



NIKE TENNIS CAMP LANCING COLLEGE BRIGHTON



SUMMER 2018

NIKE TENNIS CAMPS

Residential camps for boys and girls aged 10-17 at three of England's leading tennis centres. Our popular tennis programme is designed and run by former ATP and ITF professionals. Choose from programmes designed for a range of tennis abilities and select from a choice of two English language learning options for international students. Excursions to some of England's most iconic landmarks - including Wimbledon - are included. Be inspired, build confidence in your game and make lasting friendships.



CHOOSE FROM 3 PROGRAMMES:

TOTAL TENNIS

TENNIS & ENGLISH

TENNIS & ADVANCED ENGLISH

VENUE:

Lancing College, Brighton
For all tennis abilities

WHAT'S INCLUDED



3 meals a day



On-site accommodation



Excursions to famous cities and tennis venues



An exclusive Nike gift pack



Student medical insurance

We also offer an airport transfer service from selected airports. See venue pages for details.

We are accredited by the British Accreditation Council and can provide visa support letters if required.

TENNIS & ENGLISH CAMPS

For players aiming to improve both their tennis and their English language skills, in an intensive programme on court and in the classroom.

- > For all age groups
- > For all English language abilities

Up to 18 hours of tennis coaching per week alongside 12.5 hours of classroom-based English. Our dedicated and highly qualified English teachers deliver a custom-made curriculum based on the successful CLIL model used in top schools across the world. Teachers use active participation and sports-relevant project work alongside traditional classroom-based learning to keep students fully engaged.

All students leave the camp with their English workbook, a proficiency certificate and an individual assessment with advice on how to further develop their language skills.



TENNIS & ADVANCED ENGLISH CAMPS

For players aiming to improve their tennis and take their existing English language skills to the next level.

- > For ages 12-17
- > For C1 level English ability and above

Up to 21 hours of tennis coaching per week alongside 6 hours of Advanced English project work. Players work in groups on one business or sports related project each week guided by experienced English teachers. Learning to develop skills in teamwork, research, analysis and presenting information, groups will work with their teacher for an hour each day before delivering a presentation on their project at the end of the week.

Students leave with some of the vital skills needed for university entrance and the international job market, as well as a copy of their project and a report from their supervising teacher.



TOTAL TENNIS CAMPS

For players looking for an all-round tennis challenge in an intensive and competitive programme.

- > For all age groups
- > For all English language abilities

Players live and train like professionals with up to 32 hours of tennis coaching, fitness and match play each week. Players will work on all aspects of their game, refining their technique to adjust to different court surfaces. They will take part in up to three coaching and training sessions each day, depending on their level.



THE COACHING

360° TENNIS

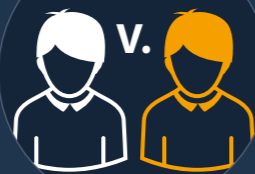
An assessment on the first day of the camp groups players by age and ability. The coaches tailor the programme to get the best out of each player, improving their performance on court. Off-court, workshops teach players about psychology, physical and mental preparation, tactics and self-profiling.



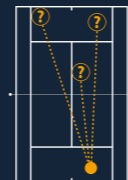
STRENGTH AND CONDITIONING



MATCH PREPARATION



TACTICS



SELF-PROFILING



FITNESS



RULES FOR REFUELLING



1 TO 1 COACHING ASSESSMENT



INJURY PREVENTION



ADAPTING TECHNIQUE



THE EXCURSIONS



Raise your game

Our tennis coaches are experienced in coaching players of all ages, language levels and abilities. They are energetic and passionate about youth development, ensuring the camp is a challenging and fun environment. Advanced players will be challenged technically, tactically and physically while developing players learn to master grip, spin, movement, power and consistency. Working on a 1:6 ratio coaches will use demonstration, practice and detailed feedback to provide players with insight into their technique and how to improve. Alongside short-set matches and challenges, fitness and conditioning drills are used to improve footwork, balance and speed. Each player receives a personal assessment from the coaching director together with a development plan from their coach.



Meet our Tennis Director: Gill Lemore

- > USPTA Qualified Professional
- > PTR France Qualified Instructor & LTA Level 4 performance coach

Gill is a multi-lingual and highly qualified performance coach who has worked with players of all ages and abilities in Europe and the USA.



Portsmouth Shopping and Historic Dockyard

Players will enjoy an interactive tour of HMS Victory, the impressive flagship of Lord Nelson in the Battle of Trafalgar before heading to

Gunwharf Quays, the south coast's leading designer outlet shopping centre.

Bournemouth Beach

Players will spend the day on the award winning 7-mile stretch of sandy Bournemouth beach. They can enjoy the amusements on the pier or take part in beach and water sports.



London and Niketown

After a morning shopping experience at Niketown, players will enjoy a tour of landmarks including Big Ben, Buckingham Palace and Trafalgar Square.

All England Club at Wimbledon*

In an exclusive tour, players will visit the Wimbledon Stadium and grounds exploring the traditions, triumphs, sights and sounds that have made Wimbledon the most coveted title in tennis since it was founded in 1868.



Real Tennis Experience

Players will try their hand at the original racquet sport at either Hampton Court, the oldest tennis court in use in the world or at Petworth House, a historic country estate. Afterwards players will enjoy shopping and sightseeing in the local town.

A TYPICAL DAY...

- 07:30 Fitness & stretch option
- 08:00 Breakfast
- 09:30 Tennis session on court
- 12:30 Lunch
- 13:15 Free time
- 14:00 English or Tennis
- 18:00 Dinner
- 19:30 Tennis / Activities / Players' Lounge
- 22:00 Lights out

*The All England Club at Wimbledon is closed during the Championships (2-15 July), so for camps during these days, players will enjoy an alternative excursion to Brighton Pier.





NIKE TENNIS CAMPS LANCING COLLEGE BRIGHTON

A camp designed for all tennis abilities at a picturesque private school on the south coast

Situated high up on a hill near Brighton overlooking the sea and less than an hour from London, Lancing College is one of Britain's great private schools and is the perfect venue for players looking to experience a prestigious English school environment. The college has a reputation for academic and sporting excellence with 6 grass tennis courts and a further 22 hard courts on site.



CAMPS AVAILABLE:

TOTAL TENNIS

TENNIS & ENGLISH

TENNIS & ADVANCED ENGLISH

SUITABLE FOR:
> 10-17 year old boys and girls
(Tennis & Advanced English for 12-17)
> All tennis abilities

EXCURSIONS

6-night camps
Wimbledon* OR
Real Tennis: Petworth House + Arundel Town

13-night camps
Wimbledon*
Real Tennis: Petworth House + Arundel Town
London Tour and Niketown

GOOD TO KNOW...

Accommodation
Single, twin and triple bedrooms and dormitories, with shared bathroom facilities

Facilities

- 6 grass courts, 22 hard courts, 25m swimming pool, sports hall, indoor courts nearby
- Players' lounge with TV, table tennis, foosball table and games consoles
- Free Wi-Fi
- On-site camp shop
- Laundry facilities

Catering
3 nutritionally balanced meals day and an evening snack, including vegetarian options

Transfers available from:

- Heathrow Airport (LHR) 107km
- Gatwick Airport (LGW) 49km

2018 CAMP DATES

6-night camps
Monday-Sunday
2-8 July
9-15 July
16-22 July
23-29 July
30 July-5 August
6 August-12 August

13-night camps
Monday-Sunday
2-15 July
9-22 July
16-29 July
30 July-12 August

