



SHORT TERM JOURNEYS

High Performance Tennis + Language

2010-2011

1. DESCRIPTION OF JOURNEY

Short 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 in multiples of one week.

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.

Our journey runs from September 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 Sánchez-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.

SHORT TERM HIGH PERFORMANCE TENNIS + LANGUAGE 1 (morning and afternoon session)

- Monday to Friday: 4 hours Tennis training per day
- Monday to Friday: 2 hours Physical training per day
- Monday to Friday: 1.5 hour Language teaching per day (optional)
- Saturday: 2 hours Tennis training

SHORT TERM HIGH PERFORMANCE TENNIS + LANGUAGE 2 (afternoon session)

- Monday to Friday: 3 hours Tennis training per day
- Monday to Friday: 1.5 hour Physical training per day
- Monday to Friday: 1.5 hours Language teaching per day (optional)
- Saturday: 2 hours Tennis training

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

2. CALENDAR

The High Performance Tennis + Studies Journey runs from September to May.

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 our Admissions Department.

Journey registration will be formalised by filling out the online pre registration, 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, 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, combined they form the Academia Sanchez-Casal training system.

TENNIS

Consisting of 4 hours daily tennis training (Monday-Friday) and 2 on Saturdays, 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.

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.

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.

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

Insurance is available upon request

7. OTHER SERVICES INCLUDED IN PROGRAM

Students have access to the following services:

- Membership of the Club, for unlimited usage of facilities.
- Transportation service

All players are kindly requested to provide us with their arrival details in order to arrange pick-up at the Airport if needed and the payment for this service will have to be done before the arrival. The prices are:

- Ft Myers Airport \$65 each way
- Miami, Ft Lauderdale International Airports \$225 each way

8. ECONOMIC REGULATIONS

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

Prices for the Short Term High Performance Tennis + Language Journey are:

TENNIS JOURNEY 1 (morning and afternoon session)

- o **Boarding** **\$1.750**
- o **Non Boarding** **\$1.300**

TENNIS JOURNEY 2 (afternoon session)

- o **Boarding** **\$1.525**
- o **Non Boarding** **\$1.100**

Language Program **\$150**

(6% Tax Included)

All payments must be made in advance of commencing the journey in cash, by bank transfer or credit card.

9. SERVICES INCLUDED IN LODGING

INCLUDED IN THE RESIDENCE

- 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.