



MID TERM JOURNEYS

High Performance Tennis + Language

2010

1. DESCRIPTION OF JOURNEY

Mid Term High Performance Tennis + Language offers those who are not studying at the school the opportunity to enhance their language skills in either Spanish or English, alongside high performance tennis for a period of 3-6 months.

The journey includes daily world-class technical and tactical tennis training with our experienced coaching team, and an integrated physical training program courtesy of our Physical Performance department. In addition, all student athletes receive Mental Skills training, Video Analysis and comprehensive Medical Care, as well as a personalized competition calendar.

Our journey runs from September until June, and is fully periodized and integrated. This means that our tennis, physical and mental training, work in harmony to provide maximum benefit for our student athletes, by reducing injury, avoiding 'over-training' and maximizing improvements.

Our daily work at the Academia Sánchez-Casal is guided by our philosophy of "developing successful young people in all aspects of life, using tennis and education as the vehicle for personal development." All student athletes receive the relevant support systems to help them fulfil this goal.

The content of the Journey is equal regardless of a student's status as a resident or non-resident.

MID TERM HIGH PERFORMANCE TENNIS + LANGUAGE

- Monday to Friday: 4 hours Tennis training per day
- Monday to Friday: 2 hours Physical training per day
- Saturdays: 2 hours Tennis training
- Per Month: 1½ hours Mental Skills Training
- Per Year: 2 x Video Analysis
- Monday to Friday: 2 hours Language teaching per day

The High Performance Tennis + Language Journey works alongside the Schiller International School, at their facility on the Academy campus.

2. CALENDAR

The **High Performance Tennis + Language Journey** runs all the year long.

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

- Official Holidays 2010: 1st January, 6th January, 2nd and 5th April, 24th May, 24th June, 24th September, 12th October, 1st November, 6th and 8th December, 25th and 26th December.

3. REGISTRATION

In order to register for this journey, it is necessary to demonstrate an adequate tennis level, evaluated by the Academy's Leadership Team and for which the student must reserve through our Admissions Department.

Journey registration will be formalised by filling out the registration form (5 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 cost. 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 journey is considered to be for its entire duration. Therefore, no discounts for students joining the journey after its starting date, or refunds for those withdrawing before its conclusion, will be made.

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

4. TIMETABLE

The timetable for student athletes on this journey is as follows:

Monday to Friday:

07:30-08:15	Breakfast
08:30-11:00	Tennis Training
11:00	Energy Point
11:10-11:40	Physical Training
11:45-12:30	Lunch
12:30-13:30	Rest
13:30-15:00	Tennis Training
15:10-16:40	Physical Training
17:00-19:00	Languages
19:00-20:00	Rest
20:00-21:00	Dinner
21:00-22:30	Rest
22:30	Lights Off

Saturday:

08:00-10:00	Tennis Training
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5. JOURNEY CONTENT BY AREA

The journey content is divided into the following areas, which are fully periodized and integrated, combined they form the Academia Sanchez-Casal training system.

TENNIS

Consisting of 4 hours daily tennis training (Monday-Friday) and 2 hours on Saturday student athletes receive technical and tactical training that will look to maximize students' strengths whilst developing an all-court game. Each student is assigned, and guided, by a personal tutor, a member of our highly knowledgeable and experienced coaching team. Every member of our coaching team is certified by the RPT and USPTA.

Our year is divided into phases of preparation, competition and transition. Ensuring that our student athletes achieve a correct balance of training and competition, for their age and standard.

PHYSICAL PERFORMANCE

Physical Training is conducted 2 hours per day (Monday-Friday) under the supervision of our highly experienced Physical Performance team. All of the physical components (coordination, speed, flexibility, endurance and strength) are trained in a carefully planned integrated model, designed to complement the students' tennis development. A great deal of emphasis is placed on the prevention of injury.

COMPETITION CALENDAR

Students will receive a personal tournament calendar appropriate to their age and standard. This will be planned by their tutor and the Academy Tournament Coordinator and could include both local and international competition. The competition calendar is planned with, and supported by, the Schiller International School, who adapt the study program for students' attending tournaments. Please note, competition fees are not included in the journey price. More details can be found in the 'Tournaments' section of the Academy website.

MENTAL SKILLS

Our qualified and experienced sports psychologists deliver support and training to our student athletes in the mental aspects of tennis. Our Mental Skills training is an integrated part of our training system and follows a periodized approach that compliments our on-court training.

VIDEOANALYSIS

Student athletes receive video analysis once a year that includes drills for technical analysis and footage of match play for tactical analysis.

LANGUAGE STUDIES

Student-athletes also have the opportunity to enrol in an English or Spanish Language Program offered by Schiller International School. The language programs are offered in conjunction with a student-athlete's athletic training, tournament schedule and medical visits. Language classes are offered for beginning to advanced language learners.

6. GENERAL STANDARDS TO BE FOLLOWED BY STUDENT ATHLETES

During their development journey, students are expected to treat all persons with respect. Each student athlete is expected to display the qualities of a successful person, mainly honesty and hard work. Whilst it is impossible to be perfect, it should not stop any student trying to be the best they can. Indeed, more than anything, as a citizen of Academia Sanchez-Casal you are expected to give your best in every part of academy life.

7. MEDICAL INSURANCE

Comprehensive Medical Care is provided under personal health care insurance underwritten by Vitalicio Seguros, a leading medical insurer in Spain. The insurance premium is included in the standard fees for journeys. The Academy has an on-site physiotherapist, experienced in treating sports injuries, who operates from a well-equipped on-site medical suite. Our physiotherapist is supported by a host of medical specialists and facilities.

The specific coverage of the Policy is described in the policy subscription contract to be signed by insurer and student.

The Academia Sánchez-Casal 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.

8. OTHER SERVICES INCLUDED IN PROGRAMME

Students have access to the following services:

- Membership of the Club, for unlimited usage of facilities.
- Federation Licence, Tennis Federation of Catalonia
- Transportation service
- Energy point: Hydration through a piece of fruit or energetic cereals snack and a bottle of water.

9. ECONOMIC REGULATIONS

Registration is made for the complete journey, regardless of the payment method used. Therefore, the student commits to full payment of the journey.

Prices for the Mid Term High Performance Tennis + Language Journey are:

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| ○ TENNIS JOURNEY | 2.340 € / month
(Minimum 3 Months – 7.020€) |
| ○ LODGING (Double room)
<i>Bungalow or Host Families</i> | (Minimum 3 Months – 4.350€)
1.450 € / month |
| ○ LANGUAGE STUDIES | 480€ / month
(Minimum 3 Months – 1.440€) |

(7% Iva Included)

All payments must be made in advance of commencing the journey in cash, by bank transfer or credit card.

10. SERVICES INCLUDED IN LODGING

INCLUDED IN THE RESIDENCE

- Lodging in a double room
- Breakfast, lunch and dinner
- Laundry service
- Activity programme
- Wireless Internet Access

13. STUDENT BANK

Students can withdraw cash from their account with the student bank. Each student has an account automatically set up on enrolment. Parents/Guardians can pay funds into the account via cash payment, credit card payment or bank transfer. There is no overdraft facility.

14. AIRPORT PICK AND ACADEMY CHECK-IN TIME

The airport pick up service is available from 8 a.m. till 7 p.m.

CHECK-IN AT THE ACADEMY

Boarding: Sunday between 12 and 4 p.m.

Non boarding: Monday at 8 a.m.

15. INJURIES

The Academia Sánchez-Casal, through the Medical Insurance Policy taken out by the student, and the in-house physiotherapy and Medical Care team, will treat players' injuries through a personalised, comprehensive rehabilitation program. 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.

16. 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.