



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
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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**. Recently, a month ago, she became a two-time World Champion, winning the World Championship again and earning a gold medal for the second time. 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



Programme

585€ per person double occupancy in a Superior Room

This programme includes

3 nights' accommodation with breakfast
3 days of training | Tennis clinic: daily 2-hour lessons
Certificate of participation and personalised final assessment
3 healthy light lunch menus (Grab&Go)
Rosemary and Camphor Muscle Massage (30 minutes)

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

Light Lunch Menu for Healthy Eating

Enjoy our Grab&Go service at AlmaLusa Café, where you can order delicious and healthy meals to take away, as well as beverages made from natural ingredients—perfect for fueling your tennis clinic sessions. Check out our [menu](#).

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

Our Suggestion: **Rosemary and Camphor Muscle Massage** - 30 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-exercise recovery, and highly recommended for those suffering from chronic stress or deep tension.

Required Equipment

Participants are responsible for bringing the following items: comfortable sportswear (shorts or leggings, t-shirt or long-sleeve shirt, socks, and appropriate trainers for hard courts), water, a hat, a small towel (optional), and 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.

Certificate and Personal Assessment

At the end of the tennis clinic, each participant will receive an email with their participation certificate and a personal performance assessment with techniques for improvement.



Extras

Enhance your stay with additional private tennis lessons 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€

Additional nights

If you would like to add extra nights to your reservation, please contact Reception on reservas.cp@almalusahotels.com.

Dinner

From €35 per person (drinks not included). Relax in the cosy Library Bar.

Additional Nights

If you wish to add extra nights to your reservation, please contact the Reception at reservas.cp@almalusahotels.com.

Transport to Herdade do Montalvo

If you are unable to travel by car, our Reception team can assist you. **Note:** Availability is limited, and transfers are subject to an additional cost and advance booking.



Terms and Conditions

Availability

Rates depend on availability. The hotel will confirm availability based on reservation requests sent to 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.

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.

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

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