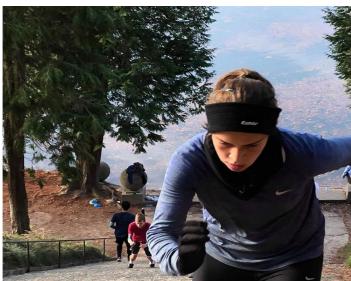
PRO TRACK







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



Pro Track program

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

Training Program

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

- 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

- 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) 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

- 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

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

Boarding

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

• Includes lunch from Monday to Friday.

Price including boarding: 35.400€ (12 months)

Price without boarding: 25.200€ (12 months)





Rue Leon Fournet 20 1340 Limelette Belgium

sales@justine-henin.be www.justineheninacademy.com