



RACKETS
ACADEMY
Dubai

Full Time Elite Program
2024/25



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ACADEMY
Dubai

**90+ Courts - 19 Locations – 35+ Coaches -
4 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 14 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 & Italian.



James Morris

Elite Program Tennis Coach

12 years' experience coaching with various players on ITF, WTA and TE



Agustin Mancini

Elite Program Tennis & Fitness Coach

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



Luis Almeida

Elite Program Fitness Coach

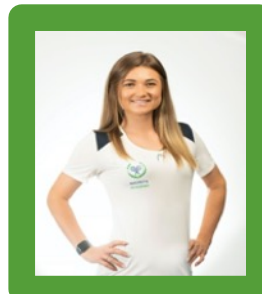
19 years' experience with top athletes from ATP, WTA and ITF Level



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 Full Time Golf and Swimming 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.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Tennis + S&C + NLP	Tennis + S&C	Free Time	Tennis + S&C	Tennis + S&C	Tournaments	Tournaments or Free Time
8:00							
9:00	School	School	School	School	School		
10:00							
11:00							
12:00					CSR		
13:00					Free Time		
15:00	Free Time	Free Time	Free Time	Free Time	Tennis + S&C		
15:30							
16:30	Tennis + S&C	Tennis + S&C	Tennis + S&C	Tennis + S&C			
17:00							
18:00					Free Time		
18:30	Free Time	Free Time	Free Time	Free Time			

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. GEMS Wellington Academy Al Khail offers a bespoke program for our players allowing them a later school

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.

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.



Program Facilities



PERFORMANCE TENNIS CENTRE

The school has 5 brand new Tennis Courts to facilitate an in-school training program that reduces wasted travel time for players. The gym facilities are top ranges with 2003+ sqm modern gym. The school has is all set up to facilitate the education of traveling athlete with a specialized program to make sure grades to not drop as a result of increased travel and training hours. We also have courtside office space to administer the whole program with stringing machine.



أكاديمية جيمس ولينغتون - شارع الخيل GEMS Wellington Academy AL KHAİL



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:

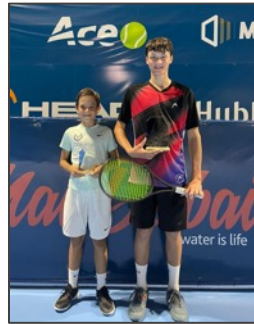
100% pass rate (A* - E) / **52%** of all A level entries achieved A*/A grades

36% of all A level entries achieved at least one A* grade / 11 students achieved all A* grades

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.

Achievements so far!

2023 to date



6 Junior ITF Trophies

3 Asian Federation Trophies

12 Tennis Europe Trophies

21 Ten Pro Trophies

32 UAE Federation Trophies

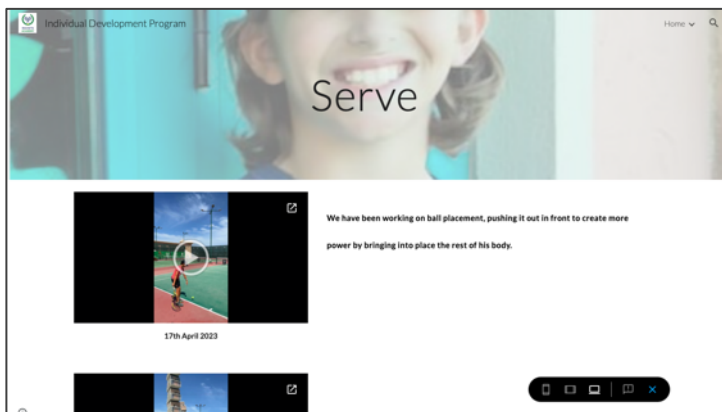
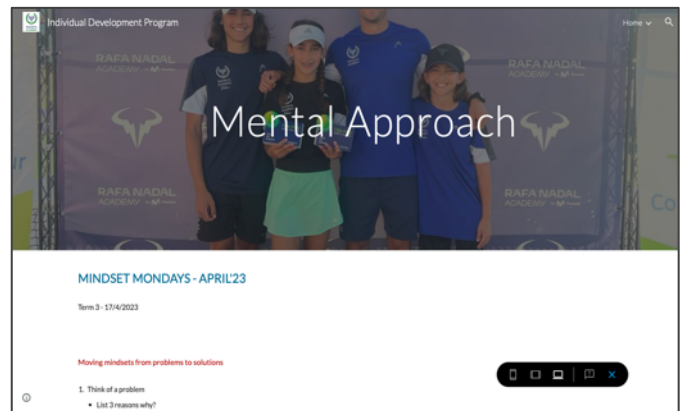
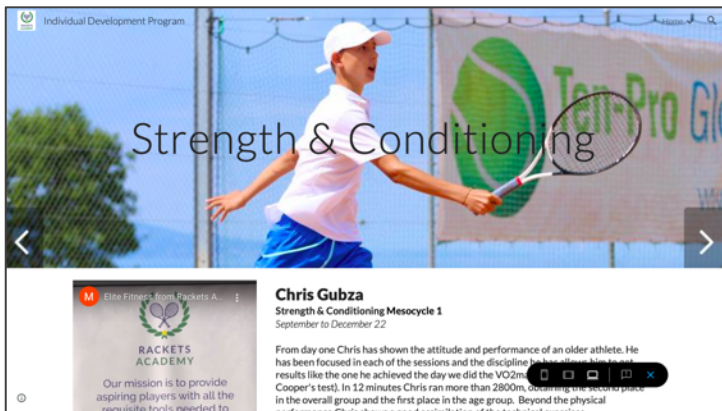
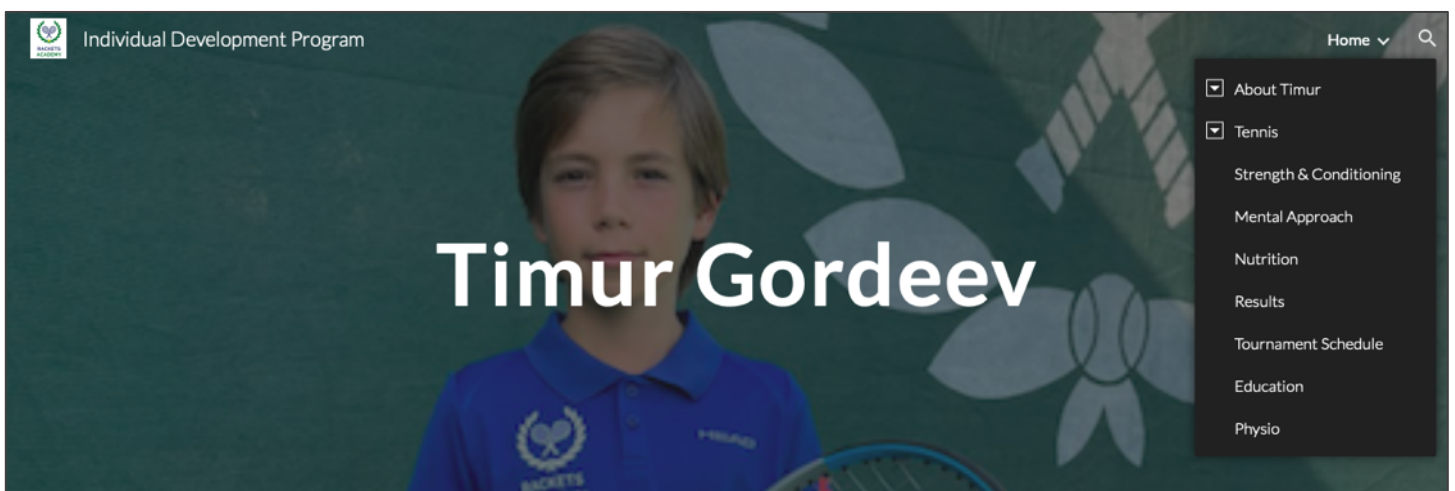
Participation in 2 IMG Future Stars

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.

Up & Running are offering discounted Diagnostics including:

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 Physical Reports Each Term.

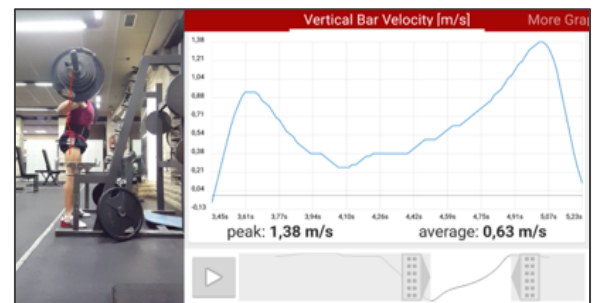
The goal is to optimize the potential of each player by analyzing through individual tests. From that point we can identify what needs to be corrected and improved and, most importantly, it allows us to measure progress.

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.

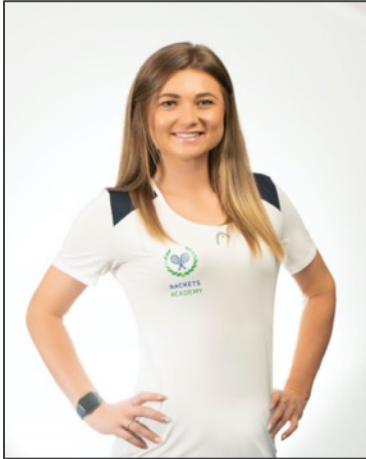


As a result each player will have:

- 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 each term 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

October '24 - February '25

October	6			
	7	Baku ITF J30		
	8	Baku ITF J30	JWTS / ATF U14	JWTS / ATF U14
	9		TEN-PRO	TEN-PRO
November	10	Bahrain ITF J30	ATF U16	ATF U16
	11	Bahrain ITF J30		
	12	Fujerah ITF J30		
	13	Dubai ITF J60		
December	14	Bahrain ITF J30		
	15			
	16			
	17	JWTS / ATF U14 & U16 CAT1	JWTS / ATF U14 & U16 CAT1	JWTS / ATF U14 & U16 CAT1
	18			
January	19			
	20	J100 FUJAIRAH ITF		
	21	J100 DUBAI ITF	TEN-PRO	TEN-PRO
	22	J100 DUBAI ITF		

Local Events Target = 10

UTR Events Target = 12

International Events Target = 15-20

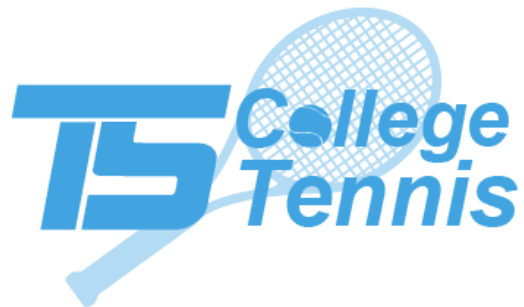
International Training Camp Target = 3

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

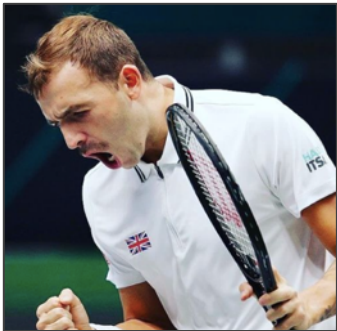


The top players that also train with us.....



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

Price Includes:

A Great Competitive Training Atmosphere!

Up to 23.5hrs a week Training Program

Includes a 90min Private session Per week.

Discounted Full Annual Medical Assessment (including Footscan)

Twice a week Physio Access (Jen Rath)

Twice a week Mental Coach Session (Alana Casey)

Dubai Based Tournament Travel

Training & Match Video Analysis

Individual Strength & Conditioning Program and Physical Reports produced every term.

Player Team Meetings - 1 scheduled per month with player, parents, coach.

Bidi Badu Full Apparel (6 Shirts, 2 Shorts, RA Hooded Jacket)

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 through Joanne)

Extra Private Session Tennis or Fitness – 350 AED for 90min

Extra Private Session with Head Coach Mariano - 450 AED for 90min

Performance Testing (Prices available on request)

Private one to one Mental Coaching (Alana) 45min 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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