



ATP-WTA

# Professional Journeys

2009-2010

## 1. DESCRIPTION OF JOURNEY

**High Performance Individual Tour Coaching** is for players with an ATP or WTA ranking and looking for high performance experienced coaching.

Bespoke courses specially designed to suit the needs of the player, but will include world-class technical and tactical tennis training with our experienced coaching team, and an integrated physical training program courtesy of our Physical Performance department. In addition, the option of Mental Skills training, Video Analysis and comprehensive Medical Care, as well as a personalized competition calendar.

Available throughout the year and begins with an initial consultation and planning session.

## 2. CALENDAR

**The Individual Tour Coaching Journey** runs from September the 7<sup>th</sup> of 2009 to June the 19<sup>th</sup> of 2010.

The journey's activity is carried out from Monday to Friday, with a Christmas holiday period and observed holidays in accordance with the official Spanish calendar.

- Christmas holidays: from 19<sup>th</sup> December 2009 to 6<sup>th</sup> January 2010.
- Official Holidays 2009: 11<sup>th</sup> September, 24<sup>th</sup> September, 12<sup>th</sup> October, 8<sup>th</sup> December, 25<sup>th</sup> and 26<sup>th</sup> December.
- Official Holidays 2010: 1<sup>st</sup> January, 6<sup>th</sup> January, 2<sup>nd</sup> April, 5<sup>th</sup> April, 24<sup>th</sup> May, 24<sup>th</sup> June, 15<sup>th</sup> August.

### 3. REGISTRATION

In order to register for this journey, it is necessary to demonstrate an adequate tennis level, evaluated by the Academy's Leadership Team and for which the student must reserve through the Admissions Department.

Registration into this journey, under any option, will be made through a personalised budget depending on the student's situation and will be formalised by filling the registration form (5 sheets), which must be signed by the student and the father, mother or legal guardian of the student if he/she is under 18, as well as a security deposit of 10% of the total cost.

Registration will not be final until the first payment, of those stipulated in the "payment method" section of the form, is made.

Registration into the journey is considered to be for its entire duration. Therefore, no discounts for students joining the journey after its starting date, or refunds for those withdrawing before its conclusion, will be made.

Formalisation of the registration implies acceptance of the general conditions described herein, as well as acceptance of the Internal Regulations of the Academia Sánchez-Casal.

### 5. JOURNEY CONTENT BY AREA

The journey content is divided into the following areas, which are fully periodized and integrated, combined they form the Academia Sanchez-Casal training system.

#### TENNIS

Consisting of 4 hours daily tennis training (Monday-Friday) and 2 hours on Saturday student athletes receive technical and tactical training that will look to maximize students' strengths whilst developing an all-court game. Each student is assigned, and guided, by a personal tutor, a member of our highly knowledgeable and experienced coaching team. Every member of our coaching team is certified by the RPT and USPTA.

Our year is divided into phases of preparation, competition and transition. This ensures that our student athletes achieve a correct balance of training and competition, for their age and standard.

#### PHYSICAL PERFORMANCE

Physical Training is conducted under the supervision of our highly experienced Physical Performance team. All of the physical components (coordination, speed, flexibility, endurance and strength) are trained in a carefully planned integrated model, designed to complement the students' tennis development. A great deal of emphasis is placed on the prevention of injury.

#### COMPETITION CALENDAR

Students will receive a personal tournament calendar appropriate to their age and standard. This will be planned by their tutor and the Academy Tournament Coordinator and could include both local and international competition.

**MENTAL SKILLS** Our qualified and experienced sports psychologists deliver support and training to our student athletes in the mental aspects of tennis. Our Mental Skills training is an integrated part of our training system and follows a periodized approach that complements our on-court training.

#### VIDEOANALYSIS

Student athletes receive video analysis that includes drills for technical analysis and footage of match play for tactical analysis.

### 6. GENERAL STANDARDS TO BE FOLLOWED BY STUDENT ATHLETES

During their development journey, students are expected to treat all persons with respect. Each student athlete is expected to display the qualities of a successful person, mainly honesty and hard work. Whilst it is impossible to be perfect, it should not stop any student trying to be the best they can. Indeed, more than anything, as a citizen of Academia Sanchez-Casal you are expected to give your best in every part of academy life.

### 7. MEDICAL INSURANCE

Comprehensive Medical Care is provided under personal health care insurance underwritten by Vitalicio Seguros, a leading medical insurer in Spain. The insurance premium is included in the standard fees for journeys. The Academy has an on-site physiotherapist, experienced in treating sports injuries, who operates from a well-equipped on-site medical suite. Our physiotherapist is supported by a host of medical specialists and facilities.

The specific coverage of the Policy is described in the policy subscription contract to be signed by insurer and student.

The Academia Sánchez-Casal shall not be responsible for any possible medical insurance claims affecting the student. Its role is limited to that of intermediary between student and insurer.

### 8. OTHER SERVICES INCLUDED IN PROGRAMME

Students have access to the following services:

- Membership of the Club, for unlimited usage of facilities.
- Federation Licence, Tennis Federation of Catalonia
- Transportation service
- Energy point: Hydration through a piece of fruit or energetic cereals snack and a bottle of water.

### 9. ECONOMIC REGULATIONS

There is not a set price for these programmes, as they are prepared depending on the needs of the students, in keeping with Academy costs.

All payments can be made in cash, by bank transfer or credit card.

### 10. INJURIES

The Academia Sánchez-Casal, through the Medical Insurance Policy taken out by the student, and the in-house physiotherapy and Medical Care team, will treat players' injuries through a personalised, comprehensive rehabilitation program.

If a student wishes to take temporary leave of the Tennis Academy due to injury, no refund will be provided for the time of absence.

## 11. CAUSES FOR CANCELLATION OF REGISTRATION

If due to circumstances beyond control, which have been so determined by Academy management, the student must leave the programme without having completed it, the Academy management may provide economic compensation for the student with the refund of part of the period paid for and not consumed, in accordance with the following criteria:

- In no case will the portion corresponding to the medical insurance, which has an annual duration, be returned.
- In no case will the portion corresponding to the annual Open Sports Club membership fee be returned.
- In regard to the amounts paid for the Tennis Programme, a maximum amount will be paid equal to the difference in complete calendar months between the end of the programme and the date of withdrawal, minus an amount equivalent to two months, which will remain as compensation for the Academy.
- As for the amounts paid for the Residence, a maximum amount will be paid equal to the difference in complete calendar months between the end of the programme and the date of withdrawal, minus an amount equivalent to one month.