



#LOVETENNIS

2018 PROGRAM

#CATALUNYATENNISACADEMY

WELCOME

"Welcome to the Catalunya Tennis Academy!"

Our 2018 Program is set to be our best yet, with an incredible roster of international youth talent, new sponsors, continually improving training facilities, and access to the very best support network an aspiring tennis player could ask for.

With combined experience over over 100 years in tennis, our coaches have both played at, and worked with players at the highest levels.

We'd like to invite you to come to one of our centres in Barcelona, or Girona, and experience the Academy for yourselves.

Looking forward to seeing you on court soon!"

Felix Riba

Director - Catalunya Tennis Academy



#CATALUNYATENNISACADEMY

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TRAINING WITH US

Our worldclass Tennis Academy is designed to help you improve the technical, tactical, physical and psychological aspects of your game.

Everything is designed for you. Our programs are bespoke and your individual training and competition plan is created specifically with you in mind.



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TRAINING WITH US

FACILITIES

Training can take place across one of our 2 sites:
Barcelona - Sant Cugat, or Girona - Santa Coloma.

Sample Schedule

- Wake & Breakfast
- Tennis Session 1
 - School
- Physical training
 - Lunch
 - School
- Tennis Session 2
- Recovery Session
 - Dinner

Girona

We train at a beautiful location which hosts our own tennis centre.



Barcelona

We train across 2 sites in Barcelona, including the Olympic Centre, and the Catalan Occidental Tennis Centre which is just for us.

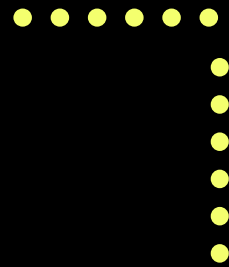
Just some of the facilities available:

Access to over 30 tennis courts, including the very best clay courts, indoor, hard outdoor and grass . World Class gym. Medical, physiotherapy, nutritionist & psychologist all available onsite. Cafe. Outdoor pool & recovery facilities. Official academic partners (international schools) are close by. Personal lockers.

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PERFORMANCE MATTERS

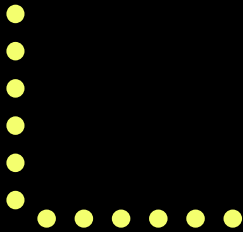
THE CURRENT ROSTER:
16 PLAYERS, 7 COUNTRIES,
COUNTLESS ITF
RANKING POINTS, &
HUNDREDS OF
TOURNAMENT WINS



6 YEARS - 1000s
PLAYERS -



TRAINING GROUPS/CAMPS
IN EUROPE, USA, SOUTH
AMERICA & INDIA



WORLD CLASS TRAINING
IN BARCELONA & GIRONA



COACHING:
150 YEARS, 3 WORLD CHAMPIONSHIPS, 5
NATIONAL CHAMPIONS, 9 ATP PLAYERS



#CATALUNYATENNISACADEMY

EDUCATION

Education is our top priority. Period.

Both on and off the court, we believe you should always aim for the very best in self development and improvement.



Our training programs are designed to enable you to realise your potential, to help you develop and grow both on and off the court, and ensure you have a solid foundation in education from which to begin your great careers.

Choose between a local Spanish school, the European International School of Barcelona, or an online study course with private tutor.



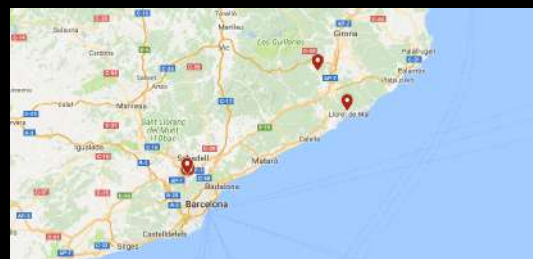
We work directly with tutors and teachers to help ensure your educational programs are balanced with your training.

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ACCOMMODATION

"A home away from home"

We aim to provide you with the most comfortable and rewarding environment possible, enabling you to excel both on and off the court.



- Family orientated environment with other players
- Home cooked meals (in line with your nutrition plans)
 - Private & secure accommodation
 - Wifi and entertainment available
- All transport is provided (to and from training & school)
- Recreational facilities inc basketball, swimming pool & table tennis
- Organised trips, events and tourist activities each weekend with supervision
- Transport to and from airports and train stations is also available

WHAT IT'S REALLY LIKE...

"I choose the Academy because of the more personalised approach to coaching. You just don't get the attention to detail at larger academies".



"Year on year, i'm continuing to improve my tennis and achieve my goals".

"The facilities here are world-class - i love my life and being a professional tennis player!".



"Felix, Carmen & family take great care of us - it's like being at home and it makes living in a different country really easy.".

THE IMPORTANT STUFF...

INSURANCE

- Each player is responsible for having their own health insurance. We can help you find and arrange your personal cover if required.

MEDICAL

- When medical services are needed we regularly use Dr. Fontserè, a tennis injury specialist located in Sabadell. In case of an emergency athletes are taken to Tauli Hospital also in Sabadell.

PHYSIO / MENTAL / NUTRITION

- Physiotherapy, mental coaching and nutrition services are also offered. All pre-existing injury, medical conditions, and dietary requirements must be declared in advance. It's advisable that athletes discuss previous treatments and training protocols in advance with CTA coaches staff, prior to working with new support staff.

MONEY

Athletes are responsible for looking after their own money. A certain amount of pocket/spending money is advisable for leisure activities.

2018 PRICES

All of our programs are bespoke, and designed specifically for you. As such, each pricing structure is unique.

But to give you a guide, we've created the following categories to help you decide which level is right for you:

RATES 2017-2018	Basic	Advanced		Premium		Pro
		Spanish school	English school	Spanish school	English school	
Group tennis practice	✓	✓	✓	✓	✓	✓
Physical Training	✓	✓	✓	✓	✓	✓
Public Spanish School	✓	✓		✓		
American/British School			✓		✓	✓
Accommodation		✓	✓	✓	✓	✓
Laundry		✓	✓	✓	✓	✓
Breakfast		✓	✓	✓	✓	✓
Dinner		✓	✓	✓	✓	✓
Transportation to and from the residence and academy		✓	✓	✓	✓	✓
Transportation to and from the airport		✓	✓	✓	✓	✓
Lunch				✓	✓	✓
Spanish Federation License				✓	✓	✓
1 coach assigned to the player				✓	✓	✓
1h private lessons a day				✓	✓	✓
Coaching at tournaments						✓
Fisiotherapy (once a week)				✓	✓	✓
Mental coach (once a week)						✓
Nutritionist (once a month)				✓	✓	✓
Racket stringing and strings						✓
Overgrips						✓
Pack of CTR tennis clothes						✓
Tournaments expenses (hotel, coach's expenses, flight, gas...)						
Price per month	900 €	1.800 €	2.800 €	2.900 €	3.900 €	5.400 €
Price per week (no school)	275 €	525 €	800 €	800 €	1.100 €	1.100 €

BECAS

- Any player who would like to participate in our Academy program, is entitled to a **free trial period** of 2 days with access to all facilities, coaching and full advantages of the academy program. Please email us directly quoting reference:

CTABePro2018

- Any player with a national ranking inside the top 50., is entitled to a 25% discount on Academy program fees when quoting reference **CTAStarsBePro2018**

CONTACT

Get in touch today.

Don't hesitate to let us know if you have any queries or questions about our Academy program, our training facilities or anything else.



We're also happy to chat and we'd be delighted to discuss your personal training needs.



Contact Felix Riba (Jnr) at:

info@catalunyatennisacademy.com



or call us on 0034 647 735 280

Thanks!

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www.catalunyatennisacademy.com

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