



ACE ACADEMY BRAZIL

The purpose of Ace Academy Brazil is to offer serious tennis students the opportunity to train at the highest possible level, while also experiencing another culture and learning another language. This exclusive academy will admit a maximum of 8 students per semester and all students will be required to complete an admission package (see items below).

The level of intensity and fitness required to compete at this level everyday will require a serious commitment from anyone who attends this academy. He or she should be willing to push themselves to the furthest possible limits and be ready to improve exponentially.

Ace Brazil will also expose students to completely different game styles, training methods, cultural understandings and the Brazilian Portuguese language. The tennis and class curriculum will be taught in both English and Portuguese with stressed emphasis on the language of Brazil. Your curriculum interests are to have a basic conversational ability to communicate in Portuguese as well as play the best tennis of your life!!

Ace Academy Brazil- Entrance Requirements

1. **Three (3) recommendation letters from coach, teacher and parent**
2. **Personal essay on why student wants to attend *Ace Academy Brazil***
3. **Complete list of short-term, medium term, and long term goals**
4. **List of any special needs required by student, i.e. medical needs etc.**
5. **Parent release form**
6. **Passport and visa completion**
7. **Application completion**
8. **Required equipment list completion**
9. **Tuition and room and board semester or 2-week-training payment**
10. **Signed document by student of understanding of nature of academy and its goals**



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Consulate, Travel, Lodging

You need a passport and visa from the Brazilian Consulate stamped in your passport (\$130.00) to travel to Brazil, if you are from the United States. If you are from another country, you need to speak with the Brazilian Consulate to find out about your specific requirements. You can go online to fill out the application and make your interview appointment through the website below.

If you are in another area of the United States, you can handle this through the mail or have a travel agent or special agency handle it for you for an additional fee. I have included below my recommendations for traveling to Fortaleza as well as the Brazilian Consulate in Atlanta, GA.

[Brazilian Consulate General in Atlanta](#)

www.abe.mre.gov.br

3500 Lenox Road N.E. Ste 8001

Alliance Center, Atlanta, GA 30326

(404) 949-2400 Open Weekdays 9 am – 1 pm

Expeditions Travel

Personal: bruceexpedition@hotmail.com

Work: 678 - 218-1804

Brazil Tourism Investment www.brazilti.com

Bryan Hiner bryanhiner@hotmail.com



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The Schedule

September 1 st - December 1 st	1 st 13-week semester
January 24 th - April 26 th	2 nd 13-week semester

Monday to Friday Drill Schedule

07:30 am - 08:30 am	Conditioning time, aerobic, anaerobic, strength, and flexibility training
08:30 am - 09:30 am	Breakfast and shower
09:30 am - 12:00 pm	Tennis instruction and drill hours
12:00 pm - 02:30 pm	Lunch, rest and study time
02:30 pm - 05:00 pm	Tennis drills, match play, footwork drills, beach tennis
05:00 pm - 10:00 pm	Portuguese class, study time, dinner, computer time with family, social and free time.
10:00 pm	Go to bed!



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The Weekend

Two weekends a month we will travel to a different beach and mountain areas in Northeastern Brazil. The possible locations included - but not limited – are Jericoacoara, Canoa Quebrada, Flexiras, Lagoinha, and Guaramiranga. Possible activities include: kite surfing, wind surfing, dune buggy trips, 4 wheeler excursions, horseback riding, and exploring and hiking to remote beaches and mountain areas.

One weekend a month will be designated to play local clubs in the area, go to local tournaments in Fortaleza or travel to tournaments in Northeastern Brazil. These tournaments should include regional tournaments, ITF events, and open Satellite pro events.

- **Specific tournament scheduling depends on the overall strength of the individual and players attending the academy at a particular time. This academy's primary focus is learning new skills and improving on old ones**



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The Focus

1. The art and technique of the slice on clay
2. Intense consistency and war of attrition drills to combat the counter puncher
3. Learning the differences between clay and hard court tennis
4. Controlling the court with your inside out forehand
5. Kick serves and kick serve returns
6. The art of the forehand and backhand slice on clay
7. The drop shot as a weapon on clay
8. Finishing points at the net on clay
9. Clay court angle drills
10. How to play incredible defense on red clay
11. Conditioning, conditioning, and more conditioning drills
12. Stretching and speed work drills — on and off court
13. Mental training for enduring long and grueling matches
14. Live ball and feeding footwork drills specialized for red clay
15. Plyometrics and strength training work
16. Diet and food understanding for tennis players
17. Recovery through massage, stretching, eating, hydrating, and rest
18. Injury prevention and minor injury recovery
19. Preparing for long hot intense matches under strong sun
20. Learning about the Brazilian culture and Brazilian Portuguese

All these topics will be covered in the 2-week and semester training and all players are expected to come ready to experience all that the Brazilian weather has to offer.

It is further understood that in order to compete at this level, you need to come to Brazil already in great shape. This is not a place you come to work yourself into a decent shape, but a place to leave in the best shape of your life. It is strongly advised that you train very hard before you get to Brazil to get the most possible out of your tennis!!



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The Equipment

- 3 or 4 racquets or more depending on your game and string breakage
- Strings
- Sunscreen
- Grips
- Power bars and gels, recovery drinks, pre-workout drinks etc.
- Lots of underwear, socks and dry-fit clothes not to be wet
- Swimming suit
- Sunglasses (always sunny!)
- Hats
- Sweatbands
- Water jug and small collapsible cooler
- Your specific specialty equipment for your game and your body.

These are just some basic examples, but you are required to complete your own personal list so you are prepared to play tennis in the hot sun six hours a day five days a week!! Come prepared to play or you will not be happy that you didn't!! Prepared tennis players beat more talented players and better athletes all the time.



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The Food

This is an area often neglected when it comes to junior tennis. This is not the case with this program because we realize how important it is to control what is that you put into your body, if you want to perform at your optimum every day.

We design a special menu and do our best to provide healthy tasty food to avoid any problems on the court or at the dining table. Three meals a day 5 days a week will be provided, but we will have some additional snacks available as well as food on the weekends in town. It is the individual's responsibility to control his food and drink intake, timing, and quality outside our prepared meals.

It is strongly suggested that you put together a list of foods that you like and submit it to us prior to the trip so we can work out a menu that agrees with everyone.

We are a small academy and this is a possibility within reason. Do spend some time reading about nutrition before your arrival so that you can be ready to get the most out of your daily training. We will have some additional reading material once you arrive.



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THE RULES

Since this is an international tennis and boarding academy dealing with juniors who are under the age of 18, there will always be rules. Here is a list of the rules to be followed in order to get the most out of your experience in Brazil, your tennis, as well remaining in the academy without incident. Infraction of these rules may result in expulsion from the academy and an early plane flight home at your additional expense as well as loss of your tuition and boarding fees.

1. All daily, weekly, and monthly tennis schedules need to be followed
2. The coach and chaperone need to be aware of your location at all times
3. You must have a cell phone with you at all times
4. We wake up Monday-Friday at 7 am
5. We go to bed Monday-Friday at 10 pm
6. No one is allowed out before 7 am or after 10 pm unless accompanied by a coach or a chaperone. NO EXCEPTIONS TO THIS RULE!!
7. You are expected to be prepared with all equipment ready every day
8. You are expected to perform all tennis and fitness activities every day
9. You must represent yourself and **Ace Academy** with the upmost respect for all customs and courtesies in Brazil
10. You are to make every effort to maintain your fitness and health during your stay in Brazil. If you are sick, then you cannot train or improve your tennis
11. You are required to study or read all required material that is presented in the **Ace Tennis-Brazil Program**

12. You must keep your apartment and bedroom organized on a daily basis
13. You must learn to string your own tennis racquets
14. YOU MUST WANT TO BECOME THE BEST TENNIS PLAYER YOU CAN BE!!
15. It is necessary to agree to follow these rules or any other rules that are added to this list.



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The Costs

13-WEEK PERIOD SEMESTER

Training 6 h day/5 days a week	\$ 5,850.00 *
Lodging	see below
Chaperone	\$ 390.00
Food & Food Preparation	\$ 1,300.00 **
Language Classes	\$ 500.00 ***
Club Membership	\$ 150.00
Player's Visa	\$ 130.00
Player's Airfare	\$ at time
Coach's Airfare (shared by all players)	\$ at time

* Training - based on \$15 per player per hour.

** Food & Food Preparation - Mon – Fri- 3 meals a day

*** Language Classes - 4h 30/week

Lodging - fee/player

2 players	\$ 1,500.00
3 players	\$ 1,500.00

4 players	\$ 1,500.00
5 players	TBA
6 players	TBA
7 players	TBA
8 players	TBA



Ace Tennis Academy Weekly Curriculum

2-WEEK CAMPS
TO BE SCHEDULED AT VARYING TIMES DURING EACH
SEMESTER AND SUMMER MONTHS.

Monday – Friday drill schedule

07:30 am - 08:30 am	Conditioning time, aerobic, anaerobic, strength, and flexibility training.
08:30 am – 09:30 am	Breakfast and shower
09:30 am –12:00 pm	Tennis instruction and drill
12:00 pm - 02:30 pm	Lunch, rest, beach time
02:30 pm - 05:00 pm	Tennis drills, match play, footwork drills, beach tennis
05:00pm – 10:00pm	Free time
10:00pm	Lights out

Ace Tennis Academy-Brazil Weekend Curriculum for 2 weeks

On both weekends, we travel to different beach and/or mountain areas in Northeastern Brazil. The possible locations included, but not limited to these, are Jericoacoara, Canoa Quebrada, Flexiras, Lagoinha, Cumbuco and Guaramiranga.

Possible activities: kite surfing, wind surfing, dune buggy trips, 4-wheeler excursions, horseback riding, and exploring and hiking to trips. All activities that involve additional costs are voluntary and will be paid directly to local vendors. Since this is a short trip all tennis matches and tennis activities with other players or clubs will be during the week. It is important that all players get a chance to experience some other areas and other activities while in Brazil.



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The Camp

Trip (2 weeks)
TO BE SCHEDULED

Training – 6 h a day - 5 days a week	\$ 900.00 *
Room & Board	\$ 760.00 **
Player’s Visa	\$ 130.00
Player’s Airfare	\$???
Coach’s Airfare - divided among players	\$???

* **Training** is based on \$ 15/h and may be taken out of your current package so the only “out-of-pocket” expense will be for Room & Board and Travel.

** **Room & Board** include the following expenses:

○ Lodging	\$ 500.00
○ Chaperone	\$ 60.00
Food & Food Preparation	
Mon-Fri 3 meals/day	\$ 100.00