

PROJECT TENNIS AND STUDY

Organization:

The Gonzalez Academy presents **3 projects** for “Top Sports”: 1) **Tennis and study**, 2) **Examinations Board and Tennis**, 3) **Full Time Tennis Program for Professionals**. Under supervision of Alfonso Gonzalez and in cooperation with the school of **Hagelstein**, we offer a Tennis & Study formula for semi-professional players who are becoming 12 (6th grade at the primary school) up to 17 years.

Selection of players:

The players are selected in accordance to specific conditions:

- age
- motivation
- ranking
- physical, mental and tennis playing abilities

Our objective:

To develop at best the potential of every player in an environment of a qualitative and adapted “Top Sports” learning program.

Together with the player, our coaches will work out a procedure to achieve the sports goals. Every player will have a special and dedicated program, adapted to the players’ individual profile.

The challenges related to tactics, techniques, physical training (prevention), eating habits and psychology will be identified. A training schedule, adapted to the sports goals, will be established (including national and international tournaments), and will need to be followed strictly.

Premises for Tennis & Study:

TC Heiveld is located in Sint-Katelijne-Waver, Belgium, in between Brussels and Antwerp, near to main roads, public transportation and schools (Hagelstein and SUI).

Address: Hagelsteinweg, 1
2860 Sint-Katelijne-Waver, Belgium

The club has the following facilities: 9 indoor courts (5 micro courts and 4 green sets)
10 outdoor courts (5 gravel and 5 Somclay)
2 squash courts
1 fitness club integrated within the tennis facilities
1 bar integrated in the tennis facilities



Program – offer:

Tennis and Study

- Normal school education program
- The training consists of tennis + condition training
- The program covers 6 days a week (a total of +/- 18.5 hours)
- Free on Sunday
- Coaching and follow up during important tournaments in Belgium
- Price 1.450,-euro/month (excl travel and lodging expenses for player & coach)

Duration program

School program September – June

Holiday period: to be discussed on a case-by-case basis (national – international)

Program schedule

School standard school hours

Tennis 5 x 2h/day (Monday, Tuesday, Wednesday, Thursday, Friday, Saturday)
 1 x 4h/day (Saturday from 12h until 14h & from 16h until 18h)

Condition Training 3 x 1h/day (Monday, Wednesday and Friday or Saturday)

Tournaments overview

- National***
- +/- 10 tournaments
 - VW Tour Winter (Wimbledon, Argayon, Forrest Hills, Heiveld)
 - VW Tour Summer (category 1+)

 - Tennis Europe in Belgium -12-14-16 years

Sample schedule

<i>Hrs/day</i>	<i>Mo</i>	<i>Tu</i>	<i>We</i>	<i>Th</i>	<i>Fr</i>	<i>Sa</i>	<i>Su</i>
<i>9h-</i>	Green	Green	Green	Green	Green	Red	Blue
<i>15h30</i>	Green	Green	Red	Green	Green	Blue	Blue
<i>16h –</i>	Red	Red	Yellow	Red	Red	Red	Blue
<i>18h</i>	Red	Red	Blue	Red	Red	Yellow	Blue
<i>18h30 – 19h30</i>	Yellow	Blue	Blue	Blue	Blue	Blue	Blue

School

Tennis

Study/free

Condition training

Examinations Board and Tennis

- 3 days a week school
- The training consists of tennis + condition training
- The program covers 6 days a week (a total of +/- 27,5 hours)
- Free on Sunday
- Coaching and follow up during 10 to 15 weeks on international tournaments (ITF, ATP or WTA).
In total... International tournaments are foreseen
- Coaching and follow up during important tournaments in Belgium
- Price 1.650,-euro/month (excl travel and lodging expenses for player & coach)

Duration program

- year program

Program Schedule

- School Monday, Wednesday, Friday school
- Tennis 5 x 3h/day (Tuesday, Wednesday, Thursday, Friday, Saturday)
4 x 2h/day (Monday, Tuesday, Thursday, Saturday)
- Condition 3 x 1h30/day (Monday, Thursday, Saturday)

Tournament overview

National

- +/- 10 tournaments
- VW Tour Winter (Wimbledon, Argayon, Forrest Hills, Heiveld)
- VW Tour Summer (category 1+)

International

- +/- 15 tournaments with coach
- Tennis Europe (12-14-16, year)
- ITF -18 year
- ITF Tournaments

Sample schedule

Hrs/day	Mo	Tu	We	Th	Fr	Sa	Su
9h-							
12h							
12h – 13h							
13h-14h							
16h							
16h30 – 18h00							

School

Tennis

Study/free

Condition training

Full time tennis program for professionals

- The training consists of tennis + condition training
- The program covers 6 days a week (a total of +/- 34,5 hours)
- Free on Sunday
- Coaching and follow up during 15 to 20 weeks on international tournaments (ITF, ATP or WTA).
In total... International tournaments are foreseen.
- Coaching and follow up during important tournaments in Belgium
- Price 1.900,-euro/month (excl travel and lodging expenses for player & coach)

Duration program

- year program

Program Schedule

- Tennis 6 x 2h/day (Monday, Tuesday, Wednesday, Thursday, Friday, Saturday)
- Condition 3 x 1h30/day (Monday, Thursday, Saturday)

Tournament overview

National

- +/- 10 tournaments
- VW Tour Winter (Wimbledon, Argayon, Forrest Hills, Heiveld)
- VW Tour Summer (category 1+)

International

- +/- 15 tournaments with coach
- Tennis Europe (12-14-16,year)
- ITF -18 year
- ITF Tournaments

Sample schedule

Hrs/day	Mo	Tu	We	Th	Fr	Sa	Su
9h-							
12h							
12h – 13h							
13h-14h							
16h							
16h30– 18h00							

School

Tennis

Study/free

Condition training

Tournaments

National

- +/- 10 tournaments

- VW Tour Winter
 - Wimbledon
 - Argayon
 - Forrest Hills
 - Heiveld

- VW Tour Summer
 - Category 1+

International tournaments

- +/- 15 tournaments with coach

- Tennis Europe
 - - 12 year
 - - 14 year
 - - 16 year

- ITF -18 year

- ITF Tournaments

The follow up and support team :

Trainer Coordinator	Alfonso Gonzalez	Technical Director
Traveling Coaches	Alfonso Gonzalez	
	Scherens Kristof	Trainer B
	Scherens Frederic	Trainer B
	Van Langendonck Ronny	Trainer A
Academy staff	Gregory Keymolen	Trainer B
	Lenaerts Bjorn	Trainer A
Physical Trainer	Dobrev Boyan	
Mental coach	Haubourdin Serge	