



A PREMIER TENNIS TRAINING DESTINATION

From amateurs to pros, we tailor training to your goals.



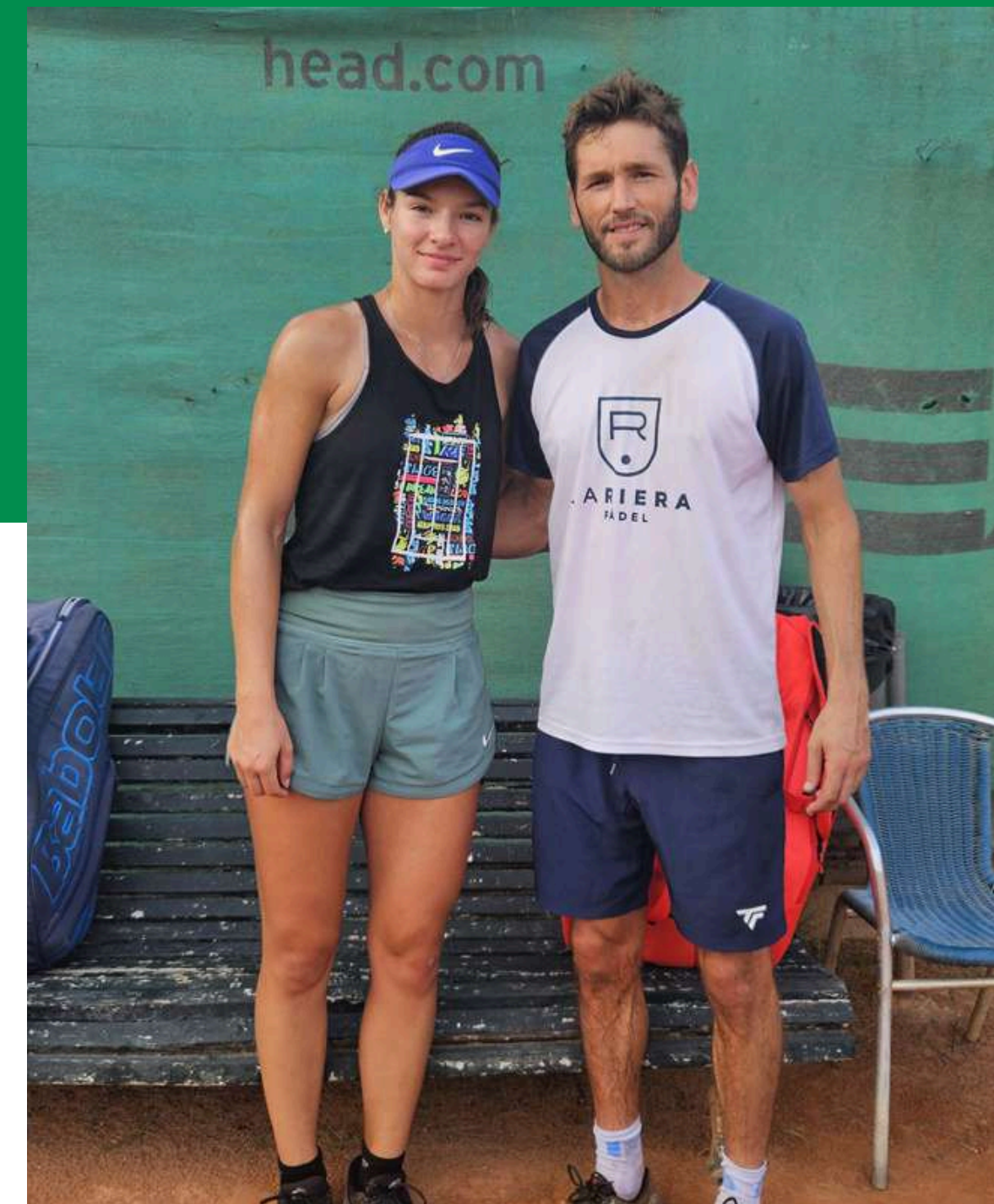
OUR PHILOSOPHY

- Small, personalized tennis academy.
- Experienced, passionate coaches with international expertise.
- Focus on player success, both in tennis and as individuals.
- A supportive, professional environment with top-notch facilities.

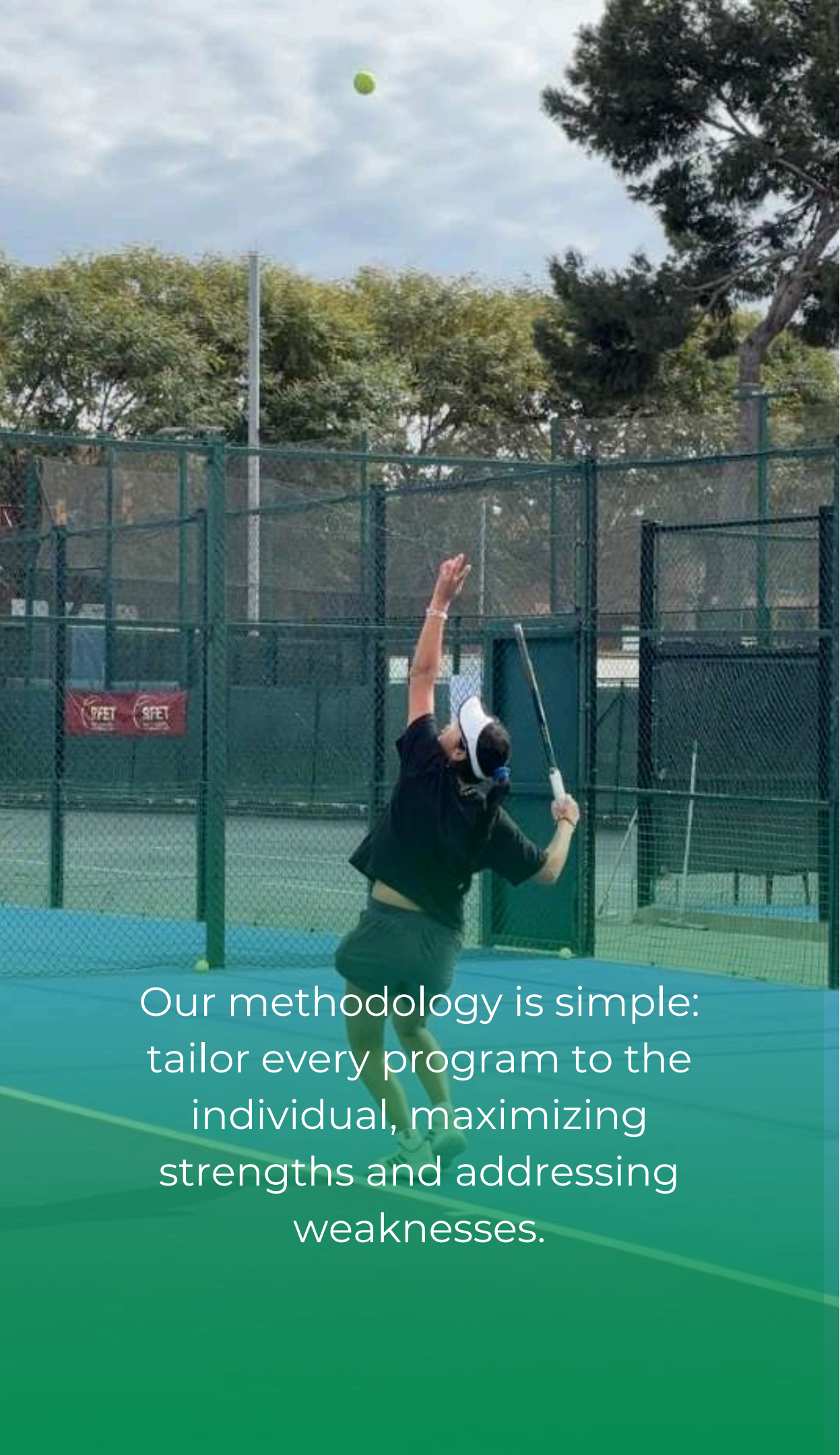


TOP-TIER FACILITIES

- Full access to club amenities, gyms, and courts.
- Barcelona locations: only 10 minutes from the international airport.
- Multiple courts (27 in Cornellà, 7 in Bursa).

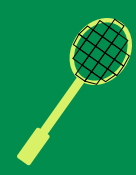


Developing players with
passion, precision, and purpose



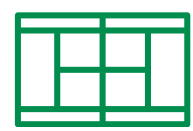
Our methodology is simple: tailor every program to the individual, maximizing strengths and addressing weaknesses.

OUR METHODOLOGY



INDIVIDUAL PROGRAMS

Bespoke, individualised programmes.



ALL ROUND DEVELOPMENT

Focus on all-round development: fitness, mental strength, skills.



MENTAL AND FITNESS COACHING

Specialized mental and physical fitness training.



LIMITED SPOTS

Family-like atmosphere with a limited number of players.

OUR LOCATIONS

CORNELLÀ, BARCELONA

PROFESSIONAL & AMATEUR TRAINING

Gilles De Sousa, a 40 year old former ATP player, and Agustin Lombardi, ATP coach, direct and manage the player, in a personalized way, to reach their tennis goals by maximizing their strengths and minimizing their flaws with a "one to one" training system.



Location

Cornellà, Barcelona



Tennis courts

27 tracks



WELCOME TO BARCELONA ARRIVAL AND PICK-UP

Arrival: As soon as you land in Barcelona, we'll be there to greet you. Our team will pick you up at the airport, ensuring a smooth and comfortable start to your journey.

Accommodation: We'll take you to your selected accommodation—whether it's a hotel, apartment, host family, or player apartment. Get settled in, relax, and prepare for an exciting experience ahead.

Tour of Facilities: Once you're ready, we'll show you around our academy. You'll see where you'll be training, meeting other athletes, and experiencing the world of tennis at its finest.



TENNIS AND TRAINING EXPERIENCE



Training Together

You'll begin your tennis journey with us, diving into training sessions tailored to your skill level. Our top-notch coaches will guide you every step of the way.

Transportation

Don't worry about how to get around. We provide transportation to and from the academy, ensuring you're on time and ready to train.

Meals

After training, enjoy meals at our tennis restaurant, where we serve nutritious food designed to fuel your body for peak performance.

ADDITIONAL OPTIONS FOR YOUR STAY

Spanish Tennis License

If you're looking to compete, you can opt for a Spanish Tennis License, allowing you to participate in local tournaments.

Tournaments with Travel Coaching

For those competing, we offer the option of having our travel coaches accompany you to tournaments, providing support and guidance on the road.

Medical Services

We also provide private medical options, ensuring you have access to top health care during your stay.





Equipment & Clothing

Through our partners, you'll receive big discounts on sports equipment, clothing, and stringing services. Everything you need will be readily available.

Mobile and Telecom Services

We can also assist with setting up mobile and telecommunication services to keep you connected throughout your stay.

Visa Support

Whether you're here on a tourist or student visa, we offer assistance with visa requirements to make sure your stay is stress-free.

DISCOVER SPLAU: CORNELLA'S ULTIMATE SHOPPING & ENTERTAINMENT HUB

Just outside Barcelona, Splau is a vibrant open-air shopping center with 100+ stores like Primark, H&M, and MediaMarkt, plus 35+ restaurants to suit any taste. It's also home to Kinépolis Splau, one of Spain's biggest cinemas, with 28 screens, Laser Ultra, and Dolby Atmos.

With free parking, modern vibes, and everything in one place — it's the perfect spot for a fun day out, just 5 minutes away from our academy in Cornella.





EXPLORING BARCELONA – PLACES OF INTEREST

During your stay, you'll have the opportunity to explore the beautiful city of Barcelona and its surroundings. Some must-see attractions include:

- **La Sagrada Família:** Antoni Gaudí's iconic basilica, a UNESCO World Heritage Site.
- **Park Güell:** Another masterpiece by Gaudí, offering breathtaking views of the city.







- **Las Ramblas:** A vibrant street filled with shops, restaurants, and entertainment.
- **Gothic Quarter:** A historic part of the city, with narrow medieval streets, charming squares, and stunning architecture.
- **Camp Nou:** The home of FC Barcelona, a must-visit for football fans.
- **Montjuïc:** A hill offering panoramic views of the city, along with the Magic Fountain and Olympic Stadium.
- **Beaches of Barcelona:** Enjoy the Mediterranean coastline with its beautiful beaches and lively beachside atmosphere.





WHAT DOES

MÉS QUE
UN CLUB

MEAN?

FCBARCELONA.COM

NIKE.COM/FCB



MEET THE TEAM



GILLES DE SOUSA

Head Coach, ATP Coach



JORDI COMA

Director



**VIOLETA GARCÍA
BENISCELLI**

Mental Coach

MEET THE TEAM



NADIA LALAMI

Coach



AGUSTIN LOMBARDI

Coach ITF



JORDI MAS DE UGARTE

Coach-Sparring ITF

MEET THE TEAM



LABSPORTSALUD

Fitness & Physio Center

TENNIS PROGRAMMES

Comprehensive Tennis Programmes

- Full-time and part-time options.
- Customised training based on player's age, level, and school timetable.
- Tournaments and competition coaching (National, Tennis Europe, ITF, WTA, ATP).



TRAINING PROGRAMMES OVERVIEW

Tailored Training Programmes

- Part-time and full-time programmes.
- Options for language courses along with tennis training.
- Customisable weekly and monthly programmes for all ages.



Individual Lessons - One-to-One Intensive Lessons

- Personalised, one-on-one training with head coach.
- Target specific areas of improvement in your game.
- Can be added to a regular programme or booked independently.



PHYSICAL PREPARATION

Specialised Physical Training

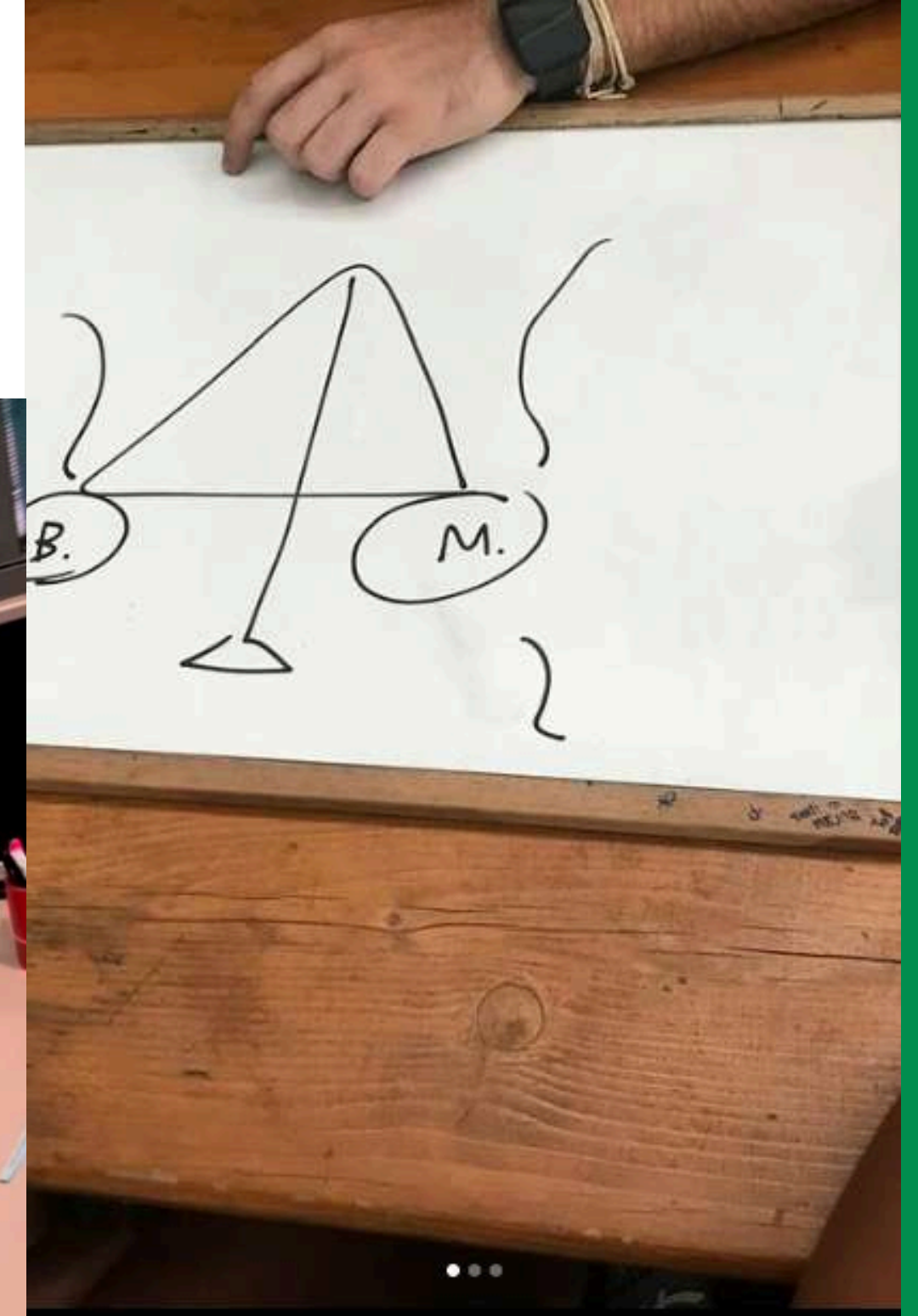
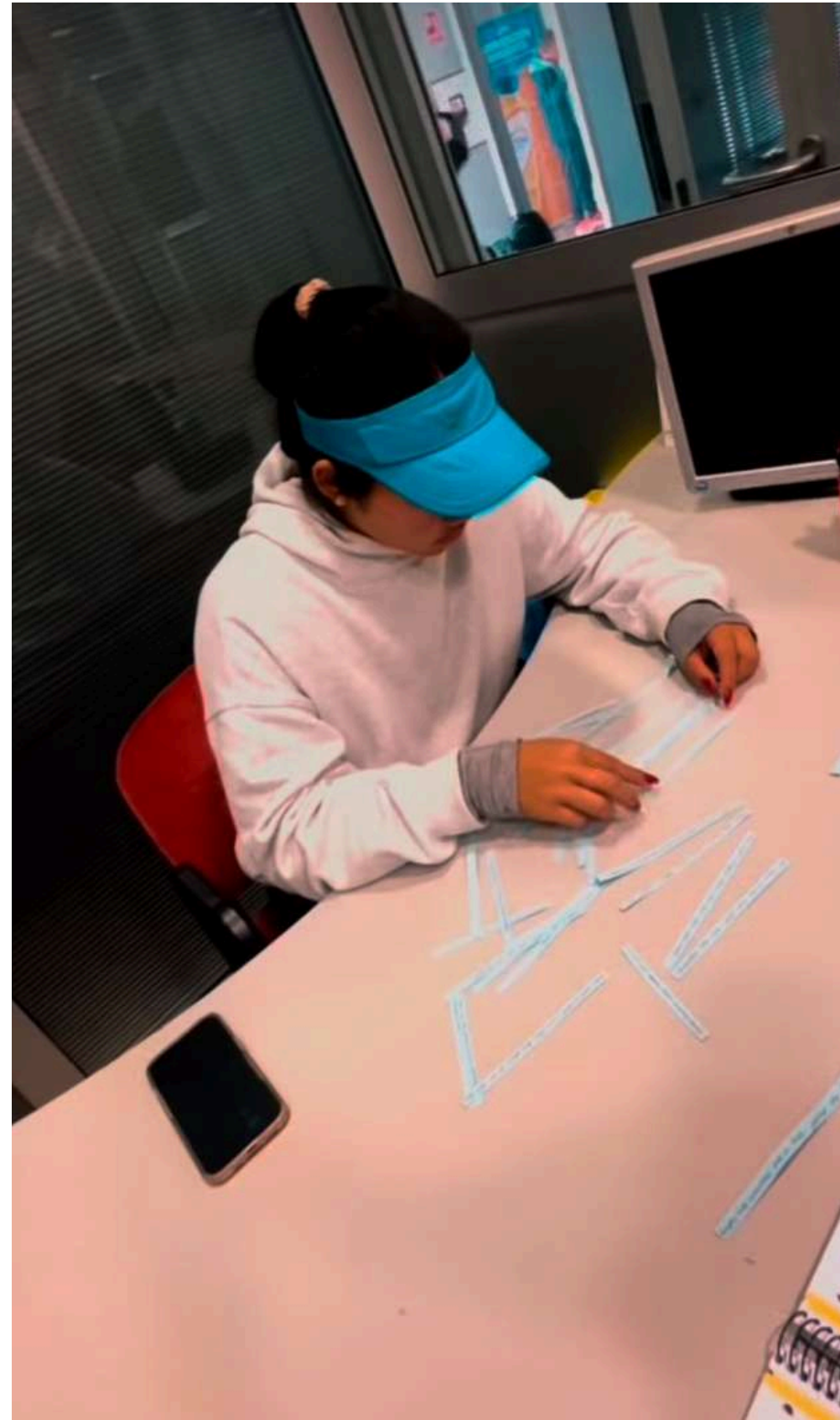
- Balanced training for endurance, power, strength, and flexibility.
- Tailored physical conditioning for tennis-specific fitness.



MENTAL TRAINING

Mental Conditioning for Success

- Growth mindset approach to mental training.
- Environment designed to foster psychological strength.
- Support network for each player's mental journey in tennis.



SCHOOLING OPTIONS

Balancing Tennis & Education

- Partnership with international schools near Barcelona.
- Online schooling options for flexibility.
- Focus on balancing academics and sports excellence.



ACCOMMODATION

Comfortable Accommodation Options

- Hotels, apartments, and family homestays available.
- Special pricing for players enrolled in the academy.
- Focus on comfort and ease during the training period.



CONTACT INFORMATION

Reach out to join us and take your tennis journey to the next level with Barcelona Sports Academy!



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Instagram
[barcelona_sportsacademy](https://www.instagram.com/barcelona_sportsacademy)



Website
www.barcelonasportsacademy.com

