



PROGRAM

AGES / STAGE OF CAREER

From 11 to 14 years old

For young players looking to develop their skills and build up a good base to become a great player in the future.

DURATION

This program runs 10 months a year.

OUR STRATEGY

As our famous Portuguese Nobel Prize writer José Saramago used to say: "Let's not hurry, but let's not waste time".

A great development in young ages can be decisive for the future. We aim to have a positive impact in every young player's lives, by teaching them the fundamentals to become a great sports player, a great student, and most importantly, a human being with great values that will remain for life.

TENNIS TRAINING

Multi-disciplinary training, learning the right technique and the tactical fundamentals

- 15 to 17,5 hours per week
- Up to 4 players per court
- 2 weekly hours of individual/personalized (max 2 players) training included
- Focus on technique, building up a well-prepared player for the future
- Learning of the tactical fundamentals
- Technical analysis using video recording
- Match play training

FITNESS TRAINING

Initial specialization stage, developing combined and special motor skills to full fill all the tennis demands on this crucial step of sport development.

- 7,5 hours of fitness training per week
- Adapted Recovery and Injury prevention program
- Fitness tests & 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

- Tournament scheduling support (with coach, player and parents) for the complete season
- On tour coaching during 8 tournaments throughout the season (hotel, transportation, meals not included in the overall price)
- Post tournament feedback and analysis of each tournament played
- Assigned travelling coach for further weeks during the season (on demand and upon availability)

MEDICAL SUPPORT

Our approach is based on Prevention and Maintenance strategies, because health is not simply the absence of sickness.

- Medical check-up and possible injury risks report upon arrival. Injury prevention program included.
- Physical therapy (specific treatments on demand)
- General nutritional plan of a balanced diet included in the boarding option.
- Individual nutritional plan (on demand)

EDUCATION

Among with our school partners, we are able to offer 2 different schooling options. At the same time, the player will be able to achieve high results in sports competition and to have approved education which will provide an education-path towards further studies, using the benefits of their schooling and sports life.

- High Performance Sports school with Portuguese curriculum for native language speakers - up to 12 grade (classes at school)
- World Wide Education online school with American curriculum - from Elementary up to Middle School online programs (online classes at the academy)

BOARDING

- The Academy provides different boarding house options, in families 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 / MONTH)

- Price including boarding: 3.000 € / month
- Price without boarding: 2.200 € / month
- Full season payments will have a 10% discount

HOW TO REGISTER?

- Download the registration at www.inlove4life.com or send us an email to 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 attached regulation form should be read, approved and signed by the player / parents before joining the program. You can read the document below or download it in our website www.inlove4life.com
- The acceptance of the player is at the discretion of the Academy

REGULATION

GENERAL STANDARDS

1. Our main objective is to create the best possible environment for the player, in order to ensure the progress of the player's technical, tactical, physical and psychological aspects. As such, specific requirements may be required.

REQUIREMENTS

2. Demonstrated sportive potential – Results in official competitions - Athletic ability - Sustained commitment to improvement - Attendance - Ethical behaviour - Correct family support
3. Athletes whose moral conduct does not fit into the principles of solidarity, spirit of sacrifice and respect towards the sport, colleagues and coaches may not be admitted to the Academy.
4. The annual programs are built for players joining the Academy for a minimum of 6 months. Players joining for shorter training periods will be included in the short-term programs.

REGISTRATION

1. The registration at the Academy can happen at any time of the year, as long as the different requirements prior to the acceptance of the player in the referred training program are met.
2. All the players of the Academy should have the Portuguese Tennis License, which includes a medical insurance and allows the players to compete in national tournaments. It is mandatory to hand in a medical examination that will be valid for 12 months. The tennis license will always be valid until the end of next September.
3. If any of the personal data provided to the Academy at the time of registration suffer any change, the player and parents should inform the Academy.

OPERATION

1. All training programs run from September to June of the following year, and during the months of July and August there will be weekly training programs at the Academy.
2. The Elite Team program is the exception to the previous point, as it will run for 12 months.

PAYMENTS

1. The monthly payment must be settled before the 8th of each month. It will not be allowed for the player to continue training or travel to tournaments if all due payments are not up to date.

ECONOMIC RULES FOR COMPETITIONS

1. Parents/guardians of athletes will receive a budget of the estimated costs for each specific competition.
2. Each athlete must have cash or credit card with them for their personal expenses.
3. The amounts to be settled by each player, referring to tournament expenses, must be transferred 48 hours before the beginning of the competition.
4. At the end of the competition an email with all the detailed costs will be sent. In case there is any amount to be settled, it

can be refunded at the moment or to be credited to the player's account.

FEES AND DISCOUNTS

12. The registration for the current season will have a fee of 60 euros for over 18 years old and 35 euros for under 18 years old, where the Portuguese Tennis License fee is already included.
13. Annual payments will have a 10% discount.

TEMPORARY INTERRUPTION OF TRAINING

14. The temporary or prolonged withdrawal of the player will not give him/her the right to the reimbursement of the trainings not carried out.
15. In case of temporary interruption of the training program (maximum duration of 1 month), a maintenance fee will be charged, which value corresponds to 50% of its monthly fee, thus keeping the athlete integrated in the Academy.
16. In case of illness or injury of the athlete, there will be no suspension of the monthly fee, in order to ensure the place in the training group, and to guarantee his medical, physical, mental, theoretical and tactical follow up.
17. Any case of withdrawal must be communicated in writing to the email info@inlove4life.com with a minimum of 30 days in advance. Cancellation of registration will take effect at the end of the following month after the cancellation is communicated.

OTHER DATA

20. With the proper previous authorization of the guardian, the player can travel in the Academy van / car, to another city, club or competition, whenever duly accompanied by a coach or other responsible of the Academy. (Specific authorization form should be signed).
21. The Director of the Academy may propose to the player a change / upgrade in the training program, which may represent an added value in his development. In case of change, the player (and his/her guardian in case he/she is under 18 years old) will be previously informed about the program in question, and possible changes in the monthly fees. The change will only be effective after confirmation by email from the player or his/her guardian.
22. The players must respect the rules of use of the sports facilities.
23. The Academy reserves the right to change these regulations with a prior notice of 2 months, informing all the athletes and parents for this purpose.
24. Admission and registration in the Academy implies the knowledge and signature of this document.