



PLAYBOOK

INTRODUCTORY SPECIALS!!!!

- *CTK Educational Package - \$99 + shipping (Value\$149)
Or
- *CTK Kit – Playbook, CTK banner, 8 Yamax pedometers, plus MyPyramid nutritional materials –
\$199 + shipping (Value \$339)
- * You must first be an official Cardio Tennis site to order

The CTK educational package includes everything you need to know to start implementing CTK at your facility.

1) The CTK Playbook

- Setting up an effective CTK program
- Tools for Success
- Marketing
- What to look for as the coach
- Extensive sideline activities
- Over 100 drill diagrams for warm-up, Cardio games and cool down activities

2) The CTK DVD which demonstrates CT classes for both the 8 and under/10 and under age groups.

3) The Kids and ladders DVD with over 100 creative footwork drills.

To order contact Brian at 866-686-3036 x223
MC, VISA, American Express credit card orders only



A group play activity featuring action-based tennis drills and games for children ages 6 through 12 of all ability levels. Cardio Tennis Kids (CTK) emphasizes movement and fun using music and pedometers. Using age-appropriate equipment, the CTK environment develops tennis and athletic skills and improves health and fitness.

Top Ten Reasons for Cardio Tennis Kids:

- 1. Tennis is a game all about moving. Even Larry Stefanki, coach to many Top ATP Players, called tennis “A Leg Sport.”**
- 2. Players need to develop fundamental athletic skills before the age of 10, at which the brain unconsciously specializes based upon the child’s experiences prior to that age.**
- 3. Developing balance, coordination and agility will greatly enhance a player’s technical skills.**
- 4. The use of music helps motivate and stimulate players to move, while also enhancing coordination and rhythm, both essential to great tennis.**
- 5. Players see CTK as a fun way to train and practice encouraging them to participate in more tennis and accelerate their development.**
- 6. Because CTK is a play-based program, players engage in implicit learning throughout, perfectly supplementing other coaching and competitive sessions.**
- 7. Making moving fun through CTK will start a child on the path to lifelong activity, health, and fitness.**
- 8. The world is facing a child obesity crisis. Engaging children through CTK will encourage children to stay fit and healthy.**
- 9. Aerobic exercise has been shown to improve academic performance.**
- 10. It’s great fun!**