



# TENNIS ACADEMY

Eastbourne Campus, University of Brighton • Berkshire College

12 – 17 years

See centre information on pages 16 and 26

**All sessions are based on assessment of players abilities and are aimed at challenging their skills through a combination of tactical, court awareness and competitive drills.**

Each three hour session will have a different theme and will be always finished with 1 hour of match play to give players the opportunity to practice what they have been taught.





## WHO CAN TAKE PART

Students from all over the world return each year to improve their skills in English language and tennis whilst being trained by some of the best coaches.

## INCLUDED

- 12 hours of tennis coaching by qualified Tennis coaches
- 1 Full Day Excursion (per week)
- 1 Half Day Excursion (per week)

## SELLING POINTS

- Tennis coaching takes place at a local Tennis Club in Eastbourne or Maidenhead areas.
- The Ardmore Tennis Academy in Eastbourne is proud to count Living Tennis as a partner. Founded in 2012, Living Tennis provides high quality tennis courses and coaching for all ages and abilities. As one of its founders Jamie Delgado, now the coach of Andy Murray, has helped to develop the training programme for all the participants.

## MISCELLANEOUS

All sessions are delivered in a way that ensures that all children enjoy high activity sessions and that the drills are flexible and catered for different standards of play. Closed drills i.e. technical work is only used if certain players need extra attention to get them up to the standard of the rest of the group.

# EASTBOURNE CAMPUS TENNIS ACADEMY HOMESTAY



## 2 WEEKS

SAMPLE SUMMER PROGRAMME 2019\*

	MORNING	AFTERNOON	EVENING
Sunday	WELCOME TO ARDMORE		
Monday	Tennis Academy	Entrance Test and Orientation	Evening with Host Family
Tuesday	Tennis Academy	Lessons	Egg Protector
Wednesday	Half Day Excursion to Brighton Pier and Lanes	Lessons	Evening with Host Family
Thursday	Tennis Academy	Lessons	Casino Night
Friday	Tennis Academy	Lessons	Evening with Host Family
Saturday	Full Day Excursion to Portsmouth, Spinnaker Tower and Gun Wharf Quays		Evening with Host Family
Sunday	Day with Host Family/ Optional Excursion		Evening with Host Family
Monday	Lessons	Tennis Academy	Evening with Host Family
Tuesday	Lessons	Tennis Academy	Find Dr Ardmore
Wednesday	Lessons	Half Day Excursion to Brighton i360	Evening with Host Family
Thursday	Lessons	Tennis Academy	Rounders
Friday	Lessons	Tennis Academy	Evening with Host Family
Saturday	Full Day Excursion to London, Thames River Cruise and Westminster Walking Tour <i>Late return meal voucher provided</i>		Evening with Host Family
Sunday	GOODBYE ARDMORE		

### ENGLISH LESSONS:

15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon.

\* The Programme may vary due to operational reasons



# EASTBOURNE CAMPUS TENNIS ACADEMY RESIDENTIAL



## 2 WEEKS

SAMPLE SUMMER PROGRAMME 2019\*

	MORNING	AFTERNOON	EVENING
Sunday	WELCOME TO ARDMORE		
Monday	Tennis Academy	Entrance Test and Orientation	Welcome Icebreaker Games
Tuesday	Tennis Academy	Lessons	Egg Protector
Wednesday	Half Day Excursion to Brighton Pier and Lanes	Lessons	Talent Show
Thursday	Tennis Academy	Lessons	Casino Night
Friday	Tennis Academy	Lessons	Disco
Saturday	Full Day Excursion to Portsmouth, Spinnaker Tower and Gun Wharf Quays		Quiz Night
Sunday	Sports and Activities Fun Day/ Optional Excursion		Movie Night
Monday	Lessons	Tennis Academy	Capture the Flag
Tuesday	Lessons	Tennis Academy	Find Dr Ardmore
Wednesday	Lessons	Half Day Excursion to Brighton i360	Karaoke
Thursday	Lessons	Tennis Academy	Rounders
Friday	Lessons	Tennis Academy	Disco
Saturday	Full Day Excursion to London, Thames River Cruise and Westminster Walking Tour <i>Late return meal voucher provided</i>		Farewell Party
Sunday	GOODBYE ARDMORE		

### ENGLISH LESSONS:

15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon.

\* The Programme may vary due to operational reasons

# BERKSHIRE COLLEGE TENNIS ACADEMY HOMESTAY



## 2 WEEKS

SAMPLE SUMMER PROGRAMME 2019\*

	MORNING	AFTERNOON	EVENING
Sunday	WELCOME TO ARDMORE		
Monday	Tennis Academy	Lessons	Evening with Host Family
Tuesday	Tennis Academy	Lessons	Egg Protector
Wednesday	Half Day Excursion Reading Town and Museum	Lessons	Evening with Host Family
Thursday	Tennis Academy	Lessons	Casino Night
Friday	Tennis Academy	Lessons	Evening with Host Family
Saturday	Full Day Excursion London, Thames River Cruise and Walking Tour		Evening with Host Family
Sunday	Day with Host Family or Optional Excursion		Evening with Host Family
Monday	Lessons	Tennis Academy	Evening with Host Family
Tuesday	Lessons	Tennis Academy	Find Dr Ardmore
Wednesday	Lessons	Half Day Excursion to Windsor Castle	Evening with Host Family
Thursday	Lessons	Tennis Academy	Rounders
Friday	Lessons	Tennis Academy	Evening with Host Family
Saturday	Full Day Excursion to Oxford, Oxford Castle and Universities Walking Tour		Evening with Host Family
Sunday	GOODBYE ARDMORE		

### ENGLISH LESSONS:

15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon.

\* The Programme may vary due to operational reasons

# BERKSHIRE COLLEGE TENNIS ACADEMY RESIDENTIAL



## 2 WEEKS

SAMPLE SUMMER PROGRAMME 2019\*

	MORNING	AFTERNOON	EVENING
Sunday	WELCOME TO ARDMORE		
Monday	Tennis Academy	Lessons	Welcome Icebreaker Games
Tuesday	Tennis Academy	Lessons	Egg Protector
Wednesday	Half Day Excursion Reading Town and Museum	Lessons	Talent Show
Thursday	Tennis Academy	Lessons	Casino Night
Friday	Tennis Academy	Lessons	Disco
Saturday	Full Day Excursion London, Thames River Cruise and Walking Tour		Sports Tournament
Sunday	Sports and Leisure Activities on Campus/ Optional Excursion		Movie Night
Monday	Lessons	Tennis Academy	Capture the Flag
Tuesday	Lessons	Tennis Academy	Find Dr Ardmore
Wednesday	Lessons	Half Day Excursion to Windsor Castle	Karaoke
Thursday	Lessons	Tennis Academy	Rounders
Friday	Lessons	Tennis Academy	Disco
Saturday	Full Day Excursion to Oxford, Oxford Castle and Universities Walking Tour		Farewell Party
Sunday	GOODBYE ARDMORE		

### ENGLISH LESSONS:

15 hours per week (3 hours per day, 5 days per week); maybe morning or afternoon.

\* The Programme may vary due to operational reasons