SOTOTENNIS ACADEMY

INSPIRING EXCELLENCE

ACCESS PLAYER 23-24 INFORMATION PACK

Babolat · Sotogrande International School · Tennis Smart · Mentally Tough Tennis · UTR Powered by Oracle · Jorge Espada Fisioterapia-Osteopatía · Club de Tenis y Pádel Octogono Sotogrande

WHO ARE WE?

OUR VISION

We aim to be a world-class tennis academy and primary venue for the development of players. We strive to provide an environment that inspires and enables individuals to maximise their own potential through hard work and dedication. We are responsible for ensuring that our players see measurable outcomes in their performance through our well-structured and systematic approach. The ultimate aim is for our players to become self-sufficient and grow in their own way, while being a part of the team. Our players are encouraged to work together, which we believe can only be a good thing in a predominantly individual sport.

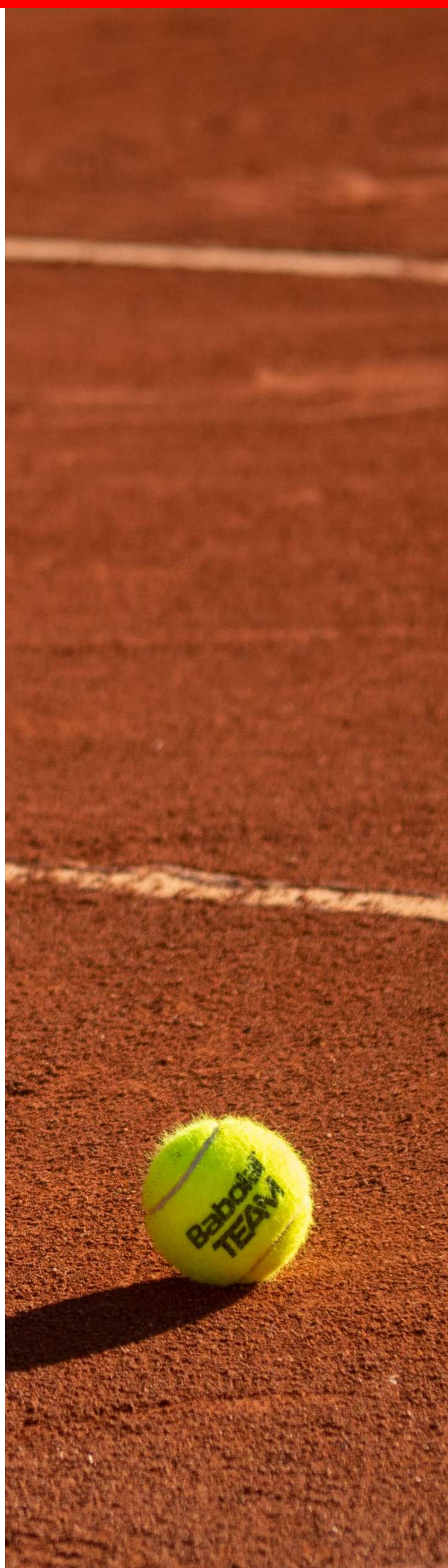
THE ROLE OF STA

We give our players the tools and resources to make these improvements, but ultimately, we allow our players to take the lead so that they learn. ‘Controlling the controllables’ is where we focus all our energy to help players create more of a long-term perspective on their tennis. Each player that walks through our doors and competes with an STA badge will hopefully be recognised as a hardworking, well-mannered individual who has done everything they can to achieve their goals.

We are also driven to ensure that STA becomes a primary destination where Access Players, High-Performance Players, Clubs and Coaches can access our high-quality facilities and integrate with our performance set up. The impact Access Players can have on those training Full Time at the Academy cannot be underestimated - and vice versa! Access Players have the chance to watch, learn and be inspired by our Full Time Players, as well as having lots of opportunities for hitting and match play. We believe STA will be more successful for being inclusive rather than exclusive.

WE ARE OPEN 47 WEEKS OF THE YEAR.

So Access Players can visit us year-round whenever suits their tournament/training schedule! Find our Term Dates on page 13.



OUR PRINCIPLES

STA VALUES AND BEHAVIOURS

At STA we have core values and behaviours that we hold each other accountable to day in, day out. These core principles help us to not only grow as individuals, but also help us to continue growing the team environment that all our team members benefit from.

GROWTH - OUR KEY VALUES	RISE UP - OUR AGREED BEHAVIOURS
GRATITUDE	RESPECT
RESPECT	IT STARTS WITH US
OWNERSHIP	SUPPORT EACH OTHER ALWAYS
WANT (UNCONDITIONAL EFFORT)	ENERGISER NOT ENERGY SAPPER
THE DAILY BILL (HABITS AND ROUTINE)	UNCONDITONAL EFFORT
HONESTY	PAY IT FORWARD

These are expectations that we require from each and every Team Soto member in order for them to become the professional individual that STA demands of them. Our goal is to provide a platform from which players can continue to excel, both on and off the court. The key to this is the self-policing of our accountability towards GROWTH AND RISE UP.

We are a team environment with individual pathways.
We are Team Soto: It Starts With Us!

STA PHILOSOPHY/CULTURE

STA embodies a 'Play to Win' philosophy and a 'Control the Controllables' culture. This is not about putting the outcome of performance (winning or losing) above all else, but rather, developing players to play with freedom and appreciate that pressure is a privilege. Our players should never be driven by the fear of failure.

PLAYING THE STA WAY

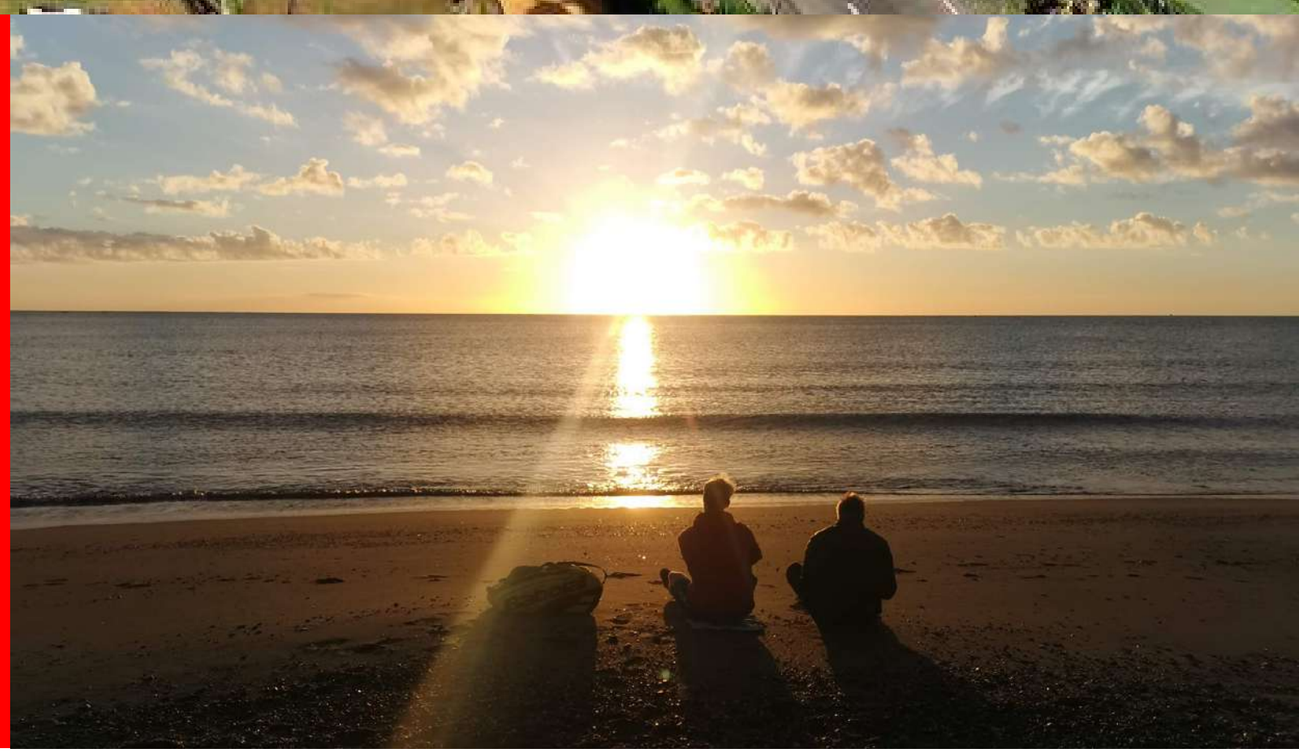
Your head: Play smart. Know your game style inside out. Use your strengths, manage your weaker areas and learn to expose your opponent's weaknesses.
Your heart: Fight for every ball. Play until the last point. Make sure your opponent always knows they are in for the FIght of their lives!
Your legs: Run every ball down and look like an athlete. Be sure you are the Fittest player out there!

WHERE TO FIND US

We are based at El Octogono Club de Tenis y Padel in Sotogrande Marina, where our Academy tennis sessions take place. Strength & Conditioning sessions are also held here, as well as at nearby gym Active Fitness Sotogrande, and sometimes at the beach!

ACADEMY ADDRESS:

SotoTennis Academy
El Octogono Club de Tenis y Padel
Paseo del Río S/N
11310 Sotogrande
Cádiz
España



If you are boarding with the Academy, you will either stay in our STA 16+ self-catered Players' House (Page 7) or with an STA Host Family if you are U16 (Page 8).

TRAINING PROGRAMME

Here is an example of an STA Access Player weekly schedule:

MONDAY

- Morning Tennis Squad - Tolerance/Consistency Drills
- Fitness Squad
- Afternoon Tennis Squad - Specific Drills

TUESDAY

- Morning Tennis Squad - Specific Drills
- Fitness Squad
- Afternoon Tennis Squad - Conditioned Sets

WEDNESDAY

- Morning Tennis & Fitness Squad - Integrated Basket Drills & On-Court S&C Exercises
- Afternoon Tennis Squad - Doubles

THURSDAY

- Morning Tennis Squad - Specific Drills
- Fitness Squad
- Afternoon Tennis Squad - Sets

FRIDAY

- Morning Tennis Squad - Match Warm Up/Specific Drills
- Afternoon UTR MatchPlay
- STA Friday Circle - where all of Team Soto comes together at the end of Match Play to reflect on the week, celebrate players' successes, award Player of the Week and recognise Access Players who have joined us

SATURDAY

- Optional Tournament *or*
- Optional Morning Fitness Session
- Optional Afternoon Tennis Session - Hitting

SUNDAY

- Optional Tournament/Rest Day

TRAINING FAQS

- Tennis Squads are 1.5 hours or 2 hours depending on the nature of the session
- Fitness Squads last 1 hour
- 'Specific Drills' are drills that are tailored to the players in that squad, so all of our players' have individualised programmes
- Fitness Squads are also varied and tailored to the individual athlete, covering elements including endurance, speed, strength, flexibility and agility
- Individual lessons, subject to availability, can be added to your training programme at an additional cost
- We provide optional tournament support over the weekends for those who would like to compete during their time with us (subject to local tournament dates)
- Optional Saturday training sessions are also included

- The opposite schedule provides just an example of a typical STA training week - our programmes are bespoke to each individual athlete according to their age, tennis level, schooling requirements/schedules, and specific needs/goals throughout the year
- We keep our player to coach ratio low to maintain the high quality of our training sessions and player support, therefore, there are never more than 4 players to 1 coach to 1 court
- Access Players can also travel with Team Soto to international events - see Page 6 for more information

COMPETITION

As an STA Access Player, you have the opportunity to compete in our UTR Friday Matchplay as well as at local, national and international (depending on age/level) tournaments with Team Soto.

UNIVERSAL TENNIS RATING (UTR)

STA is an official UTR centre, meaning all matchplay events and tournaments we host count towards our players' Universal Tennis Ratings. This benefits all of our players, particularly those considering the US College pathway. Any player with a UTR account can upgrade to a UTR Power Subscription. With this add-on, entry into our matchplay event is free. Alternatively, there is the option to pay per match/event.

LOCAL TOURNAMENTS

Spanish Federation Licenses can also be arranged via the Academy. These annual licences permit Access Players to enter and play any local tournaments during their time with us, and cost €40 (+21% IVA) per year. Access Players are strongly encouraged to join us on our Academy trips to local tournaments.

INTERNATIONAL TOURNAMENTS

Access Players are also welcome to join Team Soto when we travel to international events. We not only support players, but work closely with coaches too by helping to supplement their players' programmes on the road. To find out more about our international tournament calendar or to book an Access Travel Week please contact the STA Operations Team .

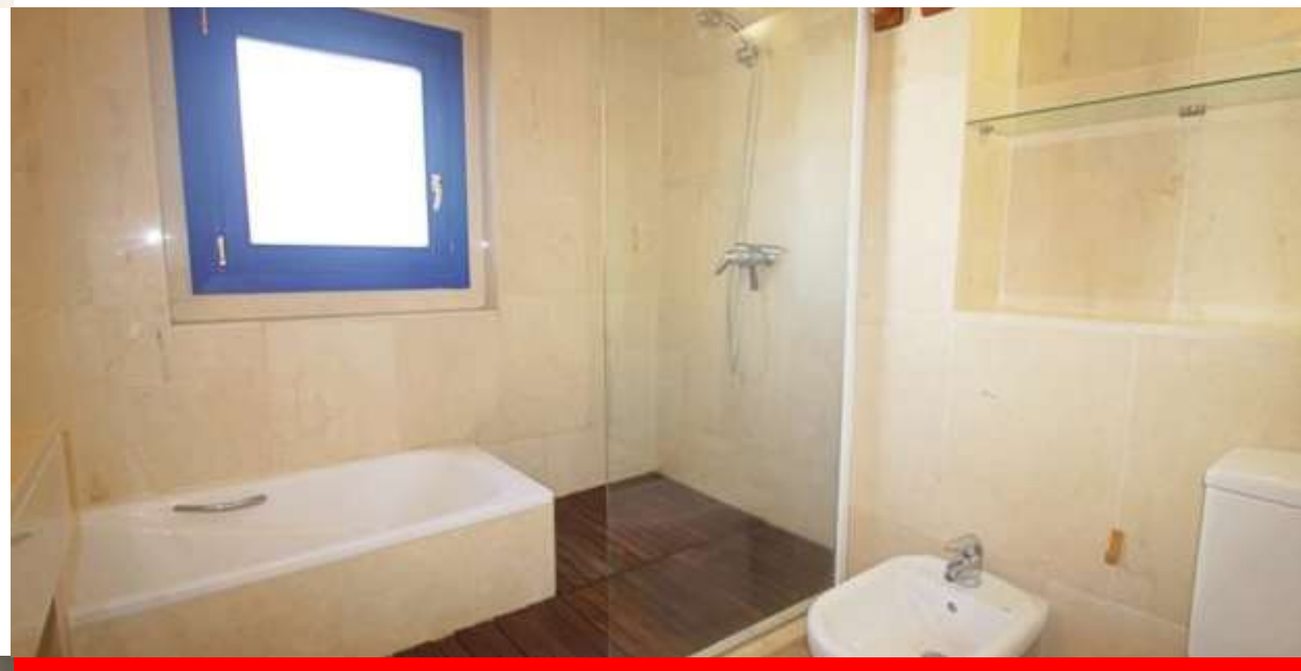
ACCOMMODATION: STA HOUSE (16+)

The STA Players' House (16+) is a self-catered accommodation option for players aged 18+ or players aged 16+ with parental permission. Located 2 minutes' walk from the tennis club, 5 minutes' walk from the beach, and 20 minutes' walk from the centre of the port - where you will find lots of restaurants and independent shops - the house is excellently located for our players' training requirements and lifestyle.

Our Players' House provides a brilliant transition between living at home and independent living, making it a perfect place for those athletes looking to go onto US College/European University. The house is also a great option for pro athletes both training at base and on the road travelling to tournaments.

As this is an independent accommodation option there are no live-in staff members, however, STA runs two weekly supermarket trips for players to pick up enough food to cook for themselves throughout the week, and our STA Host Family (Page 8) is based in the house right next door. The house is available to Full Time Players, Pro Players and Access Players.

Rooms in the house are shared, with separate rooms for male and female players. The accommodation is well equipped. Whilst bedding is provided, players may prefer to bring their own (single beds). Players also have access to the complex's shared pool during the summer months.



STA PLAYERS' HOUSE ADDRESS:

SotoTennis Academy
Ribera del Emperador
Sotogrande 11310
Cadiz
España

STA HOST FAMILY (U16)

STA's Host Family is a supervised accommodation option for players aged 16 and younger* or players age 16+ who would prefer to live with adult supervision. The supervision is provided by Louise, our Head of Finance, and her husband Nigel, our Senior Performance Coach. They live here with their children Max (2009) and Mollie (2012), and their dog, Sandy. Their house is right next door to the 16+ Players' House, so is also based in a fantastic location in the Sotogrande.

For any players age 16 and under, this is a great way to integrate thoroughly into the 'Team Soto' way of life and to really feel part of the STA family. Players will be staying just across the road from the tennis club, and will be living with a true SotoTennis family, as Louise and Nigel both work for the Academy while Max and Mollie both train at the Academy.

Players staying in this house enjoy Louise's delicious cooking. All three meals are included in the price of staying here, however players will also be offered the opportunity to join the two weekly STA supermarket trips to pick up any snacks/drinks to fuel themselves throughout the week.

Rooms in the house are shared, with separate rooms for male and female players. The accommodation is well-equipped, with bedding and towels provided, but players may prefer to bring their own (single beds). Players also have access to the complex's shared pool during the summer months. Staying in our U16 Players' House is an extremely popular option and subject to availability.

*minimum age is 14, younger may be possible on special request.

ACCOMMODATION: LOCAL HOST FAMILIES

At SotoTennis Academy we are also very fortunate to be able to offer accommodation to our players through some amazing local host families, both English-speaking and Spanish-speaking. Most families provide a single room to each player, but sometimes these rooms will be shared with other tennis players depending on availability.

Our local host families are all located within the Sotogrande port area. Some are within walking distance, whilst others are a short drive away. When necessary, the host families provide transport to and from the Academy at the beginning and end of the day. All host families provide all meals 7 days a week, but players are expected to do their own shopping for water, snacks, etc.

The local host family will provide bed linen, but players are expected to bring their own towels. The host family will also often do a player's laundry for them, or at least provide the player with access to their laundry facilities.

All local host families provide adequate wifi for our players to be able to do online studies from their homes and Spanish lessons can also be arranged if a player would like to work on their Spanish skills before putting them to practice around the house with their host family!

For more information about additional accommodation options, including local hotels and apartments available to rent, please contact info@sototennis.com for an extended contact list.

TRAINING PRICING

September to June	Fee	21 % IVA*	Total
Tennis & Fitness Training			
Born in or before 2008	€600.00 per week	€126.00	€726.00
Born in or after 2009	€550.00 per week	€115.50	€665.50
Private Lesson Pre-Booked 1 hour	start from €70.00	€14.70	€84.70
Hit/Sparring Pre-Booked 1 hour	€55.00	€11.55	€66.55

July & August	Fee	21 % IVA*	Total
Tennis & Fitness Training			
Born in or before 2008	€650.00 per week	€136.50	€786.50
Born in or after 2009	€600.00 per week	€126.00	€726.50
Private Lesson Pre-Booked 1 hour**	start from €70.00	€14.70	€84.70
Hit/Sparring Pre-Booked 1 hour	€55.00	€11.55	€66.55

Individual Lessons & Hits

Prebook up to 3 hours of private sessions per week in advance to avoid paying a €10/hr supplement for booking private sessions on site. This will also guarantee the sessions, as if booking on site they will be subject to availability.
Private sessions will generally be carried out by your assigned Lead Coach.

Tournaments and Travel	Fee	21 % IVA*	Total
Local Tournament Weekend	€30.00 per weekend	€6.30	€36.30
Local Tournament Weekend - Month	€100.00 per month	€21.00	€121.00
Group International Tournament Week	€600.00 per week	€126.00	€726.00
1-2-1 International Tournament Week	€1000.00 per week	€210.00	€1210.00

Discounts

Discounted prices apply when booking long-term visits to the Academy. Please enquire by sending us an email to info@sototennis.com.

5-9 weeks = 5% discount
10-15 weeks = 10% discount
16+ weeks = Full Time prices

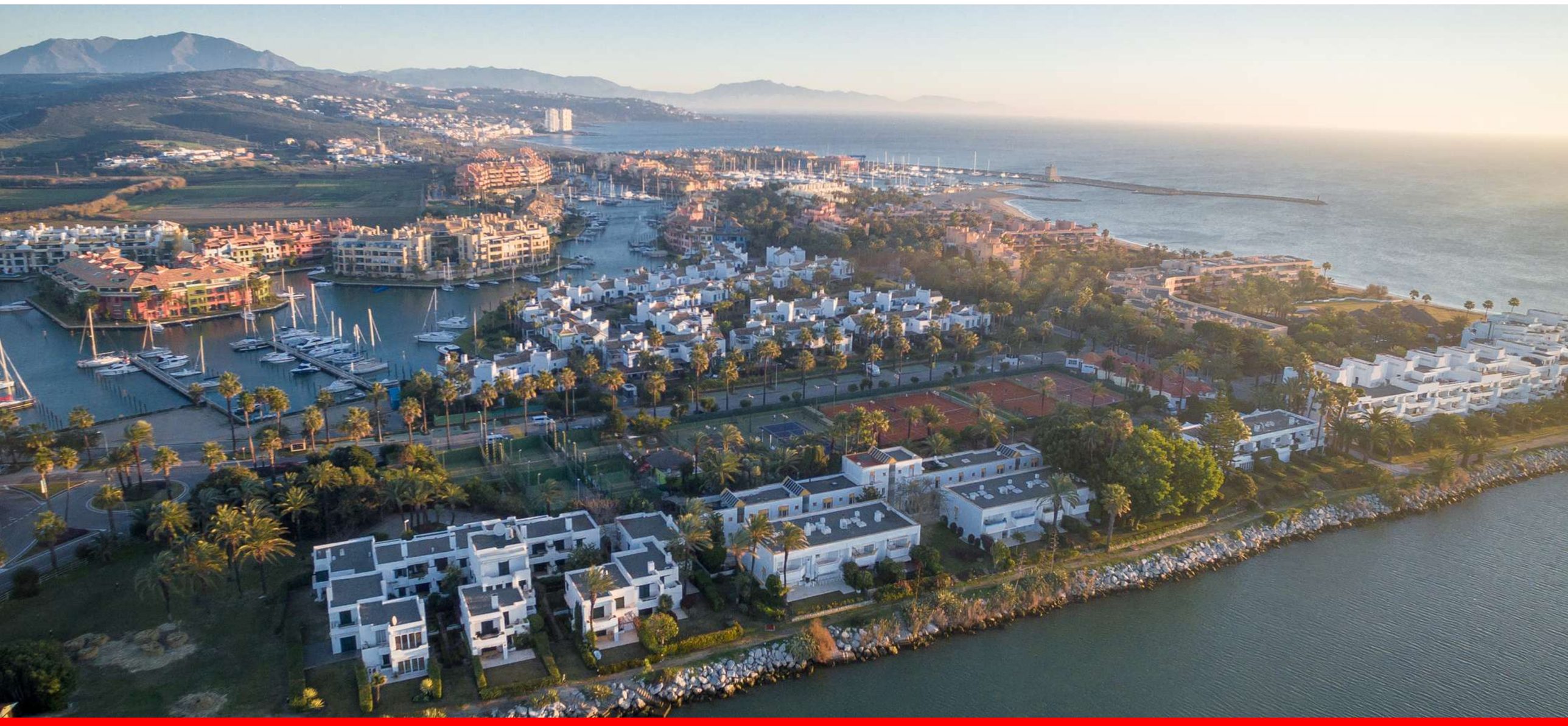
**IVA is Spain's version of VAT, currently set at 21%.*
***Please note, there are limited individual lessons available to Access Players in July & August, & prices vary based on individual coach.*
NB: These prices do not include academics.

ACCOMMODATION PRICING

September to June	Fee	21 % IVA*	Total
STA 16+ Apartment Self Catered	€40.00 per night	€8.40	€48.40
	€270.00 per week**	€56.70	€326.70
	€1070.00 per month	€224.70	€1,294.70
STA Host Family Meals Included	€65.00 per night	€13.65	€78.65
	€450.00 per week**	€94.50	€544.50
	€1,400.00 per month	€294.00	€1694.00

July & August	Fee	21 % IVA*	Total
STA 16+ Apartment Self Catered	€60.00 per night	€12.60	€72.60
STA Host Family Meals Included	€85.00 per night	€17.85	€102.85

Self-catered accommodation does not include meals but does include 2 trips per week to the supermarket for grocery shopping. Staying with our STA Host Family includes 3 meals per day, but does not include water, snacks, etc. These should be purchased during supermarket shopping trips.



*IVA is Spain's version of VAT, currently set at 21%
** Weekly cost based on 7 nights.

TRANSPORT

There are a number of options for those travelling to, from and around Sotogrande. However, for families, we strongly recommend hiring a car, as public transport in the area itself is limited.

ACADEMY TRANSFER

For families unable to hire a car and players traveling alone, we can arrange airport transfers (prices below).

NB: Airport transfers are subject to availability & must be booked with a member of the Operations Team at least 48 hours prior to arrival by emailing info@sototennis.com or via WhatsApp message +34 633 649 328.

STA AIRPORT TRANSFER FEES

Malaga Airport**
1-4 people: €115 + IVA*
5-8 people: €145 + IVA*

Malaga Train Station**
1-4 people: €125 + IVA*
5-8 people: €155 + IVA*

Marbella Bus Station**
1-4 people: €60 + IVA*
5-8 people: €90 + IVA*

Gibraltar Airport**
1-4 people: €50 + IVA*
5-8 people: €80 + IVA*

Estepona Bus Station**
1-4 people: €50 + IVA*
5-8 people: €80 + IVA*

An additional €20 surcharge will be added on to journeys leaving between the hours of 10pm and 7am inclusive. We can also provide a meet and greet service for unaccompanied players, where our Academy driver meets/drops the player off in the airport terminal - the charge for this depends on specific requirements.

*IVA is Spain's version of VAT and is currently set at 21%.

**Faster toll routes are available at a small additional cost on request

BUSES

avanzabus.com runs regular buses from Malaga airport to Marbella Bus Station and to Estepona Bus Station. The bus service brings you closer to Sotogrande where Academy transfer/taxi is cheaper.

CAR RENTAL

Recommended for parents/families. Available locally or from any airport.

23-24 TERM DATES

SotoTennis Academy is open to Full Time and visiting players for 47 weeks of the year from the 5th of September 2023, with the exception of the 5 weeks of Academy Breaks mentioned below. This means Access Players can visit us year-round whenever suits their tournament/training schedule.

AUTUMN TERM 2023

Start of Autumn Term: Tuesday 5th September
End of Autumn Term: Tuesday 19th December

CHRISTMAS BREAK

Wednesday 20th December - Tuesday 2nd January

SPRING TERM 2024

Start of Spring Term: Wednesday 3rd January
End of Spring Term: Friday 22nd March

EASTER BREAK

Saturday 23rd March - Sunday 31st March

SUMMER TERM 2024

Start of Summer Term: Monday 1st April
End of Summer Term: Friday 16th August

SUMMER BREAK

Saturday 17th August - Monday 2nd September

AUTUMN TERM 2024

Starts on: Tuesday 3rd September

REGISTRATION

If you would like to book an Access Week/s at STA or have any initial questions, please contact info@sototennis with your name, age and tennis level/background.

We will then take you through the appropriate registration process.

We look forward to meeting you in Sotogrande soon!

In the mean time, get an insight into day-to-day academy life via our socials:

instagram facebook twitter

youtube ctc podcast sototennis.com