



CITA
CARNEVALI INTERNATIONAL
TENNIS ACADEMY

Overview: The Pathway of CITA Programs

From Foundation to Professional

CITA's progressive program structure is designed to guide players through a comprehensive tennis development journey. Our pyramid illustrates the progression from foundational skills to elite performance.

- Foundation
- Development
- Pre-Competition
- Competition
- High Performance
- Elite
- Pro Level

Note: Age ranges serve as guidelines and may vary based on individual player development and readiness.



CITA Foundation (Ages 3+)

INTRODUCTION TO TENNIS AND MOVEMENT

The Foundation program is designed for young players beginning their tennis journey. At this stage, the focus is on developing coordination, basic motor skills, and familiarity with the racket in a fun and engaging environment.

PLAYERS WILL LEARN:

- Basic grip and stroke introduction

- Listening, communication, and group interaction
- Coordination and movement through games
- Respect for coaches and teammates

The goal is to build confidence, enjoyment, and strong first habits.

CITA Development (Ages 6+)

BUILDING SKILLS THROUGH FUN, PLAY, AND DISCOVERY

The Development program is the next step after Foundation. Players explore movement, coordination, and basic tennis skills in a structured but joyful environment. Learning the game through fun play and structure, while building athletic foundations.

PLAYERS WILL DEVELOP:

- More refined motor skills and coordination
- Listening, discipline, and structured group play
- Introduction to basic tennis technique and stroke shapes
- Fun & enjoyment through creative drills and games

CITA Pre-Performance (Ages 9+)

INTRODUCTION TO COMPETITION AND MATCH PLAY

The Pre-Competition program is designed for players transitioning into a more competitive environment. Players begin applying and refining their technical foundation into real match situations while maintaining a strong focus on development and enjoyment.

PLAYERS WILL DEVELOP:

- More advanced technical skills (slice, different serves, control)
- Court positioning and basic tactics
- Introduction to match play and scoring
- Footwork and light physical conditioning

Players are encouraged to begin participating in tournaments to gain experience and build confidence in competitive settings.

CITA Performance (Ages 12+)

COMPETITIVE DEVELOPMENT AND PERFORMANCE

The Competition program is designed for players who are actively competing or preparing to compete regularly. At this level, training becomes more structured and demanding, with emphasis on performance, discipline, and consistency.

PLAYERS WILL FOCUS ON:

- Refining all technical aspects of their game
- Increasing physical conditioning and movement efficiency
- Developing tactical awareness and match strategy
- Building mental resilience and competitive mindset

PLAYERS ARE EXPECTED TO:

- Compete in tournaments regularly
- Set goals and track progress
- Begin understanding the responsibilities of being a student-athlete

CITA High Performance (Ages 15+)

ADVANCED TRAINING AND PATHWAY TO COLLEGE/PRO TENNIS

The High Performance program is designed for serious athletes committed to maximizing their potential in tennis. This stage represents the final phase of development before transitioning into collegiate or professional pathways. Training is intensive and focused on excellence.

TRAINING IS INTENSIVE AND FOCUSED ON:

- Advanced technical refinement
- Physical conditioning and injury prevention

- High-level tactical execution
- Mental performance and match preparation

PLAYERS WILL RECEIVE GUIDANCE IN:

- College recruitment and scholarship opportunities
- Tournament planning and travel
- Time management and academic balance

For athletes with the appropriate level and commitment, CITA will provide support and guidance toward pursuing professional opportunities.

CITA Elite (Ages 15-18)

COLLEGE / TRANSITION: PREPARING FOR COLLEGE TENNIS AND BEYOND JUNIOR TENNIS

The Elite program is the final step in the CITA pathway. Athletes in this stage compete nationally and internationally while balancing academics and athletics, with the goal of preparing for college opportunities and life beyond junior tennis.

The goal is to graduate each athlete ready for college tennis, ready for the next chapter, and ready for life beyond the court.

CITA Pro (Ages 18+)

PROFESSIONAL PATHWAY: TRAIN, COMPETE, ACHIEVE.

CITA Pro is the pinnacle of the pathway. Athletes at this level compete at the highest levels of the sport with a professional mindset, focusing on performance, consistency, and continuous improvement while aiming for the professional tour.

CITA Languages

Developing Well-Rounded Global Athletes

At CITA, we believe that developing pro tennis players means preparing them for an international career. A well-rounded athlete speaks the world's languages, and that's why we offer language programs designed to equip our players with the communication skills they need to thrive on the global stage.

Our language programs run alongside tennis training, ensuring athletes develop both on and off the court. Whether it's interviewing with international media, communicating with coaches abroad, or building relationships across cultures, language fluency gives our athletes an edge.

Interested in language programs for your athlete? Language offerings are encouraged with CITA program enrollment. Speak with the CITA Office about your athlete's language goals.

CITA College

College Counseling & Pathway Guidance

At CITA, our goal is to develop players who are prepared to compete at the collegiate level and beyond. We offer dedicated college counseling services to ensure every athlete in our program follows the right pathway, academically, athletically, and personally, to achieve their college tennis goals.

Whether your athlete dreams of playing Division I, II, III, NAIA, or Junior College tennis, we provide the guidance, resources, and support needed to navigate the recruiting process with confidence.

Have questions about college tennis pathways? College counseling is part of the CITA program experience. Speak with the CITA Office about your athlete's collegiate goals.

Pricing Information

For program pricing and package details, please reach out to the CITA Office directly.

Contact Us:

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Don't forget to follow us on Instagram @cita.miami