

ATP - WTA

programme 2007-2008

1. DESCRIPTION OF ATP-WTA PROGRAMMES

The Sánchez Casal Academy offers tailor-made programmes for professional players, who seek to benefit from a comprehensive preparation system and its innovative training system, which is made up of demanding on-court practice, physical training, medical follow-up, mental training and a personal competition programme followed up by a coach.

The following possibilities are offered:

- Annual ATP-WTA Programme
- Monthly ATP-WTA Programme
- ATP-WTA Programme with Personal Coach
- ATP-WTA Pre-season Programme

The students registered in any professional programme have access to the same services as the rest of the Academy students. Therefore, they can be residents or non-residents.

2. CONTENT OF ATP-WTA PROGRAMMES

- Oriented toward professional players with WTA or ATP ranking.
- Reinforcement of player's strong points
- Technical and tactical work on three areas of on-court play
- Personal technical tutor
- Specific physical training
- Medical control
- Physiotherapy Services
- Psychological follow-up
- Energy point: Hydration through a piece of fruit or energetic cereals snack and a bottle of water.
- Personalised competition programme
- Coached matches
- Player evaluation report

3. CALENDAR

The ATP-WTA Programmes are carried out throughout the year, and their calendar is of a specific nature for each group. Nonetheless, the calendars are assimilated with those of the annual programmes, from 10 September, 2007 to 28 June, 2008.

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

- Christmas holidays: from 22 December, 2007 to 6 January, 2008.
- Official Holidays 2007: 11 September, 24 September, 12 October, 1 November, 6 December, 8 December, 25 December and 26 December.
- Official Holidays 2008: 1 January, 6 January, 21 March, 24 March, 1 May, 12 May and 24 June.

4. REGISTRATION

Registration in any of the ATP-WTA Programmes, under any option, will be made through a personalised budget depending on the student's situation. It will be formalised by filling out the online preregistration, the registration form (4 sheets), which must be signed by the student and the father, mother or legal guardian of the student if he/she is under 18.

In any event, the training programmes will follow a similar pattern to that of annual programmes.

5. SERVICES INCLUDED IN PROGRAMMES

- Tennis and Physical Training Programme
- Medical insurance
- Physiotherapy
- Club membership
- Federation Licence, Tennis Federation of Catalonia
- Transportation service: Pick-up & drop-off upon arrival at Academy and in holiday periods, External medical service and Scheduled outings
- Personal attention: each student has a mentor at the Academy to help in the resolution of any personal matters.
- Psychology service.

6. OTHERS SERVICES NOT INCLUDED

VIDEOANALYSIS

Coaches and tutors use student video analysis as part of the training programme, not only to technically correct but also to work on tactical aspects for competition.

7. PRICES

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.