



# Easter Junior and Pro Academy Camps @ Bisham Abbey NSC

Easter Holiday Junior and Pro Academy Camp Details:

**Week 1:** Mon 30<sup>th</sup> Mar- Thu 2<sup>nd</sup> Apr

**Week 2:** Mon 6<sup>th</sup> Apr- Thu 9<sup>th</sup> Apr

**Week 3:** Mon 13<sup>th</sup> Apr- Thu 16<sup>th</sup> Apr

**Academy camps are aimed for all performance players from 7yrs-18yrs old. These camps are aimed at Junior Academy and Pro Academy players and invitation only. Players in performance coaching at other venues also welcome.**

Groups will be arranged according to age and ability. Ratio for Academy camps will not exceed 4 per court with a maximum of 8 players to one coach. Our full time Strength and conditioning coach will deliver all Fitness sessions for children and our performance coaches will deliver the on court sessions.

## Daily Schedule

|                |         |               |         |
|----------------|---------|---------------|---------|
| 10am-11am      | Fitness | 2.30pm-3.30pm | Fitness |
| 11am-11.30am   | Break   | 3.30pm-4pm    | Break   |
| 11.30am-1.30pm | Tennis  | 4pm-6pm       | Tennis  |
| 1.30pm-2.30pm  | Lunch   |               |         |

Please note that all coaches on our Academy camps have performance coaching experience and are LTA qualified, licensed and are CRB checked.

Just bring a packed lunch: Bisham Abbey Café refuel is available throughout the day. Please bring your own sunscreen and/or rain proofs for relevant weather. Academy players who require Hot meal tickets please request these by emailing Ahmed.

For full information please contact Pro Academy Manager Ahmed on: Mobile: 07779696154 or email: [ahmed@livingtennis.co.uk](mailto:ahmed@livingtennis.co.uk)  
We also sell rackets and all other tennis related equipment – talk to your coach for more details

***"I Fully support Living Tennis and their vision for opportunity and accessibility. Knowing their backgrounds and expertise in both grass roots and performance tennis they can offer the next generation a top level delivery within their academies."***

**Andy Murray**

## Academy Camp age groups and times:

All Bisham Abbey Academy camps are open to children 7 years and over and by invitation only

|              |                                 |                                       |
|--------------|---------------------------------|---------------------------------------|
| 10am-1.30pm  | Morning Half Day Academy Camp   | ( 1 hours Fitness and 2 hours tennis) |
| 2.30pm – 6pm | Afternoon Half Day Academy Camp | ( 1 hours Fitness and 2 hours tennis) |
| 10am- 6pm    | Full Day Academy Camp           | ( 2 hours Fitness and 4 hours tennis) |

In order to guarantee your place for the Easter Junior and Pro Academy Camps please follow the easy to use online booking process via the website. If you are unable to make payments online please fill in the slip below and return by post to the address on the reply slip.

If separate days and times required please state clearly online or tick boxes required. Ref's are for weekly bookings only and please circle the week of your choice below if not booking online

### Week 1

### Week 2

### Week 3

| Times       | Mon | Tue | Wed | Thu | Day £ | Week £ | Camp ref |
|-------------|-----|-----|-----|-----|-------|--------|----------|
| 10am-1.30pm |     |     |     |     | 40    | 140    | MHDABA   |
| 2.30pm-6pm  |     |     |     |     | 40    | 140    | AHDABA   |
| 10am- 6pm   |     |     |     |     | 75    | 280    | FDABA    |

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Name:..... Tel:..... Age.....

Camp Ref (weekly bookings only):..... Address:.....

Email ..... Where did you hear about us.....

Please state any medical conditions here.....

Please circle yes if you are happy for your child to sign themselves in and out of sessions. Yes / No

Fees (made payable to Living Tennis Limited) enclosed for £.....

If you are unable to Pay and book online please post to: **Living Tennis Limited, 2 Carlton Place, Dedmere Road, Marlow, Bucks, SL7 1AL.** Telephone contact no. is: 07779696154. or please visit [www.livingtennis.co.uk](http://www.livingtennis.co.uk).