

Pro Tennis Academies

Pro Tennis Academy 19 and under (16 – 19 years of age)

The Pro Academy is designed for players with an **advanced standard**, who want to improve their technical, tactical and physical level in a 25-hour weekly training programme on clay. The programme is split into **two** sessions. In both sessions the ratios never exceed **4 players per court**

16/10/2005 – 1/3/2006	11:00 – 13:00 & 16:00 – 19:00	Mon to Fri
2/3/2006 – 15/10/2006	08:00 – 10:00 & 16:00 – 19:00	Mon to Fri
16/10/2006 – 1/3/2007	11:00 – 13:00 & 16:00 – 19:00	Mon to Fri

3 hour academy – Hyatt Guest	£248.00	5 hour academy – Hyatt Guest	£334.00
3 hour academy – Resident	£253.00	5 hour academy – Resident	£339.00

Pro Tennis Academy 15 and under (12 – 15 years of age)

This 5-day academy is for a total of 10 hours per week for all ages and abilities, which run on Monday to Friday. Assessments are made on Sunday and players are divided into groups of a maximum of 6 per pro. Academies are available throughout the year but smaller tailored programme run outside of school holidays. The programme covers all major aspects of the game and makes tuition fun and competitive.

16/10/2005 – 1/3/2006	11:00 – 13:00 & 16:00 – 19:00	Mon to Fri
2/3/2006 – 15/10/2006	08:00 – 10:00 & 16:00 – 19:00	Mon to Fri
16/10/2006 – 1/3/2007	11:00 – 13:00 & 16:00 – 19:00	Mon to Fri

3 hour academy – Hyatt Guest	£231.00	5 hour academy – Hyatt Guest	£310.00
3 hour academy – Resident	£236.00	5 hour academy – Resident	£316.00

Pro Tennis Academy 12 and under (9 – 12 years of age)

The Pro Academy is designed for players with an **advanced standard**, who want to improve their technical, tactical and physical level in a 25-hour weekly training programme on clay. The programme is split into **two** sessions. In both sessions the ratios never exceed **4 players per court**

16/10/2005 – 1/3/2006	11:00 – 13:00 & 16:00 – 19:00	Mon to Fri
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16/10/2006 – 1/3/2007	11:00 – 13:00 & 16:00 – 19:00	Mon to Fri

3 hour academy – Hyatt Guest	£231.00	5 hour academy – Hyatt Guest	£310.00
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Pro Academy Programme

Monday

Technical Session	Forehand and serve
Match Play	Specific Match Play situations
Tactical Session	Consistency from baseline; building up the point from the baseline & serving tactics
Energy	Isotonic drinks break
Fitness	Sand pit training working on core body strength and plyometrics followed by stretching

Tuesday

Technical Session	Backhand spin serves
Match Play	Specific Match Play situations
Tactical Session	Consistency from baseline plus change of direction. Differences between aggressive & defensive ball. Building point from the serve.
Energy	Isotonic drinks break
Fitness	Specific circuit training with exercise stations set up on court followed by stretching.

Wednesday

Technical Session	Net game and continue ground strokes.
Match Play	Specific Match Play situations
Mental Toughness Session	Mental toughness session with very intensive drilling. Working up to & the net. Introduction to angles.
Energy	Banana & Isotonic drinks break
Fitness	Explosive exercise & longer sprints on the football pitches building endurance followed by stretching.

Thursday

Technical Session	Approaches, improvement of net game and overheads.
Match Play	Specific Match Play situations
Tactical Session	Opening up the court. Use of Angles. Control of the ball from the position on court. Introduction to mental situations in a match
Energy	Banana & Isotonic drinks break
Fitness	The Beach Run - interval training followed by stretching

Friday

Technical Session	Net game and continue ground strokes.
Match Play	Specific Match Play situations
Match Play	Davis Cup Style format - competitive singles and doubles followed by tactical feedback session
Awards	Isotonic drinks break followed by presentation
Fitness	'Aqua Fitness' - Team races & games in the specific shallow section of the pool