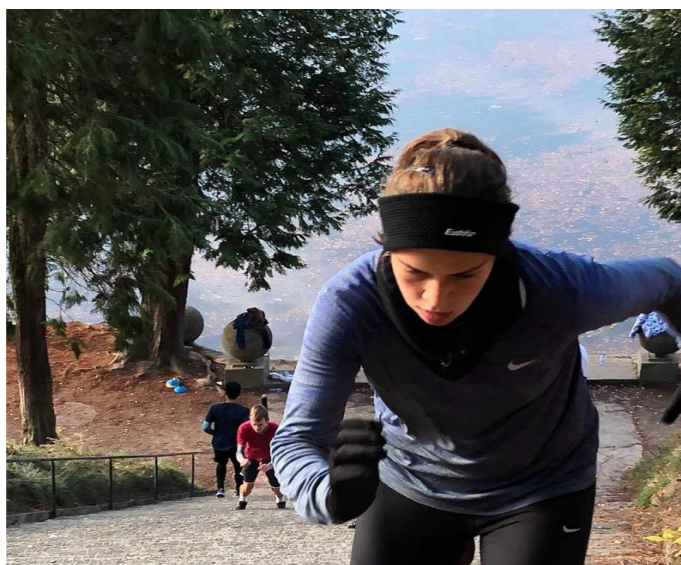


TENNIS + ACADEMICS



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

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

JUSTINEHENIN
ACADEMY

Tennis & Academics program 12-15

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

Tennis Training

- 11,5 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

Education

- There are 4 available school programs: we work with an online U.S. High School, a preparation school with physical classes for the 'Jury Central' in French, the online Flemish 'Examencommissie' in Dutch and the "Wereldschool" for the curriculum of schools in The Netherlands.
- 15 hours of supervised class per week: students will attend classes for 3 hours each morning. The players in the 'Jury' program will attend physical classes, the players in the U.S. program, the 'Examencommissie' and the 'Wereldschool' follow online classes, supervised by a qualified adult.

Boarding

- 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: 27.000€ (10 months)

Price without boarding: 18.500€ (10 months)

Tennis & Academics program 16-18

For players aged 16-18

This is a 10-month program (September-June)

Tennis Training

- 14 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

Education

- There are 3 available school programs: we work with an online U.S. High School, a school with physical classes for the 'Jury Central' in French, online Flemish 'Examencommissie' and "Wereldschool" in Dutch*.
- 15 hours of supervised class per week: students will attend classes for 3 hours each morning. The players in the 'Jury' program will attend physical classes, the players in the U.S. program, the 'examencommissie' and 'Wereldschool' follow online classes, supervised by a qualified adult.

Boarding

- It also includes meals (breakfast, lunch, dinner) from Monday to Sunday and transportation between the boarding house and the club.

NON-Boarding

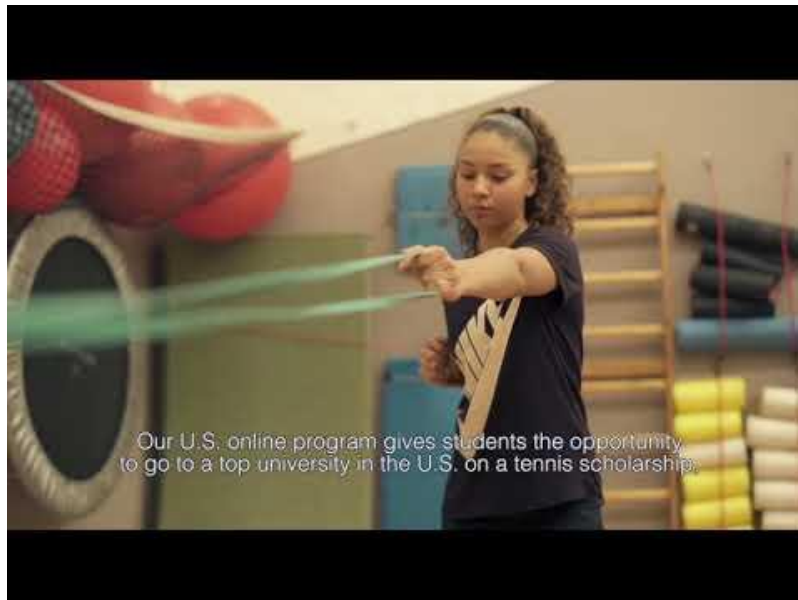
- Includes lunch from Monday to Friday.

Price including boarding: 32.500€ (10 months)

Price without boarding: 23.000€ (10 months)

(*there is a supplemental fee of 1.500 Euro for the Wereldschool due to additional costs of the program)

JUSTINEHENIN ACADEMY



Check out this video about our Tennis & Academics Program

Rue Leon Fournet 20
1340 Limelette
Belgium

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