



Tenerife **Tennis Academy**

info pack

In partnership with





About us:

TTA is an International Tennis Academy based in Tenerife Spain. We offer a unique training environment for aspiring tennis players, providing a pathway through juniors to professional and college tennis.



*Train
in the Sun*

365
days per year

Our Philosophy:

Vision

Know and plan your pathway, begin with the end in mind

Passion

To succeed you have to believe in your goal with such passion that it becomes reality

Dedication

Persistence and perseverance are the final key to achieve any goal





Tennis

Full Time Program

We offer a full comprehensive program to suit the individual needs of each athlete. Tennis is an individual sport and we believe every player should be treated that way!

What we offer:

- Full time tennis program
- Individual, group and matchplay
- Personalised International tournament schedule
- Coach support at tournaments
- Specialised Strength and Conditioning Program
- Trimestral Fitness Testing and reports
- Daily Injury Prevention sessions
- Weekly Battle Lab (goal setting and review)

Add Ons:

- Personalised Nutritional Program
- Individual Sports Psychology program
- Weekly Physiotherapy review and sports massage

As a small academy we deliver the very best attention to every one of our players. Led by LTA Master performance coach Kris Gray, we blend the expertise of the British player-centered, game based coaching system, with the Spanish work ethic and drill based coaching system. Combining the best of both worlds to create a unique training system. Place this in the best climate in the world for performance, year round outdoor training and watch the magic happen.





Fitness



- Periodised age relevant programs
- Strength and conditioning
- On court speed, reaction and circuit training
- Weekly beach training sessions
- High altitude training when appropriate
- Daily Injury prevention and proprioception
- Specially designed fitness tests to measure progress
- Designed and run by Sport Science specialist



Tournaments



- Personalised Tournament Planning
- International circuits, ITF, Tennis Europe
- Spanish National Circuits, Rafa Tour, TTK, Marca
- National Team Events

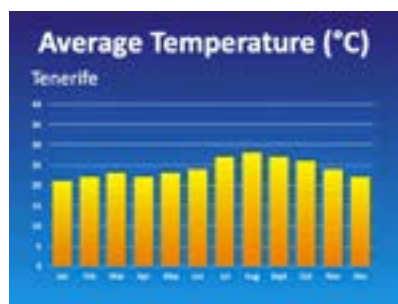
Nutrition



- We believe nutrition is one of the keys to maximise performance on a day to day basis
- Nutritional Education
- Individualised Nutrition plans (Optional)
- Energy and recovery snacks
- Learn to cook and prepare meals on tour
- The best fresh local produce
- All natural meal plans

Tenerife

Tenerife is Europe's paradise, and the ultimate venue for high performance training. It is fast becoming the go to venue for many world class athletes and federations of all sport for pre season training. We are lucky to have made our base camp here. With Mount Tiede standing at an impressive 3.718m, we can be training at high altitude in a 30min drive and back down to the ocean to cool off all in a mornings work. That combined, with the perfect year round temperature, clear skies and very little rain fall, you can understand the island's appeal.



Never too hot, and never too cold, it's easy to see why they call Tenerife a hidden paradise

Access and Travel



Tenerife has direct International connections to almost every major city in Europe

Family atmosphere



We are one big family, working together makes the journey better and more enjoyable!

Relax and down time

5 minutes from the academy we have the worlds best water park as voted by tripadvisor



Make lasting friendships with like minded people from all over the world



Accommodation

For our visitors, or monthly access players (over 16) or travelling with family, we have a connection with Chayofa Country Club, which is adjoined to the Academy. These apartments have half board and self catering options, and are available as 1 or 2 bedrooms, sleeping up to 6 people. They also provide 4 bed villa's for those travelling in larger groups.



Full time annual players

Although some families are lucky enough to be able to relocate to Tenerife, for those players who are looking to board, we have host families to take in our players and look after them as part of their family. This is a fantastic option to keep the homely feel for the players and gives stability and security. This option is for players only.



Sign Up

Thank you for taking the time to read about our Academy. We believe we have created an ideal environment to learn and grow. If you want to come and visit us, we would like to offer you a free week* in our academy. This will give you a chance to see for yourself, and us a chance to see you in action. Remember, an idea is nothing without action.

*Free week is based on signing up to the year, if not will be charged at the weekly rate



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Tenerife 38652

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Tennis and Fitness

Full Time Program

Full time annual program

Price Per Month*

September to August (inclusive)*

€1,000*

Monthly Program (4 weeks +)

€1,200*

Weekly Program (less than 4 weeks)**

€350*

Monthly Nutrition (5 days per week)

Pre and post workout snack + Lunch

€160

12 equal monthly payments *Prices are shown without VAT (7% in canary islands) **Price Per Week

Included:

Program and tournament management
 x4 coach assisted tournaments per year
 Daily nutrition x2 energy snack + x1 meal
 47 training weeks per year over 12 months.
 Split training session (Morning and Afternoon)
 Year = September to August (inclusive)
 Trimestral fitness testing with reports

Per Week:

- 18 hours Tennis
- 7 hours strength and conditioning
- 5 hours injury prevention and proprioception
- Goal setting and planning session (Battle Lab)
- beach fitness or high altitude training (min 1 per week)
- Individual and group attention

Tournament Travel:

TTA arranges the transport, accommodation and coach accompaniment and divides the cost between travelling players. The coach fee is included for 4 tournaments during the year. After 4 events the coach fee of €600 per tournament will also be divided between travelling players.

Additional "bolt ons"

Personalised nutrition program (daily meal plans)
 Individual Sports Psychology Program
 Weekly Physiotherapy review and sports massage
 Body composition analysis and program (for peak performance)

Price Per Month

€60

€300

€200

€360

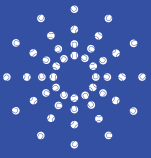
Price Per Hour

€35

€35

Additional individual tennis lessons

Additional individual fitness lessons



Academics

Synergy Sport School

Synergy Sport School
September to June (inclusive)
Key Stage 3
Key Stage 4
(10 monthly payments)

Price Per Month*

Registration
Deposit

€480*

€560*

One off Payments

€150

€600

10 equal monthly payments

*Prices are shown without VAT (7% in canary islands)

Academy "bolt ons"

Additional A'levels (more than 3)
Trips and excursions
Additional support classes (individual)
Saturday support school (Optional)

Price per unit

€1,750*

Varied

€30

Included

Accommodation

Host Family (including all nutrition, laundry, and transport to academy)

Price Per Month

€600



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