



WEEKLY PROGRAMS

High Performance Tennis + Languages

2012

1. PROGRAM DESCRIPTION

The Academia Sánchez-Casal is a high performance training facility that combines tennis and education for the students, with the objective of shaping successful young people in diverse aspects of their lives. The Academia Sánchez-Casal has a **Unique Training System** established by **coaches with a worldwide reputation**. Sánchez-Casal has developed **elite players** such as Kuznetsova, Murray, Dimitrov, Hantuchova, Ivanovic, Mónaco, Bovina, among others.

The Weekly Tennis Program combines **High Performance Tennis Training**, including technical exercises, tactical strategy and competition, with **Specific Physical Training**, as well as daily **Language Classes** (Spanish or English) given by native teachers from ES International School, located inside the Sánchez-Casal facilities, in addition to **Mental training**.

The Weekly Tennis Program is available from September until June with the exception of the weeks that are part of the Summer Program. The program is available in multiples of one week and includes 20 to 22 hours of tennis, 5 to 10 hours of physical training depending on the age, a 45 minute mental training session and 4.5 hours of language classes.

The program respects the observed holidays in accordance with the official Spanish calendar and reduces the hours of training those days. The observed holidays are: January 1st and 6th, April 6th and 9th, May 1st, August 15th, October 12th, November 1st, December 6th, 8th, 25th and 26th.

2. WEEKLY PROGRAM AND TIMETABLES

The timetables for the Weekly Program include:

Over 14 years old

Monday to Friday

07:00-08:15	Breakfast*
08:30-10:15	Physical Training
10:15-10:30	Energy Point
10:30-11:00	Break
11:00-13:00	Tennis Training
13:15-14:15	Lunch
14:15-15:00	Break
15:00-17:00	Tennis Training
17:00-17:20	Shower
17:25-18:55	Language Classes
19:00-20:30	Dinner*
20:30-22:00	Time off*
22:00-22:30	Check-in at Night*

Saturday

08:00-10:00	Tennis
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Under 14 years old

Monday to Friday

8:00-9:00	Breakfast*
9:00-10:30	Language Classes
10:30-11:00	Break
11:00-13:00	Tennis Training
13:00-13:20	Shower
13:20-14:30	Lunch
14:30-16:30	Break
16:30-17:30	Physical Training
17:30-17:45	Energy Point
18:00-20:00	Tennis Training
20:00-20:30	Dinner*
20:30-22:00	Time off*
22:00-22:30	Check-in at Night*

Saturday

08:00-10:00	Tennis
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* Only for students boarding with us on Campus.

3. PRICES AND SERVICES INCLUDED

Pricing for the High Performance Tennis + Languages:

	Boarding	Non Boarding
Tennis Training Program	Yes	Yes
Physical Training Program	Yes	Yes
Language Classes	Optional / 124 €	Optional / 124 €
Accommodation	Yes	-
Medical Insurance	Yes	Yes
Transportation to and from BARCELONA's Airport – El Prat de Llobregat	Yes	-
Daily Transportation	Yes	Optional / 25 €
Laundry Service	For Stays of more than one Week	-
Breakfast	Yes	-
Lunch	Yes	Mon-Fri
Dinner	Yes	-
Energy point (morning or afternoon)	Yes	Yes
Club Membership – Use of Facilities	Yes	Yes
Wireless Internet	Yes	Yes
Physiotherapy Service and Specialists Consultation	Yes	Yes
Federative License*	40€	40€
Registration Fee	Yes	Yes
From September to June (excluding the weeks that are part of the Summer Program)	1.263 €	762 €

(8% IVA included)

*La Llei de l'Esport 8/1999 de la Generalitat de Catalunya forces all clubs that organize any physical or sporting activities, to require a federative license to all persons that participate in them, which covers health care and individual civil liability.

4. REGISTRATION AND PAYMENT METHODS

The registration of the program will be formalized by:

- Filling out completely and sending the registration form (which will be provided by the Admissions Department once availability is confirmed) signed by the student and father, mother or legal guardian if student is under 18 years old.
- Payment for the entire program a month prior to the start of the program.

The registration process will not be finalized until both requirements from above are met. Payments can be made in cash, by credit card, or by bank transfers (if done by bank transfer, the bank commissions are to be paid by the sender).

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

5. PROGRAM CONTENT BY AREA

The content of the weekly program is divided into the following areas:

TENNIS

Includes 4 hours of tennis training every day (from Monday to Friday) and 2 hours on Saturday, in which the student will receive the technical and tactical fundamentals that will aid in the development of their game in all the areas of the court based on the Sanchez-Casal training system. On the first day of training, our coaching team will assess the level of each student and will place them in groups accordingly. All of the coaches from our technical team have the RPT and USPTA certification.

PHYSICAL TRAINING

Depending on the age of the student, the physical training can either be 1 or 2 hours daily from Monday to Friday. With the objective of improving in this short period of time, the player trains all the physical abilities such as resistance, strength, speed, agility, coordination and flexibility. Special emphasis is placed on injury prevention.

COMPETITION CALENDAR

For stays greater than one week, the students have the opportunity of participating in local tournaments that are being offered weekly in our facility or the surrounding area, as well as in national or even international events that are being held at the time of the stay. In this case every student will receive a personal tournament calendar appropriate to their age and level. Competition fees are not included in the price of the program. For more information please go to our website and click the Tournament Tab.

MENTAL TRAINING

The weekly program includes a mental training session given by our head psychologist. It deals with fundamental aspects of psychology in tennis and is integrated into the training system of Academia Sánchez-Casal.

LANGUAGE CLASSES

The language classes take place in ES International School, an American school system located inside our facilities. The students have the option of choosing between English or Spanish classes, given by native teachers. The classes are divided by levels (beginner, intermediate, and advanced).

6. AIRPORT TRANSFER and SUPPORT FOR "UM" SERVICE

The Academy will pick up all the students registered in the boarding tennis program, with a minimum notice of 7 days prior to the arrival date, and by providing flight information (Airline Company, time of arrival and flight number). Pick-ups are only offered at the Barcelona Airport "El Prat de Llobregat".

For those who have contracted a "UM" (Unaccompanied Minor) service with their airline, the Academy also offers a support by having one of our staff members accompanying the student at all times until he/she is picked up by the airline company and taken to the gate. This service has a charge of 60 euros. In order to request this service, the Academy has to be informed that the student has an "UM" service booked with the airline, as well as provide the flight information. The name of the person who will accompany the student will be provided by the Academy the week before the program begins.

The students that are flying on their own, or not staying on campus, need to inform the Academy their arrival time in order to arrange their check-in.

7. ITEMS THAT STUDENT MUST BRING

- Rackets
- Training and Running Shoes
- Sportswear
- Tennis String and Grips
- Notebook and Pens
- Bath and Hand Towels
- Toiletry Bag
- Alarm Clock
- Bath Sandals
- Sun screen
- Hats or Visors
- Casual Clothes for Trips

8. GENERAL STANDARDS TO BE FOLLOWED BY ALL STUDENTS

During their stay at the Academy, students are expected to treat all persons with respect. The Academy makes available their material and personal resources for each student to be able to develop successfully, and they are expected to display honesty and hard work in every aspect of the Academy life.

9. MEDICAL INSURANCE

The Registration in any program of the Academy includes Comprehensive Medical Care underwritten by Seguro Premium Mapfre, a leading insurance company in Spain. This policy covers the student against illnesses or injuries, and it has the best specialists in the world. The specific coverage information is described in the contract signed with the insurer.

The Academy has on premises a physiotherapy area, with experienced staff in treating sports injuries, and works with the latest technology available for treating them as well.

10. STUDENT BANK

Each student has an account in the Academy, where parents or tutors may deposit money, either in cash, by bank transfer, or by credit card (credit card charges have a surcharge of 3%). No other deposit method is allowed. The students may withdraw money through the Admissions Department.

11. LAUNDRY SERVICE

Laundry Service is available to those students staying on campus with a length of more than a week. The students will receive a laundry bag after the payment of a 10€ deposit, which will be refunded once the laundry bag is returned at the end of the stay.

The bags will be picked up and returned on Monday, Wednesday and Friday. The bag with dirty clothes will be returned cleaned, dry, and folded the next pick-up/drop-off day.

It is recommended that the student clothes are marked with their name to prevent mix-ups.

12. 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 personalized, comprehensive rehabilitation program. If the student wishes to take a temporary leave of the Academy due to injury, no refund will be provided for the time of the absence.

13. CANCELLATION POLICY

If due to circumstances beyond control the student must leave the Academy without having completed the program, the Academy will determine if it provides a refund to the student for the part of the period paid for and not consumed, which in any case will not be greater than 75% of the same period.