



#LOVETENNIS

2020 PROGRAM

#CATALUNYATENNISACADEMY

WELCOME

"Welcome to the Catalunya Tennis Academy!"

Our 2020 Program is set to be our best yet, with an incredible roster of international youth talent, new sponsors, continually improving training facilities, and access to the very best support network an aspiring tennis player could ask for.

With many years of experience in tennis, our coaches have both played at, and worked with players at the highest levels.

We'd like to invite you to come to our center in Barcelona, and experience the Academy for yourself.

Looking forward to seeing you on court soon!"

Felix Riba

Director - Catalunya Tennis Academy



#CATALUNYATENNISACADEMY

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#CATALUNYATENNISACADEMY

TRAINING WITH US

Our worldclass Tennis Academy is designed to help you improve the technical, tactical, physical and psychological aspects of your game.

Everything is designed for you. Our programs are personalized and your individual training and competition plan is created specifically with you in mind.



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TRAINING WITH US

FACILITIES

Training takes place at our two sites in Barcelona - Sant Cugat.

Sample Schedule

- Wake & Breakfast
- Tennis Session 1
 - School
- Physical training
 - Lunch
 - School
- Tennis Session 2
- Recovery Session
 - Dinner



Barcelona - Sant Cugat

We train across 2 sites next to each other, including the Olympic Center, and the Catalana Occident Tennis Center which is just for us.

Just some of the facilities available:

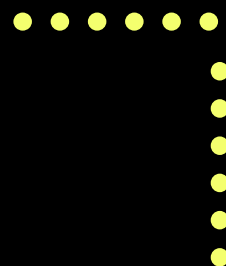
Access to over 12 tennis courts, including the very best clay courts, indoor, and hard outdoor. Medical, physiotherapy, nutritionist & psychologist all available onsite. Gym, school, track, cafe, outdoor pool & recovery facilities.

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PERFORMANCE MATTERS

THE CURRENT ROSTER:

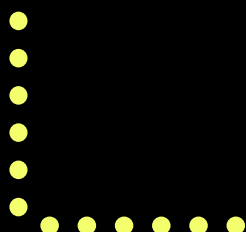
20 PLAYERS, 7
COUNTRIES, ITF
RANKING POINTS
& HUNDREDS OF
TOURNAMENT WINS



TRAINING GROUPS/CAMPS
IN EUROPE, USA, SOUTH
AMERICA & INDIA



SINCE 1986



WORLD CLASS TRAINING IN
BARCELONA - SANT CUGAT



COACHING:
MANY YEARS OF INTERNATIONAL
TENNIS EXPERIENCE



#CATALUNYATENNISACADEMY

EDUCATION

Education is our top priority. Period.

Both on and off the court, we believe you should always aim for the very best in self development and improvement.



Our training programs are designed to enable you to realise your potential, to help you develop and grow both on and off the court, and ensure you have a solid foundation in education from which to begin your great careers.

Choose between a local Spanish school, the Agora International School, or an online study course with private tutor. All near the academy.

We work directly with tutors and teachers to help ensure your educational programs are balanced with your training.

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ACCOMMODATION

"A home away from home"

We aim to provide you with the most comfortable and rewarding environment possible, enabling you to excel both on and off the court.



- Family orientated environment with other players
- Home cooked meals (in line with your nutrition plans)
- Private & secure accommodation
- Wifi and entertainment available
- All transport is provided (to and from training & school)
- Recreational facilities inc basketball, swimming pool & table tennis
- Organised trips, events and tourist activities each weekend with supervision
- Transport to and from airports and train stations is also available

WHAT IT'S REALLY LIKE...

"I choose the Academy because of the more personalised approach to coaching. You just don't get the attention to detail at larger academies".



"Year on year, i'm continuing to improve my tennis and achieve my goals".

"The facilities here are great and I like sharing facilities with other good athletes".



"Felix, Carmen & family take great care of us - it's like being at home and it makes living in a different country really easy.".

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THE IMPORTANT STUFF...

INSURANCE

- Each player is responsible for having their own health insurance. We can help you find and arrange your personal cover if required.

MEDICAL

- When medical services are needed we regularly use Dr. Fontserè, a tennis injury specialist located in Sabadell. In case of an emergency athletes are taken to Tauli Hospital also in Sabadell.

PHYSIO / MENTAL / NUTRITION

- Physiotherapy, mental coaching and nutrition services are also offered. All pre-existing injury, medical conditions, and dietary requirements must be declared in advance. It's advisable that athletes discuss previous treatments and training protocols in advance with CTA staff, prior to working with new support staff.

MONEY

Athletes are responsible for looking after their own money. A certain amount of pocket/spending money is advisable for leisure activities.

2020 PRICES

All of our programs are personalized, and designed specifically for you.

As such, each pricing structure is unique.

But to give you a guide, we've created the following categories to help you decide which level is right for you:

		Basic	Advanced	Pro	
	Group tennis practice	✓	✓	✓	
	Physical Training	✓	✓	✓	
	Welcome Pack (clothes & more)	✓	✓	✓	
	Accommodation		✓	✓	
	Laundry		✓	✓	
	Breakfast		✓	✓	
	Dinner		✓	✓	
	Transportation to and from the residence and academy		✓	✓	
	Transportation to and from the airport		✓	✓	
	Lunch			✓	
	Spanish Federation License			✓	
	1 coach assigned to the player			✓	
	1h private lessons a day			✓	
	Fisiotherapy (once a week)			✓	
	Nutritionist (once a month)			✓	
	Price weekly monthly	No school :	900 €	1.800 €	2.900 €
		Public Spanish School :	900 €	1.800 €	2.900 €
International School :		-	2.800 €	3.900 €	
1 week :		380 €	712 €	950 €	
2 weeks :		560 €	1.200 €	1.500 €	
3 weeks :		720 €	1.520 €	2.200 €	

*You can purchase any of the extras if you book either the basic or the advanced plan.

*The price per week changes during the summer, easter, and winter camps.

Afternoon practice only - Tennis & conditioning

	3h / day	4h / day
3 days a week	270 €	330 €
5 days a week	450 €	550 €
Morning private lessons for afternoon students	* Ask us	

*prices per month.

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CONTACT

Get in touch today.

Don't hesitate to let us know if you have any queries or questions about our Academy program, our training facilities or anything else.



We're also happy to chat and we'd be delighted to discuss your personal training needs.



Contact Felix Riba at:

info@catalunyatennisacademy.com



or call us on +34 610 224 450

Thanks!

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