

Sportech Academy

HIGH- PERFORMANCE TENNIS CAMP

SUMMER 2026

sportechacademy.com



TENNIS

AGES 11 – 16 | RESIDENTIAL & DAY | SPORT | ENGLISH B1+ | GARDA

This program is perfect for **young tennis players** who want to experience elite training in one of Italy's most iconic tennis destinations. In the stunning hills above **Lake Garda**, participants will develop their game on state-of-the-art courts, benefit from the high-altitude environment, and **train where professional players and national teams have prepared for international success.**

WEEKLY PROGRAM

- + 30 hours of tennis coaching with experienced coaches
- Internal tournaments, and friendly matches designed to inspire growth alongside high-level athletes.

WHAT'S INCLUDED

- Individual tennis coaching
- Mental game and tactical workshop
- Recordings on camera
- Performance certificate
- Accommodation: Le Balze Hotel

SPECIAL CAMP EXCURSIONS

- Mountaing biking, guided hikes and local excursions
- Beach volleyball and paddle tennis
- Closing award ceremony



LOCATION

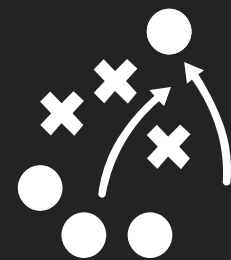
Located on-campus at Hotel Le Balze, the program offers a setting purpose-built for tennis training camps. Participants will stay in twin or triple rooms with private bathrooms, enjoy full-board Mediterranean meals designed for athletes, and benefit from a supervised environment that ensures both safety and wellbeing throughout their stay.





MODEL

Combination of technical training + athletic development + mental preparation. Inspired by Italy's new tennis golden era with stars like **Jannik Sinner** and **Lorenzo Musetti**, players will experience training shaped by passion, precision, and tactical intelligence.



**Advanced Technical
Tactical Training**



**Focus on
Individual Skills**



**High-Performance
Athletic Preparation**



**Mental
Coaching**



**Nutrition and
Recovery**

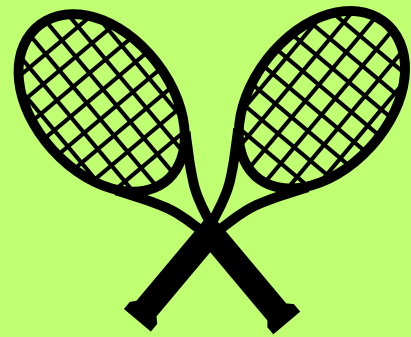


**Video
Analysis**

All this will take place in the Hotel with sports-focused facilities, on site professional tennis courts and comfortable recovery and relaxation areas. .

PROGRAM STRUCTURE

The **High-Performance Junior Tennis Camp** ensures an experience that combines high-level sports training with an educational and stimulating environment, guaranteeing young athletes concrete tools for their growth.



TENNIS PERFORMANCE TRAINING

Skills assessment, personalized training, technical drills, tactical play, and progress reports.



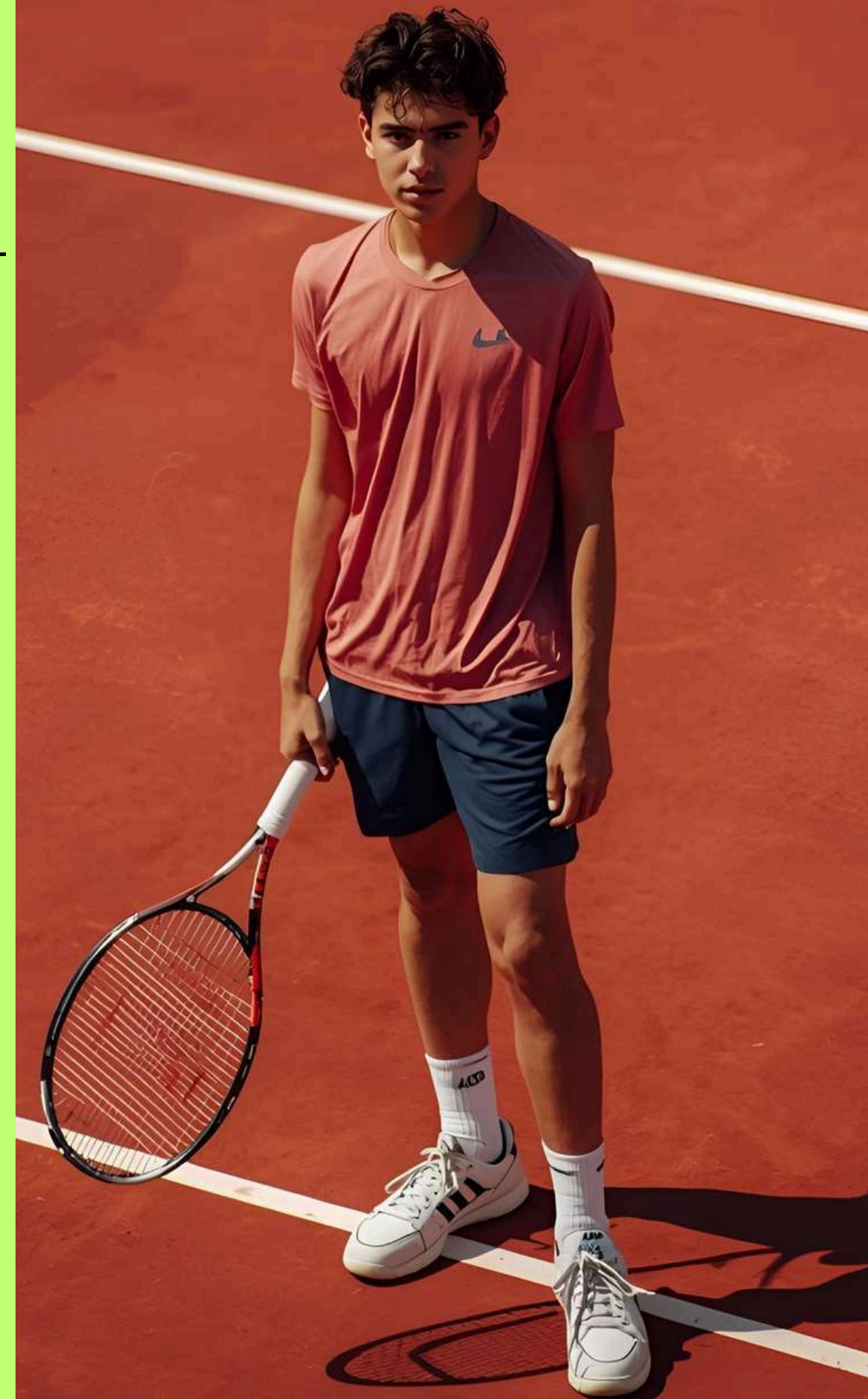
ATHLETIC DEVELOPMENT

Speed & agility drills, core training, injury prevention & recovery.



WORKSHOPS & SUPPORT MODULES

Sports nutrition, psychology & mindset, and Italian Tennis DNA inspired by top ATP players.





Saturday
Tournament
Awards and individual recognition
Ship closing farewell to participants
WEEK OUT DAY
05/07
12/07
19/07

Boarding Option

- *Hotel Le Balze (4★ hotel) nestled in the hills breathtaking views of Lake Garda*
- *Professional tennis courts directly at the hotel for training convenience*
- *Twin or triple rooms with private bathroom*
- *Full board with menus designed for young athletes*

Travel & Access

Students arrive in Milan (MXP, LIN, BGY) and stay one night in Milan. They are then transferred to Lake Garda by private transport (this transport is included in the program price).

