



SOTOTENNIS  
ACADEMY  
INSPIRING EXCELLENCE



ACCESS PLAYER

22-23

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 aim 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.

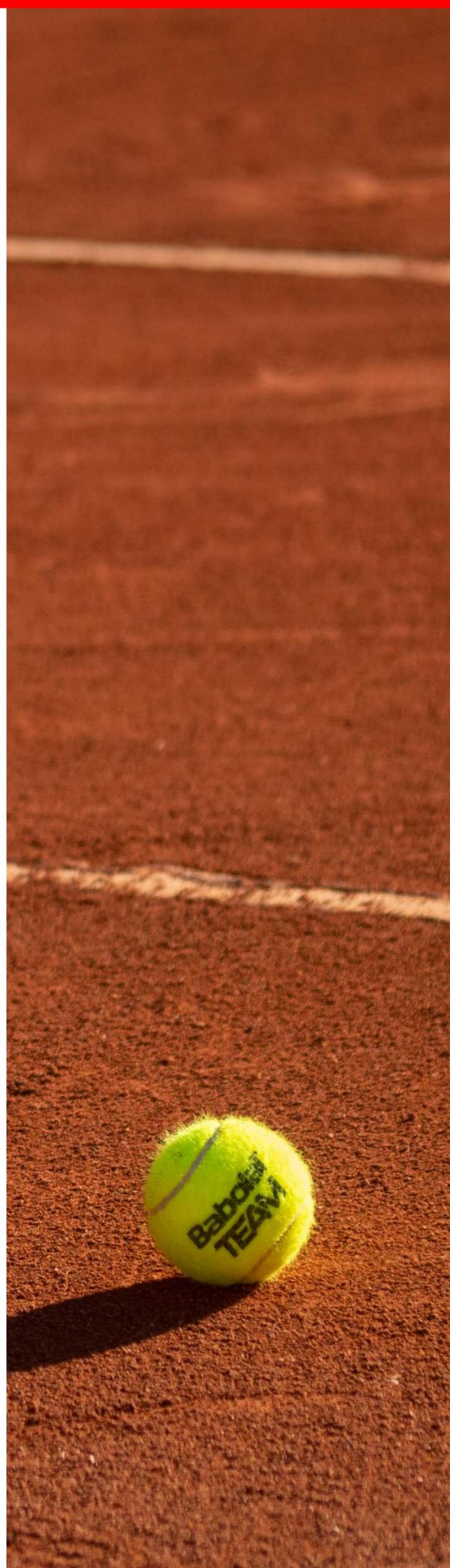
## THE ROLE OF STA

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 14.





# 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 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 the [STA's 18+ self-catered Players' House](#) (Page 7), with [STA'S Host Family for U16s](#) (Page 8), or in [Sotogrande International School's \(SIS\) Boarding House](#) (Page 9).



# 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 are 1.5 hours
- '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. Access Players can sign up for annual UTR Power Subscriptions to make the most of this platform and avoid paying for each match play event individually, or pay per event.

## MATCH UPS

In line with STA's values, players' opponents are not solely decided based on UTR ratings, but also based on how players have trained, effort levels, court surface availability, and upcoming tournaments - like any local or international tournament, players will 'play up' and 'play down' throughout the year.

## MATCHPLAY CODE OF CONDUCT

STA players are expected to be respectful and supportive of their peers. This means during Friday UTR Matchplay and tournaments, players should remain off their phones, must not chew gum and focus their attention to the action on court.

## 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 between €30 to €50 per year depending on a player's age. Access Players are strongly encouraged to join us on our Academy trips to local tournaments, but like our Full Time Players, are expected to contribute €5 per day of the trip to cover transport and coach expenses.

## 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. Access Travel Weeks are charged as regular Access Weeks, not including the player's share of accommodation, travel and coach expenses. Please contact the STA Operations Team if you have any questions about competition opportunities.





# ACCOMMODATION: STA HOUSE (18+)

The STA Players' House (18+) 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, 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.



## STA PLAYERS' HOUSE ADDRESS:

SotoTennis Academy  
 Ribera del Emperador  
 Sotogrande 11310  
 Cadiz  
 España



# ACCOMMODATION: STA HOST FAMILY

STA's Host Family is a supervised accommodation option for players aged 16 and younger\* or players aged 16+ who would prefer to live with adult supervision. The supervision is provided by Louise, our Head of Finance, and her husband Nigel, our Head 16+ Coach. They live here with their children Max (2009) and Mollie (2012), and their dog, Sandy. The house is right next door to the 18+ Players' House, so is also located just 2 minutes' walk from the tennis club, 5 minutes' walk from the beach, and 20 minutes' walk from the centre of the Sotogrande port.



For any players aged 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 Nigel and Louise both work for the Academy whilst Max and Mollie both train at the Academy.



Players staying in this house can choose whether they want to prepare their own meals or whether they would prefer to enjoy Louise's delicious cooking. Either way, they will be offered the opportunity to join the two weekly STA supermarket trips for players to pick up enough food/snacks/drinks to fuel themselves throughout the week.

The House is available to both Full Time and Access Players aged 14\* and older. 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.

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





# ACCOMMODATION: 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. From September 2022, students will be staying in a brand new boarding provision named 'Templeton House'. The new boarding residence will predominantly house students in twin accommodation, with four bed dorm rooms for junior boarders. There will be six resident members of staff on site, and security guards will be present in the Boarding House during the night.

Boarders will 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 Chiringuito Cafe and 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.





# 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 might need to 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 if they are still in education, 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.*



# TRAINING PRICING

September to June	Fee	21 % IVA*	Total
Tennis & Fitness Training			
Born in or before 2007	€550.00 per week	€115.50	€665.50
Born in or after 2008	€500.00 per week	€105.00	€605.00
Private Lesson Pre-Booked 1 hour	start from €65.00	€13.65	€78.65
Hit/Sparring Pre-Booked 1 hour	€50.00	€10.50	€60.50

July & August	Fee	21 % IVA*	Total
Tennis & Fitness Training			
Born in or before 2007	€600.00 per week	€126.00	€726.00
Born in or after 2008	€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

## 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.

## Travel Team Integration

Tennis	Fee	21 % IVA*	Total
Born in or before 2007	€550.00 per week	€115.50	€665.50
Born in or after 2008	€500.00 per week	€105.00	€605.00
Expenses	share of the expenses		

Discounted prices apply when booking long-term visits to the Academy. Please enquire with our Head of Customer Relations, Fiona Spencer-Nairn.

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 18+ Apartment	€35.00 per night €900.00 per month	€7.35 €189.00	€42.35 €1,089.00
STA Host Family Meals Included	€60.00 per night €1,350.00 per month	€12.60 €283.50	€72.60 €1,633.50
SIS Boarding**	price available on request or via the Sotogrande International School		

July & August	Fee	21 % IVA*	Total
STA 18+ Apartment	€55.00 per night	€11.55	€66.55
STA Host Family Meals Included	€75.00 per night	€15.75	€90.75

Self-catered accommodation does not include meals but does include 2 trips per week to the supermarket for grocery shopping. The Meals Included Option includes 3 meals per day, but does not include water, snacks, etc. These can be purchased during supermarket shopping trips.



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

\*\*The SIS Boarding House opens and closes in line with the International School's holidays, which can be found [here](#).



# 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: €110 + IVA\*

5-8 people: €130 + IVA\*

### Malaga Train Station\*\*

1-4 people: €120 + IVA\*

5-8 people: €140 + IVA\*

### Marbella Bus Station\*\*

1-4 people: €55 + IVA\*

5-8 people: €70 + IVA\*

### Gibraltar Airport\*\*

1-4 people: €45 + IVA\*

5-8 people: €60 + IVA\*

### Estepona Bus Station\*\*

1-4 people: €45 + IVA\*

5-8 people: €60 + 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 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.



# 22-23 TERM DATES

SotoTennis Academy is open to Full Time and visiting players for 47 weeks of the year from the 6th September 2022, 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 2022

Start of Autumn Term: Tuesday 6th September

End of Autumn Term: Friday 16th December

## ❄️ CHRISTMAS BREAK

Saturday 17th December - Sunday 1st January

## SPRING TERM 2023

Start of Spring Term: Monday 2nd January

End of Spring Term: Friday 31st March

## 🥚 EASTER BREAK

Saturday 1st April - Sunday 9th April

## SUMMER TERM 2023

Start of Summer Term: Monday 10th April

End of Summer Term: Friday 18th August

## ☀️ SUMMER BREAK

Saturday 19th August - Monday 4th September

## AUTUMN TERM 2023

Starts on Tuesday 5th September 2023





# REGISTRATION

If you would like to book an Access Week/s at STA or have any initial questions, please contact [info@sototennis](mailto: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](#)

