



**PERFORMANCE CAMP**

## 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.

## OUR STRATEGY

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

We build up our **WARRIORS PERFORMANCE CAMP** based on the player's individual needs and goals. The training load is adapted to the player's age and level.

## 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
- 1 individual training per week included (more on demand)
- Focus on technique, building up a well-prepared player for the future
- Learning of the tactical fundamentals
- 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

- 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.

- 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 performance athletes.

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

## 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 / WEEK)

- Price including boarding: 900 € / week
- Price without boarding: 700 € / 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