



NIKE TENNIS CAMPS

SUMMER 2022





LEARN. TRAIN. PLAY.

Residential 1- or 2-week camps in July and August for boys and girls aged 10-17, run by former ATP and WTA professionals at two leading tennis centres in England.

Players can choose from programmes designed for their tennis level and elect to take English language lessons alongside their tennis training. Excursions to cities and tennis attractions, such as Wimbledon, are also included, as well as a programme of evening activities throughout the camp. Players build confidence, skills and lasting friendships.

CONTENTS

- **CAMP OPTIONS**
- **THE COACHING**
- **ENGLISH TEACHING**
- **VENUES**
- **EXCURSIONS**
- **DATES + DETAILS**



CAMP OPTIONS

Players can choose from either **TOTAL TENNIS** or **TENNIS+ENGLISH**.

Both options are available as either a 6- or 13-night camp, and both include:

 **PRO TENNIS COACHING**

 **24/7 SUPPORT STAFF**

 **3 MEALS A DAY**

 **ON-SITE ACCOMMODATION**

 **EXCURSIONS TO CITIES + TENNIS VENUES**

 **EXCLUSIVE NIKE GIFT PACK**

 **COACHING REPORT + CERTIFICATE**

OPTION 1

TOTAL TENNIS

- An intensive programme that is not suitable for complete beginners
- Suitable for all English language abilities except beginners
- Up to 31 hours a week of tennis coaching, matchplay and workshops



OPTION 2

TENNIS +ENGLISH

- Suitable for all English language levels and tennis abilities
- 13-14 hours a week of English Language lessons using an accelerated model of English learning
- Up to 17 hours a week of tennis training, match play and workshops





THE COACHING

ON COURT

360° TENNIS

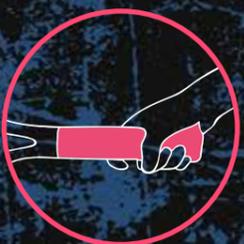
Players are assessed and grouped by ability. Each group's programme is customised to maximise players' individual skills progression. Working on a maximum 1:6 ratio, coaches use demonstration, practice and detailed feedback to provide players with insight into their technique and how to improve.

RAISE YOUR GAME

Advanced players are challenged technically, tactically and physically while developing players learn to master grip, spin, movement, and consistency. Alongside short-set matches and challenges, fitness and conditioning drills are used to improve footwork, balance and speed.



TACTICS



TECHNIQUE



FITNESS



MOVEMENT



MATCH PLAY



OFF COURT



SPORTS SEMINARS



1-TO-1 ASSESSMENT



STRETCH + RECOVERY



MEET GILL LEMORE TENNIS DIRECTOR

Gill has directed Nike Tennis Camps in the UK for 9 years, working with a select team of coaches and high-performance players. He is a USPTA Qualified Professional, a PTR France Qualified Instructor, and a LTA level 4 performance coach.



ENGLISH LANGUAGE

LEARN IN CLASS AND ON COURT

The English curriculum is based on the CLIL approach used in top schools worldwide and is designed to enhance students' use of English in sport and the wider world. Teachers live on site and all our staff create an immersive English environment by ensuring students communicate in English throughout the camp.

WHAT YOU GET



13-14 HOURS OF ENGLISH LESSONS PER WEEK



1:12 TEACHER TO STUDENT RATIO (AVERAGE)



ENGLISH REPORT + COMPLETION CERTIFICATE



HOW IT WORKS

On the first day, students take an English test and are divided into classes within their age group, ranging from beginner to advanced. Teachers cover general English and sports-related English in their lessons. Using the topic of sport engages students with a common interest in the classroom and equips them with useful vocabulary for their coaching sessions. Lessons are fun and interactive, using a combination of traditional classroom techniques, active participation and project work.

At the end of each week, students get an English progress report and completion certificate, along with advice from their teacher on how to continue improving their English at home.



NIKE TENNIS CAMPS



“

We create a team atmosphere on the camp with a balance of hard work, fun and friendly competition. Being with the players 24/7, we learn about the specific ways we can help them improve. They help each other a lot too – we have so many different nationalities and cultures, it makes for a really exciting and diverse environment.”

**GILL LEMORE,
TENNIS DIRECTOR**





THE VENUES

Choose from two world-class camp venues, depending on your ability.

DEVELOPING + ADVANCED PLAYERS

**BRADFIELD
COLLEGE
READING**

ALL TENNIS ABILITIES

**LANCING
COLLEGE
BRIGHTON**



BRADFIELD COLLEGE

HIGH PERFORMANCE PROGRAMME AT ONE OF ENGLAND'S TOP TENNIS SCHOOLS

Located in the heart of the beautiful Berkshire countryside, yet only 45 minutes from London Heathrow, Bradfield College is an LTA-approved tennis centre and one of Britain's finest private schools. Bradfield's tennis development centre has 3 indoor competition-standard hard courts, outdoor floodlit clay and hard courts.

Our high-performance programme, designed by former tournament professionals, aims to take players to the next level in an inspirational setting. These camps are suitable for those who play regularly at school or club level and are not suitable for beginners.

SUITABLE FOR

- 10-17 year old boys and girls
- Developing and advanced tennis players





BRADFIELD COLLEGE

THE DETAILS

ACCOMMODATION

Single and twin rooms, with shared bathrooms

FACILITIES

- 6 outdoor clay courts
- 6 outdoor hard courts
- 3 indoor Plexipave acrylic courts
- 25m 6-lane swimming pool
- Indoor sports centre
- Gym + strength and conditioning suite
- Players' lounge with TV, table tennis and games consoles
- Free Wi-Fi
- Laundry facilities

CATERING

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

TRANSFERS

We offer an airport transfer service from the following airports:

- London Heathrow Airport (LHR) 52km
- London Gatwick Airport (LGW) 98km

EXCURSIONS

6-night camps

- Portsmouth Historic Dockyard OR
- Oxford Tour OR
- Wimbledon Tour and Windsor*

13-night camps

- London Experience + 2 of the above



2022 CAMP DATES

6-night camps

Monday - Sunday

- 4 Jul - 10 Jul
- 11 Jul - 17 Jul
- 18 Jul - 24 Jul
- 25 Jul - 31 Jul
- 1 Aug - 7 Aug
- 8 Aug - 14 Aug

13-night camps

Monday - Sunday

- 4 Jul - 17 Jul
- 11 Jul - 24 Jul
- 18 Jul - 31 Jul
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LANCING COLLEGE

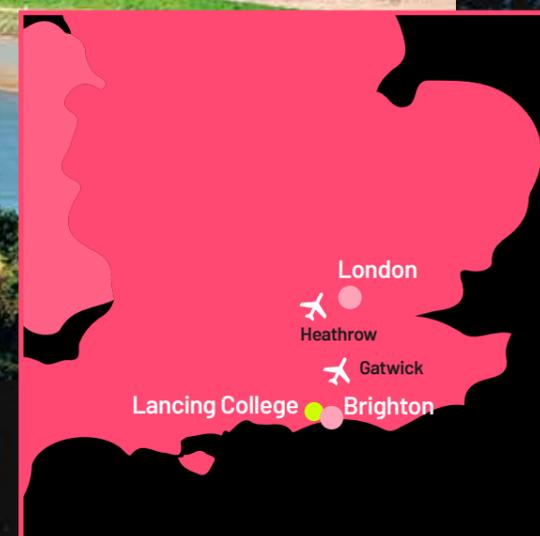
A CAMP FOR ALL TENNIS ABILITIES, WITH GRASS COURTS ON SITE

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 with a reputation for academic and sporting excellence. Tennis facilities include 6 grass courts and a further 10 hard courts as well as indoor courts at a nearby centre.

Lancing provides the perfect facilities and setting for players of all abilities to develop their game in a fun and engaging environment.

SUITABLE FOR

- 10-17 year old boys and girls
- All tennis abilities





LANCING COLLEGE

THE DETAILS

ACCOMMODATION

Single, twin and triple bedrooms and dormitories, with shared bathrooms

FACILITIES

- 6 grass courts
- 10 hard courts
- Indoor courts nearby
- 25m 6-lane swimming pool
- Indoor sports centre
- Players' lounge with TV, table tennis and games consoles
- Free Wi-Fi
- On-site camp shop
- Laundry facilities

CATERING

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

TRANSFERS

We offer an airport transfer service from the follow airports:

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

EXCURSIONS

6-night camps

- Wimbledon Tour and Brighton* OR
- Portsmouth Historic Dockyard OR
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Our son loved the English classes and his ability to communicate really improved. The tennis lessons were high-level, working on everything from his general fitness to his playing tactics.”

MRS VARNHOLT, GERMANY





CAMP EXCURSIONS

All camps include exciting excursions, giving players a taste of some of the UK's top attractions...



ALL ENGLAND CLUB AT WIMBLEDON TOUR*

LANCING + BRADFIELD - EVERY OTHER WEEK

In a behind-the-scenes tour of the famous club, players are inspired by the triumphs, traditions, sights and sounds that have made Wimbledon the most coveted title in tennis.

Afterwards, players from Bradfield stop in the historic market town of Windsor with its royal castle and rich history, while players from Lancing stop at the colourful and quirky seaside town of Brighton.

*Wimbledon is closed for the Championships for most of July. Players attending camps before 25th July will take an alternative excursion depending on the week.



PORTSMOUTH HISTORIC DOCKYARD

LANCING + BRADFIELD - EVERY OTHER WEEK

Players either take a morning boat tour around the harbour's collection of famous warships or step aboard the HMS Victory for a tour of Lord Nelson's flagship. The afternoon is spent shopping at Gunwharf Quays, the South Coast's leading designer outlet shopping centre.

OXFORD TOUR

BRADFIELD - EVERY OTHER WEEK

Players explore the historic city of Oxford, home to the oldest university in the English-speaking world with magnificent architecture and academic history around every corner.



LONDON EXPERIENCE

ALL 13-NIGHT CAMPS

Players experience the sights of the capital including Big Ben and Buckingham Palace as well as enjoying a shopping experience in Westfield.



BRIGHTON PIER AND BEACH

LANCING - EVERY OTHER WEEK

A morning spent exploring the city of Brighton followed by an afternoon enjoying the rides and amusements at Brighton Pier and Beach, a classic English seaside attraction.





DATES+DETAILS AT A GLANCE

CAMPS AT BRADFIELD COLLEGE

AVAILABLE CAMPS

- **TOTAL TENNIS:** 31 hrs of tennis a week
- **TENNIS+ENGLISH:** up to 17 hrs of tennis a week + 13-14 hrs of English a week

DESIGNED FOR

- Developing + advanced players
- Boys + girls aged 10-17

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My son took part in tennis - english 2 weeks high performance camp. This year it was the third time he came to the nike tennis camp. Every time he enjoys the whole team being friendly, supportive, funny and at the same time making the participants not only play hard but also work hard. You are a great team! Rokas would like to come back next year."

MRS LISAUSKIENE, LITHUANIA



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

**BOOK A TENNIS
CAMP TODAY.**

**SPEAK TO YOUR
AUTHORISED AGENT.**



LEARN. TRAIN. PLAY.

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ice | International
Culture
Exchange