



LONG TERM PROGRAMS

High Performance Tennis + Language

2011-2012

1. DESCRIPTION OF PROGRAM

Long Term High Performance Tennis + Language offers those who are not studying at the school the opportunity to enhance their language skills in either Spanish or English, alongside high performance tennis.

The program includes daily 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, all student athletes receive Mental Skills training, Video Analysis and comprehensive Medical Care, as well as a personalized competition calendar.

Our program runs from September until June, and is fully periodized and integrated. This means that our tennis, physical and mental training, work in harmony to provide maximum benefit for our student athletes, by reducing injury, avoiding 'over-training' and maximizing improvements.

Our daily work at the Academia Sanchez-Casal is guided by our philosophy of "developing successful young people in all aspects of life, using tennis and education as the vehicle for personal development." All student athletes receive the relevant support systems to help them fulfil this goal.

The content of the Program is equal regardless of a student's status as a resident or non-resident.

LONG TERM HIGH PERFORMANCE TENNIS + LANGUAGE

- Monday to Friday: 4 hours Tennis training per day
- Monday to Friday: 2 hours Physical training per day
- Saturdays: 2 hours Tennis training
- Per Month: 1½ hours Mental Skills Training
- Per Year: 2 x Video Analysis
- Monday to Friday: 1,5 hours Language teaching per day

The High Performance Tennis + Language Program works alongside the Schiller International School, at their facility on the Academy campus.

2. CALENDAR

The High Performance Tennis + Language Program runs from September the 5th of 2011 to June the 22nd of 2012. The program's activity is carried out from Monday to Friday, with a Christmas and Easter holiday period and observed holidays in accordance with the official Spanish calendar.

- 5th of September: INDUCTION DAY.
- Christmas holidays: from 23rd December 2011 to 1st January 2012.
- Easter Holidays: from 6th April to 9th April.
- Official Holidays 2011/2012: 12th October, 1st of November, 6th and 8th December, 6th January, 1st May, 28th May.
- 22nd of June: GRADUATION.

3. REGISTRATION

In order to register for this program, 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. Program registration will be formalised by:

- Filling out the registration form (6 sheets), which must be signed by the student and the father, mother or legal guardian of the student if he/she is under 18;
- Payment of the Registration Fee quoted in **125€**;
- Payment of 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 program is considered to be for its entire duration. Therefore, no discounts for students joining the program 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.

4. TIMETABLES

The timetable for student athletes on this program is as follows:

Monday to Friday:

07:00-08:15	Breakfast
08:30-10:10	Physical Training
10:15	Energy Point
11:00-13:00	Tennis Training
13:15	Lunch
15:00-17:00	Tennis Training
17:25-18:55	Languages
19:00-20:00	Rest
19:30-20:30	Dinner
21:00-22:30	Rest
22:30	Lights Off

Saturday:

08:00-10:00	Tennis Training
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5. PROGRAM CONTENT BY AREA

The program 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. Ensuring that our student athletes achieve a correct balance of training and competition, for their age and standard.

PHYSICAL PERFORMANCE

Physical Training is conducted 2 hours per day (Monday-Friday) 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.

The competition calendar is planned with, and supported by, the Schiller International School, who adapt the study program for students' attending tournaments. Please note: competition fees are not included in the program price. More details can be found in the 'Tournaments' section of the Academy website.

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 compliments our on-court training.

VIDEOANALYSIS

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

LANGUAGE STUDIES

Student-athletes also have the opportunity to enrol in an English or Spanish Language Program offered by Schiller International School. The language programs are offered in conjunction with a student-athlete's athletic training, tournament schedule and medical visits. Language classes are offered for beginning to advanced language learners.

6. MEDICAL INSURANCE

Comprehensive Medical Care is provided under personal health care insurance underwritten by Mapfre Seguros, a leading medical insurer in Spain. The insurance premium is included in the standard fees for programs. 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.

7. TRANSPORTATION

AIRPORT TRANSFER

The Academia Sánchez-Casal will provide free transportation from and to **Barcelona Airport** (NOT Girona or Reus) for the initial arrival and final departure of each term. This service is only available for flights landing not later than 7 p.m. and taking off not before 9.30 a.m. Additional airport transfers along the year may be available on request (subject to availability and with 48 hours notice prior to departure).

DAILY TRANSPORTATION

The Academia Sánchez-Casal will provide free daily transportation from and to the **host families** to those students/athletes who reside there. For any other student/athlete enrolled into the Long Term Program and NOT RESIDING in one of the Academy's host families, the daily transfer will be provided on demand and upon the payment of an extra fee (see ECONOMIC REGULATIONS).

8. VISA and RESIDENCE PERMISSION SUPPORT FOR NON EUROPEAN UNION CITIZENS

Our **Student Athlete Support** staff will supply all the necessary invitations and documentation for those student athletes from **outside the European Union** who require a visa (visa D) to live and study in Spain.

This service is available only after payment and enrollment has been completed. It is the individual student's responsibility to make the relevant appointments at the Spanish Embassy/Consulate in the country of residence.

We also provide a template for a Consent of a Minor Studying in Spain Authorization Letter that must be signed by the parents/guardians of the student and authorized by the Spanish Embassy/Consulate in your country of residence. Within 30 days of entering Spain (on visa D) each student must obtain a student residence card.

Each student must bring with them:

- Valid VISA D for Studies
- A photocopy of their mother and father's passports
- 4 color standard passport photographs
- The authorized Consent Letter signed and stamped by the Spanish Consulate.

As this process requires the services of a lawyer, supplied by the Academy, the Academy charges **€300** for this process. Our Student Athlete Support staff are also here to advise on the process of renewal for visas and student residence cards for returning students

9. OTHER SERVICES INCLUDED IN PROGRAMME

Students have access to the following services:

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

10. ECONOMIC REGULATIONS

Registration is made for the complete program, regardless of the payment method used. Therefore, the student commits to full payment of the program.

Prices for the Long Term High Performance Tennis + Language Program are:

○ TENNIS PROGRAM	20.480€
○ FULL BOARD (on campus or in host family)*	
▪ Double room	13.100€
▪ Single room	15.400€
○ LUNCH (for non residents)	2.000€
○ DAILY TRANSPORTATION (for non residents)	1.000€
○ LICENCE FOR CATALAN FEDERATION (mandatory **)	40€
○ REGISTRATION FEE (mandatory for new students)	125€

○ **Visa and Residence Permission support**

300€

(8% Vat Included)

* During high season periods such as Autumn Half Term, Winter Break or Easter Break, AS-C reserves the right to turn single and double rooms into double and quadruple rooms respectively.

**DIARIO OFICIAL DE LA GENERALITAT DE CATALUNYA, Titulo 8, Cap 1, Art. 149

"Las entidades públicas o privadas que organicen actividades físicas o deportivas, independientemente de la duración y tipología del espacio donde se realicen, tendrán que exigirles a todas las personas que participen la licencia deportiva correspondiente a la actividad."

Guests can choose from three possible payment options with the following dates of payment:

OPTION A:

10% security deposit - of total amount – upon registration
90% balance total on September 1, 2010

OPTION B:

10% security deposit - of total amount – upon registration
40% partial payment on September 1, 2010
50% balance total on January 15, 2011

OPTION C: (with a 5% surcharge)

10% security deposit - of total amount – upon registration
40% partial payment on September 1, 2010
25% partial payment on December 1, 2010
25% balance total on March 1, 2011

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

11. SERVICES INCLUDED IN LODGING

INCLUDED IN THE RESIDENCE

- Lodging in a double room
- Breakfast, lunch and dinner
- Laundry service
- Activity programme
- Wireless Internet Access
- Weekly Trip to the Supermarket (on Wednesday)
- Access to Supervised Players' Lounge

12. STUDENT BANK

Students can withdraw cash from their account with the student bank. Each student has an account automatically set up on enrolment. Parents/Guardians can pay funds into the account via cash payment, credit card payment or bank transfer. There is also an overdraft facility on campus (ATM).

Alternatively, they can open an account with BANCO DE SABADELL in Spain.

13. 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.

14. 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.