A word from CEO - Greg Breunich

Welcome to Club Med Academies. In the ever changing landscape of student learning and development, discovering the optimal way to help students maximize their talent capability and realize their potential, is no easy task. However, after over 40 years of developing some of the best performers in the world we have shaped our delivery and curriculum into a Learning Model that simplifies the process by focusing on the passion of the individual and supporting that passion with other fundamental learning elements to make the process of learning more efficient for the student.

I invite you to take a look at our Learning Model and Training Programs on the following pages to better understand our unique way of shaping out the next generation of students, athletes, and global citizens.

Our Vision & Mission

To change the landscape of high-performance sports training and educate the next generation of athletes. This is accomplished through our world-renowned coaches, our well-established, proven training methodologies, our commitment to high academic standards, our respect for diversity, and our dedication to creating exceptional opportunities for personal growth and optimal potential.

Scott A. Del Mastro M.A. - Director of Operations

Thanks for considering Club Med Academies. CMA is a complete performance training destination dedicated to helping every one of our students athletes prepare themselves for the challenges that life can bring in a safe and innovative environment. We look forward to seeing you on campus.
We are excited to share the unique Club Med Academies experience with you. Our school of learning is different from most, in that we believe that every student must have a discipline of focus when entering into the CMA environment. That discipline or passion is the connecting point for engagement with every student. It’s at this place where the learning process begins. We are strong believers that a dynamic learning culture is achieved when the soft and practical skills of an individual are developed, then applied and measured within a competitive platform.
Building champions is no easy task, however, at CMA we have a proven formula of taking students from start to the finish.

**Personal Commitment**
Decide to come to CMA and commit to the proven “process”

**Set Goals & Make a Plan**
Develop a personalized and specific roadmap to success

**Competing**
Putting the training to the test - when it counts

**More Competition**
Compete, train, compete, repeat again and again

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**Assessment**
Testing and Measurement – Identify individual needs

**Start Training**
Use CMA's proven “Methodology” & “Periodization Plan”

**Review & Re-Evaluate**
Performances
More Planning & Goal setting

**Achieve**
Enjoy the moment!
Now, let's get back to work!

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INTEGRITY | COURAGE | DISCIPLINE
At CMA, we mentor students through our sports and education programs, working closely with them to ensure their physical, mental, emotional, and social development. Our high-performance tennis coaches use in-depth periodization plans to track and rapidly accelerate students’ performances on the court. With our guidance, athletes reach their performance goals step by step. We welcome tennis players to enroll as full-time students, weekly boarders, or non-boarders. We offer full-time and weekly programs.

**Our Tennis Training Program**

Our program consists of two unique training sessions, one in the morning and one in the afternoon. This divided training method allows for students to assimilate instruction more effectively. The morning session includes two hours of stroke production and technique development. The afternoon session includes tactical work with point development and match play. Throughout the week, students complete on-court tennis-specific conditioning drills and off-court conditioning, including weight training up to three times a week.

**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.

#1's

including Kei Nishikori, Maria Sharapova, Andre Agassi, Monica Seles and many, many more.

11 27

INTEGRITY | COURAGE | DISCIPLINE
COACHING

Director - Alvaro Bedoya
Alvaro Bedoya has over 25 years of coaching experience, has directed and managed tennis programs around the world, has brought junior players to the top of the ITF rankings. His experience along with his management skills are a perfect blend to make a blue print and follow a plan to a successful tennis career for any junior player.

The Coaching Team
Our high-performance coaching team is comprised of ex-professional tour players and ex-college players and are all certified with the Gabe Jaramillo coaching methodology. Using Gabe’s in-depth periodization plans to track and rapidly accelerate students’ performances on and off the court. With our professional and dedicated guidance, athletes reach their performance goals step by step, month to month, and year to year.

...excellence is a choice...
FULL-TIME PROGRAM

Club Med Academies is a gated and fully staffed professional sports academy located on the East coast of South Florida at Club Med Sandpiper Bay resort in the city of Port Saint Lucie, where student's academic and training facilities, accommodations and dining restaurants are located right onsite.

Students can enroll at CMA on a full-time (year-round) or weekly basis, and select from their choice of boarding or non-boarding options. Full-time and weekly programs are available every week of the year. Additionally, program participants are given the opportunity to train with the best players, and engage regularly in competition, conditioning, mental training, nutritional guidance, video analysis and many other player development processes.

And as active members of CMA, students are automatically included in our Academy Life programming which continually strives to help students become more engaged citizens, not only right on campus but, in the larger local and global communities.

By joining the CMA family of staff and students you are committing to lifestyle of excellence in everything that you do. Join us.
**FULL-TIME CURRICULUM & SCHEDULE**

Full-Time Program Curriculum includes:

<table>
<thead>
<tr>
<th>Special Forces/Middle School (typically group of players with UTR under 8):</th>
<th>Top Gun/High School (typically group of players with UTR over 8):</th>
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<tbody>
<tr>
<td><strong>Monday-Friday:</strong></td>
<td><strong>Monday-Friday:</strong></td>
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<tr>
<td>6:45 AM TO 7:15 AM BREAKFAST</td>
<td>6:45 AM TO 7:30 AM BREAKFAST</td>
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<tr>
<td>7:15 AM TO 8:00 AM FITNESS SESSION</td>
<td>7:30 AM TO 9:30 AM SCHOOL</td>
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<tr>
<td>8:00 AM TO 9:45 AM TENNIS</td>
<td>9:30 AM TO 11:30 AM TENNIS</td>
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<tr>
<td>10:00 AM TO 12:00 PM SCHOOL</td>
<td>11:30 AM TO 12:15 PM FITNESS</td>
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<td>12:15 PM TO 1:00 PM LUNCH</td>
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<td>1:15 PM TO 3:00 PM TENNIS</td>
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<td>3:00 PM TO 5:00 PM SCHOOL</td>
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<td>7:00 PM TO 9:00 PM SCHOOL</td>
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<td>9:30 PM</td>
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Tuesday (1:00 pm to 1:30 Mental toughness session)

Saturday:

| 8:00 AM TO 10:00 AM TENNIS | 10:00 AM TO 12:00 PM TENNIS |

*These times are subject to change for short time students*
With one of the best most elaborate training camp facilities and programs in the world, Club Med Academies offers training and activity options like no other academy. Students are trained by the same coaches using the same methodology as in 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 a week, come for two, or even come for an entire summer. Boarding and non-boarding options 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. Just decide what option is best and we will schedule it.

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<thead>
<tr>
<th>Monday-Friday</th>
<th>8:00 AM TO 10:00 AM</th>
<th>TENNIS</th>
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<tbody>
<tr>
<td>10:00 AM TO 11:00 AM</td>
<td>CONDITIONING</td>
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<tr>
<td>1:00 PM TO 3:00 PM</td>
<td>TENNIS</td>
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<tr>
<td>3:00 PM TO 4:00 PM</td>
<td>CONDITIONING</td>
<td></td>
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<tr>
<td>SPORTS ACTIVITY (3:30 TO 4:00)</td>
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**Tuesday 4:00 PM Mental Session**

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<tr>
<th>GROUP B (Advance Players)</th>
<th>9:00 AM TO 10:00 AM</th>
<th>CONDITIONING</th>
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<tbody>
<tr>
<td>10:00 AM TO 12:00 PM</td>
<td>TENNIS</td>
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<td>2:00 PM TO 3:00 PM</td>
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<td>(2:00 TO 2:30)</td>
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<td>3:00 PM TO 5:00 PM</td>
<td>TENNIS</td>
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**SATURDAY**

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<tr>
<th>GROUP A</th>
<th>8:00 AM TO 10:00 AM</th>
<th>TENNIS</th>
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<tbody>
<tr>
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<table>
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<tbody>
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<td>TENNIS</td>
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"You've never had so much fun working so hard!"

**Learn a Language at Camp**

The CMA Language Program is designed to develop listening, reading, speaking and writing skills in short periods of time. Because of our unique training environment and individualized assessment method we are able to relate language acquisition to real life by immersing the students into their activities throughout the campus. They get to practice their English during sport, at the restaurant, while sailing or paddle boarding at the beach, or even during the nightly performances in the main theater. More practice, more people, more learning, more fun.
Club Med Academies offers a unique and personalized tennis program for all levels of players.

Experience our Adult Academy where you can enjoy practicing with the same professional curriculum and methodology that we train our professional players with. Our Adult Academy coaches are all certified with the Gabe Jaramillo methodology as our other academy coaches.

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.
ASSESSMENT METHOD

OBJECTIVE BENCHMARKS ASSESSMENT:
ATP, WTA, ITF or USTA Rankings
UTR Ratings vs Age

SUBJECTIVE PARAMETERS ASSESSMENT:
Awareness Recognition & Reaction – How does the student perceive incoming balls?

Short 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 Acuity – Grip selection for each stroke, stability and conformity of each stroke swing, consistency of contact point, ball speed and racquet head acceleration.
PERIODIZATION

We train our students using a specialized and proven Developmental Curriculum and Periodization Plan 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 the 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.

**Tennis Specific Training**

Includes tennis testing, competition planning/scheduling, training phase, technical development, strategic/tactical training, and training on multiple surfaces - hard courts and clay court.

**Physical & 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.

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.”

*We’re proud to say that all of our high-performance coaches are certified with our expert-backed system and methodology.*
PERFORMANCE

At Club Med Academies, you will get fit! Our performance coaches are dedicated to help prepare your body, physically, mentally, and nutritionally to perform at the highest level during sport competition. Our training process is a comprehensive approach, which includes methods that align with proven scientific principles, promotes long term athletic development, and provides an objective based plan that ensures continuous individual growth and success.
At CMA 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. It is that simple.

**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 – In-house & Local (All competitive matches count for UTR points)

- **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)

- **TTT** (Tennis Talent 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).
ACADEMICS

CMA is different than most schools. Because of its custom individualized approach, CMA is committed to understanding the goals of the family, as well as the student, throughout the admissions process. Due to our blended approach, CMA is able to offer many options in the various areas of specialty. Which means that the student has flexibility in determining and adjusting their learning journey while enrolled in the Academy. CMA’s calendar is from August to the end of May. However, CMA offers rolling admissions, allowing a student to join the academy in the fall, spring, or summer semesters.

Admissions Process – Path to Graduation

Step 1 – Schedule Meeting with Admissions Specialists
Step 2 – Submit Enrollment Application
Step 3 – Application Review & Approval Process
Step 4 – Transcript Review
Step 5 – Request for More Information (if necessary)
Step 6 – Acceptance
Step 7 – Academic Plan Created (Schedule of Course to Graduation)
Step 8 – Academic Plan Validated
Step 9 – Classes Begin
Step 10 – Graduation

What’s Next?

At its foundation, CMA is a College Preparatory program and pathway to Higher Education. Our track record for preparing student athletes for post high school studies and competition is extensive. Having been in the College Placement arena for over 40 years we have been fortunate to place thousands of students into top schools around the country. From all three NCAA Divisions (I, II, and III) and from Stanford to the Ivy League, our student’s athletes have gone on to become some of the best professionals in sport, business and life.
With the mission of building not only sports stars but, quality individuals, our Academy Life team is dedicated to working above and beyond the call of duty to make sure that the students in their care are well taken care of every single day. From early morning wake-up calls, to evening head-counts and lights out, there is never a dull moment here at the academy. The academy and its students are always on the move, and our team is right there with them every step of the way.

The Academy Life team believes in influencing the growth and development of each student and athlete through a holistic approach. They work closely with faculty, coaches, staff, and the community to build a stimulating, inclusive educational and training environment. They believe in setting an example in integrity, courage, discipline.

Academy Life Calendar

The Academy Life Program & Curriculum is specifically designed to complement the other academic and sport training programs, focusing on additional personal development characteristics such as communication skills, punctuality, time management, personal hygiene and creativity to name a few.
FACILITIES

PRIMARY SPORTS TRAINING FACILITIES
20 Tennis Courts (12 hard courts, 6 clay courts)
1 18 Hole Golf Course (Par 70)
8 International Regulation Beach Volleyball Courts
2 Indoor Volleyball Courts (off-site access)
2 Full-Size Grass Soccer Fields (International Regulation)

SECONDARY SUPPORT FACILITIES
1 Artificial Training Turf Soccer Pitch
   (Conditioning Field)
3 Swimming Pool (1 Five Lane Lap Pool for Training & Regeneration)
1 Fully Equipped Weight Room (Full Range of Life Fitness Machines / Free Weights)
1 Fitness Center (Aerobic/Cardio Studio)
1 Wellness Center (Spa & Massage Therapy)

EXTRA SPORTS FACILITIES
1 Full Length Basketball Court
   (Glass Backboards)
1 Sailing & Paddleboard Venue
   (Onsite Bay/River Reachfront)

DINING
3 Restaurants (Buffet & A La Cart)

RETAIL
1 Golf Pro Shop
1 Tennis Pro Shop

FAMILY SUPPORT FACILITIES
1 Youth Center for Children – Ages: Infant through Teenager (Daily Scheduled/Supervised Activities)
1 Excursions Center (Book Off-site Trips to Disney, Miami, & More)

BUSINESS SUPPORT FACILITIES
1 Conference Center (Multiple Small & Large Room Spaces with AV Equipment)

ENTERTAINMENT
1 Large Theater for Musical Shows & Entertainment Activities

INTEGRITY | COURAGE | DISCIPLINE
**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.

**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.

**Tournaments:**
Please contact us to learn more about the Club Med Academies Travel Team and ITF Tournament Schedule Options.

Players who train at Club Med Academies 2 weeks or more, can participate in the local USTA tournaments on Saturday and Sunday.

**What are the Closest 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

**What Should I Bring?**
- Tennis Shoes (2)
- Rackets (2-3)
- Socks (10 pairs)
- T-shirts (12)
- Shorts (10)
- Jump Rope
- Resistance band
- Water bottle
- Sunscreen
- Sunglasses
- Swimsuit
- Towel
- Visor/hat
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  
USA

**AIRPORTS**  
West Palm Beach: 45 minutes by car  
Fort Lauderdale: 1.5 hours by car  
Miami: 2 hours by car  
Orlando: 2 hours by car

**FOR MORE INFORMATION**  
info@clubmedacademies.com  
+1-772-323-0625