

## MASTER TENNIS AT ABU DHABI COUNTRY CLUB

### Maximize your Game with ADCC's Newest and Most Innovative Tennis Programs



October 2013 : Abu Dhabi Country Club is proud to announce the newest and most diverse programs in accelerating in one of today's most prestigious sports: Tennis.

At Abu Dhabi Country Club, our professionally trained coaches understand the importance of the athlete's development and therefore, have created numerous programs for all levels and ages to ensure that each individual exceeds at the pace required for them to succeed. Having acquired new equipment, tennis coach and

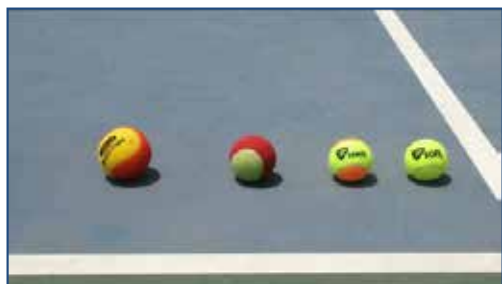
professional at Abu Dhabi Country Club, George Kikaleishvili explains, 'I have been able to come up with new programs to further develop the precise techniques that tennis requires. Tennis is a passion to me, so I enjoy teaching those who truly want to ameliorate in the sport, in all aspects; technical, tactical, physical and mental, further creating new programs to train my players to become advanced.'

Holding more than 15 years experience in International coaching in Egypt, Georgia, Greece, and Turkey, to list a few, George holds extensive knowledge about the sport and the highest qualifications, including USPTA P1 (Professional 1), Europe Head Professional, and Director of Tennis, having worked with numerous Federations, National teams in several countries and Davis Cup, as well as Clubs. In addition to the game itself, George has also run numerous programs in physical, technical and tactical development of the players, planning and developing game strategies, analyzing game evolution, and organizing competitions. George works with all ages, levels and standards of players, specializing in not one, but always focusing on the sole vision of each individual reaching and exceeding the advanced level that he/she strives for. George finds true pleasure in teaching tennis for the primary reason, that he enjoys watching his players improve and sharing the same love for the sport that he holds.



The first program created: **'Mini Tennis Classes'**, is designed for initial development.

Between the ages of 5-7 years, children are introduced to the sport in Stage 3 (Red). During the introductory phase, children use the 'Red' ball (75% slower than the typical or 'advanced' ball. Racket size is as follows: 17-23" (43-58.4cm). The court size used is 36-42ft (10.97-12.8m) x 14-20ft (4.27-6.1m), with a Net Height (center) of 31.5-33in (0.8-0.838m).



'It is crucial that we introduce any sport and any technique in the proper way. The skills, forms and techniques that the child acquires at this stage are those that will only strengthen as he/she trains to become an advanced player, therefore it is important that all movements are correct. This will only better their game later and train them both physically and mentally to become stronger players.'

Further, between the ages of 7-9 years, children exceed to Stage 2 (Orange), during which phase, the child develops and strengthens the maneuvers learned in the first stage. Children at this stage are more focused and begin concentrating more on the ball placement rather than strength. During this stage, the child is familiar with his/her placement on the court and has a grip on his/her own placement and racket technique. During the second phase, children use the 'Orange' ball (50% slower than the typical or 'advanced' or 'yellow' ball. Racket size is as follows: 23-25" (58.4- 63.5cm). The court size used is 58-60ft (17.68-18.29m) x 20- 27ft (6.1- 8.23m), with a Net Height (center) of 31.5-36in (0.8-0.914m).

Lastly, by the age of 9-10 years, the child reaches the 'Green' Stage. This level is characterized as the 'Standard Court size'. Children use the 'Green' ball (25% slower than the typical, advanced or 'yellow' ball. Racket size is as follows: 25-26" (63.5-66cm). The court size used is 23.77 x 8.23m, with a Standard Net Height (center) of 36in (0.914m).

This stage development aids the players in understanding and getting a feel for the sport. Through teaching players in levels, they develop a stronger comprehension of the order of techniques and strategies that must be overcome to have a more solid stance on the court, likewise to better immerse them into the sport itself. Therefore, the use of slower; Red, Orange, and Green balls, smaller courts and smaller rackets assist in the activities to help children to serve, rally, score and learn proper techniques. The children rallying and practicing with one another or with the coach allows them to learn and further master new tactics to strengthen their game.

Further, coach George has developed a program for the players that truly want to exceed and reach the heights of tennis, through a program called '**Tennis & Fitness**'.

This program was designed for dedicated athletes who strive to master the execution of topnotch tennis in competitive fields. These players share a similar sense of commitment and one unique factor that motivates them to constantly strive for perfection- to win. 'Tennis & Fitness' was designed to prepare players for competition, for those who are always seeking the 'edge' that will separate them from their opponents. Moreover, this program not only focuses on the physical strengths of the player but also on the mentality of the player.

'Tennis is a sport that requires a strong focus and drive. Whether you are a beginner, an intermediate, or an advanced player, capitalizing on well-crafted tennis tips can significantly impact and enhance the foundation of your tennis techniques and skills, and therefore this program was designed to enhance those required skills because once the foundation is created, these skills become a vital part of your game, one's that the player will be able to execute over and over again with greater ease', notes George.



Moreover, to better interact with the players and to view their progress, Abu Dhabi Country Club has acquired an innovative tool; the Lobster Elite 3 Portable Ball Machine, ideal for correcting movements and increasing the involvement of the coach to the player.

This new machine can be used for every level; Beginner, Intermediate, and Advanced, with the opportunity to change any settings, should the player need improvement in a selection of drills or power attack sequences; Grinder, Power Baseline, All-Courter, Approach, Attack/Defense, or Forehand Plus, for example. Frequencies can also change, making settings by the second, as well as the speed at which the shots come at, ranging from 45-100 MPH (miles per hour).

'As each player is different, I try to focus on the strengths and weaknesses of each individual.

From there, I can make my recommendations to complement the player's strengths' that can further generate that competitive edge that delivers the most positive results, whether in a tennis match or simply in providing a sense of self-accomplishment for the player himself. '



## About Abu Dhabi Country Club

*Abu Dhabi Country Club takes its place as the first and most exclusive recreational club of its kind in the UAE capital. Formerly known as Abu Dhabi Health & Fitness Club, Abu Dhabi Country Club was established in 1999 by the Government of Abu Dhabi.*

*The first of its kind in the city, Abu Dhabi Country Club enlarged its scope of operations to focus more on family activities, to be sure to accommodate all ages. More than recreation, Abu Dhabi Country Club has integrated itself even more into the social fabric of Abu Dhabi, holding its distinctive trait of customized service and attention, coveted location and luxurious design.*

*Positioned at the top of the market, the Club offers timeless elegance and peerless service in all respects to provide an experience beyond expectation. Featuring countless recreational facilities (Mixed Gym, Ladies Gym, Sports School) and sporting activities for all ages (Tennis, Basketball, Padel, Squash, Football, Swimming, Space Walk, Bowling, to name a few) Abu Dhabi Country Club, offers several additional facilities. Offering catering services and banquet halls (Gold and Silver Ballrooms), as well as numerous dining experiences from Mediterranean Fine Dining at the luxuriously elegant, Sardinia to contemporary and traditional Italian cuisine at Mondo Pizzeria, as well as freshly baked pastries at the Club's Mondo Moderno cafe.*

*Plans for Abu Dhabi Country Club continue to expand to further deliver the combining classic sophistication and modern luxury that the Abu Dhabi Country Club brand holds to its commitment to excellence. Further to the expansion, the Club will be inviting the guests' children to experience a newly designed kid's playground, located just next to the Sports Complex, followed by a luxurious Spa, planned to open its doors by end of year.*