

# TRAINING CAMPS

## ADULTS





## OUR COACHING PHILOSOPHY

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*At the Mouratoglou Academy, our philosophy has always been to adapt our way of coaching to every individual, from beginners to professional players.*

*We rely on a tailor-made educational vision to meet the needs of each individual.*

*Our coaching team is driven by a unique passion and dedication to work closely with each player, as they have done for more than 25 years.*

*Each coach uses the methodology that I have developed and applied successfully with the professional players with whom I have collaborated.*

*This methodology will help you obtain convincing results by the end of your stay.*

*Indeed, this training camp will ensure you real progress in the short term, and will allow them to set medium-term work goals for the rest of your tennis journey.*

*The high-level methodology, finally at your reach.*



PATRICK MOURATOGLOU

A stylized, handwritten signature in black ink, appearing to read 'P. Mouratoglou'.



# IN THE HEART OF THE FRENCH RIVIERA

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LOCATED IN SOPHIA-ANTIPOLIS

15 MINUTES FROM NICE  
INTERNATIONAL AIRPORT

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# STATE-OF- THE-ART FACILITIES

An aerial photograph of a large, modern sports and resort complex. The complex features several tennis courts, including a large blue hard court with seating, and green artificial turf courts. There are also swimming pools, a large stadium-like seating area, and various modern buildings with glass facades and flat roofs. The entire facility is surrounded by lush green trees and landscaping.

33 CLAY & HARD COURTS (8 covered courts)

4 PADEL COURTS

STUDENT CAMPUS (school & boarding house)

ATHLETIC TRACK

MULTISPORTS AREA

FITNESS ROOMS & WEIGHT LIFTING AREAS

PRO-SHOP

SPORTS MEDICINE CENTER

4-STAR HOTEL

SPA

RESTAURANTS & BAR

4 POOLS

VIP & SEMINAR ROOMS

RÉSIDENCE



# WHERE CHAMPIONS TRAIN

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Thanks to its ideal location between Nice and Cannes, the Mouratoglou Academy is widely considered as the ideal training ground for the world's best professional players. **Stefanos Tsitsipas**, **Coco Gauff** or **Daniil Medvedev** are regularly seen practicing on our courts in between tournaments. If you come to the Mouratoglou Academy for a tennis camp, you might very well glimpse or run into one of them at the turn of a path and watch them during their training sessions and often share their experience with the guests during Q&A sessions or book signings.

**NOVAK DJOKOVIC**

**STEFANOS TSITSIPAS / COCO GAUFF**

**HOLGER RUNE / ANDY MURRAY / FRANCES TIAFOE**

**GRIGOR DIMITROV / DANIIL MEDVEDEV / ALEXANDER ZVEREV**

**STANISLAS WAWRINKA / ANASTASIA PAVLYUCHENKOVA**

**GAËL MONFILS / ALIZÉ CORNET / BENOÎT PAIRE**

**JÉRÉMY CHARDY / VICTORIA AZARENKA**

**BRENDA & LINDA FRUHVIRTOVA**

**CAMERON NORRIE**



# THE ULTIMATE TRAINING CAMP EXPERIENCE

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*More than 20 000 campers  
trained at the Academy.*

## OUR KEYS TO SUCCESS

- > **Help** players to train and think like champions.
- > **Treat** every player like a pro.
- > **Contribute** to personal development by experience a great diversity of cultures.
- > **Build** ultra homogenous groups of maximum 4 players per court and coach.
- > **Personalize** the goals & evaluations at the end of the camp.
- > **Focus** on the player's strengths rather than on their weaknesses.
- > **Turn** every training session into a match to win.







## HALF-DAY CAMP

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*Combine fun with sports performance.*

- > Morning only
- > From Monday to Friday
- > Personal report

The half-day course is for players of all levels. Join us for intense tennis and fitness training every morning to help you improve technically, physically, and tactically.

This package gives you free time outside of your training program, ideal if you want to enjoy the treasures of the French Riviera and Mouratoglou Resort on your own or with family.

### TRAINING VOLUME

- > Tennis: 1h30/day (2hrs during summer)
- > Physical activities: 5 sessions of 1h30

FROM  
**649 € THE WEEKDAYS**  
OR **299 € THE WEEKEND**





**RECOMMENDED**  
by Patrick Mouratoglou



# INTENSIVE CAMP

*A high-intensity training program designed to boost your performance.*

- > Full-day, from Monday to Friday
- > 2 tennis sessions per day
- > Lunch included (cafeteria)
- > Personal report

Take it up a notch with this high-intensity training program and bring out the best tennis player inside of you. Every day, enjoy a comprehensive program combining physical training, technical and tactical work, and mental preparation.

This package is designed to quickly boost your performance on the court.

## TRAINING VOLUME

- > Tennis: 3hrs/day (4hrs during summer)
- > Physical activities: 5 sessions of 1h30
- > 1 tactical session (1h30) & 1 mental session (1h30)

FROM  
**999 € THE WEEKDAYS**  
OR **499 € THE WEEKEND**



# ADDITIONAL OPTIONS

*A performance boost that's tailored to each individual athlete for an even more personalized coaching.*

## 1. TENNIS COACHING (5 HRS)

- > Individual coaching lesson
- > Technical & specific tactical training tailored to the player

750 €



**RECOMMENDED** by Patrick Mouratoglou

## 2. RECOVERY & PERFORMANCE PACK

- > Contrast bath (2 sessions)
- > Pressotherapy (2 sessions)
- > Massage with one of our physiotherapist (30')
- > Cryotherapy (1 session)

280 €

## 3. MENTAL COACHING (3 HRS)

- > Analysis of the player's profile (1hr)
- > Match scenario & coaching (1hr)
- > Debriefing areas of progress & improvement (1hr)

300 €



## 4. PACK RECOVERY

- > Contrast bath (2 sessions)
- > Pressotherapy (2 sessions)

150 €

## 5. BATH PACKAGE

- > 4 sessions of recovery baths

150 €

## 6. PHYSICAL COACHING (2 HRS)

- > Morphological assessment (1hr)
- > Analysis of the performance with a fitness coach (30')
- > Individual report
- > Tailored training program
- > Massage with one of our physiotherapist (30')

250 €

## 7. CRYOTHERAPY PACKAGE

- > 4 cryotherapy sessions to support muscle recovery

300 €





## FAMILY PACK

*All camps can add family members and make it a family camp package.*

An ideal package to link tennis and holidays! For your stay, enjoy the 4-star comfort of the Mouratoglou Hotel & Resort to recover during your camp!

Our executive rooms are spacious enough to welcome until 2 adults and 2 kids Under 12, and perfectly soundproofed and air-conditioned.

- > Intensive Family pack
- > Half-day Family pack

FROM  
**2696 € THE WEEKDAYS**  
FOR 2 ADULTS AND 2 CHILDREN

accommodation excluded  
subject to availability



## BABY TENNIS

*Little ones have their own training course!*

Available from the age of 3, the Baby Tennis formula gives little champions the opportunity to take part in fun and sports activities, and discover tennis at the Mouratoglou Academy.

Every morning, the course includes:

- > Sports (tennis or other sports activities)
- > Other early learning activities

FROM  
**699 € THE WEEKDAYS**

accommodation excluded  
subject to availability





## OUR SERVICES

Our hotel features 153 elegantly decorated and air-conditioned rooms that are designed to meet your every need, whether you are staying alone or with your family.

Several categories of rooms are available: superior, executive & family rooms, as well as suites.

3 rooms categories are offered: superior rooms, executive & family rooms and junior suites.

The hotel has 5 accessible rooms for people with reduced mobility (on demand).

The access to the Spa sensorial area and fitness are included in your stay. Discover our bistronomic restaurant and our different food formulas to boost your stay!

## STAY AT THE RESORT

*During your camp, enjoy the Mouratoglou Hotel & Resort that will provide you everything you need to enjoy the vacation of your dreams.*

With a 12 acres compound, a 700m<sup>2</sup> SPA, a restaurant with fine cuisine and a racquetshaped swimming pool, the Mouratoglou Hotel & Resort is the perfect place to relax with your family and enjoy the French Riviera.

- > 154 rooms
- > Restaurant
- > Bar/lounge
- > 4 pools
- > Spa
- > Fitness
- > Collective trainings
- > Aqua training





# THE RESIDENCE: ON-SITE COMFORT

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This new luxury residence is a lodging solution for families who wish to live within the heart of our Resort.

The residence offers several comfortable apartments for rent from studio to three-bedroom apartments. All have fully equipped kitchens, balconies with stunning views of the Mouratoglou Academy tennis courts.

The Residence also has its own pool.

This new infrastructure allows you to make lifetime memories as a family.

The Residence offers families furnished\*, modern and luxury apartments for optimal comfort.

\*Subject to availability and from 18 years old.



## > Furnished apartment:

The rental of the property is for a period of 1 week to 12 months maximum.

*Animals are not accepted.*





# CONTACT

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Online registration  
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