

Q&A with Samantha Ardenfriend – National Cardio Tennis Team Speaker and President of Cardio Tennis Unlimited

How long have you been a CT speaker?

- *I have been on the speaker's team since the latter part of 2005.*

What is your most memorable/funniest/impactful moment on the CT Court?

- *There have been many moments, but probably the most memorable and funniest things that has ever happened to me on the court was in spring of 2008. I was running a class in the evening and in the middle of feeding balls, and one of the players hit the ball off of her racquet frame. It came flying right at me, hit the handle on the ball cart, spun off of the handle and went into my ponytail. It got completely stuck in my hair, and I couldn't shake it out! I had to stop feeding the balls and pull the ball out of my ponytail!*

What is your favorite on court Cardio saying?

- *"If you hit me (with a ball) you better knock me out!" When the players are going through the dead ball drill phase in the classes. They all get a chuckle out of it, it keeps it fun and energized, and although there are many close calls, I have been spared so far!*

What is your favorite CT game?

- *Hands down, Triples!*

What is your favorite Powermusic CD?

- *Samantha's Mix of course!*

How has CT grown your business and participation?

- *I am so grateful for cardio tennis and all of the players that regularly participate in my classes! It is an amazing program!*

What is your most helpful teaching tip for conducting a CT Class?

- *The three components that should be constantly on the Pro's mind when running a cardio tennis class: Safety, Fun, Healthy workout*

Why is it important for you to be a member of the National Speaker's Team?

- *It is important to me to be a member of the National Speakers Team because I have a passion for growing tennis. I believe in Cardio Tennis because there is a great need for people to exercise, and cardio tennis is a fun painless way to exercise. If we can get more people out on the court exercising and creating a positive anchor to exercise while they develop a new skill, tennis, then everyone benefits! I think that's great, and we need leaders to guide the people to the classes, and trainers to enable the pros to deliver the program. I am grateful for being a part of that growth.*

What tip would you give to a club or organization that is struggling to start up a CT Program?

- *Be consistent with your programming. Even if there is only one player signed up for the class - do it. That one player will appreciate the workout and tell their friends.*

What has been your biggest challenge with CT and how did you overcome it?

- *One of the biggest challenges with cardio tennis was convincing existing tennis players to try the workout. Although cardio tennis isn't for everybody, I am pretty sure that most people will be hooked after the first class!*