

# BTA INDIVIDUAL SESSIONS



BTA PROGRAMMES



# BTA PROGRAMME PERSONALISATION

Every player has unique needs, so for each of them we create a unique programme. We individualise tennis, fitness and mental programmes, adjusting each of them to our players' age, level and goals. Moreover, programme individualisation allows our coaches to provide our players with constant and up-to-date feedback as they have time to focus on each individual player every day and modify programmes according to players' progress.





# ONE-ON-ONE SESSIONS



## TENNIS

### *Tennis for all Levels*

Our academy can design a personalised training programme for all players for any period of time, be it high-performance, intensive programmes or tennis instruction for beginner tennis players.



## FITNESS

### *Tennis-specific Fitness Sessions*

Physical training for tennis aims to achieve a perfect balance between aerobic and anaerobic endurance, explosive power, strength and flexibility. We train you to be a fit tennis player, not just a fit athlete.



## MENTAL TRAINING

### *Mental Toughness*

Just as we can get stronger physically by going to the gym and lifting weights, we can also get tougher mentally by developing mental muscles. Our team has a sound background in Sports Psychology and will help you develop a stronger mind.



## *TOURNAMENT PARTICIPATION OPTION*

Players participating in our individual sessions can take part in local tennis tournaments, thus testing themselves in competition.

## *MATCH PLAY OPTION*

In addition, our one-on-one sessions with a coach can be combined with the experience of real match play.





RECOGNIZING THE NEEDS OF OUR PLAYERS HAS ALWAYS BEEN OUR PRIORITY. THAT'S WHY OUR PROGRAMMES ARE FLEXIBLE AND OFFER MULTIPLE MODIFICATIONS.

ADDS-ON TO THE REGULAR PROGRAMME

## GOLD PACKAGE

The packages of individual lessons can be complemented in various ways. The gold package comprises an additional private class with a head coach, video analysis, BTA T-Shirt and sweater, free stringing, airport pick-up & drop-off and a 15% discount on a future stay.

## SILVER PACKAGE

The silver package includes an extra private lesson with a BTA coach, video analysis, BTA T-Shirt, free stringing, airport pick-up & drop-off and a 10% discount on a future stay.

## BRONZE PACKAGE

What the bronze package adds to the regular programme is a BTA T-Shirt, airport pick-up & drop-off as well as a 5% discount on a future stay.





## *FACILITY*

Our club is located a 5-minute walk from the Castelldefels beach, which we use both for training, recovery and time-off.

The club offers 21 clay courts, 1 greenset court, 11 padel courts, an indoor and outdoor gym, a pool and a restaurant.

In addition, we have physiotherapy and massages at our disposal.







## *ACCOMMODATION*

We provide both full-board and half-board accommodation in hotels, apartments and Spanish host families.

All the options are situated close to our academy and the Castelldefels beach.

The international airport is a 10-minute drive from our location. Our offer may include airport pick-up and drop-off.



# CONTACT US

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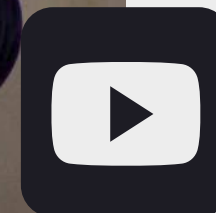
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