



cañastennis



Afterschool programs

Afterschool programs 2019 - 2020



The 2019 - 2020 Cañas Tennis Afterschool Programs have been designed by the successful and only member of the great "Argentine Legion" who decided to settle and establish his tennis academy in the United States, which has earned numerous achievements.

Cañas Tennis Afterschool Programs are designed for players seeking to improve their tennis ability in an intense program. Afterschool players maximize their time on court focusing in key aspects of their game.

About Cañas Tennis

Cañas Tennis fulfills a lifelong dream that Guillermo Cañas, Martín García and Gustavo Oribe all had in common: to create a path for young individuals to achieve success in tennis and all facets of life.

At the heart of the concept was the desire to create a support system that allowed each participant, whether they attended for a day, a month or years, to become a better prepared player and active citizen.

Student athletes are educated and prepared for success by combining access to the best facilities, the best performance training and sport-specific training with moral and intellectual development. Cañas Tennis embodies these values, which are the main principles behind the successful professional tennis career of Guillermo Cañas.

We are dedicated to educating the student athlete in all aspects of tennis. The program is athlete centered. Each athlete is tested and assessed so that an individual plan for success may be developed.

We are located in Miami, a prime setting conducive to developing tennis champions.



Mission and Philosophy Statement

Cañas Tennis provides an extensive tennis program that focuses on the technical, tactical, physical and mental development of the player which is the main foundation of the Argentinean methodology of teaching, while fulfilling the holistic needs of each player in his/her quest to achieve the highest growth possible.



Cañas Tennis leadership devised a philosophy of coaching tennis through an "Integral System" in order to reach maximum success for each individual athlete.

Specific progression drills and techniques are developed so that each student understands the correct sequence of successful tennis to become the best player, as well as an active individual in life.



Tennis Training: The Integral System

The Cañas Tennis leaders devised a method of tennis coaching. The Integral System is created based in the fundamental exercises of the Argentinean training method that strives to achieve the optimal development of the player.



Optimum Tennis Performance

Technical skills

- Tennis Technique
- Biomechanics
- Technique optimization for potential development

Tactical skills

- Strategy and Tactical Guidance
- How and when to apply shots
- Adaptation of shots and mobility to every surface

Physical & Mental skills

- Strength and Endurance
- Agility and Flexibility
- Strength training in gym
- Student-athletes and parents will learn how to manage the emotional factor of tennis.
- Our certified sport psychologist and sport physiotherapist will be available on and off the court (upon request).

Schedule



The 2019 - 2020 Afterschool Programs have rolling admissions, so a child may start at any phase of the program.

Session Dates

- 2019 August 19 – December 20
- 2020 January 6 - June 19



Program AFTERSCHOOL JUNIOR (Ages 8 -18)

Classes are designed to improve grips, strokes and footwork patterns through fun drills and skill competitions. Players with a good technical base will focus on strategy, match play and fitness.

Monday's to Friday's 5:00-7:00 PM



Program COMPETITIVE JUNIOR AFTERSCHOOL (Ages 8 -18)

Classes are designed to improve grips, strokes and footwork patterns through fun drills and skill competitions. Players will be participating in tournaments throughout the year.

Monday's to Friday's 4:30 – 7:00 pm



Program QUICK START TENNIS (Ages 3 - 8)

Children will be introduced to tennis using the proper grips and technique for the basic strokes. These classes will develop balance, eye hand coordination, footwork and striking balls.

Monday's to Friday's 4:00 - 7:00pm

Admission and Tuition

Program AFTERSCHOOL JUNIOR (Ages 8 -18)

Monthly Cost:	Weekly Cost:
\$195- 1 time per week	\$60 - 1 time per week
\$250- 2 times per week	\$90 - 2 times per week
\$315- 3 times per week	\$120 - 3 times per week
\$380 -4 times per week	\$155 - 4 times per week
\$475 -5 times per week	\$185 - 5 times per week
\$60/session	

6 players maximum per court

Program COMPETITIVE JUNIOR AFTERSCHOOL (Ages 8 -18)

Monthly Cost:	Weekly Cost:
\$220- 1 time per week	\$70 - 1 time per week
\$330 – 2 times per week	\$100 - 2 times per week
\$450 – 3 times per week	\$135 - 3 times per week
\$550 – 4 times per week	\$165 - 4 times per week
\$650 – 5 times per week	\$195 - 5 times per week
\$75/session	

5 players' maximum per court

Program QUICK START TENNIS (Ages 3 – 8)

Monthly Cost:	Weekly Cost:
\$110 - 1 time (one hour) per week	\$40 - 1 time (one hour) per week
\$190 - 2 times (two hours) per week	\$65 - 2 times (two hours) per week
\$285 - 3 times (three hours) per week	\$90 - 3 times (three hours) per week
\$380 - 5 times (five hours) per week	\$165 - 5 times (five hours) per week
\$40/session	

- 5% sibling discount
- If player starts program in the middle of the month, the charge will be for remaining weeks left as well as for the full following month
- Payment is due by the 5th of every month otherwise a \$35 late fee will be assessed
- Racquet Rentals are \$10/session
- If a try out is requested first 15 minutes are at no cost.



Additional Services

1. Private lessons

Starting at \$65 // Guillermo Cañas \$250

2. English Private Lessons: us\$60/day - us\$ 250/week

3. Video Analysis of Technical & Physical movements: us\$ 135

4. Anthropometric + Muscular Strength Evaluation: us\$135

5. Massage

6. Sport Psychologist

There are several payment options available.

Please contact Operations for more information by phone +1-305-816-6692 or by email at info@canastennis.com

Facilities

Cañas Tennis is located at the historic Turnberry Isles Miami Hotel and Turnberry Yacht Club.



Turnberry Isles Miami Hotel provides four immaculately maintained clay HydroCourts and two Laykold, long-lasting acrylic Hard Court tennis systems, the official surface of the Miami Open, ready for the exclusive use of Resort Guests and Turnberry Isle Miami Club Members. Choose from a variety of lessons, clinics, social and competitive tennis programs and events designed for all ages and skill levels. In our state-of-the-art Pro Shop, you'll find a large selection of tennis and fitness fashions and equipment for men, women and children, from brands such as Nike and Fila as well as our very own Turnberry Isle brand. Racquet customization, including 24-hour stringing, is also available.

Guests booking a Tennis Destination at Cañas Tennis will receive a discount on their hotel stay at Turnberry Isle Miami. For more information and availability log on to www.turnberryislemiami.com.

Turnberry Yacht Club



- Turnberry Yatch Club houses 8 courts
- 4 Laykold cushioned hard courts, all lighted for evening play.
- 4 state-of-the-art clay courts, with green American clay.
- All courts are equipped with the most up-to-date watering system available.
- Gym
- Restaurant
- Club House – Pro shop
- Swimming pool
- Free Wi-Fi connection
- Parking

Turnberry Yatch Club
19735 Turnberry Way - Aventura 33180 - Florida

