

2021-2022

PRO TRACK

Program



A full-time program to pursue a professional career in tennis

JUSTINEHENIN
 **ACADEMY**

Train at the Justine Henin Academy to reach out your full potential

Justine Henin Academy aims to create a human and reassuring environment that allows each player to surpass herself/himself. Justine Henin Academy focuses on the personal development of each player in order to reach his/her sporting results.

- Justine Henin's personal and work values imbedded in sports pedagogy, on and off the court.
- Carlos Rodriguez will give at least one group training session to each player per day.
- A unique pedagogy that has proved it's worth with players like Elina Svitolina, Dayana Yastremska and Clara Tauson.
- A rigorous selection of coaches (graduates and/or with extensive experience) and sport experts (nutrition, mental, ...).
- An individualized approach in a collective setting :
 - An individualized approach: training and competition program based on the needs of each player
 - Collective setting: training in small groups (3 players maximum per court)
- A collaborative and transparent approach with parents.
- A complete, central and easily accessible infrastructure.
- A "home-like" residence supervised by a supervisor-educator.



JUSTINEHENIN
 **ACADEMY**

A winning team at the service of our players

Justine Henin

FOUNDER & PRESIDENT OF
THE JUSTINE HENIN ACADEMY



Former WTA #1

*Winner of 7 Grand Slams (4 Roland Garros, 2 US Open
and 1 Australian Open)*

Winner of 2 Masters

Winner of 1 Fed Cup

Gold Medal at the Olympics

Winner of 43 WTA Singles Titles

Carlos Rodriguez

SPORTING DIRECTOR OF THE
JUSTINE HENIN ACADEMY



Coach of Justine Henin (1996-2011)

*Coach of Li Na, Grand Slam winner
and former WTA #2*

Coach of several ATP/WTA players such as A.

Anisimova, D. Hantouchova, P. Shuai, ...

Academy Director at the Potter's Wheel International

Tennis Academy in China

Their role

- Justine Henin Academy's ambassador and inspiration
- Regular presence at training sessions with each group
- Exclusive workshops all year long to share her experiences
- Leads and manages all the sporting aspects of the Justine Henin Academy
- Head coach : Each player will have at least one training session per day given by Carlos
- Will work closely with Justine on court
- Possibility to take private sessions

Justine & Carlos closely work with a team of highly qualified, international and multidisciplinary coaches.

Pro Track program

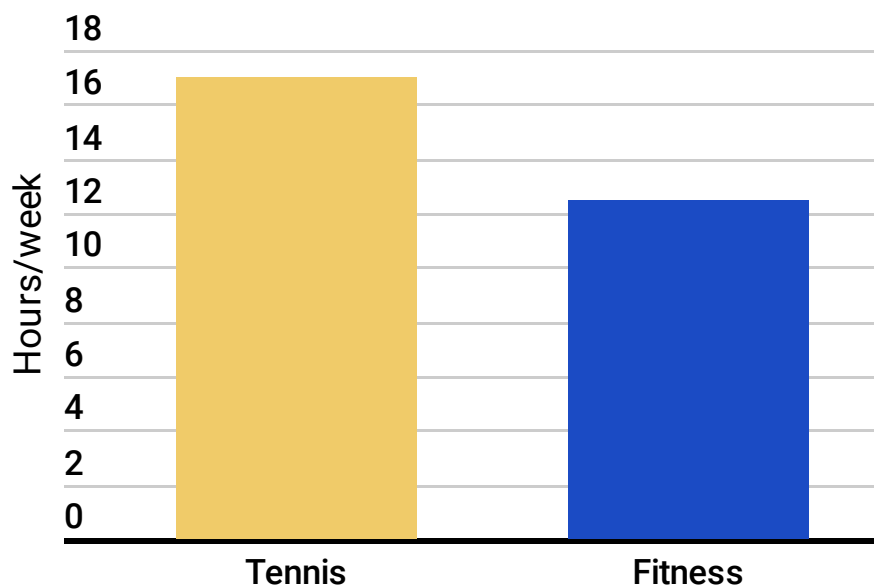
A full-time program to pursue a professional career in tennis.
This is a 12-month program for players from age 15.

Tennis Training

- An average of 17 hours per week (from Monday to Friday or Saturday)
- 2-3 players per court
- Focus on technique and efficiency
- Technical analysis using video recording
- Development of the tactical vision of the game
- Match play training

Fitness training

- 7,5 hours of personalized fitness training per week
- 5 hours of stretching, injury prevention and recovery
- Optimizing the fitness level of each player based on the player's unique body characteristics
- Regular fitness tests & monitoring



Mental preparation

- Ongoing mental strength and resilience training by the coaches
- Mental strength workshops (twice/month)
- Individual mental development program (on demand)

Tournament support

- Tournament scheduling (with coach, player and parents) of 10 international/national tournaments
- Personal coaching during tournaments (hotel, transportation, meals not included in the overall price)
- Post tournament feedback and analysis

Medical follow-up

- Medical check-ups
- Physical therapy (specific treatments on demand)
- Nutritional education and counseling on the importance of a balanced diet for high level athletes (1 workshop / month)



Accommodation

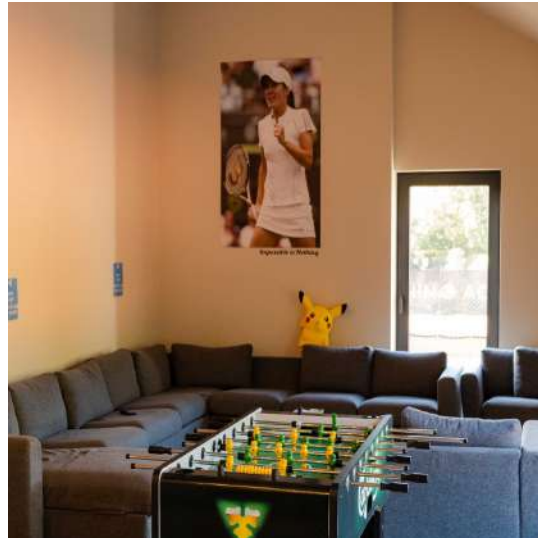
- Players are housed in 2-person rooms. The residence has a large living area, fully equipped kitchen, comfortable rooms and wifi. Students are housed by gender.
- The residence is supervised 24 hours a day and 7 days a week. We have staff living in the buildings and the residence is fitted with a camera system.

Meals


Our meals are healthy meals prepared with a sports nutritionist.


For boarding : It includes breakfast, lunch, dinner from Monday to Sunday.


For non-boarding : it includes lunch from Monday to Friday.




Prices

 Pro Track	Price per year
Performance training (from September till August)- includes tennis & fitness trainings, tournament coaching, workshops, medical, physio & nutritional follow-up)	26.460 €
Entry fee (only 1st year)*	1.000 €
<i>*offered if registration before 30.6.2021</i>	

 Accommodation	
Double room	10.710 €

 Meals	
From Monday till Friday for non-boarding students (lunch)	included
From Monday till Sunday for boarding students (breakfast, lunch and dinner)	included

Total per year	
Boarding	from 37.170 € **
Non Boarding	from 28.960 € **

 Options	Price
Private lesson with an Academy coach (Tennis or Fitness) - 1 hour	65 €
Private lesson with Carlos Rodriguez (can be shared with another player) - 1,5 hour	On request
Mental coaching (10 hours)	500 €
Nutritionist	70 €
Visa procedure and resident card procedure	300 €
Transport from & to airport	70 €

**** To confirm your registration, a 10% deposit must be paid on August 15th 2021 at the latest. This deposit is non refundable in case of cancelation.**

Interested in our programs?

Contact us now by email on sales@justine-henin.be
or by phone on +32 491 24 52 30

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