



# The Tennis Academy

*The start of something special...*

## *The Start of Something Special...*

Nowhere in Scotland is there a School dedicated to the needs of the leading tennis players, and The Tennis Academy has been founded to meet this need.

Merchiston and St George's are known for their sporting and academic excellence, as well as their first rate pastoral care.

In association with Tennis Scotland, we have developed a programme which will ensure that boys can combine an excellent education with unrivalled opportunities within the tennis profession, including expert coaching and aspects of fitness and sports science. With a minimum of three sessions per week, the expectations placed on members of the Tennis Academy by the schools and the coaches will be very high.

## *The Programme*

We have developed a full tennis programme for the Academy Players. As a new programme we are looking to emulate the established academy programmes and to match the opportunities through long-term commitment to training and competition. The programme will be based around a player's formal education where Merchiston and St George's offer a range of academic subjects to meet individual needs and preferences.

Players can join the academy as either *Tour Players* (those who have the potential to compete nationally), or *Challenger Players* (those who have the potential to compete at county level), and separate fact sheets detail the programme for these two categories.

## *Facilities*

Merchiston are investing a significant amount in the resurfacing of three tennis courts, floodlighting and a practice area. Our existing video analysis equipment and sports and fitness expertise will be valuable resources. Our location, five minutes drive from Craiglockhart Tennis Centre, is ideal and we have reserved indoor court time there. Additionally, part of the programme will take place at the Scottish National Tennis Centre in Stirling.

## *Coach*

Tennis Scotland are working with the schools to appoint a first rate full-time coach who will work with Tour and Challenger Players, supporting the existing coaching programme for Tour players on the Tennis Scotland Performance Plan. This post will be advertised shortly.

## *Funding*

The Tennis Academy players will be expected to pay school fees, plus a small Tennis Academy premium. However, a number of bursaries are available for Tour Players at the discretion of the schools. These will be tested in terms of ability, and means-tested based on the financial situation of the family.

## *Management*

The Tennis Academy will be managed by Richard Charman, the Head of Physical Education at Merchiston. A qualified PTR & LTA coach, he will look after the best interests of all members of The Tennis Academy.

## *Further Information*

Further information is available from the website: [www.merchiston.co.uk/tennis](http://www.merchiston.co.uk/tennis) by emailing [tennis@merchiston.co.uk](mailto:tennis@merchiston.co.uk) or by calling Gayle Cordiner on 0131 312 2236 who will direct your call appropriately.



# The Tennis Academy

*The start of something special...*

## *Challenger Players*

*'players who have the potential to compete at county level'*

The Tennis Academy will provide Challenger Players with specialised tennis training and a high level education. They will have the opportunity to board, which will allow them to make the most of the opportunities in the programme, or to be day pupils.

At the same time as participating in the tennis programme, Challenger Players will be expected to be involved in all aspects of school life at Merchiston and St George's and to study a full academic curriculum.

Entry to The Tennis Academy will be based on a formal assessment of tennis ability, and players will also have to meet the academic entry requirements to the school. Players may be admitted at any age from 8 to 16, although there will be a limited number of places for each year group, which will allow the programme to be of the maximum possible benefit. Any of the Challenger Players should be able to compete for a place in the school team.

It may be the case that a player who enters The Tennis Academy as a Challenger Player, may aspire to be a Tour Player. Perhaps the player is young and when exposed to the coaching available, they make significant progress. In this circumstance we will consider individual cases and discuss thoroughly with the parents and the pupil about the possibility of becoming a Tour Player.

## *The Academic Curriculum*

Both Merchiston and St George's have excellent academic records, always featuring highly in league tables. Members of the Tennis Academy will follow a full academic timetable, and will be free to choose their subjects for Standard Grade and Higher (St George's) and GCSE and A Level (Merchiston), in the normal way. Details of the curriculum at Merchiston and St George's are available in the school literature and on the school websites.

Each Challenger Player will have an individual tutor who will monitor their academic progress closely, while ensuring they have a balanced and reasonable programme of academic work, tennis training, and any other pursuits which they are involved in.

## *The Tennis Programme*

The Challenger Players will have a high-level tennis programme incorporating individual technical work, squad technical work, strength and conditioning, injury prevention, performance analysis, psychology, and nutrition. This will take place before school and in the afternoon and evenings.

They will join the Tour Players in Stirling at the National Tennis Centre one day a week for a six hour intensive programme, including analysis, technique and match-play.

A sample weekly timetable is included as a separate sheet.

## *Further Information*

Further information is available from the website: [www.merchiston.co.uk/tennis](http://www.merchiston.co.uk/tennis) by emailing [tennis@merchiston.co.uk](mailto:tennis@merchiston.co.uk),

If you are interested in taking your enquiry further, we would be happy to meet with you at Merchiston or St George's.

Boys should contact Anne Rickard, on 0131 312 2200, or email [admissions@merchiston.co.uk](mailto:admissions@merchiston.co.uk)

Girls should contact Charlotte Maxwell, on 0131 311 8000, or email [admissions@st-georges.edin.sch.uk](mailto:admissions@st-georges.edin.sch.uk)



# The Tennis Academy

*The start of something special...*

## Challenger Players – Sample Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 7:30am							
7:30 - 8am	Individual		Foot Work / Drills	Foot Work / Drills			
8 - 8:30am							
8:30 - 9am	Morning Lessons at Merchiston						
9 - 9:30am							
9:30 - 10am							
10 - 10:30am							
10:30 - 11am							
11 - 11:30am							
11:30 - 12							
12 - 12:30pm							
12.30 - 1pm	Lunch						
1.00 - 1.30pm				Lunch (& Travel to Stirling)			
1.30 - 2pm			Strength & Conditioning				
2 - 2:30pm	Merchiston @ Craiglockhart	School Activities	Merchiston @ Merchiston	Injury Prevention	School Activities		
2.30 - 3pm				Speed Co-ordination			
3 - 3:30pm				Tennis Training			
3:30 - 4pm	Afternoon Lessons	Individual	Afternoon Lessons	Tactical / Technical	Afternoon Lessons		
4 - 4:30pm						Matchplay	
4:30 - 5pm							
5 - 5:30pm				Strength & Conditioning			
5:30 - 6pm				Return to Edinburgh			
6 - 6:30pm							
6:30 - 7pm							
7 - 7:30pm							
7:30 - 8pm							
8 - 8:30pm		Endurance Circuit Training					
8:30 - 9pm							
9 - 9:30pm	Bed!						
	School		Individual		Squad		



# The Tennis Academy

**The start of something special...**

## *Quotes about The Tennis Academy*

*“The launch of the forthcoming Tennis Academy will, I sincerely believe, prove to be pivotal in terms of the future development of the sport in this country and offer Scotland’s brightest prospects the opportunity to receive a tailored, individual tennis programme of the highest quality while at the same time, suffering no dilution to their general education standards.”*

*“This will enable Scotland to compete domestically with the specific kind of hybrid facility that has, up until now, only been available outwith this country. There will undoubtedly still be situations in the future where, for an individual’s own benefit, they spend a period of time abroad to develop their game but now, at least, we will have a home based option also available.”*

*“Merchiston has demonstrated admirable vision and foresight in the way the team there has enthusiastically embraced the concept of The Tennis Academy and while this will be the first of its kind in Scotland, I am certain it will set the blueprint for the way forward in the years to come.”*

*David Marshall, CEO, Tennis Scotland*

*“At Merchiston we have experience in dealing with gifted and talented children, in all areas of life, including International sports players. The Tennis Academy is a wonderful opportunity to keep Scottish (and indeed UK) talent in the UK, and provide an environment for these players where they get an excellent education, can be around friends of their own age, and access a top class tennis training programme.”*

*Andrew Hunter, Headmaster, Merchiston*

*“We at St George’s look forward to working with Tennis Scotland, to support our players and to increase the opportunities to enjoy tennis for all our pupils.”*

*Judith McClure, Head, St George’s School for Girls*

*“We are delighted that Merchiston and St George’s will form this exciting partnership with Tennis Scotland as part of our academy programme. The Academy will offer a first class training and competition programme, full sports science and medicine support around a top education tailored to meet the needs of each individual. Being able to deliver all aspects of the programme within close proximity greatly enhances the amount of quality time spent progressing the player. For those that choose to board, the experience of life away from home is an ideal step towards life on the tour, to which all aspiring players need to adapt. I am extremely excited as to the potential of The Tennis Academy in supporting potential world-class players reach their goals.”*

*Ellinore Lightbody, National Coach*