



TENNIS JUNIORS

Safe, strong, inspiring.

*TENNIS IS MORE THAN JUST A SPORT—
IT'S A PLACE WHERE YOUR CHILD CAN
THRIVE BOTH ON AND OFF THE COURT.
TENNIS BECOMES A FOUNDATION FOR
GROWTH AND SELF-CONFIDENCE.*

Long Arnold

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CONNECT

Tennis as a safe place for your child's development.

On and off the tennis court

In every lesson, we create an atmosphere of **emotional safety** where children feel **seen, heard, and respected**. This allows them to confidently embrace challenges, learn from mistakes, and build resilience step by step.

Through tennis, your child will not only develop technique, coordination, and tactics, but also important life skills: patience, concentration, confidence, and the joy of pursuing personal goals.

Connection between player and coach

- **I am valued** – my presence counts.
- **I am encouraged** – I feel supported to try, even if I fail.
- **I feel safe** – I can make mistakes without fear.
- **I am inspired** – I want to grow and improve.
- **I belong** – I feel part of the group/team.
- **I am challenged** – my potential is consciously encouraged.
- **I am accepted** – for who I am, not just for my achievements.
- **I feel joy** – learning tennis is fun and fulfilling.

The right coach makes all the difference

Tennis is more than just a sport—it's a place where your child can grow, learn, and develop. With expert guidance, individualized attention, and a warm, respectful atmosphere, my coaches and I help players develop skills, confidence, and sportsmanship.





Good Coach

A good coach is **present** and **emotionally available**, and recognizes your child's progress, difficulties, and feelings. He **listens to understand, respond with empathy**, and encourage development with **warmth and authenticity**. He is **respectful, caring**, and **consistent**, creating a **safe environment** where your child **feels seen, heard, and valued**. **Curious and open-minded**, he **adapts** his lessons to each child's personality and learning style, **motivating** them to reach **their potential**. At the same time, he fosters **self-confidence, resilience, and a love of tennis**. Above all, a good coach supports not only tennis development but also **personal development** on and off the court.

PARENTS CHOOSE A TENNIS COACH FOR THEIR CHILD BECAUSE...

1. Coaching Expertise

- **Experience & credentials:** Years of coaching, certifications, and experience with various age groups.
- **Technical knowledge:** Mastery of tennis skills, strategies, and player development.
- **Track record:** Proven ability to improve players' skills and help them reach goals.

2. Child-Centered Approach

- **Individual attention:** Ability to adapt coaching to a child's personality, learning style, and potential.
- **Development focus:** Balancing technical skills with mental, emotional, and social growth.
- **Patience & empathy:** Recognizing the child's pace and providing constructive feedback.

3. Emotional Safety & Connection

- **Respectful communication:** Treats children with kindness and fairness.
- **Trust and warmth:** Creates an environment where children feel safe to try, fail, and improve.
- **Motivation & encouragement:** Inspires children to stay engaged and confident.

4. Professionalism & Organization

- **Reliable scheduling & consistency:** Parents want dependable lesson times and communication.

- **Transparent programs & progress tracking:** Clear structure for skill development and goals.

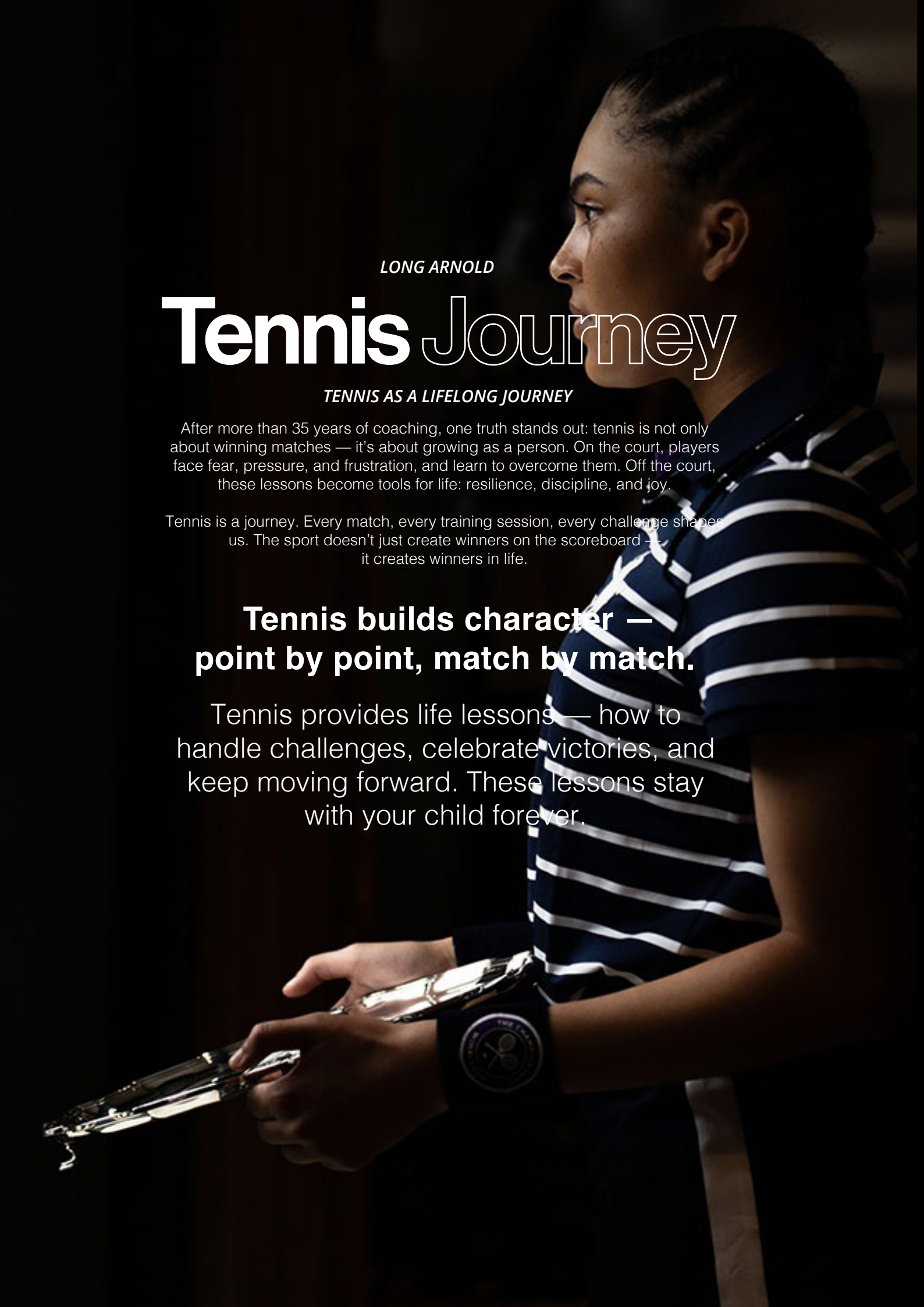
- **Safety standards:** Both physical safety and emotional well-being are prioritized.

5. Positive Environment

- **Inclusive & fair:** Welcomes all skill levels, personalities, and backgrounds.
- **Team spirit & social development:** Opportunities for interaction and collaboration with peers.
- **Role model qualities:** Integrity, sportsmanship, and respect are consistently modeled.

6. Over 35 years of experience as a coach

- **Build trust** with players and parents.
- **Going beyond the ordinary** to help every child reach their potential.
- **Create a sense of community and inclusion** where every player feels valued.
- **Promote healthy communication and listen carefully** to parents and players.
- Recognize, support, and develop each player's **individual potential**.
- **Remain mindful and attentive** and understand both the emotional and athletic needs of young athletes.



LONG ARNOLD

Tennis Journey

TENNIS AS A LIFELONG JOURNEY

After more than 35 years of coaching, one truth stands out: tennis is not only about winning matches — it's about growing as a person. On the court, players face fear, pressure, and frustration, and learn to overcome them. Off the court, these lessons become tools for life: resilience, discipline, and joy.

Tennis is a journey. Every match, every training session, every challenge shapes us. The sport doesn't just create winners on the scoreboard — it creates winners in life.

**Tennis builds character —
point by point, match by match.**

Tennis provides life lessons — how to handle challenges, celebrate victories, and keep moving forward. These lessons stay with your child forever.

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. A circular patch on the left sleeve features a tennis racket and the text "LONGARNOld". The player's blonde hair is styled in a long braid with a tassel. The background is a blurred stadium filled with spectators, with bright sunlight creating a lens flare effect at the top of the frame.

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TENNIS IS MY SPORT

In my blog, I share what I've learned from decades of working with players of all ages and skill levels. You'll find posts on technique, mental toughness, personal growth, and the deeper values that tennis teaches us.

Tennis Know-How

www.longarnold.ch/blog