



cañastennis



# Full-Time program

## Full-Time program 2019



The 2019 Cañas Tennis Full Time 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 Full-Time programs are designed for students seeking to strike a balance between high performance tennis training and a college preparatory education.

Cañas Tennis Full-Time students assist for a minimum of 1 month.

## 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 Full-Time programs have rolling admissions, so a student may start at any phase of the program. 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 – 1:00 PM	Lunch
01:00 – 2:00 PM	Supervised School Tutoring- English Lessons
02:00 – 4:00 PM	Tennis Session II
04:00 – 5:00 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 – 01:10 PM	Lunch
01:00 – 02:00 PM	Supervised School Tutoring- English Lessons
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 2019 player attending the Full Time Cañas Tennis program is:

- Monthly - \$2,250 – Semester \$12,320 – Annual \$22,300 (Non-boarding)
  - Non-boarding tuition includes coaching, performance training and lunch. Also optional school group tutoring is included on a daily basis.
- Monthly \$3,600 – Semester \$20,520 – Annual \$38,600 (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). Also optional school group tutoring is included on a daily basis.
- Monthly \$1,560 (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



## Academics

Cañas Tennis Academy has decided to partner with K12 International Academy as their academic provider. Canas Tennis Academy students now have an opportunity to continue their education with The K12 International Academy. Canas Tennis Academy and K12 have joined forces to provide a second to none academic offering. Utilizing K12 teachers, counselors, enrollment specialist, and academic coordinators; Cañas Tennis Academy has created a flexible academic model structured for student to physically and academically compete at an elite level.




### K<sup>12</sup> International Academy

Cañas Tennis Academy launched their comprehensive instructional program this year. Cañas Tennis Academy integrates an individualized academic program with online programming to provide a rigorous college preparatory experience that meets and/or exceeds state and national standards. Canas Tennis Academy's academic program is individually tailored to our students' needs - more than 100 courses, including a full range of core curriculum, advanced placement, honors classes, electives and college prep courses. Our graduates have and are attending many top tier universities across the nation.

Students aspiring to attend a top-tier, competitive university benefit from a rich and demanding curriculum, one-on-one instruction by certified teachers, dedicated Academic Advisors, College Counselors, and full technical support provided by K12. Through K12, students are able to gain a private-school education with the flexibility of learning virtually anywhere, at any time.

This uniquely-flexible program adapts to students' training, competition and travel demands by offering customized weekly schedules and calendars, continuous enrollment and 24/7 access. Overall, K12 delivers experienced teachers, a robust curriculum, intense PSAT, SAT and ACT training, and college counseling, so that students can secure spots at top-tier universities.



K12 at Cañas Tennis Academy provides a structured yet flexible solution for talented individuals to learn without any compromise. Every student is challenged with competitive instruction designed to prepare him or her for college success. As an accredited institution, K12 offers an extensive curriculum of 120 classes including electives, AP and Honors courses.

Each course has a course outline, modules (lessons) with objective, tasks, quizzes/ tests, and an assigned teacher. In addition to the teacher, the student is also assigned an advisor to monitor their pacing or their ability to remain on track with regard to their assignments. Each course is designated to a department (Language Arts, Math, Science, Social Studies). Each department is led by a chairperson. Teacher/ student/ parent conferences and faculty meetings are all regular elements within the virtual world. Our registrar has access to the data as each student contributes their time. The grading consists of auto-graded assignments and teacher graded assignments. Our curriculum is developed and provided to our students by a team of highly qualified, experienced, and certified educators, technology masters, and editors for the review of quality material.

K12 International Academy has undergone review and has been accepted by the NCAA as approved for students to use in meeting eligibility standards to play Division I and II collegiate athletics. The AP courses are listed as approved by the College Board to carry the Advanced Placement title on transcripts.

## College Placement Program

Cañas Tennis is committed to providing its students the best opportunities in life. We strongly believe in academic excellence as a key in the success of our students and therefore have partnered with University Sports Program (USP), one of

the world's most recognized college placement agencies. USP College Placement program assists our students through the entire collegiate enrollment process, from choosing a school, to applying, to getting accepted. USP, with a 100% guaranteed placement, has generated millions of dollars in athletic scholarships for students & athletes around the world in prestigious universities across the USA.



- Development of player presentation to coaches (profile & video)
- Assessment on College Tennis rules and eligibility
- Assessment on communicating with college coaches and preparing for interviews and visits
- Screening to select the best colleges based on student's personal, academic and athletic qualifications
- Individual contact with each coach and negotiation of the best possible scholarship offers
- Assistance in the planning of college visits
- Assistance in the admissions and all testing requirements (SAT, ACT and TOEFL)
- Assistance with the NCAA Initial Eligibility Clearinghouse application

For more information on USP visit: [www.universitiesports.com](http://www.universitiesports.com)

## 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 Monthly 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 2019 player attending the Cañas Tennis Full Day Tennis + English Private program is :

- Monthly \$2,940 (Non-boarding) \$4,250 (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 2019 player attending the Cañas Tennis Full Day Tennis + English Talk Institute Group program is :

- Monthly \$2,850 (Non-boarding) \$4,160 (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 2019 player attending the Cañas Tennis Half Day Tennis + English Talk Institute Group program is :

- Monthly - \$2,520 (Non-boarding) \$3,830 (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

