

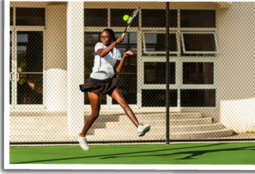
A Royal Visit



Great & Intense Tennis! Lots of Tennis Pros! Excited Kids! Cameras Flashing! The screeching of tennis shoes! Tons of spectators! And to top it all off, Royalty in our midst! No, it's not what you are thinking! It's not the highlights of Wimbledon nor the US Open, it was the atmosphere today at the Anguilla Tennis Academy! Today, 5th March, 2012 the Anguilla Tennis Academy was graced with the presence of Prince Edward, Earl of Wessex and his wife Sophie, Countess of Wessex! We here at the Academy were glad that they were able to share in the laughter and excitement of the 80+ plus kids enrolled in our After School Program. We appreciate their interest in our facility and we are also greatly appreciative for all the support from our parents and visitors. Thanks! Thanks! :)

Nzinga and Avern—Players' Profiles

Nzinga Banks



NAME:
Nzingha Ifetayo BANKS

AGE:
19

PREVIOUS SCHOOL:
Albena Lake-Hodge Comprehensive School, Anguilla, holding CAPE Certified Associates Degrees in Computer Science and in Business Studies.

STYLE OF PLAY:
Aggressive baseliner.

FAVOURITE SHOT:
Crosscourt forehand with lots of topspin (at a very short angle to finish off the point).



FAVOURITE FEMALE PRO:
Venus Williams for her overall demeanor on the court, her power, and for her physical stature.

FAVOURITE MALE PRO:
Roger Federer for his seemingly effortless elegance and shot production on the court.

GAME PREFERENCE:
Doubles, because of the required teamwork, unity, effective communication, motivation and coaching of self and others, strategizing each point.

ATA EXPERIENCE:
Attended the ATA's first summer camp at the age of 6. Member of the ATA (13 years), After-School Program (8 years), Advanced Tournament group (8 years). Currently serves as Coach Trainee, Tennis Assistant, Hitting Partner, and Public Relations liaison responsible for production of the ATA's Facebook page.

TENNIS DREAMS & ASPIRATIONS:
Receive a tennis scholarship to attend (and play tennis for) a top university while pursuing a degree in computers, business and marketing.

Avern Gumbs



NAME:
Avern Abia GUMBS

AGE:
15

CURRENT SCHOOL:
Albena Lake-Hodge Comprehensive School, Anguilla.

STYLE OF PLAY:
Baseliner, with no fear of volleying.

FAVOURITE SHOT:
Crosscourt forehand.



FAVOURITE FEMALE PRO:
Serena Williams for having won her first Grand Slam title at the age of 17, for her long winning record, her power and shot selection on the court.

FAVOURITE MALE PRO:
Roger Federer, for the way he hides his burning competitive fire behind a calm, cool demeanor; for his well disguised deadly shots.

GAME PREFERENCE:
Singles, because of her ability to cover the court.

ATA EXPERIENCE:
Attended first ATA summer camp at the age of 3. Student in the After School Program (ASP). Currently pursuing an individualized educational plan which combines academic subjects at the ALHCS and intensive tennis at the ATA.

TENNIS DREAMS & ASPIRATIONS:

1. Receive a scholarship to play tennis at a top university
2. Become a tennis professional ranked in the top 10
3. Coach tennis and counsel players

Governor gives seven scholarships to ATA students

Seven scholarships have been donated by Governor Alistair Harrison through the Governor's Fund for the After School Tennis programme of the Anguilla Tennis Academy (ATA). One student from each of the six public primary schools and also a student from Campus B of the Albena Lake Hodge Comprehensive School are benefitting from the donation. It will cover the US\$75 a month fee for the next ten months and is a total of US\$5,600. The After School Programme currently has 76 children registered and 30 of these are on scholarships thanks to the generosity of businesses and individuals on the island and from overseas. President of the ATA, Mitchell Lake, said that in these difficult economic times it is great that persons are donating so that children can benefit from the programme. He said that the programme is going really well and there is marked improvement since the introduction of the low compression tennis balls. The Governor said that it is great to be able to support the ATA and it is hard to tell a child who is

keen that they cannot participate. He said that tennis is a tremendous sport and he knows the importance of developing the talent at an early age. "Everything you are doing is great," he told Lake, "best wishes for the future. "On behalf of the participants and the Board of Directors, I would like to thank the Governor for his generous contribution towards the ATA scholarship programme," said Lake. "His generosity has made it possible for many of our young children to participate in the ATA After School Programme for a full year. We welcome others to support our efforts as we endeavour to shape lives and build a future for our young children through the sport of tennis."



Strength & Conditioning Coach - Loren Hunte

Interning at the Anguilla Tennis Academy (ATA) has been a wonderful experience. I have enjoyed all the interesting people I have met and all the things I have done. I am extremely grateful for the opportunity to help create a strength and conditioning program for an organization that has already done so much for the children of Anguilla. Very seldom does an intern get the chance to create, design and implement an entire program on their own, and I luckily was given this amazing challenge.

I had a great time getting to know and training the coaches at ATA. I have seen a great improvement in their strength and endurance when resistance training and performing cardio respiratory exercises. I appreciate them allowing me to instruct them and educate them in different exercises and how to use proper form and technique while exercising. They have all been a pleasure to work with and I thank them for welcoming me into the academy.

The best part of my internship was training 8

amazing athletes. I enjoyed designing exercises that I thought would challenge them and make them stronger as an athlete and individual. I tried to get them to come out of their comfort zone and realize they can run fast, they can do these 20 pushups and they can run this suicide in under 35 seconds; as long as they realize they can do whatever they set their minds to. I got to know each of the kids and like something different in each one. I wish them all the best in tennis and in life; they are all incredible young people.

All in all, I have had the best time and could not imagine doing my internship anywhere else. I would like to thank Mr. Lake for giving me this great opportunity, the coaches and athletes for being such great participants and the parents for allowing me to coach their children. Being on this beautiful island, meeting amazing people and doing something I love; all I could say is, "Priceless!"

ATA New Director at Viceroy: Vallan Hodge



Vallan Hodge has been appointed Tennis Director for Viceroy Resort. Vallan started playing tennis at 15 years when he attended his first summer tennis camp in 2002. He had never played before but became very interested in the game and

advanced quickly to become one of the island's top players.

When he left school in 2004 he volunteered at the ATA and the following year was appointed as Assistant Pro at CuisinArt Resort. He has received professional coaching in Dallas, Texas from Chris Wade, a coach who has visited Anguilla many times, as well as in Virginia and Tennessee. He is a PTR

(Professional Tennis Registry) certified coach.

At Viceroy, Vallan is excited about coaching children to adults and will be available to play with visitors who want some good competition.

President of the ATA, Mitchelle Lake commented, "This is a tremendous opportunity for Vallan who is a product of the ATA. I am confident that he will service Viceroy well. His passion and commitment to the game of tennis has allowed him to make an indelible impression on the children and guests he comes into contact with."

Vallan is also responsible for overseeing the villa operations for the Anguilla Tennis Academy.



Office Manager
Denise Webster Horsford

Denise Webster Horsford is a young intelligent charismatic woman who is presently employed with the Anguilla Tennis Academy in the position of Front Office Clerk. She believes that young people have the power to create their own reality and through hard work and dedication anything is possible. Her great work ethic encourages the people around her to think outside the box and challenge traditional boundaries to enhance the operation of the organization.

Denise has a pleasant and welcoming personality. In addition, from an early age she was very active in sports, namely track and field, football, and cycling. Denise was also recognized at the Anguilla National Sports Award Banquet in 2004 magazine as the youth sports woman of the year.

During her stint at the Albena Lake Hodge Comprehensive School she was recognized for her outstanding performance in academics and athletics. She was also an active member of the debating society and the environmental club. Denise believes in continued education and is currently pursuing her Caribbean Advanced Proficiency Examinations. When completed she will be awarded with an Associates Degree in Business Management.

Coach Denny's Tip

Keep your eyes on the ball

Practice watching the ball hitting the strings of the racket in front of you as long as possible. This will help you improve your contact point. Remember, practice makes perfect so keep your eyes on the ball during your hitting sessions and match play.