



SOTOTENNIS ACADEMY

INSPIRING EXCELLENCE

ACCESS GROUP

21-22

INFORMATION



WHO ARE WE?

OUR VISION

WE AIM TO BE A WORLD-CLASS TENNIS ACADEMY AND PRIMARY VENUE FOR THE DEVELOPMENT OF PLAYERS. WE AIM TO PROVIDE AN ENVIRONMENT THAT INSPIRES AND ENABLES INDIVIDUALS TO MAXIMISE THEIR OWN POTENTIAL THROUGH HOURS OF 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 AIM IS FOR OUR PLAYERS TO BECOME SELF-SUFFICIENT AND GROW IN THEIR OWN WAY, WHILE BEING A PART OF THE TEAM. PLAYERS ARE ENCOURAGED TO WORK TOGETHER WHICH WE BELIEVE CAN ONLY BE A GOOD THING IN WHAT IS ALREADY AN INCREDIBLY TOUGH SPORT.

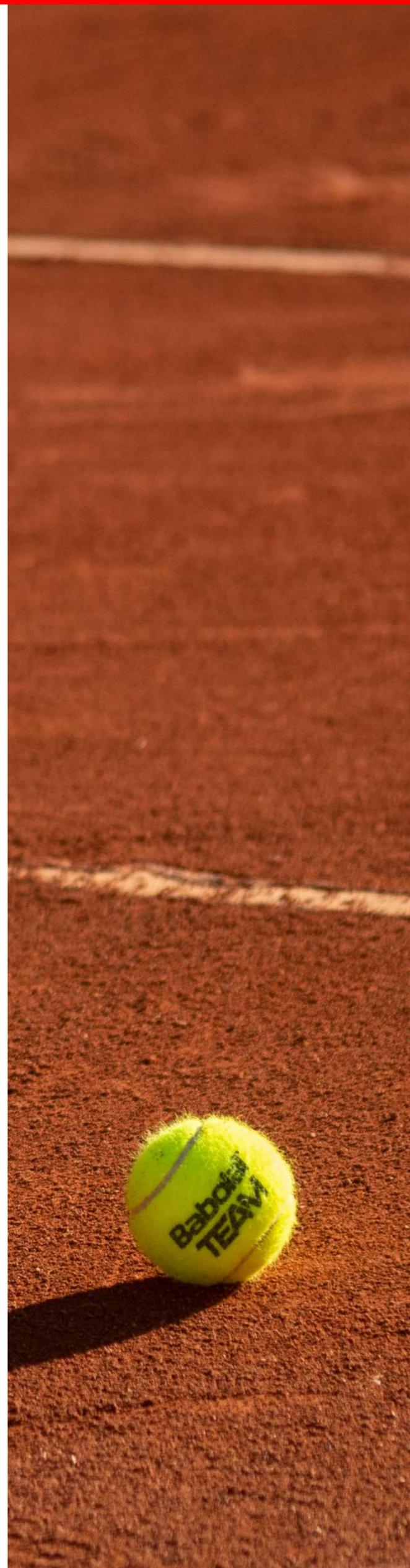
THE ROLE OF STA

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 PLAYS ON THE TOUR 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 FOR 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 10.



OUR PRINCIPLES

STA VALUES AND BEHAVIOURS

AT SOTOTENNIS ACADEMY 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 HELP US TO CONTINUE GROWING THE TEAM ENVIRONMENT THAT ALL OUR TEAM MEMBERS BENEFIT FROM.

GROWTH - OUR KEY VALUES

GRATITUDE

RESPECT

OWNSHIP

WANT (UNCONDITIONAL EFFORT)

THE DAILY BILL (HABITS AND ROUTINE)

HONESTY

RISE UP - OUR AGREED BEHAVIOURS

RESPECT

IT STARTS WITH US

SUPPORT EACH OTHER ALWAYS

ENERGISER NOT ENERGY SAPPER

UNCONDITIONAL EFFORT

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. AT STA, 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!

GROUP ACCESS

AT SOTO TENNIS ACADEMY WE LOVE TO BE ABLE TO WELCOME GROUPS OF PLAYERS ANY TIME OF THE YEAR.

GROUP ACCESS VISITS

GROUPS ARE ALWAYS WELCOME TO COME AND TRAIN AT SOTO TENNIS ACADEMY

WE WELCOME GROUPS OF PLAYERS TRAVELLING WITH AN ACCOMPANYING PARENT OR COACH, OR SCHOOL GROUPS VISITING WITH THEIR PE TEACHER.

WHATEVER YOUR SITUATION WE WILL TRY TO TAILOR A PROGRAMME TO FIT YOUR GROUP'S NEEDS.

TYPICAL GROUP PACKAGE

OUR STANDARD GROUP PACKAGE IS BASED ON A GROUP OF TENNIS PLAYERS LOOKING TO STEP INTO A FULL ACCESS WEEK PROGRAMME AND INCLUDES THE FOLLOWING:

A FULL TRAINING PROGRAMME MONDAY TO FRIDAY WITH AN OPTIONAL SESSION ON SATURDAY TOO
4.5-6HRS TRAINING PER DAY.

THE WEEK WILL INCLUDE THE FOLLOWING SPECIFIC SESSIONS OVER AND ABOVE THE REGULAR TRAINING SESSIONS:

TENNIS SPECIFIC FITNESS TRAINING

DOUBLES TRAINING

POINTS SESSIONS

UTR MATCHPLAY

THE FRIDAY CIRCLE - WHERE WE REMEMBER OUR ACADEMY VALUES, WE CELEBRATE THE PLAYER OF THE WEEK AND OUR PLAYERS' SUCCESSES IN TOURNAMENTS, ALONG WITH WELCOMING AND SAYING GOODBYE TO OUR VISITORS.

TAILORED PACKAGES

WE APPRECIATE THAT NOT EVERYONE IN YOUR GROUP MIGHT WANT TO JOIN A FULL ACCESS WEEK OF TRAINING, SO WE ARE PREPARED TO MAKE BESPOKE PACKAGES TO MEET ALL THE NEEDS OF ALL MEMBERS OF YOUR GROUP. FOR EXAMPLE, WE CAN ARRANGE INDIVIDUAL CLASSES FOR PLAYERS NOT OF A LEVEL TO JOIN THE REGULAR ACADEMY TRAINING SESSIONS, OR WE CAN ARRANGE GOLF CLASSES FOR PLAYERS WHO ARE NOT INTERESTED IN TENNIS, OR WE CAN SUPPLEMENT TENNIS TRAINING WITH SOME PRIVATE SPANISH CLASSES.

CHAPERONES

WE HAVE SPECIAL RATES FOR CHAPERONES.

FURTHERMORE, IF THE CHAPERONE IS A COACH WILLING TO HELP WITH SESSIONS DISCOUNTS MAY BE POSSIBLE FOR THE GROUP TRAVELLING WITH THAT COACH.

COMPETITION

AS AN STA ACCESS PLAYER, YOU WILL HAVE THE OPPORTUNITY TO COMPETE 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 MATCH PLAY 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. OUR FULL TIME PLAYERS ARE ALL EXPECTED TO HAVE ANNUAL UTR POWER SUBSCRIPTIONS, WHICH CAN BE ASSIGNED THROUGH THE ACADEMY AT A DISCOUNTED RATE OF €75 (NORMALLY €99). THESE DISCOUNTED SUBSCRIPTIONS, WHICH LAST FOR ONE YEAR, ARE ALSO AVAILABLE TO ACCESS PLAYERS, AND QUICKLY PAY FOR THEMSELVES BASED ON THE NUMBER OF UTR EVENTS WE HOST AT STA. ALTERNATIVELY, ACCESS PLAYERS CAN PAY €10 PER MATCH PLAY EVENT DURING THEIR TIME WITH US. YOU CAN FIND MORE INFORMATION ABOUT UTR AND POWER SUBSCRIPTIONS ON THEIR WEBSITE UNIVERSAL TENNIS.COM



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LOCAL TOURNAMENTS

SPANISH FEDERATION LICENSES CAN ALSO BE ASSIGNED VIA THE ACADEMY. THESE ANNUAL LICENCES PERMIT ACCESS PLAYERS TO ENTER AND PLAY ANY LOCAL TOURNAMENTS DURING THEIR TIME WITH US, AND COST BETWEEN €30 TO €50 PER YEAR DEPENDING ON A PLAYER'S AGE. ACCESS PLAYERS ARE MORE THAN WELCOME TO JOIN US ON OUR ACADEMY TRIPS TO LOCAL TOURNAMENTS, BUT WILL BE EXPECTED TO CONTRIBUTE €10 PER DAY OF THE TRIP TO COVER TRANSPORT AND COACH EXPENSES.

CONTACT THE OPERATIONS TEAM TO ENQUIRE ABOUT BOTH UTR POWER SUBSCRIPTIONS AND SPANISH FEDERATION LICENSES.



WHERE TO FIND US

WE ARE BASED AT EL OCTOGONO TENNIS CLUB IN SOTOGRANDE MARINA, WHERE OUR ACADEMY TENNIS SESSIONS TAKE PLACE. STRENGTH & CONDITIONING SESSIONS ARE ALSO HELD HERE, AS WELL AS AT THE NEARBY VANITY FITNESS CENTRE, AND SOMETIMES AT THE BEACH!



ACADEMY ADDRESS:

SOTOTENNIS ACADEMY
EL OCTOGONO CLUB DE PADEL Y TENNIS
PASEO DEL RÍO S/N
11310 SOTOGRANDE
CÁDIZ
ESPAÑA



ACCOMMODATION: HOTEL OR APARTMENT



THROUGH OUR GREAT CONNECTIONS WITH LOCAL ESTATE AGENTS, PRIVATE RENTAL AGENTS, HOST FAMILIES, AND THE LOCAL SOTOGRANDE HOTELS, WE CAN ARRANGE ACCOMMODATION TO FIT ALL YOUR GROUP'S NEEDS.

WE ARE ABLE TO OFFER 3 TO 5 STAR HOTELS, HOST FAMILIES FOR 1-4 PLAYERS EACH, AND APARTMENTS FOR 2-10 PEOPLE, SO PLEASE JUST SPECIFY YOUR NEEDS IN YOUR ACCOMMODATION REQUEST AND WE WILL ATTEMPT TO MEET THEM!





PRICING - GROUPS

OUR ACADEMY ACCESS WEEKS INCLUDE THE FOLLOWING:

- WARM UP AND COOL DOWN SESSIONS
- 5 MORNING TENNIS SQUADS
- 4 STRENGTH AND CONDITIONING SQUADS
- 4 AFTERNOON TENNIS SQUADS
- FRIDAY AFTERNOON MATCH PLAY

ALL TENNIS AND FITNESS SQUADS ARE GROUP SESSIONS, HOWEVER WE MAINTAIN A SMALL COACH TO PLAYER RATIO THROUGHOUT THE YEAR TO DELIVER STA'S QUALITY COACHING.

THIS MEANS THAT THERE ARE NEVER MORE THAN 4 PLAYERS TO 1 COACH TO 1 COURT.

ACCESS WEEKS	FEE PER PLAYER	21 % IVA*	TOTAL
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SEPTEMBER TO JUNE

TENNIS

1-4 PLAYERS	€475.00 PER WEEK	€99.75	€574.75
5 PLUS PLAYERS	€400.00 PER WEEK	€84.00	€484.00

STA ARRANGED APARTMENT/HOTEL** BASED ON A 6 NIGHT STAY & INCLUDING AIRPORT TRANSFERS

1-4 PLAYERS	FROM €450.00 PER WEEK	€94.50	€544.50
5 PLUS PLAYERS	FROM €400.00 PER WEEK	€84.00	€484.00

JULY & AUGUST (SUBJECT TO AVAILABILITY)

TENNIS

1-4 PLAYERS	€525.00 PER WEEK	€110.25	€635.25
5 PLUS PLAYERS	€450.00 PER WEEK	€94.50	€544.50

STA ARRANGED APARTMENT/HOTEL** BASED ON A 6 NIGHT STAY & INCLUDING AIRPORT TRANSFERS

1-4 PLAYERS	FROM €500.00 PER WEEK	€105.00	€605.00
5 PLUS PLAYERS	FROM €450.00 PER WEEK	€94.50	€544.50

CHAPERONES WILL BE CHARGED AT THE ACCOMMODATION PRICE, ACCORDING TO THE NUMBER OF PLAYERS IN THEIR GROUP. FOR A RESERVATION OF 10 PLAYERS OR MORE 1 X CHAPERONE WILL RECEIVE FREE ACCOMMODATION AND TRANSFER.

50% DEPOSIT IS REQUIRED FOR ALL GROUP BOOKINGS WITHIN 2 WEEKS OF THE BOOKING CONFIRMATION. 50% REMAINING PAYMENT WILL NEED TO BE MADE 2 WEEKS PRIOR TO THE ARRIVAL DATE OF THE GROUP.

*IVA IS SPAIN'S VERSION OF VAT, CURRENTLY SET AT 21%.

**ALL ACCOMMODATION PRICES ARE MINIMUM GUIDE PRICES. THE FINAL PRICE WILL DEPEND ON THE ACCOMMODATION OPTION SELECTED AND THE TIME OF YEAR.



SOTOTENNIS
ACADEMY
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21-22
TERM DATES

AUTUMN TERM 2021

BEGINNING OF AUTUMN TERM: WEDNESDAY 1ST SEPTEMBER

OCTOBER HALF TERM TRAINING WEEK: MONDAY 25TH - FRIDAY 29TH OCTOBER

END OF AUTUMN TERM: FRIDAY 17TH DECEMBER

SPRING TERM 2022

BEGINNING OF SPRING TERM: MONDAY 3RD JANUARY

FEBRUARY HALF TERM TRAINING WEEK: MONDAY 21ST - FRIDAY 25TH FEBRUARY

EASTER TRAINING WEEK: MONDAY 4TH - 8TH APRIL

END OF SPRING TERM: FRIDAY 8TH APRIL

SUMMER TERM 2022

BEGINNING OF SUMMER TERM: MONDAY 18TH APRIL

MAY HALF TERM TRAINING WEEK: MONDAY 30TH MAY - FRIDAY 3RD JUNE

SUMMER TRAINING WEEKS

MONDAY 4TH - FRIDAY 8TH JULY

MONDAY 11TH - FRIDAY 15TH JULY

MONDAY 18TH - FRIDAY 22ND JULY

MONDAY 25TH - FRIDAY 29TH JULY

MONDAY 8TH - FRIDAY 12TH AUGUST

MONDAY 15TH - FRIDAY 19TH AUGUST

END OF SUMMER TERM: FRIDAY 19TH AUGUST

START OF AUTUMN TERM 2022: 6TH SEPTEMBER 2022

COVID-19

WE TAKE THE HEALTH AND SAFETY OF EVERY PLAYER, STAFF MEMBER AND THEIR FAMILIES AT THE ACADEMY VERY SERIOUSLY AND CLOSELY FOLLOW GOVERNMENT GUIDELINES AROUND COVID-19, INCLUDING THE LATEST RECOMMENDED PRECAUTIONS AND TRAVEL ADVICE.

BELOW ARE THE PRECAUTIONS THAT ARE IN PLACE TO PROTECT PLAYERS AND THE ACTIONS THAT SHOULD BE TAKEN IF SOMEONE AT THE ACADEMY IS FEELING UNWELL, TESTS POSITIVE FOR COVID-19 OR IS A CLOSE CONTACT OF A PERSON WHO HAS TESTED POSITIVE.

2021-22 PROTOCOLS

- IF YOU OR SOMEONE YOU LIVE WITH IS FEELING UNWELL OR EXPERIENCING ANY COVID-19-RELATED SYMPTOMS YOU MUST NOT COME ON TO SITE. PLEASE INFORM A MEMBER OF STAFF.
- A FACE MASK MUST BE WORN AT OUR TRAINING FACILITIES (CAN BE TAKEN OFF WHEN SETTING FOOT ON COURT, BUT TO BE WORN TRAVELLING TO AND FROM FACILITIES IN STA VEHICLES).
- HAND SANITISER IS PROVIDED AT THE GATES OF THE TENNIS CLUB. PLAYERS ARE REQUIRED TO USE IT ON ENTERING AND EXITING THE CLUB.
- ALL PLAYERS AND STAFF MEMBERS MUST FOLLOW SOCIAL DISTANCING GUIDELINES THROUGHOUT THE DAY - THIS INCLUDES NO PHYSICAL CONTACT ON COURT INCLUDING FIST BUMPS, HIGH FIVES, ETC.
- CASE MANAGEMENT AND NOTIFICATION PROTOCOLS WILL BE IMPLEMENTED IF ANY PLAYER:
 - TESTS POSITIVE FOR COVID-19
 - REPORTS COVID-19 SYMPTOMS
 - IS A CLOSE CONTACT OF SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19
- ALL GOVERNMENT-ADVISED COVID-19 GUIDELINES SHOULD BE FOLLOWED AT ALL TIMES.



WE TAKE ALL OF THE ABOVE PRECAUTIONS AND DO OUR UTMOST TO KEEP PLAYERS, THEIR FAMILIES AND THE ACADEMY STAFF MEMBERS AS SAFE AS POSSIBLE, HOWEVER, PLEASE APPRECIATE THAT IN THE CURRENT CLIMATE PLAYERS TRAIN AT THE ACADEMY AT THEIR OWN RISK. PLEASE ALSO NOTE THAT THE ABOVE PROTOCOLS ARE SUBJECT TO CHANGE IN LINE WITH THE LATEST GOVERNMENT ADVICE/RESEARCH.

REGISTRATION

IF YOU WOULD LIKE TO BOOK A GROUP ACCESS WEEK/S AT STA AND/OR HAVE ANY INITIAL QUESTIONS, PLEASE CONTACT INFO@SOTOTENNIS.COM WITH THE NAME, AGE AND TENNIS LEVEL/BACKGROUND OF EACH PLAYER THAT WOULD BE COMING IN YOUR GROUP.

WE WILL THEN TAKE YOU THROUGH THE APPROPRIATE REGISTRATION PROCESS.

WE LOOK FORWARD TO MEETING YOU IN SOTOGRANDE SOON!

IN THE MEANTIME, GET AN INSIGHT INTO DAY-TO-DAY ACADEMY LIFE VIA OUR SOCIALS:

-  [INSTAGRAM](#)
-  [FACEBOOK](#)
-  [TWITTER](#)
-  [YOUTUBE](#)
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