



TM

# / TENNIS CAMPS /



Experience a memorable week training and competing in Barcelona

Learn from top tennis coaches  
Enjoy this amazing venues and facilities  
while enjoying the best of Spain

From  
26<sup>th</sup> Oct  
to  
2<sup>nd</sup> Nov

# / TRAINING TIMETABLE /

Barcelona	Sat 26 <sup>th</sup> Oct	Sunday 27 <sup>th</sup> Oct	Monday 28 <sup>th</sup> Oct	Tuesday 29 <sup>th</sup> Oct	Wed 30 <sup>th</sup> Oct	Thursday 31 <sup>st</sup> Oct	Friday 1 <sup>st</sup> Nov	Sat 2 <sup>nd</sup> Nov
9am		Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
10am		Tennis - Drills	Tennis - Drills	Tennis – Tactical Situations	Tennis - Drills	Tennis - Analysis	Tennis – Competitive Games	Tennis
11am	Depart	Tennis - Drills	Tennis - Drills	Tennis – Tactical Situations	Tennis - Drills	Tennis - Analysis	Tennis – Competitive Games	Tennis
12pm		Tennis - Drills	Tennis - Drills	Tennis – Tactical Situations	Depart - Barcelona	Tennis - Analysis	Tennis Competitive Games	Depart Hotel
1pm		Lunch	Lunch	Lunch	Lunch - Barcelona	Lunch	Lunch	
2pm		Rest	Rest	Rest	Barcelona – City Tour	Rest	Rest	
3pm		Match Play	Tennis – Mental Skills	Davis Cup	Barcelona – City Tour	Match Play	Tennis - Drills	
4pm		Match Play	Tennis – Mental Skills	Davis Cup	Barcelona – City Tour	Match Play	Tennis - Drills	
5pm	Tennis - Drills	Match Play	Tennis – Mental Skills	Davis Cup	Barcelona - Shopping	Match Play	Tennis - Drills	
6pm	Tennis - Drills				Barcelona - Shopping			
7pm	Dinner	Dinner	Dinner	Dinner	Dinner - Barcelona	Dinner	Dinner	
8pm			Padel	Cinema (optional)	Depart – Mas Sola		Awards	
9pm								
10pm								

# / AN ACTION PACKED WEEK /

Join the Ace Tennis team for a great week of training in Barcelona. Maximise your training time by being on court for a full week on red clay. Train with performance players and coaches in 2019 in Spain.

**The tennis program is based around four major areas that we encourage and develop:**

## **1 Technical skills**

Playing the key shots of the game – both attacking and defensive – in a variety of situations.

## **2 Mental strength**

Tennis is an individual sport with challenging match situations that require mental skills such as problem solving, staying positive and remaining focused.

## **3 Tactical knowledge**

How to select the right approach to each individual situation on court. Recognizing various playing styles of the opponents, the court and conditions.

## **4 Physical conditioning**

Making sure the physical ability of the player is appropriate to the level at which they play.



## **Hotel Information**

Your base for this weekend in Barcelona is the:

Hotel Mas Sola  
17430  
Santa Coloma de Farners  
Girona, Spain

- **Full Board Package**
- **Drinks with meals**
- **12 red clay courts**
- **4 hard courts**
- **3 swimming pools**
- **Indoor spa**
- **Complimentary Wi-Fi**
- **Farmhouse restaurant**

## **World class tennis venue**

12 red clay courts and 4 hard courts for our exclusive use. On site restringing service and pro shop.

## **Accommodation**

Players stay in end-suite hotel rooms (2 or 3 per room). All facilities are on site with 24hr security.

## **Price**

This is a variety of options for players travelling alone or joining as part of a larger group or family:

- £1299 – Residential with flights
- £1049 – Residential no flights
- £995 – Residential with flights / no tennis program
- £749 – Residential no flights / no tennis program

## **How to Book**

Please book at [www.acetennis.co.uk](http://www.acetennis.co.uk). Select the Barcelona location and the week commencing the 26th October 2019.