

23 - 30 MAY 2021



**MASTERCLASS  
EXPERIENCE**



**TENNIS MASTERCLASS IN  
CANADA 2021  
AT ALEKSANDRA WOZNIAK ACADEMY**



[masterclass-experience.com](https://masterclass-experience.com)



# Tennis Mastercoaches

**ALEKSANDRA WOZNIAK**



N ° 21 WTA  
N ° 1 FedCup (Canada) for 5 years  
Record of matches won in Fed Cup Canada: 40 matches  
1 WTA title  
12 ITF titles  
Round of 16 Roland Garros  
Victories against the World N ° 1: S. Williams, Azarenka, Barty ...

**ELENA BOVINA**



N ° 14 WTA  
8 WTA titles  
Australia Open winner in 2004 (Mixed)  
Finalist Roland Garros 2002 (Mixed)  
Victories against World N ° 1:  
Halep, Capriati, Pliskova, V. Williams, Davenport

**ALEJANDRO CADENAS**



Trainer of many young French talents  
BEES Tennis 2nd degree  
Regional Diploma Physical Trainer  
Coach at the French Championships  
Coach at International Tournaments  
(Auray, Les Petits As or even L'Orange Bowl)

**DIDIER LANNE**



Coach GPTCA Level A  
ATP / WTA / ITF / ITF JUNIOR  
DES Tennis  
Instructor and Jury DE and DES Tennis  
Coach of high level players such as Arnaud Di Pasquale (39 ATP),  
Nicolas Coutelot (87 ATP) or Tatjana Maria (46 WTA)





# Physical & Mental Mastercoaches

**KIM DAVID**



Agrégation in EPS (Belgique)  
International Lifesaver  
BPJEPS AGFF mentions Fitness and Strength Pilates  
Instructor Les Mills Bodyattack  
Instructor Les Mills Bodypump  
Instructor Les Mills RPM  
Instructor Les Mills Bodybalance

**CLÉMENT LAMBERT**



Physical Trainer & Re-athletic  
Therapist & Re-athletic Consultant  
Osteopathy at the College Osteopathy Of Sutherland  
DU Physical Training  
CIES posturology  
K-tape (kinesiology)  
Manual therapy Pierre Tricot

**BRIGITTE SIMON**



Mental trainer and speaker  
N°1 French tennis player 1979 to 1981  
Semi-finalist at Roland-Garros in 1978  
36th world player  
3 times senior French champion  
Fed Cup player from 1976 to 1983  
Winner of Naples, Nice and Monte Carlo in 1978

**JEAN-CYRILLE LECOQ**



Mental trainer Psychologist  
Mental coach level B  
Consultant in psychology from many media  
diploma «School Psychologists Practitioners»  
in clinical psychology psychopathology option  
departmental Team Champion in 2001  
of France National Team Championships 3 and 4

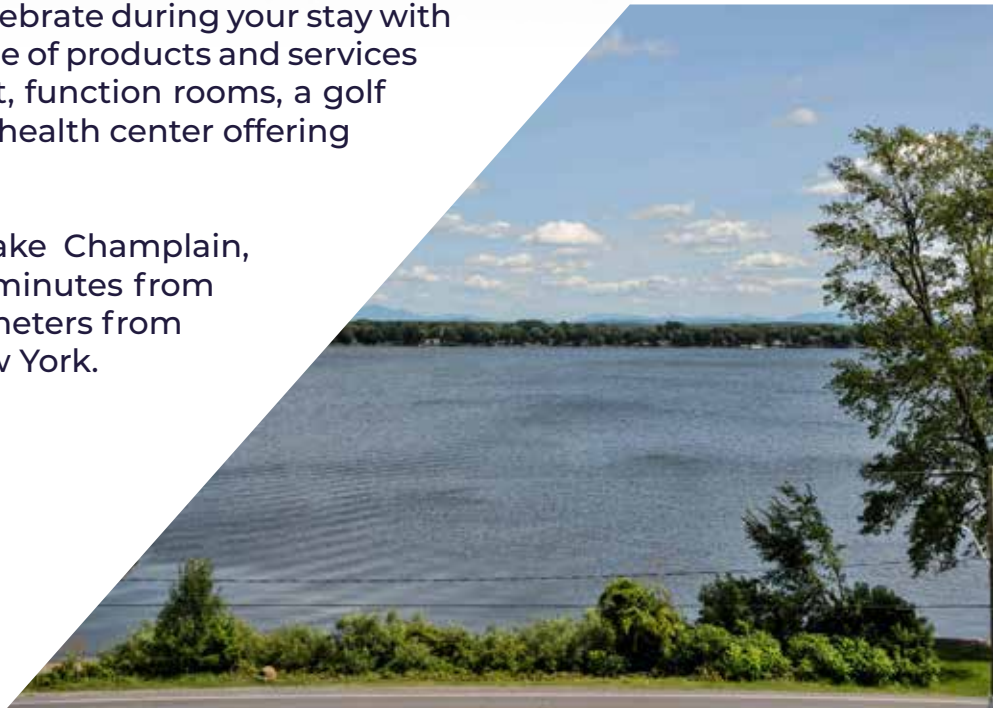


## *Hotel Complex*

Stay in an enchanting setting in Venise-en-Québec in the Montérégie region. The La cache du Lac Champlain hotel complex is intended to be a haven of tranquility where you can spend an unforgettable moment. The upscale 4-star establishment offers 56 spacious suites with a refined design, very bright, with a view of the lake to admire the sunrise or of the golf course, with superb sunsets.

All the reasons are good to celebrate during your stay with us. Our resort offers a full range of products and services such as a gourmet restaurant, function rooms, a golf course and a comprehensive health center offering a unique thermal experience.

Located on the shores of Lake Champlain, the establishment is just 45 minutes from Montreal and only a few kilometers from the state of Vermont and New York.







# *The Cities Quebec - Montreal*







# The Masterclass Program

## SUNDAY

**Masterteam** arrival with dinner

## MONDAY

Morning: breakfast at the hotel  
Tennis forenoon **Masterteam** divided into three groups this way:

- 1h30 of tennis;
- 1h30 of physical preparation
- 1h30 of mental preparation

Noon: lunch at the club  
Afternoon: group cohesion outing in Venise-en-Québec  
Evening: dinner all together at the hotel

## TUESDAY

Morning: breakfast at the hotel  
Tennis forenoon **Masterteam** divided into three groups this way:

- 1h30 of tennis;
- 1h30 of physical preparation
- 1h30 of mental preparation

Noon: lunch at the club  
Afternoon: coached observation matches  
Evening: dinner all together at the hotel

## WEDNESDAY

Morning: breakfast at the hotel  
Tennis forenoon **Masterteam** divided into three groups this way:

- 1h30 of tennis;
- 1h30 of physical preparation
- 1h30 of mental preparation

Noon: lunch at the club  
Afternoon: surprise activity in Montreal  
Evening: dinner all together at the hotel

## THURSDAY

Morning: breakfast at the hotel  
Tennis forenoon **Masterteam** divided into three groups this way:

- 1h30 of tennis;
- 1h30 of physical preparation
- 1h30 of mental preparation

Noon: lunch at the club  
Afternoon: coached observation matches  
Evening: dinner all together at the hotel

## FRIDAY

Morning: breakfast at the hotel  
Tennis forenoon **Masterteam** divided into three groups this way:

- 1h30 of tennis;
- 1h30 of physical preparation
- 1h30 of mental preparation

Noon: meal **in Montreal**  
Free afternoon **in Montreal**  
Evening: dinner all together at the hotel

## SATURDAY

Morning: breakfast at the hotel  
Tennis forenoon **Masterteam** divided into three groups this way:

- 1h30 of tennis;
- 1h30 of physical preparation
- 1h30 of mental preparation

Noon: lunch at the club  
Afternoon: coached observation matches  
Evening: **musical dinner cruise**

## SUNDAY

**Departure** day

*Treat yourself to excellence*



**PLEASE CONTACT  
NOLAN GENERO  
FOR ANY QUESTION**



**MASTERCLASS  
EXPERIENCE**

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**📷 masterclass\_experience**

Registration on **masterclass-experience.com**