



Tenerife Tennis Academy

Where the best get better



**Annual
High Performance
+ Studies Program**

365 days a year training in the sun
Do you have what it takes ?

Our Philosophy

Tenerife Tennis Academy offers the perfect environment to realize your potential as an athlete and student. With its unmatched year round climate and our personalized blend of training & study hours, we believe we have the secret ingredient to creating success in our students; whatever their goals and dreams.

Our unique size gives us the opportunity to tailor make a program for each of our students. We want to match our training and education to the **vision** of your future.

We are **passionate** about working with our young people as individuals. This is realized through our goal setting and mentoring program. We want to ensure that the student is central to all that we offer and that our blend of tennis training and education matches their needs.

We are **dedicated** and focused on achieving the best possible future for our players. We want to prepare them for their futures and understand that young people need a unique combination of factors to combine for them to realize their potential. As a team that believe success is the outcome of small focused steps; we are there to focus and facilitate those steps.

Our philosophy of **Vision; Passion** and **Dedication** is visible in our actions and the actions of the young people we are privileged to work with. So if you have your sights set on becoming a tennis professional, a sports coach, or securing a scholarship to an American University then our team want to hear from you. Your future is our **passion**.

How it works:

The High Performance Full Time Tennis and Studies Program offers the perfect blend of schooling and tennis training; strength and conditioning; mental toughness and resilience and competition to ensure our athletes maximize their potential.

Every player is given an individualized pathway which encompasses all aspects. It ensures that the tennis journey is smooth and directed. Our head coach has direct responsibility for ensuring each players program is individualized and specific to their needs. The goals set by the players in liaison with the tennis coaching team of fitness instructors, sports psychologists, physiotherapist, and the educational team.

With everyone working in a smart, informed, player centered way it is possible to mentor, direct, educate and monitor our players to ensure that their program is always optimal. That their needs are met both emotionally and physically, eliminating the risk of injuries, overtraining and burnout.

Hours of Training:

Our year runs from September 2016 to June 2017. Consists of a weekly program of 20 hours schooling, 15 to 16 hours Tennis (age dependent), and 7.5 hours strength and conditioning. In addition to the weekly schedule, there is also monthly mental toughness training sessions, trimestral fitness testing, and annual musculoskeletal screenings. These separate aspects form the basis of the weekly review meetings.

Program Calendar:

The High Performance Tennis & Studies Program will run from September 5th 2016 until June 30th 2017. Training and studies will run Monday to Friday with additional sessions available at weekends. There is a mandatory rest day per week. Holidays will run in correspondence to the Spanish calendar available on the overview page.

Examples of Timetables:

The timetable for each student is dependent on their age and year at school. The first table is for age 11-13 (Key Stage 3) and the second for 14-16 (IGCSE).

12 - 13 Years (Key Stage)	
Class Time	Subject
8:00 9:00	TENNIS
9:00 9:45	FITNESS
	Break - Shower
10:00 11:00	SCHOOL
	Break
11:20 13:20	SCHOOL
13:20 14:00	Lunch
14:00 16:00	SCHOOL
15:00 17:00	TENNIS
17:00-17:30	FITNESS

13 - 16 Years (IGCSE)	
Class Time	Subject
8:00 9:00	FITNESS
9:00 11:00	TENNIS
	Break Shower
11:20 13:20	SCHOOL
13:20 14:00	Lunch
14:00 16:00	SCHOOL
	Break
16:15 17:30	TENNIS
17:30-18:00	FITNESS

Additional sessions available during the week/weekends (additional fees apply) in the form of: individual tennis lessons, private tutoring or 'after school' learning, and trips may be added.

Our Prices:

Tennis	Yearly Cost
High Performance Tennis Program	€ 7,000
High Performance Physical Program	Included
Sports Psychology Support	Included
Nutritionist Support	Included
Physio Support	Included
Federative Licence*	€ 50
Synergy School	
Key Stage 3	€ 4,800
Key Stage 4 (IGCSE)	€ 5,600
Lunches in consultation with Nutritionist	€ 800
Registration Fee	€ 160
Deposit***	€ 600

Additional arrangements are available. Please contact Kris Gray to discuss any alternative plans.

Our Payment Terms:

A deposit of one month (equivalent to 10%) will be taken upon registration, thereon after there will be 3 payments of 30% of the total fee on the following dates:

- 10% upon registration
- 30% no later than the first of September.
- 30% no later than the first of December.
- 30% no later than the first of February.

Payments may be made by card or bank transfer. Sender must pay any additional bank fees incurred. Registration is not guaranteed until the 10% deposit is received as cleared funds. Monthly payment plans are available at additional cost.