Bank, Lake's World, ANGLEC, J.W. Proctors, Cerulean Villa, John Benjamin, Triple K Car Rental, Highway Rent a Car and Digicel

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We would also like to thank our
participants.



A message from Mitchelle Lake- Founder of the Anguilla Tennis Academy

The Anguilla Tennis Academy (ATA) has reached a significant milestone in its 14 years of providing opportunities through tennis for the children of the island. "It is in dreaming the greatest dreams, seeking the highest goals that we build the brightest tomorrows." Indeed, my dream of building a world class tennis facility for the children of Anguilla has become a reality. We would not be at this exciting phase in the project without the dedicated and committed support of our local government, the businesses in the community, international friends, and Anguillians. On behalf of staff and Board at the ATA, I would like to express my sincere gratitude to all who have given of their time, and financial resources to this worthy cause. Your efforts and contributions helped us to build a center of excellence that will undoubtedly be a land mark of the Caribbean and a symbol of national pride.

The primary goal of the ATA is to expose children to the joys, discipline and rigor of the life long sport of tennis where they can acquire technical skills, experience ideal sportsmanship and develop a strong sense of community. The ATA is committed to developing healthy minds and providing educational opportunities for children through the sport of tennis. The academy was founded on the principle of using tennis as a vehicle to reach and empower children and to equip them with the skills and knowledge to become responsible citizens of their community.

The Anguilla Tennis Academy started its after-school tennis program to provide year round tennis instruction for interested children in Anguilla. The program initially ran on the courts at the James Ronald Webster Park and in 2007 the ATA moved its program to its newly completed facilities in Blowing Point. Currently, more than fifty-five (55) children, ages 4 – 17, are benefiting from the program. Our goal is to have a maximum of one hundred and twenty(120) children enroll in the program.

In January of 2009, the Anguilla Tennis Academy appointed Mr. Marvin Hazell as the new Executive Director and Ms. Shauna Richardson as the Office Manager at the facility. These two individuals are Anguillians who have returned from tertiary education abroad, and they have also been apart of the Academy since its inception in 1996. They have participated in all of the programs, and are now coaches. The ATA has grown from three members of staff in 2003 to ten members of staff in 2009. Over ninety percent (90%) are local Anguillians, who were graduates of the ATA programs.

While we pause to celebrate these milestones, it is important to note that we are in need of additional financial support to sustain the momentum and help take this project to the next level. It is imperative that we continue working together in the New Year and the years ahead as a community to seize this moment of opportunity and give our children a center where they can grow and aspire to greater heights in a safeguarded and nurturing environment.

I would like to thank each and every one of you for embracing this dream and working to make it a reality. You have sent a clear message to Anguilla, the region and the world that we can work together to make all things possible. Best wishes for the New Year and we look forward to your continued support.

The Anguilla Tennis Academy (ATA) is operating full-time in its new facility in Blowing Point, Anguilla. Since the program started in 1996, the ATA has introduced more than 3,000 children to the sport of tennis. Currently we have 60 children enrolled in our after-school programme, offering the children of Anguilla an opportunity to learn the sport of tennis at a facility with regulation courts. At the ATA we coach children and train our students to become coaches. We provide the graduates of our tennis program an opportunity to coach at the ATA facility or at the resorts that we manage. Over ninety percent (90%) of our staff are graduates of the ATA's program. Through the ATA programme we also provide our students with an opportunity to achieve tennis athletic scholarships to further their education.

We thank ALL our sponsors for giving us the assistance required over the years to make it this far. To continue our programme at the facility, we require more equipment to operate effectively and to offer the best service to our students.

Below is a list of items that we are in need to improve our childrens' programme. If you would like to contribute one or more items listed below please follow this link to our website www.anguillatennis.com/wishlist.

Thank you in advance for your support.

Court & Training Equipment

- One Ball Machine
- Medicine Balls
- Jump Ropes
- Resistance Bands
- Water Coolers
- Covered Seating
- Towels and Baskets
- Six Scorecard Systems

Studying Equipment

- Conference Circular Table
- Computer Chairs
- Bookcases
- Reading Books (Ages 4 - 17)
- Instructional/Educational Books &

DVDs (Ages 4 - 17)

- DVD/ Video Player

Administrative Equipment

- Photocopier
- Two Laptops
- Projector
- Projector Screen
- Public Address System
- Three Glass Covered Notice Boards

to be made locally

Maintenance Equipment

- Two Power Brooms

ATA Annual Events



ATA Programmes



The After School Programme

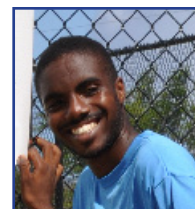
ATA Clubs and Associations

The ATA Parents' Association



The ATA Staff

Marvin Hazell
Executive Director



Shauna Richardson
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Rodney Ross
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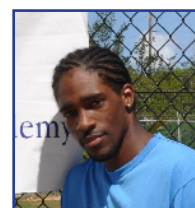
Vallan Hodge-Richardson,
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Daryl C. Thompson
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Calyde Hughes
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