



-WEEKLY 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.

DESCRIPTION

The Weekly Program gives our players the opportunity to train during the weeks that the player selects with the latest methods in teaching systems, as well as to 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 Weekly Program can also be complemented by a personalized language learning plan at the academy itself. The program also includes video analysis sessions, personalized tournament calendar and mental coaching.

The Weekly 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 weeks that the player wants to register, being able to renew week by week 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 throughout the course.

WEEKLY PROGRAM

PROGRAM

The WEEKLY 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)

WEEKLY PROGRAM

LANGUAGES

The WEEKLY 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 during 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 WEEKLY 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.

WEEKLY PRICES AND SERVICES INCLUDED

ACADEMY	RESIDENTS	NO RESIDENTS
Tennis Training Program	480€/WEEK	480€/WEEK
Club Membership – Use of club facilities	Included	Included
Languajes Program	150€/WEEK (Opcional)	150€/WEEK (Opcional)
Physical Training	Included	Included
Accommodation	300€	-
Medical Insurance	Included	Included
Transport to an from Valencia´s Airport (Manises)	30€	30€
Daily Transportation	-	Included
Laundry Service	Included	-
Breakfast-Lunch-Dinner	Included	-
Wifi	Included	Included
Physiotherapy Service and Specialist	30€/session	30€/session
Federative License	50€/year	50€/year

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TERMS

1. REGISTRATION METHOD

In order to register a player, the Registration Application must be completed correctly and the payment corresponding to the weeks that the player selected in the WEEKLY PROGRAM must be formalized. The application for registration must be sent to info@sportlifeacademy.com

2. WAY TO PAY

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

The registration will be considered effective for the duration of the weeks selected by the player, corresponding to the WEEKLY PROGRAM.

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.

3. 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.

4. 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.

5. 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.

6. 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.