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All Club Med Academies coaches are certified with the Gabe Jaramillo Methodology.

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### PERIODIZATION

<table>
<thead>
<tr>
<th>MONTH</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
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<tbody>
<tr>
<td>WEEK</td>
<td>1</td>
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<td>3</td>
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<tr>
<td>MONDAY-SATURDAY</td>
<td>15-29</td>
<td>22-27</td>
<td>29-3</td>
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<tr>
<td>NUMBER OF TRAINING DAYS</td>
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### TRAINING PHASE

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<tr>
<th>Meso-cycle</th>
<th>General</th>
<th>Specific</th>
<th>Technical</th>
<th>Precompetition</th>
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<tr>
<td></td>
<td>1</td>
<td>1</td>
<td>2</td>
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<tr>
<td>Peaking from 1 to 18</td>
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### TACTICAL

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<th>Type of Court Surface</th>
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<th>HD</th>
<th>CLAY</th>
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<tr>
<td>Tactik Skills</td>
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</tbody>
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“To succeed you need a specific plan in Writing”

GABE JARAMILLO
MAKING CHAMPIONS

THE 5 PRINCIPLES

INDIVIDUALITY  REPETITION  WORK LOAD  SPECIFICITY  VARIATION

THE FARM SYSTEM

It creates an environment that thrives on competition, communication, goal setting and determination.

SPHERES

The only key to a complete player.
MAKING CHAMPIONS

Gabe Jaramillo and his well known system has helped developed 8 number ones and 27 Top Ten professional players, including Kei Nishikori, Maria Sharapova, Andre Agassi, Monica Seles and many more. Tennis Director Alvaro Bedoya has developed professional and college players. Our Coaching Team is composed of ex-professional tour players and ex-college players, all certified with the Gabe Jaramillo methodology. You can enroll on a full-time or on a weekly basis boarding or non-boarding. Full-time and weekly programs are available every week of the year.
# CLUB MED ACADEMY

## THE MOST COMPLETE SCHEDULE

<table>
<thead>
<tr>
<th>1 OR 2 WEEK PROGRAM</th>
<th>3 WEEK PROGRAM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technique</td>
<td>V</td>
</tr>
<tr>
<td>Strategy and Tactics</td>
<td>V</td>
</tr>
<tr>
<td>1 on 1 Tennis Training</td>
<td>V</td>
</tr>
<tr>
<td>Physical Conditioning</td>
<td>V</td>
</tr>
<tr>
<td>Endurance Training</td>
<td>V</td>
</tr>
<tr>
<td>Speed/Movement Specific Training</td>
<td>V</td>
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<tr>
<td>Strength Training</td>
<td>V</td>
</tr>
<tr>
<td>Speed/Agility Training</td>
<td>V</td>
</tr>
<tr>
<td>Local Weekend Tournaments</td>
<td>V</td>
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<tr>
<td>Heart Rate Monitoring</td>
<td>V</td>
</tr>
<tr>
<td>Mental Conditioning</td>
<td>V</td>
</tr>
<tr>
<td>Goal Setting</td>
<td>V</td>
</tr>
<tr>
<td>Nutrition</td>
<td>V</td>
</tr>
<tr>
<td>Volume and Intensity</td>
<td>V</td>
</tr>
<tr>
<td>Peaking</td>
<td>V</td>
</tr>
<tr>
<td>Testing Tennis</td>
<td>V</td>
</tr>
<tr>
<td>Testing Physical Conditioning</td>
<td>V</td>
</tr>
<tr>
<td>Video/Player Analysis</td>
<td>V</td>
</tr>
<tr>
<td>Training Recommendations For</td>
<td></td>
</tr>
<tr>
<td>Home Training</td>
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</tr>
</tbody>
</table>

**827**

Gabe has trained **8 NUMBER ONES**

TRAINED **27 TOP 10 PROFESSIONALS**
FULL-TIME ACADEMY PROGRAM

THE BEST HIGH PERFORMANCE PROGRAM

<table>
<thead>
<tr>
<th>FULL-TIME ACADEMY PROGRAM</th>
<th>WHAT MAKES OUR ACADEMY UNIQUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TECHNIQUE</td>
<td>PROVEN METHODOLOGY</td>
</tr>
<tr>
<td>STRATEGY AND TACTICS</td>
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</tr>
<tr>
<td>1 ON 1 TENNIS TRAINING</td>
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<tr>
<td>PHYSICAL CONDITIONING</td>
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<tr>
<td>ENDURANCE TRAINING</td>
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<tr>
<td>SPEED/MOVEMENT SPECIFIC TRAINING</td>
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<tr>
<td>STRENGTH TRAINING</td>
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<td>SPEED/AGILITY TRAINING</td>
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<td>NUTRITION</td>
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<tr>
<td>HEART RATE MONITORING</td>
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<tr>
<td>MENTAL CONDITIONING</td>
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<tr>
<td>GOAL SETTING</td>
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<td>VOLUME AND INTENSITY</td>
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<td>PEAKING</td>
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<td>TESTING TENNIS</td>
<td></td>
</tr>
<tr>
<td>TESTING PHYSICAL CONDITIONING</td>
<td></td>
</tr>
<tr>
<td>VIDEO/PLAYER ANALYSIS/PROGRESS</td>
<td></td>
</tr>
</tbody>
</table>

“Our coaches are able to see the player out in the future and make their dream come to life.”
WEEKLY PROGRAM / SPRING BREAK / SUMMER CAMP SCHEDULE

GROUP A

MONDAY THROUGH FRIDAY
7:00-8:00am Breakfast
8:00-10:00am Tennis (Strokes Production)
10:00-11:00am Conditioning
12:00 Lunch
1:30-3:30pm Tennis (Point Development and Match Play)
3:30-4:30pm Cross Training
6:00pm Dinner
6:45-7:00pm Mandatory Activity Check-in
7:00-9:00 Evening Activity
9:30pm Curfew
9:45pm Head Count
10:30pm Lights out

Saturday:
7:00-7:45am Breakfast
8:00-10:00am Tennis
Saturday afternoon and Sunday off. Scheduled and Supervised Activities

GROUP B

MONDAY THROUGH FRIDAY
7:00-8:00am Breakfast
9:00-10:00am Conditioning
10:00-12:00am Tennis (Stroke Production)
12:00 Lunch
2:30-3:30pm Cross Training
3:30-5:30pm Tennis (Point Development and Match Play)
6:00pm Dinner
6:45-7:00pm Mandatory Activity Check-in
7:00-9:00 Evening Activity
9:30pm Curfew
9:45pm Head Count
10:30pm Lights out

Saturday:
7:00-7:45am Breakfast
10:00-12:00am Tennis
Saturday afternoon and Sunday off. Scheduled and Supervised Activities

GET ALL THE TRAINING TO BECOME A CHAMPION.
# Full-Time Program Schedule

## Monday to Friday:

**GROUP 1:**
- 6:45AM-7:30AM Breakfast
- 7:30-9:30AM School
- 9:30-11:30AM Tennis (Stroke Development, Drills and Live Ball)
- 11:30-12:45PM Lunch Break
- 12:45-2:30PM School
- 3:00-4:30PM Conditioning
- 4:30-6:00PM Tennis (Point Development and Matches)
- 6:30-7:00PM Dinner
- 7:00-9:00PM School

**GROUP 2:**
- 6:45-7:30AM Breakfast
- 7:30-9:30AM Tennis
- 10:00-12:00PM School
- 12:00-12:45PM Lunch Break
- 12:45-2:30PM School
- 3:00-4:30PM Tennis (Point Development and Matches)
- 4:30-5:30PM Conditioning
- 6:00-7:00PM Dinner
- 7:00-9:00PM School

## Saturday:

**GROUP 3:**
- 6:45-7:45AM Breakfast
- 7:45-12:45AM School
- 12:45-1:30PM Lunch
- 1:30-4:30PM Tennis (Stroke Development, Point Development and Matches)
- 4:30-5:30PM Conditioning
- 6:00-7:00PM Dinner
- 7:00-9:00PM School

**GROUP 2:**
- 7:00-7:45AM Breakfast
- 8:00-10:00AM Tennis Group 2 and 3
- 10:00-12:00AM Tennis Group 1 and 3
- 12:00-1:00PM Lunch
- 1:30PM Afternoon Activity
- 4:00-6:00PM School for Students If Behind
- 6:00-7:00PM Dinner
- 7:00-9:00PM School for Students If Behind

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*Note: Additional sessions in classrooms weekly and on court during practice daily.

*Saturday afternoon and Sunday off. Schedule and supervised activities designed for School.

*Schedules may vary week to week.*
The Club Med Tennis Academies Powered by Gabe Jaramillo offers language programs for students from beginner to advanced levels.

When enrolling in the language program, the student's level will be assessed in order to create a unique and individualized program to get the most out of the program. Most of the program is face-to-face based in small groups. There is also a possibility to add a technology aspect in the form of Rosetta Stone, TELL ME MORE, or Odyssey, guided by our language programs teachers. These programs offer personalized language training programs and aim to develop listening, reading, speaking, and writing skills.

OUR PROGRAMS INCLUDE:

PRIVATE

GROUP

FACE-TO-FACE

ONLINE

STRATEGY AND APPROACH

Because of the unique and individualized language program, we are able to relate the language acquisition to real life by engaging the students in activities on the campus. The students will be able to use their new skills in daily activities, such as, eating at the restaurant and participating in one of the numerous activities provided on campus. So while learning the language they are also able to use it during the day and see the progress immediately. This blended learning method gives the students the advantage to spend more time learning the language in different settings.

SECOND LANGUAGE ACQUISITION

1. Minimal comprehension and verbal skills
2. Limited comprehension and short responses
3. Good comprehension and simple sentences
4. Excellent comprehension and few grammatical errors
5. Near-native level of speech

LANGUAGE PROGRAM OPTIONS

<table>
<thead>
<tr>
<th>LANGUAGE ONLY</th>
<th>MULTI SPORT &amp; LANGUAGE</th>
<th>HALF AND HALF SPORT &amp; LANGUAGE</th>
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<tbody>
<tr>
<td></td>
<td>$750</td>
<td>$900</td>
</tr>
<tr>
<td>4 HOURS A DAY</td>
<td>5 HOURS A DAY</td>
<td>5 HOURS A DAY</td>
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<tr>
<td>5 DAYS A WEEK</td>
<td>5 DAYS A WEEK</td>
<td>5 DAYS A WEEK</td>
</tr>
<tr>
<td>ONLINE</td>
<td>INCLUDES: TENNIS, SWIMMING, BEACH VOLLEYBALL, GOLF, SAILING, CIRCUS</td>
<td>INCLUDES: SPORT &amp; LANGUAGE</td>
</tr>
</tbody>
</table>

ADD ON 1

$237

2 HOURS A DAY

2 HOURS A DAY

3 DAYS A WEEK

5 DAYS A WEEK

ADD ON 2

$394

2 HOURS A DAY

2 HOURS A DAY

3 DAYS A WEEK

5 DAYS A WEEK
ADULT TENNIS PROGRAM

Club Med Academies offers the most incredible tennis program for all levels of players. At our academy, people can enjoy practicing with the Adult Tennis Program Director Rafael Munera and the team, as well as being able to watch future stars in the making. The coaches team is certified with the Cabe Jaramillo methodology. Our coaching staff is experienced, knowledgeable, creative, sensitive and intelligent. The Adult Tennis Program is a high performance program and includes technique, live ball drills, basket drills, point development, match play, strategy and tactics, conditioning, clay court movement, nutrition, and mental conditioning. Learning the skills and techniques with our system will improve your game giving you knowledge and methods to master your all around game. It is about improving the particular mind set, giving you clear drills to improve specific skills. Our proven method is based on years of experience, it identifies the players’ learning style and shapes into its specific strengths, knowing how to organize, plan and prioritize the practices, approaching the competition through preparation and confidence.
WHERE ARE WE LOCATED?

The academy 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.

CLUB MED ACADEMIES

4500 SE Pine Valley ST
Port Saint Lucie, Florida 34952
Phone: +1 941-961-7479

AIRPORTS

West Palm Beach: 45 minutes by car
Miami: 2 hours by car
Orlando: 2 hours by car
Fort Lauderdale: 1 hour and 45 minutes by car

CONVENIENTLY LOCATED BETWEEN MIAMI AND ORLANDO FLORIDA.

FOR INFORMATION AND RESERVATIONS PLEASE EMAIL OR CALL:
INFO@CLUBMEDACADEMIES.COM
+1 772-323-0625
**FACILITIES**

**PRICING**

- **BOARDING ONE WEEK PROGRAM**
  - $2100

- **NON-BOARDING ONE WEEK PROGRAM**
  - $1500

*BOOK TWO WEEKS OR MORE AND GET A 10% DISCOUNT*

---

**THINGS TO KNOW**

**Where will the athlete(s) eat?:**
- Boarding students have the opportunity to refuel 6 times a day at any of our 4-star dining restaurants.
- For non-resident/non-boarding students, meals may be purchased at the Reception.

**Wireless Internet:**
All accommodations at the Academy are equipped with Access Points for wireless Internet.

**Dining:**
A tasty and creative 4 star cuisine. We have 3 restaurants: Marketplace, Soleil, Riverside Grill & BBQ. For non-residents/non-boarding athletes, meal passes are available for purchase at the reception.

**When should the athletes arrive:**
Recommended arrival and check-in is Sunday and check-out is on Saturday at 1pm. The tennis programs start at 8:00am on Monday.

**Boarding Facilities:**
The boarding facilities are located next to the tennis courts. **THIS SOUNDS LAME. IS THIS ALL WE HAVE TO SAY ABOUT THE DORMS?**

**Laundry Service Available:**
Laundry service is provided for $14 per week. A pick-up schedule will be posted and available at check-in. The laundry is picked up, washed, dried, folded, and returned 24 hours later. There are also washers and dryers available in the boarding building.
THINGS TO KNOW

Continued

Tournaments:
- Please contact us to learn more about the Club Med Academies Travel Team and Tournament Schedule Options.
- Players who train at the Club Med Academies 2 weeks or more can participate in the local USA MKT tourney on Saturday and Sunday.

What are the closest airports?
- West Palm Beach 45 minutes by car
- Fort Lauderdale 1 hour and 45 minutes by car
- Miami 2 hours by car
- Orlando 7 hours by car
- Atlanta 7 hours by car

What should I bring?
- Socks (2-3)
- Rain boots
- Resistance bands
- Sunscreen
- Shorts (10)
- Towel
- Vision care
- Jump rope
- Water bottle

Making Champions
FACILITIES

- 20 tennis courts (14 hard courts, 6 clay courts)
- Conditioning field
- 4 restaurants (buffet and a la carte)
- 3 swimming pools
- Golf Course
- 6 beach volleyball courts
- Theatre for shows and/or musicals
- Wellness spa
- Latitude 27
- Sports shop
- Weight room/fitness