

# TENNIS HIGH COMPETITION INFORMATION

2021-2022

# BARDOU

TENNIS COMPETITION·BCN



# TENNIS HIGH COMPETITION INFORMATION

<b>LOCATION</b>	<b>1</b>
<b>RESIDENCE</b>	<b>2</b>
<b>TENNIS FUNNEL</b>	<b>3</b>
<b>WORK METHOD</b>	<b>4</b>
<b>TAINING SYSTEM</b>	<b>5</b>
<b>BARDOU ACADEMY ORGANIZATION</b>	<b>6</b>
<b>COACHING SYSTEM WITH PROFESSIONAL COACHES</b>	<b>8</b>
<b>ESTUDIES</b>	<b>10</b>
<b>SCHOLARSHIP</b>	<b>12</b>
<b>ECONOMIC PROPOSAL</b>	<b>13</b>
<b>ANNEXES</b>	<b>14</b>



 **LOCATION**

Welcome to BARDOU TENNIS COMPETITION, LOCATED IN UP SPORTS CORNELLÀ-BARCELONA, SPAIN where everyone can enjoy a total of 31 tennis courts (hard, clay and indoor), 7 paddle tennis courts, and facilities with a gym and heated pool.



***UP CLUB CORNELLÀ - BCN***

Carrer de la Verge de Montserrat, 08940 Cornellà de Llobregat, Barcelona



 **RESIDENCE. HOTEL CAMPANILE BARCELONA SUD - CORNELLA**

The Campanile Barcelona South – Cornellà hotel boasts an ideal location, just 3.7 miles from the airport. You'll be able to reach Barcelona's city center within 30 minutes on the L8 bus or any of the trains that run near the hotel. Be sure to make the most of your stay by visiting the Sagrada Família and all the must-see sites in Barcelona.

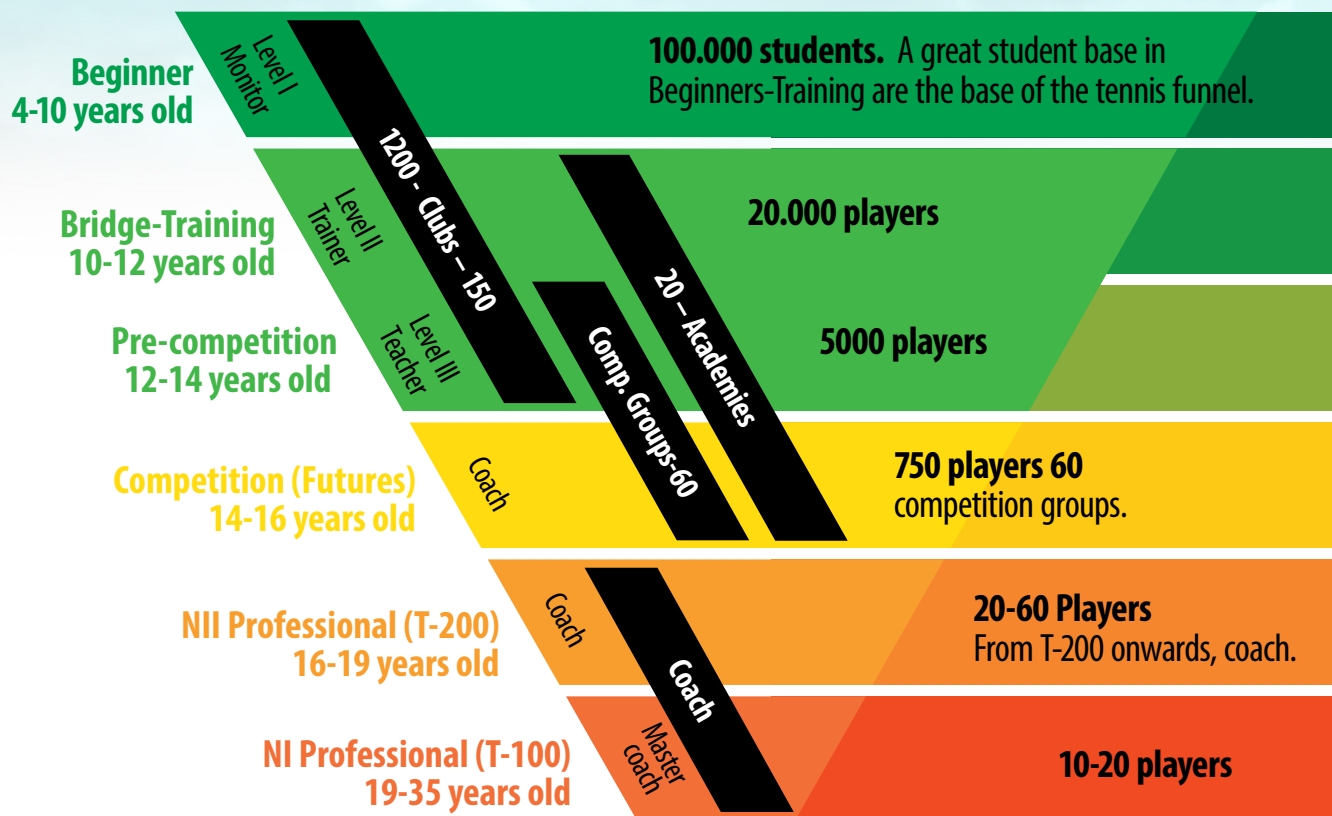


Hotel Campanile Barcelona Sud-Cornellà offers 60 rooms with double beds and 78 double rooms with twin beds, 4 of which are adapted for people with reduced mobility.

**RESIDENCIA PARTICULAR**



**TENNIS FUNNEL, TRAINING SYSTEM AND TECHNICAL STAFF**



\* DEFINITIONS OF A PLAYER'S STAGES IN LIFE, ON ANNEX.

**OUR PROGRAM**

**BARDOU TENNIS COMPETITION**

Professional – Elite

Transition

Competition

Tennis Priority

Annual Programme

Monthly Program

Weekly Stages

 **WORK METHOD**

**WORK METHOD ADAPTED TO EACH LEVEL BASED ON:**

**3 DAILY WORK BLOCKS**

**1 WEEKLY SYSTEMATIC**

**4 BASIC FOUNDATIONS:**

*Technical*

*Strategic*

*Physical*

*Mental*



 **TRAINING SYSTEM**

**WORK SESSIONS DEVELOPMENT ADAPTED TO EACH GAME LEVEL**

**1 TRAINING DAY**

**3 WORK BLOCKS**

**30%** **CUBES**  
Baseline/Transition/Net/  
Service-Return



**30%** **CONTROL/RALLY**  
Baseline strokes/Net  
Strokes/Service-Return



**30%** **COMPETITION**  
Tiebreaks/Points/Games/  
Matches



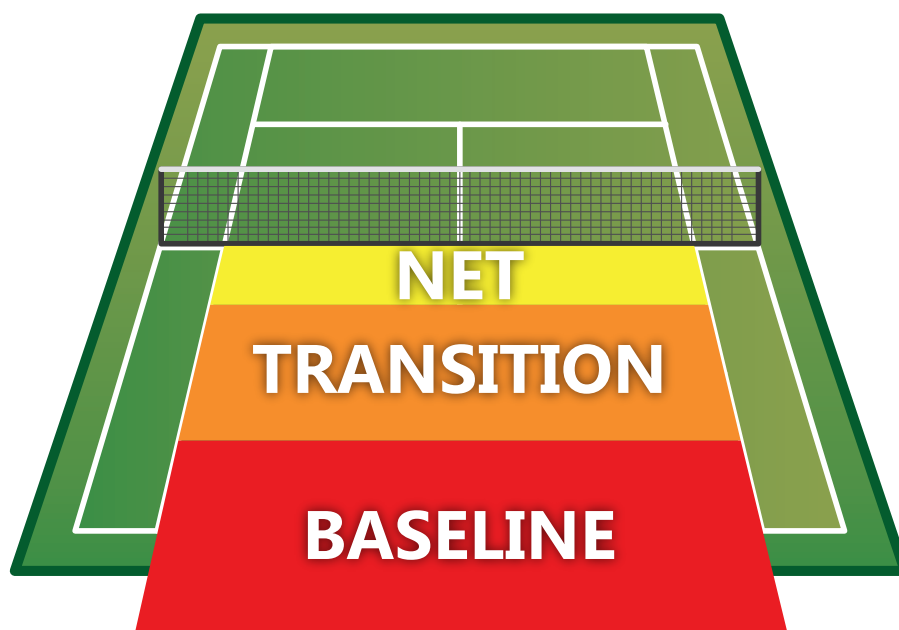
**3 BLOKS X 30% = 90%**

**+**

**UNDER COACH'S JUDGEMENT = 10%**

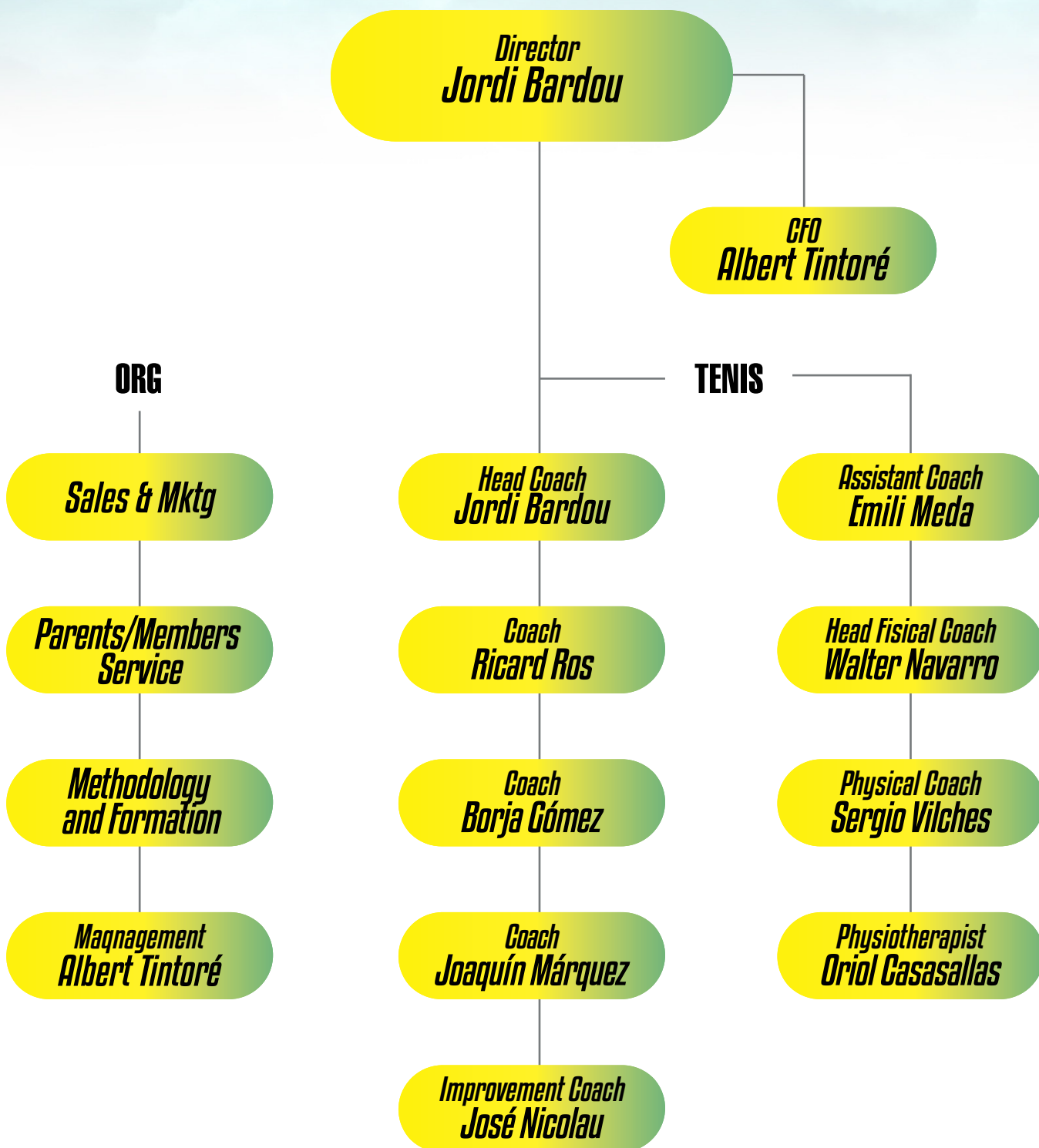
[Strengthening of specific points]

**PLAYING IN 3 ÁREAS**





# BARDOU ACADEMY ORGANIZATION







## BARDOU ACADEMY ORGANIZATION



**WE BUILD PROFESSIONAL TENNIS PLAYERS WORKING TECHNIQUE (MECHANIZING THE HIT), PHYSICAL PREPARATION (WE BUILD ATHLETES), TACTICAL / STRATEGY (WE TEACH TO PLAY) AND MENTAL (WE WORK THE CONTROL OF EMOTIONS).**

**WITH THE COLLABORATION OF COACH  
LLUÍS BRUGUERA**

The Bruguera system is a mixture of all the experiences that I have had throughout my tennis life. First as a player, he won 2 Spanish doubles championships and was number 4 in Spain. My main characteristic was the struggle, the suffering, the optimism, the patience and never leaving it, how to get to give the best of myself and how to get others to achieve it. Bruguera's faith in himself was very great.

Then I was passionate about being a coach and in Valencia and I was the Director of the Spanish club of Valencia and I created, more than 47 years ago the first tennis academy, of a private club, trying to make professional tennis players.

I was also Sporting Director of the R.F.E.T and Captain of the Davis Cup and with time, the Bruguera family, the only father and son who captained the Spanish Davis Cup team.

With Ion Tiriac we made history by being the first private coach paid by the players.

I founded the Bruguera team with Fernando Luna, Juan Aguilera Jordi Arrese, with great success. Juan Aguilera became number 8 in the world ranking, Jordi Arrese at number 22 and Fendando Luna at number 35.

At the age of 35, I founded the first private academy in Europe, Bruguera Tennis Academy.

- What we want to do
- How we want to do it
- Why we want to do it.
- The Bruguera system has been used by numerous coaches who have served them to do everything, adapting it to their personal characteristics, taking Spanish tennis to the place it has arrived.

It is a combination of exercises:

- Hand
- Of cubes
- Volley exercises with the coach
- First analyze what happens and then find what exercises we can achieve what we want.
- Do not speak / do
- Always optimistic, believe it
- The importance of relationships, emotions in the performance and satisfaction of the athlete



## COACHING SYSTEM WITH PROFESSIONAL COACHES



### JORDI BARDOU DIRECTOR

Davis Cup player, Los Angeles '94 Olympian, '84 Spanish Champion, ATP professional top 150, '92 ADO Plan Director, FET Sport Director, OAD (COE) and APE (Professional Teaching Association) member.



### RICARD ROS COACH

22 years coach in bruguera tennis academy.  
10 years general director & head coach.  
Coach of Lorenzo Giustino 130 atp 5 years.  
Mohammed Safwat 170 atp & n.o 1 of egypt.  
Marco bortolotti 290 atp, Pepe Checa 230 atp, and some more



### BORJA GÓMEZ COACH

Has joined the Bruguera Tennis Academy in 2016 and is coaching the junior players. Before joining our team Borja travelled with an LTA Top 4 player and Marcel Granollers (former 25 ATP) between 2009-2011. Coach of Lorenza Justino (128 ATP) and Sebastina Chilipotti (29 World junior ranking and 790 WTA)



### JOAQUÍN MÁRQUEZ COACH

Trained at Smith Stearns Tennis Academy 2006-2007 in South Carolina, and at International Tennis Academy from 2009-2011 in Delray Beach Florida.  
Played ITF Junior Circuit in countries such as Mexico, USA, Dominican Republic, Puerto Rico, El Salvador, Guatemala, and Netherlands Antilles.

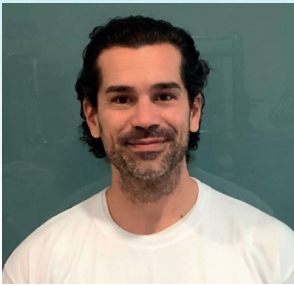


### WALTER NAVARRO HEAD FISICAL COACH

2019 - International Master in Injury Prevention and Retraining (Spain)  
2017 - Internacional Master in Personal Training (Spain)  
2002 – Sports Marketing Degree (Spain).  
1997 – Physical Education Degree (Argentina and Spain).  
1998 – College Sports Training Expert (online Course).



## COACHING SYSTEM WITH PROFESSIONAL COACHES



### **SERGIO VILCHES ASSISTANT COACH**

During more than 10 years I have had the privilege of being able to combine my two great passions at a professional level, scientific research and sports training on the field. In that time, I have trained with professional and nonprofessional athletes, helping them to achieve their goals. I have also learned, applied and developed several skills in the research field as a sports

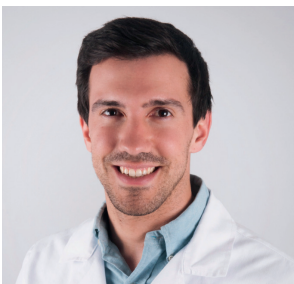


### **EMILI MEDA ASSISTANT COACH**

Sports technician level I - National Tennis Monitor  
RPT Coach  
Orthos muscular and nutritional technician  
TRX Spain Monitor



### **JOSÉ NICOLAU IMPROVEMENT COACH**



### **ORIOL CASASALLAS PHYSIOTHERAPIST**

Master in Sports Physiotherapy and Recovery of Physical Activity.

Associate professor in the area of structure and function of the locomotor system. International University of Catalonia.

Author of publications in magazines and books specialized in sports and health.



### **ALBERTO TINTORÉ CFO**

An Industrial Engineer (UPC) completed with a MBA-Esade. Over 20 years of experience at directive positions at industrial multinationals and as entrepreneur. Amateur tennis player. International ATP, Davis Cup and Olympic Games Umpire.

**STUDIES**

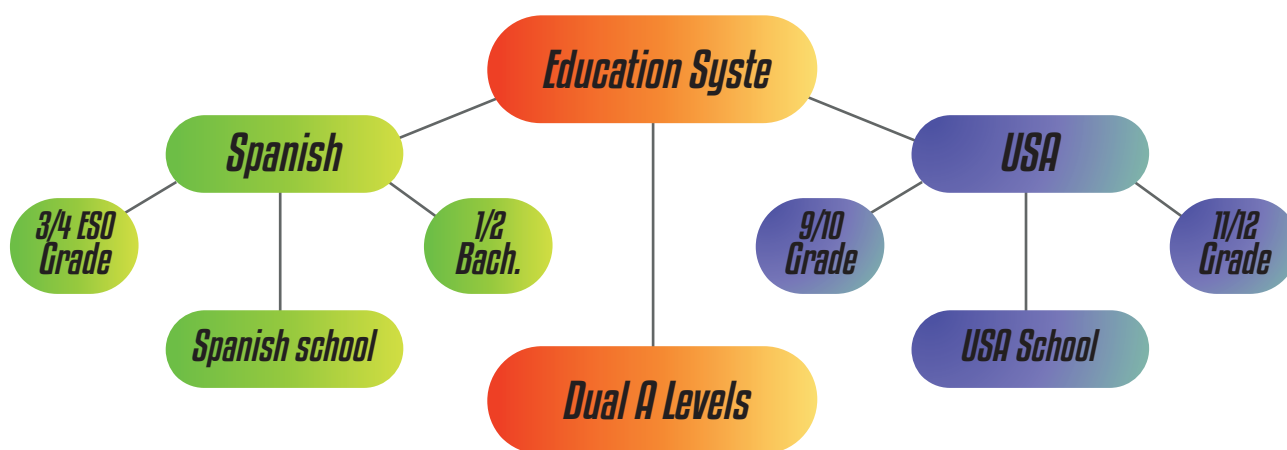
Since forever, all forming athletes who are in school age and find themselves in the position where their education is very important had and still have many difficulties to balance their education and their training at a conventional school.

- For this reason, we have designed a programme in which sports training can be made compatible with sports obligations (training and official matches) with scholastic obligations (class assistance and official exams).
- Combining both school and sports requires a great effort on part of the student. This is why we consider that a project capable of understanding this reality is essential, thus we search for a model that makes both activities compatible.
- We will combine training and scholastic hours from Compulsory Secondary Education (ESO) to High School (Bachillerato)
- All studies are official and approved by the Education Department of Generalitat de Catalunya and can be worldwide convalidated.



The student-athlete who decides to annually train with us may study:

- Spanish Education System: Compulsory Secondary Education (ESO) and A levels (Bachillerato)
- DUAL Education System: A combination of both Spanish education system and American education system. Can be studied from Spanish 3ºESO (American 9th Grade) to Spanish 2º Bachillerato (American 12th Grade). Upon ending the student will obtain both degrees: Spanish and American.



**STUDIES LEÓN XIII SCHOOL**

- Once A Levels (Bachillerato) have been completed, Selectividad (Spanish University) access exams can start, and/or SAT and TOEFL (American University)
- Upon completing 2º Bachillerato the students will be prepared with an intensive course until the day before Selectividad exams. A general review of all contents will be emphasized as well as controlling the technical aspects of the exam, time organization, and carrying out exam rehearsals so as for the students to become familiar with the type of questions.
- All students can apply for an athlete GRANT for American Universities.

All students may choose to prepare tests for SAT and TOEFL in group or individual tutoring.

- Students in need of a VISA in order to stay in Spain, as they will have an official Spanish Education System enrolment they will have no problems whatsoever.

Students-Athletes who decide to stay with us during stage modes (Summer...) may take:

- Language lessons: Spanish (non-Spanish speaking students) and English (students that might want to begin learning, improve or perfect the language)
- Extra support classes on any subject: students that during their Summer stay might have to prepare themselves for their remedial exams.



This programme is designed for those students that already have a high level, may them be young promises who might become professionals or youngsters that stand out and are asked for many training hours. The idea is that they do not lose contact with sports because of their studies, but above all, to give them the chance to keep on studying due to the difficulties to become a pro in their sport, as most of them do not reach the elite.

The idea is to concentrate the necessary services so that the athlete has a full formation at all sports, educational and personal levels. To make the training time, competitions, studies, exams, diets and resting profitable.

To give the same access to educative facilities, working and methodology to favour the possibility of the athlete-student’s excellence, taking care of their growth as a human being, allowing them to develop all their obligations and responsibilities in midst of the athlete’s reality.

## SCHOLARSHIP

BARDOU Barcelona Tennis Academy, always with the intention of improving and carry on offering quality services to all members, has managed to establish an agreement with a worldwide leader company in education and sports, which will allow our members to benefit from the agreement that Decoasports has reached with BARDOU Barcelona Tennis Academy.



Thousands of students-athletes from around the world already know what it's like to take part in some of the programmes this company offers. Decoasports understands the demands of the nowadays world and adapts to new future challenges, so we have decided to join forces with the sole aim to improve our player's scholar-sport formation.

Thanks to this agreement, your children (11 to 22 years old) will have the chance to take part in the programmes that this company offers along with the most prestigious universities around the world, Decoasports has 24 years of worldwide experience in offering tailored high-level demanding academic programmes and sports programmes for students of all levels at the best American universities.

The final goal of this collaboration is developing abilities that will contribute to achieving a whole formation that will guarantee a full range of scholar-sports opportunities for your children, thanks to the experience and leadership of Decoasports, who will closely work with BARDOU in benefit of our members.

Thanks to the agreement that BARDOU has got with Decoasports, our members can call personal meetings at our club's facilities with all those who are interested in their programmes. For this purpose you will only have to give notice of your interest and immediately thereafter, a member of Decoasports will contact you and carry out a personal interview with all those interested in any of their programmes, conducting an English and sports test regardless of the candidate's level.

### Programmes offered by DECOASPORTS

- **Sports and SCHOLAR grants at American universities (for all levels). Tennis, Football, Golf and 21 sports more.**
- **Exclusive summer programmes at California USA universities.**
- **Pre-university TOEFL, SAT, GED preparation programmes.**
- **Academic yea, E.S.O. And Bachelor (convalidating the Spanish system)**
- **Organized visits to universities for athletes.**



## ECONOMIC PROPOSAL

The Bardou Academy is a high performance training centre that works all a player's stages on the tennis funnel, from the base to the elite and that combines tennis and education formation of their students. Our high performance weekly programme for tennis players is aimed at all levels and ages, all through the year, with a personal service that bears in mind each player's needs, who may choose the length and dates of their stay at the Academy.

At the Bardou Academy you will learn and study in depth all 4 basic foundations of tennis, Tactical, Technical, Physical and Mental, adapted to each player's level with exercises using cubes through different series for each day of the week, control, conditioned exercises and matches to rehearse all that has been learnt during the week paying special attention to the service and return.

On our daily, weekly, monthly or annual programmes as well as on the stages, each day we work on different specific court areas and evaluating the player's progression with our exclusive control system.

Bardou have been key to many tennis players' careers all over the world... . The tennis programme is available from September to June, and includes all weeks of the year except those included during the Holy Week, Summer or Christmas stages.

The programme is reserved for weeks, and each week includes 22 hours of tennis from Monday to Saturday, from 5 to 10 physical training (depending on age) except those included during the Holy Week, Summer or Christmas.

### HIGH PERFORMANCE PROGRAMME SCHEDULES (5 DAYS)

- Tennis training from 9h to 11h and 11h to 13h
- Physical training from 9'30h to 11h and 11h to 12'30h
- Lunch from 13'15h to 13'45h
- Tennis training from 14'15h to 15'30h and 15'30h to 16'45h
- Physical training from 14'30h to 15'30h and 15'30h to 16'30h

### PRICES OF HIGH PERFORMANCE PROGRAMME (CUSTOM)

#### WEEKLY

Tennis and physical training  
 Breakfast, lunch, afternoon snack and dinner  
 Psychological training included.  
 Physiotherapy and medical insurance not included.  
 Federative license  
 Accommodation

#### MONTHLY

Tennis and physical training  
 Accompaniment to tournaments (expenses not included)  
 Breakfast, lunch, afternoon snack and dinner  
 Psychological training included.  
 Physiotherapy and medical insurance not included.  
 Federative license  
 Accommodation

#### ANNUAL 10 MONTHS

Tennis and physical training  
 Accompaniment to tournaments (expenses not included)  
 Breakfast, lunch, afternoon snack and dinner  
 Psychological training included.  
 Physiotherapy and medical insurance not included.  
 Federative license  
 Accommodation

#### STAGES

Tennis and physical training  
 Accompaniment to tournaments (expenses not included)  
 Breakfast, lunch, afternoon snack and dinner  
 Psychological training included.  
 Physiotherapy and medical insurance not included.  
 Federative license  
 Accommodation

## ANNEXES

### ARRIVALS AND DEPARTURES

Arrivals are on Sundays and departures on Saturdays.

Players who do not sleep in the academy can also arrive on Monday morning and leave on Friday after the last practice.

Upon arrival the player must present the following:

ID card or passport

Identity photo

Social security card

For stages of more than two months duration, a certificate of the last stress test is required. This can also be done at the academy for an amount of € 120.

Players without a tennis license can get it at the academy. This will cost between € 22- € 24

Vaccination certificate

### TRANSPORTATION FROM AND TO THE ACADEMY

The academy makes available to the resident players of the academy, not accompanied by an adult, a free transport provided that the pick-up time is between 09:00 and 19:30 from the Barcelona Airport and Sants Train Stations, North and France and departure from the academy from 08:30 to 20:00. (Do not plan a flight before 11 am for departures). The day of arrival is Sunday and departure is Saturday for residents.

If the flight is before or after these times, players will have to pay an extra.

### POCKET MONEY, DOCUMENTATION & VALUABLES

Please, calculate a sufficient pocket money amount for your children. Laundry, ropes, tournaments, extras and snacks must be paid for in cash.

Pocket money cannot be sent to the academy account.

Passport, documentation, money and other things of value must be kept in the safe box assigned to the resident player.

Non-residents can leave their valuables at the reception between 8:30 am and 5:30 pm on weekdays.

### CLOTHES

As tennis is the main activity and there are many hours of training per day, we recommend two changes of sportswear per day. Apart from the sports equipment, the player must bring also towels, pool and leisure clothes and flip flops. The laundry service picks up dirty clothes on Monday, Wednesday and Friday and delivers it clean on Wednesday, Friday and Monday. A bag of dirty clothes of about 5kg costs €12. Please label all the player's clothing with his name.

### RECEPTION

The reception is open from 8:30 am to 5:30 pm on weekdays and from 8:30 am to 8:30 pm on weekends.

To speak with your children on weekdays, please call between 1:00 p.m. and 2:15 p.m. to not interrupt training sessions.

During the weekend you can call at any time between 08:30 am and 8:30 pm.

There is an emergency number that can be provided upon request to call outside these times. This number should only be strictly used in case of an emergency.



## **ANNEXES**

### **TOURNAMENTS**

During the summer usually there are more tournaments in the academy and the academy coaching team organizes the players according to their physical conditions, their preparations and their will.

They also take care of registration, tournament schedule, and tournament transportation. Players will be accompanied by a coach from the academy who will provide technical support before, during and after the tournament. The player's evolution during the competition is also monitored and a report is passed to our head coach.

### **ACTIVITIES AND EXCURSION**

In summer the academy organizes excursions and alternative activities for players who do not go to tournaments as long as there is sufficient demand. The activities are developed under the tutoring and supervision of the staff in charge. All expenses, with the exception of transportation, that are raised according to the activity that is organized, must be covered by the player.

### **TRANSPORTATION TO MEDICAL ASSISTANCE**

In case of emergency, the academy will provide transportation to a medical facility in case of injury that may occur during training. If a player gets sick he must inform the reception where transport to a medical facility will be organized. In the case that a doctor visits the academy, the academy will charge 60€.

### **RESTAURANT**

50% of the meals have to be paid in advance by transfer or credit card when the stage reservation is made. The rest can be paid in cash upon arrival, or via transfer or credit card in advance. For non-residents the lunch price is € 60 / week (Monday-Friday)

# TENNIS HIGH COMPETITION INFORMATION

2020-2021

# BARDOU

TENNIS COMPETITION·BCN



*UP CLUB CORNELLÀ - BCN*  
*Carrer de la Verge de Montserrat, 08940*  
*Cornellà de Llobregat, Barcelona*

