



# PROFESSIONAL PLAYERS

## PRICE LIST FOR PERFORMANCE PLAYERS

PROGRAM	START	RAISING PRO	PROFI	PROFI WITH HEADCOACH
PRICE SUMMER	€ 450 / WEEK	€ 520 / WEEK	€ 690 / WEEK	€ 1000 / WEEK
PRICE WINTER	€ 580 / WEEK	€ 650 / WEEK	€ 850 / WEEK	€ 1300 / WEEK
<b>TENNIS TRAININGS</b>				
NUMBER OF TENNIS HOURS PER WEEK	14 HOURS / WEEK	14 HOURS / WEEK	18 HOURS / WEEK	18 HOURS / WEEK
INDIVIDUAL TRAININGS WITH COACH	1X WEEKLY	2X WEEKLY	3X WEEKLY	3X WEEKLY
SPARING TRAININGS WITH COACH	YES	YES	YES	YES
MAIN COACH GUARANTEE	40%	60%	80%	80%
<b>FITNESS TRAININGS</b>				
	5X WEEKLY	ACCORDING TO THE PROGRAM EVERY DAY		
<b>REGENERATION</b>				
COMPENSATORY EXERCISES	YES	YES	YES	YES
STRETCHING	YES	YES	YES	YES
MENTAL TRAINING	NO	NO	NO	NO
MASSAGE OR PHYSIOTHERAPIST	NO	NO	30 MIN WEEKLY	30 MIN WEEKLY
<b>TOURNAMENT WITH COACH</b>				
	EXTRA PAY FROM € 45 / DAY	EXTRA PAY FROM € 35 / DAY	EXTRA PAY FROM € 10 / DAY	EXTRA PAY FROM € 0 / DAY



# EXAMPLE OF TRAINING WEEK FOR TENNIS CAMP

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00	<b>Breakfast</b> (07:00 - 07:30)	<b>Breakfast</b> (07:00 - 07:30)	<b>Breakfast</b> (07:00 - 07:30)	<b>Breakfast</b> (07:00 - 07:30)	<b>Breakfast</b> (07:00 - 07:30)	<b>Breakfast</b> (07:00 - 07:30)
08:00						
09:00	<b>Stretching</b> (30 min) + <b>Tennis (90 min)</b>	<b>Warm up</b> (30 min) + <b>Tennis (90 min)</b>	<b>Warm up</b> (30 min) + <b>Tennis</b> (120 min) (09:00 - 11:30)	<b>Warm up</b> (30 min) + <b>Tennis (90 min)</b>	<b>Warm up</b> (30 min) + <b>Tennis (90 min)</b>	
10:00						<b>Tennis</b> (120 min)
11:00						
12:00	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
13:00						
14:00	<b>Tennis</b> (120 min) + <b>Fitness</b> (60 min)	<b>Tennis</b> (120 min) + <b>Fitness</b> (60 min)		<b>Tennis</b> (120 min) + <b>Fitness</b> (60 min)	<b>Tennis</b> (120 min) + <b>Fitness</b> (60 min)	
15:00			<b>Massage</b> (15:30 - 16:00)			
16:00						
17:00		<b>Stretching</b>		<b>Yoga</b>		
18:00	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
19:00	<b>Freetime</b> <b>Activities</b>	<b>Freetime</b> <b>Activities</b>	<b>Freetime</b> <b>Activities</b>	<b>Freetime</b> <b>Activities</b>	<b>Freetime</b> <b>Activities</b>	<b>Freetime</b> <b>Activities</b>
20:00						
21:00						