

## PRO TEAM INFORMATION

### GENERAL INFORMATION

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Players and parents should know the information's below before attending Justine Henin Tennis Academy in order to be prepared for a successful stay.

### CHECK IN

Programs	Student type	Check in Day	Time	Room availability	Location
Pro Team	Boarding	Sunday or Monday	After 4pm  08.30 am	After 4pm  After 6 pm	Residence  Welcome Desk
Pro Team	Non Boarding	Monday	08.30 am		Welcome Desk

**Schedule:** You may find an example of a day at the academy in this document.

**Important Documents:** Plane tickets, passport and important documents must be handed in during check-in for safekeeping during the stay.

**Room Assignments:** Boarding players will be shown to their room by accommodation manager at the conclusion of the check-in process. Rooms will be availables for players after 4pm (Sunday) or 6:00pm (Monday).

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### CHECK OUT

**Boarding Players:** Checkout is on Saturday by 07:00am. All boarding players must checkout of their dorms by this time, unless they are continuing into the following week's program.

**Non-Boarding Students:** Players who do not board will automatically be checked-out of their reservation at the conclusion of their program.

**Room Verification:** Boarding players first check-out with accommodation manager who will walk through the room to verify the room is in the same condition it was in upon arrival. Players will be charged for room cleaning (20€) and for damage.

### TRANSPORTATION

**Transportation Requests:** Transportation to and from a selected airport or bus depot may be arranged through the Academy. Please make all travel arrangements at least 72 hours in advance by e-mail, phone, or fax confirmation. Please contact the Transportation Department for additional information. Prices are subject to change without notice.

Contact us

Phone:+3210410900

Fax:+3210410901

E-mail: [info@justineheninacademy.com](mailto:info@justineheninacademy.com)

Brussels/Zaventem Airport- Transportation is 55€ \*

Brussels/Charleroi Airport- Transportation is € 75€\*

\*Multi-person rates may be available.

### HEALTH SERVICE

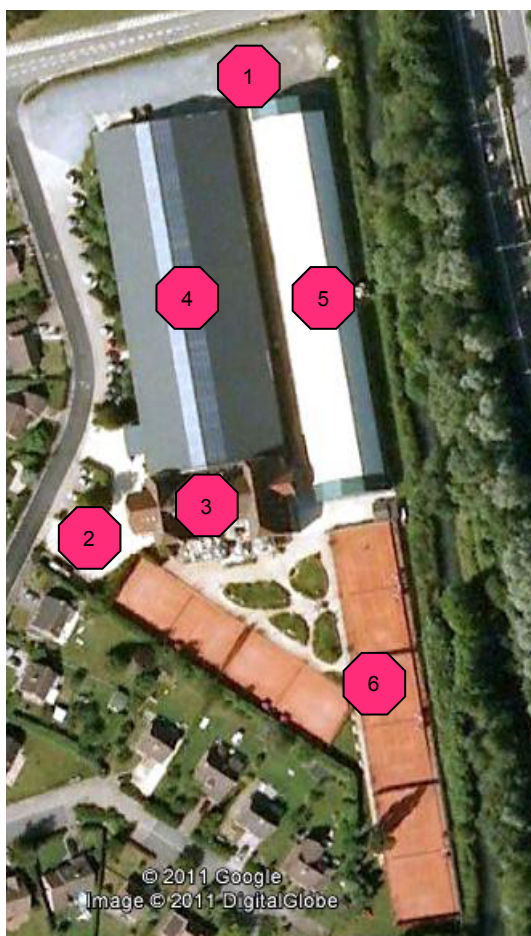
The Academy has a physiotherapist available on site. Furthermore we work with a sports medicine where we can go every day.

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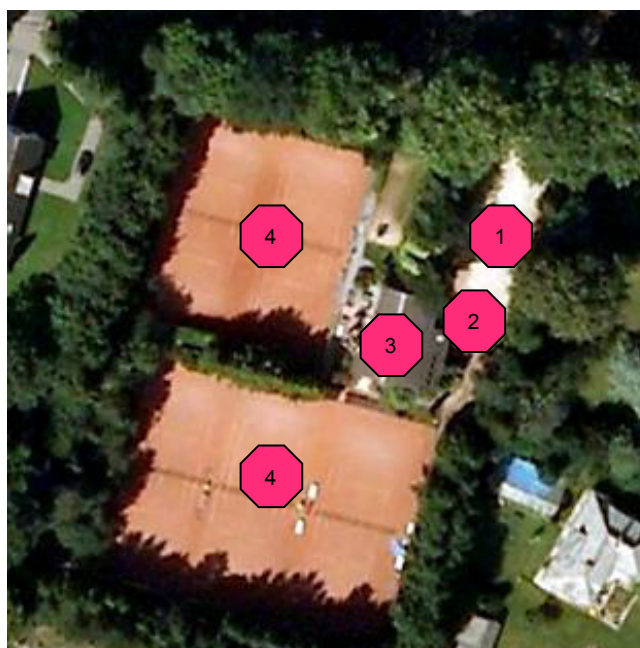
### INFRASTRUCTURE

Justine Henin Tennis Academy is established in the beautiful Club Justine Henin located at Limelette, 25 km from Brussels.



#### MAIN FACILITIES

1. Parking
2. Entrance
3. Main Building (Club-house, restaurant, Dinner room, lounge player, fitness, physiotherapist, locker room, seminary room)
4. 6 Hard indoor courts
5. 3 Indoor Clay courts
6. 5 Outdoor Clay courts



#### SUMMER FACILITIES

1. Parking
2. Entrance
3. Main Building (Club-house, Dinner room, lounge player, fitness, locker room)
4. 5 Outdoor Clay courts

# JUSTINEHENIN ACADEMY

## *PRO TEAM INFORMATION*

### **Medications for players**

If a player receives daily medication, the academy must be informed upon arrival. Prescription medications must be in original containers and labeled with the player names. When applicable, please provide English translation for medications.

### **Other**

During summer time, provide sunscreen and insect repellent and instruct to apply sunscreen numerous times a day.

Please tell that it is important to drink (water, energy drink) regularly throughout the day.

### **RESIDENT STUDENT SERVICES**

**Accommodations:** Players are housed in 2 persons room by gender. The player residence is fully equipped with wireless, tv, playstation, stringing machine.

**Supervision:** accommodation manager supervises the player residences, 24h/24h and 7 days per week.

**Guest accommodations:** Parents and families may choose to stay in one of our hotel partners, see Hotel Section. Please contact us for pricing and availability.

Please note pets are not allowed on player residence.

**Dining:** Boarding player will receive breakfast, lunch and dinner. Non-Boarding Student will receive lunch. Additional meals can be purchased at the club-house/restaurant of the club.

**Student Bank:** A personal spending account may be opened for each player with cash or credit card. Please note that 5% service charge applies for any credit card deposit.

**Justine Henin Academy is not responsible for any money that is not deposited in a student's personal bank account.**

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**Laundry services:** Available on residence for player who would like to do their own laundry.

**Phone/Fax:** there are no phones available in player residence. Players are allowed to bring cell phones but they are not permitted to use them during program hours. Fax is available in academy at +3210410900. Please mark the fax clearly with the player's name.

**Mail:** Incoming mail, Please send mail to players at the following address:

Player's name

Avenue Léon Fournet, 22

1342 Limelette

Belgium

Player mail will be distributed by the manager.

Outgoing mail, may be dropped off to the manager.

**Stringing Service: available at the academy.** You can string your racquet with your own string for 10€ per racquet or with a string sale by stringing service.

**Activities:** All activities are supervised by the accommodation manager. Saturday afternoon, at least twice a month, the accommodation manager organizes trip to mall, cinema, theaters and in the summer time, theme parks (Walibi). The cost of these fees are in addition to the program fees.

**Inclement Weather:** In case of rain or other inclement weather, sport programs may be shortened or altered. No refunds or credits will apply.

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### WHAT TO BRING

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#### Suggested Items to Bring

The items below are based on a one-week stay at the Academy. Students staying in PRO TEAM will need to adjust this list to accommodate their stay. Laundry service is available for full boarding.

2-3 Rackets	Sunscreen/Lotion
10 Shorts/Skirts	Personal Toiletries
10 Pairs of Socks	Sunglasses
12 Shirts/Tops	Alarm Clock
2 Pairs of Tennis Shoes	Jacket
1 Pairs of Running Shoes	Phone
Swimsuit	Stamps/Writing Material
Jump Rope	X-Long Twin-Size Sheets*
Beach/Bath Towels	Pillowcase*
Water Jug	Laundry Bag

\*Please note the Academy does not provide any sheets/pillowcases or towels. Each student needs to bring his/her own from home. Pillows and mattress pads are provided. Blankets are available upon request.

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### SCHEDULE

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A week at the Justine Henin Academy, Monday to Friday, is as follows:

#### Monday to Friday

6.30 – 8.00 am	Breakfast (Boarding).
8.15 am	Transportation to Academy (Boarding).
8.45 – 9.00 am	General and Specific Warm-up on court.
9.00 – 12.30 pm	Group Practice: In this sessions will be incorporated drills, game situations, points and physical work. Players will be grouped according to skill level.
12.30 – 13.30 pm	Lunch and rest period
13.30 - 16.30 pm	Group Practice: In this sessions will be incorporated drills, game situations, points and physical work.
16.30 - 17.00 pm	Regeneration, stretching
17.00 – 18.15 pm	Shower, homework, relaxation (Boarding Student).
18.30 - 19.00 pm	Dinner (Boarding Student).
19.10 pm	Transportation to Residence (Boarding Student).
19.30 pm	Homework, relaxation.

