

EUROPEAN UNIVERSITY HIGH PERFORMANCE TENNIS SCHOOL

# XVIII TENNIS CAMPUS

# JULY / AUGUST 2024

ALL TENNIS LEVELS - FROM 6 YEARS OLD

# 5

**PROGRAMS(\*)**

## DATES

**1st WEEK JULY:** from 01 to 07

**2nd WEEK JULY:** from 08 to 14

**3rd WEEK JULY:** from 15 to 21

**4th WEEK JULY:** from 22 to 28

**5th WEEK JULY/AUGUST:** from 29 to 03

(\*) For months, Biweekly or single weeks of **Monday to Friday** except the **program 5** (with RESIDENCE) which is **Monday to Sunday**

# XVIII TENNIS CAMPUS PROGRAMS

## PROGRAM 1 (M – F)

### TURN 1

- 9:00 a.m. – 11:00 a.m.: Training on court
- 11:00 a.m. – 12:00 p.m.: Fitness

### TURN 2

- 10:00 a.m. – 11:00 a.m.: Fitness
- 11:00 a.m. – 1:00 p.m.: Training on court

DEPENDS ON THE LEVEL OF TENNIS,  
STUDENTS WILL BE ASSIGNED TO A TURN

## PROGRAM 2 (M – F)

- 9:00 a.m. – 11:00 a.m.: Training on court
- 11:00 a.m. – 12:00 p.m.: Fitness
- 12:00 p.m. – 1:30 p.m.: Mental tennis coaching

## PROGRAM 3 (M – F)

- 9:00 a.m. – 11:00 a.m.: Training on court
- 11:00 a.m. – 12:00 p.m.: Fitness
- 12:00 p.m. – 1:30 p.m.: Mental tennis coaching
- 1:30 p.m. – 2:45 p.m.: Lunch at University

## PROGRAM 4 (M – F)

- 9:00 a.m. – 11:00 a.m.: Training on court
- 11:00 a.m. – 12:00 p.m.: Fitness
- 12:00 p.m. – 1:30 p.m.: Mental tennis coaching
- 1:30 p.m. – 2:45 p.m.: Lunch at University

2:45 p.m.: From this time onwards, there will be accompaniment to federated tournaments (with warm-up and coaching before, during and after each match).

On days when there is no tournament there will be training on the court from 4:00 p.m. to 5:30 p.m.

## PROGRAM 5 (L – D) With RESIDENCE

- 9:00 a.m. – 11:00 a.m.: Training on court
- 11:00 a.m. – 12:00 p.m.: Fitness
- 12:00 p.m. – 1:30 p.m.: Mental tennis coaching
- 1:30 p.m. – 2:45 p.m.: Lunch at University

2:45 p.m.: From this time onwards, there will be accompaniment to federated tournaments (with warm-up and coaching before, during and after each match).

On days when there is no tournament there will be training on the court from 4:00 p.m. to 5:30 p.m.

5:30 p.m.: From this time or after participation in tournaments, there will be a swimming pool to rest at the residence.

9:00 p.m.: Dinner at residence

**SATURDAYS:** Tennis training in the morning and accompaniment to tournaments.

**SUNDAY:** Accompaniment to tournaments or free day with activities.

All programs can be carried out for single weeks, biweekly or months. Groups of maximum 4 players per court