



RACKETS
ACADEMY
Dubai

Full Time Elite Program
2023/24



RACKETS
ACADEMY
Dubai

**63 Courts - 18 Locations - 26 Coaches -
3 Fitness Coaches - 1 Physio - 5 Supervisors**

About Us

Rackets Academy was established in 2016 and has quickly grown to become the leading Tennis provider in Middle East. We have 2200+ clients who come from all across Dubai and the UAE to play with us. Our unique approach to training, and our clear progressive development program has set us apart from the rest.



Rackets Academy has the largest Junior High Performance Program in the Middle East with 35+ of the region's top players choosing Rackets as their preferred training facility. We have given these players access to the highest level of Tennis coaching and facilities this region can offer. Our team regularly travels to compete in ITF, Tennis Europe, Ten-Pro, and Asian Tour Events. This essential part of our program allows for these athletes to achieve their optimum potential and showcase our academy and their skills around the world. Over the last 2 years, Rackets Academy has established a full time tennis program, enabling our players to compete with the very best in the world. The players have a flexible, closely monitored, blended education program that give them the unique ability to train, travel and play against the world's most talented juniors .

The Team



Mariano Pettigrosso - Head Coach

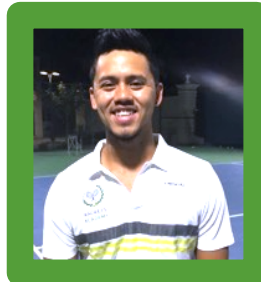
Mariano played NCAA D1 US College Tennis after a successful junior career in Argentina,. Mariano spent several seasons competing as a professional tennis player, and achieved a career high ATP ranking of 800th in the world,. Mariano started his coaching career as a High Performance Coach. With more than 10 years of experience coaching ATP, WTA, and Juniors players, he has participated in all 4 Grand Slams and has worked for two of the most prestigious European tennis academies (Schuttler-Waske Tennis University in Germany and Kim Clijsters Academy in Belgium) Mariano's languages include Spanish, English, French &



Alejandro Fernandez

Elite Program Tennis Coach

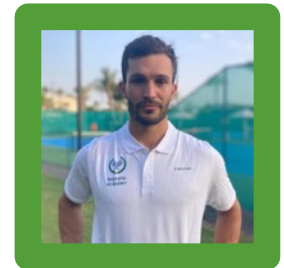
6 Year experience with full time players at Rafael Nadal Academy



Kirk Rebulyas

Elite Program Tennis Coach

8 year's Coaching and Tournament traveling experience in the region.



Marc Alonso

Elite Program Fitness Coach

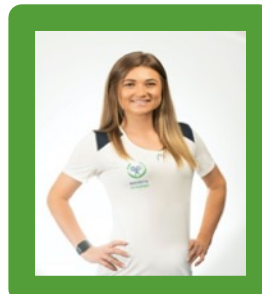
5 years high performance fitness experience with top athlete's.



Jen Rath

Physio

Highly Qualified & Experienced Physio, Worked with the program for 2 year and 14 years' experience in Sports rehabilitation



Alana Cassey

Elite Program Mindset Coach

Our in-house Neuro Linguistic practitioner , Alana has 20 years tennis coaching and playing experience.



Joanne Hearty

GEMS Wellington Al Khail Director of Sport

Successfully over seen Golf and Swimming full time programs within the school

Weekly Program

Training Week: 23.5 hrs

To maximize our players potential, we believe all aspects of their development should be channeled towards delivering key outcomes. Our approach is to individualize every area of a players development within a supportive and professional environment.

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|----------------------------|----------------------------|---|-------------------------|--------------------------------------|----------------------|--------|
| 07:15-9:15 | Mental / Tennis Sofitel | Tennis / Physio Sofitel | OFF | Tennis / S&C Sofitel | Tennis / S&C Sofitel | Matchplay Sofitel | OFF |
| 09:30-10:00 | Bus | Bus | Bus | Bus | Bus | Matchplay | OFF |
| 10:00-12:30 | School | School | School | School | School | OFF | OFF |
| 12:30-13:30 | Lunch | Lunch | Lunch | Lunch | Bus | OFF | OFF |
| 13:30-15:00 | School | School | School | School | Free Time | OFF | OFF |
| 15:00- 15:30 | Bus | Bus | Bus | Bus | Free Time | OFF | OFF |
| 15:30-16:30 | Free Time | Free Time | Free Time | Free Time | Free Time | UTR | OFF |
| 17:00- 20:00 | Tennis / S&C Atlantis | Tennis / S&C Sofitel | Tennis / S&C / Physio & Mental Atlantis | Tennis / S&C Sofitel | 4.30pm Tennis / S&C Motor City | UTR Tournament | OFF |

Tennis / Mental / Strength & Conditioning: 21.5hr per week

This consists of a minimum of 1.5hr private lesson per player, 4 x morning semi-private sessions and 4 afternoon squads with Saturday morning match play. The program can be tailored to the individual players constantly changing requirements. For example, Hitting, Matchplay, Physio, NLP or extra Strength & Conditioning such as Yoga, Pilates & foam rolling can be added and reduced to make a specialized program.

Matchplay: 2hrs per week

Organized compulsory Matchplay with players inside and outside the program will be every Saturday morning with coaches in attendance.

School: 22hrs per week

GEMS Wellington Academy Al Khail offers a bespoke program for our players allowing them a later school start time (10am on training weeks) and being in the classroom 5 hrs per day. They also have in place a special provision that allows our players to attend school online when traveling internationally for tournaments.

Physio: 2hrs per week

Jen Rath, our long time Physio for the performance program, sees the full time players twice a week tending to injuries and assisting with injury prevention Jen usually schedules to see our players before they compete on the weekend, and again after match and tournament play.

Program Facilities



The Sofitel Hotel, The Palm

2 Hard Court / Indoor & Outdoor Fitness Area / Office / F&B Outlets / 2 Pools

Discover the warm French-Polynesian welcome of Sofitel Dubai The Palm, a luxury 5 star beach resort situated on the East Crescent of the world famous Palm Jumeirah, offering a rejuvenating escape inspired by the rich culture of the South Pacific. Nestled amongst lush greenery on the idyllic shores of the Arabian Gulf, Sofitel Dubai The Palm offers a tropical and relaxing sanctuary, only a short distance away from the vibrant, buzzing metropolis of Dubai.



The Atlantis Hotel, The Palm

3 Hard Court / Outdoor Fitness Area / Office / F&B Outlets / 3 Pools

An iconic entertainment destination comprising two world-class resorts that bring you extraordinary experiences. Discover a world of amazement across stays, dining, entertainment, attractions and wellness. This Dubai icon is the ultimate holiday destination for both couples and families to make lifetime memories. From thrill-seekers to foodies, sun lovers to explorers, there is an unforgettable experience for everyone.

Education Program



أكاديمية جيمس ولينغتون - شارع الخيل
GEMS Wellington Academy
AL KHAIL



Premium British School rated Outstanding by BSO 2020

Wellington Academy Al-Khail (WEK) have created a specialized education program for Rackets Academy Full Time Players that allows them to spend as much time as possible in the classroom as well as pursuing their dreams in tennis. Wellington Academy Al-Khail (WEK) offers the National Curriculum for England and is part of the highly acclaimed group of GEMS Wellington schools in the GEMS network. Located in the prestigious Dubai Hills community, we inspire future leaders through creative teaching and learning.

GEMS Wellington Academy - Al Khail achieves Outstanding A level results in 2021. Key headline statements:

- **100%** pass rate (A* - E)
- **52%** of all A level entries achieved A*/A grades
- **36%** of all A level entries achieved at least one A* grade
- 11 students achieved all A* grades

| | 2019 | 2020 | 2021 |
|---------------|------|------|------|
| Grade 9 / A** | 12% | 13% | 26% |
| Grade 7 / A | 47% | 48% | 60% |
| Grade 6 / B | 67% | 70% | 74% |
| Grade 4 / C | 94% | 97% | 97% |

Achieved an ALPS A Level Quality Indicator of 1 for the second year in a row. This is the highest grade possible that a school can achieve for its Quality Indicator which places GEMS Wellington Academy Al-Khail in the top 5% of A Level providers nationally.

Education Program On Line



An internationally recognized K-12 school and US high school diploma program.

“A school within your school”

Who is iCademy?

We are an online American curriculum school, fully accredited by NEASC and licensed by KHDA

A US diploma-granting, private online school for grades K-12.

One of nearly 60 schools under the Pansophic umbrella

Dedicated team of certified, subject-specialist teachers.

Dedicated counsellor to assist student athletes and performing artists with university and career options

What Do We Offer?

Highly Trained and Fully Certified Teachers

Flexibility

World class customer service and attentiveness

A true partnership

International Accreditation

As a fully NEASC accredited American Online School, iCademy Middle East provides major benefits for students applying to University leaving no question with the universities that our students have received a fully-accredited education that meets high academic standards. Our students have been accepted to universities around the world, including in the USA, UK, Canada, Spain, the Netherlands, and Australia. From Middlesex University to Kingston University, from University of Queensland to the University of Toronto, our graduates are pursuing their dreams.

Full Time Scholar Athletes

iCademy Middle East has a long and well-documented history of preparing elite student athletes for success, on and off the playing field.

Our core curriculum is accepted by the National Collegiate Athletic Association (NCAA). Therefore, student athletes can pursue athletic scholarships to US colleges and universities.

2022/23 Achievements so far!



5 Junior ITF Trophies

9 Tennis Europe Trophies

15 Ten Pro Trophies

27 UAE Federation Trophies

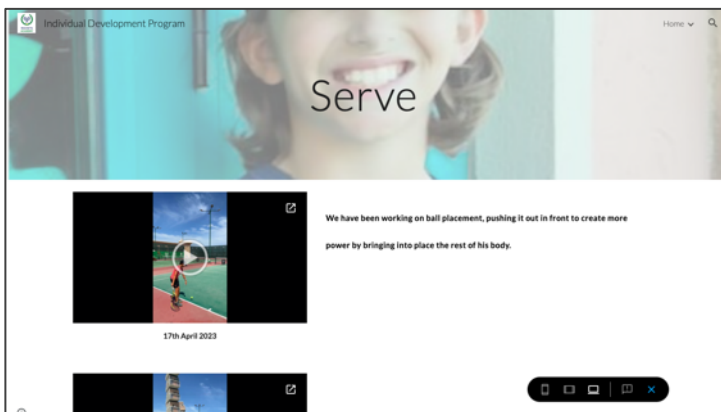
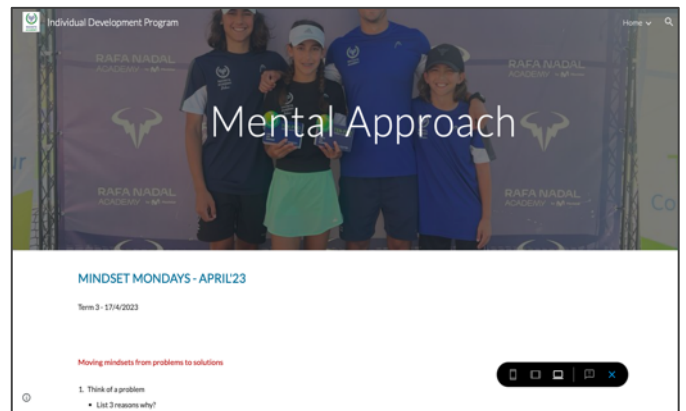
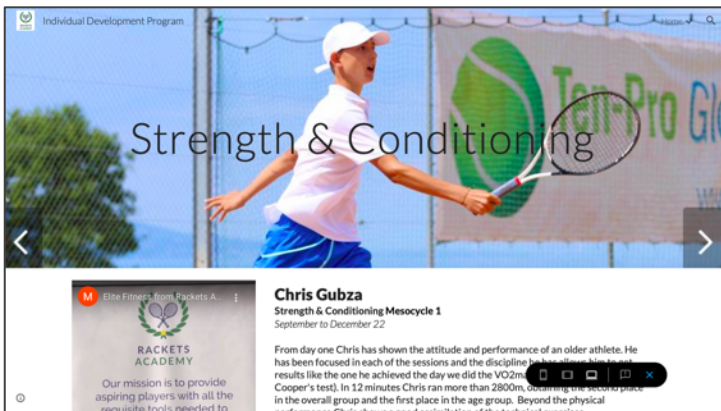
Participation in IMG Future Stars

Eddie Herr Invitation



Individual Development Plans

Each player has a specially curated interactive Individual Development Plan (IDP) This is used as a tool to assist the player, their coaches and parents, monitor and track development. Its primary purpose is to help each player set and reach short and long-term goals, as well as improve current performance. The player has access to certain pages to keep the page interactive and up to date and personal.



The IDP consists of:

- Video Analysis of each shot
- Feedback on Mental Coaching sessions
- Physio Feedback
- Tournament Feedback
- Education Results
- Strength & Conditioning

Physical Preparation



Full Medical Diagnostic

Rackets Academy in partnership with UP AND RUNNING provides sport specific medical assessments that are carried out prior to starting each year, evaluating all pre-participation conditions for recreational athletes as well as professional sportsman. The Sports Medicine experts offer return to play medicals for players that have been out of action for a longer period of time.

Included in the Package:

MSK examination

ECG testing with report

Written medical report

Phits Footscan

Performance Testing

Rackets Academy offers functional screening for players who have concerns regarding any musculoskeletal restrictions, muscle imbalance or skeletal anomaly. We provide a realistic opinion with regards to expectations on function, exercise capacity, long term outcomes and treatment options, providing guidance on choice of sport in line with body structure, function, and ability. VO₂ Max and VALD testing are available at a discounted rate.



Mike Stephenson

At up and Running clinic we are the first in the UAE to use the Phits footscan technology to accurately measure the amount of force going through your feet and lower limb. Footscan (Included in the package) has been incorporated to our biomechanical assessment to help us determine the cause and risk of injury. This technology allows us to offer our clients the opportunity to get the world's first 3D printed orthotics generated from dynamic force platform gait analysis. Many Elite athletes utilise this technology to maximise their performance and reduce the risk of injury.

Strength & Conditioning

Individual Strength & Conditioning Program and Monthly Physical Reports

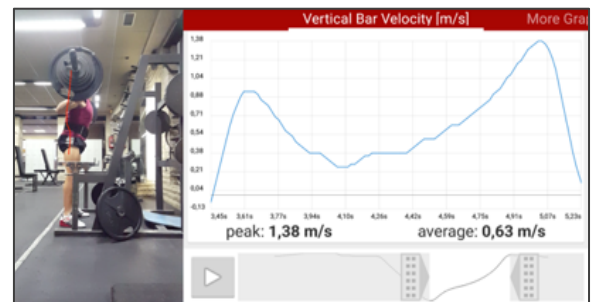
The goal is to optimize the potential of each player by analyzing through individual tests. From that point we can identify what needs to be corrected and improved and, most importantly, it allows us to measure progress.

What we are going to improve?

- Postural correction (on and off the court)
- Ranges of movements
- Transverse and gluteus activation
- Balance and proprioception
- Aerobic and anaerobic endurance.
- Cardiovascular function.
- Strength and speed (which will improve the potency)
- Reactivity, neuromuscular and visual coordination.

Tests:

- Functional Movement Screen
- Hip extensor power measurement.
- Vertical jump activation measurement.
- Heart rate and oxygen saturation recovery capacity after a metabolic test.

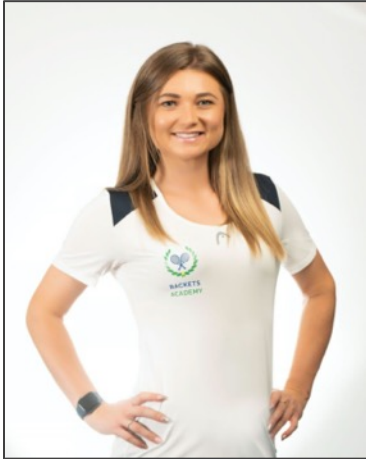


As a result each player will have:

- A personalized proposal to correct what needs to be corrected (in terms of muscle decompensation and biomechanics works).
- A platform to check the most suitable exercises based on their characteristics.
- A plan for the week prior to the competition.
- A guide to improve the recovery the days after competition.
- The result of every test (frequently done) which allow us to see the progress.



Mental Preparation



Alana Casey
Elite Program Mindset Coach



The program has 2 face to face sessions per week with our in-house Neuro Linguistic practitioner Alana Casey who also has 20 years tennis coaching and playing experience . A report will be issued after each session with NLP match analysis included.

Neuro – Nervous system through which experience is received and processed through the 5 senses.

Linguistic – Language and nonverbal communication systems through which neural representations are coded, ordered and given meaning.

Programming – the ability to organize our communication and neurological systems to achieve specific desired goals and results.

They is a way of changing someone’s thoughts and behaviors to help achieve desired outcome for them. The popularity of neuro-linguistic programming in tennis has become widespread.

All behavior has a structure. This can be modelled, learned, taught & changed (reprogrammed). Alana will lead, coach, mentor and train our players in both a professional and friendly platform.

It will give them a feel of empowerment, build self-belief, an understanding of thoughts and feelings, encouraging positive and uplifting self-talk, and build confidence. This will give them more tools to help deal with stressful situations, challenges they may face and get from present states to desired outcomes.



Tournament & Training Camp Schedule

April - August 2023

| | | | | |
|---------------|----|---------------------|---|---------------------------|
| April | 32 | J5 Uzbek - Kirk | Cyprus TE U14 | Rackets Academy Champs |
| | 33 | | Mediterranean World Tennis Cup - Antalya Turkey | Utr 15s -5 |
| | 34 | J5 - Lebabnon - Ale | | U12 TE |
| | 35 | | | Mixed Doubles -5 UTR |
| May | 36 | | Baku TE U14 | TE U16 |
| | 37 | | Baku TE U14 | UTR Men's Local |
| | 38 | | | U14 TE |
| | 39 | | Cyprus TE U14 | Utr 15s -5 |
| June | 40 | | | U18 TE |
| | 41 | | | UTR Local 16's |
| | 42 | | Georgia TE U14 | Mixed Doubles -5 UTR |
| | 43 | | | Men's Doubles Prize Money |
| | 44 | | | Team Building Activity |
| July | 45 | | BTT Training Camp | |
| | 46 | | France Summer Tour | |
| | 47 | | France Summer Tour | |
| | 48 | | France Summer Tour | |
| August | 49 | | | |
| | 50 | | | |
| | 51 | | | |
| | 52 | | | |

Local Events Target = 10

UTR Events Target = 12

International Events Target = 15-20

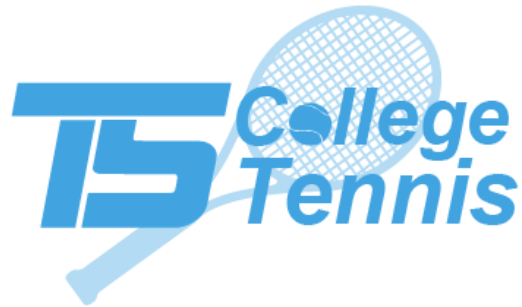
International Training Camp Target = 3

The below schedule is provisional Tournament schedule which will be added to as more events for 2023 are announced in the next few month.

The above tournament schedule is subject to change.



Scholarship USA



A life changing experience!

We offer complete assistance to obtain a scholarship in an American university. We offer a professional service for those tennis players that want to continue their studies but at the same time want to continue to play tennis.

Create your character, improve your game, secure your future

College Tennis gives you the possibility to continue to play tennis at a high level also during your studies. It's an incredible opportunity, for players that want to turn pro and also for the players that don't want to give up their passion once high school is over.

Use tennis to pay university expenses

In the United States, sports have an enormous importance and every year each school provides many scholarships for athletes of different disciplines. In **Division 1** on the men's side every tennis team has 4.5 full scholarships, while on the women's side 8 full scholarships. In **Division 2** the tennis men's teams have 4.5 full scholarships while the women's teams 6.

What does a full scholarship entail?

- Tuition costs
- Room and board
- Meals
- Books
- Physical Therapy
- Trips with the team
- Tennis equipment
- Personalized athletic training



Training with Champions



Alexander Zverev

Age: 26
Nationality: German
Highest ATP Ranking: #2
Career ATP Titles: 19
Career Prize Money: \$33.6 million



Dan Evans

Age: 32
Nationality: British
Current ATP Ranking: #31
Career ATP Titles: 2
Career Prize Money: \$4.8 million



Alexei Popyrin

Age: 22
Nationality: Australian
Highest ATP Ranking: #59
Career ATP Titles: 1
Career Prize Money: \$2.2 million



Dominic Thiem

Age: 28
Nationality: Austrian
Highest ATP Ranking: #3
Career ATP Titles: 17 (US Open Champion 2020)
Career Prize Money: \$28 million

Prices & Packages

Weekly: 3,00 AED

Monthly: 10,000 AED

Term 1 - September - December 2023: 15 Weeks - 37,500 AED

Term 2 - January - March 2024: 12 Weeks - 30,000 AED

Term 3 - April - June 2024: 12 Weeks - 30,000 AED

Price Includes:

A Great Competitive Training Atmosphere!

Up to 23.5hrs a week Training Program

Full Annual Medical Assessment (including Footscan)

Twice a week Physio Access (Jen)

Twice a week Mental Coach Session (Alana)

Dubai Based Tournament Travel

Training & Match Video Analysis

Individual Strength & Conditioning Program and Monthly Physical Reports

Transportation between School & Academy

Player Team Meetings - 1 scheduled per fortnight with player, parents, coach & academy management.

Fitness First Membership

Full Apparel (Shirt, Short, Jacket, Racket Bag)

50% Discount at Head Store

20% off follow up session needed with Jen Rath (Physio)

Additional services that are not included in the price:

School Fees in-school or online (available on request)

Extra Individual Private Session Package Tennis & Fitness - 3000 AED for 10*90min

Performance Testing (Prices available on request)

Private one to one Mental Coaching (Alana) 40min session plus follow up report - 300 AED Per Session

Tournament Travel or Training Camps

The International Tournament Travel or International Training Package price will be consolidated the following month if different to the weekly cost of the players program.



Contacts



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