



BY
PANCHO ALVARIÑO

COMPETITION STAGE

"We make sport a way of life"

The Sport & Life Academy Competition Stage by Pancho Alvariño offers players from all over the world the opportunity to train with the latest training systems that Sport & Life develops with its players throughout the year.

Throughout his professional career, Pancho Alvariño has formed 4 world top 100, including a world No. 1, with his own method (Dinara Safina).

Now, during the summer months, Pancho and the whole team will develop with our players the program that has been so successful.

The Sport & Life Academy Competition Stage by Pancho Alvariño is mainly characterized by offering our players a very reduced coach / player ratio.

The coaches who teach the Competition Stage are the same ones who develop the annual program in the academy, all led by Pancho Alvariño, working hand in hand at the foot of the track.

This program is complemented with the participation of national tournaments within the Spanish territory according to the age and level of the player (escort service included), as well as sessions of video analysis and mental coaching.

We have 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).

These aspects make Sport & Life Academy by Pancho Alvariño one of the few tennis academies in the world that offers a Competition Stage with the same characteristics and quality criteria as the program developed by the best tennis players in the world.

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

¡ ÚNETE A NUESTRO SUEÑO !

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.

COMPETITION STAGE PROGRAM

PROGRAM*

The COMPETITION STAGE will be developed according to the following, during the weeks in which the player is registered.

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

** The schedule of the program may be modified according to the needs of the academy.*

MONDAY TO FRIDAY/LUNES A VIERNES

8 -> 9 am	Breakfast (Desayuno) –Only Residents-
9 -> 11 am	TENNIS (Technical Training)
11 -> 11.30 am	Break/Snack (Almuerzo)
11.30 -> 1 pm	Sports Activities (Educación Física)
1 -> 1.30 pm	Swimming Pool (Piscina)
1.30 -> 3.30 pm	Lunch Time (Comida)
3.30 -> 5 pm	TENNIS (Tactical Training and Matches)
5 -> 5.30 pm	Shower (Ducha)
-----END OF SESSION NO RESIDENTS OR TOURNAMENTS-----	
5.30 -> 6 pm	Break/Snack (Merienda) –Only Residents-
6 -> 8.30 pm	Supervised Leisure Time (Tiempo de ocio tutelado) –Only Residents-
8.30 -> 9 pm	Dinner (Cena) –Only Residents-
9 -> 10 pm	Supervised Leisure Time (Tiempo de ocio tutelado) –Only Residents-
10 pm	Time to Sleep (Dormir) –Only Residents-

SATURDAY/SABADO

-ONLY FOR RESIDENTS-

9 -> 10 am	Breakfast (Desayuno)
10 -> 12 am	TENNIS (Technical and Tactical Training)
12 -> 1 pm	Swimming Pool (Piscina)
1 -> 4 pm	Lunch Time/Relax (Comida/Siesta)
4 -> 5.30 pm	TENNIS (Tactical Training and Matches)
5.30 -> 6 pm	Shower (Ducha)
6 -> 8 pm	Supervised Leisure Time (Tiempo ocio tutelado)
8 -> 9 pm	Dinner (Cena)
9 -> 10 pm	Supervised Leisure Time (Tiempo ocio tutelado)
10 pm	Time to Sleep (Dormir)

SUNDAY/DOMINGO

-ONLY FOR RESIDENTS-

9 -> 10 am	Breakfast (Desayuno)
10 -> 11 am	Supervised Leisure Time (Tiempo ocio tutelado)
11 -> 1 pm	Swimming Pool (Piscina)
1 -> 4 pm	Paella Time/Lunch (Paellas/Comida)
4 -> 6 pm	Relax (Siesta/descanso)
6 -> 8 pm	Supervised Leisure Time (Tiempo ocio tutelado)
8 -> 9 pm	Dinner (Cena)
9-> 10 pm	Supervised Leisure Time (Tiempo ocio tutelado)
10 pm	Time to Sleep (Dormir)

WEEKLY PRICES

PRECIOS (PRICES)*

1 SEMANA (1 WEEK)

NO RESIDENTES: 500€

RESIDENTES: 880€

2 SEMANAS (2 WEEKS)

NO RESIDENTES: 910€

RESIDENTES: 1.530€

3 SEMANAS (3 WEEKS)

NO RESIDENTES: 1.370€

RESIDENTES: 2.310€

4 SEMANAS (4 WEEKS)

NO RESIDENTES: 1.650€

RESIDENTES: 2.720€

**Mas de 4 semanas, por favor contacta con nosotros.*

**More tan 4 weeks, please contact us.*

INCLUDED SERVICES

ACADEMY	RESIDENTS	NO RESIDENTS
Tennis Training Program	Included	Included
Club Membership – Use of club facilities	Included	Included
Physical Training	Included	Included
Accommodation	Included	-
Medical Insurance	Included	Included
Transport to an from Valencia´s Airport (Manises)	50€	50€
Daily Transportation	-	Included
Laundry Service	Included	-
Breakfast-Lunch-Dinner	Included	-
Wifi	Included	Included
Physiotherapy Service and Specialist	30€/session	30€/session
Federative License	30€/year	30€/year

TERMS

1. REGISTRATION AND FORM OF PAYMENT

To register a player must fill out correctly the application and formalize the payment corresponding to the selected option of the Competition Stage, with a registration deadline on FRIDAY, JUNE 9th. Then, the registration application must be sent together with the bank receipt to **info@sportlifeacademy.com**

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.

2. PICK-UP AT THE AIRPORT AND ENTRY DAY

The Academy will pick up and take to the Airport all students enrolled in the Competition Stage according to the price shown in the table of services included. This service will be operational from 8am to 8pm.

Students who have contracted UM service with their airline (escort service), the academy makes available to the student a person to accompany him at all times until the airline picks up the student and takes him to the airport. Boarding gate This service of the Academy has a cost of 60 €. To contract this service, the Academy must be informed that the student has contracted UM service, as well as provide in advance the details of the flight.

Students traveling on their own or not staying at the Academy residence must communicate their arrival time in advance to arrange their check-in at the Academy.

The entrance to the academy for Resident students will be the day before the beginning of their chosen program (Sunday).

3. HYGIENE AND PERSONAL ARTICLES

All players will have to shower between 1 and 2 times a day (depending on the activities that take place each day). To do this, the student must have the following personal items:

- Hand towels and shower.
- swimsuit
- sandlings

For the rest of the activities of the Competition Stage, the student must have:

- Racing tennis, rope and grips
- Dress clothes
- Wash or visor
- Creation of sun protection
- l tennis shoes and running

TERMS

4. CODE OF CONDUCT FOR STUDENTS

Students participating in the Competition Stage must 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.

5. LIABILITY INSURANCE

All students in the Competition Stage are covered by a civil liability policy that covers any accident or serious injury that occurs during the completion of the campus.

6. LESIONS AND LOW DISEASES

Sport & Life Academy by Pancho Alvariño makes available to all students of the Competition Stage the possibility of hiring a physiotherapy service any day of the week during their stay on the Campus. This service has a cost of 30€ per session.

In the event that a student becomes ill with a mild (headache, constipation), Sport & Life Academy by Pancho Alvariño makes available to the student a person in charge of ensuring their well-being until they recover.

7. HEALTH INSURANCE

All students on campus are covered by health insurance that covers both illness and injury, with the best medical specialists in the world.

8. TOURNAMENTS

The students have the possibility to play national tournaments that are disputed in the facilities of the Academy or give a radius of 30 km. For participation in such tournaments, players must be a minimum period of 1 week, and must specify in the application for registration.

9. CANCELLATIONS

If the cancellation is before starting the program and the payment has been made, the amount corresponding to the first week will not be refundable. The remaining amount may be refunded or may be used for future stays.

If due to force majeure the student has to leave his / her stay in the Academy without completing the whole of the selected campus option, the amount not used on campus may be used for future stays.

[SOLICITUD DE INSCRIPCIÓN \(REGISTRATION'S REQUEST\)](#)

[INFORMACIÓN DEL JUGADOR \(PLAYER INFORMATION\)](#)

Nombre (Name):
Apellidos (Surname):
Fecha de nacimiento (Date of birth):
DNI/Pasaporte (Passport):
Dirección (Address)
C.P. (Postal Code):
Ciudad (City):
Provincia (State):
Pais (Country):
Telefono (Phone number):
Email:

INFORMACIÓN DEL PADRE, MADRE O TUTOR (PARENTS INFORMATION)

Nombre (Name):
Apellidos (Surname):
Fecha de nacimiento (Date of birth):
DNI/Pasaporte (Passport):
Dirección (Address)
C.P. (Postal Code):
Ciudad (City):
Provincia (State):
Pais (Country):
Telefono (Phone number):
Email:

OPCIÓN SELECCIONADA (OPTION SELECTED):

Stage Competición (NO RESIDENTS PROGRAM)

Stage Competición (RESIDENTS PROGRAM)

STAGE COMPETICIÓN SPORT & LIFE ACADEMY BY PANCHE ALVARIÑO

ESCOJA LAS SEMANAS ELEGIDAS (CHOOSE THE SELECTED WEEKS)

SEMANA 1 (WEEK 1)

- No residentes del 26 al 30 de Junio. (No Residents from 26 to 30 of June).
- Residentes del 26 de Junio al 2 de Julio. (Residents 26 of June to 02 of July).

SEMANA 2 (WEEK 2)

- No residentes del 3 de Julio al 7 de Julio. (No Residents from 3 of July to 7 of July).
- Residentes del 3 de Julio al 9 de Julio. (Residents from 3 of July to 9 of July).

SEMANA 3 (WEEK 3)

- No residentes del 10 al 14 de Julio. (No Residents from 10 to 14 of July).
- Residentes del 10 al 16 de Julio. (Residents from 10 to 16 of July).

SEMANA 4 (WEEK 4)

- No residentes del 17 al 21 de Julio. (No Residents from 17 to 21 of July).
- Residentes del 17 al 23 de Julio. (Residents from 17 to 23 of July).

SEMANA 5 (WEEK 5)

- No residentes del 24 al 28 de Julio. (No Residents from 24 to 28 of July).
- Residentes del 24 al 30 de Julio. (Residents from 24 to 30 of July).

SEMANA 6 (WEEK 6)

- No residentes del 31 de Julio al 4 de Agosto. (No Residents from 31 of July to 4 of August).
- Residentes del 31 de Julio al 6 de Agosto. (Residents from 31 of July to 6 of August).

SEMANA 7 (WEEK 7)

- No residentes del 7 al 11 de Agosto. (No Residents from 7 to 11 of August).
- Residentes del 7 al 13 de Agosto. (Residents from 7 to 13 of August).

SEMANA 8 (WEEK 8)

- No residentes del 14 al 18 de Agosto. (No Residents from 14 to 18 of August).
- Residentes del 14 al 20 de Agosto. (Residents from 14 to 20 of August).

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DIA Y HORA DE LLEGADA (DAY OF ARRIVAL)

ENTRADA (DAY OF ENTRY):

Día (Day): Hora (Hour): Avión (Flight)

Nº de Vuelo (Nº of Flight) Aeropuerto de Llegada (Arrival Airport)

Tren (Train) Estación (Train Station) Coche (Car)

(Taxi)

SALIDA (DAY OF DEPARTURE):

Día (Day): Hora (Hour): Avión (Flight)

Nº de Vuelo (Nº of Flight) Aeropuerto de Llegada (Arrival Airport)

Tren (Train) Estación (Train Station) Coche (Car)

(Taxi)

FORMAS DE PAGO (PAYMENT METHOD)

Transferencia Bancaria a Sport & Life S.L. (Bank Transfer to Sport & Life S.L.)

ENTIDAD Swift: ---
 IBAN: ---
 CCC: ---

En efectivo en la academia (Cash at the Academy)

STAGE COMPETICION SPORT & LIFE ACADEMY

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INFORMACIÓN DE INTERES DEL ALUMNO: Enfermedades? Problemas de salud? Alergias? Diabético?. Explícanos aquí:

IMPORTANT INFORMATION OF THE PLAYER (Diseases? Health problems? Allergies? Diabetic? Explain it to us here:

Permitir salir a mi hijo con compañía de un responsable de la Academia (torneos o eventos).

I authorize my son to go out with a responsible from the academy.

No permitir salir a mi hijo de la Academia.

I don't authorize my son to leave from the academy

CONFORMIDAD

Despues de haber leído y comprendido el presente documento, manifiesto mi total conformidad con todas las estipulaciones que contiene y, en prueba de conformidad, lo firmo el día _____ de 201_____

AGREEMENT

After I have read and understood this document, I completely agree with all the conditions it contains, in proof of this I sign today _____ 201....

FIRMADO PADRE/MADRE O TUTOR (SIGNED MUM/DAD OR TUTOR):

Enviar por email a info@sportlifeacademy.com (Send it by e-mail to info@sportlifeacademy.com)