WALTER GRÜNFELD
TENNIS ACADEMY

Walter Grünfeld

Tennis Academy

Adult player Program at WGTA

TENNIS AT WALTER GRÜNFELD TENNIS ACADEMY

WALTER GRÜNFELD TENNIS ACADEMY (WGTA) is a tool designed to organize Tennis camps for Spanish and foreign children and adults, throughout the year, so that they have the opportunity to live a great experience surrounded by their favourite sport in a spectacular setting.

Due to our location in Barcelona (Spain), a city that breathes sport and that has been dedicated to sports activity for decades, we can offer a wide range of Tennis programs that fit the needs of each group that visits us, all with a climate and privileged temperatures throughout the year.

In WGTA we have different Tennis programs including the necessary equipment, accommodation, maintenance, daily and occasional transportation and a complete international medical coverage, so that groups that rely on our work do not have to worry about anything, except to spend a pleasant stay among us.

All Tennis programs are adapted to each group, according to age and level of skill and are taught by qualified professionals with extensive experience, who help children and young players to develop physically and humanly through sports, promoting values such as respect, education, effort, discipline, ability to overcome, order, punctuality, coexistence and fellowship.

It shares with WGTA the integral formation of the person through our passion for sport.

TENNIS ACADEMY PHILOSOPHY AND TRAINING PLAN

The Tennis Academy offers a short time training program for players who want to take their game to the next level but who do not have the time to train like a full time player. The short time players can be at any level starting from the age of 10 or 12 years.

We define a tennis player as the sum of his genetic qualities plus his ability to work. At WGTA we are looking for WARRIORS who want to exploit their qualities to the fullest.

At WGTA we understand that your qualities can lead you to be a good player but only your mental strength will lead you to be the best player you can be. At our Academy we are aware of the importance of this training and we perform it both on the court in each session and in specific sessions outside of it.

The philosophy of training at WGTA is based on planning, training and development of each player based on the below :

- Objectives
- Technical Aspects
- Tactical Aspects
- Physical Aspects
- Mental Aspects
- Competition Considerations
- Behaviour and Disciplinary Regime

CORE TEAM

WALTER GRÜNFELD:

President Walter Tennis Dreams and Owner, CEO Barcelona Sports Camps (BSC) and Barcelona Sports Tourism (BST) and General Manager Worldwide projects WGTA / BSC / BST.

TOMY ARIAS:

Tennis Director Programs and Head Coach at Walter Tennis Dreams and Director of WGTA Coaching Courses.

WALTER GRÜNFELD

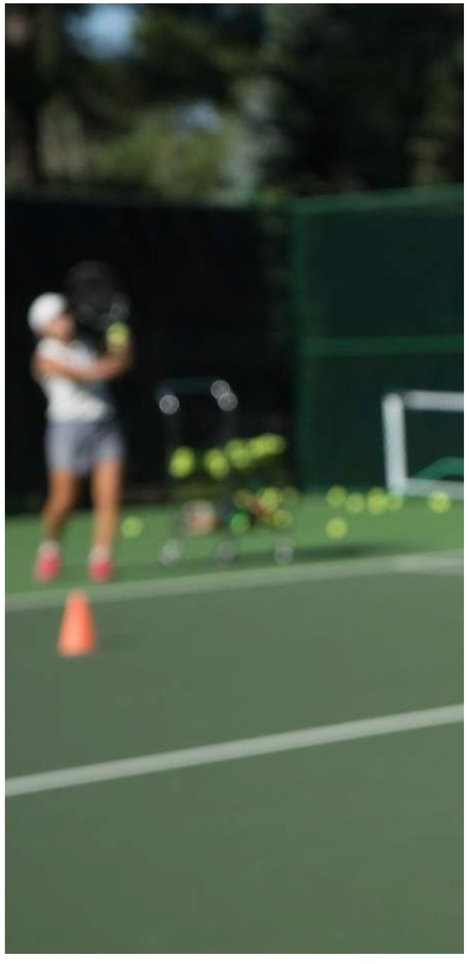
- Walter Grünfeld has been working as a tennis coach since 1990, training junior and professional players, boys and girls.
- 7 years with Bolletieri 1989/1996.
- Tennis director at NBTA Belgium 1993/1996.
- Mental tennis trainer since 1990 specialized by DR James Loher, a – renowned psichologist and tennis coach.
- QUATAR TENNIS OLIMPIC COMITE and DAVIS CUP 2003/2005.
- Walter has worked in different academies, tennis federations, teams, systems and ideas. He also has experience travelling with his own players around the world for tournaments (ITF and ATP/WTA).

TOMY ARIAS

- Tennis Director at Walter Grünfeld Tennis Academy (WGTA) located in Barcelona.
- Creator of the course "Coach WGTA" based on the WGTA System aimed at the training and certification of tennis coaches.
- Coach qualified by the most pretigious national and international organizations in charge of training and certification in the teaching of tennis (RFET, RPT, ERPT, USPTA, USPTR, NB-ICA, ITF).
- Coach ATP for the last 10 years.
- Author of several articles related to tennis and published on reference websites in the tennis sector such as Tennis Industry or Punto de Break and collaborator of Marca and marca.com

ADULT PLAYER PROGRAM

The Adults Player Program has been designed for people who want to enjoy the experience of training as a pro for a week and also a program for weekends in a relaxing environment close to the beach, with the chance to get to know the beautiful city of Barcelona.



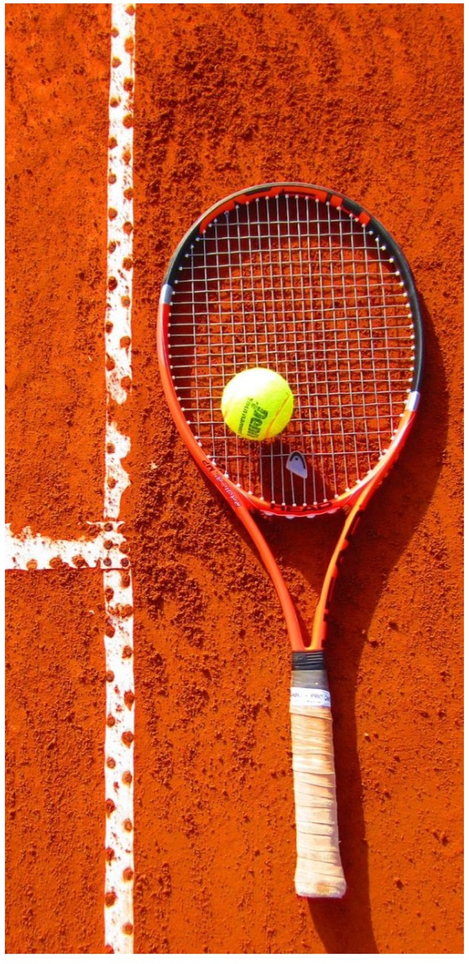
This is why we're always trying to sketch every programs keeping in mind that we're here to play tennis in the best way we can. For that we have programs extensions from a week to a hole year.

We offer 3 different weekly programs and a 3 different weekend programs.

All these programs and schedules are planned to reach your personal goals in tennis. Consult with us if it's best for you to make changes on the duration or days of the program.

WEEK PROGRAMS

We offer 3 different weekly programs based on intensity and duration: basic, intense and pro training programs. All the programs include technical-tactical-math play and physical training. Trainings are in the mornings so the player have the rest of the day to enjoy the city. Our programs go from 3 to 5 hours of training (tennis + fitness) a day (Monday to Friday)



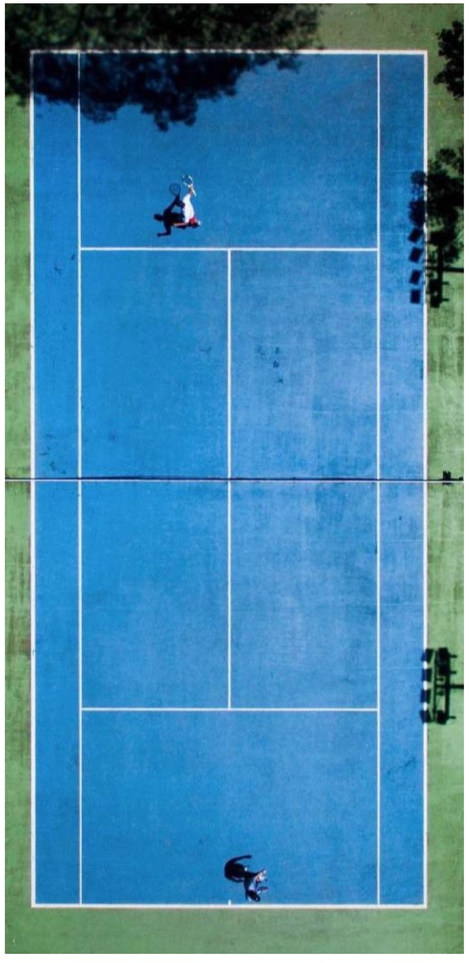
Basic training program: Is a 3 hours training everyday: 2 hours dedicated to tennis + 1 hour for fitness.

Intense training program: Is a 4 hours training everyday: 3 hours dedicated for tennis + 1 hour for fitness.

Pro training program: Is a double session training (morning and afternoon) 5 hours training everyday: 4 hours dedicated for tennis + 1 hour for fitness. You'll have double session training: technical session in the morning and tactical in the afternoon.

WEEKEND PROGRAMS

We offer 3 different weekend programs based on intensity and duration: basic, intense and pro training programs.



Basic weekend program: Is a basic training program from Friday afternoon (1 session) to Sunday noon with 3 hours of training a day: 2 hours for tennis and 1 hour for fitness. It's a 9 hours training program.

Intense weekend program: Is an intense training program from Friday afternoon 1 session of 3 hours (2 hours dedicated for tennis + 1 hour for fitness) and Saturday and Sunday double session. With the weekend program you'll have 5 hours of training a day for a total of 10 hours tennis + 3 hours fitness.

Pro weekend program: It's an intense and double session training program from Thursday afternoon (a 3 hour session) and from friday til sunday double seasion (4 hours dedicated for tennis + 1 hour for fitness). Total program for 14 hours tennis + 4 hours for fitness.

TRAINING PRICES

The training prices are for the adult player program. The price of the program depends on the type of program and the size of the group, the prices are listed below.

Individual week:

- Basic Program: €575
- Intense Program: €625
- Pro Program: €675

Week group training:

- Basic program: 2+ players €500 8+ players €425
- Intense program: 2+ players €550 8+ players €475
- Pro program: 2+ players €575 8+ players €500

Individual weekend:

- Basic Program: €425
- Intense Program: €525
- Pro Program: €625

Weekend group training:

- Basic program: 2+ players €375 8+ players €325
- Intense program: 2+ players €475 8+ players €425
- Pro program: 2+ players €575 8+ players €525

ACCOMODATION AND PRICE

WGTA offers multiple accommodation options (hotel, apartments, family residence, etc.) adapting to the needs or convenience of the individual or the group.

Price:

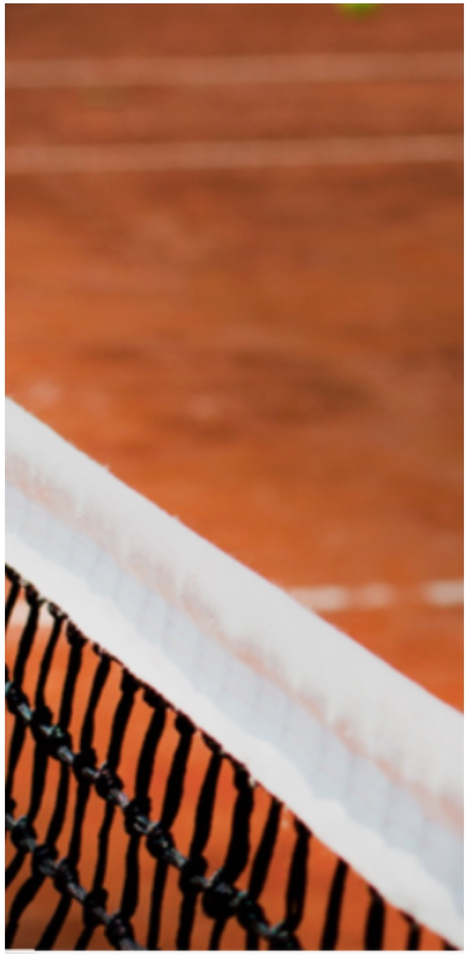
Cost of accommodation, transfer and meals per week is depending on time of the year and kind of lodging.

Location academy:

Most of the time the player will be at our tennis academy. The Walter Grünfeld Tennis Academy is established at Club Tennis Vilafranca. This club offers different type of facilities like the gym that we use for our training program.

CONTACT INFORMATION

If you are interested in our program, if you want to become the best tennis player that you can be or if you have any questions please contact us, you can send us an email or you can call us. We will contact you as soon as possible!



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