



SOTOTENNIS  
ACADEMY  
INSPIRING EXCELLENCE

# Full Time Player Information





# Welcome to SotoTennis Academy

At STA, a leading international tennis academy in Sotogrande, Spain, we are dedicated to fostering young talent. We are proud to provide an environment rich with opportunities for aspiring tennis players to excel.

Our bespoke, personalised approach allows each player to advance on their unique path while thriving within our supportive team.



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# About STA

We strive to be a world-class tennis academy and a leading venue for player development. Our goal is to create an environment that inspires and enables individuals to reach their full potential through hard work and dedication. We encourage our players to work together and support each other, fostering a sense of community in a predominantly individual sport.

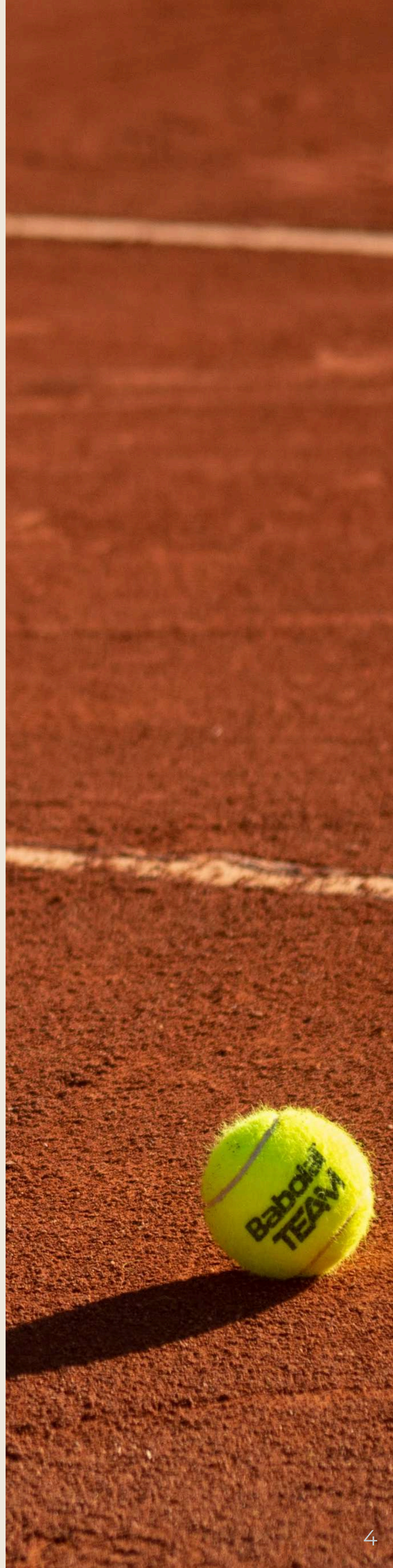
Every player who joins us will be welcomed by our dedicated team, ensuring their time here, whether four months or four years, is enriching and enjoyable. Our personalised approach guarantees you will make the most of your experience and fully integrate into Team Soto. We aim for everyone with an STA badge to be recognised as hardworking and well-mannered, having given their all to achieve their goals.

We are committed to making STA a top destination for High-Performance Players, Clubs, and Coaches, offering high-quality facilities and a comprehensive training setup.

The synergy between Full Time Players and visiting Access Players is invaluable, providing mutual inspiration and ample opportunities for practice and match play.

In this brochure you will learn everything you need to know about visiting us at STA!

If you have any questions, please do not hesitate to reach out [here](#).



# Location

SotoTennis Academy is based across two locations: El Octogono Club de Tennis (our tennis facility), and our STA Hub in Plaza Blanca (our gym and office facility).



Our Tennis Programme is based at El Octogono Club de Tennis. This beautiful club is located in Sotogrande's safe, gated Marina, and is just 15 minutes' walk from the shops and restaurants. With both European red clay and American-style hard courts, and only 2 minutes' walk from the beach, El Octogono is the perfect training location.

**EL OCTOGONO CLUB DE PADEL Y TENIS, P.º DEL RÍO,  
S/N, 11310 SOTOGRANDE, CÁDIZ**

The STA Hub has been designed with the tennis athlete in mind, and is our space for athletic development at the Academy. Here our Strength & Conditioning Team have a dedicated space to deliver our Fitness Programme.

STA's Operations Team is also based here, as well as our merchandise store, so any off-court queries and purchases can be made here!

**SOTOTENNIS ACADEMY, LOCAL 40 PLAZA BLANCA,  
SOTOGRANDE, AV. DE PANIAGUA,  
11310 SAN ROQUE, CÁDIZ**





# Our Principles

We adhere to core values and behaviours that we hold each other accountable to daily. These principles not only foster individual growth but also strengthen the team environment that benefits everyone:

## GROWTH

*Our Key Values*

**G**RATITUDE  
**R**ESPECT  
**O**WNSHIP  
**W**ANT  
**T**HE DAILY BILL  
**H**ONESTY/HUMILITY

## RISE UP

*Our Agreed Behaviours*

**R**ESPECT  
**I**T STARTS WITH US  
**S**UPPORT EACH OTHER ALWAYS  
**E**NERGISER NOT ENERGY SAPPER  
**U**NCONDITIONAL EFFORT  
**P**AY IT FORWARD

### **Expectations at STA**

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 mission is to create a platform for players to excel both on and off the court, and this requires a commitment to personal growth and accountability under our "**GROWTH**" AND "**RISE UP**" ethos.

We operate as a team within a framework of individual development pathways. We are Team Soto: It Starts With Us!

### **STA Philosophy/Culture**

Our philosophy, "Play to Win", and our "Control the Controllables" culture emphasise playing with freedom, where pressure is seen as a privilege, not a burden. We focus on developing players who are not driven by the fear of failure but by the pursuit of excellence.

### **Playing the STA Way**

- Your Head: Play smart. Master your game style, leverage your strengths, manage weaknesses, and exploit your opponent's vulnerabilities.
- Your Heart: Fight for every point. Compete until the last ball, ensuring your opponent knows they are in for the battle of their lives.
- Your Legs: Run down every ball with athleticism. Be the fittest player on the court.

# Our Process

Our performance planning process is pivotal to everything we do at STA. We go through this process with players, parents and support teams three times a year to set the plans for the 4-month block ahead. The 4-month blocks are as follows: September– December, January – April, May – August.

## *Road map: The 'where' and 'why'*

This is the master document that we use throughout your time here at STA. It's essentially a daily 'map' that will lead you towards the 'end goal' of your tennis journey – as a player and as a person. The map naturally evolves over time and brings a purpose to everything that we do together. This includes the 'end goal' from this tennis journey and what this end goal looks like in terms of you as a tennis player. It includes the vision that you have for yourself as a tennis player, as well as the vision we have for you. The clearer the vision, the easier it is to build the 'stepping stones' to success.

## *Outcome steps*

We will state the outcome 'check points' we believe are needed to be on track for the final destination. This is reviewed in line with Performance Plan timelines.

## *Process steps*

An understanding of all the areas that need to be brought together to build a successful player and person.



# Our Programmes

## *Weekly programme & tournament plan: The 'how'*

The goals we want to achieve in the time period lead us to our weekly programme and tournament plan. This will help turn your ambitions into action.

Toward the end of the time period, your performance plan is reviewed, refined and reset for the next time period.

The by-product of your commitment to these processes will be the strong results (outcome). This way of thinking allows our players to combine mental freedom with discipline, which leads to mental strength. Trust and commit to the processes!



# Competition

As a Full Time STA Player you will have lots of opportunities to compete, including our weekly UTR Friday Matchplay, and local, national, and international tournaments (depending on your age and level.)

## **Universal Tennis Rating (UTR)**

STA is an official UTR center, so all our matchplay events and tournaments count towards our players' Universal Tennis Ratings, benefiting those considering the US College pathway. Any player with a UTR account can upgrade to a UTR Power Subscription for free entry into our matchplay events or choose to pay per match/event.

## **Local Tournaments**

Spanish Federation Licenses can be arranged through the Academy. These annual licenses allow our players to participate in any local tournaments throughout the year. Full Time Players are encouraged to join as many of our relevant Academy trips to local tournaments as possible. A local tournament support fee of €50 (+21% IVA) per term is added onto Full Time Player fees to cover transport and coach expenses for trips up to a 1 hour drive from the Academy. (N.B. trips to Seville and further afield will have an additional cost.)

## **International Tournaments**

Full Time Players also have plenty of opportunities to travel with Team Soto to national competitions and international events. Please see the next few pages for more information about key aspects and benefits of STA international trips.



# *International Trips*

Here at STA we view travel to national and international tournaments as a key aspect of the Full Time Programme we offer.

We look to run 6-8 trips a year for each relevant age group (Futures, ITF, TE or Spanish National). The reason we run these trips is so players can:

- Gain national/international level exposure
- Benchmark levels
- Figure out, “Is this the life for me?”
- Get the opportunity to commit to individual processes in a pressurised situation
- Win some tennis matches!

We send a coach on each trip to:

- Speed up the learning process
- Ensure pre- and post-match routines are picked up
- Ensure players learn to be part of a team
- Pick up valuable tactical insights and to learn the importance of scouting opponents
- Maintain and develop physically on the road
- Reinforce the importance of nutrition

Players/parents are responsible for:

- All travel including flights and internal travel (buses, taxis, etc.) The Lead Coach on the trip will inform everyone of the correct flight to book
- Hotel
- All food including meals and snacks
- Player spending money for incidentals
- A share of coach’s expenses (meals, travel, accommodation, etc.)
- Visa/passport validity
- Entry fees
- Physio fees
- Racket re-stringing costs
- Water
- Insurance & Medical bills





# Education

## **Sotogrande International School (SIS)**

STA works in partnership with SIS to offer a solution for balancing the high academic and sporting demands placed on young, talented sportspeople.

## **The Elite Sports Programme**

The Elite Sports Programme forms a structured yet flexible pathway for our student-athletes. The programme is available for:

- **Future Champions:** 11 - 14 year-olds during M1 - M3 of the Middle Years Programme, who come to STA after the school day with the progression to coming out of school for some extra training sessions.
- **Junior Champions:** 14-15 year-olds, M4 - M5 of the Middle Years Programme, who go to SIS in the morning and train at STA in the afternoons.
- **Elite Champions:** 16-18 year olds studying International A Levels, who train at STA in the morning and attend classes in the afternoons.

The Elite Sports Programme is available to students aged 14 and above. Players aged 13 and younger train at the Academy after attending a regular school day which finishes at 4pm. Upon agreement from the school, there is the possibility to drop certain subjects before the age of 14 to allow for extra training sessions.

## **Admissions Process**

If you would like more information about SIS and how to join the school, please ask a member of the STA Operations Team for a referral.

Please note, places at SIS are subject to availability. For the best chance of securing a space, please enquire as far in advance as possible.



## Alternative Academic Pathways

There are also a variety of alternative local schools and online schooling options available to STA players. We believe it is important to research each option to see which pathway is right for each player. For further information about alternative schooling options, please Speak to our Operations Team.

## Further Education

STA has a proven track record with helping our student-athletes gain fantastic scholarships to American Universities, and is set up to best prepare our players throughout their college application process and beyond:

- STA is an official Universal Tennis (UTR) Centre
- We have a longstanding partnership with Tennis Smart, the leading placement company in the world for tennis
- We offer a US College video production service

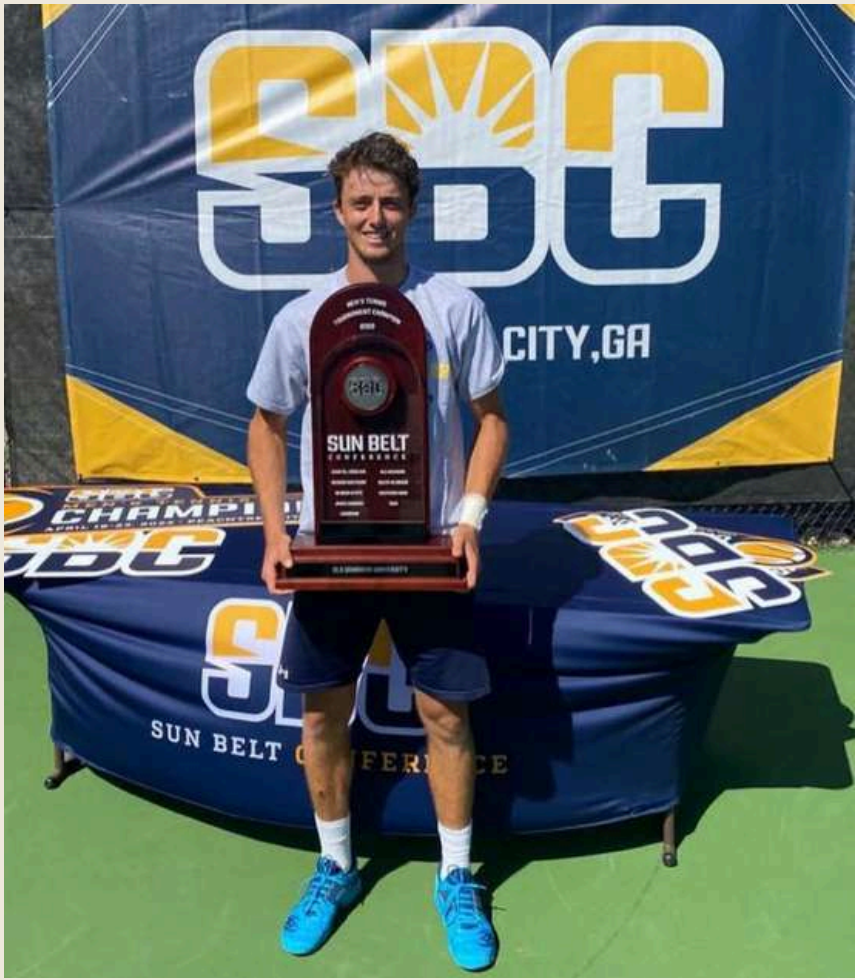
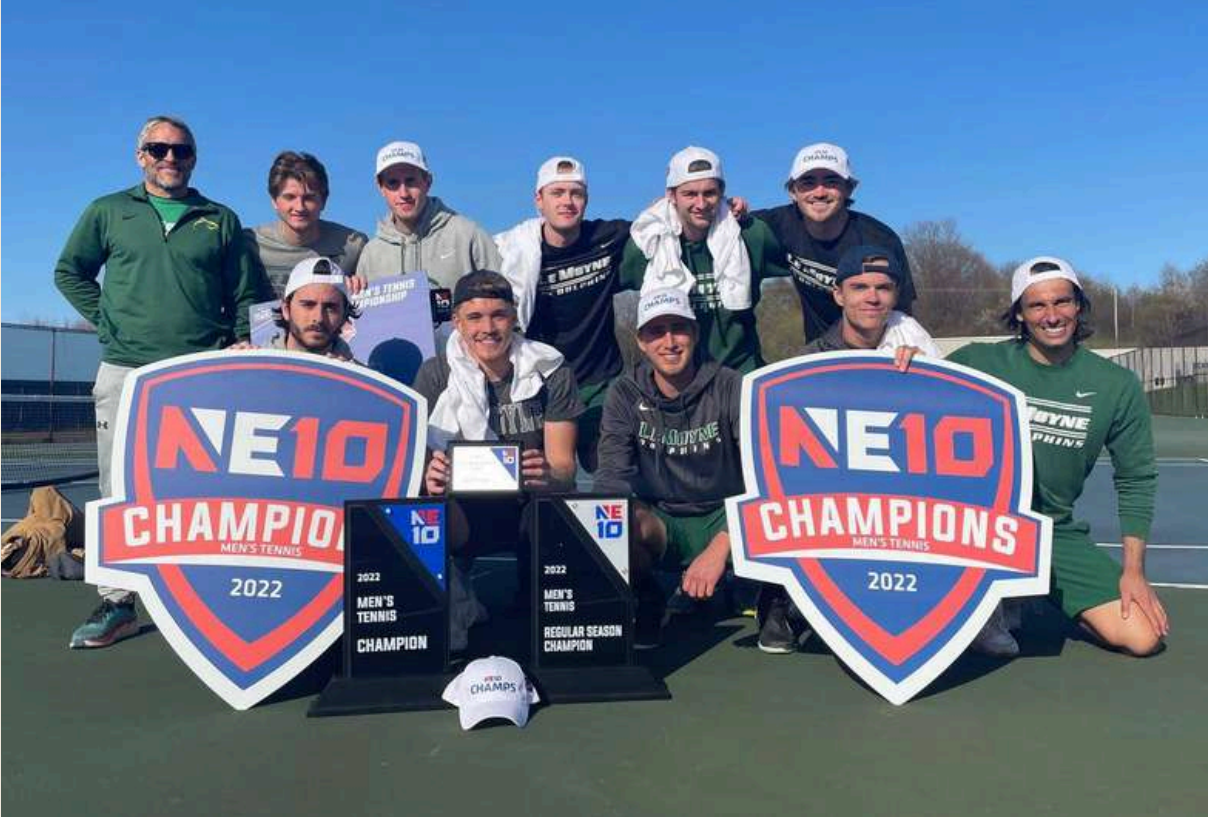
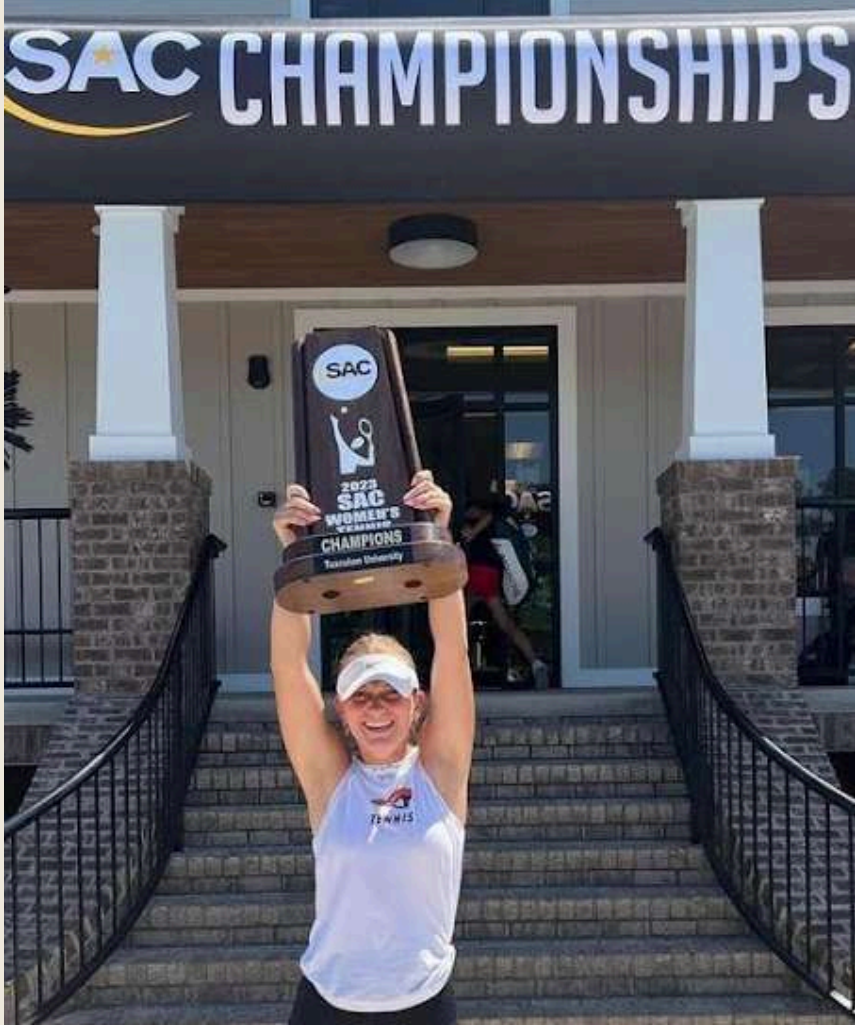
Along with all of the above, our Performance Team have strong contacts over in the US, so players looking to go down this route are in great hands at STA.

## Tennis Smart

With the help of Tennis Smart, our student-athletes are supported throughout the whole process of applying for university or college, from application and recruitment, to SAT support, all the way through to arrival at university and even life after graduation.

We are so proud that more than 50 STA graduates have secured scholarships to prestigious American universities!





# *STA Players' House*

The STA Players' House (18+) is a self-catered accommodation option for players age 18+ or players age 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 on to US College/University.

As this is an independent accommodation option there are no STA House Parents in the house, however, STA runs two weekly supermarket trips for players to pick up enough food to cook for themselves throughout the week.

Rooms in the house are shared, with separate rooms for male and female players. The accommodation is well equipped. Bedding is 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.



# *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 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 families 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.

For more information about host families and additional accommodation options, including local hotels and apartments available to rent, please contact [info@sototennis.com](mailto:info@sototennis.com) for an extended recommendation list.





# 2024-25 Term Dates

## **Autumn Term 2024**

- Start date: Tuesday 3rd September
- *October Half Term: Monday 28th - Friday 1st November\**
- End date: Wednesday 18th December

## **Spring Term 2025**

- Start date: Thursday 2nd January
- *February Half Term: Monday 17th - Friday 21st February\**
- End date: Friday 11th April

## **Summer Term 2025**

- Start date: Monday 21st April
- *May Half Term: Monday 26th - Friday 30th May\**
- End date: Friday 15th August

## **Summer Training Weeks 2025**

*Weeks commencing:*

- 29th June
- 7th July
- 14th July
- 21st July
- 28th July
- 4th August
- 11th August

## **Start of 2025-2026 year:**

Tuesday 2nd September 2025

*\*We are open  
**47 weeks of the year,**  
including all the  
Half Term dates  
mentioned!*

# Transport

There are several travel options to and from Sotogrande, but for those who drive, we recommend hiring a car due to limited public transport.

## Academy Transfer

We can arrange airport transfers through the academy (prices below).

*NB: airport transfers are subject to availability and must be booked with a member of the Operations Team at least 48 hours prior to arrival by emailing [info@sototennis.com](mailto:info@sototennis.com) or via WhatsApp message [+34 633 649 328](tel:+34633649328).*

## 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\*

A €20 surcharge applies to journeys between 10pm and 7am. We also offer a meet and greet service for unaccompanied players, with charges based on specific requirements.

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

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



## Buses

[avanzabus.com](http://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 options are cheaper.

## Car Rental

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

# Fee Structure & Registration

Please find our Full Time Player Fee Structure linked [here](#).

We like to invite prospective Full Time Players for a trial at STA so that they can meet the team, integrate with our players, get a real feel for the Academy, and to see if we are the right fit for them - and vice versa.

During the trial period, prospective players will have a meeting with a senior staff member to discuss the following:

- Performance planning
- STA culture & philosophy
- Academics
- Tournaments & travel
- Additional questions

If you would like to pursue this option and/or have any initial questions, please contact [info@sototennis.com](mailto:info@sototennis.com) with your name, age and tennis level/background. We will then take you through the appropriate registration process.

In the mean time, feel free to check out our Academy platforms below!





**SotoTennis Academy,**

El Octogono Club de Tenis y Padel,

Paseo Del Río S/N,

11310, Sotogrande, Cádiz

**info@sototennis.com | +34 633 64 93 28**

**www.sototennis.com**

*We hope to see you in  
Sotogrande soon!*

