

WHEN: 28th December 2018 - 1st February 2019

WHERE: 5 weeks: 1 week at-home Training Programme, 4 weeks in Sotogrande

WHAT: 7-day weeks preparing for the 2019 season including Tactical, Technical, Physical and Mental preparation.

Train with the STA Pro Squad and make the most of your pre-season training block.

Take advantage of STA'S world-class facilities and coaches in southern Spain

- ⊗ Mediterranean climate
- ⊗ Clay courts
- ⊗ Hard courts
- ⊗ Fully equipped gym
- ⊗ Individualised schedule management
- ⊗ Pre- and post-fitness testing
- ⊗ Mid training block activity/team building



STA PLAYER RANKINGS

Notable changes in rankings from January 2018 > Present

Evan Hoyt: ATP Singles 1246 > 440
ATP Doubles Unranked > 376

Juli Terziyska: WTA Singles 595 > 376
WTA Doubles 400 > 291

Simon Anthony Ivanov: ITF Combined 206 > 53

Jonny Binding: ATP Singles Unranked > 1093
ATP Doubles 1700 > 602

"SotoTennis Academy is a well-established training base for players of any age who want to immerse themselves in a positive, supportive and family-like environment which breeds success."

"I was fortunate enough this year to be involved within the pro team in the January 2018 pre-season training which opened my eyes to the everyday life at the academy."

"I was really impressed with the on court coaching/s&c support and enjoyed being part of the Soto team. The staff are all incredibly dedicated, passionate and believe in your abilities as a player."

Jonny Binding, STA Access Player

**For more information
apply with tennis CV and
reference to:**

info@sototennis.com

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