

2021-2022

# TENNIS & ACADEMICS

*Programs*

Flexible options for access to top universities  
while pursuing a career in tennis

JUSTINEHENIN  
 ACADEMY

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

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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 flexible, supervised and integrated schooling
- A collaborative and transparent approach with parents
- A complete, central and easily accessible infrastructure
- A "home-like" residence supervised by a supervisor-educator



# 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/WTAs 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.

# Combine a high-level tennis program with a U.S. or Belgian high school diploma

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We propose flexible options for access to top universities while pursuing a career in tennis.



Tennis & Academics I  
From 12 to 15



Tennis & Academics II  
From 16 to 18

# Tennis & Academics Program 12-15

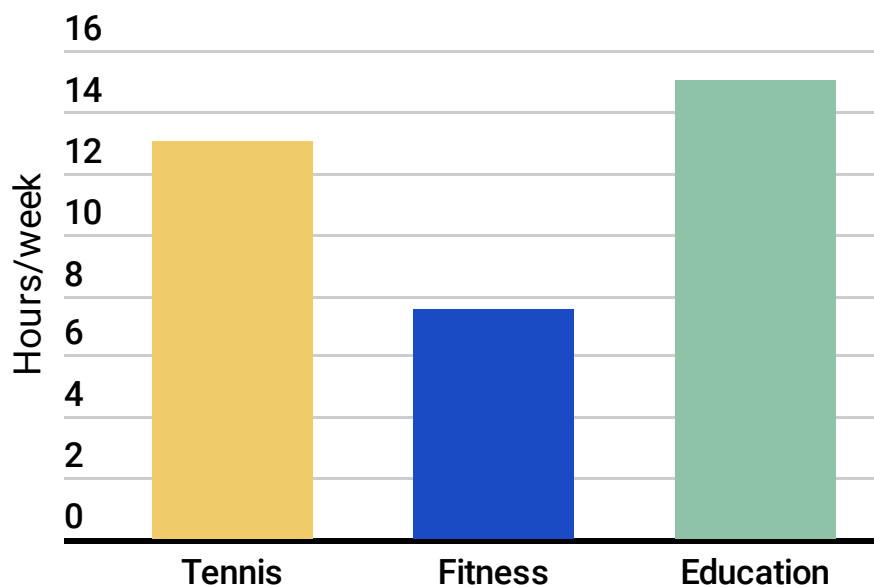
**For players between 12 and 15 years of age**  
**This is a 10-month program (September-June)**

## Tennis Training

- 13 hours per week (from Monday to Friday)
- 3 players maximum 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 including stretching.
- 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 8 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)



## Education

There are 3 available school programs:

- Online U.S. High School
- Belgian School “Jury central” (in French)
- Online Belgian School “Examencommissie” (in Flemish)

The players follow online classes, supervised by a qualified adult. Each player has 15 hours of supervised class per week and will attend classes for 3 hours per day.



Online US High School  
English



Jury Central  
French



Examencommissie  
Flemish



## Accommodation

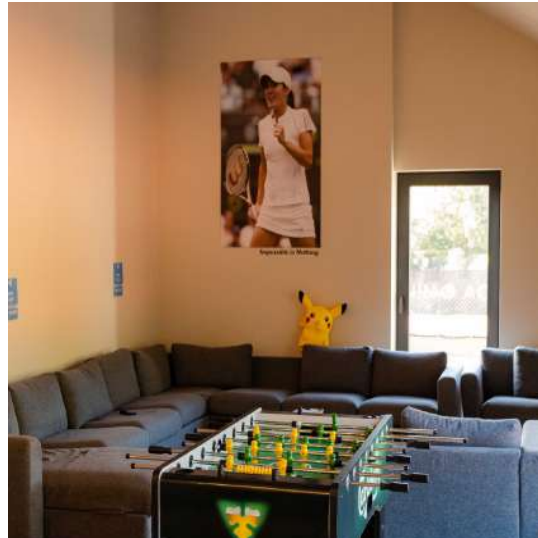
- Players are housed in 2-person rooms. The residence has a large living area, fully equipped kitchen, comfortable rooms and wifi. Students are housed by gender.
- The residence is supervised 24 hours a day and 7 days a week. We have staff living in the buildings and the residence is fitted with a camera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



Tennis & Academics 12-15	Price per year
Performance training (from September till June)- includes tennis & fitness trainings, tournament coaching, workshops, medical, physio & nutritional follow-up) + School program & supervision *	21.075 €
Entry fee (only 1st year) (offered if registration before 30.6.2021)	1.000 €



Accommodation	
Double room	8.925 €



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 30.000 € **
Non Boarding	from 23.575 € **



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 €

\* School books and prints not included.

\*\* 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.

# Tennis & Academics

## Program 16-18

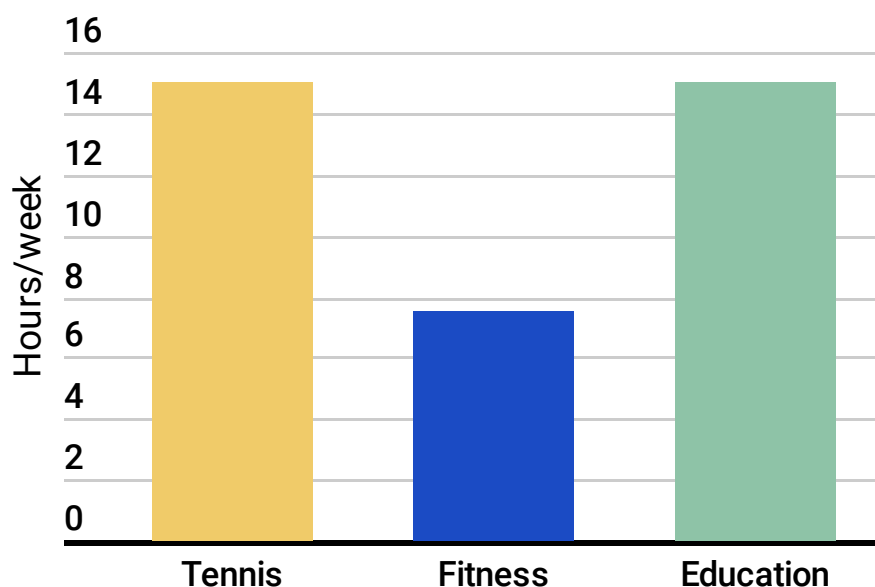
For players between 16 and 18 years of age  
This is a 10-month program (September-June)

### Tennis Training

- 15 hours per week (from Monday to Friday)
- 3 players maximum 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 including stretching
- Optimizing the fitness level of each player based on the player's unique body characteristics
- Regular fitness tests & monitoring
- 3 hours of recovery and injury prevention



## **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 8 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)



## Education

There are 3 available school programs:

- Online U.S. High School
- Belgian School “Jury central” (in French)
- Online Belgian School “Examencommissie” (in Flemish)

The players follow online classes, supervised by a qualified adult. Each player has 15 hours of supervised class per week and will attend classes for 3 hours per day.



Online US High School  
English



Jury Central  
French



Examencommissie  
Flemish



## Accommodation

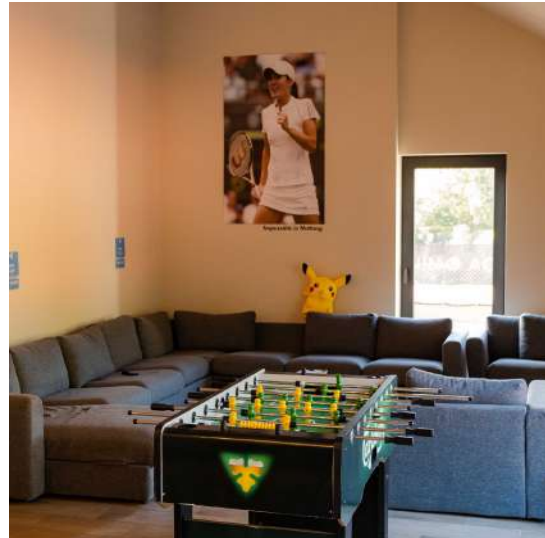
- Players are housed in 2-person rooms. The residence has a large living area, fully equipped kitchen, comfortable rooms and wifi. Students are housed by gender.
- The residence is supervised 24 hours a day and 7 days a week. We have staff living in the buildings and the residence is fitted with a camera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



Tennis & Academics 16-18	Price per year
Performance training (from September till June)- includes tennis & fitness trainings, tournament coaching, workshops, medical, physio & nutritional follow-up) + School program & supervision *	26.300 €
Entry fee (only 1st year) (offered if registration before 30.6.2021)	1.000 €



Accommodation	
Double room	8.925 €



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 35.225 € **
Non Boarding	from 28.800 € **



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 €

\* School books and prints not included.

\*\* 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?**

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**Contact us now by email on [sales@justine-henin.be](mailto:sales@justine-henin.be)  
or by phone on +32 491 24 52 30**

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**[www.justineheninacademy.com](http://www.justineheninacademy.com)**