

ABOUT ME

High-performance tennis coaching
with 35+ years of experience.

Long Arnold

DIPL. TENNISLEHRER
WETTKAMPFTRAINER B

TEL. 079 325 41 21
LONG.ARNOLD@BLUEWIN.CH

WWW.LONGARNOLD.CH

MISSION

Highest sporting and human standards

For more than three decades, I have dedicated my life to understand tennis in all its depth — not only as a sport, but as a powerful field for personal development. Tennis has taught me discipline, resilience, emotional balance, and the ability to work with people in meaningful ways.

My mission as a coach is simple: To help players — children, teenagers, and adults — unlock their potential through a structured, thoughtful, and human-centered approach to tennis.

My Approach: Professional. Attuned. Long-Term.

Tennis is a complex sport. No two balls are the same, no two players are the same, and no two learning paths look alike. A good coach sees this. A great coach understands it deeply — and knows how to guide players through every stage of development.

My Promise

I will teach you tennis at a high level.
I will challenge you thoughtfully.
I will support you wholeheartedly.
And I will treat you — or your child — with the respect and humanity every athlete deserves.

35+ Years of Real Expertise

I don't teach trends. I teach what works.
With more than three decades of professional coaching
experience, I recognize patterns, foresee problems, and
accelerate progress in ways that only deep experience allows.



My Expertise

- *Long-term player development (12-14 year pathway)*

Understanding how technical, tactical, physical, mental, and emotional development must align over time.

- *Biomechanics & Modern Stroke Development*

Teaching movements that are natural, efficient, and age-appropriate.

- *High-performance coaching*

Supporting ambitious juniors and adults who want to improve with purpose.

- *Attuned coaching for children*

Seeing children not as “little adults” but as developing personalities with unique needs, emotions, and learning styles.

- *Mentoring & character-building*

Helping players grow not only as athletes but as confident, grounded individuals.



My Values as a Coach

Consistency. Respect. Authenticity. Presence.

I believe that great coaching starts with the relationship between coach and player. For children especially, being seen, heard, and respected is the foundation of growth.

Players who train with me experience:

- *A calm, structured, emotionally safe training environment*

- *Honest, constructive feedback*

- *Clear development plans*

- *A long-term vision that prevents burnout and bad habits*

- *A mentor who understands people as much as he understands tennis*



My Experience

- 35+ years of coaching experience across all age groups
- Certified in all major Swiss coaching pathways (Swiss Tennis, J+S)
- Recognized Youth+Sport organization (rare for independent coaches)
- Extensive network with top players, experts, and coaches
- Developer of young coaches — building the next generation of professionals
- Founder of Long Arnold Tennis Coaching with a strong reputation for quality and integrity



Who I Work With

I work with players and families who value:

- *Professionalism*
- *Long-term development*
- *High-quality training*
- *Honesty, structure, and consistency*
- *A meaningful athletic journey*
- *A deeper understanding of the sport*

Wenn Sie nach schnellen Lösungen suchen, Wenn Sie nach Abkürzungen oder preisorientierten Lösungen suchen, bin ich nicht der richtige Trainer für Sie.

If you are looking for “quick fixes,” shortcuts, or price-based solutions, I am not the right coach.

If you value quality, depth, and a coaching relationship built on trust — you will thrive here.

A tennis player is seen from behind, celebrating a victory with both arms raised high in the air. The player is wearing a dark blue and white horizontally striped polo shirt and a dark blue cap. A long, blonde braid is visible, tied with a white tassel. The player's right sleeve features a circular patch with a tennis racket and the text "WORLD TOUR". The background is a blurred stadium filled with spectators, with bright sunlight creating a strong lens flare effect across the top of the image.

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TENNIS IS MY SPORT

In my blog, I share my experiences from decades of working with players of all ages and skill levels. Here you will find articles on topics such as technique, mental strength, personal development, and the deeper values that tennis teaches us.

Tennis Experience

www.longarnold.ch/blog