

BARCELONA TENNIS ACADEMY



ABOUT BTA

Learn more about our history

We set up our academy in 2010 and found for its base a picturesque tennis club located in Vallpineda, in the beautiful, seaside town of Sitges.

It was the perfect setting to start a tennis academy, with clay courts, a gym, a swimming pool and stunning views. All the host families that we worked with lived walking distance of the club – we are friends with all of them till today. Our full-time players attended a nearby international school in Sitges.

In 2015 we moved to the Club de Tennis Andres Gimeno in Castelldefels, located 10 minutes away from the international airport and a 5-minute walk from the stunning beach – Playa Castelldefels. Thanks to this location, our full-time players have at their disposal an amazing tool for both training and recovery while our short-term players can combine tennis training with seaside holidays.



2017 marks a beginning of our work relationship with Luis Scarda, our current Tennis Director. Luis trained at the International Tennis Academy with Dan Cassidy and competed with great success for US universities, thus combining his tennis training with education. We were lucky to welcome to our team such a professional and dedicated coach.

In 2019 we began our cooperation with Sergi Valldaura, an accomplished and experienced fitness coach of numerous ATP, WTA and ITF players, our current Fitness Director and a current fitness coach of Marcel Granollers. He joined forces with Albert Costa, another fitness coach at our academy. Through their daily work with players, they contribute to the further development of our fitness for tennis trainings, totally specialised for on-court performance, one of the core ideas behind our programme.





CASTELLDEFELS LOCATION

The Barcelona Tennis Academy training programmes take place at the Andres Gimeno Tennis Club in Castelldefels, a suburb of Barcelona, in Spain. The Academy's students are given full club membership and have access to its gym, fitness, swimming pool and padel facilities for as long as they are enrolled with us. The club is a 10-minute walk from the beach, a 10-minute drive from the Barcelona International Airport and just 15 km from the centre of Barcelona.



BTA CAN VIA

BTA Can Via is another branch of our tennis academy, where we run our training programmes for juniors, adults and groups. The Can Via facility offers a training environment, in which we concentrate our efforts on creating personalised programmes for junior players as well as adults of various levels of advancement, customised to their needs, goals and objectives.

The Can Via Racket Club located in Santa Coloma de Cervelló, just a 15-minute drive from the international airport El Prat as well as Barcelona, is a wonderful opportunity for us to expand our services and train in another spectacular location.

The club offers an on-site residence, a restaurant and a lounge, which is the perfect combination for a complete and comfortable stay.

The facility provides an option of on-site online studies for secondary school. Players can engage in school activities between their training sessions, including language classes of Spanish, English and French.

ANOTHER BTA BRANCH IN SITGES



Our branch in Sitges is located in The Golf Club Terramar, just a 20-minute drive from Castelldefels. It provides us with a wonderful opportunity to expand our services and train in another spectacular location by the seaside.

The Sitges facility offers a training environment in which we focus our efforts on creating personalised programmes for adult players of various levels of advancement and children learning to play tennis as part of their after-school activities.

MISSION

IT' IS NOT A DESTINATION
THAT MATTERS
IT'S ALL ABOUT THE JOURNEY



Our fitness director Sergi Valldaura working with one of our annual players Ekua from Botswana

For us a success of the academy is defined by our players' improvement. Sport rests on competition; tennis is an extremely competitive sport, with numerous amazing players trying hard to get to the top. The outcome is a driving force but we believe that the real reward lies in the journey towards the outcome. As an academy we accept a limited number of players but we take on players of all levels as it is inspiring for us to shape and see them grow, both as players and individuals. It is our goal to see them connect to our values of cooperation, team spirit, kindness, effort and hard work. If we as an academy can help to instil such values, then it is huge & of course fundamental.

On the other hand, sport is also about results but we want to navigate it carefully so that it doesn't overshadow the key value of the process of becoming a better athlete working towards their own best potential. Our players have won numerous events in Spain, as well as on the Tennis Europe and ITF circuits, reaching rankings as high as the top 100 ITF juniors world ranking. We have also helped them earn their first ATP and WTA points, but for us nothing beats the values of growing self-confidence, dedication, motivation and seeing our players develop into strong individuals.



COACHING PHILOSOPHY

SMALL TRAINING ENVIRONMENT AND PERSONALISATION

SMALL TRAINING ENVIRONMENT

It is our priority to train with only a limited number of players. Our normal on-court ratio is 1 coach and 2 players, but we include multiple individual sessions as our academy is small on principle. From our perspective, it is only a small training environment that can guarantee full attention to the player. What follows from it is the possibility of multi-level personalisation in terms of tennis, fitness and mental programmes, selection of optimal accommodation and schooling options.

We believe that as a tennis academy we need to create a family environment to all the tennis players who come to our academy, a place that feels like a home away from home. We want our players to feel very comfortable with the academy staff so that they can trust us and feel our support in their daily life here with us. In our opinion, building close coach-player relationships crucially impacts on players' progress.

PERSONALISATION

Every tennis academy has its priorities in their training methodology as well as a general set-up. Our team puts major emphasis on the personalisation of all our programmes, be it individual or group options. What does such a personalisation involve in practice? First of all, it impacts crucially on the coach-player on-court ratio. Being a small academy that puts a limit on how many full-time players it accepts, our normal on-court ratio is 2 players and 1 coach. However, it happens on a regular basis that our players enjoy one-on-one training sessions, which is an advantage of our limited number of players. Second, we individualise tennis, fitness and mental programmes, adjusting each of them to our players' unique needs. Moreover, programme individualisation allows our coaches to provide our players with constant and up-to-date feedback as they have time to focus on each individual player every day and modify programmes according to players' progress.

Last but not least, our organisational framework permits us to build relationships with our players as we spend a lot of time with each and every one of them, talking to them individually throughout the day, be it on the court, during tournaments, on the way to or back from school or during lunch breaks. Thanks to that, we know their daily concerns and respond to their needs based on the on-going situation, not on some general ideas detached from individual context.

VALUES

HOME AWAY FROM HOME

At BTA our main goal is to create for our players a home-like setting, a family-like environment where they can feel emotionally secure and well taken care of. It is a place where coaches are not only authority figures, but also psychologists and friends, who know their players very well, understand them and thus can help them improve as both athletes and individuals.

We allow for every aspect of our players' development - not only their tennis game, but also their mental approach, not only their fitness, but also their diet. Their well-being is our priority, that's why our players have their meals prepared especially for them at a restaurant where high-quality and nutritious food is served every day. The diet of our young athletes is in the hands of amazing cooks of the Distinto restaurant located in our club. We are well aware that to perform at the optimal level and power through high-intensity trainings and matches, our players need the correct fuel. They expend a lot of energy, so they need to refuel their body with nutrition and recovery.

Our location enables them to unwind in a unique way as our academy is situated a 5-minute walk to the beach. The Castelldefels beach is our special place - not only is it a regular, breath-taking setting for our fitness workouts, but also a retreat where players can relax and recover after intense trainings.

LIFE SKILLS

Tennis is an individual sport that shapes a person's character, it develops skills such as self-confidence, self-belief, patience, decision making, discipline, and fair play. We believe that our passion for the sport and great experience are strong tools to help our players develop as strong tennis players, but most importantly, strong individuals.

We also strongly believe in having a healthy relationship with parents, who play an important role in the player's overall development.

Communication between coaches, players, and parents allows for a more efficient development of the child.

Our work does not end after a session on court, it continues off the court and will last for as long as deemed necessary. Our team stays in touch with the students even after they have left the academy for feedback and continuous help.

Tennis is a beautiful game and we want our players to understand that the values that are involved in the sport of tennis, such as respect, fair play, effective communication, standing up for oneself, focus and perseverance can not only lift their game to another level but also develop them as people and help them in their off-the-court lives.



EDUCATION



In 2017 we started our cooperation with the British College of Gavà, an international school with regular and online programme options. We have established a special timetable for students of The Academy, which allows us to design individualised programmes for each of our students.

The college offers regular schooling options as well as an American online programme with the on-site assistance of a tutor.

The education of our players is a priority for us. We continue adding more options to our educational programme so that we can respond to various needs of our current and prospective players.

MENTAL TRAINING SESSIONS



From the beginning of our academy, one of the focal points for our director Raphael was to dedicate special attention to growing our players' mental toughness in a systematic and ongoing way. That is why he teamed up with his friend Oriol Mercade, a sport psychology specialist, with whom he had studied sport psychology in Barcelona.

Oriol played tennis until the age of 19; now he is a Triathlon-Ironman athlete. He holds a PhD in Sport Science and has worked with numerous tennis and padel players. He owns a mental health and performance centre in Barcelona.

Together with Raphael they created a mental training programme and incorporated it into our regular academy life, helping our players in their mental growth.

FITNESS FOR TENNIS



Our tennis-specific fitness trainings focus on building basic physical qualities. In addition, they contribute to developing and improving endurance and resistance, speed and strength, coordination and flexibility. Injury prevention is another key aspect behind the organisation of our fitness sessions.

Our fitness work with players alternates between workouts in the gym, sessions on a tennis court as well as trainings on the beach, the aim of which is to improve the physical conditioning of individual players as well as the overall team work.

The work intensity, volume and specificity are based on the principle of periodisation, which is regulated on a yearly basis. The training year consists of periods of preseason and competition as well as cumulative and transitional periods.



BTA PROGRAMMES

ANNUAL PROGRAMMES

Our academy offers a selection of annual tennis & fitness programmes. The full-time training programme can be combined with studies at an international British school or pursued without the option of schooling. It is also possible for players to study online.

Our programme runs according to the school year, from September to June (10 months). We also offer a summer term for July and August.

Players train five days a week with an extra training session held on Saturday mornings. In total the weekly schedule includes more than 20 hours of tennis and fitness training for our full-time students. Students are given individual attention from experienced Barcelona Tennis Academy coaches who follow the player's progress throughout the year. Students are matched with other players of their age and ability and given an opportunity to engage in match play regularly to develop their competitive skills. Training includes tactical and technical aspects of tennis as well as fitness and mental coaching.

These full-time players, who wish to combine tennis with education, attend an international school located nearby the academy - the British College of Gavà. The syllabus of the college is based on the latest national curriculum of England and Wales. For more details, please have a look at the website of the college - www.britishcollegegava.com.



In addition to the full-time programme, we offer an annual part-time training programme, which we usually recommend to younger players or players at the start of their tennis training, or if parents wish to dedicate more time to academic studies every day. If this option is chosen the student follows the morning training session only each day. Lunch is included in the part-time programme, either at the school or at the Club. The school timetable is adjusted accordingly and the student continues with studies in the same way as the full time students.

For full-age players we provide accommodation in apartments, all of which are located close to our academy. For children attending the academy without adult supervisors we have accommodation with Spanish host families living in the area, walking distance to the courts. Players in this case have their breakfast and dinner with the family, while lunches are at the club or at school.

WEEKLY AND MONTHLY PROGRAMMES



Our tennis academy offers short-term training programmes for individuals for any length of time between one and three weeks or monthly tennis training programmes for any length of time between 1 month to 6 months. If a player wishes to stay for longer than 6 months, we usually recommend they consider enrolling in our annual programmes.

Our training day consists of two training sessions. In the morning we have 2 hours of tennis and 1 hour of fitness. The afternoon session comprises 2 hours of tennis. Between the sessions we have a lunch break.

The key principle behind our tennis, fitness and mental trainings is personalisation and tailoring of all the programmes to individual differences, needs and goals. In addition, at our tennis academy you can combine tennis and language programmes. Our offer includes courses of Spanish, French and English. We organise one-on-one classes as well as group sessions. The lessons are organised around your training schedule and take place at our facilities, usually at lunch time or following the afternoon training session at the end of the day.

Our language immersion programmes are reinforced by exposure to the Spanish culture through everyday interaction with Spanish host families, engagement in local communicative practices, enjoying local cuisine as well as sightseeing of Barcelona and its cultural landmarks. Finally, short-term, weekly stays are a great opportunity to mix sport with holidays by the beach, as our academy is located a 5-minute walk from the stunning Castelldefels beach.



The Barcelona Tennis Academy offers short-stay tennis training programmes for groups for anything from a day to two weeks (3 weeks can be arranged if necessary). Each training programme is specifically tailored to the group's ability, ambition and potential. If a group is made up of different ages and abilities, our programme will take this into account and offer a specially designed training for the players. Groups are given the same personalised attention from our staff regardless of the size of the group, age and ability. They will receive coaching from the BTA Director and coaches.

In the morning sessions, emphasis is put on drills with lots of repetitions, focusing on technique and strategy, as well as tennis specific movements.

In the afternoon, The Academy organises match play with other Academy players or players from other academies to work on the mental side of the game and practice what was learned in the morning.

- TECHNICAL COACHING
- TACTICAL COACHING - MATCH PLAY
- MENTAL SESSIONS
- SPARRINGS
- TOURNAMENT PARTICIPATION
- VIDEO ANALYSIS
- REPORTS

GROUP PROGRAMMES





SPECIAL OFFER FOR ADULTS

We created our programmes for adults for players of the age 25 and more as age is one of the key variables behind our programme individualisation. Importantly, they are designed for players of all levels of advancement. The programmes consist of a morning training session. Players start off with a 30-minute fitness practice, which is followed by 2 hours of tennis. The morning programme can be complemented with individual lessons in the afternoon or supervised match play, depending on players' needs and preferences.

In addition to tennis and fitness training, players can participate in language courses after their training sessions. Our packages include full-board accommodation in hotels situated within walking distance of our academy or directly by the beach.

ACCOMMODATION



Our annual players stay with Spanish host families, with whom we have been cooperating for several years. All accommodation is screened and selected according to the player's age, needs, and preferences. Players may stay in shared rooms, with girls and boys being separated. For full-time students in BTA accommodation, breakfast and dinner are provided by the host family and lunch is provided by BTA at the Andres Gimeno Tennis Club or at the school.

Alternatively, for adult players we offer apartments or serviced aparthotels, all located within walking distance of our academy.

CONTACT US

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