

A close-up, low-angle shot of a clay tennis court surface. The foreground shows the texture of the reddish-brown clay, with some darker, possibly wet or shadowed areas. The background is a soft, out-of-focus expanse of the same color, creating a sense of depth. The overall lighting is warm and directional, highlighting the granular texture of the court.

We introduce  
VILAS Tennis Academy  
High Performance program



# Guillermo Vilas

Guillermo Vilas is a tennis legend, winner of 62 ATP tournaments, 4 Grand Slam and 2 Masters. He is the tennis player with the highest number of victories (130) and tournaments (16) in a single season among other current records.

Hall of fame of Tennis member.

He has revolutionized the world of tennis and changed the sports culture in a country.

He introduced a unique training methodology and values.

Creating a generation of successful tennis players.

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## School of Champions

What makes a champion?

Training and winning mindset.

At Vilas Tennis Academy, we know the importance of the psychological aspect of training and we work with each player to build a solid base of values, sports culture and knowledge that allows reaching higher levels of the game.

We promote the values of our sport through discipline and seriousness, even from an early age, not forgetting that tennis is a game and players must enjoy it to win.

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## Consistent training methodology

All Vilas Tennis Academy coaches use the same training methodology, exclusively designed by the Academy.

During their training at Vilas Academy, our players work with different coaches, each with a high level of professionalism.

The unique training method ensures that players learn specific techniques to improve each shot, as well as the tactical aspects and physical training sessions are designed for each age and level.

Intensity and demand are key factors.

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## Competitive Environment

We love the spirit of competition.

The training programs are designed with the aim of improving the tennis game of the players by creating a competitive environment for intensive training.

Vilas Tennis Academy coaches work on developing players' winning mindsets, allowing players to not only improve their game, but also understand how to be independent, how to handle the pressure of everyday life, and push their own limits. day after day. The challenging and competitive environment helps players win not only in sport but also in life.



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## Our passion is To win

We like competition and we love winning. Vilas Tennis Academy coaches train players with the goal of participating and winning tournaments of all levels and ages, be it a local competition for beginners or an international tournament. The excitement of a competition is what motivates players to train day after day to achieve the best results.

## We believe in the importance of sport culture

By training at Vilas Tennis Academy, players not only gain tennis skills, but also learn about the culture and history of the sport.

We take sports education seriously and teach children and adults the core values

## Respect for every player

We believe that respect is an essential value in dealing with each student.

Our coaches work under specific guidelines and maintain a respectful relationship with the players while bringing a positive and demanding attitude to each training session.

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## Personalized approach

While we insist on consistency in the training methodology, we also ensure that the training process is tailored to the unique characteristics of each player.

The coaches work one by one with each individual to achieve the best level of performance, monitoring the evolution of the player, looking for the appropriate game pattern for each one.

Similarly, individual assistance is always guaranteed in group sessions. Players work in small groups of maximum 4 people.

The groups are created according to the level of each one.





Guillermo  
**VILAS**  
Tennis Academy  
**PUNTA CANA**  
DOMINICAN REPUBLIC

# LOCATION & Facilities

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## Great Location

Facilities are located 100 meters of Palma Nova Beach, Calvia ,  
Only 15 minutes from Palma de Mallorca Airport.



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## Player accommodation

Academy offers non boarding and full boarding programs for players

### Full boarding

Controlled environment to ensure development

Players are accommodated in rooms located inside the academy in Palmanova, Mallorca .

Palma Nova is located in the Mallorcan municipality of Calvià and is a seaside resort with a wide, shallow bay with three good beaches: Son Maties, Na Nadala and Es Carregador, and a small marina on the Son Caliu side of the bay. The town lies in the heart of the popular south west region.

Academy provides transfers from Palma de Mallorca Airport - Academy - Airport for every player

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## Players Residence

Located inside the academy and only 200 meters from the beach of Palmanova.

In addition to having all the comforts, Palmanova offers shops, supermarkets or entertainment, all within walking distance.

Academy staff live at the facilities to take care of the players.

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## Junior Suites Long term program

Double use

A/C

Private bathroom

Cleaning service

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# Enjoy professional facilities

11 red clay courts

2 synthetic resin courts

Gym

Tennis PRO shop



# HP Juniors

Indicative daily schedule for non boarding players

## Monday to Friday

### 9:00 h to 13:00 h

Tennis & Fitness Training

### 16:30 to 17:30

Individual training session ( optional )

### 17:30 to 19:30 h.

Tennis Training - Matches

## Saturday

Tennis training & Matches

11:00 to 13:00



## HP Juniors

Indicative daily schedule for boarding players

### Monday to Friday

8:00 Breakfast

### 9:00 h to 13:00 h

Tennis & Fitness Training

13:45 Lunch

### 14:30 h. to 16:30 h.

Rest , Free time & Study

### 16:30 to 17:30

Individual training session ( optional )

### 17:30 to 19:30 h.

Tennis Training & School Tuition

20:00 h.Dinner

20:45 – 22:00 h. . Free Time - Study

### Saturday

Tennis training & Matches - Tournaments

### Sunday

Day off - or Tournament



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# Our coaches

All coaches of Vilas Tennis Academy have official teaching qualifications, but the most important value of our trainers is the experience.

Professional experience in tennis training at the levels of national and international competitions as players and coaches.

## One training method

Each coach is using the same unique tennis training methodology developed with Guillermo Vilas and each coach works under the technical direction of our head coach.

## International team

Every week we receive players from many countries, so our coaches speak different languages such as English, Spanish and some even German, Italian or Russian.

## Sessions with different coaches

In the daily training of our players of all levels, we schedule tennis sessions with different coaches. Each coach contributes something special and personal to the training process that enriches the knowledge and the skills of players.

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**ITF** World  
Tennis  
Tour™

**ITF** International  
Tennis  
Federation



**FEDOTENIS**  
Federación Dominicana de Tenis

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# Sergio Sabadello

## Head Coach VILAS Academy

ATP certified coach

He has coached various players on the ATP and WTA professional circuit with proven success.

Since 2013 and currently, he is the coach of the Russian Davis Cup team.

### **Semifinalist DAVIS CUP FINALS MADRID 2019**

Sergio Sabadello is the head coach and sports director of the Academy.

His work goes beyond designing training programs and supervising the training team.

He shares his passion for the sport with every player and team at the academy and inspires them to achieve their goals.

Sergio's inspiration:

"Reaching goals on a daily basis and continuing the legacy of Guillermo Vilas and my father.





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**We seek the excellence and players must be prepared for high demands.**

**Our high performance program full boarding has strict rules regarding compliance with schedules, following correct eating habits, and behavior in general.**

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# Thank you

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