



cañastennis



Adult Programs

Adult programs 2017



The Adult Short Week programs at Canas Tennis are specially design to help players of all levels to achieve the best results in short periods of times. Adult Short Week programs vary from 2 to 5 days of intense training for half or full days. The weekly programs are offer in individual and group formats. Individual programs are offered on a weekly basis and group training is subject to availability.

One of the main objectives at Canas Tennis is to provide adults with all the tools to understand tactical patterns, mobility/footwork and placement on court. In the short term, this will help players to understand the game and how to play it. We use specific drills and competitions for singles or doubles players depending on the needs of each participant. These programs are tailor to each player and it could be arrange

About Cañas Tennis

Cañas Tennis fulfills a lifelong dream that Guillermo Cañas, Martín García and Gustavo Oribe all had in common: to create a path for young individuals to achieve success in tennis and all facets of life.

At the heart of the concept was the desire to create a support system that allowed each participant, whether they attended for a day, a month or years, to become a better prepared player and active citizen.

Student athletes are educated and prepared for success by combining access to the best facilities, the best performance training and sport-specific training with moral and intellectual development. Cañas Tennis embodies these values, which are the main principles behind the successful professional tennis career of Guillermo Cañas.

We are dedicated to educating the student athlete in all aspects of tennis. The program is athlete centered. Each athlete is tested and assessed so that an individual plan for success may be developed.

We are located in Miami, a prime setting conducive to developing tennis champions.



Mission and Philosophy Statement

Cañas Tennis provides an extensive tennis program that focuses on the technical, tactical, physical and mental development of the player which is the main foundation of the Argentinean methodology of teaching, while fulfilling the holistic needs of each player in his/her quest to achieve the highest growth possible.



Cañas Tennis leadership devised a philosophy of coaching tennis through an "Integral System" in order to reach maximum success for each individual athlete.

Specific progression drills and techniques are developed so that each student understands the correct sequence of successful tennis to become the best player, as well as an active individual in life.



Tennis Training: The Integral System

The Cañas Tennis leaders devised a method of tennis coaching. The Integral System is created based in the fundamental exercises of the Argentinean training method that strives to achieve the optimal development of the player.



Optimum Tennis Performance

Technical skills

- Tennis Technique
- Biomechanics
- Technique optimization for potential development

Tactical skills

- Strategy and Tactical Guidance
- How and when to apply shots
- Adaptation of shots and mobility to every surface

Physical & Mental skills

- Strength and Endurance
- Agility and Flexibility
- Strength training in gym
- Student-athletes and parents will learn how to manage the emotional factor of tennis.
- Our certified sport psychologist and sport physiotherapist will be available on and off the court (upon request).

Individual Rates

The 2017 Adult programs are conducted throughout the year.



HALF DAY training

This consists of 2 hours of tennis.

Weekly Cost:

5 times per week: \$800

4 times per week: \$640

3 times per week: \$480

2 times per week: \$320



FULL DAY training

Consists of 3 ½ hours of tennis.

Weekly Cost:

5 times per week: \$1,225

4 times per week: \$980

3 times per week: \$735

2 times per week: \$490



Group Rates

The 2017 Adult programs are conducted throughout the year.



HALF DAY training

This consists of 2 hours of tennis and 1 hour of physical training.

Weekly Cost:

5 times per week: \$390

4 times per week: \$350

3 times per week: \$250

2 times per week: \$200

Minimum of 2 and maximum of 4 per court



FULL DAY training

Consists of 3 ½ hours of tennis and 1 hour of physical training.

Weekly Cost:

5 times per week: \$590

4 times per week: \$490

3 times per week: \$390

2 times per week: \$290

Minimum of 2 and maximum of 4 per court





Additional Services

1. Private lessons with Staff Pro per hour: \$100
Private lessons with Guillermo Canas per hour: \$250
Group Lesson with Guillermo Canas per hour: \$350
\$300 (maximum 3 per court)
2. Private physical conditioning per hour: \$80
3. Video Analysis: \$150
4. Anthropometric Evaluation: \$185
5. Physiotherapist / Massage: \$100 per hour



There are several payment options available.
Please contact Gustavo Oribe, Director of Canas Tennis at Turnberry Isle, for more information.
Gustavo may be reached by phone +1 -305-933-6925
or by email at goribe@canastennis.com

Facilities

Cañas Tennis is located at the historic Turnberry Isles Miami Hotel and Turnberry Yacht Club.



Turnberry Isles Miami Hotel provides four immaculately maintained clay HydroCourts and two Laykold, long-lasting acrylic Hard Court tennis systems, the official surface of the Miami Open, ready for the exclusive use of Resort Guests and Turnberry Isle Miami Club Members. Choose from a variety of lessons, clinics, social and competitive tennis programs and events designed for all ages and skill levels. In our state-of-the-art Pro Shop, you'll find a large selection of tennis and fitness fashions and equipment for men, women and children, from brands such as Nike and Fila as well as our very own Turnberry Isle brand. Racquet customization, including 24-hour stringing, is also available.

Guests booking a Tennis Destination at Cañas Tennis will receive a discount on their hotel stay at Turnberry Isle Miami. For more information and availability log on to www.turnberryislemiami.com.

Turnberry Yacht Club



- Turnberry Yatch Club houses 8 courts
- 4 Laykold cushioned hard courts, all lighted for evening play.
- 4 state-of-the-art clay courts, with green American clay.
- All courts are equipped with the most up-to-date watering system available.
- Gym
- Restaurant
- Club House – Pro shop
- Swimming pool
- Free Wi-Fi connection
- Parking

Turnberry Yatch Club
19735 Turnberry Way - Aventura 33180 - Florida

