



The Tennis Academy

The start of something special...

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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 players 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 by emailing tennis@merchiston.co.uk or by calling Gayle Cordiner on 0131 312 2236 who will direct your call appropriately.



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Tour Players

'players who have the potential to compete at a national, or international level'

These players will have the opportunity to join The Tennis Academy as an integral part of the *Tennis Scotland Performance Plan*, the aim being to develop successful international tennis players.

The Tennis Academy will provide Tour Players with specialised tennis training and a high level education with a specially adapted, reduced academic curriculum.

They will have the opportunity to board which will allow them to make the most of the opportunities in the programme, and to prepare for life on the tour.

At the same time as participating in the tennis programme, Tour Players will have the opportunity to be involved in school life at Merchiston and St George's and it is seen as a major advantage that they will have more time with their peer group and will be able to maintain good friends, outside of their tennis contacts.

The Academic Curriculum

Both Merchiston and St George's will make arrangements with individual players, to ensure they have a timetable which is suitable for their age and academic talents, and fits with their tennis programme. The reduction will involve them being removed from certain subjects for individual tennis lessons, and being provided with appropriate 'catch-up' time which will be supervised by an appropriate member of staff to make up for any lessons missed due to competitions etc. Each Tour Player will have an individual tutor who will monitor their academic progress closely.

An example timetable for a Tour Player in S1, aged 12, would include a core curriculum of Maths, English, History or Geography, Chemistry, Biology or Physics and French. They would then opt for a number of subjects from Design, Electronics, IT, Art, Music, PSE & Religious Studies.

An example timetable for a Tour Player in S3, would see them embark on a course of 5 or 6 GCSE subjects.

Both Tuesday and Thursday afternoons will be completely free, in order to allow travel to the National Tennis Centre in Stirling for an intensive programme from 1pm – 6pm.

The Tennis Programme

Tennis Scotland has developed a full tennis programme for the Academy *Tour Players*. As a new programme they are looking to emulate the established academy programmes and to match the opportunities through long-term commitment to training and competition. Flexible timetables ensure a comprehensive tennis schedule including individual technical work, squad technical work, strength and conditioning, injury prevention, performance analysis, psychology, and nutrition. A sample weekly schedule is included on a separate sheet.

Each player will have an annual competition schedule and attendance at tournaments with coach support and sports medicine backup.

Tour players will be supported by the East of Scotland, and Scottish Institute of Sport, as well as being mentored by the Scottish National Coach.

There will also be opportunities to access overseas academy programmes for specialist training.

Further Information

Further information is available from the website: www.merchiston.co.uk/tennis by emailing tennis@merchiston.co.uk, or by calling Richard Charman, the Tennis Academy Manager, on 07976 890966



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Tour Players – Sample Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 7:30am							
7:30 - 8am		Individuals	Individuals		Individuals		
8 - 8:30am							
8:30 - 9am	Morning Lessons at St George's with Individuals where appropriate						
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)		Lunch (& Travel to Stirling)			
1.30 - 2pm							
2 - 2:30pm	Afternoon Lessons	Injury Prevention	Afternoon Lessons	Injury Prevention	Afternoon Lessons		
2.30 - 3pm		Speed Co-ordination		Speed Co-ordination			
3 - 3:30pm		Tennis Training		Tennis Training			
3:30 - 4pm	Flexibility Injury Pre-Hab Feedback	Tactical / Technical		Tactical / Technical			
4 - 4:30pm			Tactical Matchplay @ Craiglockhart		Agility / Co-Ordination		
4:30 - 5pm		Matchplay		Matchplay			
5 - 5:30pm	Squads @ Craiglockhart		Strength & Conditioning				
5:30 - 6pm							
6 - 6:30pm		Stretching		Strength & Conditioning			
6:30 - 7pm	Run	Return to Edinburgh		Return to Edinburgh			
7 - 7:30pm							
7:30 - 8pm							
8 - 8:30pm							
8:30 - 9pm							
9 - 9:30pm	Bed!						
9:30 - 10pm	Bed!						

School

Individual

Squad



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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