



cañastennis



# Miami Open Week program 2019

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The 2019 Cañas Tennis Miami Open Week 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 tournament that brings lasting memories for "Willy", who managed to be a finalist in 2007 where he defeated for the second straight week former and undisputed ATP World N1, Roger Federer.



## 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 2019 Cañas Tennis Miami Open Week program will be held during the week March 18 -22. Visits to the tournament will be held on March 19th and 21st. On March 18th , 20th and 22nd practices will be as usual at the academy with the following schedule:



### 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	English Lessons / 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	English Lessons / 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

## Admission and Tuition

Tuition for a player attending the 2019 Cañas Tennis Miami Open Week program is:

- \$760 (non-boarding)
  - Non-boarding tuition includes coaching, performance training, tickets and transportation to Miami Open and lunch.
- \$1,360 (full boarding)
  - Full boarding tuition includes housing, coaching, performance training, tickets and transportation to Miami Open and two meals (lunch & dinner) per day and transportation from dorms to courts.
- \$560 (non-boarding half sessions morning or afternoon)
  - Tuition includes coaching, performance training, tickets and transportation to Miami Open



## 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 Nicolas Maidana, Director of Turnberry Yatch Club, for more information.

Nicolas may be reached by phone +1-305-816-6692  
or e-mail: [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

