



## Tennis Clinic

with Rita Freitas | 01 to 03 November 2024

**only 8 places available!**

The AlmaLusa Comporta Tennis Clinic is an intensive programme specially designed for adults, offering a dynamic and vigorous approach to improving their tennis skills. This programme is ideal for beginners taking their first steps in the sport, as well as players of all levels, from basic to advanced, who wish to enhance their performance in training or competitions.



So that you can focus on your sport without any worries, we have created a complete package that includes **daily 2-hour tennis lessons** at the clinic, as well as **3 nights of accommodation** with **breakfast** included.

**The Clinic** | The tennis clinic will be led by Rita Freitas, a former professional WTA player, National Champion, and World Champion in the +35 category. The main goal of these lessons is to conduct a detailed analysis of each participant's playing techniques, identify and correct any flaws, and then apply these improvements in daily training and play.

### AlmaLusa Comporta

Rua Pedro Nunes, n.º 3 7580-652 Comporta  
(+351) 265 098 600 | [info.cp@almalusahotels.com](mailto:info.cp@almalusahotels.com)  
[www.almalusahotels.com](http://www.almalusahotels.com)

## Meet Rita Freitas, your coach!



Tennis has been a part of her life since she was 5 years old. At the age of 9, she began competing, and later, she became a professional, competing for several years on the WTA circuit. She won national championships in all youth categories and represented Portugal in all national teams.

At the age of 25, Rita decided to embark on a new career as a coach and took on the role of Technical Director of Competition at Carcavelos Tennis and Padel, where she worked for several years. To stay updated and enhance her knowledge, she attended various courses in Portugal, Spain, and the United States, in addition to participating in the World Tennis Conference.

Last year, Rita returned to competition and became the **World Singles Champion in the +35** category, also winning the **bronze medal in the +35 World Team Championships**.

Currently, she is involved in organizing tournaments and sporting events, but her passion for tennis continues to draw her back to the court, where she loves to teach.

### **Benefits of Playing Tennis**

- Improves cardiovascular health and motor coordination
- Enhances concentration and resilience during stressful moments
- Develops patience
- An excellent sport for burning calories

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## **Programme**

585€ per person double occupancy in a Superior Room

**This programme includes:**

3 nights of accommodation with breakfast + 3 days of training

Tennis clinic: daily 2-hour lessons

Certificate of participation and personalized final assessment

### **Day 1**

Warm-up + coordination, agility, and speed exercises

Technical Training: Baseline shots (main strokes)

Live ball drills (Consistency, Depth, Height, Directions)

Recovery / Stretching

### **Day 2**

Warm-up + coordination, agility, and speed exercises

Technical Training: Net play (volleys and smashes) + Serve / Return

Live ball drills (Consistency, Depth, Height, Directions)

Recovery / Stretching

### **Day 3**

Warm-up + coordination, agility, and speed exercises

Technical Training: Tactical situations, competitive games

Live ball drills (Consistency, Depth, Height, Directions)

Recovery / Stretching

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## **Additional information**

### **Required equipment**

Each participant will need to bring the following items:

- Comfortable sportswear: Shorts or leggings; T-shirt or long sleeve; Socks; Tennis shoes suitable for hard courts
- Water
- Hat
- Small towel (optional)
- Tennis rackets

### **Tennis court location**

The tennis court is located at **Herdade do Montalvo**, a 15-minute drive from AlmaLusa Comporta. We recommend travelling to the venue by car.

If you do not have access to a car, our Reception can assist you in booking a taxi or transfer for your trips.

**Note:** Availability is limited, and transfers are subject to an additional cost. We recommend booking taxis or transfers 1 to 2 weeks in advance.

### **Certificates and personal assessment**

At the end of the tennis clinic, each participant will receive their certificate of participation and a personal performance evaluation, including techniques for improvement, via email.



## Extras

Enhance your stay with additional private tennis lessons, spa treatments, or by adding extra nights and/or meals to your accommodation.

**Extra private lesson** | If participants wish to enrich their experience or refine their techniques in a more personalized way, they can book additional private lessons for an extra cost:

- 1 player / 1 hour - 95€
- 2 players / 1 hour - 125€

## Meals

**Light, healthy meal options** starting at 14.50€ per person.

Take advantage of our Grab&Go service at AlmaLusa Café to order meals to go and enjoy delicious, healthy food and drinks made with natural ingredients, perfect for accompanying you during your tennis clinic sessions. Check out our [menu](#).

**Tapas dinner** starting at 35€ per person (drinks not included).  
Relax in the cozy Library Bar. Check out our [menu](#).

## Additional nights

If you would like to add extra nights to your reservation, please contact Reception on [reservas.cp@almalusahotels.com](mailto:reservas.cp@almalusahotels.com).

## Spa treatments

Prioritize your well-being with treatments and massages in our [Spa Suite](#).

**Our recommendation:** Rosemary and Camphor Muscle Massage - 100€ | 50 minutes

This treatment combines essential oils of camphor, lemongrass, nutmeg, and rosemary with deep tissue massage, hot stones, and a steam towel. It's ideal for relieving muscle tension and aiding post-training recovery and is highly recommended for those suffering from chronic stress or deep tension.

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## **Terms and Conditions**

### **Availability**

Rates depend on availability. The hotel will confirm availability based on reservation requests sent to [reservas.cp@almalusahotels.com](mailto:reservas.cp@almalusahotels.com). Reservations, changes, and cancellations must be made exclusively in writing via the mentioned email; phone requests will not be accepted. The clinic will only take place if there is a minimum of 4 participants.

### **Guarantee Policy**

The total amount must be paid at the time of booking. The hotel reserves the right to refuse any reservation that does not meet these requirements. For more information, please contact us at [reservas.cp@almalusahotels.com](mailto:reservas.cp@almalusahotels.com).

### **Cancellation Policy**

Prepaid, non-refundable rate, where the total amount is charged at the time of booking. In case of cancellation, the payment will not be refunded.

To cancel or modify your reservation, please contact us at [reservas.cp@almalusahotels.com](mailto:reservas.cp@almalusahotels.com).

Cancellations will only be valid upon written confirmation from AlmaLusa Comporta.

**For reservations or more information, please contact us**

+351 265 098 600 or [reservas.cp@almalusahotels.com](mailto:reservas.cp@almalusahotels.com)

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