



LONG TERM JOURNEYS

High Performance Tennis + Studies

2010-2011

1. DESCRIPTION OF JOURNEY

Long Term High Performance Tennis + Studies offers a comprehensive educational journey for student athletes who want to combine high performance tennis with studies in preparation for higher education.

The journey 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 journey runs from August until May, 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 Journey is equal regardless of a student's status as a resident or non-resident.

LONG TERM HIGH PERFORMANCE TENNIS + STUDIES

- Monday to Friday: 3 hours Tennis training per day
- Monday to Friday: 1.5 hours Physical training per day
- Per Month: 1½ hours Mental Skills Training
- Per Year: 2 x Video Analysis

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

2. CALENDAR

The High Performance Tennis + Studies Journey runs from August 16th to May 27th (2010-2011)

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

- September 6th Labor Day (Monday)
- October 11th Columbus Day (Monday)
- November 25th and 26th Thursday and Friday - Thanksgiving
- Christmas holidays from December 18th (Saturday) to January 2nd (Sunday)
- January 17th Martin L. King (Monday)
- February 21st President Day (Monday)

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.

Journey registration will be formalised by filling out the registration form, 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, and 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.

4. JOURNEY CONTENT BY AREA

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

TENNIS

Consisting of 3 hours daily tennis training (Monday-Friday) 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 way we try to ensure that our student-athletes achieve a correct balance of training and competition for their age and standard.

PHYSICAL PERFORMANCE

Physical Training is conducted 1.5 hour 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 have 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 journey 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 complements 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.

SCHOOL STUDIES

Located within the campus of the Academia Sánchez-Casal, all student-athletes have the opportunity to attend Schiller International School, an American accredited school which offers the American seventh through twelfth grades (ages 12-18 years old). The educational program is fully compatible with a student-athlete's tennis training, tournament schedule and medical visits. The student population consists of student-athletes from over thirty countries who cumulatively speak over twenty languages, although, the language of instruction in all classes is English.

Students who earn the High School Diploma are eligible to attend any American university, usually with substantial academic and/or athletic scholarships. Schiller International School offers a comprehensive university placement service to include SAT and TOEFL Preparation, university counselling and extensive placement services. The School works in conjunction with the Academia Sánchez-Casal and other sources to assist student-athletes in finding the best university based on the student-athlete's interests, academic potential and athletic abilities.

Situated on the Academy campus is the Schiller International School, which provides students with a United States high school education.

5. 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.

6. MEDICAL INSURANCE

Once the registration is formalized the Academia SC will offer, upon request, a medical insurance policy.

7. OTHER SERVICES INCLUDED IN PROGRAM

Students have access to the following services:

- Membership in the Naples Tennis Club, with unlimited usage of the facilities.
- Transportation service: airport pick-up & drop-off upon arrival at Academy
 Transportation to/from Fort Myers-\$ 65 each way
 Transportation to/from Miami - \$225 each way
 Transportation to/from Naples - No charge

Transportation during vacation or official holiday periods, for external medical services and scheduled outings

- Personalized attention: each student has a mentor at the Academy to help in the resolution of any personal matters.
- Pilates/Hip-Hop Lessons

8. ECONOMIC REGULATIONS

The registration is made for the complete program, regardless of the payment method used. Therefore, the student commits to full payment of the program. Please consult the Academy for further details.

Prices for the Academy Annual Program are:

	Boarding	Non Boarding	
TENNIS JOURNEY	\$38.500	\$26.900	
HIGH SCHOOL PROGRAM	\$12.060		(6% Tax Included)

Customers may choose from two possible payment options with the following installment dates:

OPTION A:

10% reservation deposit - of total amount – due before August 1st (non refundable)
90% balance of total- due August 25th

OPTION B:

10% reservation deposit - of total amount – due before August 1st (non refundable)
40% partial payment due on August 25th
50% balance remaining due on January 15th

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

9. SERVICES INCLUDED IN LODGING

- Lodging in a double room.
- Breakfast, lunch and dinner.
- Laundry service.
- Activity program.
- Wireless Internet Access

10. 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.

11. INJURIES

The Academia Sánchez-Casal offers a medical insurance policy upon request. The in-house physical trainers 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.

12. CAUSES FOR CANCELLATION OF REGISTRATION

If due to circumstances beyond control, which have been so determined by Academy management, the student must leave the program 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 regard to the amounts paid for the Program, a maximum amount will be paid equal to the difference in complete calendar months between the end of the program and the date of withdrawal, minus an amount equivalent to two months, which will remain as compensation for the Academy.