



-MONTHLY PROGRAM-

"We make sport a way of life"

WELCOME

Sport & Life Academy is a high performance tennis academy formed by the 4 pillars that we consider basic to properly develop the tennis career of our players:

🏆 Coaches with past like players, with the formation and vocation suitable to take to the player to its maximum exponent.

🏆 Methodology of own and contrasted teaching, according to the needs that the current tennis project, aiming to develop in our players the ***technical, tactical, physical and mental aspects to 100%***.

🏆 Tennis program adapted to the needs of each player, assigning a head coach to every 2 players in tennis and a physical coach to every 4 players in physical training, offering the player the personalized treatment he requires.

🏆 Sports facilities adapted to the needs of the tennis player. All this located in a place of high standard in quality of life (La Eliana) and in one of the most beautiful cities with the best climate of the Mediterranean Sea (Valencia).

In addition, we have a Study Program for foreign tennis players from 13 to 18 years old at the prestigious Iale International School, with capacity for more than 700 students and currently teaching to resident and non-resident players in the European Union. Iale International School is located on the premises of the tennis academy.

Academy of Tennis, Residence and College, in the same center.

These aspects make Sport & Life Academy one of the few tennis academies in the world that offers an integral service to the tennis player.

"We've got it several times. We want to do it with you."

JOIN OUR DREAM!

FACILITIES

At Sport & Life Academy we have the necessary facilities to develop our customized program correctly:

- 2 ITF ground tennis courts CATEGORY 1.
- 7 hard tennis courts.
- 1 ultra-fast indoor tennis court in covered pavilion.
- Sports residence next to the courts.
- International college with curriculum for tennis players next to the courts.
- Dining room for residents.
- Gym and fitness area for pilates, yoga and elasticity.
- Swimming pool and rest area.
- Rest rooms for players.
- Wifi throughout the gym.
- Sports area for physical education (football, basketball, paddle and green fields),
- Dressing rooms, lockers for players and independent showers.
- Cafeteria-Bar.
- Physiotherapy Service.
- Conference / cinema room with capacity for more than 300 people.

MONTHLY PROGRAM

DESCRIPTION

The Monthly Program gives our players the opportunity to train during the month or months that the player selects with the latest methods in teaching systems, as well as compete in the best tournaments, advised and accompanied by our coaches at all times.

This program includes daily high performance training in which we apply the Sport & Life method to correctly develop the technical, tactical, physical and mental part of the tennis player.

The Monthly Program can also be complemented by a personalized language learning plan in the academy itself. The program also includes video analysis sessions, personalized tournament calendar and mental coaching.

The Monthly Program starts when the player and his family wish, being able to start at any time of the year.

This program will have a duration of the months that the player wishes to register, being able to renew month by month and being in this case the player and / or his family who must communicate it to the academy.

The program will be taught from Monday to Saturday.

MONTHLY PROGRAM

PROGRAM

The MONTHLY PROGRAM will be developed according to the following, during the months in which the player is enrolled.

This program is adapted to both resident and non-resident players in the academy, having the same schedules in both cases.

7.30 – 8.15 am	BREAKFAST (only residents)
8.30 – 11 am	TENNIS TRAINING
11 – 11.30 am	BREAK
11.30 – 1 pm	PHYSICAL TRAINING

1 – 1.15 pm	SHOWER
1.15 – 2.15 pm	LUNCH
2.15 – 3.30 pm	FREE TIME
3.30 – 5 pm	TENNIS TRAINING

5.30– 8.30 pm	FREE TIME (only residents)
8.30 – 9.30pm	DINNER (only residents)
9.30 – 10.30 pm	FREE TIME (only residents)
10.30	END OF DAY/SLEEP (only residents)

MONTHLY PROGRAM

LANGUAGES

The MONTHLY PROGRAM can be complemented by the study and learning of languages in the own facilities of the academy.

The languages the player can choose are Spanish for foreigners and English or German for Spaniards.

The learning of the language will take 1 hour of study of the same the 5 days of the week next to a specialized tutor, offering a personal treatment to the player.

The schedule in which the language class will be taught will be agreed by the Head Coach of the academy, always seeking to fit this matter to the needs of the player himself.

In case the player enrolled in MONTHLY PROGRAM is in a tournament during one of the weeks of the month and therefore loses class with the tutor, the amount of this service will not be refunded. The tutor assigned to develop this activity will be able to send specific work to the player so that he can continue advancing in this matter when he is out of the academy disputing tournaments.

This service is **optional** for the player.

MONTHLY PRICES AND SERVICES INCLUDED

ACADEMY	RESIDENTS	NO RESIDENTS
Tennis Training Program	Consult Academy	Consult Academy
Club Membership – Use of club facilities	Included	Included
Languajes Program	Consult Academy (Optional)	Consult Academy (Optional)
Physical Training	Included	Included
Accommodation	Consult Academy	-
Medical Insurance	Included	Included
Transport to an from Valencia’s Airport (Manises)	Consult Academy	Consult Academy
Daily Transportation	-	Included
Laundry Service	Included	-
Breakfast-Lunch-Dinner	Included	-
Wifi	Included	Included
Physiotherapy Service and Specialist	Consult Academy	Consult Academy

Federative License	Consult Academy	Consult Academy
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TERMS

1. REGISTRATION METHOD

To register a player, you must complete the Registration Application correctly and formalize the payment corresponding to the first month of the MONTHLY PROGRAM. The application for registration must be sent to info@sportlifeacademy.com

2. WAY TO PAY

Monthly payment of 100% of the amount of the program during the first 5 days of each month.

3. The registration will be considered effective for the duration of the months selected by the player, corresponding to MONTHLY PROGRAM.
4. The formalization of the registration implies the acceptance of the general conditions described here, as well as the code of good conduct that the coaches of the academy Sport & Life apply.

IN CASE OF STAY 3 MONTHS OR MORE FOLLOWED IN THE ACADEMY:

5. VISA AND PERMISSION OF RESIDENCE

Our team from the legal and administrative department will provide the necessary documentation in each case depending on the country of origin or legal residence of the student. This service will be available once the reservation for the program has been formalized along with the corresponding amount.

1. Players registered in our academy who are nationals of the countries of the European Union, will be processed during the first month of stay in the Academy, the corresponding Certificate of Registration of Citizen of the Union (NI, E) for legal residence in Spain .
2. Players who are NOT nationals of the countries of the European Union must personally apply to the Consulate / Embassy of Spain in their countries of origin for the following visa, by obtaining an appointment to present the necessary documentation:

Visa for Stay for Studies in Spain for more than 180 days, type and letter "D" "SLU".

This visa will allow them to live and reside legally in Spain for as long as they need as "students" and will give them the right to obtain once in our country a residence permit for studies.

3. The residence card will be renewable annually without the need for players to return to their countries to perform this procedure.
4. To obtain the study visa, the academy will provide the necessary information to the player for the proper presentation of the corresponding documentation in the Consulate.

The documents that must be presented at the consulate are:

- a) Passport in force with a minimum validity of one year
- b) **Certificate of admission and enrollment as "student" in our Center** and proof or receipt of payment of tuition reserve, which will be issued by the Academy. Medical insurance with a minimum duration of one year and with coverage in Spain (duly translated into Spanish).
- c) Means of living of the parents of the pupil or of the pupil, if applicable, through bank certificates stating that they have sufficient resources to cover the costs of accommodation, support and studies of their children during their stay in our country (duly translated Spanish).
- d) Only when the player is under 18 years old, must submit to the corresponding consulate a NOTARIAL AUTHORIZATION of the parents or legal guardians, in which they will allow their child to travel to Spain to reside and train in our Academy during the period Of a year, having to respect the internal norms of the academy of tennis and the center.
This notarial document must be translated into Spanish and duly legalized by the consulate or embassy of Spain.
- e) In the case that the player is over 18 years of age, he / she must submit for the purpose of obtaining his / her CERTIFIED PENALTY CERTIFICATE of his country of origin duly legalized and translated by the consulate of Spain and CERTIFIED MEDICAL OF NOT TO RECEIVE CONTAGIOUS DISEASES (duly translated).

6. To this end, the legal department will provide the player with all the necessary information to obtain the appropriate student visa.

7. Once the visa has been granted, each player must bring the following documents from their country:

- A "D" visa for studies in the passport.
- Photocopies of the passports of the two parents
- Notary authorization of the parents with the consent for their children to study in our academy.
- Consular resolution granting the study visa.

8. For all processes, visa application, residence card and annual renewal of the same, the Academy has the services of a specialized lawyer, so the completion of these procedures, have an additional charge.

9. Once the player has entered Spain with his study visa, the legal and administrative department will be in charge of advising the player in the initial process of applying for a visa and obtaining a card, as well as the subsequent renewal of the residence cards Of the players of the academy.

Residence Card Process y visado (Inicial): 250.- euros

Residential Card Process (Renovation): 200.- euros

Community Registration Process/NIE: 150.- euros

Likewise, the academy will process residence permits to the family of the player in those cases in which they wish to reside in Spain with their children.

7. GENERAL STANDARDS TO BE FOLLOWED BY PLAYERS

Players of the academy should treat all people with respect, take care of their own material and of their companions and preserve the care of the sports facilities. They are expected to give the best of themselves with honesty, interest and effort, in accordance with the appropriate sports values and coexistence.

8. HEALTH INSURANCE

All players in the academy will be covered by health insurance that will allow them to receive medical assistance in the event of any injury or illness.

9. INJURIES

If a player is injured during their stay in the academy and stops training during a period of the season, this will not be a reason to return any amount for the lost training time.

10. CANCELLATION POLICY

If the cancellation is before the start of the program and the payment has been made, the amount corresponding to the formalization of the registration (10%) will not be refundable. The remaining amount may be refunded or may be used for future stays. If due to force majeure the player has to leave his / her stay in the Academy without completing the whole of the selected option, the unused amount can be used for future stays.