



cañastennis



# Winter Camp program 2018 - 2019

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This winter get involved in one of the most challenging and rewarding high performance tennis camps in Florida. With passion and enthusiasm our team of tennis professionals will help your child achieve the next level in their game while having a lot of fun!

Register before November 21st, and get a special 5% discount besides other special offers and discounts.

## 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.





## Winter Camp

### REGULAR Winter Camp

Cañas Tennis is the premier winter camp for children ages 8 – 18. Located within the beautiful gated community of the Turnberry Isle Yacht Club in Aventura, Florida, our mission is to ensure elite instruction in a fun and secure environment. Our weeklong camps are designed to create interest and maximize potential of each child. Tennis is taught by our full time USPTA, PTR Certified Professionals and student/teacher ratios are kept within 5:1. Space is limited and reservations will be taken in the order received.

### QUICK START Winter Camp

Cañas Tennis is the premier QUICK START winter camp for children ages 4 – 8. Located within the beautiful gated community of the Turnberry Isle Yacht Club in Aventura, Florida, our mission is to ensure elite instruction in a fun and secure environment. Our weeklong camps are designed to create interest and maximize potential of each child. Tennis is taught by our full time USPTA, PTR Certified Professionals and student/teacher ratios are kept within 6:1. Space is limited and reservations will be taken in the order received. This camp is geared toward beginners learning under the QUICK START format (short-court).  
- 8 AND UNDER PROGRAM is taught on a 36' court.



### Must bring items:

- Tennis Racquet
- Comfortable tennis clothing
- Tennis shoes
- Bag pack or tennis pack
- Water bottle
- Hat
- Sunblock
- One change of clothes
- Label all articles with your child's name

## 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 2018 - 2019 Winter Camp Program has rolling admissions, so a child may start at any phase of the program.



### Session DATES

Week 1:	December 10- 14
Week 2:	December 17 - 21
Week 3:	December 25 - 28
Week 4:	Dec 31 - Jan 4

A typical day includes:



### REGULAR Winter Camp Schedule

9:00 - 12:00 PM	Drilling and Technique / Fitness
12:00 - 1:30 PM	Lunch / Recreational Activities
1:30 - 3:00 PM	Match Play / Team Competitions



### QUICK START Winter Camp Schedule

9:00 - 12:00 PM / 12:00 - 3:00PM	Learning and developing motor skills / Fitness
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## Admission and Tuition

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

### REGULAR Winter Camp

\$ 395	One (1) Week Session (lunch included) 9am-3pm
\$ 120	Daily Session (lunch included) 9am-3pm
\$ 290	One (1) Week Session Half Day (lunch not included) 9am-noon
\$ 80	Half Day Session (lunch not included) 9am-noon

### QUICK START Winter Camp

\$ 345	One (1) Week Session \$78 Daily Session / Lunch included 9am-3pm
\$ 270	One (1) Week Session Half Day \$65 Daily Session/ Lunch not included 9am-noon

### For both Programs following discounts apply:

- 5% discount for siblings.
- 10% discount on each week for players participating in the all year Cañas Tennis After School Program.

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 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](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

