

# High Performance "Turn Passion Into Action" Program

 **ANTONIO VALDÉS**  
TENNIS - AKADEMIE



# Antonio Valdés Tennis Akademie

## WHERE You Will Train?

Antonio Valdés Tennis Akademie was founded in 2000, settling in Germany in 2019 and it currently has sports centers in 08 cities in Germany (Hamburg, Norderstedt, Henstedt-Ulzburg, Ahrensböök, Heiligenhafen, Grömitz, Raisdorf y Lütjenburg) and it has a staff that includes 01 mental coach and 07 coaches of different nationalities, all certified by internationally recognized entities. We provide training for all levels, but we specialize in high performance training for developing players.

If you decide to participate in our High Performance Program, you will visit our headquarters at the Racket Inn in Hamburg, which is located 15 minutes from the airport and has the infrastructure required to develop high performance training.

This location has a hotel with 50 rooms, saunas, outdoor swimming pool, a fitness area of 1500 M2 distributed over 2 floors, restaurant, 12 sand courts and 04 indoor carpet courts, which will allow you to do everything you need in the same place.

## High Performance

The objective of the training you will receive during the High Performance Program at Antonio Valdés Akademie is to prepare you to learn how to perform in the national and international competition which you will participate in during the week you will stay in Germany.

Using all of our facilities, you will increase your intensity of play, improve your competitive strategies and maximize your performance under the pressure of competing with high level players.

**You Will Get  
An Integral  
Training**

# Hamburg European Open

## Hamburg, A Traditional Clay Court Event

- It is one of the most historic events on the annual ATP Tour 500 calendar and it is played at the Am Rothenbaum facilities.
- It was played for the first time in 1968, and it was the Australian John Newcombe who won the title.
- Roger Federer has lifted the title four times (2002, 2004, 2005, 2007); while Rafael Nadal has lifted it twice (2008, 2015).
- The distribution of points are: 500 for the champion, 300 for the finalist, 180 for the semifinalists, 90 for the quarterfinalists, 45 for the second round and 10 for the first round.

## European Tournament

During the summer (northern hemisphere), there are different tournaments in Germany, which run continuously. Some start on Mondays and others on Thursdays. In addition, there is a parallel round to the main round, which means that if you lose the first game, you can continue in the side round, so basically you have at least two games per tournament.

German tournaments are mainly held on clay courts and if it rains, they are usually moved to indoor tennis courts on carpet or hard courts. In addition, they consider competitors in all categories, between 8 and 21 years of age.

As these tournaments are held during the summer, they feature players with a fairly high competitive level, such as those who participate in interclubs, European players who are in college in the U.S. and also German players, who stand out for their high ranking.

## language Classes

# You Will Be Able To Improve Your Language Skills

Not only will you be able to improve your sports performance, but we will also make sure that you can continue studying the foreign language you are interested in (English, French, German and Spanish).

As a result of this we have developed a study plan that will be carried out by professionals and that will allow you to access 05 days of intensive online classes, which consider the use of innovative methods and different technological tools that will facilitate your learning, helping you to improve the language you are learning.

## Activities To Be Performed

**What Will  
Your  
Day Be  
Like?**

If you take our High Performance Program, your day will have the following activities:

**7:00** Balanced breakfast at the hotel restaurant.

**8:30 to 10:00** Physical training in the gym or on the tennis court.

**10:00 to 11:30** Tennis training on the tennis court.

**11:30 a.m. to 1:30 p.m.** Break to freshen up, change and have lunch.

**13:30 to 15:00** Tennis training on the tennis court.

**15:00 to 16:30** Language classes (English, French, German and Spanish).

**From 16:30** you will have free time for your leisure activities.

# Visiting Hamburg

In addition to training, you will be able to see Hamburg's main attractions:

- **Miniatur Wunderland:** It is the largest model railroad building in the world.
- **Port of Hamburg:** Deep-water port on the Elbe river in Hamburg, northern Germany.
- **Alter Elbtunnel:** It is an underground tunnel for pedestrians and vehicles that was inaugurated in 1911.
- **Hamburg town hall:** It is located in the Altstadt district in the city center, close to the Binnenalster lake and the main station.
- **St. Michael's Church:** It is an early Romanesque church in Hildesheim, Germany, recognized as a UNESCO World Heritage Site.
- **Chocoversum:** Interactive museum, dedicated to the chocolate-making process.
- **Rathausmarkt:** Central square in Hamburg, Germany, located in the Altstadt district.
- **Elbphilharmonie Hamburg:** It is a concert hall in the port area of HafenCity. It is considered one of the largest and most acoustically advanced concert halls in the world.

...A City Surrounded By Canals

# Our Program Includes

- Room and board.
- Transportation from the airport to the hotel and viceversa.
- Transportation to the tournaments you are registered for.
- Accompaniment by a trainer to the tournaments you are enrolled in.
- High-performance training and mental coaching at our academy.
- Intensive classes in the language you wish to learn (English, French, German and Spanish).

**With Our High  
Performance  
Program  
You Will Have**



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## High Performance Program

Would you like to experience tennis training and competition in Germany?

Would you like to participate in the ATP/WTA tennis tournament in Hamburg European 2024?

Hamburg offers one of the most competitive environments for tennis players from all over the world every summer. Come and join us!

### Our program offers

- Room and board.
- Transportations
- Practice at Antonio Valdés Akademie.
- Participate in a European tournament.
- Visit to Hamburg European Open.
- Visit important places in Germany.

**€ 1990**

## Program Complements

**With Our  
Program  
You Will  
Have The  
Possibility To**

- Visit Hamburg's main tourist attractions.

- Attend the Hamburg European Open in person.

- Participate in tournaments during the weekend of your stay.

- Extend your stay at our academy to continue with the activities of your choice.

\* The complements considered in the High Performance Program have an additional cost and must be previously coordinated with Antonio Valdés Akademie.

\*\* The complements considered in the High Performance Program can be purchased directly by the client or requested through Antonio Valdés Akademie.

# CONTACT

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