



# 2010 RATES

# 2010 La Manga Club Tennis Academy

The highly acclaimed La Manga Club Tennis Academy offers a winning combination of on-court coaching led by our enthusiastic team of multilingual qualified and experienced tennis professionals with La Manga Club's own unique methodology at the one of the world's finest tennis facilities (20 clay, 4 hard and 4 artificial grass courts).



All academy courses and coaching programmes are supervised by Director of Coaching, Juan Ros, who has extensive experience in coaching up to the highest level. Juan has worked as the personal coach to players of the calibre of Conchita Martínez (Spanish No. 1 and one of the top 20 in the world in the singles and doubles game), Anna Lena Groenefeld (Roland Garros Ladies Winner and Junior World No. 1 in 2003), and Alina Jidkova (No. 72 in the Women's World Ranking) amongst others.

Whether you are a complete beginner, a keen amateur, a club player or an aspiring professional, at the La Manga Club Tennis Academy you will receive all the guidance and coaching necessary to bring your game up to THE NEXT LEVEL.

To optimise your learning experience, all courses have a maximum of 6 players per pro.

For more information please do not hesitate to contact the Tennis Centre.



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## Adult Academy Programmes

### ADULT ACADEMY - 10 HOURS

Monday to Friday mornings

La Manga Club's most popular academy course over the last 20 years, which will help players improve all major aspects of their game.

- Two hours' on-court coaching per day
- Runs every week of the year

09:00 - 11:00 Fully comprehensive programme covering all major aspects of the game:

- |                  |   |
|------------------|---|
| <b>Monday</b>    | Forehands and 1st serve using drills and live ball situations.  |
| <b>Tuesday</b>   | Backhands and 2nd serves using drills and live ball situations. |
| <b>Wednesday</b> | Volleys using drills and live ball situations.                  |
| <b>Thursday</b>  | Transition game and doubles tactics.                            |
| <b>Friday</b>    | Review of all concepts and application in tournament situation. |

### ADULT ACADEMY - 15/20 HOURS

Monday to Friday mornings\*

A programme designed for those players wanting to focus on specific facets of their game.

- Two hours' on-court coaching per day (as per 10-hour programme)
- Additional hour each day for on-court digital analysis or tactical clinic (Participants may choose one or other or both options for the week; creating a 15- or 20-hour programme)

#### PROGRAMME OPTIONS

Participants may choose one or other or both options for the week

##### 11:15 - 12:00 Digital Analysis on court

- Computer-assisted shot analysis using the latest digital coaching technology where you can compare your shots with the professional.
- Digital footage of tennis technique and footwork. Great opportunity to set your technical and footwork goals for the year.

##### 12:00 - 13:00 Tactical Clinic

- Designed to improve players' patterns of play in doubles and singles through innovative live ball drills based on shot selection, identification of defensive, attacking and neutral patterns, changing direction, mental toughness etc.



\* Please note that the 15- /20-hour Academy and Gold Adult Academy do not run in school holidays.



## Adult Academy Programmes

### GOLD ADULT ACADEMY - 25 HOURS

Monday to Friday mornings + afternoons\*

A super-effective, intensive 5-day programme with an in-depth focus on technical, tactical and mental aspects of the game.

- Unbeatable value for money
- Five hours' coaching and match play per day

09:00 - 11:00 Adult academy (as per 10 hour programme)

12:00 - 13:00 Tactical clinic (as per 15-hour programme)

16:00 - 18:00/19:00 Match play

\* Please note that the 15- /20-hour Academy and Gold Adult Academy do not run in school holidays.

### WEEKEND WARRIORS ACADEMY - 10 HOURS

Friday to Sunday mornings + afternoons\*\*

The perfect opportunity to improve your game in just one intensive weekend.

- Six hours' coaching + 4 hours' match play over one weekend

#### FRIDAY

11:15 - 13:15

- Forehands and 1<sup>st</sup> serve using drills and live ball situations
- Consistency and shot selection (neutral, defensive and attacking skills)

16:00 - 18:00

- Match play/tournaments

#### SATURDAY

11:00 - 13:00

- Technical work on backhands and 2<sup>nd</sup> serve using drills and live ball situations
- Footwork focus on posture and balance

16:00 - 18:00

- Match play/tournaments

#### SUNDAY

09:00 - 11:00

- Technical work on volleys using drills and live ball situations
- Work on transition game (approaches, volleys, overhead) and doubles tactics

\*\* Please note that Weekend Warriors will operate at different times during school holidays.





## ADULT ACADEMY PRICES 2010

ACADEMY*	Low Season** 01/01-26/03; 01/11-31/12		Medium Season** 26/04-04/07; 30/08-31/10		High Season 27/03-25/04; 05/07-29/08	
	OWNER	RESIDENTS HOTEL GUESTS	OWNER	RESIDENTS HOTEL GUESTS	OWNER	RESIDENTS HOTEL GUESTS
Standard (2 hrs/day)	E 200	E 225	E 210	E 235	E 250	E 280
Academy with Digital Analysis OR Tactical Clinic (3 hrs/day)	E 285	E 315	E 300	E 335	E 355	E 395
Academy with Digital Analysis AND Tactical Clinic (4 hrs/day)	E 330	E 365	E 350	E 390	E 415	E 460
Gold Adult Academy (5 hrs/day)	E 290	E 320	E 305	E 340	E 360	E 400
Weekend Warriors	E 155	E 170	E 160	E 175	E 190	E 210

\* Minimum of 3 people in the academy. \*\* For half terms & holiday periods (February, May, October, December) high season rates will apply.

## Adult/Junior & Pro Academy Benefits

In order to help you reach your full potential during your time at La Manga Club, every player who attends the adult/junior or pro tennis academy will be entitled to the benefits detailed below, providing you with a unique opportunity to tailor your own programme.

	LOW SEASON Owner/Resident	MEDIUM SEASON Owner/Resident	HIGH SEASON Owner/Resident
Welcome & farewell drinks	y	y	y
Sunday welcome day	y	y	y
Use of gym, sauna and Jacuzzi at the tennis centre <sup>2</sup>	y	y	y
Daily stroke demonstration	y	y	y
Special Rate for Weekend Warriors <sup>1</sup>	N/A	N/A	E160/175
Special Rate for private lessons	E30/35	E35/40	E40/45
Special Rate for tournaments	E5	E10	E15
Special Rate for tennis court hire	E10/12	E14/16	N/A
Discount at the Pro shop	10%	10%	10%

1. Special rate for Weekend Warriors programme when booked in addition to another adult academy.  
2. Age restrictions apply.



**Tennis Groups:** Special, superb value rates and benefits available on request.



## 2010 Adult Tournaments & Events

DAY	TIMES		PRICE
SUNDAY	16:00*	WELCOME DAY: Introduction to the week, free tennis & sangria!	FREE
MONDAY	16:00**	CLUB AFTERNOON: Social doubles matches rotating partners each time. Glass of sangria included.	E 20
	18:15	CARDIO TENNIS	E 18
TUESDAY	16:00	PADDLE CLUB AFTERNOON: Demonstration of the rules followed by fun doubles matches. Sangria après paddle!	E 12
	18:15	CARDIO TENNIS	E 18
	20:00	SUMMER BBQ & QUIZ	TBC
WEDNESDAY	16:00**	MIXED DOUBLES TOURNAMENT	E 23
	18:15	CARDIO TENNIS	E 18
THURSDAY	16:00**	MENS & LADIES DOUBLES TOURNAMENT	E 23
	18:15	CARDIO TENNIS	E 18
FRIDAY	16:00**	CLUB AFTERNOON: Social doubles matches rotating partners each time. Glass of sangria included.	E 20
	19:00	EXHIBITION MATCH: between the resident LMC tennis professionals (and often celebrities when available).	FREE
<b>SATURDAY</b>			

\* Welcome Day begins at 17:00 in July & August.

\*\* Times may vary by 1 hour during the year depending on the season.

This is the full programme, which is operational during peak periods. At certain times of the year not all the events will be running. Please check with Tennis Reception for booking information.



## Junior Academies Rates

Our Junior Academies are 5-day group coaching courses for all ages and abilities, which run from Monday to Friday. We will cover all major aspects of the game and make tuition fun and competitive with our team of highly qualified teaching professionals. Within our Junior Academy programme we offer 3 levels of intensity. Please note that times are provided as a guide; actual times may vary depending on the time of year:

AGE*	TIMES**	Low Season*** 01/01-26/03; 01/11-31/12		Medium Season*** 26/04-04/07; 30/08-31/10		High Season 27/03-25/04; 05/07-29/08	
		OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST
12 & Under	11:00 - 13:00	E 160	E 180	E 170	E 190	E 200	E 225
15 & Under	11:00 - 13:00	E 160	E 180	E 170	E 190	E 200	E 225
19 & Under	11:00 - 13:00	E 175	E 195	E 185	E 205	E 215	E 240

## Mickey's Academy Rates

Our MICKEY'S ACADEMY has been created following the guidelines of the LTA and enables each child to develop naturally at their own pace. Our programme focuses on developing the necessary motor skills that children need to play tennis while they are having an unforgettable time. Try our new academy and tennis is sure to become part of your child's life forever!

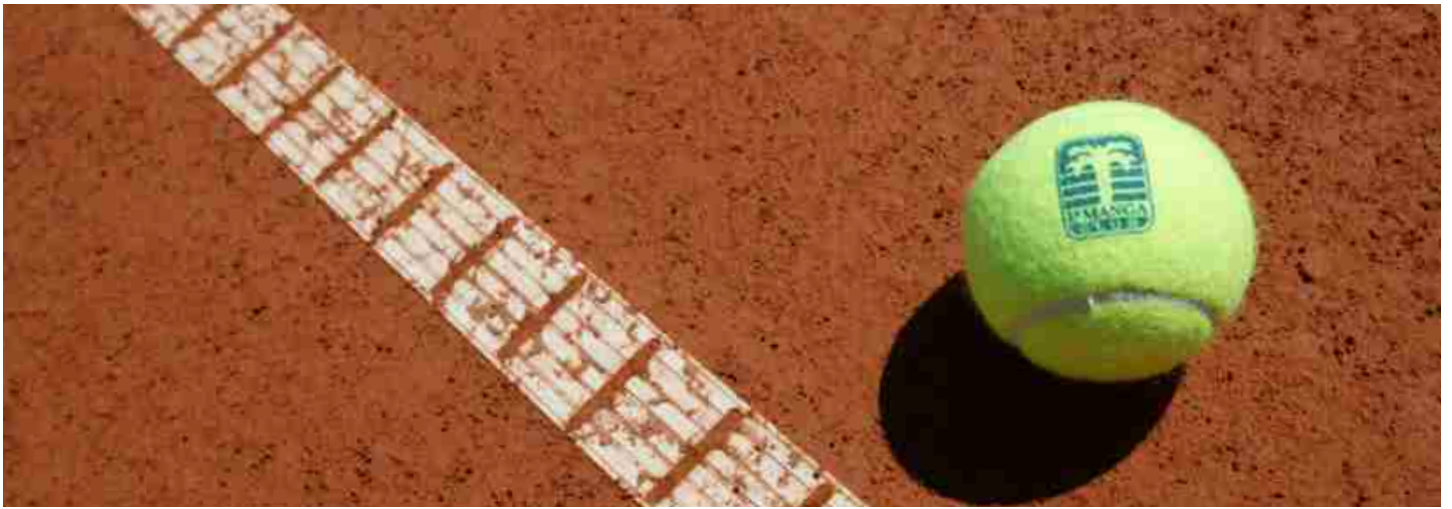
ACADEMY*	TIMES**	Low Season*** 01/01-26/03; 01/11-31/12		Medium Season*** 26/04-04/07; 30/08-31/10		High Season 27/03-25/04; 05/07-29/08	
		OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST
TINY-TOT MICKEYS (3-5 YRS)	9:00 - 9:45 (some weeks at 10:00 or 16:00)	E 90	E 100	E 95	E 105	E 110	E 125
MINI MICKEYS (6-7 YRS)	10:00 - 11:00 (some weeks at 17:00)	E 105	E 115	E 115	E 125	E 130	E 145
JUNIOR MICKEYS (8-9 YRS)	10:00 - 11:00 (some weeks at 17:00)	E 105	E 115	E 115	E 125	E 130	E 145
ADVANCED MICKEYS	10:00 - 11:00 & 17:00 - 18:00	E 160	E 180	E 170	E 190	E 200	E 225



\* Minimum of 3 people in the academy.

\*\* Times may vary, please confirm with the Tennis Centre.

\*\*\*For half terms & holiday periods (February, May, October, December) high season rates will apply.



## 2010 Junior Tournaments & Events

DAY	TIMES		PRICE
SUNDAY	10:00	15 & U JUNIOR DOUBLES: Tournament for boys/girls	E 20
	16:00*	WELCOME DAY: Introduction to the week. Free tennis & meet the pros!	FREE
	17:00*	PRO ACADEMY TOURNAMENT: Obligatory registration & singles tournament for Pro Academy players only	FREE
MONDAY	16:00**	JUNIOR AFTERNOON: Social doubles matches for teenagers (boys/girls)	E 16
TUESDAY	16:00**	12 & UNDER TOURNAMENT	E 20
	20:00	SUMMER BBQ & QUIZ	TBC
FRIDAY	16:00	6 & UNDER - MINI TENNIS FUN GAMES	E 10
	16:00	9 & UNDER TOURNAMENT	E 14
	19:00	EXHIBITION MATCH - between the resident LMC tennis professionals (and often celebrities when available)	FREE
SATURDAY	09:00	15 & UNDER TOURNAMENT	E 20
		12 & UNDER TOURNAMENT	

\* Welcome Day changes to 17:00 & Pro Academy Tournament changes to 18:00 in July & August.

\*\* Time may change to 15:00 depending on season.

This is the full programme, which is operational during peak periods. At certain times of the year not every event will be running. Please check at Tennis Reception for booking information.





## The new approach to performance tennis



The 2010 Pro Academy is designed for players who want to improve their technical, tactical, physical and mental level through an intense 27- or 17-hour weekly training programme. Throughout the programme, players will increase their understanding of the game to help them on their way to maximising their potential. Our coaching team will tailor the programme to the players' technical needs. In addition, the unique LMC Pro Academy enables players to improve their LTA ratings through organised match play during the week.

### PRO ACADEMY (5 hrs per day)

AGE	SESSION TIMES*	Low Season*** 01/01-26/03; 01/11-31/12		Medium Season*** 26/04-04/07; 30/08-31/10		High Season 27/03-25/04; 05/07-29/08	
		OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST
10 & Under (NB:4 hrs)	08:00 - 09:00** + 16:00 - 19:00	E 270	E 300	E 290	E 320	E 340	E 375
12 & Under/15 & Under	08:00-10:00 or 11:00-13:00** + 16:00 - 19:00	E 340	E 375	E 360	E 400	E 425	E 470
19 & Under	08:00-10:00 or 11:00-13:00** + 16:00 - 19:00	E 340	E 375	E 360	E 400	E 425	E 470

### PRO ACADEMY (3 hrs per day)

AGE	SESSION TIMES*	Low Season*** 01/01-26/03; 01/11-31/12		Medium Season*** 26/04-04/07; 30/08-31/10		High Season 27/03-25/04; 05/07-29/08	
		OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST	OWNER	RESIDENT/ HOTEL GUEST
10 & Under	16:00 - 19:00	E 250	E 275	E 260	E 290	E 305	E 340
12 & Under/15 & Under	16:00 - 19:00	E 260	E 290	E 275	E 305	E 325	E 360
19 & Under	16:00 - 19:00	E 275	E 305	E 295	E 325	E 340	E 380

Minimum of 3 people in the academy.

The Pro Academy is an intense training camp for which a minimum standard of play is required. We reserve the right to switch a player into what we believe to be a more suitable coaching programme if this minimum standard is not attained. Please rest assured that we will always guarantee to provide coaching suitable for every level and that nobody will be turned away and not offered an alternative, more appropriate coaching programme.

\*Times may vary, please confirm with the Tennis Centre.

\*\* 8 am lessons max. 4 players per pro. 11 am max. 6 players per pro.

\*\*\* For half terms & holiday periods (February, May, October, December) high season rates will apply.

