



cañastennis



# Competitive Weekly Winter Camp program

## Competitive Weekly Winter Camp program 2018 - 2019



The 2018-2019 Cañas Tennis Competitive Weekly Winter Camp Programs have been designed by the successful and only member of the great "Argentine Legion" who decided to settle and establish his tennis academy in the United States, which has earned numerous achievements.

The Cañas Tennis Competitive Weekly Winter Camp Programs are designed for players seeking to improve their tennis ability in an intensive short-term program. Weekly athletes maximize their time on court focus on key aspects of their game.

## 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).



## Schedule



The Competitive Weekly Winter Camp programs run from December 10th to January 4th . A typical day includes:



### Schedule for Boarding players

08:00 AM	Breakfast
09:00 – 11:00 AM	Tennis Session I
11:00 – 12:00 PM	Fitness Session I
12:00 – 01:00 PM	Lunch
01:00– 02:00 PM	Regeneration - (English - Tutoring)
02:00 – 04:00 PM	Tennis Session II
04:00 – 05:00 PM	Fitness Session II
07:30 PM	Dinner



### Schedule for Non - boarding players

09:00 – 11:00 AM	Tennis Session I
11:00 – 12:00 PM	Fitness Session I
12:00 – 01:00 PM	Lunch
01:00 – 02:00 PM	Regeneration
02:00 – 04:00 PM	Tennis Session II
04:00 – 05:00 PM	Fitness Session II



### Schedule for Half day players (morning)

9:00 – 11:00 AM	Tennis Session I
11:00 – 12:00 PM	Fitness Session I



### Schedule for Half day players (afternoon)

2:00 – 4:00 PM	Tennis Session II
4:00 – 5:00 PM	Fitness Session II

## Periodization



The schedule is broken into a group of macro and micro cycles.

- **Pre-Competition Phase:** The pre-competition cycle, physical training and skill building is emphasized. While there is a focus on physical conditioning, sport specific training is a major component.
- **Competition Phase:** This period is the height of our sport specific training. Our staff makes sure that each athlete has the right competition schedule for maximum success and exposure.
- **Post-Competition/Rest Phase:** A period of active rest, less sport-specific training and more skill building.

## Admission and Tuition

We are striving to build a community of passionate young people dedicated to being the best tennis players and students.

Tuition for a 2018-2019 player attending the Cañas Tennis Weekly Winter Camp program is:

- \$590 (non-boarding)
  - Non-boarding tuition includes coaching, performance training and lunch.
- \$1,190 (full boarding)
  - Full boarding tuition includes housing, coaching, performance training, two meals (lunch & dinner) per day and optional transportation from dorms to courts. (Tournament travel and fees are not included in tuition.)
- \$390 (non-boarding half sessions morning or afternoon)



## Additional Services

1. Private Lesson per hour:  
Starting at \$65 // Guillermo Cañas \$250
2. English Private Lesson: \$ 60/day - \$250/week
3. Video Analysis of Technical & Physical movements: us\$ 135
4. Anthropometric + Muscular Strength Evaluation: us\$135
5. Massage / Physiotherapist
6. Sport Psychologist



## English as a Second Language (ESL) Studies

Cañas Tennis is affiliated to TALK International School of Languages, place where students from all over the world come together, providing them the opportunity to organize the day so they can have a top-level tennis training while learning English

in an educational and supportive environment. It is no surprise that TALK students finish our programs with excellent fluency and confidence.



**TALK**  
SCHOOL OF  
LANGUAGES

### Group Lessons:

TALK's English programs are built around a core curriculum providing classes with both structure and flexibility. Classes are offered at 9 levels of proficiency, from beginner to fluency with appropriate text materials provided for each level. All class levels are based on an integrated approach to language acquisition by focusing on the development of speaking, listening, reading and writing skills.

### General English:

General English programs focus on the development of general language proficiency and an understanding of American life and culture. The courses will prepare you for social interaction and day-to-day activities.

**TOEFL iBT Exam:** We help you obtain the highest possible score through intensive programs designed for your needs. Our TOEFL iBT program will teach you specific test strategies while improving your overall English language proficiency necessary for a high TOEFL iBT score.

All students will be given an English Placement test upon arrival. If the student is not at the required level to begin their program, they will be placed in an English course at the appropriate level (low beginner to intermediate).

Consistent feedback from your instructors about practice exam performance, course assignments and skills-improvement. Online practice exams and TOEFL iBT content review.

## English programs



Cañas Tennis offers the possibility of a Weekly Tennis training complementing learning English language.

Options:

- 1) Full day training Cañas Tennis, with private English classes.
- 2) Full Day Cañas Tennis training with group English classes.
- 3) Half day Cañas Tennis training with group English classes the other day shift.



### Schedule for Full day training + private english lessons

09:00 – 11:00 AM	Tennis Session I
11:00 – 12:00 PM	Fitness Session I
12:00 – 01:00 PM	Lunch
01:00 – 02:00 PM	English
02:00 – 04:00 PM	Tennis Session II
04:00 – 05:00 PM	Fitness Session II



### Schedule for Full day training + group english lessons

09:00 – 11:00 AM	Tennis Session I
11:00 – 12:00 PM	Fitness Session
12:00 – 01:00 PM	Lunch
01:00 – 02:00 PM	Regeneration
02:00 – 04:00 PM	Tennis Session II
06:00 – 09:00 PM	English



### Schedule for Half day training + group english lessons

09:00 – 11:00 AM	Tennis Session
11:00 – 12:00 PM	Fitness Session
12:00 – 12:45 PM	Lunch
01:00 – 04:15 PM	English

## Tuition

1) Tuition for a 2018 - 2019 player attending the Cañas Tennis Full Day Tennis + English Private program is :

- Weekly \$840 (Non-boarding) \$1,440 (Full boarding)

Tuition includes coaching, performance training and lunch. Private English lessons 1 hr. In Full boarding housing and dinner is also included.

2) Tuition for a 2018 - 2019 player attending the Cañas Tennis Full Day Tennis + English Talk Institute Group program is :

- Weekly \$955 (Non-boarding) \$1,375 (Full boarding)

Tuition includes coaching, performance training and lunch. Group English lessons 3:15 hs. In Full boarding housing and dinner is also included.

3) Tuition for a 2018 - 2019 player attending the Cañas Tennis Half Day Tennis + English Talk Institute Group program is :

- Weekly - \$875 (Non-boarding) \$1,290 (Full boarding)

Tuition includes coaching, performance training and lunch. Group English lessons 3:15 hs. In Full boarding housing and dinner is also included.

There are several payment options available.  
Please contact Operations for more information by phone +1-305-816-6692 or email: [info@canastennis.com](mailto:info@canastennis.com)

## Facilities

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



Turnberry Isles Miami Hotel provides four (4) immaculately maintained clay HydroCourts and two (2) 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](http://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

