

## ACADEMY ANNUAL + High School

program 2008-2009

### 1. DESCRIPTION OF PROGRAMME

The **Academy Annual Programme + High School** offers a comprehensive educational programme for players who want to increase their tennis proficiency, as a supplementary part of their academic training.

It features technical and tactical training, through daily on-court sessions with a coach, specific physical training, medical and psychological supervision, and a personalised competition programme, with the coach directing and following the games.

The programme is annual, and is carried out over almost 10 months (September to June). It features the planning of technical, physical, medical and psychological aspects in coordinated fashion, over various cycles.

The work at the Sánchez-Casal Academy is intensive and based on strict discipline. All students receive educational guidelines, and are counselled in their education, in parallel with their training.

The students may stay at the Academy under resident or non-resident status. The basic Programme content does not vary among the different types of students.

#### ACADEMY ANNUAL PROGRAMME + HIGH SCHOOL

- Monday to Friday: 3 hours Tennis Training
- Monday to Friday: 1 hour Physical Training

The **Academy Annual Programme + High school** has been conceived to be combined with a **High School studies programme, held at the Academy by the Schiller International School**, although it can also be combined with a language training programme.

### 2. CALENDAR

The Academy Annual Programme + High School runs from September the 8<sup>th</sup> of 2008 to June the 20<sup>th</sup> of 2009.

The programme's standard activity is carried out from Monday to Friday, with a Christmas holiday period and observed holidays in accordance with the official Spanish calendar.

- Christmas holidays: from 20<sup>th</sup> December 2008 to 6<sup>th</sup> January 2009.
- Official Holidays 2008: 11<sup>th</sup> September, 24<sup>th</sup> September, 8<sup>th</sup> December, 25<sup>th</sup> December and 26<sup>th</sup> December.
- Official Holidays 2009: 1<sup>st</sup> January, 6<sup>th</sup> January, 10<sup>th</sup> April, 13<sup>th</sup> April, 1 May, 1<sup>st</sup> June and 24<sup>th</sup> June.

### 3. REGISTRATION

In order to register in the programme, it is necessary to demonstrate an adequate tennis level, evaluated by the Academy's technical group and for which the student must call and reserve through the Admission Department.

Programme registration will be formalised by filling out the online pre registration, the registration form (4 sheets), which must be signed by the student and the father, mother or legal guardian of the student if he/she is under 18, as well as a security deposit of 10% of the total annual course.

Registration will not be final until the first payment, of those stipulated in the "payment method" section of the form, is made.

Registration into the programme is considered to be for its entire duration. Therefore, no discounts for students joining the programme after its starting date, or refunds for those withdrawing before its conclusion, will be made.

Formalisation of the registration implies acceptance of the general programme conditions described herein, as well as acceptance of the Internal Regulations of the Sánchez Casal Academy.

### 4. TIMETABLES

The programme is held throughout the following timetables for resident students:

Monday to Friday

GRUP A (10 <sup>th</sup> -11 <sup>th</sup> -12 <sup>th</sup> grade)	GRUP B (7 <sup>th</sup> -8 <sup>th</sup> -9 <sup>th</sup> grade)	GRUP C (5 <sup>th</sup> -6 <sup>th</sup> grade)
07:30-08:15 Breakfast	07:30-08:15 Breakfast	09:30-11:30 Tennis Training
08:30-11:45 High School	08:30-11:30 Tennis Training	11:45-12:30 Lunch
11:45-12:30 Lunch	11:45-12:30 Lunch	12:50-17:50 High School
12:50-14:30 High School	12:50-17:50 High School	17:50 Energy Point
15:00-18:00 Tennis Training	17:50 Energy Point	18:00-19:00 Tennis Training
18:00 Energy Point	18:00-19:00 Physical Training	19:00-20:00 Physical Training
18:15-19:15 Physical Training	19:00-20:00 Hygiene & Rest	
19:00-20:00 Hygiene & Rest	20:00-21:00 Dinner	
20:00-21:00 Dinner	21:00-22:30 Rest	
21:00-22:30 Rest	22:30 Lights Off	
22:30 Lights Off		

## 5. PROGRAMME CONTENT BY AREAS

The programme content is divided into the following areas, with full coordination among them, making up the Sánchez Casal Tennis Academy's educational structure.

### TECHNICAL AREA

The technical programme usually consists of 3 hours' daily on-court training. Each student has a technical tutor in charge of his/her personalised programme. Daily work is carried out by Academy professionals, all of whom possess high professional qualifications.

All of tennis' tactical aspects are worked: shot technique, on-court position, competitive tactics, pace, etc. To do so, the Academy's own method, created through the experience of the professionals who staff the Academy, has been implemented. It is based on a timed distribution of technical content in various cycles spread over the year.

Students are divided into groups by level, aiming for technical objectives on a group and individual basis.

### PHYSICAL AREA

The physical programme is usually carried out with 1 daily hour devoted to specific training. Students carry out physical training in groups, aiming for objectives on a group and individual basis.

Most of the exercises carried out have been specifically created for the sport of tennis, conceived to maximise the physical strength required by this sport, in addition to preventing all kinds of injuries.

### COMPETITION PROGRAMME

The competition programmes are established by groups, according to players' level. It is considered essential that each student have access to a competition programme within the Academy system as the most effective way to consolidate growth in playing proficiency.

The competition programme is coordinated with the High School academic calendar, adapting the educational programme if necessary.

### SPORTS MEDICINE and PHYSIOTHERAPY

Students are given personalised medical follow-up, carried out through periodic testing.

Medical care is covered by the compulsory insurance policy that students take out upon registration, and is provided by professionals specialised in sports medicine.

Each student's physical and technical training is coordinated with the medical results.

We offer a permanent physiotherapist service in the Academy, where students can receive preventive treatments, such as injury recovery, directly supervised by the medical team.

### SPORTS PSYCHOLOGY

The Academy has a sports psychologist, who works directly with students. They centre from training motivation to mental techniques during competition; always from the integral understanding of the student and taking into consideration his or her emotional structure as well as personal and family circumstances.

### VIDEOANALYSIS

Coaches and tutors use student video analysis as part of the training programme, not only to technically correct but also to work on tactical aspects for competition.

### HIGH SCHOOL PROGRAMME

Within the Academy itself, students have access to a school which provides United States high school education, through the prestigious Schiller University, whose headquarters are in Florida.

The educational programme is fully suited to the special traits of tennis players insofar as timetables and competition coordination are concerned.

Students who earn a high school diploma shall be eligible to enrol in any American university. The academy will handle scholarship application proceedings for students with sufficient academic and tennis skills. Up to the present, 100% of our scholarship applications have been granted.

### LANGUAGE PROGRAMME (Optional)

Students also have a Language School at the Academy (Schiller International School), which offers a language training programme, in which students may choose to study Spanish or English.

## 6. GENERAL STANDARDS TO BE FOLLOWED BY STUDENTS

The programme includes training in the following areas:

- Nutrition
- Code of conduct
- Work discipline
- Effort & progress

## 7. TRAVEL TO COMPETITIONS

Each student's personalised competition programme is usually carried out within the framework of his/her level, which also corresponds to his/her technical evolution.

The programme considers the need to travel to competitions. In such case, the Academy will provide a coach responsible for the trip, while the student must cover all of the travel, room and board expenses arising from said trip for himself as well as the accompanying coach.

Before each competition, the coach responsible for the trip will prepare an approximate budget of the expenses to be incurred. The student must pay the amount budgeted to the coach in advance. The final settlement is made upon conclusion of the competition. If several players participate in such an expedition, the coach's expenses will be divided proportionately.

## 8. MEDICAL INSURANCE

When the registration is formalised, each student must take out a medical insurance policy through the Sánchez- Casal Academy which covers his/her basic medical care. This is included in the programme price.

The specific coverage of the Policy is described in the policy subscription contract to be signed by insurer and student. The Sánchez-Casal Academy shall not be responsible for any possible medical insurance claims affecting the student. Its role is limited to that of intermediary between student and insurer.

## 9. OTHER SERVICES INCLUDED IN PROGRAMME

Students have access to the following services:

- Membership in the Club, for unlimited usage of facilities.
- Federation Licence, Tennis Federation of Catalonia
- Transportation service: Pick-up & drop-off upon arrival at Academy and in holiday periods, External medical service and Scheduled outings
- Personal attention: each student has a mentor at the Academy to help in the resolution of any personal matters.
- Energy point: Hydration through a piece of fruit or energetic cereals snack and a bottle of water.
- Physiotherapy service.
- Psychology service.

## 10. ECONOMIC REGULATIONS

The registration is made for the complete programme, regardless of the payment method used. Therefore, the student commits to full payment of the programme.

Prices for the Academy Annual Programme are:

○ ANNUAL TENNIS PROGRAMME	15.750 €
○ RESIDENCE	
• Double room	12.100 €
• Single room (according to availability)	14.250 €
○ PROGRAMA DE PRIMARY and HIGH SCHOOL	
• Primary School (5 <sup>th</sup> and 6 <sup>th</sup> grade)	9.390 €
• High School (7 <sup>th</sup> to 12 <sup>th</sup> grade)	8.520 €
○ LANGUAGE PROGRAMME	4.800 €

(7% Iva Included)

Customers can choose from three possible payment options with the following dates of payment:

### OPTION A:

10% security deposit - of total amount - before March, 30, 2008  
90% balance total on September 1, 2008

### OPTION B:

10% security deposit - of total amount - before March, 30, 2008  
40% partial payment on September 1, 2008  
50% balance total on January 15, 2009

### OPTION C: (with a 5% surcharge)

10% security deposit - of total amount - before March 30, 2008  
40% partial payment on September 1, 2008  
25% partial payment on December 1, 2008  
25% balance total on March 1, 2009

All payments can be made in cash, by bank transfer or credit card.

## 11. SERVICES INCLUDED IN MONTHLY PROGRAMMES

INCLUDED IN THE TENNIS PROGRAMME:

- Medical insurance policy
- Physiotherapy service
- The Club membership
- Energy point (hydration service)
- Transportation services
- Psychology service.

INCLUDED IN THE RESIDENCE

- Lodging in double room
- Breakfast, lunch and dinner
- Personal laundry service
- Activity programme
- Internet Acces

**12. PERSONAL EXPENSES**

The Academy offers the students, free of charge, a money custody service to meet payment of personal expenses during their stay at the Academy. This service consists on opening a personalized bank account where they can deposit and withdraw their money. If a student is interested in this service, he or she must fill out the necessary bank forms.

**13. INJURIES**

The Sánchez-Casal Academy, through the Medical Insurance Policy taken out by the student, the in-house physiotherapy service and physical trainers, will treat players' injuries through a personalised, comprehensive recuperation programme.

If a student wishes to take temporary leave of the Tennis Academy due to injury, no refund will be provided for the time of absence.

**14. CAUSES FOR CANCELLATION OF REGISTRATION**

If due to circumstances beyond control, which have been so determined by Academy management, the student must leave the programme without having completed it, the Academy management may provide economic compensation for the student with the refund of part of the period paid for and not consumed, in accordance with the following criteria:

- In no case will the portion corresponding to the medical insurance, which has an annual duration, be returned.
- In no case will the portion corresponding to the annual Open Sports Club membership fee be returned.
- In regard to the amounts paid for the Tennis Programme, a maximum amount will be paid equal to the difference in complete calendar months between the end of the programme and the date of withdrawal, minus an amount equivalent to two months, which will remain as compensation for the Academy.
- As for the amounts paid for the Residence, a maximum amount will be paid equal to the difference in complete calendar months between the end of the programme and the date of withdrawal, minus an amount equivalent to one month.