



NIKE TENNIS CAMPS UK SUMMER 2020



NIKE TENNIS CAMPS

Residential 6- and 13-night camps for boys and girls aged 10-17 run by former ATP and WTA professionals at three of England's leading tennis centres.

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. With nearly 40 different nationalities joining in 2019, this is a truly international experience.

CHOOSE FROM 2 PROGRAMMES:

TOTAL TENNIS

TENNIS + ENGLISH

AT 3 VENUES:

CANFORD SCHOOL, BOURNEMOUTH

For all tennis abilities






BISHAM ABBEY, LONDON

For developing and advanced tennis players

LANCING COLLEGE, BRIGHTON

For all tennis abilities

WHAT'S INCLUDED

-  3 meals a day
-  On-site accommodation
-  Excursions to cities and tennis venues
-  An exclusive Nike gift pack
-  Student medical insurance



IN ADDITION...

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.

CAMP OPTIONS



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

Players work on all aspects of their game, refining their technique to adjust for different court surfaces in up to three coaching sessions a day, depending on energy and fitness levels.



TENNIS + ENGLISH

- > Suitable for all English language levels
- > 13-14 hours a week of English Language lessons using an accelerated model of English learning
- > Up to 16 hours a week of tennis training, match play and workshops

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.

On the first day, students take an English test and are divided into CEFR level classes within their age group, ranging from A1 to C2 (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. Our 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.



THE COACHING

360° TENNIS

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



TACTICS



ADAPTING TECHNIQUE



FITNESS



MOVEMENT



MATCH PLAY



OFF COURT



NUTRITION + HYDRATION



1 TO 1 COACHING ASSESSMENT



REST AND RECOVERY

RAISE YOUR GAME

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

Each player receives an individual report from their coach to take home.



MEET OUR TENNIS DIRECTOR: GILL LEMORE

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

Gill has directed Nike Tennis Camps in the UK for 7 years, working with a select team of coaches and high performance players.

EXCURSIONS

London Tour

(13-night camps - Lancing College and Bisham Abbey
Every other week - Canford School)

Players get to experience the sights of the capital city including Big Ben and Buckingham Palace as well as enjoying a trip to Niketown on Oxford St.



All England Club at Wimbledon Tour* (Every other week - all camps)

An inspiring tour of 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. Players on the Bisham Abbey Camp will stop in the town of Kingston after their Wimbledon tour while Lancing College campers will visit the seaside city of Brighton in the afternoon.

*Wimbledon is closed for the Championships from 29 June to 18 July. Players attending these camps will take an alternative excursion. See venue pages for details.

Portsmouth Historic Dockyard (Every other week - Lancing College 13-night camps - Canford School)

Players take 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.



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



Bournemouth Beach (Every other week - Canford School)

The morning is spent attempting to play Real Tennis on Canford School's own Real Tennis Court. This ancient game dates back to the 12th century and is played with heavy balls and wooden rackets. In the afternoon, players enjoy the award-winning 7-mile stretch of sandy beach in Bournemouth with amusements on the pier and beach games.

Oxford Tour (Every other week - Bisham Abbey)

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.



LOCATION ONE

CANFORD SCHOOL

BOURNEMOUTH

A camp for all tennis abilities with training at an elite tennis centre.

Canford School's stunning buildings and grounds are situated in 300 acres of beautiful parkland. Players will stay at this prestigious English private school while enjoying tennis training at the nearby elite tennis centre West Hants Tennis Club.

West Hants Tennis Club is famous for hosting the first ever Open Tournament in the world in 1968. Several LTA tournaments are now held there on its internationally renowned American clay and competition-standard acrylic courts. The club has a long history of talent development and is the training base for a full-time tennis academy.

Players are chauffeured to the tennis club with their coaches for training sessions. Back at Canford School players have a wealth of sports options and can even try out the ancient game of Real Tennis on the school's own court.

CAMPS SUITABLE FOR:

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

GOOD TO KNOW...

Accommodation

Twin, triple and quad rooms with shared bathrooms

Facilities

West Hants Tennis Club:

- Outdoor courts: 10 American Clay, 4 Artificial Grass, 1 Porous Macadam, 2 Cushioned Acrylic.
- Indoor courts: 4 Cushioned Acrylic
- Indoor swimming pool
- Squash courts
- Gym and spinning studio

Canford School:

- 12 outdoor hard courts, indoor swimming pool, sports hall, gym, Real Tennis court, squash courts
- Players' lounge with TV and games consoles
- Free Wi-Fi
- Laundry facilities

Catering

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

Transfers available from:

- London Heathrow Airport (LHR) 143km
- London Gatwick Airport (LGW) 185km



EXCURSIONS

6-night camps

- > London + Wimbledon Tour* OR
- > Real Tennis + Bournemouth Beach

13-night camps

- > Portsmouth Historic Dockyard
- > London + Wimbledon Tour*
- > Real Tennis + Bournemouth Beach

2020 CAMP DATES

6-night camps

Monday-Sunday
6 - 12 July
13 - 19 July
20 - 26 July
27 July - 2 August

13-night camps

Monday-Sunday
6 - 19 July
13 - 26 July
20 July - 2 August





LOCATION TWO

BISHAM ABBEY

LONDON

A high-performance programme at one of England's top tennis facilities.

Experience what it's like to live, train and play like a professional at one of England's leading elite sports centres with some of the best tennis facilities in the country.

Beautifully situated on the banks of the river Thames, extensive sports facilities surround an 800 year old abbey once belonging to King Henry VIII. Several British Olympic teams use Bisham as their training base throughout the year.

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.

CAMPS SUITABLE FOR:

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

GOOD TO KNOW...

Accommodation

Single, twin and triple bedrooms with private and shared bathroom facilities

Facilities

- Four indoor hard courts
- 4 outdoor competition-standard American clay courts
- 4 outdoor acrylic courts
- Grade 1 3G football pitch
- Gym and fitness centre
- Players' lounge with TV, table tennis and games consoles
- Free WIFI
- Laundry facilities

Catering

3 nutritionally balanced meals a day, including vegetarian options

Transfers available from:

- London Heathrow Airport (LHR) 19km
- London Gatwick Airport (LGW) 53km



EXCURSIONS

6-night camps

- > Kingston + Wimbledon Tour* OR
- > Oxford Tour

13-night camps

- > Kingston + Wimbledon Tour*
- > Oxford Tour
- > London Experience

2020 CAMP DATES

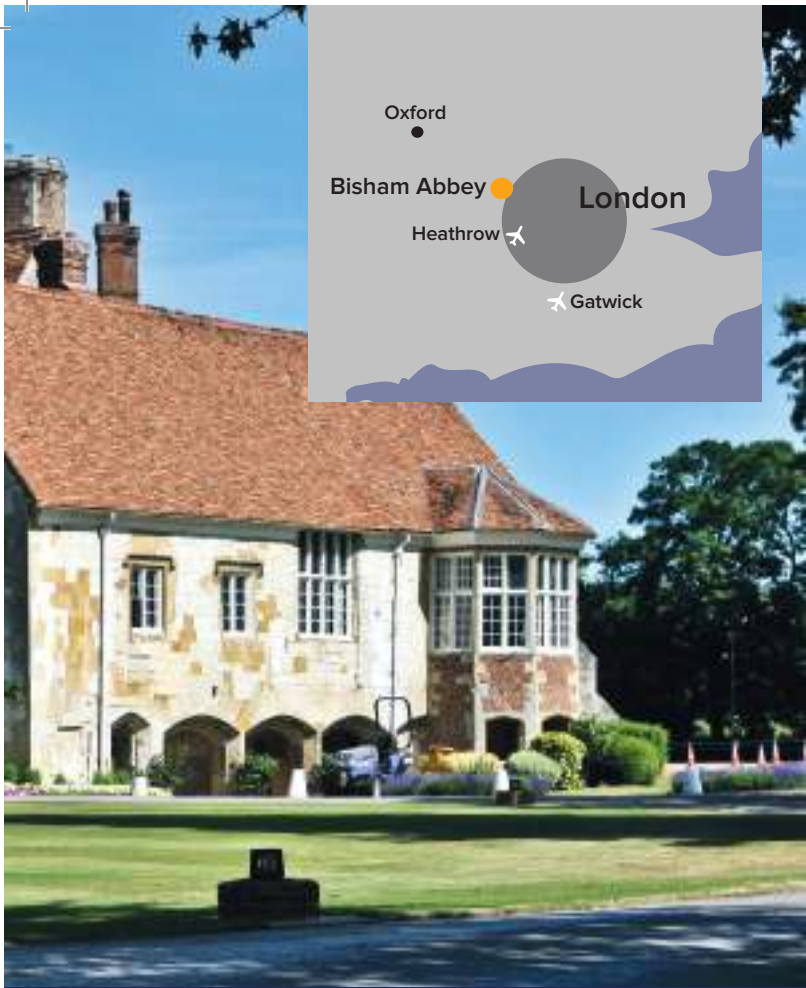
6-night camps

Monday-Sunday
29 June - 5 July
6 - 12 July
13 - 19 July
20 - 26 July
27 July - 2 August
3 - 9 August
10 - 16 August

13-night camps

Monday-Sunday
29 June - 12 July
6 - 19 July
13 - 26 July
20 July - 2 August
27 July - 9 August
3 - 16 August





LOCATION THREE LANCING COLLEGE BRIGHTON

A camp for all tennis abilities with on-site grass courts.

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. Players will visit indoor courts at a nearby centre.

CAMPS SUITABLE FOR:

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

GOOD TO KNOW...

Accommodation

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

Facilities

- 6 grass courts, 10 hard courts, 25m swimming pool, sports hall, indoor courts nearby
- Players' lounge with TV, table tennis 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:

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

EXCURSIONS

6-night camps

- > Wimbledon Tour + Brighton* OR
- > Portsmouth Historic Dockyard

13-night camps

- > Wimbledon Tour + Brighton*
- > Portsmouth Historic Dockyard
- > London Experience



2020 CAMP DATES

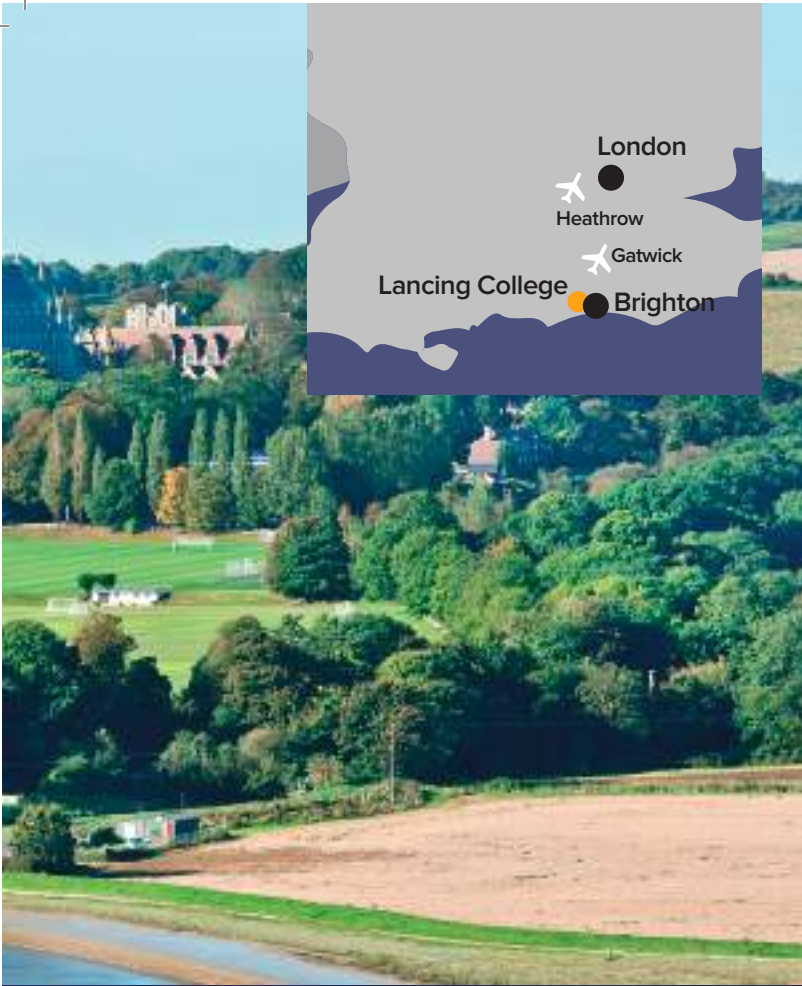
6-night camps

- Monday-Sunday
- 6 - 12 July
- 13 - 19 July
- 20 - 26 July
- 27 July - 2 August
- 3 - 9 August
- 10 - 16 August

13-night camps

- Monday-Sunday
- 6 - 19 July
- 13 - 26 July
- 20 July - 2 August
- 27 July - 9 August
- 3 - 16 August





London
Heathrow
Lancing College
Gatwick
Brighton





CAMP DETAILS AT A GLANCE...

	CANFORD SCHOOL	BISHAM ABBEY	LANCING COLLEGE
Tennis level >	All abilities	Developing + Advanced	All abilities
Age >	10-17	10-17	10-17
TOTAL TENNIS	Tennis coaching, workshops and match play - 31 hours a week		
TENNIS + ENGLISH	Tennis - Up to 16 hours a week English - 13-14 hours a week		
Excursions >	London + Wimbledon Tour* Real Tennis + Bournemouth Beach Portsmouth Historic Dockyard	Kingston + Wimbledon Tour* Oxford Tour London Experience	Wimbledon Tour + Brighton* Portsmouth Historic Dockyard London Experience
6-night camps > Monday - Sunday	6 - 12 July 13 - 19 July 20 - 26 July 27 July - 2 August	29 June - 5 July 6 - 12 July 13 - 19 July 20 - 26 July 27 July - 2 August 3 - 9 August 10 - 16 August	6 - 12 July 13 - 19 July 20 - 26 July 27 July - 2 August 3 - 9 August 10 - 16 August
13-night camps > Monday - Sunday	6 - 19 July 13 - 26 July 20 July - 2 August	29 June - 12 July 6 - 19 July 13 - 26 July 20 July - 2 August 27 July - 9 August 3 - 16 August	6 - 19 July 13 - 26 July 20 July - 2 August 27 July - 9 August 3 - 16 August



/esc.summercamps



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We are accredited by the British Accreditation Council and can produce visa support letters for students to assist with the visa application process.

Authorised agent



EUROSPORTSCAMPS

Euro Sports Camps is a trading division of CMT Learning, specialising in residential camps that combine high quality English language teaching with sports coaching to accelerate learning, sporting development and self-belief. CMT Learning works with some of the world's top clubs, coaches and sports scientists.

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