



INTERNATIONAL HIGH PERFORMANCE TENNIS PROGRAM

European University

High Performance Tennis School



**Universidad
Europea**



PROGRAM DESCRIPTION (I)

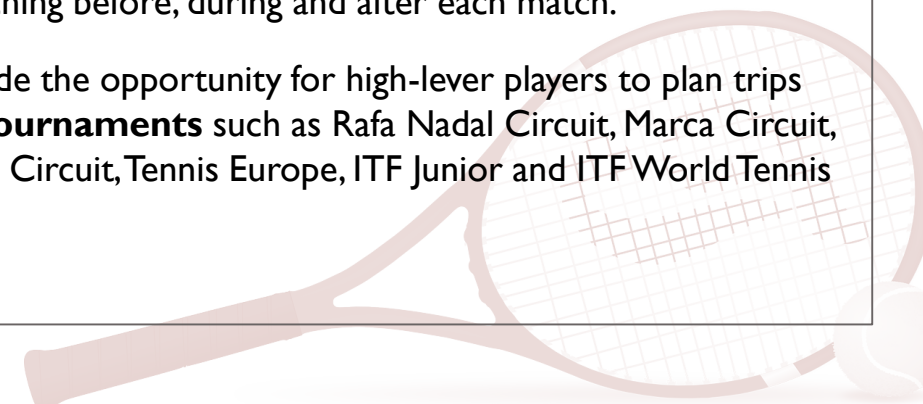
🎯 GOALS

We pursue the comprehensive **development of the player** (technical, tactical, physical and mental) by **optimizing all the student's resources** to achieve their **best performance**.

THE PROGRAM INCLUDES:

- Training sessions
- Preparation
- Mental Coaching
- Registration and monitoring of Madrid tournaments
- RFET tennis license
- Transportation
- Full board accommodation

- The program can be conducted in both English and Spanish
- Within the program, we offer a monthly schedule of national and international tournaments. The coach always accompanies the player, providing coaching before, during and after each match.
- We also provide the opportunity for high-level players to plan trips to **national tournaments** such as Rafa Nadal Circuit, Marca Circuit, Warriors Tour Circuit, Tennis Europe, ITF Junior and ITF World Tennis Tour.



PROGRAM DESCRIPTION (II)



WHO IS IT FOR?

Any player starting from the age of **10 and onwards**.

TRAINING SESSIONS

The training sessions will take place at the **European University**, on both **hard court and clay**, depending on the players' needs.

ACCOMMODATION

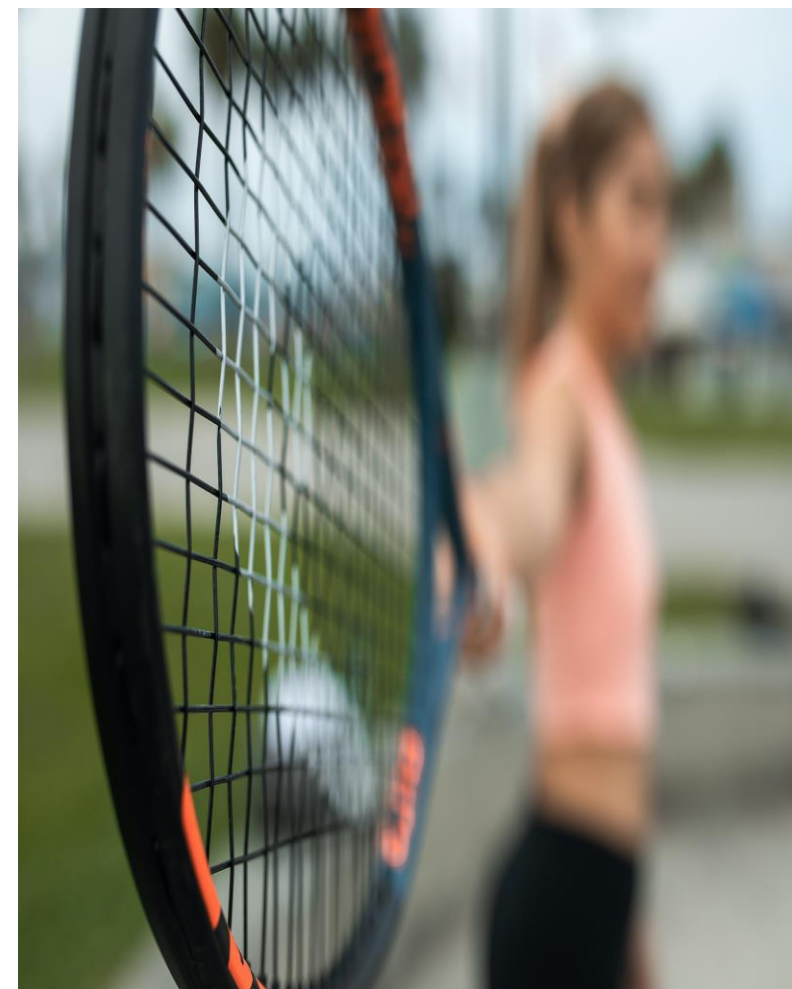
Full-board accommodation. The program includes full-board accommodation with amenities such as laundry facilities, swimming pool, playground, gardens, WiFi, TV room and more.

DATES

2023/2024 Academic year. Options for enrollment on a weekly, bi-weekly or monthly basis.

TRAINING SCHEDULE (MONDAY TO FRIDAY)

Mornings	8:00h – 8:30h	Breakfast at the accommodation.
	9:00h – 11:00h	On-court training.
	11:00h – 12:00h	Physical preparation.
	12:00h – 1:30h PM	Mental Coaching.
	1:30h – 3:00h	Lunch and rest.
Afternoongs	From 3:00h PM onwards	They will participate in federated tournaments in the Community of Madrid. The coaches will take care of transportation to and from the tournaments, as well as provide guidance and support before, during and after each match.
	4:00h – 6:00h	Tennis training on days without tournaments.
	6:00h – 9:00h	Rest at the accommodation.
	From 9:00h onwards	Dinner at the accommodation.



TRAINING SCHEDULE (WEEKENDS)

Saturday	9:00h – 9:30h	Breakfast at the accommodation.
	10:00h – 12:00h	Training on court at the university.
	From 11:00h onwards:	For students who continue to compete, there will be monitoring and support at the federated tournaments in the Community of Madrid.
	From 1:30h PM	Lunch at the accommodation. For players who continue to compete, a picnic will be prepared for them.
	Free afternoon.	

Sunday	For students who continue to compete, there will be monitoring and support at the federated tournaments in the Community of Madrid. For the rest of the players who do not have tournaments, there will be designated rest days and various organized activities.
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TRIUMPHS (LATEST TITLES 2023)



Champion of Madrid in the U12 category



Champion of Madrid in the 1st Division for Boys' U18 Team



Champion of Madrid in the 1st Division for Girls' U18 Team



Champion of Madrid in the 1st Division for Boys' U16 Team



Champion of Madrid in the 1st Division for Boys' U12 Team



Champion of Madrid in the 1st Division for Girls' U16



Champion of Madrid in the 1st Division for Girls' U12 Team



Champion of Madrid in the 1st Division for Youth League



CONTACT INFORMATION

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