



**PERFORMANCE CAMP**

## AGES / STAGE OF CAREER

From 15 years of age to Pro

## OUR STRATEGY

*Every game has a winner. Every winner has a plan!*

Train like a PRO, by joining our intensive work ELITE TEAM program, but for shorter periods of time. Our **ELITE PERFORMANCE CAMPS** are designed to maximize each players game, according to their needs and goals.

## TENNIS TRAINING

Optimizing the game style and tactical patterns, strengthening the weapons and improving the weaknesses of each player.

- 20 hours of personalized training per week
- 2 weekly hours of individual training included (more on demand)
- Focus on automatizing playing patterns and technical / tactical efficiency
- Tactical development and awareness of the different game styles and situations to adapt, according to the conditions (opponents, clay or hard court, etc.)
- Match play training

## FITNESS TRAINING

High Results stage, maximizing all the capacities and skills of the athlete to achieve the maximum performance and keep it injury-free to be able to front-face the entire competitive cycle.

- 12,5 hours of personalized fitness training per week
- Recovery and Injury prevention program personalized for each player
- Fitness tests and personal assessment & monitoring
- 1 on 1 individual fitness sessions (on demand)

## MENTAL PREPARATION

Mental abilities will improve and toughen with practice. Our strategies will help the player to play the best tennis in times of great pressure.

- Mental strength strategies and exercises are included in all our on-court training and work done by the coaches
- Individual mental development program (on demand)

## TOURNAMENT SUPPORT

- On tour coaching available while competing during the performance weeks (hotel, transportation and meals expenses of the coach not included in the overall price)
- Post tournament feedback and analysis of each tournament played

## MEDICAL SUPPORT

Our approach is based on Prevention and Maintenance strategies, because health is not simply the absence of sickness. Treatment is the last option, which we work towards to avoid.

- Medical check-up and possible injury risks report upon arrival. Injury prevention program included.
- Physical therapy (specific treatments on demand)

## NUTRITION

General nutritional education and guidance for a balanced diet for high level athletes

- General nutrition plan of a balanced diet included in the boarding option
- Individual nutritional plan (on demand)

### BOARDING

- The Academy provides different boarding options, in families houses and academy apartments. All of them in different locations and providing a safe, supervised, welcoming environment for players, in close proximity to the club.
- It also includes meals (breakfast, lunch, dinner) from Monday to Sunday and transportation between the boarding house and the club

### FEES (PRICE / WEEK)

- Price including boarding: 1050 € / week
- Price without boarding: 850 € / week
- 10% discount when signing up for 5 weeks or more
- 20% discount when signing up for 10 weeks or more
- Multiple weeks discounts require a minimum deposit of 50% of the total price

### HOW TO REGISTER?

- Download the registration at [www.inlove4life.com](http://www.inlove4life.com) or send us an email to [info@inlove4life.com](mailto:info@inlove4life.com) to request your detailed quotation or admission to the program.
- Registration form should be filled by the player / parents, in order to provide important information to the academy about the player's profile, specific needs and goals, and specific requirements for the program.

### CONDITIONS

- The registration form should be filled, approved and signed by the player / parents before joining the program.
- The acceptance of the player is at the discretion of the Academy