



LA MANGA CLUB
sport & leisure



JUNIOR
SPORT 2015
AT LA MANGA CLUB

Welcome

Welcome to La Manga Club and to our Junior Sport area.

Throughout this brochure you will get a taste of the activities that our younger guests can be involved in. Our sports academies provide both fun and learning in all sports and, for those that enjoy more than one sport, our sport packages cater for that too.

Also included are details of our Junior Club – a great programme of activities is available for children from 3 months to 12 years.

We look forward to seeing you.

Enjoy our junior academies

TENNIS

GOLF

FOOTBALL

CRICKET

RUGBY

ATHLETICS

DANCE

Junior tennis academy

The La Manga Club Junior Academy is offered to young people in two categories:

- Under 19s – split into three age groups
- Under 9s – split into three age groups

Focusing on both fun and competition, our coaches deliver a structured programme at the appropriate level for each group.

The Junior Academy runs from Monday to Friday all year* and includes daily demonstrations to give an insight into the game.

*For academies to run, a minimum of 3 people is required.



U19, U15 & U12

Monday to Friday, 2 hours per day

Offering group coaching for abilities within each age group, we cover all major aspects of the game in a fun, yet competitive way.

Our programme includes: **Monday:** Footwork; **Tuesday:** Forehands and serve; **Wednesday:** Backhands, serve and return;

Thursday: Net play and points; **Friday:** Review and fun tournament

COURSE DATES: ALL YEAR, SUBJECT TO A MINIMUM OF 3 PARTICIPANTS.

TENNIS CENTRE RATES 2015

AGE	TIME	OWNER	RESIDENT
12&U	11:00 - 13:00	€250	€275
15&U	11:00 - 13:00	€250	€275
19&U	11:00 - 13:00	€250	€275

WINTER SPECIAL RATES 2015

01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015

TIME	OWNER	RESIDENT
11:00 - 13:00	€190	€210
11:00 - 13:00	€190	€210
11:00 - 13:00	€190	€210

Please note: Times may vary, these are just a guide. Please confirm at the tennis centre reception. Resident rates apply to guests staying at the Hotel La Manga Club Príncipe Felipe and Las Lomas Village.

U9s

Monday to Friday, 1 or 2 hours per day

Following the official ITF guidelines, we offer Tennis 10s: slower balls, smaller courts and an easier game for our younger players. Helping players to develop their most efficient technique and to implement more advanced tactics than using the yellow ball on the full court, our coaches ensure a fantastic, fun experience for all:



6 & under:

red balls played on a smaller court



8 & under:

orange balls played on a slightly smaller court
50% slower than yellow



9 & under:

green balls played on a full size court
25% slower than yellow

COURSE DATES: ALL YEAR, SUBJECT TO MINIMUM OF 3 PARTICIPANTS.

TENNIS CENTRE RATES 2015			
AGE	TIME	OWNER	RESIDENT
6&U Red ball	15:00 - 16:00 Jul & Aug 18:00 - 19:00	€145	€160
8&U Orange ball	09:00 - 11:00	€240	€265
9&U Green ball	09:00 - 11:00	€240	€265

WINTER SPECIAL RATES 2015 01/01/2015 - 21/03/2015 & 01/11/2015 - 31/12/2015			
AGE	TIME	OWNER	RESIDENT
6&U Red ball	15:00 - 16:00	€110	€120
8&U Orange ball	09:00 - 11:00	€180	€200
9&U Green ball	09:00 - 11:00	€180	€200

Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.



Leadbetter golf academy at La Manga Club

Monday to Thursday, 1 or 1.5 hours per day

Juniors attending the Leadbetter Golf Academy at La Manga Club will be coached by Laurence Brotheridge, Academy Director, and his team of Leadbetter coaches. Having trained under David Leadbetter, the 'man who invented the golf instruction industry', Laurence is a certified Leadbetter Instructor and a British PGA Coach with over 10 years' coaching experience.

Academy members can expect to shoot better scores and understand how to achieve this as the Academy's coaching philosophies are simple and suitable for all levels of experience. The core fundamentals of cause and effect form the basis of the Academy's approach as well as individual coaching; recognising that every attendee will have different needs.



Junior U9

Using the SNAG system and modified equipment, younger golfers will progress onto real clubs and balls. Emphasis is on fun whilst learning the basics of golf.

Junior U15

Using Leadbetter's famous '3 Ps': Posture, Pivot and Positioning, young golfers will learn the basic fundamentals alongside the rules and etiquette of golf.

Performance Junior Academy U17

Under 17s with a handicap of 26 or less looking to take their games to the next level will receive coaching on full swing and short game technique, the mental aspect of the game, blocked vs random practice, practice routines and tournament preparation.

COURSE DATES: ALL YEAR, SUBJECT TO A MINIMUM OF 2 PARTICIPANTS.

AGE	TIME	OWNER	RESIDENT	HOTEL GUEST
U9	10:30 - 11:30 or 11:30 - 12:30	€80	€105	€99
U15	09:00 - 10:30	€135	€175	€165
Performance Junior Academy U17	16:30 - 18:00	€160	€200	€185

Hotel guest rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.
Private lessons available for juniors if minimum number of participants not met.



Junior football academy

Monday to Friday, 1 to 2.5 hours per day

Players attending our Football Academy benefit from training with our FA/UEFA-qualified Football Academy coaches, all of whom have played or coached at professional club level.

Players attending the Football Academy for the full week will receive a football to take home and will also benefit from a discount on the entry fee into the Mini World Cup Tournaments.

For the most serious players, the advanced academy offers a combination of technical skills and the all-important fitness.

Private one-to-one 60-minute sessions covering all playing positions can also be arranged via the Tennis Centre reception

“The La Manga Club Football Academy offers the opportunity for boys and girls of all ages and levels to play and learn the game in a safe, fun environment in a fantastic Spanish location.”

Gordon Strachan OBE
Scotland Manager

COURSE DATES: EASTER - 23.03.15 - 18.04.15. SPRING HALF-TERM - 25.05.15 - 30.05.15.
SUMMER 29.06.15 - 29.08.15 OCTOBER HALF-TERM - 19.10.15 - 31.10.15

AGE	TIME	OWNER	RESIDENT
3 - 5	09:00 - 10:00	€150	€170
6 - 9	11:30 - 13:00	€210	€230
10 - 12	16:00 - 17:30	€230	€255
13 - 16	16:00 - 17:30	€250	€270
Fitness work	10:15 - 11:15	€135	€150
Advanced Academy 13 - 18 - Fitness work - Technical work	10:15 - 11:15 + 16:00 - 17:30	€280	€300
Goalkeeping academy 10 - 16*	16:00 - 17:30	€220	€245

Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village. 10% discount off total price when two or more weeks are booked for the same participant within one month. *This course runs in July and August.

Mini world cup tournaments



Fun football tournaments for boys and girls aged 7-16 years which last approximately 1 hour 15 minutes. A great opportunity to play on some of Europe's finest pitches as used by England, Spain, Real Madrid and Borussia Dortmund. All organised matches are supervised by La Manga Club academy coaching staff.

COURSE DATES:

EASTER 23.03.15 - 18.04.15. **SPRING HALF-TERM** 25.05.15 - 30.05.15. **SUMMER** 29.06.15 - 29.08.15. **OCTOBER HALF-TERM** - 19.10.15 - 31.10.15.

DAY	TIME	FIXTURE	AGE	ACADEMY PARTICIPANTS	OTHER
MONDAY TO FRIDAY	17:45	Mini world cup	7 - 11 & 12 - 16	€13	€23
SATURDAY	11:00	World cup Saturday	7 - 11 & 12 - 16	€13	€23

*Special weekly offer of €65 for all six events for academy participants; €115 for others.

Junior cricket academy

Monday to Friday, 1.5 hours per day

Attendees of the Cricket Academy are coached by John Dye with the Director and Junior Director of the Spanish Cricket Association and their team. All equipment is provided.

COURSE DATES:

EASTER - 30.03.15 - 10.04.15.

SPRING HALF-TERM - 25.05.15 - 30.05.15.

SUMMER - 13.07.15 - 21.08.15.

AGE	TIME	OWNER	RESIDENT
7 - 12	16:00 - 17:30	€220	€245
13 - 15	16:00 - 17:30	€220	€245



“Our development programme will benefit all ages and our aim is to give you a little extra insight into playing cricket in your own club. We want you to have a fun and enjoyable experience and we look forward to seeing you in the coming season.”

John Dye

Spanish Cricket Association Director

Junior dance academy

Monday to Friday, 1 hour per day

For all ages and levels, our highly acclaimed resident choreographer offers a fun, professional and full of energy Dance Academy. Sessions for ages 4+ involve dance games and movement stories. Sessions for ages 7-16+ will involve many dance styles with an emphasis on street dance. On Friday evenings, all of our attendees' hard work is put into practice as the Dance Academy performs to a live audience to start proceedings at the exhibition match between La Manga Club tennis professionals and often celebrity guests.

COURSE DATES: SUMMER - 13.07.15 - 21.08.15.

AGE	TIME	OWNER	RESIDENT
4+	10:00 - 11:00	€120	€135
7+	15:30 - 16:30	€120	€135
12+	16:30 - 17:30	€120	€135
16+	18:00 - 19:00	€120	€135

Resident rates apply to guests staying at the Hotel La Manga Club Príncipe Felipe and Las Lomas Village. Times may be subject to change; please check with tennis reception.

Junior rugby academy

Monday to Friday, 2 hours per day

Former Welsh international rugby star and Six Nations Champion Michael Owen has designed and runs our Rugby Academy with a fast, fun filled game-centred approach.

The week is structured around two daily themes such as:

- Attacking
- Tactical appreciation and understanding
- Contact skills and decision making in defence
- Evasion and speed
- Agility and balance

The programme will be tailored for all abilities, from enthusiastic novices to those who would like more elite, detailed coaching.

Easter elite
academy
14.04.15 - 18.04.15

Coached personally by
Michael Owen

Ask for details!

COURSE DATES:

SUMMER - 13.07.15 - 21.08.15.

AGE	TIME	OWNER	RESIDENT
9 - 12	16:00 - 18:00	€190	€210
13 - 16	16:00 - 18:00	€190	€210

Resident rates apply to guests staying at the Hotel La Manga Club Príncipe Felipe and Las Lomas Village.



Junior athletics academy

Monday to Friday, 1.25 hours per day

Double Olympic champion Daley Thompson has designed the Athletics Academy to help start 7 to 12 year olds on the path to athletics success through positive inspiration and individual athletic improvement.

Focused on fun, skills and fitness, the programme is led by Olympian pole vaulter Nick Buckfield and ex-Gladiator and British and Commonwealth athlete Kate Staples and their team.

The programme includes:

- Running drills and techniques
- Base technical aspects of athletics
- Sprint starts
- Endurance development
- Jumping activities
- Throwing skills
- Hurdles
- Team tactics and games

Athletics academy

Designed by
Daley Thompson



COURSE DATES:
SUMMER - 28.07.15 - 14.08.15.

AGE	TIME	OWNER	RESIDENT
7 - 12	09:45 - 11:00	€125	€125

Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.

La Manga Club sports packages

Our sports packages have been designed to benefit those wishing to participate in the Tennis and either Football or Cricket Academy in the same week. The sport packages are calculated per person and are not transferable; they may not be shared between two or more people.



COURSE DATES**:

EASTER, SPRING HALF-TERM, SUMMER AND AUTUMN HALF-TERM

TENNIS & FOOTBALL

AGE	OWNER	RESIDENT
Tiny tots 3, 4 & 5	€235	€265
6 - 9 & U	€360	€400
12 & U	€385	€425
15 & U	€400	€445

COURSE DATES**:

EASTER, SPRING HALF-TERM AND SUMMER

TENNIS & CRICKET

AGE	OWNER	RESIDENT
N/A	N/A	N/A
9 & U	€370	€410
12 & U	€380	€420
15 & U	€380	€420

Resident rates apply to guests staying at the Hotel La Manga Club Principe Felipe and Las Lomas Village.

*An extra 5% discount is applicable if two or more weeks are booked for the same participant. **For dates, please refer to individual sports.



Junior Club

Open all year round and located right next to the Tennis Centre, the Junior Club offers a superb range of facilities and fun activities for children aged 3 months to 12 years. The Junior Club offers distinct areas tailored to different age groups, featuring a wide variety of toys, mini-theatre / disco, computers, table hockey and football. Outdoors there is a large, fully enclosed play area with a multi-sport court, swings, climbing frames and more.

So while you enjoy your favourite sport or some well-earned relaxation, you can be sure that your children will have fun in a friendly, safe environment, under the watchful eye of our experienced team of monitors.

Opening hours:

- Monday to Friday throughout the year between 09:00 - 18:00 hours.
- Open seven days a week in July and August.
- Children can attend full day or half day sessions or you can book sessions by the hour.

Please contact the Junior Club reception for further details and rates +34 968 17 5000 ext 4404 or email juniorclub@lamangaclub.com





JUNIOR SPORT

[LAMANGACLUB.COM/JUNIORS](https://lamangacub.com/juniors)

While this information is correct at the time of publication, it may be subject to change without prior notice.



LA MANGA CLUB

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Academy information and reservations:

Golf: T: +34 968 17 5000 (Ext. 1362) or E: LeadbetterAcademy@lamangaclub.com

All other sports: T: +34 968 17 5000 (Ext. 1666) or E: tennis@lamangaclub.com

