



INTERNATIONAL TENNIS CLUB & SCHOOL™

ATP / WTA / ITF / USTA / STZ Pro Coaching
Juniors / Adults / Seniors Clinics
Rev 23062015

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About Us

Tennis Academy of INTERNATIONAL TENNIS CLUB AND SCHOOL (ITCAS)

Tennis Academy of *ITCAS* was founded in 2015 with the goal of establishing quality tennis programming for the schools and tennis community . We offer a comprehensive array of programs for both juniors and adults regardless of age or skill level. Combining certified staff along with our numerous instructional and match play programs makes *ITCAS* the only place for academic , public and professional tennis in Bratislava.

Our Philosophy

We believe that proper skill development and encouraging personal development is just as important to long term success in tennis as stroke and tactical development. Without first being able to catch a ball, you can't expect to be able to hit a ball with a racquet. Our teaching model is based on a series of progressions. First, the proper skills need to be developed. These include balance, eye-hand coordination, and spatial relationship recognition between oneself and the ball. By focusing on the overall athletic development of the player, they will have a much higher success rate when trying to apply these skills to the game of tennis. The Quickstart methodology requires the proper court size, ball, racquet length, net height, and score for each age group. By combining the proper skill development with the Quickstart format, we feel each player will be able to maximize their skills at each level. We feel that by sticking to this path, players will develop quicker with more success ensuring that they will continue to want to play

Learning and playing the game of tennis has enormous benefits at all levels; both for children and adults. You don't have to train or have the athletic skills of a touring pro to reap the benefits this game has to offer. Learning how to think independently, make quick decisions, and improve athletic skills are just a few benefits that can help people of all ages. By offering a structure that starts with the simplest of concepts and progresses to the most complex, we truly feel that we have something for everyone.

Junior Tennis Lessons & Clinics

"My children really enjoyed their first tennis lesson and can't wait to go back. I thought the instructor was very enthusiastic and engaging with the children."

Whether your child has never held a racquet, or is a seasoned tournament player, there is a program for them within *ITCAS*. We have a class for every age and skill level to ensure your child can progress at their own pace. Our class structures are designed to meet each goal from getting exercise and having fun to developing the next generation of champions. Tennis not only will enhance athletic skill development, but also improve listening skills, critical thinking, and the ability to work in groups which are valuable tools for all children.

Little Aces (5-6) Club Clinic

Our Little Aces clinic is designed to introduce the "little ones" to the skills necessary to play tennis. The class is made up of games designed to promote eye-hand coordination, footwork, and racquet skills using a 36 ft Quickstart court along with the other proper equipment. Fun and ensuring each child's success are the top priorities.

Future Stars (7-10) Club Clinic

Future Stars clinics are also designed around the Quickstart methodology utilizing the 36ft court and red balls. Athletic development skill development is still a focal point along with more emphasis on stroke production and footwork.

Stars (9-12) Club Clinic

Our Stars group are split into two groups depending on experience and level of play. All beginners will start on a 60ft court with the orange, low-compression ball. Proper stroke mechanics and footwork are emphasized from the start. More experienced players will be introduced to strategy and point play while transitioning to a full-size court and green ball.

Super Stars (9-12, 13+)

This class is designed for children who have gone through our progression of development, have prior competition experience, or who currently compete at the high school or STZ tournament level. Focus is primarily on the tactical aspects of the game mixed in with technical development. Footwork, agility, and strength development will also be incorporated. Must be approved by Head Pro for participation in this clinic, and participating two days per week is required.

Which Clinic Is Right for My Child?

If you are unsure which clinic your child should attend to request more information. You can also call +421 944 992620 | +421 917 161259 or office@itcas.org

Junior Play Days/Season Series Spring, Winter, Summeretc.

Just as any other sport has games to go along with their practices, it is crucial that juniors have the opportunity to play matches in order to continue their progression. *ITCAS* will offer a series of Jr. Play Days and seasonal series' to give children the opportunity to participate in match play. Fun is the #1 priority at our play days and pizza is always included!

All dates you will find during the year on www.ITCAS.org

Register by emailing :

office@ITCAS.org

Summer/Winter Camps

Each summer, *ITCAS* will offer summer camp programming in partnership with sport facilities in Bratislava or other camps around the world. Please go to www.ITSAC.org on our summer camp tab to learn more about the structure and the schedule.

Adult Tennis Lessons & Clinics

"Coach was fantastic in his approach to teaching and coaching. I have already booked my next private tennis session; also, my friend and I plan to continue on with private lessons and clinics with Ladislav. I am very happy with ITCAS and its programs."

Whether you are looking to learn the game of tennis for the first time, or looking for some fine tuning before your next league match **ITCAS** has a program designed with you in mind. We have everything from Beginner clinics to our more intense Drill & Play sessions. All of our adult programs are designed around a fast-paced, games-based approach that maximizes both fun and improvement.

Adult Clinics:

Beginner —This class clinic is designed for someone who has never played, or is coming back from a long break. It is required that you sign up for a minimum of 4 weeks as each class will build on the last. Each stroke will be covered as well as basic concepts of footwork. You can expect to hit a lot of balls as well as move around a bit. High repetition and active participation are much more fun ways to learn than listening to a pro talk for an hour.

Recreational —This program encompasses most recreational players. You have the ability to sustain a rally, or have had some prior match play experience. You are looking for a good workout as well as improvement of your game. High repetition drills and situational point play will ensure tons of fun and make you sweat.

Intermediate —This is for our minimum 3.5 players and up. This power hour is designed for the intermediate player will combine live-ball drill sessions with situational point play. It's a perfect opportunity to hone your skills in between matches.

Cardio Tennis —This is for all players male and female. This power hour is designed for the health and fitness. Player will combine drill sessions in aerobic intensity. It's a perfect opportunity to improve your skills and fitness.

Leagues, Ladders and Match Play

In addition to our instructional programs, *ITCAS* also offer a wide variety of match play options for the community. These include singles' box leagues, doubles league play, and round robin adult socials. Our match play programs are designed to connect players, encourage participation for all levels, and provide a FUN environment for people to play. Go to www.ITCAS.org to learn more about our match play opportunities and to sign up

Summer ITCAS Tennis Camps

Summer Camps 2014 with ITCAS

Our 1/2 day summer camps are filled with two things; fun and tennis! Each day will consist of stroke and skill development, point play, and games. Specific structure will be based on the age and skill level of the player.

Ages 6+ for all skill levels

What to bring: Water bottle, towel, racquet (we have extras if you need one), and a good attitude!

Location: open

Time: 9am-12pm Mon-Fri. early drop off at 8:30. Snacks included.

Cost: EUR open

Make Up Policy: For weather related cancellations, students will get credit for the time on a day of their choosing during another camp week. Credits can also be applied to our clinics.

Camp Dates:

June 16-20 – OPEN

June 23-27 – OPEN

July 7-11 – OPEN

July 14-18 – OPEN

July 21-25 – OPEN

July 28-Aug 1 – OPEN

Aug 11-15 – OPEN

www.ITCAS.org to register or request additional information.

Leagues/Match Play

GAME, SET, MATCH!

ITCAS Dubravka also offers year round match play. Whether it's a doubles league, singles ladder, or adult social; we will have something for your competitive spirit! All of our playing opportunities are designed to be fun and social. Most likely, you've missed your chance to play at the US Open so having fun should be the top priority. All of our leagues and programs are a la carte...no monthly fees, registration fees, membership dues, etc!

ITC manages it's league and ladders through ww.stz.sk. To register for our league and ladder options for the Bratislava Tennis community, follow these easy steps:

TO REGISTER:

Contact office@ITCAS.org

SCHEDULE:

Summer Singles Ladder : coming soon

Adult Social – coming soon



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