

TENNIS





RPS ACADEMIES IS A HIGH-PERFORMANCE INSTITUTION FOUNDED ON THREE CORE PILLARS:

Intellectual, Academic, and Sports Excellence. Our aim is to establish a boutique-style academy where each student's aspirations are prioritized and embraced as our own. Boasting an exceptional team of coaches, educators, and teachers, we dedicate ourselves daily to achieving distinguished goals and fostering an environment of success.



THE PROGRAM _

We provide our students with high-performance tennis training using a specialized curriculum designed by internationally renowned tennis coach Gabe Jaramillo

Gabe Jaramillo is a renowned international tennis coach who has worked with many of the greatest players in the sport's history. Throughout his career, he's developed eleven of the world's No.1 ranked and 27 top 10 players, including Agassi, Courier, Sampras, Sharapova, Seles, Nishikori, and many others. The Tennis Director Juan Abuchaibe has worked with professional and college players. We're proud to say that all of our high-performance tennis coaches are certified with our expert-backed system and methodology. Over the past ten years, we have produced six top ten ITF Junior Players, including two number-one players in the world, Maria Camilla Osorio and Shilin Xu.

You can enroll on a full-time or a weekly basis, boarding or non-boarding.

Our high-performance Academy has a track record of helping players reach their potential.

WE MAKE CHAMPIONS.



THE SYSTEM

The System comprises athletes, parents, coaches, and the environment—a cohesive unit essential for Methodology execution. At every level, they must synchronize like well-oiled machines, progressing logically towards peak performance. High-performance institutions set high goals backed by expertise, positivity, and relentless dedication. Together, athletes, parents, and coaches pursue a singular objective: the athlete's success.



THE METHOD

We have a unique and proven methodology developed by Gabe Jaramillo. The Methodology focuses on three spheres: physical, mental, and competitive. The three spheres work together simultaneously. These spheres and the relationships they have with one another are vital and nearly infinite.

To implement the Methodology, we use a written plan called Periodization. This plan is based on a logical sequence that begins with the development objectives and concludes with performance targets.

By working with live ball, the players learn and develop strokes, tactics, and mental integrity. This is one of the fundamental bases of our Methodology, and this concept accelerates the

athlete's development.

Every ball the player hits must have a tactical intention. This is another crucial aspect since many players learn very well-structured strokes but take time to learn how to play. The mental part is always present in all stages of training, prioritizing the control of emotions.

Our method is game-based, making the process more enjoyable, and where the student develops cognitive skills of the tactical part, learning to compete from the beginning.

The athletes are in charge of their process and development. Our job is to create independent thinkers.





Everything starts with understanding an athlete's unique dream, physical skills, and cognitive strengths. Our systematic approach unfolds from there—a journey of patience and precision. We begin with a written plan, emphasizing developmental goals, advancing one step at a time, and ensuring a solid foundation before ascending to goals based on results.

SEVEN FUNDAMENTALS TO DEVELOP TALENT

1. THE DREAM

Everything starts with the dream.

2. FIVE PRINCIPLES TO DEVELOP TALENT

Individuality, Volume, Repetition, Variation, Specificity.

3. PERIODIZATION PLAN

Effective planning and meticulous execution are imperative for success.

4. LIVE BALL TRAINING

Develop consistency, ball tollerance and consistency.

5. ANCHORING THE THREE SPHERES

Working the physical, mental and competition simultaneously, students can unlock their fullest potential in a shorter timeframe.

6. COMPETITION

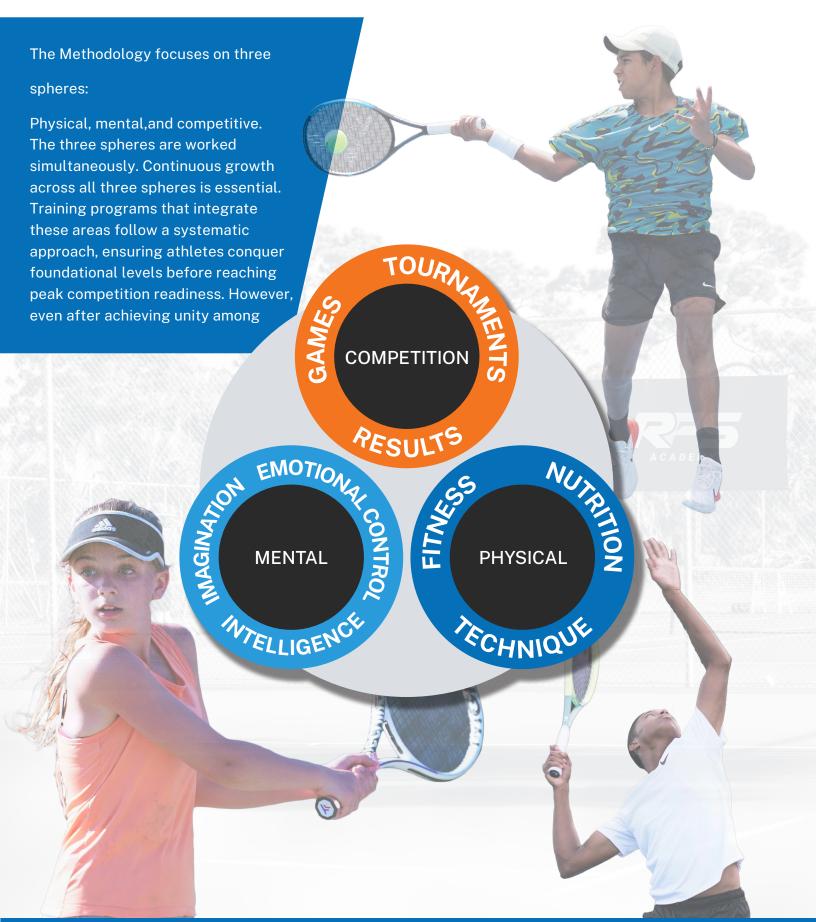
Daily competition to refine Strategy and Tactics under pressure.

7. CONTINUOUS IMPROVEMENT

The pursuit of improvement is an ongoing journey without end.



THE SPHERES



ASSESSMENT METHOD

OBJECTIVE BENCHMARKS ASSESSMENT:

ATP, WTA, ITF or USTA Rankings UTR Ratings vs Age

SUBJECTIVE PARAMETERS ASSESSMENT:

Awareness Recognition & Reaction

BALL TOLERANCE

Ability to keep a live ball rally going with a minimum target of 30 balls in a row.

DECISION MAKING

What does the student do with the incoming balls that they receive (neutralize, defend or take the offensive)?

TENNIS MATURITY

When did the student start practicing?
How often does the player practice (frequency)?
How long does the player usually play for within each practice (duration)?

What amount of focus and energy does the player exhibit within given practices (intensity)?

COMPETITIVE COMPETENCY

When did they start competing?
How many tournaments does the player play per month/year?

FOOT WORK

What is the student's mastery level of the Movement Cycle—split step, first step, adjustment step(s), recovery step(s) Split steps on time. Reaction and first step.

TECHNICAL

Grip selection for each stroke, stability and conformity of each stroke swing, consistency of contact point, ball speed and racket head acceleration.





TRAINING BLOCKS PERIODIZATION & PLANNING

We train our students using a specialized and proven **Developmental Curriculum and Periodization**Method

designed by internationally renowned tennis coach Gabe Jaramillo. The Periodization Training Method divides the overall program into specific and distinct periods, so improvements are made step by step, month to month, and year to year. We plan each student's Periodization Program beginning with their goals for the distant future and working backwards to the present. Using this Method our students make the

| WEEK | | JANUARY | | | FEBRUARY | | | MARCH | | | | APRIL | | | _ | MAY | | | MONTH | | | | |
|--------------------------|------------------------------------|--|--|-----------------------------------|--|---|--|---|-------------------------------|--|--|--|---|--|---|--|--|--|---|--|--------------------------------------|--------------------------|--|
| | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | WEEK | |
| MONDAY-SATURDAY | 1-6 | 8-13 | 15-20 | 22-27 | 29-3 | 5-10 | 12-17 | 19-24 | 26-2 | 4.9 | 11-16 | 18-23 | 25-30 | 1-6 | 8-13 | 15-20 | 22-27 | 29-4 | 6-11 | 13-18 | 20-25 | MONDAY-SATURDAY | |
| NUMBER OF TRAINING DAYS | 119 | 125 | 131 | 136 | 142 | 148 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 236 | 244 | NUMBER OF TRAINING DAYS | |
| TENNISTESTING | | VIDEO | | | | | VIDEO TRANSITION | PLUS ONE MINUS ONE | | FROM BERVE CORRESTENCY | | VIDEO | FLUS ONE | | SECOND SERVE CONSISTENCY | | | VIDEO STROKES | | | | TENNISTESTING | |
| PREMIER TENNIS TOUR | | | | | PTT FORT | | | | | ORLANDO | | | | | | | | | | | | PREMIER TENNIS TOUR | |
| GRAND PRIX | | | | | | GRAND PRIX #1 | | | | | | | | GRAND PRIX #2 | | | GRAND PRIX #3 | | | | | GRAND PRIX | |
| 12-14 | | | L6 Boyeton Boh | L& Delray Ech | L6 Seyeton L5 Delay L6 Seyeton Seh | | L6 Wellington | | 12-14 | | | | | | | | | | | | | | |
| COMPETITION 16-18 | | | L6 Boyeton | | | | L6 Boynton Bob | | | | | LS Delray | | | | LG Boyston | | | | Welleston | | 16-18 COMPETITION | |
| ITF J60> | | | | | | | GUA JS0 | GUA JS0 | | | | | HON JS0 | HON J30 | | | CR J60 | CR 360 | NIC Jso | NIC 160 | | ITF J60> | |
| ITF J60< | | | | | | | | | | | | ARG J100 | PAR J100 | | | | USA J100 | USA J100 | | | | ITF J60< | |
| ITF J500/ GRAND SLAM | | | | | | | | | | | | | | | | | | | | | | ITF J500/ GRAND SLAM | |
| MONEY TOURNAMENT | | | | | | BATTLE OF BOCA | | | BATTLE OF BOCA | | | | BATTLE OF BOCA | | | | DATTLE OF BOCA | | | | BATTLE OF BOCA | MONEY TOURNAMENT | |
| TRAINING PHASE | INITA | TION | | DEVELO | PMENT | | READY F | OR SUPERI | OR PERFOR | RMANGE | RECOVERY | INITATION | | DEVELO | OPMENT | | SUPERIOR PE | RECEMANCE | DEVELO | PMENT | RECOVERY | TRAINING PHASE | |
| MESO-CYCLE | TECHI | NICAL | | PRE- | COMPETIT | COMPETITION COMP | | | MPETITI | ON | ACTIVE | TECHNICAL | A PRE-COMPETITION | | | | COMPETITION PR | | PRE-CON | RE-COMPETITION ACTIVE MEET | | MESO-CYCLE | |
| WAS OF COURT SURFACE | нс | H-C | HC/CLAY | HC/CLAY | нс | H-C | H-C | H-C | H-C / GLAY | H-C / CLAY | H-C | H-C | H-C | H-C | H-C / GLAY | H-C / CLAY | HC/CLAY | HC | нс | H-C | H-C / CLAY | WHEE OF BOURT SURFARE | |
| PEAKING FROM 1 TO 10 | 4 | 4 | 6 | 6 | - 6 | 8 | 8 | 10 | 10 | 10 | 4 | 4 | 6 | 6 | 8 | 8 | 10 | 10 | 6 | 5 | 5 | PEAKING FROM 1 TO 10 | |
| OVERALL POTENTIAL STRESS | L. | L. | L | м | H | н | М | н | н | н | L | L | М | M | м | н | н | H | E . | , E | L | OVERALL POTENTIAL STRESS | |
| | BARRIERS | | | | BARRIERS BARRIERS | | | | BARRIERS | | | | BARRIERS | | | | | | | | | | |
| TOOLS | | CONES | | | | | MOONE | | | CONES | | MEDICAL | | | | | | | TOOLS | | | | |
| 10000 | | | | IES | | | | | | | | | LINES | | - | | | | | 10000 | | | |
| | ANGLES GRIND GRIND | | | | ND | D CHANGE OF DIRECTION CONTROL CONTROL OF THE COUNT | | | | CEPTURE | TRANSITION RESERVOIT CHARGE OF TRANSITION AND INC. | | | | CHANGE OF CHRESTON | | | The Contract of the Contract o | | | | | |
| MICRO | ADAPTATION | | OOTWOR | | CONSISTENCY POINTS | GRAND PIEX | CONTRACT O | HI COURT | 995090 20463 | AMOURS | HALF COURT GAMES | BLOWNE DOWN THE POINT | SHOROUGH SHOROUGH | GRAND PRIX | EMARKE MIGGIES | USE OF SLAGE | GRAND PREE | TAXEG TRIE ENG! | JUAN'S DELL | noonege's onal | HALF | MICRO | |
| CYCLE | VOLEME | SPLIT STEP | ACTION / REACTION | RECOVERY STEP | RECOVERY STRP | GRAND PIEX | RECOGNISMS ORNORISMS | VARIOUS TIMES ARREST | TRANSITION | CHEATING EPOCE | GAMES | COUNTER PURCHING | CVERHEADS | GRAND PRIX | MASH OPPONENT BACK | NOT (1882)S THE SAME! MACAINFRON | GRAND PREE | TRANSITION | RASHID'S CRIELL | RASHO'S DOLL | GAMES | CYCLE | |
| | NET CLEASUNCE | BALL RECOGNITION | CONTROL | BALL QUALITIES | MILTINI SALL | GRAND MICK | reserve | CHARGE PRIOR | | CEPENO CEEP MIROCE | RING - | DRE OF SLAX | SERVE & VOLLEY | GRAND PRIX | DECEMBED TO RECEIVE | VOLLEYS & OVERHEADS | GRAND PREK | OPENING THE COURT | ALEX'S DESLE | DIEMO'S DIELL | APPROACH (PASS | | |
| A 8.6 | | | | | GEORGIA I | GRAND PRIX | 26 MINT | WE MAKE | NET SHIPLE BOOM | SACKWEEN TO SACKWEEN I | RING | | DEPA CHARGE | GRAND PRIX | THE SERVICE WIDE | BUCE & SPAN | GRAND PREE | SERVE of | DRILL | RICARDO'S | SERVE & | AM | |
| AM | CONSISTENCY | ASQUISTMENT STEPS | CONSISTENCY TARGETS | MIGHT SPIL SEPTIC | | | | | | | | EACKAMO +1 | | | | | | | | DAKE | VOLLEY | | |
| - | | ADJUSTMENT STEPS STANCES STANCESCORES | CONSISTENCY TARGETS 1ST SERVE NICE +1 | | SERVE +1 | GRANG PIEK | Million of Economic Straffson | RETURN (1 BLOOK FOR THE | NET/HIS/COUTON INCASTMENTS | BACKGREEN SCHOOLSEN | SERVE AND RETURN | RETURN 1 LOOK FOR FIG | EMMG VOLLEYS | GRAND PRIX | RETURN 11 LOOK FOR FIG | RETURN WITH FORENAND | GRAND PREE | RETURN +3 | CRN7'S CHILL | TERRALS | VOLLEY CHP & DANAGE | | |
| - | CONSISTENCY SERVE+1 PETURN+1 | ADJUSTMENT STEPS STANDS SPIN-TOMASS SET SERVE WIDE +1 | TARGETS 1ST SERVE NECE +1 PETURN | NEDOLE +1 | | GRAND MEX | | RETURN 11 ECOX FOR FIG PUT JURIS FOREMARKS | SWAC | | | | | GRAND PRIX | RETURNAT LOOK FOR FIG PUT AVANT POREHAMOS | | GRAND FREE | | | | OHP & OWNER FOREHAND | TECHNIQUE | |
| AM TECHNIQUE | CONSISTENCY SERVE+1 PETURN+1 | ADJUSTMENT STEPS STANDS SPIN-TOMASS SET SERVE WIDE +1 | TARGETS 1ST SERVE NICE +1 | NEDOLE +1 | KAMIKAZE | | Million of Economic Straffson | PUT JOSEF FORENARIOS | | MILENS SOUTH | SERVE AND RETURN | RETURN 1 LOOK FOR FIG | | GRAND PRIX | PUT AYANY POREHAMOS | RETURN WITH FORENAND | | RETURN +3 | CRN7'S CHILL | TERRAS | CHP & DANIES | TECHNIQUE | |
| - | CONSISTENCY SERVE+1 PETURN+1 | ASJUSTMENT STEPS STANCES STANCES STANCES STANCES WEELS FT AWAY | TARGETS 1ST SERVE NECE +1 PETURN | NEDOLE +1 | KAMIKAZE | CRAND PIEX | Million of 200000 THE APPROXISE BARRADE AT THE BEST | PUT JOSEF FORENARIOS | FINISH | MINERALI SCORESIEN WOLLEYS | SERVE AND RETURN | RETURN 11 LOOK FOR FIG. PUT AWAY FOREHANDS | EMMIS VOCIFYS | GRAND PRIX | PUT AMAY POREHMEDS | PUT AMAY FOREHAMO PUT AMAY FOREHAMOS | GRAND FREE | RETURN 43 EXAMBAZE AZ THE MET | GROYS OPILE 29 SMLLS SIGN TO SIGN | PUT AMAY | CHP & CHARGE FOREHAND | TECHNIQUE | |
| TECHNIQUE | CONSISTENCY SERVE +1 PETURN +1 PU | INCOL | TARGETS 1ST SERVE NECE +1 PETURN | NEDOLE +1 | KAMIKAZE HURT | CRAND PIEX | Million of Economic Straffson | PUT SHARE FUNDAMONS ASSOCIATION OF CHARGO OF SHAREOUS | FINISH | MINISTER IN SECTION IN | SERVE AND RETURN | RETURN 11 SLOOK FOR FIG PUT AWAY FORSHANDS | | GRAND PRIX | PUT AVANT POREHAMEDS JRT PRESSURE POINTS | PUT AMAY FOREHAMO PUT AMAY FOREHAMOS FAST POINTS | GRAND FREE | RETURN +3 EAMIRAZE AT THE MET ISH FAST POINTS | CRN7'S CHILL | TERRAS | CHP & CHARGE FOREHAND | TECHNIQUE | |
| TECHNIQUE | CONSISTENCY SERVE +1 PETURN +1 PU | ADJUSTMENT STIPS STIPS STIPS STIPS STIPS STIPS WEG 11 TAWAY I TROL HALF COURT IN GRACOW | TANGETS SET SERVE BEEG +1 PETUROS FOREHANI ASSUME GAMES G FORETS | NEDOLE +1 | HURT HURT HANGERON SETS WITH | CRAND HIX CRAND HIX | MALE COURT MALE C | PUT JOSEF FORENARIOS | | SETS WITH SERVE 2 SETS WITH SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SETS | GAMES DOUBLES | RETURN 1 LOOK FOR FO PUT AWAY FORSHANDS CONTROL LONG FORTS GROUPE | CLAY COURT STRATEGY G PORTS | GRAND PREX GRAND PREX HU | PUT AVAIT POREHUMEDS PRT PRESSURE POINTS AUTH MONTH ILL | PUT AMAY FOREHAMO PUT AMAY FOREHAMOS | GRAND FREX GRAND FREX FIN | RETURN +3 RAMBRACE AT THE MET ISH FAST | CPEN SETS | PUT MANY METERALADAY THE ROOM | OHP & OALHOSE FOREHAND KAMBIAZE LIVE | T TO SECURE | |
| TECHNIQUE | SERVE +1 PETURN: +1 PU CON | ADJUSTMENT STEPS STANDS STANDS STANDS WEE I FT AWAY I TROL | TANGETS SET SERVE BEEG +1 PETUROS FOREHANI ASSUME GAMES G FORETS | NEDOLE +1 | HURT HURT HALF COURT TRANSITION SETS WITH | GRAND PREX GRAND PREX | MALE COURT BASILER | PUT SHARE FUNDAMONS ASSOCIATION OF CHARGO OF SHAREOUS | FINISH | SETS WITH | GAMES | ECTURNAL LOOK FOR FIG PUT AWAY FOREHANDS CONTROL LONG FORETS | CLAY COURT STRATEGY G POARS OPEN SETS | ами нех ами нех НС | PUT AVANT POREHAMEDS JRT PRESSURE POINTS | PUT AMAY FOREHAMO PUT AMAY FOREHAMOS FAST POINTS | GRAND FREE GRAND FREE FIN | RETURN 02 RAMBRAZE AT THE MET ISH FAST POSITS RETURN 02 UTR | GROYS OPILE 29 SMLLS SIGN TO SIGN | PUT MANY BUT MANAGE BUT MANAGE THE SOURCE PARTIES MORNING TO SOUTH | CHP & CHARGE FOREHAND | MICRO CYCLE | |
| TECHNIQUE MICRO CYCLE PM | SERVE +1 PETURN: +1 PU CON | ADJUSTMENT STIPS STIPS STIPS STIPS STIPS STIPS WEG 11 TAWAY I TROL HALF COURT IN GRACOW | TANGETS SET SERVE BEEG +1 PETUROS FOREHANI ASSUME GAMES G FORETS | IMPOOLE+1 | HURT HURT HANGERON SETS WITH | GRAND PREX GRAND PREX GRAND PREX GRAND PREX | MALE COURT MALE C | POT FARM FORDARDS PORTARDS PORTARDS OF DESCRIP SCTS WITE BERVE +3 | FINISH UTR MATCHES | SETS WITH SERVE 2 SETS WITH SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SETS | GAMES DOUBLES | RETURN 1 LOOK FOR FO PUT AWAY FORSHANDS CONTROL LONG FORTS GROUPE | CLAY COURT STRATEGY G PORTS | GRAND PRIX GRAND PRIX GRAND PRIX GRAND PRIX | PUT AVAIT POREHUMEDS PRT PRESSURE POINTS AUTH MONTH ILL | RETURN WITH PORTAND PUT ANNAY FOREIGNACS FAST POINTS SITS WITH SUPPLY ANNAY FOREIGNACS | GRAND FREE GRAND FREE FIN GRAND FREE GRAND FREE GRAND FREE | METURN +0 KAMBRAZE AT THE MET FAST FORTS GULARIA RUSANA +0 | CPEN SETS | PUT MANY METERALADAY THE ROOM | OHP & OALHOSE PORCHAND KAMBIAZE LIVE | MICRO CYCLE | |
| TECHNIQUE | SERVE +1 PETURN: +1 PU CON | ADJUSTMENT STIPS STIPS STIPS STIPS STIPS STIPS WEG 11 TAWAY I TROL HALF COURT IN GRACOW | TANGETS SET SERVE BEEG +1 PETUROS FOREHANI ASSUME GAMES G FORETS | NST T T IMPOULE +1 DS OPENISETS | HURT HALF COUNT TRANSPIRM SETS WITH FINISHESS AT HERES AT | CRAND PIEX CRAND PIEX CRAND PIEX CRAND PIEX CRAND PIEX | MALE COURT MALE C | PAT FAME FRED AND I OUT DANIES OF ERCCESS SETS WITH SETS WITH SETS WITH SETS WITH SETS WITH SETS WITH SETS WITH | FINISH UTR MATCHES | SETS WITH SERVE 2 SETS WITH SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SETS | GAMES DOUBLES | RETURN 1 LOOK FOR FO PUT AWAY FORSHANDS CONTROL LONG FORTS GROUPE | CLAY COURT STRATEGY G POARS OPEN SETS | GAND MIX GAND MIX GAND MIX GAND MIX GAND MIX | PUT AVAIT POREHUMEDS PRT PRESSURE POINTS AUTH MONTH ILL | RETURN WITH PORTAND PUT ANNAY FOREIGNACS FAST POINTS SITS WITH SUPPLY ANNAY FOREIGNACS | GRAND PRIX GRAND PRIX FIN GRAND PRIX GRAND PRIX GRAND PRIX | RETURN 02 RAMBRAZE AT THE MET ISH FAST POSITS RETURN 02 UTR | CROYS OPELL 29 SALLS SIDE TO SIDE OPEN SIDE PLAYING FROM BJ RISAMIS | PUT MANY METS BRANCHO THE SOME MANY MANY MANY MANY MANY MANY MANY MANY | OHP & OALHOSE PORCHAND KAMBIAZE LIVE | MICRO CYCLE | |
| TECHNIQUE MICRO CYCLE PM | SERVE +1 PETURN: +1 PU CON | ADJUSTMENT STIPS STIPS STIPS STIPS STIPS STIPS WEG 11 TAWAY I TROL HALF COURT IN GRACOW | TANGETS SET SERVE BEEG +1 PETUROS FOREHANI ASSUME GAMES G FORETS | NST T T IMPOULE +1 DS OPENISETS | HURT HALF COUNT TRANSPIRM SETS WITH FINISHESS AT HERES AT | CRANG PRIX CRANG PRIX CRANG PRIX CRANG PRIX CRANG PRIX CRANG PRIX | MALE COURT MALE C | PAT FAME FRED AND I OUT DANIES OF ERCCESS SETS WITH SETS WITH SETS WITH SETS WITH SETS WITH SETS WITH SETS WITH | FINISH UTR MATCHES | SETS WITH SERVE 2 SETS WITH SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SERVE 2 SETS WITH SETS | GAMES DOUBLES | RETURN 1 LOOK FOR FO PUT AWAY FORSHANDS CONTROL LONG FORTS GROUPE | CLAY COURT STRATEGY G POARS OPEN SETS | GAMB PRIX GAMB PRIX GAMB PRIX GAMB PRIX GAMB PRIX | PUT AVAIT POREHUMEDS PRT PRESSURE POINTS AUTH MONTH ILL | RETURN WITH PORTAND PUT ANNAY FOREIGNACS FAST POINTS SITS WITH SUPPLY ANNAY FOREIGNACS | GRAND FREX | RETURN 02 RAMBRAZE AT THE MET ISH FAST POSITS RETURN 02 UTR | CROYS OPELL 29 SALLS SIDE TO SIDE OPEN SIDE PLAYING FROM BJ RISAMIS | PUT MANY METS BRANCHO THE SOME MANY MANY MANY MANY MANY MANY MANY MANY | OHP & OALHOSE PORCHAND KAMBIAZE LIVE | MICRO CYCLE | |

PERFORMANCE MENTAL CONDITIONING & NUTRITION

Focuses on nutrition, physical and mental conditioning, endurance, strength, motor skills, training load, speed, agility, balance, flexibility, running mechanics, aerobic power, anaerobic power, anaerobic capacity and more.

TENNIS-SPECIFIC TRAINING

Includes Tennis testing, competition planning/scheduling, training phase, technical development, strategic/tactical training, and training on multiple surfaces.

Our method takes into consideration the different needs, goals and levels of the players, from the novice to the professional athlete. Our *Periodization Method* is divided into three cycles: the Macro Cycle (the long-term plan), the Mezzo Cycle (partial planning in the short term, keeping in mind the overall objective of the Macro Cycle), and the Micro Cycle (includes the fundamental parts of the training). During the Micro Cycle, we organize the sessions in accordance to the biological results of the athlete.



THE IMPORTANCE OF SEQUENCES

IMAGINATION

Imagination is not simply about desire: it's about a shift in perception, a change in the way you see yourself and what is possible. Likewise, a dream is not about wanting anything but knowing these things and their outcomes to be confirmed before they happen.

DUPLICATION

Every action an athlete performs during an actual match is the latest in an ever-lengthening line of copies of an original play. His/her serve, backhand, return — everything is a copy of a copy of a copy, hundreds of thousands of copies deep, ad infinitum.

CONTINUITY

While duplication refers to repeating specific mechanical movements, continuity refers to maintaining consistency within the more general scope of the practice itself.

THE ORDER

A systematic sequence in which a player and his support system can move on to the next component. The player cannot skip a step, as each step is a foundation built off the previous one—it's how a player is built.

ADJUSTMENTS

A player who is progressing and growing will always need to keep making adjustments. If not, something is wrong. These are not changes; they are slight modifications that are part of the process.

PRIORITIZE

What elements are we going to improve first? What is most vital? Physical? Mental? Stroke mechanics? Proper prioritizing significantly increases an athlete's growth rate.

ACHIEVEMENTS

Accomplishments can be big or small, from doing well in a tournament to learning and applying something new. But they are tangible reminders of the athlete's ability and are a vital force driving them to keep working to succeed.

THE EVALUATION

A constant review of the last match/tournament/ training session is crucial. It requires a thorough and honest understanding and knowledge of the player. The athlete must also know where to improve their game.

CONCLUSION

The conclusion is when the athlete closes the circle. It is where they have arrived after many years of effort and having followed all the previous steps.

EXCELLENCE

Excellence is the continuation of the last circle. It is always moving and expanding, growing endlessly.



FULL-TIME SCHEDULE

Group 1

| | Saturday | |
|-----------|---|--|
| Breakfast | Option 1 | Option 2 |
| Fitness | 8:00am - 10:00am Tennis | USTA, PTT, and UTR tournaments |
| Tennis | | Who are |
| School | | |
| Lunch | | |
| Tennis | | |
| School | | |
| Dinner | | |
| School | | |
| Curfew | | |
| | Fitness Tennis School Lunch Tennis School Dinner School | Breakfast Option 1 Fitness 8:00am - 10:00am Tennis Tennis School Lunch Tennis School Dinner School |

Group 2

| Monday - Friday | | Saturday | | | |
|-------------------|-----------|-------------------|--------|------------------------|----------|
| 6:45am - 7:30am | Breakfast | Option 1 | | Option 2 | |
| 7:30am - 9:30am | School | 10:00am - 12:00pm | Tennis | USTA, PTT, and UTR tou | rnaments |
| 9:30am - 11:30am | Tennis | | | | |
| 11:30am - 12:15pm | Fitness | | | | |
| 12:15pm - 1:00pm | Lunch | | 2 | 3 | |
| 1:00pm - 3:00pm | School | | | | |
| 3:00pm - 5:00pm | Tennis | | | | N. |
| 6:00pm - 7:00pm | Dinner | | | | |
| 7:00pm - 9:00pm | School | | | | |
| 9:30pm | Curfew | 1 | | | 1 |

With one of the best, most elaborate training camp facilities and programs in the world, RPS Academies offers training and activity options like no other academy. Students are trained by the same coaches using the same methodology as our full-time program and visiting students are integrated directly into our regular program throughout the year. We are open 365 days a year so students can continue their training anytime. Come for one week, two—or even an entire summer. Boarding and non-boarding options are available. We have summer camps, holiday camps, pre-competition camps, and weekly intensive camps for those that need a push to get to the next level. Simply select which option is best for you and we'll schedule it.

WEEKLY PROGRAMS & CAMPS

| Monday - Friday | Saturday | |
|--|---------------------------------|----------------------------------|
| Group 1 | Option 1 | Options 2 |
| 8:00am - 10:00am | Group A | |
| 10:00am - 11:00am Conditioning 11:00am - 12:00pm Cross training & Activities | 8:00am - 10:00am | USTA, PTT or USTA Tournaments OR |
| 1:00pm - 3:00pm Tennis | | Activites & Entertainment |
| 3:00pm - 4:00pm Performance and Cool Down | Group B | Program |
| oloopiii iloopiii ranomanoo ana ooo. Bonn | 9:00am - 10:00am Conditioning | |
| | 10:00am - 12:00pm Tennis | |
| Group2 | | I |
| 9:00am - 10:00am Conditioning | | |
| 10:00am - 12:00am Tennis | | |
| 2:00pm - 3:00pm Performance | | |
| 3:00pm - 5:00pm Tennis | | |
| | | |



THE TOUGHEST

PERFORMANCE

RPS Performance program is lead by tennis performance coordinator Juan Rodriguez who has experience in developing elite athletes. Elevate your game and unlock your full potential with our elite performance program.

SPEED TRAINING

Developing speed and quickness offers a significant advantage in almost every sport. We work on enhancing faster reaction times so our athletes can execute movements with greater efficiency and effectiveness.

AGILITY TRAINING

Working on agility offers the advantage of improved body control, enabling our players to change direction quickly and efficiently while maintaining balance. strength, and speed. The goal is to improve the athletes overall physical coordination and balance.

STRENGTH TRAINING

Working on strength enhances muscle and bone health, increases endurance, and improves overall physical performance. It enables you to perform your sport with ease and reduces the risk of injuries by supporting joint stability. This foundation is critical for all our athletes.





CONDITIONING AND ENDURANCE

Embrace the challenge of conditioning to build the stamina and endurance required for success in competition. With structured workouts and a commitment to hard work, players develop the physical and mental toughness to outlast opponents.

MONITORING & EVALUATION

Continuous assessment and tracking of progress are key features of the program, enabling personalized adjustments and improvements based on performance feedback.

SPORTS SPECIFIC TRAINING

Customized training sessions are designed to cater to the specific demands of various sports.

FLEXIBILITY

Our training sessions are designed to optimize performance, beginning with a thorough warm-up and concluding with a cool-down consisting of flexibility exercises. Flexibility is a cornerstone of athleticism, allowing players to move fluidly, reduce the risk of injury, and maximize their range of motion. Through targeted stretching routines and mobility exercises, our program aims to improve flexibility in key muscle groups, enhancing agility and overall athletic performance.



COMPETITION

At **RPS Academies** we believe that competition is the foundation of high-performance development. That is why we compete every day. The more you compete, the more you learn, the more you learn, the better you perform.

We compete using a combination of competitive platforms to maximize your ultimate results:

Daily point play and competitive situational play

UTR

In-house Competitive Practice Match Play (Practice matches count for UTR points)

UTR

Tournament Play and In-house & Local competition

College Format

In-house events that prepare our athletes for what they can expect at the college level (events happens several times per academic year)

PTT (Premier Tennis Tour)

Provides younger students with the opportunity to develop their competitive skills at an early age

USTA

National and Local Tournament Play

ITF

Worldwide Tournament Play (for those who are eligible)



STUDENT LIFE

We offer more than just a great tennis program. Experience an exceptional opportunity to elevate your game while enjoying a summer filled with engaging activities. Our program offers a structured, supervised schedule featuring both on-site and off-site activities. Discover and enjoy Florida's attractions, including Islands of Adventure, Disney World, and Universal Studios, and more, along with our beautiful beaches.

A closed, gated academy with 24-hour security underscores our commitment to the safety of our young athletes, ensuring a secure environment where they can focus on their development without distraction. This stringent security measure is central to maintaining a safe, controlled space where parents can have peace of mind and students can thrive, both in their sport and in their personal growth.



THINGS TO KNOW

WHAT IS THE MINIMAL DURATION OF A RESERVATION:

The minimum duration for a reservation is one week, and the average reservation is two to three weeks.

OPTIMAL DURATION:

Our recommendation for athletes is to participate in our summer camp for two to three weeks to maximize the benefits of their stay.

RECOMMENDED ARRIVAL DAY

We suggest arriving on a Sunday and departing on a Saturday. While students have the flexibility to arrive on other days, we highly recommend Sunday arrivals to take advantage of the orientation held that day, with the program officially commencing on Monday at 8 am.

LAUNDRY SERVICE

RPS Academies provides laundry service two times per week. Upon arrival the students receive a laundry bag and drop the bag by the laundry room every morning and pick it up after 5:00 pm. Depending on occupancy we provide laundry service twice or three times a week.

BOARDING FACILITIES:

The boarding facilities are centrally located on campus.

AIRPORT TRANSPORTATION

For reservations email student services or add the flight details in the enrollment forms. A student services team member will reply with the confirmation of the reservation.at check-in.



