



**SOTOTENNIS  
ACADEMY**  
INSPIRING EXCELLENCE

**FULL TIME PLAYER**  
**23-24**  
**INFORMATION PACK**



# WHO ARE WE?

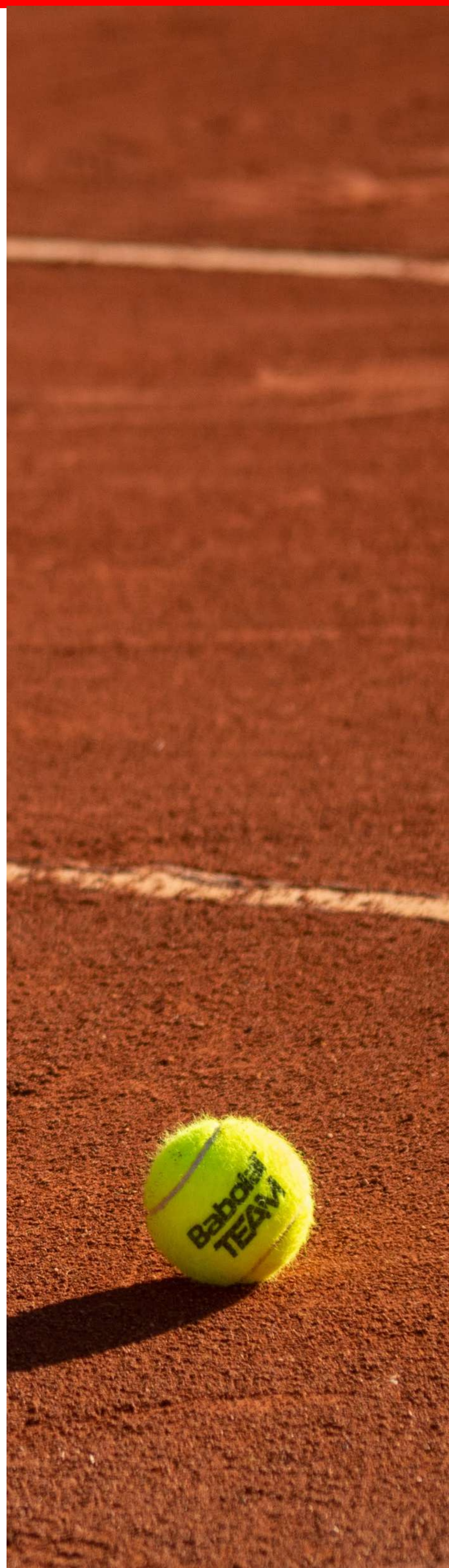
## OUR VISION

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 visiting 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.



# 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

- G R A T I T U D E
- R E S P E C T
- O W N E R S H I P
- W A N T (UNCONDITIONAL EFFORT)
- T H E D A I L Y B I L L (HABITS AND ROUTINE)
- H O N E S T Y

### RISE UP - OUR AGREED BEHAVIOURS

- R E S P E C T
- I T S T A R T S W I T H U S
- S U P P O R T E A C H O T H E R A L W A Y S
- E N E R G I S E R N O T E N E R G Y S A P P E R
- U N C O N D I T I O N A L E F F O R T
- P A Y I T F O R W A R D

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 Tennis 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 Tennis y Padel

Paseo del Río S/N

11310 Sotogrande

Cádiz

España



If you are boarding with the Academy, you will either stay in the [STA's 16+ self-catered Players' House](#) (Page 9), with [STA'S Host Family for U16s](#) (Page 10), or in [Sotogrande International School's \(SIS\) Boarding House](#) (Page 11).



# OUR PROGRAMMES

## PERFORMANCE PLANNING PROCESS

This 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.

### PROCESS GOALS: THE 'WHAT'

We simmer this down to the 'key areas' of work for the up-and-coming period. Identifying the key areas in the short term while linking this back to the 'bigger picture' leads us to our process goals.

### 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 have the opportunity to compete every Friday during STA's Friday UTR Matchplay and also at both local 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.



Search



SotoTennis Academy

REQUEST TO JOIN

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## LOCAL TOURNAMENTS

Spanish Federation Licenses are also arranged via the Academy. These annual licences permit Full Time Players to enter and play 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 and international events.

Please see page 7 for more information about key aspects and benefits of STA international trips.





# INTERNATIONAL TRAVEL

Here at STA we see international travel as a key aspect of the programme that 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 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
- Get the opportunity to 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 insight’ 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

## THE ELITE SPORTS PROGRAMME WITH SOTOGRANDE INTERNATIONAL SCHOOL (SIS)

The Elite Sports Programme forms a structured yet flexible pathway for our Student-Athletes. STA works in partnership with Sotogrande International School to offer a solution for balancing the high academic and sporting demands placed on young, talented sportspeople.

The first rung on the ladder is for Future Champions, progressing to the Junior Champions and ultimately the Elite Champions. Our aim is for Student-Athletes to leave the programme prepared and ready for university scholarships and beyond. STA and SIS work closely together to support our Student-Athletes, helping them to succeed on and off the court in their chosen pathway.

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.

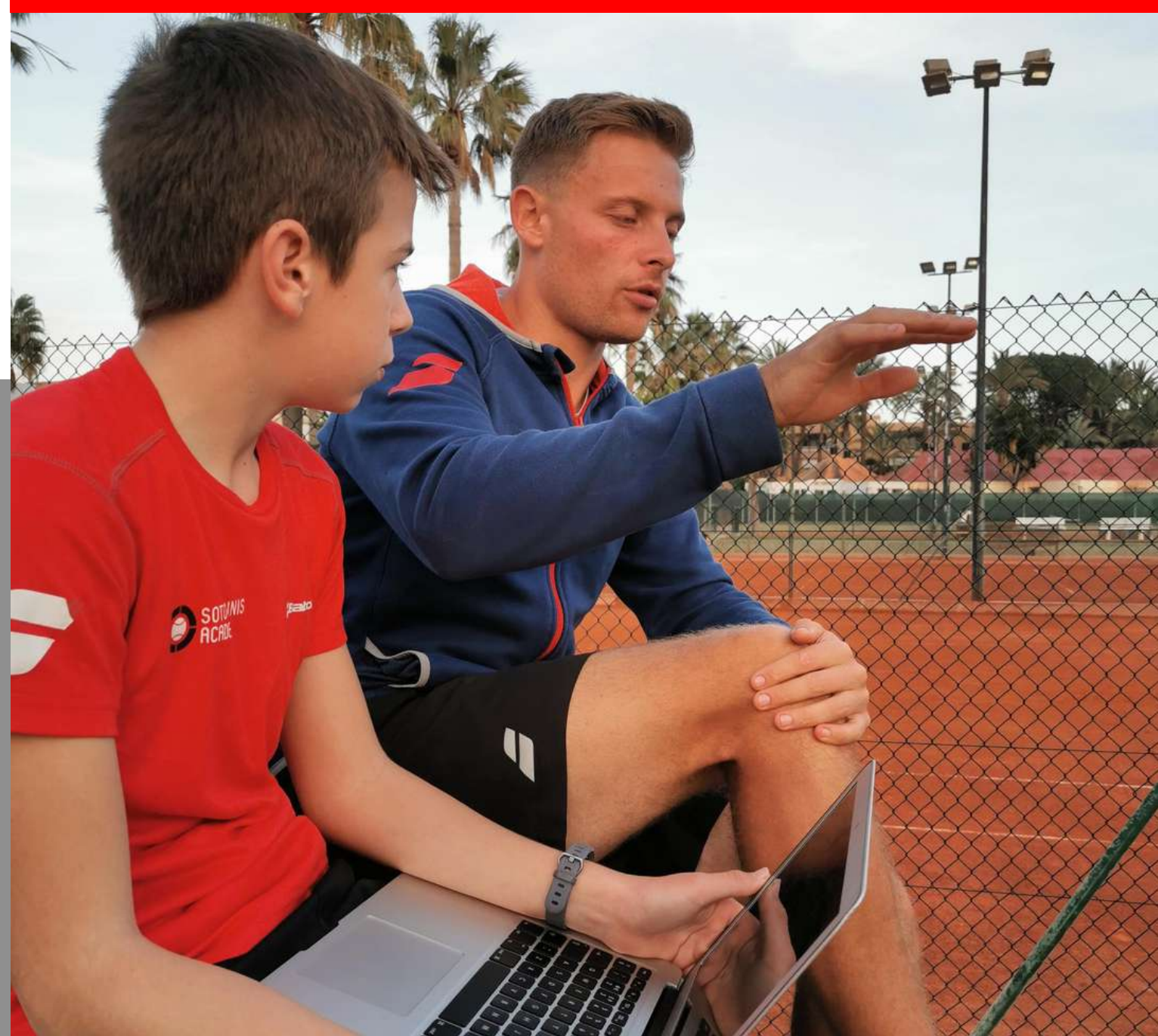
The Elite Sports Programme is only available for students aged 14 and above. Players aged 13 and younger train at the Academy after attending a regular school day which finishes at 4pm. Upon agreement from the school, there is the possibility to drop certain subjects before the age of 14 to allow for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



## SIS ADMISSIONS PROCESS

If you would like more information about SIS and how to join the school, please ask a member of the SotoTennis 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 PATHWAYS

## ATLAS AMERICAN SCHOOL OF MALAGA

With a prime focus on outstanding academic achievement as well as providing an environment where pupils can develop their passions outside of the classroom, ATLAS-ASM prepares its students for American University and beyond.

Located just a 30 minute drive from the Academy, ATLAS-ASM is a popular choice with our current players. Upon agreement with the school, there is the option for students to leave school early to train at STA.

For more information about the school and how to apply, please email [info@atlas-asm.es](mailto:info@atlas-asm.es).



## ONLINE SCHOOLING

Flexibility, independence and a wide range of subjects are just some of the advantages of online schooling. Whether you are looking to follow a British or an American programme, please follow our recommendations below.

### Online British Curriculum:

- [King's InterHigh](#)
- [Wolsey Hall Oxford](#)

### Online American Curriculum:

- [Laurel Springs School](#)
- [AESA Prep Academy of Barcelona](#)

Please click on the links for more information.



## QUEENS BRITISH GRAMMAR SCHOOL

Queens Grammar School is a British International School located within a 30 minute drive of the Academy.

With very small class sizes, QBGS prides itself on providing a highly nurturing environment for its pupils to grow in confidence and excel academically.

For more information and how to join the school, please email [jessica@queensbritishgrammar.school](mailto:jessica@queensbritishgrammar.school).

## 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.

Tennis Smart also supports STA players both on and outside of the Elite Sports Programme at SIS.



# STA PLAYERS' HOUSE (16+)

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/European University.

The house is also a great option for Pro athletes both at base and on the road.



As this is an independent accommodation option there are no STA staff members in the house, however, STA runs two weekly supermarket trips for players to pick up enough food to cook for themselves throughout the week. Our supervised accommodation option/host family for younger players is also located in the house just next door.

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.



## STA PLAYERS' HOUSE ADDRESS:

SotoTennis Academy  
Ribera del Emperador  
Sotogrande 11310  
Cádiz  
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.





# SIS BOARDING (U18)



Sotogrande International School (SIS) is a warm and vibrant international community with a stunning campus set amongst the lush green golf courses of southern Spain. The first class facilities are located just 30 minutes from Gibraltar and 1 hour from Malaga and Jerez airports. Students have the option to board at SIS in their recently opened 'Templeton House'. The new boarding residence predominantly houses students in twin accommodation, with four bed dorm rooms for junior boarders. There are six resident members of staff on site, and security guards are present in the Boarding House during the night.

Boarders have access to incredible onsite facilities, namely: kitchen, social spaces, basketball courts, football pitches, athletics track, volleyball, badminton, sports centre, library and music rooms. The boarding students will also benefit from the boarding-exclusive evening opening hours of the indoor swimming pool. The activity provision at Sotogrande International School and the Boarding House is exceptional.

Each evening from 20:30-21:30 there is always a Boarding activity provided which the students can opt to participate in. SIS Boarding also offers outstanding weekend activities, speedboat riding, kitesurfing, live sporting events, cinema trips, cultural events and visits to surrounding cities, tenpin bowling, bubble football and much more!

Accommodation in the fantastically-equipped and secure SIS Boarding House includes all meals, transport to and from the tennis club, and pastoral care. Additionally, The Boarding House provides laundered towels and bed linen, however, Student-Athletes are responsible for laundering their own clothes.



*NB: Student-athletes must board at SIS if they are coming to Spain independently of a parent or legal guardian.*



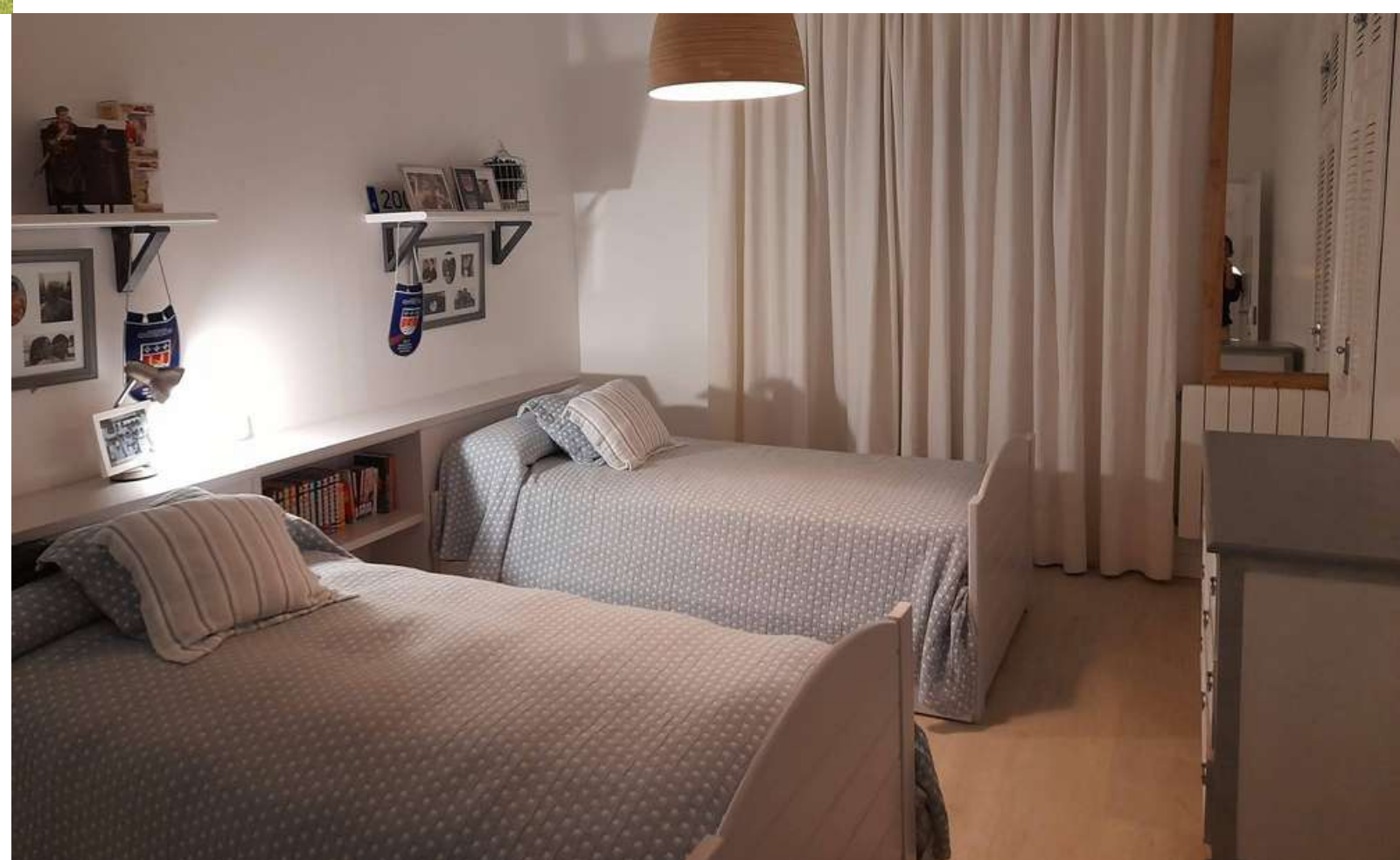
# LOCAL HOST FAMILIES

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 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](mailto:info@sototennis.com) for an extended contact list.*



# 23-24 TERM DATES

SotoTennis Academy is open to Full Time and visiting players for 47 weeks of the year from Tuesday the 5th of September 2023, with the exception of the 5 weeks of Academy Breaks mentioned below.

## 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

*Please note that Full Time Players will **not** receive individual lessons as part of their Full Time Option A/B Programme during Camp Weeks and the following Half Term Breaks/Seasonal Weeks:*

### Progress Tour Week:

Monday 23rd - Friday 27th October

### Autumn Half Term:

Monday 30th October - Friday 3rd November

### Spring Half Term:

Monday 26th February - Friday 1st March

### Easter Training Week:

Monday 1st - Friday 5th April

### Summer Half Term:

Monday 27th - Friday 31st May

### Summer Training Weeks:

Start on Monday 1st July - end Friday 16th August



# 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](mailto: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](http://avanzabus.com) runs regular buses from Malaga airport to Marbella and Estepona Bus Stations. 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.



# REGISTRATION

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.

We look forward to meeting you in Sotogrande soon!

In the mea time, get an insight into day-to-day academy life via our social links below:

-  Instagram
-  Facebook
-  Twitter
-  Youtube
-  Linkedin
-  Podcast
-  [sototennis.com](https://www.sototennis.com)

