

# PRO TRACK



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

**JUSTINEHENIN**  
 **ACADEMY**

# Pro Track program

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This is a 12-month program for players from age 15.

## Training Program

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The Academy sets up an individual development plan for each Pro Track player, including a short and long-term strategy in order to reach the player's goals. This plan is permanently adapted in function of the player's needs and progress. Each player will be assigned a primary coach.

## Tennis Training

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- 17 hours per week (Monday to Friday)
- 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

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- 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

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

## Tournament support

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- Tournament scheduling (with coach, player and parents) for 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

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

## Education

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The player chooses the educational program that best suits his or her ambitions and interest.

## Boarding

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The Academy's boarding house provides a safe, supervised, welcoming environment for players, in close proximity to the club. It also includes meals (breakfast, lunch, dinner) from Monday to Sunday and transportation between the boarding house and the club.

## NON-Boarding

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- Includes lunch from Monday to Friday.

**Price including boarding: 35.400€ (12 months)**

**Price without boarding: 25.200€ (12 months)**

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