



# 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

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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.



# 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.

FASTER.  
TOUGHER.  
SMARTER.  
STRONGER.

Our high-performance program is renowned for producing not only students who are highly educated, but also tennis players who know how to think independently. We provide our athletes with a distinct advantage in the competitive tennis world: They're faster, stronger, tougher, and smarter on and off the court.



# 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 tolerance 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

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The Methodology focuses on three spheres:

Physical, mental, and competitive.

The three spheres are worked simultaneously.

Continuous growth across all three spheres is essential. Training programs that integrate these areas follow a systematic approach, ensuring athletes conquer foundational levels before reaching peak competition readiness.

However, even after achieving unity among the spheres, the journey toward improvement never ceases.



# 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 greatest improvements in the shortest amount of time (developmental efficiency), while also having fun, preventing injuries, and staying mentally and physically fresh.

MONTH		JANUARY				FEBRUARY				MARCH				APRIL				MAY				MONTH		
WEEK	DAY	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	WEEK	DAY
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	28-4	6-11	13-18	20-25	MONDAY-SATURDAY	1-6	
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	119	
<b>TENNIS TESTING</b>																						<b>TENNIS TESTING</b>		
<b>PREMIER TENNIS TOUR</b>																						<b>PREMIER TENNIS TOUR</b>		
<b>GRAND PRIX</b>																						<b>GRAND PRIX</b>		
<b>COMPETITION</b>	12-18																					<b>COMPETITION</b>	12-18	
ITF JUNIOR																						ITF JUNIOR		
ITF JUNIOR																						ITF JUNIOR		
ITF JUNIOR GRAND SLAM																						ITF JUNIOR GRAND SLAM		
MONEY TOURNAMENT																						MONEY TOURNAMENT		
<b>TRAINING PHASE</b>		<b>INITIATION</b>				<b>DEVELOPMENT</b>				<b>READY FOR SUPERIOR PERFORMANCE</b>				<b>RECOVERY</b>				<b>INITIATION</b>				<b>TRAINING PHASE</b>		
<b>MESO-CYCLE</b>		<b>TECHNICAL</b>				<b>PRE-COMPETITION</b>				<b>COMPETITION</b>				<b>RECOVERY</b>				<b>INITIATION</b>				<b>TRAINING PHASE</b>		
INDOOR COURT SURFACE		H-C / C-LAY				H-C / C-LAY				H-C / C-LAY				H-C / C-LAY				H-C / C-LAY				INDOOR COURT SURFACE		
PEAKING FROM 1 TO 10		H-C				H-C / C-LAY				H-C				H-C / C-LAY				H-C / C-LAY				PEAKING FROM 1 TO 10		
OVERALL POTENTIAL STRESS		L				L				L				L				L				OVERALL POTENTIAL STRESS		
<b>TOOLS</b>		<b>BARRIERS</b>				<b>BARRIERS</b>				<b>BARRIERS</b>				<b>BARRIERS</b>				<b>BARRIERS</b>				<b>TOOLS</b>		
<b>MICRO CYCLE AM</b>		<b>ANGLES</b>				<b>GRIND GRIND</b>				<b>CHANGE OF DIRECTION</b>				<b>CENTRAL POSITION OF THE COURT</b>				<b>DEFENSE</b>				<b>MICRO CYCLE AM</b>		
TECHNIQUE		<b>FOOTWORK</b>				<b>POINTS</b>				<b>OPENING THE COURT</b>				<b>OPENING UP</b>				<b>TRANSITION</b>				<b>FOOTWORK</b>		
ADAPTATION		<b>HALF COURT</b>				<b>HALF COURT</b>				<b>HALF COURT</b>				<b>HALF COURT</b>				<b>HALF COURT</b>				<b>ADAPTATION</b>		
HYPER-STEP		<b>HYPER-STEP</b>				<b>HYPER-STEP</b>				<b>HYPER-STEP</b>				<b>HYPER-STEP</b>				<b>HYPER-STEP</b>				<b>HYPER-STEP</b>		
NET CLEARANCE		<b>NET CLEARANCE</b>				<b>NET CLEARANCE</b>				<b>NET CLEARANCE</b>				<b>NET CLEARANCE</b>				<b>NET CLEARANCE</b>				<b>NET CLEARANCE</b>		
NET CLEARANCE RECOVERY		<b>NET CLEARANCE RECOVERY</b>				<b>NET CLEARANCE RECOVERY</b>				<b>NET CLEARANCE RECOVERY</b>				<b>NET CLEARANCE RECOVERY</b>				<b>NET CLEARANCE RECOVERY</b>				<b>NET CLEARANCE RECOVERY</b>		
DRIVE AT		<b>DRIVE AT</b>				<b>DRIVE AT</b>				<b>DRIVE AT</b>				<b>DRIVE AT</b>				<b>DRIVE AT</b>				<b>DRIVE AT</b>		
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PUT AWAY FOREHANDS		<b>PUT AWAY FOREHANDS</b>				<b>PUT AWAY FOREHANDS</b>				<b>PUT AWAY FOREHANDS</b>				<b>PUT AWAY FOREHANDS</b>				<b>PUT AWAY FOREHANDS</b>				<b>PUT AWAY FOREHANDS</b>		
<b>MICRO CYCLE PM TACTICS</b>		<b>CONTROL</b>				<b>HURT</b>				<b>FINISH</b>				<b>CONTROL</b>				<b>HURT</b>				<b>MICRO CYCLE PM TACTICS</b>		
TRAINING LOAD		L				L				M				M				M				TRAINING LOAD		

## 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 longterm 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

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## 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

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Monday - Friday	Saturday
6:45am - 7:15am	Breakfast
7:30am - 12:30pm	School
12:30pm - 1:30pm	Lunch
1:30pm - 6:30pm	Tennis & Fitness
3:00pm - 5:00pm	School
6:30pm - 7:30pm	Dinner
7:30pm - 9:30pm	Recovery/Free Time
9:30pm	Curfew



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 Tennis	8:00am - 10:00am Tennis	USTA, PTT or USTA Tournaments
10:00am - 11:00am Conditioning	10:00am - 11:00am Conditioning	OR
11:00am - 12:00pm Cross training & Activities		Activities & Entertainment Program
1:00pm - 3:00pm Tennis	9:00am - 10:00am Conditioning	
3:00pm - 4:00pm Performance and Cool Down	10:00am - 12:00pm Tennis	
Group 2		
9:00am - 10:00am Conditioning		
10:00am - 12:00am Tennis		
2:00pm - 3:00pm Performance		
3:00pm - 5:00pm Tennis		

*“THE TOUGHEST  
PLAYGROUND  
IN THE WORLD”*



# 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

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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 happen 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

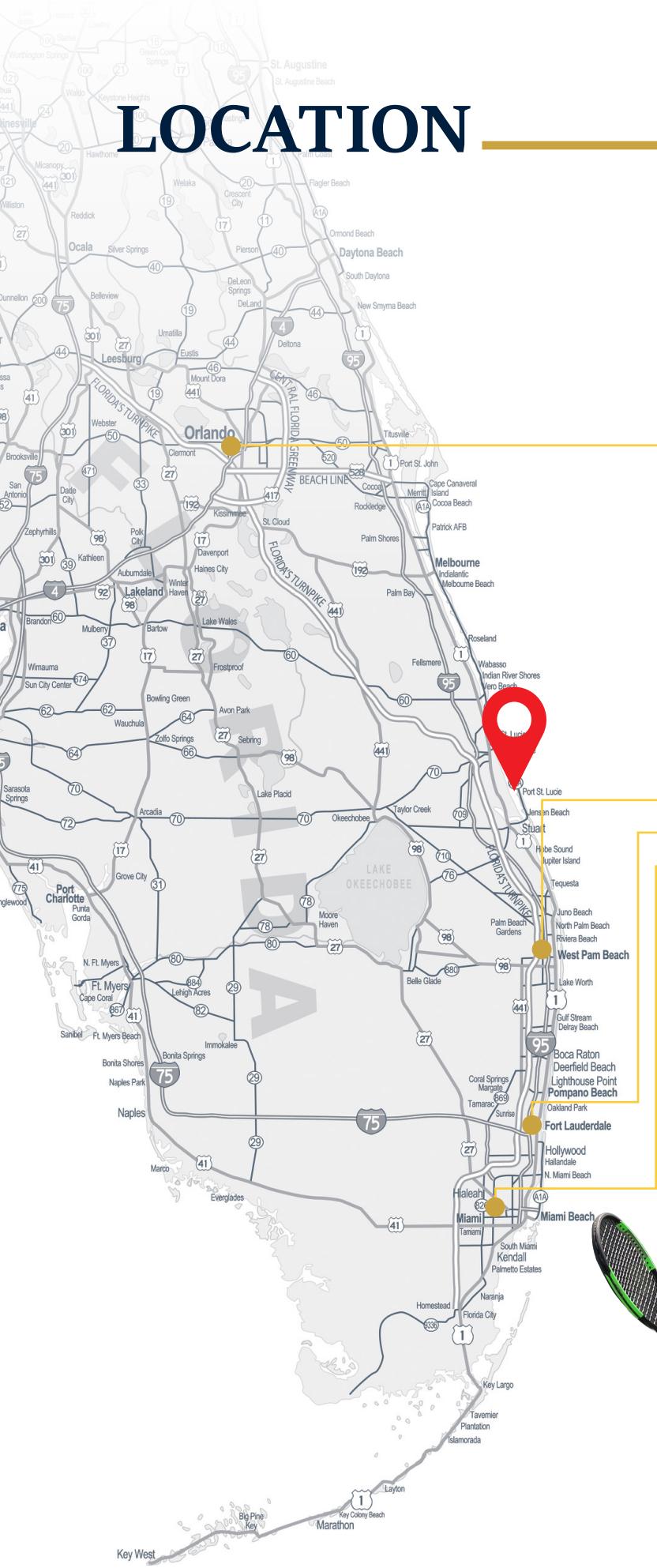
The boarding facilities are centrally located on campus.

## 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.



# LOCATION



RPS Academies is located on the East coast of Florida, in the city of Port St. Lucie. Port St. Lucie is located conveniently between Miami and Orlando and is only a 45 minute drive from the West Palm Beach airport.

## RPS ACADEMIES

4500 SE Pine Valley Street  
Port Saint Lucie, Florida 34952  
USA

## AIRPORTS

West Palm Beach: 45 minutes by car  
Fort Lauderdale: 1 hr 45min by car  
Miami: 2 hours by car  
Orlando: 2 hours by car

## FOR MORE INFORMATION

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