



ADULT JOURNEY

2009-2010

1. DESCRIPTION OF ADULT JOURNEY

These are personalised journeys for players seeking to enjoy this wonderful sport in a relaxed atmosphere, having fun in a great city like Barcelona.

The player may choose his or her journey according to the length of the stay and the interest in also participating of a physical preparation journey.

Training is carried out by the Sánchez-Casal Academy technical staff in groups of maximum 4 players per coach and court.

Adult journeys offer players the possibility to train with the world's top professionals, over weekly periods.

The journey can be combined with private language instruction (English or Spanish Language).

Three options are available for the Weekly Adult Journey:

WEEKLY JOURNEYS (Monday to Friday)

- BRONZE WEEKLY JOURNEY
 - Monday to Friday 2 hours of Tennis Training in court
- SILVER WEEKLY JOURNEY
 - Monday to Friday 2 hours of Tennis Training in court
 - Monday to Friday 1 hour of Physical Training "Silver Physical journey"
- GOLD WEEKLY JOURNEY
 - Monday to Friday 2 hours of Tennis Training in court
 - Monday to Friday 1 hour of Personal Physical Training "Gold Physical journey"

WEEKEND JOURNEYS (Friday, Saturday and Sunday)

- SILVER WEEKEND JOURNEY
 - 2 hours daily of Tennis Training in court Friday afternoons.
 - 2 hours daily of Tennis Training in court Saturday and Sunday mornings.
- GOLD WEEKEND JOURNEY
 - 2 hours of Tennis Training in court Friday
 - 4 hours of Tennis Training in court Saturday and Sunday
 - 1 hour Physical Conditioning on Friday Afternoon

ONE DAY JOURNEY (Monday to Friday)

- 2 hours of Tennis Training in court

2. CONTENTS OF THE JOURNEYS

The Tennis journey Includes:

- Level Evaluation and Player Placement in a group of maximum 4 players.
- Court Training:
 - Work with ball cubes
 - Correction of basic shots
 - Training in real match situations
- Individualized Report
 - Analysis of Game Pattern
 - Conclusions and Suggestions

The Physical Conditioning plans include:

- Silver Physical Conditioning
 - Health Questionnaire and General Physical Evaluation, through Cardiovascular and Strength tests.
 - Elaboration of a daily routine, directed during the days for posterior individualized work.
- Gold Physical Conditioning
 - Health Questionnaire and General Physical Evaluation, through Cardiovascular and Strength tests.
 - The student will be able to choose one of the following "packs" to work with a personal trainer during the week in 1-hour daily sessions:
 - Physical Conditioning specifically for Tennis
 - Integral Physical and Injury Prevention Plan for common tennis injuries such as: knee-ankle, shoulder-elbow, back.
 - Weight Loss Plan
- Weekend Physical Conditioning
 - Health Questionnaire and General Physical Evaluation, through Cardiovascular and Strength tests.
 - Elaboration of a basic routine, to work individually.

3. TIMETABLES

The Adult Tennis journeys are carried out from Monday to Friday in the morning or afternoon, depending on the Academy's time availability.

They use to take place in the morning during the Winter Season (September to June) and in the afternoon in Summer Season (end of June, July and August)

Registration is possible during any time of the year.

4. REGISTRATION

Registration in the Adult Tennis JOURNEY, in either of the two options, will be formalised by filling out the registration form which must be signed by the player.

Registration will be made at least one month in advance and will not be final if not accompanied by full payment for the period of activity.

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

5. WEEKLY PRICES

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| ◦ GOLD WEEKLY JOURNEY (1 week) | 750 € |
| ◦ SILVER WEEKLY JOURNEY (1 week) | 605 € |
| ◦ BRONZE WEEKLY JOURNEY (1 week) | 475 € |
| ◦ GOLD WEEK-END JOURNEY (3 days) | 500 € |
| ◦ SILVER WEEK-END JOURNEY (3 days) | 290 € |
| ◦ ONE DAY | 160 € |

(7% Iva Incluido)

6. INCLUDED IN THE WEEKLY ADULT JOURNEY

- Tennis and Physical Training
- Club Membership

7. OTHERS SERVICES NOT INCLUDED

VIDEOANALYSIS

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

8. LODGING

As lodging can't be provided to adults at the Academy's premises, we offer some agreements with the following hotels:

- Hotel Tryp Barcelona Airport***** (located walking distance from the sports facilities)
- Hotel Renaissance Barcelona Airport***** (located in the Academy area)
- Hotel Ars***** (located in Barcelona downtown – Olympic Port Area)
- Hotel Hesperia Tower***** (located in a commercial area)

Please contact the Admission Department of the Academy to get booking contacts for any of these hotels.