



cañastennis



# Junior December International program

## Junior December International program 2018

The Cañas Tennis 2018 Junior December International program has 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.

Enjoy this exciting month of training and tournaments among which are two of the best international ITF tournaments worldwide, the Orange Bowl and the Eddie Herr International. Also, the USP College Tennis Showcase event where participants are evaluated to determine their tennis level with the opportunity to receive scholarship offers from universities in the United States. Have the opportunity to compete in other tournaments and USTA Junior International which undoubtedly will provide a great tennis experience and the chance to live unforgettable moments that will mark you forever. During the days of training at the academy will take advantage of these weeks full of competition to do much emphasis in the area of tactics and strategy. Work on individual game tactics and different strategies to use depending on different types of games which you must confront and also on different surfaces.



## 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.

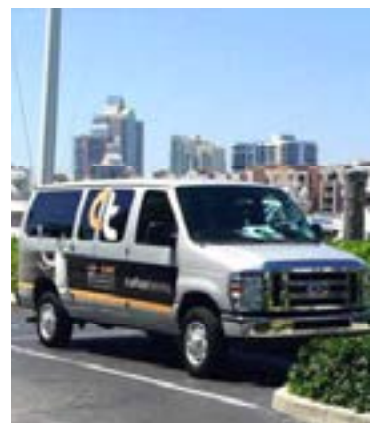
We are dedicated to educating the student athlete in all aspects of tennis. The program is athlete centered. Each athlete is tested and assessed so that an individual plan for success may be developed.

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).



## Tournaments & Events



Date: November 28 - 30, 2018

USP International College Tennis Showcase – USA

Venue: Sunrise Tennis Club - Sunrise FL.

Requirements to participate:

- High School students (junior or seniors) and College students (1st or 2nd year)\*\*
- Not have played professional tennis.

\*\* College Students must not have had a “gap year” between their high school graduation and college starting date

Participating in the Showcase includes:

- Evaluation and recruiting opportunities by visiting college coaches.
- Full day of training and competitive match play.
- Your “Personal Profile” made available to all participating college coaches.
- The “College Tennis” folder with important information on recruiting, rules, admissions, Clearinghouse certification and scholarships.
- Presentation and “Question and Answer session” hosted by Thomas Anderson and college coaches.
- T-Shirt
- Certificate



Date: November 21, December 2, 2018

Eddie Herr International Tennis Championship 12 & 14 & 16 & 18

Venue: Bradenton, FL

Surface: Hard Court



Date: December 3 -9, 2018

Junior Orange Bowl 16 & 18

Venue: Frank Veltri Tennis Centre

Surface: Clay



Date: December 9-18, 2018

Junior Orange Bowl 12 & 14

Venue: UM Tennis Centre (G14) - Crandon Park Tennis Centre (B14) - Salvadore Park (B12) - Biltmore (G12) -

Surface: Hard Court



Date: December 15 – 20, 2018 (3 tournaments - 2 days each)

Casely International Championships 10 & 12 & 14 & 16 & 18

Venue: Miami - Pembroke Pines

Surface: Hard Court



## Schedule



The Cañas Tennis 2018 Junior December International program will be held during the weeks of November 26th and December 21rd.

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
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



## Admission and Tuition

Tuition for a player attending the Weekly Cañas Tennis 2018 Junior December International program is:

- \$590 (non-boarding)
  - Non-boarding tuition includes coaching, performance training, transportation\* and coaching at tournaments and USP event. It also includes lunch\*\*.
- \$1,190 (full boarding)
  - Full boarding tuition includes housing with lunch\*\* and dinner. It also includes coaching, performance training, transportation and coaching at tournaments and USP event.

\* Transportation to Eddie Herr tournament will have an additional cost.

\*\* Lunch will be included at academy not at tournament sites.

- Entry Fee for tournaments and Usp event are not included.



## Additional Services

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

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 stand 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

