

# JUNIOR PROGRAM

Leisure, Advanced & Pro Paths

# OUR VISION



Tennis has always been more than just a sport for me. It's a reflection of the soul, a true school of perseverance. It's where we learn to rise after failure, to fight through adversity, and to believe in ourselves.

At CV Tennis Academy, we don't simply teach technique. We awaken the fire within. We shape character. We inspire belief in dreams. Because a true champion isn't just someone who plays the game. A true champion is someone who moves forward, even when the path is difficult, and the effort feels relentless.

The professional circuit isn't promised — but with us, every player is trained as if they were going there. With an uncompromising passion for pure technique, the right fundamentals, and a deep love for the sport.

**Whether it's for fun or to start a professional carrier, we adjust our coaching to unlock the best of every player, ensuring that even in leisure programs, every player develop a solid technique, the right gesture and a growing passion for the game.**

**Our vision is clear: We believe in excellence. Always.**

Per Tenacitatem, Ad Excellens.

**CHARLES-ROBERT VIALE**



# COACHING METHODOLOGY · For Beginners

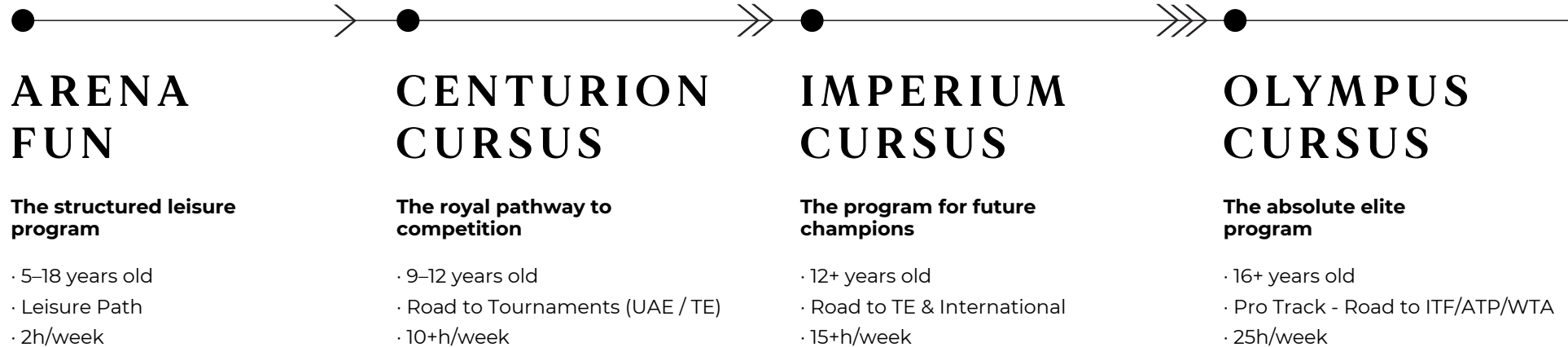


Our approach is simple & built on solid foundations.

- 1 **Physical Preparation:** We advise parents to include physical training early on to support overall development. A child without proper physical preparation will need to work three times harder later to play tennis well.
- 2 **No Early Strokes:** Beginners do not hit tennis strokes during the first 1 to 2 months.
- 3 **Shadow Phase:** Players begin with a shadow phase lasting **1 to 3 months**, focusing on movement patterns and body positioning using the 8 stage of the forehand and the 6 stages of the backhand
- 4 **The Waiting Phase:** Many beginner kids tend to stay rooted in place, waiting for the ball instead of moving actively. Developing side-to-side footwork, like a boxer's rhythm, is crucial in the early stages.
- 5 **The Split Step:** Learning the split step takes time—months of practice to build the quick reflex needed to move toward the ball. Few beginners understand its importance, yet it's key to playing well.
- 6 **Balance & Coordination:** Exercises develop balance, coordination, and biomechanical foundations.
- 7 **Self-Fed Accuracy Work:** Players learn to feed the ball themselves and aim for precise targets on court.
- 8 **Placement Awareness:** They practice stopping the ball to understand spacing, timing, and court position.
- 9 **Rally Progression:** Rallying begins around **month 3**, with clean and elegant technique — not rushed chaos or “clown tennis.”
- 10 **Serve Development:** The serve is introduced early through toss-only phases, followed by the throw with full serve motion and ball contact added **after 4 months**.



# JUNIOR PROGRAM FRAMEWORK



## STEP-BY-STEP PROGRESSION

Progression is step-by-step. Beginners start with Arena Fun, then Centurion Cursus, then Imperium Cursus and finally Olympus Cursus.



## ADVANCEMENT CRITERIA

Advancement to a higher tier is by coach evaluation and demonstrated readiness; it is not automatic or guaranteed.



## PERFORMANCE FACTORS

Results depend on each player's commitment, attendance, health/injuries, and the level of competition—no program can promise specific rankings or wins.

# JUNIOR PROGRAM

## ARENA FUN

### The structured leisure program

- 5–18 years old
- Leisure Path
- 2h/week

Learning tennis in a friendly, fun, yet demanding atmosphere. Minimum 2 sessions per week.

The first gate of the Arena, where the young step forward with courage. Here they forge discipline through play, joy, and learning step by step. For those destined to carry tennis into adulthood, to enjoy it with friends and companions through the years.

**Key Focus: Fun, fundamentals, regularity.**

1h group session · 2 times /week

## CENTURION CURSUS

### The royal pathway to competition

- 9–12 years old
- Road to Tournaments (UAE / TE)
- 10+h/week

Intensive training combining technical, tactical and physical work to prepare young players for tournaments in the UAE and abroad.

The march of the Centurion. With sword sharpened in private drills and shield tested in group battles, discipline and form are forged. This path leads to the first combats: local tournaments in the UAE (and some Tennis Europe experience).

**Key Focus: Competitive mindset, tournaments all over UAE.**

1h private session · 4 times /week  
1h30 group session · 3 times /week

## IMPERIUM CURSUS

### The program for future champions

- 12+ years old
- Road to TE & International
- 15+h/week

Personalized coaching, high training volume and complete preparation. Reserved for the most committed players.

The rise of the Empire. Only the more seasoned and determined are called. Hours of training, tactical command, and strength are demanded. Under vigilant guidance, they march toward regional and international tournaments, seeking their first crowns of glory

**Key Focus: Discipline, international match experience, performance.**

2h private session · 5 times /week  
1h30 group session · 1 time /week

## OLYMPUS CURSUS

### The absolute elite program

- 16+ years old
- Pro Track - Road to ITF/ATP/WT
- 25h/week

A tailor-made pathway to the professional circuit, combining daily training, physical, mental and high-level competition planning.

The ascent to Olympus. Daily training, morning & eve, private duels and semi-private trials. Mental discipline is tested as much as physical. This is the sacred road toward the heights of tennis — ITF, then the ATP & WTA. Only the most faithful remain.

**Key Focus: ITF pathway, international travel, staff support.**

2h private session · 5 times /week  
1h semi-private session · 5 times /week



# A LA CARTE LESSONS

We offer a la carte lessons to provide every player with extra support when they need it — perfect for strengthening skills or preparing for the next level.



## FOR ARENA FUN

Private lesson:	1h
Semi-Private lesson:	1h
Group lesson:	1h



## FOR CENTURION CURSUS & ABOVE

Private lesson:	1h
Semi-Private lesson:	1h
Group lesson:	1h30





# IN ADDITION TO OUR PROGRAM

In addition to our Programs, and in alignment with our vision of Excellence, we've created a Starting Kit for every player who joins CV Tennis Academy.

Kits are provided once per player and are valid for the whole Tennis Season 2025-2026.



# STARTING KITS & PROGRAM FEATURES



	ARENA STARTER KIT	CENTURION STARTER KIT	IMPERIUM STARTER KIT	OLYMPUS STARTER KIT
<b>1 Professional Photo</b>	✓	✓	✓	✓
<b>Participation in 2 local CV Tournaments</b> (December & June)	✓	✓	✓	✓
<b>2 VIP Seats on CV tournaments</b> with food and drinks to watch your children	✓	✓	✓	✓
<b>1 Ticket for Mubadala 500Wta Open</b>	✓	✓	✓	✓
<b>1 CV Academy Book</b>	✓	✓	✓	✓
<b>Official Academy Outfit</b> (shirt, cap, skirt or short, sweatband)	1	1	2	2
<b>Professional Videos</b>	2	3	4	4
<b>Progress Report letter</b> (Every 2 Months)		✓	✓	✓
<b>Training Schedule</b> (Sent Every Week, only for private classes)		✓	✓	✓
<b>1 Prestige VIP Royal box Seat Mubadala 500Wta Open</b>			✓	✓
<b>1 Golden Pin's</b> (End of Year Celebration)			✓	✓



# CONTACT US



CALL US / WHATSAPP

+971 56 486 0237

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CVTENNISACADEMY.COM