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Magali de Lattre

Member of Team Portugal - Fundation Luís Figo

(17 years old - WTA ranking 838)

National VICE-CHAMPION 2004 (Seniors – Women Single)
National CHAMPION 2004 (Seniors – Women Double)
National CHAMPION 2003 (Seniors – Mixte Double)
National CHAMPION 2003 & 2004 (Juniors under 18 category)
National CHAMPION 2003 (Cadets under 16 category)

Member of the Portuguese National Team in the UNDER 18 & Seniors.
High-level competition status from Portuguese Tennis Association.
Entrance in the ETA RANKING (European Tennis Association) since 2000.
Entrance in the WTA RANKING (Women Tennis Association) since 2003.

WTA Ranking on October 2004 – 838th / 1200 (8,75 points)

Latest Performances

October 2004: **PORTO OPEN** (PORTUGAL) PORTO (WTA US\$ 25'000) / [Women Single - 1/16 Final](#).

September 2004: **NATIONAL CHAMPIONSHIPS SENIORS** (PORTUGAL) PORTO SANTO (FTP) / [Women Single – Final and National Vice-Champion](#).

NATIONAL CHAMPIONSHIPS SENIORS (PORTUGAL) PORTO SANTO (FTP) / [Women Double – WINNER and National Champion](#).

NATIONAL CHAMPIONSHIPS UNDER 18 (PORTUGAL) SETUBAL (FTP) / [Women Single – WINNER and National Champion](#).

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August 2004: **7° OPEN OF CORROIOS** (PORTUGAL) CORROIOS (TMN € 1'760) / [Women Single – ½ Final](#).
VILA DO CONDE JUNIOR TENNIS CUP (PORTUGAL) VILA DO CONDE (ITF under 18 years old) / [Women Single – 1/4 Final](#).
COIMBRA LADIES OPEN II (PORTUGAL) COIMBRA (WTA US\$ 10'000) / [Women Single – 1/16 Final, passed Qualifying](#).
COIMBRA LADIES OPEN I (PORTUGAL) COIMBRA (WTA US\$ 10'000) / [Women Single – 1/16 Final](#).

July 2004: **XI INTERNACIONAL CIUDAD DE PONTEVEDRA** (SPAIN) PONTEVEDRA (WTA US\$ 10'000) / [Women Single - 1/16 Final](#).
NATIONAL TEAM CHAMPIONSHIPS JUNIORS (PORTUGAL) OLIVEIRA DE AZEMÉIS / [WINNER and National Champion](#).
II OPEN FEMININO SPORT ZONE DA CIDADE (PORTUGAL) MARCO DE CANAVESES (TMN € 5'000) / [Women Single – ½ Final](#).
SIDI FREDJ WOMEN'S CIRCUIT (ALGERIA) SIDI FREDJ (WTA US\$ 10'000) / [Women Single – 1/8 Final](#).
MANSOURAH WOMEN'S CIRCUIT (ALGERIA) ALGER (WTA US\$ 10'000) / [Women Single – 1/16 Final](#).

June 2004: **MONTEMOR – O - NOVO** (PORTUGAL) MONTEMOR (WTA US\$ 10'000) / [Women Single – 1/4 Final](#).
TORNEIO INTERNACIONAL CIDADE DE ALCOBAÇA (PORTUGAL) ACOBAÇA (WTA US\$ 10'000) / [Women Single – 1/16 Final](#).
TORNEIO INTERNACIONAL CIDADE DE ALCOBAÇA (PORTUGAL) ACOBAÇA (WTA US\$ 10'000) / [Women Double – ½ Final](#).

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- May 2004:** **V OPEN AUTO VISTULA** (PORTUGAL) AVEIRO (TMN € 750) / [Women Single – 1/8 Final.](#)
- April 2004:** **ESTORIL OPEN** (PORTUGAL) LISBON (WTA US\$ 110'000) / [Women Single – First Round Qualifying Draw.](#)
- IV OPEN DE CANTANHEDE** (PORTUGAL) CANTANHEDE (TMN € 1'500) / [Women Single – WINNER.](#)
- March 2004:** **RAMAT HASHARON LADIES OPEN** (ISRAEL) TEL-AVIV (WTA US\$ 10'000) / [Women Single – 1/16 Final.](#)
- February 2004:** **PORTIMÃO LADIES OPEN** (PORTUGAL) PORTIMÃO (WTA US\$ 10'000) / [Women Single – 1/16 Final.](#)
- December 2003:** **MASTERS TMN** (PORTUGAL) ESPINHO (TMN € 12'220) / [Women Single – 1st Round Robin.](#)
- November 2003:** **I OPEN ALTO DO DUQUE** (PORTUGAL) LISBON (TMN € 1'000) / [Women Single – WINNER.](#)
- SOLVERDE TENNIS CUP 2003** (PORTUGAL) ESPINHO (TMN € 7'500) / [Women Single – ½ Final.](#)
- TORNEIO FUNDADORES DO CLUBE DE TÊNIS DE SÃO MIGUEL** (PORTUGAL-AÇORES) SÃO MIGUEL (TMN € 2'500) / [Women Single – ½ Final.](#)

**FED Cup Member of the Portuguese Team
(SENIOR)**

**European Cup Member of the Portuguese
Team (UNDER 18)**

[See Magali's biography on the ITF web](#)

[Have a look to Magali's WEB site \(www.magalidelattre.com\)](http://www.magalidelattre.com)

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Tennis Program

For more information, you can contact Magali's **private trainer**, Mr. Paulo Lucas, Member of the Portuguese National Trainer Association (Tél Business: +351 21 457 43 13 or GSM: +351 91 862 66 46)

Technical / Tactical (4 hours /day)

Along this calendar year 2004, emphasis will be placed on developing Magali's technical and tactical skills in the six situations of play: serving, returning, rallying, approaching, volleying and passing. Also emphasis will be placed on providing proper volume and intensity of training and match ratio conducive to peaking as laid down plan.

Physical Program (2 hours /day)

The physical training program is to challenge Magali to reach potential. In order to achieve this, a comprehensive physical testing regimen will be implemented at selected times throughout 2004, to evaluate and determine the overall level of fitness of Magali.

Movement Training

At the Sasseiros Tennis club Academy, movement training is separated from the core-conditioning program to emphasize its importance. A specialized program has been developed to help Magali to learn how to move more efficiently on the court.

Mental Program

The focus of the mental training program is to guide Magali along a path of mental competitiveness, while teaching her to cope with the psychological demands of the competitive arena. Magali is learning to compete at a high level by using such strategies as goal setting, time management, body language control, centring, thought selection, relaxation, and the likes.

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The training log

At Sasseiros Tennis Club Academy, Magali receives training and competition log, that provides much useful information related to her annual training and competitive plan. It includes information such as: goal setting sheet, annual plan, pre-match preparation set, post-match competitive sheet, fitness test results, player reports, nutrition, and other related information.

Daily Program

Tennis training and school day are integrated in Magali's daily life, to ensure optimal development, while providing enough rest for proper regeneration between classes and meals.

The daily program is as follows (Monday – Friday)

8:15 am	8:45 am	Wake-up & Breakfast
9:30 am	10:30 am	Physical training
10:30 am	12:30 am	Tennis
1:00 pm	2:30 pm	Lunch & Rest
2:30 pm	3:30 pm	Physical Training
3:30 pm	5:30 pm	Tennis Training
5:30 pm	7:30 pm	Rest
7:30 pm	8:45 pm	School
9:00 pm	9:30 pm	Dinner
10:00 pm		Sleep

Competitive program (see below, Magali's competitive program)

The competitive program is established at the beginning of the calendar year for Magali together with her coach, as part of the annual training and competitive plan process. As a result, Magali participate frequently in tournaments sanctioned by the International Tennis Federation (I.T.F.) junior circuit, and by the Women Tennis Association (WTA).

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General Objectives for 2004

1. Ranking into the 400 best players in the world. Improve her actual ranking in the WTA. (Magali scored her first WTA points in tournaments in 2003 and then jump 400 places after – her ranking today is 796th / 1200 players).
2. Portuguese National Championship (under 18) Winner in Women single. (Magali is national Champion in 2003).
3. Reach the final of the Portuguese national Championship Seniors. (Magali reached the ½ final and is National Champion in mixed double in 2003).

Other Information

Magali has been sponsored for her tennis carrier by private entities (4) 4 years ago. Today she is looking for additional financial support to continue her professional carrier. A part of the private entities supporting financially Magali's carrier, she got also support from different sport manufacturers (see below manufacturers logos).

Tournament Schedule 2004

See below. Tournament schedule may change during the year.

Magali will try to qualify to some ITF Grand Slam Junior Tournament, like Roland Garros, Wimbledon, US Open.

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Date	Tournament	Category
February 14 th – February 22 nd 2004	PORTIMÃO LADIES OPEN (PORTUGAL) PORTIMÃO	ITF (WTA) SENIORS (\$ 10'000)
March 13 th – March 21 st 2004	RAMAT HASHARON LADIES OPEN (ISRAEL) RAMAT HASHARON	ITF (WTA) SENIORS (\$ 10'000)
April 1 st – April 4 th 2004	OPEN CANTANHEDE (PORTUGAL) CANTANHEDE	FTP (TMN) SENIORS (€ 1'500)
April 10 th – April 18 th 2004	ESTORIL OPEN (PORTUGAL) LISBON	WTA SENIORS (\$110'000)
May 28 th – May 30 th 2004	V OPEN AUTO VISTULA (PORTUGAL) AVEIRO	FTP (TMN) SENIORS (€ 1'500)
June 5 th – June 13 th 2004	ALCOBAÇA LADIES OPEN (PORTUGAL) ALCOBAÇA	ITF (WTA) SENIORS (\$ 10'000)
June 12 th – June 20 th 2004	CREDITO AGRICOLA LADIES OPEN (PORTUGAL) MONTEMOR- O-NOVO	ITF (WTA) SENIORS (\$ 10'000)
June 29 th – July 4 th 2004	MANSOURAH WOMEN'S CIRCUIT (ALGERIA) ALGER	ITF (WTA) SENIORS (\$ 10'000)
July 6 th – July 11 th 2004	SIDI FREDJ WOMEN'S CIRCUIT (ALGERIA) SIDI FREDJ	ITF (WTA) SENIORS (\$ 10'000)
July 13 th – July 18 th 2004	III OPEN FEMININO SPORT ZONE DA CIDADE (PORTUGAL) MARCO DE CANAVESES	FTP (TMN) SENIORS (€ 5'000)
July 20 th – July 21 st 2004	NATIONAL TEAM CHAMPIONSHIPS JUNIORS (PORTUGAL) OLIVEIRA DE AZEMÉIS	FTP JUNIORS
July 27 th – August 1 st 2004	XI INTERNACIONAL CIUDAD DE PONTEVEDRA (SPAIN) PONTEVEDRA	ITF (WTA) SENIORS (\$ 10'000)
August 6 th – August 14 th 2004	COIMBRA UNIVERSITY LADIES OPEN 1 (PORTUGAL) COIMBRA	ITF (WTA) SENIORS (\$ 10'000)

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Date	Tournament	Category
August 13 th – August 21 st 2004	COIMBRA UNIVERSITY LADIES OPEN 2 (PORTUGAL) COIMBRA	ITF (WTA) SENIORS (\$ 10'000)
August 17 th - August 24 th 2004	VILA DO CONDE JUNIORS TENNIS CUP (PORTUGAL) VILA DO CONDE	ITF JUNIORS (U/18 years) GRADE 3
August 23 rd - August 28 th 2004	7° OPEN DE CORROIOS (PORTUGAL) CORROIOS	FTP (TMN) SENIORS (€ 1'760)
August 30 th – September 4 th 2004	NATIONAL CHAMPIONSHIPS UNDER 18 (PORTUGAL) SETUBAL	FTP JUNIORS (U/18 years)
September 5 th – September 11 th 2004	NATIONAL SENIORS CHAMPIONSHIPS (PORTUGAL) PORTO SANTO - MADEIRA	FTP SENIORS (€ 6'750)
September 27 th – October 3 rd 2004	PORTO OPEN (PORTUGAL) PORTO	ITF (WTA) SENIORS (\$ 25'000)
October 4 th – October 10 th 2004	V NAZARÉ OPEN (PORTUGAL) NAZARÉ	FTP (TMN) SENIORS (€ 750)
October 18 th – October 24 th 2004	VINHOS DO ALENTEJO OPEN (PORTUGAL) EVORA	ITF (WTA) SENIORS (\$ 10'000)
October 25 th – October 31 st 2004	SOLVERDE TENNIS CUP (PORTUGAL) ESPINHO	FTP (TMN) SENIORS (€ 7'500)
October 31 st – November 3 rd 2004	SENIORS TEAM NATIONAL CHAMPIONSHIPS (PORTUGAL) VILA REAL ST° ANTÓNIO	FTP SENIORS
November 11 th – November 14 th 2004	EUROPEAN SENIORS TEAM NATIONS CHAMPIONSHIPS (CZECH REPUBLIC) PRAGUE	ITF /ETA SENIORS
November 26 th – November 28 th 2004	II OPEN ALTO DO DUQUE (PORTUGAL) LISBON	FTP (TMN) SENIORS (€ 2'500)
December 13 rd – December 18 th 2004	MASTERS TMN (PORTUGAL) ESPINHO	FTP (TMN) SENIORS (€ 12'220)

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LUIS RIBO

DETAILS

FULL NAME : DE LATTRE Magali

DATE OF BIRTH : June 14th 1987

PLACE OF BIRTH : Lausanne (Switzerland)

NATIONALITIES : **Portuguese & Swiss**

CIVIL STATUS : Student

PERMANENT ADDRESS : Quinta da Boa Esperança
Lote 37 - ALBARRAQUE
2710-063 **SINTRA**
PORTUGAL

TELEPHONE NUMBERS : Private +351 21 915 25 77
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LANGUAGES : Portuguese (Mother tongue)
French (Fluent)
English (Fluent)

OTHER INTERESTS : Cinema, Ski, Music, Computer,
Scuba Diving

Lisbon, 10 October 2004

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