



CLTA Vermont Summer Camp:

World-Class High-Performance Training in Paradise (Visit ChrisLewit.com/Vermont for our picture book and YouTube.com/ChrisLewit for our camp videos!)

Player Handbook

Welcome to CLTA! Are you ready to reach the next level in your tennis?

This handbook will explain everything you need to know to get ready for summer camp. Chris and his team sincerely look forward to helping you accomplish your tennis goals!

The Coach: Chris Lewit

Chris Lewit is known as the Prodigy Maker.

He specializes in high-performance junior coaching:

- Expert in Spanish Training
- Expert in Technique and Biomechanics for Young Prodigies



He is a dynamic, innovative leader in the high-performance tennis community. After playing #1 for Cornell University and training and competing for several years on the professional tennis tour, Chris found his passion and calling as a developmental coach shaping the games of gifted junior players, serious adults, and other students willing to commit seriously to the study of tennis. Chris Lewit is known for his unique qualities that make him highly sought after as a coach, not only for his unparalleled knowledge of the technical/tactical game but for his forceful intellect; rigorous academic mind; demanding, physical teaching style; and ability to motivate and inspire a diverse group of students. Chris has developed many top national junior players--many of who are now competing

on the pro circuit--and he has extensive experience building the foundations of prodigies, especially at very young ages.



If players sometimes mention how tough Chris is to train with, it is not surprising to learn that he comes from a long line of military family members, including several Generals in the Air Force and Army, and his grandfather, a two-star Air Force General. Chris has the rare ability to push his students hard physically but also connect emotionally with his proteges and motivate them to achieve their highest levels of performance both on and off the court. Although he is a full-time dedicated coach, Chris is proud to still maintain a top athletic condition and a high level as a player, and he still competes when his schedule allows. This allows him to spar and hit with his players--not just feed balls.

In addition to maintaining a high tennis playing level, Chris is also an avid student of Mixed Martial Arts and is particularly fond of Boxing and Brazilian Jiu-Jitsu. Chris believes that competitive tennis players need to develop a fighting spirit and can benefit from the discipline and toughness learned in the boxing ring and on the martial arts mat. He tries to convey the lessons he has learned as a fighter to his students.

Chris is one of the leading experts in the world on Spanish methods of training, having studied for the last 15 years in Spain with many of the legends of Spanish coaching and having written the best-selling book, *The Secrets of Spanish Tennis*, in 2014. Chris is currently working towards an advanced degree in Kinesiology/Exercise Science with a focus on Biomechanics.

Chris is also a leading expert on technical development, especially for young players, having published the definitive, most comprehensive study of tennis technique currently available, *The Tennis Technique Bible* (2009), and numerous articles for the world-renowned technical tennis magazine, *Tennisplayer.net*. A prolific writer and educator, he has been extensively published and is a sought-after presenter at national and international tennis conventions. He authors the acclaimed online resource *ProdigyMaker.com* for parents, coaches, and players, and hosts the popular *Prodigy Maker Show* available on the Chris Lewit YouTube Channel and all major podcasting directories.

As an educator, Chris is passionate about helping adults, juniors, parents, and coaches become smarter and more efficient in their training. He holds high-performance workshops and presentations year-round at his club in Vermont. He also offers a celebrated digital tennis school, *CLTA Online*, with cutting-edge courses that can be accessed at any time--from anywhere in the world.



A family-oriented father of four kids, Chris understands the ups and downs of childhood and he treats every player like part of his family. Chris believes in building strong values and character in his players, not only to be better tennis players but to be better citizens in the world. He believes it is a privilege as a teacher or coach to be in a position to help shape the lives of his students. Chris wants to develop a champion person, not just a champion tennis player. For Chris, a coach must lead by example and be a role model--both on and off the court. Chris Lewit's students fight to win, but Chris expects them to always win with integrity, honor, and sportsmanship.

While tennis is his life's passion, Chris is active in EMS and volunteers as a licensed AEMT for Arlington Rescue Squad and he is studying to be a Paramedic. He finds great joy in serving his community as a first responder. He is also a dedicated national spelling bee coach to his daughter Sky and cross-country coach to his son Isaiah.

2023 Summer Camp

Our summer camp is for players of all ages and levels--but players must have a strong work ethic and a seriousness of purpose. We have beginning players learning world-class techniques as well as many nationally/internationally ranked players preparing for tournaments. Players must be between 9 and 18 years old for boarding at the lodge, although we can make exceptions for older or younger kids on a case-by-case basis.

Our camp features a 2:1 student per court and coach ratio, which is typical of the training in Spain, where Chris has studied extensively. We have approximately 24-30 players max per week, and Chris works on the court with all players individually within the group. We believe this is what makes our training so special: the individual attention every player receives with a two-player semi-private lesson in every session, and the chance to interact and work on the court directly with Chris each day. Because we are so small, we know each player and his or her game very well, and we can address details that larger camps often overlook.

All players receive an assessment from Chris during the week and Chris works with each player to set training goals and a development plan for the length of his or her stay.



We have both medium-fast hard courts and slow European red clay courts onsite at the club, and we believe both surfaces are beneficial for the players. Clay courts help to develop the tactical mind, footwork and movement, patience, acceleration, and physical endurance of a player, and they build the consistency and defensive aspect of the game. Hard courts develop the quick reaction and adjustments needed and can be helpful in honing the weapons and attacking mindset of the player. We rotate the players from surface to surface depending on their development plan and their needs.

It's important to note that we have two indoor hard courts onsite, so in the event of rain, we can move the entire camp quickly indoors and continue our training no matter what the weather is outside. The rain never stops us indoors onsite. This is an advantage that most summer camps do not have!

We have a yoga/exercise room and small gym area also on-site, and we offer an extensive program of physical preparation including fitness testing/training with our dedicated, professional strength and conditioning coach, daily yoga lessons from a 500-hour RYT specialist, and speed/agility sessions. A major component of our physical training sessions is injury prevention and we, therefore, perform a lot of core exercises, shoulder, and leg strengthening work, and stretching.

As is typical of the training model in Spain, players typically play 3 to 3.5 hours of high-intensity tennis a day and have about 2 hours of serious injury prevention, physical training, and cross-sport training. We usually play soccer as part of cross-sport training, which is common in Spain.

With our very small groups in which each player receives personal time on the court directly with Chris, customized--not cookie-cutter--training plans, multiple court surfaces and indoor courts on-site, and professional athletic and injury prevention programs, we are confident that our summer camp is the highest quality serious training program you can find for your child.

And it's all in one of the most beautiful, scenic places in the world!

Things to bring at the camp:

1) Sleeping Bag and Bedding

Although we provide optional complete with bedding, packing a sleeping bag and familiar pillow ensures your child will stay warm and comfortable. For younger children, having a familiar piece of bedding with them can be comforting.

2) Tennis racquets

2-3 racquets minimum recommended plus a racquet bag for gear.

3) Extra Sets of Strings

Always be prepared with an extra set of tennis strings. We also have a full pro shop and can sell string sets to you.

4) Extra Grips

Aside from carrying extra strings, make sure to bring extra grip tapes as well.

5) Tennis Clothes

Proper tennis clothing can be anything from technical sports apparel to a simple t-shirt and shorts. The most important thing is to ensure the clothing is cool and breathable for warm-weather play while also providing adequate sun protection. Don't forget to also include a cap and a set of sunglasses if your child likes to wear them.

6) Warm Clothes

Pack a set of warm and water-resistant clothes for the evenings or in case of poor weather. This should include sweatpants, a long-sleeved shirt, a light coat, warm socks, and tennis shoes or boots. Campers should also have pajamas, a pair of jeans, and sandals.

7) Tennis Shoes and Running Shoes

Students are advised to bring 2 pairs of tennis shoes and 1 pair of running shoes.

8) Sports Sun Block

is a pivotal part of the packed bag. See to it that your child has sports sunblock with adequate SPF protection (50 or above is generally best for long days). Additionally, it is important to make sure the sunblock is sweat- and water-proof so it stays on during games and after-tennis recreational



activities such as swimming. Place the sunblock in a plastic bag with your child's name written on it and coaches will help him or her re-apply sunblock several times a day during camp.

9) Bug Spray

An important comfort measure in buggy climates located near lakes or rivers, bug spray can help your child stay comfortable during camp. Tuck it in the same marked bag as the sunscreen and make coaches aware of it when you drop your child at camp.

10) Bathing Suit and Towel

Two of each are recommended. For added comfort, tuck two or three bath towels into your child's pack for use as dry extras or shower towels. For bonus packing points, include a waterproof laundry bag for easy separation of wet and dry clothing.

11) Toiletry Bag

Purchase a small, water-resistant toiletry bag and fill it with travel-sized toothpaste and toothbrush, shampoo, conditioner, lotion and hairbrush. Depending upon your child's needs or desires, you can also include deodorant, ChapStick, and other essentials.

12) Credit Card on File

Your child will be provided with nutritious food for breakfast and lunch included in the camp cost. Extra breakfast food and snacks will be charged to the credit card on file. Dinners will be ordered and taken out from local restaurants and players will need to pay with a credit card on file. In addition, other miscellaneous charges, like laundry fees, for example, will also be charged to the card.

13) River Tube and Water Toys

When the weather is warm, river tubes are a great way to have fun outdoors. Your child can use them to relax on our river and sometimes we take a team river tubing trip. We have an amazing swimming hole onsite and players can bring water toys to have fun in the river.

14) River Water Shoes

Your kids should be prepared for water sports, river tubing, hiking on wet terrains, swimming, and other aquatic fitness sessions. Please bring water shoes that are tight fitting and will not fall off in the river.

15) Medications

It is important to remember to pack any prescription medications or supplements your child may need while at camp. These things should be individually bagged with instructions for use, marked with your child's name, and left with Chris.

16) Yoga Mat

Yoga mats are specially fabricated mats used to prevent hands and feet from slipping during practice or exercise.

17) Notebook and Pencil

Make sure to bring a notebook and pencil to take note of all important notes and lectures given by Chris.

18) 18-inch Foam Roller

A roller's textured surface increases blood flow, while the firm hollow core design provides deep tissue relief. The 18" size allows for double arm and double leg work to loosen tight muscles, improve mobility, and relieve stress.

19) Room Fan

Keep the room's air circulating and cool by bringing your own room fan.

20) Jumping Rope

Good for warming up the feet before play and general foot coordination. Can be used for cardiovascular workouts.

21) Black Mountain Stackable Resistance Band Set

Black Mountain Products Stackable Resistance Band set comes with 5 stackable bands of varying resistance, cushioned foam handles, a door anchor, an ankle strap, an exercise chart, and a resistance band carrying case. These are made from the highest quality rubber to ensure maximum durability.

22) Black Mountain Therapy Resistance Exercise Bands Set of 3

Includes carrying case, a door anchor, and exercise guide. Ideal for physical therapy, exercise, and general fitness. Provides 3 levels of resistance. Buy it here: [Black Mountain](#).

23) Water Bottle

Important for staying hydrated during hours of on-court time, a water bottle is an integral part of tennis camp comfort. Write your child's name on the bottle in permanent marker for easy identification and opt for something with a built-in handle for easy use. We will also have water for sale at the club.

24) Secrets of Spanish Tennis and Tennis Technique Bible Books

The Secrets of Spanish Tennis and the Tennis Technique Bible Volume One books are authored by Chris Lewit. Buy it here: [Chris Lewit](#). All players should read these books prior to camp.

What NOT to bring

- 1) Junk food and soda
- 2) Water guns

Academy Values

You must be ready to accept the values of our academy, which are:

Respect. Respect your counselors and coaches. Respect and take good care of the club where you train. Respect the people around you including other players and guests and staff at the club. Respect means you are kind to all even the janitor and court maintenance guy.

Honesty and Integrity. This is perhaps the most important trait you can have in life: to have integrity and honesty. This means your word can be trusted and that you do not lie to others to get what you want or to cover up your mistakes. It also means doing the right thing when nobody's looking. That means even if a coach is not around, you sweep your court and pick up the balls, or clean up a mess you made.

Hard Work. Seems simple enough but so many people in life are lazy. To be successful in tennis or in life, you need to be a hard worker and push yourself to the maximum, to the limits of what you are capable of. At the outer limits is where growth and development occur.

Discipline. Discipline for us means control. Controlling your emotions. Controlling your attitude and outlook. Controlling your words and actions. Discipline means having control over your mind and body



so that you can go after your goals and achieve them. If you can't control your emotions and your mind, how can you control the tennis ball?

Commitment. Why are you coming to train with Chris? You should know. You should be coming with a purpose and you should be committed to it. Commitment means knowing what you want and being determined to work your hardest to get it--no matter what.

Perseverance. Perseverance means overcoming obstacles and never giving up. Oftentimes the greatest things in life take time to accomplish and there are many challenges and obstacles along the way. You must be willing to persevere.

Courtesy. Courtesy means being kind and respectful to everyone you meet. Even if you are tired or angry or having a bad day. Even if you don't necessarily like the person you are talking to. Be courteous. If people in the world simply practiced this value, the world would be a much better and more peaceful place.

Humility. We believe in the value of being a humble champion. Humility means that just because you are a good tennis player that does not make you better than other people. Humility means you don't believe the world revolves around you and that everyone around you is there to serve you. Humility means you do not think you know everything and are smarter than everyone else (even if you are pretty smart!). Humility means you never underestimate an opponent or overestimate your own ability. Humility means you are never too proud to suffer in a match.

Academy rules to remember:

1. No excuses
2. No whining
3. No quitting
4. No peanuts allowed
5. Treat the club and its facilities (courts, bathrooms, lounge, gym, etc) with respect
6. Clean up any mess you make. Never leave garbage for someone else to take care of.
7. No racquets are thrown down on the courts. Damage to the courts can be very costly. If you really need to toss it (which can happen in a battle from time to time), be sure it doesn't hit the

courts and is done safely. Remember, every time you toss your racquet you risk damaging the racquet, which is expensive to replace.

8. Coaches and counselors always have the final say and their orders must be followed.
9. If you have a worry or concern, speak with Chris directly about it.
10. If you are playing on clay, sweep the courts after your session, and make sure to clean your shoes before leaving the courts!
11. Only hard-court shoes on the hard courts!
12. Lights out means lights out. If you are training hard, you need a good night's sleep so your body and mind can recover. If you stay up past bedtime and don't get good sleep, you will have a poor day of practice the next day.
13. Absolutely no physical or verbal bullying of any kind
14. No swearing or foul or obscene language. This is a family academy and we have small children frequently hanging around the club.
15. Be kind and respectful to coaches, counselors, and other campers, even if you don't like them. Be courteous!

Any players not following the rules will have to have a meeting with Chris. Any players repeatedly breaking the rules or ignoring the rules, will be sent home.

Here is a typical training day:

We have 2 alternating groups, 1 tennis, and 1 fitness.

- Breakfast between 07:45 AM and 08:20 AM at the lodge. Pack lunch and drop bags in the van.
- 08:20 AM - travel to the club.
- 08:30 AM - jog around nature trails and dynamic stretching, rotator cuff warm-ups.

We have several alternating sessions going on, so some days we may have fitness and physical preparation first and some days we may have tennis first.

- 09:00 AM - 11:00 AM - tennis
- Or 09:00 AM - 10:30 AM strength and conditioning and/or speed and agility session with 30-minute "energy point," which means rest and refueling and rehydrating 2nd Session
- 11:00 AM - 01:00 PM tennis



- 11:00 AM - 12:30 PM strength and conditioning and/or speed and agility session with 30 minutes “energy point”
- 01:00 PM - 02:00 PM lunch and free time for all players
- 02:00 PM - 03:30 PM tennis
- Or 02:00 PM - 03:30 PM cross-sport training and injury prevention and stretching
- 03:30 PM - 05:00 PM tennis
- Or 03:30 PM - 05:00 PM cross-sport training and injury prevention and stretching
- 05:00 PM - 05:15 PM clean up the courts and club
- 05:15 PM - 06:00 PM - free time at the club: tubing or river play
- 07:00 PM - swim time at the Lodge pool
- 08:00 PM - dinner and free time at the Lodge
- 10:00 PM - Lights out

Notes:

**On busy weeks, we have 3 alternating groups, and the camp runs from 8:00 AM - 6:00 PM daily.

**Private lessons with Chris are also available before 09:00 AM and after 05:00 PM daily.

**Every Friday is Legendary Mile Run Day! We take a timed run with prizes to the winners! A CLTA summer tradition!

Food and Meals

The Upper Pass Lodge has a full restaurant, The Red Slate Restaurant, and will provide nutritious chef-made meal options for our players including a breakfast buffet and bag lunch. Dinners are ordered from local restaurants and not included in the weekly camp fee.

The chef at Red Slate and local restaurants can accommodate all types of special nutrition requests. Please notify us in advance of your special dietary restrictions and we will accommodate you

Grocery Visits

There is a supermarket near the club and we will take the players to the market once per week, usually on a weekend day, so players should bring their favorite snacks and plan on having a week’s supply on hand before being able to go to the store.

Water is available at the club as well as healthy sports drinks and snacks from the CLTA Cafe.



Laundry

Laundry will be professionally serviced by our partner company in Manchester, VT. We will make at least one laundry run per week for players. Players should bring detergent and a sturdy laundry bag, and money for the service. Laundry is not included in the weekly camp price.

Tournament Travel Coaching

During summer, CLTA coaches will be available to drive and travel with players to tournaments on the USTA New England and USTA Eastern calendar.

We will have many nationally ranked and sectionally ranked players in the summer and we need to coordinate their tournament schedules so they can peak at the right times of summer. Most higher-ranked kids need to peak for Zonals, National Clay Courts, and National Hard Courts. Chris has also sent players to Spain for some European events in the summer in previous years.

Contact Chris to discuss your child's summer tournament schedule and how we can best customize training for your player to peak at the right time to win!

Tournaments at CLTA

CLTA Vermont is an official UTR Club and hosts a tournament every weekend including a Little Mo Sectional event, a top junior and college Open event featuring players as high as 14 UTR, 3 Verified UTR junior events and other prize money UTR events.

Players can improve their UTR and watch college/pro-level tennis while at camp. Campers also have the unique opportunity to ball kids for the players.

Players signed up for the summer camp receive priority entry into all tournaments held at the club. We can also set up extra unverified UTR matches on the weekend for players who want more competition.

Our season-ending premier pro event features umpire-chaired matches, crowds, prizes, and BBQ!



Spanish Lessons

We have partnered with a local Spanish teacher to offer group and private Spanish language lessons to campers. Lessons can be scheduled in the evenings or on the weekends at the Upper Pass Lodge. Lessons are available on a first-come, first-served basis and the instructor has limited available lesson slots each week. We recommend booking lessons well in advance of summer. Contact us to schedule and for pricing.

Swimming

Players will generally have the opportunity to swim daily in the river or in the lodge pool. Chris believes swimming is an important part of recovery for athletes, and recent sport science studies have supported the benefits of hydrotherapy as an aid to recovery.

Tubing

Players can tube daily in the river during breaks or after practice. Kids find tubing enjoyable and relaxing.

We are blessed to have the glorious West River running through our property near the tennis courts, and we have a shallow swimming hole and water play area onsite that all the players can use after practice.

There are also some lovely lakes just a few minutes away and the town of Londonderry has a man-made swimming hole a few minutes from the club. Players can swim daily after practice at the Upper Pass Lodge pool. On Sunday field trips, we usually take the players to the newly-built Manchester Town Pool, which is a really popular destination, with a diving board and a large swim area.

All water play sessions are supervised by our coaches and a certified lifeguard on our staff. Parents will have to sign our swimming waiver to give permission for their children to swim. On the weekends, tubing down our river has become a camper favorite. Kids need to bring their own strong river tube and get permission from their parents to go on tubing adventures.

\$5000 CLTA Babolat Pro Open Prize Money

CLTA hosts a 5K tournament every summer in July. Players and parents are welcome to sign up!



Time To Suffer 5K

CLTA hosts a 5K every summer in July. Parents and Players are welcome to sign up.

Excursions

Each weekend, on Sunday, we take the campers on an excursion trip. The trip varies each week of camp, but we generally go to the Bromley Adventure Park (www.bromley.com/summer), or to Manchester village for shopping and to visit the incredible Northshire Bookstore (www.northshire.com) and then to the Manchester Town Pool for swimming. Tubing has also become very popular on weekends!

Campers are closely supervised by our counselors and coaches on these trips for safety. Parents will need to send their players extra money for weekend excursions and also sign the excursion waiver to give them permission to leave for outside trips.

Money

All campers must have a debit/credit card or a CLTA Camp Card to make purchases at the club. Parents can purchase the amounts they would like campers to have on the camp card to buy snacks and drinks at the CLTA cafe, and equipment, stringing, and gear from our pro shop.

Players will also need a small amount of spending money for field trips and souvenir purchases. We prefer parents give players a spending credit or debit card for field trips rather than cash. However, we do have a camp bank to hold field trip cash for parents who do not want players to keep cash themselves.

Medical Services and First Aid

All of our coaches are CPR/AED certified and we have first aid kits at the club for minor injuries. In addition, Chris is a certified AEMT and volunteers with his local ambulance corps. We also have an adult and child AED device on-site at the club.

For injuries that require a doctor or nurse's attention, we will bring players to Mountain Valley Medical Clinic, www.ourclinic.org, which is only minutes away down the road.



We also have access to:

- Southwestern Vermont Health Care, Northshire Campus, (svhealthcare.org), in nearby Manchester.
- Part of the Dartmouth-Hitchcock health system, SVHC offers access to more than 1200 primary and specialty care physicians and state-of-the-art technology and services.
- We also work with Vermont Orthopaedic Clinic, (rrmc.org), for any specialized orthopedic care needed for our players. VOC is recognized throughout the northeast and beyond as a leader in the treatment of orthopedic and sports-related injuries and illnesses. VOC also offers Urgent Care access to an orthopedic specialist within 24 hours of requesting an appointment.

Media Policy

As both coaches and parents we understand the complexity surrounding media and internet use. It is our policy and goal to foster a healthy and safe environment for all players. We ask that players do not bring their personal electronic devices to camp unless they absolutely need them. We understand that some students will be completing school online during their time with us. Those players can bring a laptop and will have access to WiFi at the club and in common areas of the lodge. We ask students to sign a media policy that prohibits non-academic use of their computers including social media and gaming during all training hours at the club. Computer and phone use will be allowed at the lodge, but discouraged at the club during training hours approximately 08:00 AM - 05:00 PM. All players and parents must sign our media policy and waiver.

Either at the club or lodge, we will have weekly movie nights with movies appropriate for all the players and also may have sports channels, especially tennis, playing at the club or lodge during some breaks and meals.

Our coaches and counselors will have cell phones with them at all times for emergency use only. The club also has a landline phone and internet service. Please be aware that some cell phone carriers have spotty coverage in the mountains of Vermont.

Lastly, we maintain a strict media policy for our coaches and counselors that limits their use of their cell phones for personal use during academy and supervision times.



Cameras are allowed but no student can be photographed without his or her permission and absolutely no pictures of other students can be posted online without permission.

Music devices are allowed but make sure to bring headphones so as not to disturb other campers. Any campers found to be viewing or sharing inappropriate material online, or participating in any cyberbullying or inappropriate social media posting, will have their phones confiscated until the end of the camp week. In addition, campers may be subject to legal action and dismissal from camp depending on the seriousness of the infraction. We take the health and safety of all campers seriously and expect responsible use of the internet and social media from all players.

Refund and Make-Up Policies:

Students are allowed to make up any missed academy classes during the summer season as long as space allows and with approval. Summer make-ups will not be carried over into another season. All summer makeup must be used by the last day of the summer season. Other makeup situations, such as extreme cases due to serious illness or major injury must be discussed directly with Chris and will be handled on a case-by-case basis. Under no circumstances will refunds be given, only credit.

Waiver and Forms Requirement:

Please be advised that all CLTA summer academy students and parents must fill out all waivers and medical forms. No students will be allowed to begin training until all signed waivers and medical forms are received.

Nearby lodging options for parents and families

Because we are in a major resort area, there are myriad lodging options for parents and families. There are many economic options as well as high-end luxury choices. Here are a few nearby quality choices that we like, but you can feel free to search the web for deals in the Stratton Mountain area.

- Upper Pass Lodge - 802-8245600
- Blue Gentian Lodge - 802-8245908
- Magic View Motel - 802-8243793
- Grafton Inn - 802-8432248
- Stratton Mountain Resort - 802-2974000
- Okemo Mountain Resort - 802-2281600



- Equinox Golf Resort & Spa - 802-3624700
- Kimpton Taconic Hotel - 802-3620147

Nearest Airports and Driving Distances to CLTA

- Nearest Regional and Private Airport-Rutland Southern Vermont Regional Airport (28 miles) - About 35 minutes by car
- Albany International Airport - Albany, NY - (76 miles) About 1 hour and 15 minutes by car
- Bradley International Airport - Hartford, CT - (115 miles) About 1 hour and 45 minutes by car
- Burlington International Airport - Burlington, VT - (100 miles) About 2 hours by car
- Logan International Airport - Boston, MA - (154 miles) About 2.5 hours by car
- LaGuardia International Airport - Queens, NY - (216 miles) About 3 hours 45 minutes by car
- Montreal-Pierre Elliott Trudeau International Airport - Quebec, Canada (336km) About 4 hours by car
- JFK International Airport - Queens, NY - (222 miles) About 4 hours by car
- Newark Liberty International Airport - Newark, NJ - (228 miles) About 3 hours 45 minutes by car
- Philadelphia International Airport - (317 miles) About 5 hours by car
- Toronto Pearson International Airport - Ontario, Canada (725km) - about 6 hours and 30 minutes by car
- Airport and Major City Transport to and from CLTA Vermont

We have partnered with the well-respected company Thomas Transportation (thomastransportation.com) to offer transport to and from major airports and cities near CLTA. Transport is offered at a reasonable price. Please contact us to schedule transport and get a price quote.

Taking Train to and from CLTA

Amtrak offers daily service to Bellows Falls, VT from numerous Northeast departure points. We can have a coach pick up/drop off players from the Bellows Falls Amtrak station for a reasonably low fee. The station is about 35 minutes from CLTA Vermont.

Wall of Champions

In addition to the champions listed below, Chris has personally coached over 50 top 100 nationally ranked players in the last decade alone.



Maggie Sohns
USTA Girls 12S Nationals Champion



Ava Chua
3rd Place at Little Mo Internationals



Henry Holtz
3rd Place at Providence L5