



## SELECTION DAY

**Justine HENIN** and **Carlos RODRIGUEZ** want to share their respective experiences by investing their time and energy in a series of different projects.

The *Just in Team*, founded by **Justine** and **Carlos** is a professional training structure focusing on personalized coaching of professional players.

If you are interested in joining the *Just in Team*, you can sign up for our selection day for girls and boys born in 1993-94-95 next Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> June at Club Justine N1. A **full evaluation** both physically and technically will be performed by **Carlos Rodriguez** and his staff.

The **Just in Team** regroups professional players from all nationalities who want to focus on their tennis careers. The team is mainly composed of ITF or young players beginning on the ATP tour.

The players are selected by **Carlos Rodriguez** assisted by all his staff.

The *Just in Team* is located at Club Justine N1 in Ottignies Louvain-La-Neuve, approximately 25 Km south of Brussels. The training center is located nearby the famous Louvain-La-Neuve university.

The infrastructure is composed of:

- ✓ 10 outdoor clay courts;
- ✓ 3 indoor clay courts and;
- ✓ 6 indoor Green Set courts;
- ✓ On top of the tennis courts, the participants can benefit from a super-equipped fitness center (Da Vinci Wellness).



## COACHING

The players of the *Just in Team* are coached on a regular basis by **Carlos Rodriguez**, who has been the successful coach of Justine Henin over the last 10 years.

He will be assisted by highly qualified coaches of the ETA, ITF, WTA and ATP Tour.

The *Just in team* concept proposes a multi service level approach:

- Personal coaching on a case by case base;
- Team coaching;
- Physical training;
- Competition preparation;
- Possibility of full hospitality.

## PROGRAM

The specific training program is elaborated by **Carlos Rodriguez** in conjunction with his staff.

The content of the program is structured as follows:

- ✓ Short, medium and long term strategy ;
- ✓ Technical and tactical objectives ;
- ✓ Personal physical evaluation ;
- ✓ Medical follow up ;
- ✓ Nutrition ;
- ✓ Physiology ;
- ✓ Approach to high level competition ;
- ✓ Objective based progress evaluation.



## **PLANNING**

The training program is based on a full calendar year. The training plan is integrated with the competition calendar of each player. The training activities take place from Monday to Saturday. A 2 week break will be observed during the Christmas holidays and Belgian bank holidays are also off days.

## **HOW TO SIGN UP?**

If you are interested in joining the *Just in Team*, you must send your register form for our selection day **before the 2<sup>nd</sup> june**.

The selection day is going to cost € 120 including tennis, physical test & lunch at the Academy

Official Hotel is Leonardo, for reservations please call to: (32) 10 43 50 83 or [www.leonardo-hotels.com](http://www.leonardo-hotels.com) (Wavre)

Fill in and return the registration form available by e-mail or mail.

*Bear in mind that the number of participants is limited!*

## **CONTACT US**

### **6<sup>TH</sup> SENSE TENNIS ACADEMY**

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