



LOUGHBOROUGH
SPORT

Loughborough University National Tennis Academy

'Shaping The Future Of Tennis'



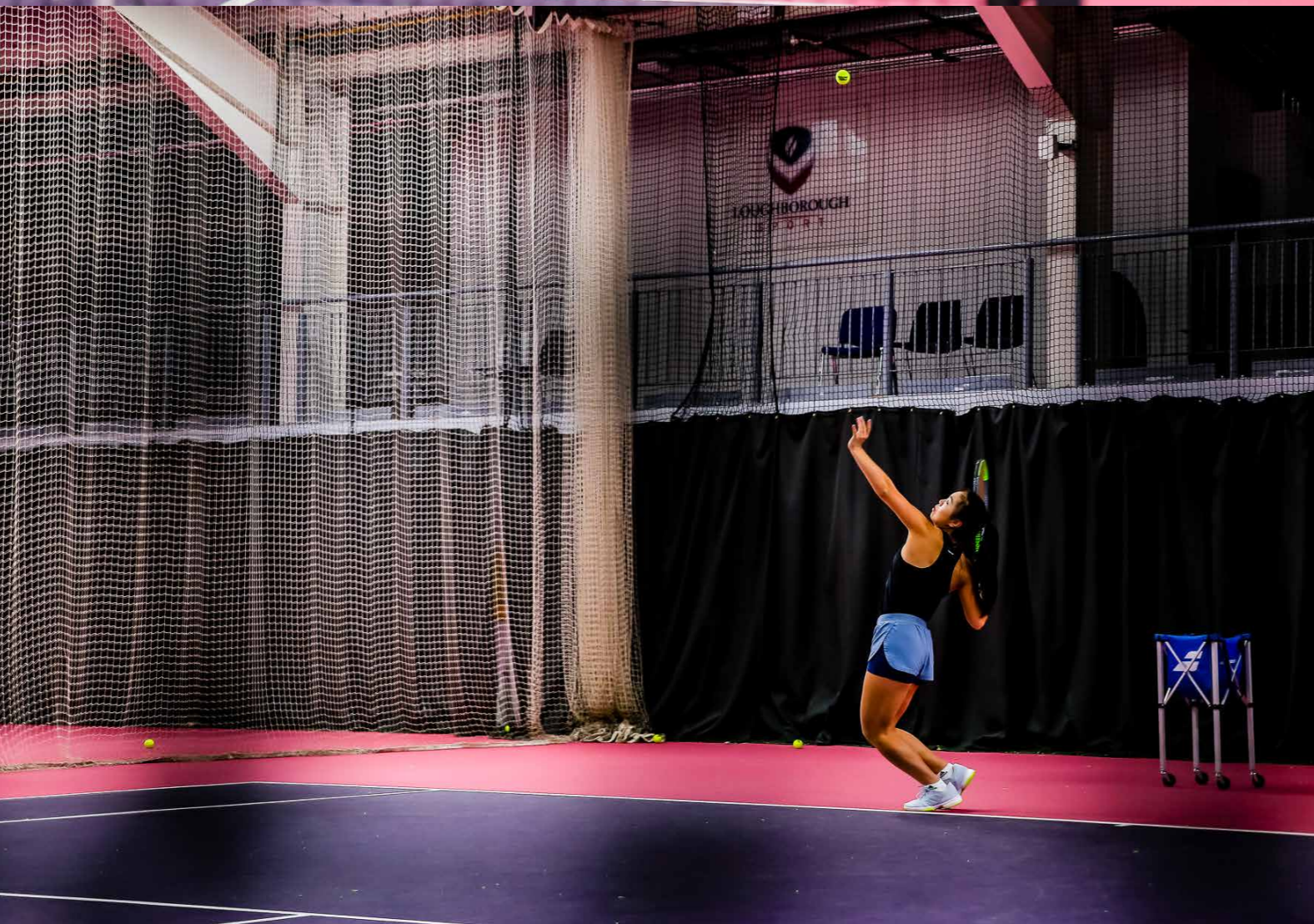
THE
LOUGHBOROUGH
Schools Foundation



TENNIS
FOR BRITAIN



Loughborough
University



Welcome

At LUNTA, we strive for excellence in the pursuit of your journey to become an international tennis player. Our developmental philosophy is grounded in high performance as a Person, Performer and Player. Through our daily training environment and unrivalled international and domestic competition programme we aim to equip players with the tools to be able to take to the court believing they can handle any situation they may encounter.

We believe our environment strongly supports your health, happiness and wellbeing, and truly puts you, as the Person, first. Through focus on both high-achieving academic study and value in personal development, we want to support your journey.

We believe in developing highly focused tennis players, who have the heart to fight for every point through great movement, and who play smart and skilful tennis.

Our caring and passionate team looks forward to welcoming you in September for what will be the start of an incredible journey.

Nick Cavaday

Nick Cavaday
Loughborough University
National Tennis Academy Head Coach





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Meet the team



NICK CAVADAY
ACADEMY HEAD COACH

Nick is an LTA Master Performance Coach and has previously overseen the progress of ATP players such as Aljaz Bedene and British Davis Cup winner Dominic Inglot. Nick has also enjoyed great success with British players across the whole pathway in singles and doubles at both senior and junior level.

In his time working with Bedene, Nick oversaw a number of career firsts including two ATP world tour finals and an appearance at the 3rd round at Wimbledon. Whilst working with Dominic Inglot, the Davis Cup winner reached the US Open semi-finals, represented GB at the Olympics and reached a career high ATP world ranking of number 43.

Nick leads on all aspects of on court programming and delivering a transformational environment for players who have the potential to be future professional tennis players. Nick's responsibility lies around programme scheduling, management and development of the wider coaching team as well as day-to-day coaching delivery, individualised development planning and overseeing the LUNTA development framework.



DARIO GIOFFRE-BERTONI
ACADEMY COACH

Originally from Argentina, Dario brings a wealth of international experience to LUNTA. He has worked in numerous renowned tennis programmes around the world, including the Shanghai Racket Club working with top Chinese WTA and ITF players. Dario has completed coaching qualifications with the ITF and he has enjoyed great success with international junior and senior players across the whole pathway.

Dario helps the delivery of the day-to-day on court sessions as well as travelling to international tournaments with the players. This includes supporting the holistic development of each of the players on their tennis journey and delivering a transformational experience for all involved.



JOCELYN RAE
ACADEMY COACH

Joss turned pro at the age of 17 and played professional tennis for 10 years during which time she competed in all 4 Grand Slams. Joss was a member of the GB Fed Cup team from 2011-17, playing alongside Johanna Konta, Heather Watson and Katie Boulter to name a few, and since retiring has moved into the Fed Cup coaching team. Joss is a level 4 Senior Performance Coach and she brings a huge amount of enthusiasm, care and commitment in all that she does at LUNTA.

Joss helps the delivery of the day-to-day on court sessions as well as travelling to international tournaments with the players. This includes supporting the holistic development of each of the players on their tennis journey and delivering a transformational experience for all involved.



NATHAN MILLER
ACADEMY MANAGER/HEAD OF
PERFORMANCE SUPPORT

Nathan moved to work for the Academy from Loughborough Sport, where he held the position of Head of Performance Support, leading the provision of support to performance athletes and programmes. Nathan has learned from, and worked alongside, coaches and support staff from all sports and disciplines to enhance performance and develop effective interdisciplinary teams.

Nathan leads the direction and development of LUNTA with the goal of creating a world-class tennis environment for elite junior tennis players. This includes leading the staff to set behaviours, culture and values within the Academy and leading on the operational day-to-day delivery. Nathan works closely with Nick and the team around weekly and annual planning, tournament scheduling and travel, and individualised development planning. Nathan is also responsible for the delivery of performance support to players to ensure effective integration and alignment of support to achieve world-class performance. This involves leading and managing the support in the areas of Strength and Conditioning, Physiotherapy and Sports Medicine, Nutrition, Performance Lifestyle, Performance Analysis, Psychology.



MYLES ORTON
ACADEMY COACH

Myles had a successful junior international playing career, competing at Junior Wimbledon and other Grade A events. Myles also competed on the ATP tour, reaching a career-high ranking of 999 before making the transition into coaching. Myles is now a level 4 Senior Performance Coach and he has worked with some of the top junior international players in Britain.

Myles helps the delivery of the day-to-day on court sessions as well as travelling to international tournaments with the players. This includes supporting the holistic development of each of the players on their tennis journey and delivering a transformational experience for all involved.



ALEX BAILEY
PERFORMANCE LIFESTYLE
AND EDUCATION MANAGER

Alex previously worked as a Performance Lifestyle Advisor for the English Institute of Sport working across 3 different Olympic and Paralympic programmes in both the Rio and Tokyo cycles. His roles focused on supporting athletes on the World Class Programme with a person-first approach to enable them managing the commitments of an elite lifestyle whilst performing at the highest level.

Alex supports all aspects of player well-being; on and off court to help maximise performance and support long term athletic and personal development of the players. Particular emphasis is around supporting the individual lifestyle needs of players when transitioning in or out and supporting how players manage these areas throughout their time at the National Academy. Alex also helps manage the day-to-day education provision for the Academy by working closely with Amherst School to help support the individual needs of each player.



JAMES LANGFORD
ACADEMY COACH

James is a level 4 Senior Performance Coach and he has previously worked with international junior players on the ITF junior circuit as well as with professional doubles players on the ATP circuit. Between 2016-19, James was the individual coach to Anton Matusevich, in which time Anton reached a career-high ITF ranking of 12. Alongside his time with LUNTA, James currently works with the doubles pair Ariel Behar and Gonzalo Escobar.

James helps the delivery of the day-to-day on court sessions as well as travelling to international tournaments with the players. This includes supporting the holistic development of each of the players on their tennis journey and delivering a transformational experience for all involved.



BEN TREVOR-JONES
ACADEMY PHYSIOTHERAPIST

Ben qualified as a physiotherapist in 2015, after completing a Master of Physiotherapy at the University of Sydney. He spent two years leading the University of Sydney physiotherapy programmes for cricket, football and women's basketball before coming to the UK in 2019 to work as a physiotherapist with Derbyshire County Cricket Club.

Ben works closely with the players, coaches and support staff to maximise player availability and positively impact player performance. Ben is responsible for meeting the physiotherapy requirements of the LUNTA players and helping their long-term development by increasing the understanding of self-management and how the discipline can be impactful throughout their future careers.

Meet the team



KAMLESH SODHA
SENIOR STRENGTH AND
CONDITIONING COACH

Kam is an accredited strength and conditioning coach (UKSCA) who joined LUNTA from Loughborough Sport. Previously, he worked at Scarlets Rugby and the Welsh Rugby Union with the senior men's squad in the preparation for their Six Nations and the 2015 Rugby World Cup.

Kam supports the physical development of the players. He provides individualised physical programmes in context of their growth and maturation. He also spends time on court delivering physical aspects of the LUNTA development framework that can be delivered both at base but also on the road during periods of travel for trips and tournaments.



LOIS DRUMMIE
ASSISTANT STRENGTH AND
CONDITIONING COACH

As a recent Loughborough University Sport & Exercise Science graduate Lois has previous international experience in supporting the Welsh Rugby Union teams for both the Men and Women and also works as an S&C coach across a number of other Loughborough Sport Performance Programmes.

Lois assists Kam in areas around the physical development of players. This involves providing day-to-day support around physical sessions either in the gym or on-court; including warm-ups and cool-downs, working with coaches to integrate physical support and analysis into sessions and helping to deliver on other key aspects of the development framework for players.



MATT THOMPSON
SPORTS PSYCHOLOGIST

Matt has over a decade of experience working with individuals, teams and systems across a range of professional and Olympic sports. Through Changing Minds Matt has also headed up the LTA Psychosocial team since early 2020 which provides support to Elite, PSP & MWP players on the Performance Pathway.

Matt oversees the delivery of performance psychology support to LUNTA. He works closely with the LUNTA management team, and Lena on the ground to support coaches and support staff in developing formulation driven, goal-focused programmes that promote performance and wellbeing.



LENA KESSLER
SPORTS PSYCHOLOGIST

Lena is a qualified BPS & HCPC registered Sport & Exercise Psychologist who also provides support for the LTA Performance Pathway through her role with Changing Minds and prior to working in tennis worked with the ECB Women's Academy.

Lena helps to support LUNTA staff in understanding the developmental needs of each player to maximise performance and support wellbeing. Lena works closely with coaches to develop a shared understanding of players and goal-driven support that is developmentally appropriate with progressive challenge. She also delivers needs-based support to players involving the development of self-awareness and psychological skills.



LEWIS CHAPMAN
PERFORMANCE ANALYST

Lewis studied at St Marys University for his BSc in Sports Science and at Loughborough University for his MSc in Sports Biomechanics. His dissertations in both degrees were focused on tennis and at St Marys Lewis worked as a performance analyst for the tennis teams.

Lewis helps to support and quantify the development of the players' on-court performances through analysis of training sessions and competitive matches. This includes providing statistical data to the coaches to support their teaching throughout the year. Lewis's role is combined with a PhD Sports Biomechanics study focusing on the tennis serve and how to enhance player performance through technical analysis.



ANDJELKA GRUBISIC
ADMINISTRATOR

Andjelka has over 20 years of administrative experience with Midlands Electricity plc and Next plc, primarily within Learning and Development. While at Midlands Electricity she was also responsible for Graduate Recruitment and Training.

Andj supports LUNTA with the coordination and administration of the programme which includes all aspects of travel and transportation. This includes providing administrative support and assistance to Nathan, Nick and the wider National Academy team including liaising with staff, players, parents, school and the transport company to maintain the highest quality of service and duty of care to the players.



ANDREW SHEPHERD
PERFORMANCE NUTRITIONIST

Andy is a Sport and Exercise Nutrition registered (SENr) performance nutritionist with 10 years' experience in providing performance nutrition support to athletes. He has experience as a Sport and Exercise Nutritionist for Swim England and he has supported athletes who have represented their country at European, World and Olympic and Paralympic Games.

Andy supports all aspects of nutrition both on and off court to educate and empower self-sufficient habits and behaviours for the LUNTA players. The emphasis for Andy is to provide players with the knowledge they need to appropriately meet the needs of school, training and competition whilst also providing the nutrition skills and behaviours to transition into the next stage of their career.



DR MARK RIDGEWELL
ACADEMY DOCTOR

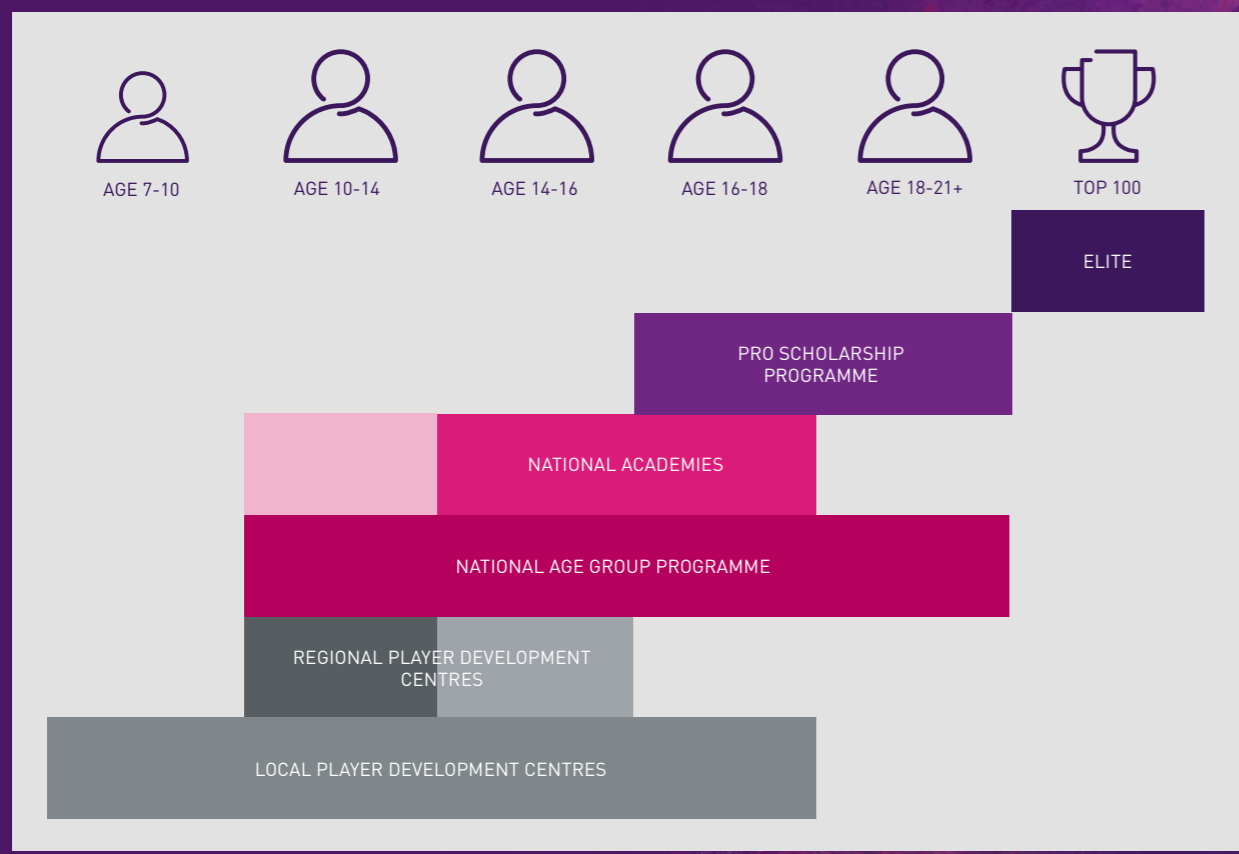
Dr Mark Ridgewell is a Consultant Sport & Exercise Medicine Physician and leads on all aspects of sports medicine support for the National Academy. He works closely with other key members of the performance support team to ensure the players receive appropriately tailored medical provision whenever required and specialises in the prevention and management of overuse injuries as well as rehabilitation.

Dr Ridgewell has a vast amount of experience in elite sport and was the first doctor in Wales to be appointed to the GMC Specialist Register in Sport & Exercise Medicine in 2010.



National academy objectives

- To create a pro-style training environment that provides the intensity, quality and frequency needed for aspiring professional players.
- To nurture the person and the player to develop a game style with the head, heart, legs and weapons required for success.
- To increase the likelihood of players making the standard for Pro Scholarship programme selection.



Who are we?

Our vision here at Loughborough University National Tennis Academy is to be Great Britain's first transformational environment for junior elite tennis players. We strive to be an Academy of accelerated progress and where whole chapters of development can be turned, as well as pages.

Our mission is to develop Great People, Great Performers and Great Tennis Players, through high player-care and valuing the pursuit of excellence. We are a National Tennis Academy aimed at taking players on their journey to the top of U18 International Tennis and supporting their journey beyond through life-shaping experiences.

Our Developmental Philosophy

Our Development Framework is centred around development in three main areas:



PERSON

Our fundamental belief as an Academy is that players will have the best chance of performing if healthy, happy and well.

We support our players to be part of their own vision, to have the skills to build and grow relationships, and to be self-aware individuals who have the resources to manage their own wellbeing.



PERFORMER

Our environment is targeted at players enjoying their training and the learning process, all whilst developing a high standard of professionalism. Alongside this our coaching supports the development of the concept of giving unconditional tennis effort.

We want our players to tackle each element of their programme with positive energy and maintain high focus in everything they do.



PLAYER

Our approach to developing the Player tactically is centred around a player game style with relevant effective patterns, which is adaptable to the opponent, the environment, and the score. Our aim is to develop players who play good percentage tennis and have great court awareness.

Our expert technical development delivered through group and individual training sessions both at base and on the road focuses on muscle relaxation, teaching timing, rhythm and momentum as key concepts.



Coaching

Our coaching is centred around developing an identity for players, but also recognising individual ability and game style. We aim to develop highly focused players with great competitiveness, who are smart, skilful, and have great movement. The content and direction of our training sessions, tournament planning and Individual Development Plans are integral to the development of this identity. Ultimately, we would like to bring our players to the mentality of 'Whatever happens, I can handle it' and 'There's always a solution and I rise to the occasion'.

Our coaching team is led by our Head Coach, Nick. Players are assigned individual coaches who are responsible, with Nick's direction and support, for the delivery of a players' Individual Development Plan. This plan directs the areas of development through regular performance objective setting between the player and coach. The player and coach will highlight the expertise and support required across the academy to deliver on these objectives and our coaches also work with our players to set the tournament plan.

Performance Support

The delivery of high-quality performance support to our players is a fundamental part of our programme here at LUNTA. We believe the positive application of science, medicine and support accelerates our player's journey to becoming an elite international junior tennis player. Our wide-ranging team of performance support practitioners utilise a variety of experiences in different sports and environments to enhance player performance and wellbeing.

Our interdisciplinary, Performance Support Team's aim is to strongly support the developmental objectives set by the player and coach, from a Person, Performer and Player perspective. Our team look to understand the intricacies of tennis and apply sport-specific solutions to the player's development from a technical, tactical, physical and psychosocial perspective.



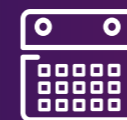
Strength and Conditioning

Our Physical Team aim to produce Great Movers on-court, that are repeatedly able to cover the court, and are robust athletes that can handle all the physical demands of training and competition. Our Coaches deliver a mixture of on and off-court physical sessions during training and competition to accelerate physical development during a player's time at the Academy. These sessions are individualised based on player objectives, and our sessions also consider growth and maturation, training load, physical status.



Physio and Medical Support

Our Medical Team aim to keep our players training and competing. Through quarterly medical assessments, our Doctor aims to understand the medical needs of our players and how these link to a player's performance plan. Our integrated Physiotherapy support identifies risk sites for injury based on a player's programme, and works alongside our Strength and Conditioning team and technical coaches on overcoming physical blockers to a player's performance on-court. This team lead on player assessment, diagnosis and execution of an integrated, team-wide injury rehabilitation plan and are linked to the leading specialists across the country to receive excellent medical care.



Performance Lifestyle and Psychology

Health, happiness and wellbeing is at the centre of our philosophy and is of upmost priority here at the Academy. This is reflective in the value our Performance Lifestyle and Psychology team place on supporting the players daily. Players have the opportunity for regular 1-to-1 time with our Performance Lifestyle and Education Manager and Sports Psychologist to help them to develop the skills and resources in order to thrive both on and off court.



Performance Analysis

Our Coaches work closely with our Performance Analyst in the pursuit of understanding the technical and tactical underpinnings of a player's developmental journey. Matches are recorded, tagged and then statistics are fed through the Coaching Team during and post-tournaments to analyse performance and set direction. We aim to improve player understanding of the technical and tactical side of tennis through our Performance Analysis software Dartfish, where players can access their recorded matches to watch back.



Performance Nutrition

We recognise that Nutrition plays a significant role in not only performance on the tennis court for training and competition, but fuels all aspects of an Academy player's life, particularly academic performance, and general player health and wellbeing. With our 'Food First' approach, our Performance Nutritionist helps educate our players in both group and 1-to-1 sessions on fuelling for training and competition, eating for great health, and rest and recovery.



Performance Operations

Our Coaching and Performance Support is linked together by operational support to ensure our players have what they need at their disposal to develop. Coordinating trips and travel, organising weekly scheduling, communication with players, parents and partners to ensure smooth delivery of a player's plan is of paramount importance and the heart of our player support. When training at base, players and parents are sent a weekly schedule. An Annual Plan, including targeted tournaments, is also regularly communicated to the player and family.

The Programme

At LUNTA, we consider optimising two of the most important parts of our programme, training and tournaments, to be integral to player development. Individualising and tailoring weekly training and tournament schedules to a player's development needs is central to our approach.

Our weekly tennis performance schedule consists of:

- Tennis sessions (both group and individual).
- Integrated on-court physical work.
- Off-court physical training sessions in our world class campus and school gym.
- Performance support delivery including, Physiotherapy, Psychology and Performance Lifestyle.
- Group player education sessions.

Schedules are communicated to players and parents each week to ensure players have knowledge of their whereabouts and can plan. The holistic balance for academic and performance pursuits is something we take immense care and pride of at the Academy. The amount of teaching contact time varies between Year Group and there are supervised, and independent study periods built into the schedule where players can catch-up with their work. The schedule is purpose built and the players are encouraged to make use of social opportunities to make friends and interact with peers, and there is the opportunity to take part in extra-curricular activities, predominantly at lunchtimes at the School.

	MORNING	AFTERNOON	EVENING
MONDAY	TENNIS / GYM & PERFORMANCE SUPPORT	SCHOOL	TENNIS
TUESDAY	TENNIS / GYM & PERFORMANCE SUPPORT	SCHOOL	TENNIS / GYM
WEDNESDAY	GYM	SCHOOL	TENNIS
THURSDAY	TENNIS / GYM & PERFORMANCE SUPPORT	SCHOOL	TENNIS
FRIDAY	TENNIS / GYM & PERFORMANCE SUPPORT	SCHOOL	SOCIAL / EXTRA-CURRICULAR
SATURDAY	TENNIS / GYM & PERFORMANCE SUPPORT	SCHOOL	SOCIAL / EXTRA-CURRICULAR
SUNDAY	REST DAY / SOCIAL / EXTRA-CURRICULAR		

Note: Vertical bars on the left and right of the table indicate 'BREAKFAST' and 'DINNER' respectively. A vertical bar in the afternoon column indicates 'LUNCH'.

Example weekly schedule for those in years 9-11. Players completing A-level study receive a more individualised schedule based on reduced in-person teaching hours. All weekly schedules are tailored to the needs of the player and the demands of their tournament schedule.



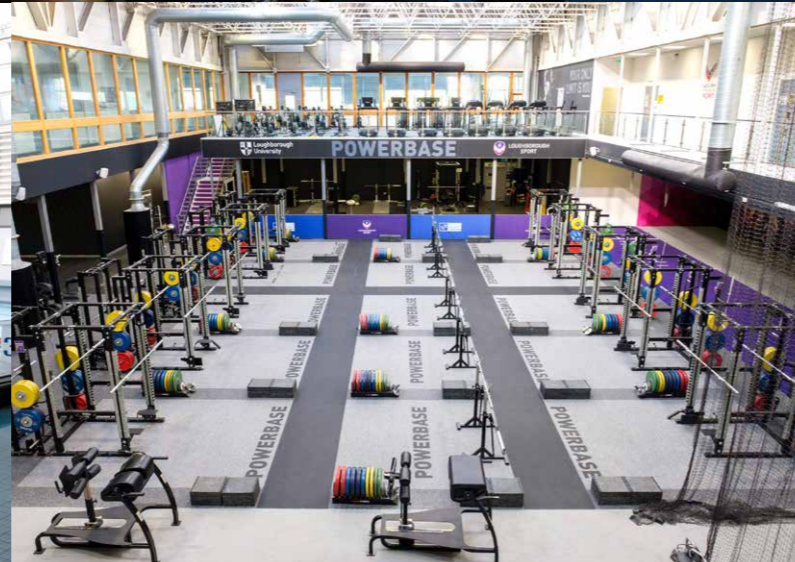
Eva Shaw at LTA's National Junior Championships

Competition

We consider well-planned exposure to domestic and international tournaments an essential part of a player's programme here at LUNTA. Pulled together by our Coaching Team, and consulting the player, parents and the Performance Support Team, a player's individualised annual tournament plan will be specific to their developmental needs. In creating this plan, we will consider a number of different factors when selecting tournaments, including surface, level and location of tournament, plus many more. We aim to give players great development experiences on our trips, on an off-court, also selecting and recognising that tournament selection is crucial to nudge up the rankings both at a junior and senior level. Our scheduling is planned to make sure we peak for the most appropriate of tournaments, and our Performance Support team are responsible for the delivery of these trips. We are also a tournament host, hosting approximately 5 junior tournaments per year, and senior events.



Ranah Stoiber at Junior Wimbledon



Why Loughborough?

Loughborough University is a name synonymous with sport; having an illustrious history for its contribution to the world of sport. This global recognition for its exceptional athletes, facilities, coaching, research, enterprise and partnerships was highlighted in the award of 'Best Sporting University in the World' in the global QS Higher Education league table for the last 5 years.

It is this sporting heritage and our commitment to ongoing excellence that sets us aside as a world leading education institution. We are constantly striving for success and are proud to support athletes competing at the Olympic/Paralympic Games, World Championships and Commonwealth Games.

Loughborough's unique multi-sport environment provides an inspirational and motivational setting for our National Academy players; our junior athletes will be surrounded by other world class athletes/role models and see first-hand the commitment, dedication and resilience required to succeed.

As one of the leading UK Sport Elite Training Centres and an institution that has extensive experience of hosting elite athletes, we can provide a unique opportunity for the National Academy athletes and an opportunity that combines a world class player development programme with the highest quality of education, pastoral care and personal development.

World class facilities

Our Loughborough University National Tennis Academy players are able to access the world class sports facilities on campus as part of their daily/weekly programme, including (but not limited to);

Loughborough Sport Tennis Centre:

- Ten indoor Plexipave hard courts
- Three outdoor Plexipave hard courts
- A dedicated player relaxation lounge with food preparation facilities.
- Functional training/S&C area
- Performance analysis suite and education room
- Physiotherapy room
- Three seminar rooms
- Four glassback squash courts

Other facilities include:

- Powerbase, one of the largest Strength & Conditioning centres in the UK and host to the English Institute of Sport (EIS)
- Loughborough Sport Physiotherapy clinic
- Ice baths
- Olympic size (50m) swimming pool – home to the British Swimming
- HiPac Athletics Centre (indoor and outdoor facility) – home to a British Athletics National Performance Institute
- Sir David Wallace Sports Hall



Loughborough Amherst School was recognised as:

'Excellent' in all categories by the Independent Schools Inspectorate.

Dr Julian Murphy – Headmaster

Academic excellence

Our players are educated at Loughborough Amherst School which is a co-educational excellent rated school at the heart of Loughborough Schools Foundation. LUNTA players complete a minimum of 6 GCSE subjects (including Maths, Science, English and a choice of either History or Geography), and a minimum equivalent of 2 subjects at A Level.

As a team we work together to ensure;

- Flexibility in timetabling to work around/alongside the weekly tennis programme
- Flexibility in providing remote/digital solutions when players are travelling, or abroad

Boarding, meals and pastoral care are all provided by Loughborough Schools Foundation as part of the partnership, with two newly renovated boarding houses for our National Academy players. LSF are experienced in boarding, having boarders at Loughborough Grammar School for many years which has now been extended to Loughborough Amherst School and continues to achieve an excellent rating in the Independent Schools Inspectorate (ISI) inspection report.

Education

'A word from the head'

Welcome to Loughborough Amherst School.

The School has developed and changed from its earliest beginnings as a day school for the Catholic girls of Loughborough to a multi-faith school for girls and boys aged 4-18. In 2015, the School joined the Loughborough Schools Foundation and now shares its rich heritage with that of Fairfield Prep School, Loughborough High School and Loughborough Grammar School.

Academically, Loughborough Amherst is a non-selective school. Our small class sizes and excellent individualised care allow us to cater for a range of abilities in a way that more selective schools, or larger non-selective schools, cannot always match. In fact, we pride ourselves on our ability to bring out the best in a pupil, whether they are aiming for Oxbridge entry or they are someone who has decided that university is not the best route for them.

What makes us, perhaps, unique is the extent to which we now enjoy the benefits of being both small and large. Our membership of the Loughborough Schools Foundation allows us to combine all that is best in our community with the benefits of the human and physical resources of a campus of over 2000 students.

With a teacher to pupil ratio of 1:8 enabling exceptionally high levels of individual academic support, your child will have every chance of realising their goals. And, as part of the Loughborough Schools Foundation, we also enjoy the significant benefits of a major campus and outstanding facilities.

When pupils leave us, we want them to be confident and successful. But, equally importantly, we want them to be caring and empathetic young people; equipped to face the best and worst that life offers.

So whether your child is a high flyer or someone who might benefit from extra educational input, our caring and holistic approach will help them grow as a well-rounded individual.

Dr Julian Murphy
Headmaster



'Our value-added (the measure of how much pupils actually improve between Year 9 and their GCSEs/A Levels), which is the best measure of a school's academic provision, is in the top 30% of schools nationally and the top 40% of independent schools.'

'Throughout the school, the pupils display an excellent attitude to their studies and an active involvement in the process of learning'.

Independent Schools Inspectorate

'The small class sizes allow pupils to develop strong relationships with staff'.

Parent



Senior school (Age 11-16)

National Academy players receive a bespoke education programme that provides a mix of both classroom and individualised tutoring support to help players to manage their tennis and education commitments effectively on a week-to-week basis.

Sixth form (Age 16-18)

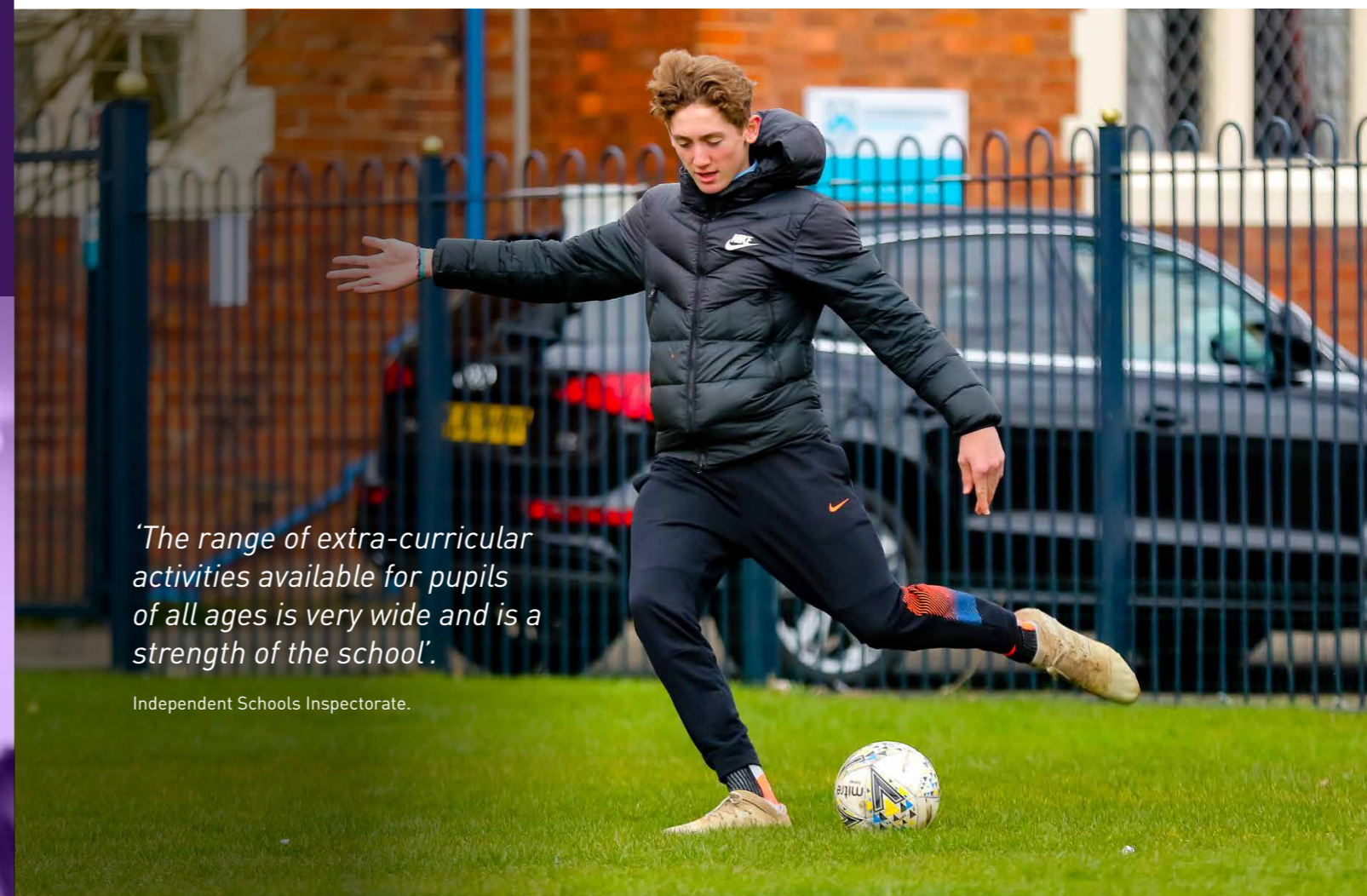
Sixth Form National Academy players also benefit significantly from an individualised tutoring approach that not only allows players to manage their education effectively whilst in Loughborough and when traveling for tournaments, but also provides players with the opportunity to build strong relationships with their tutors and receive teaching and learning to the pace and level appropriate for each player.

Beyond the timetable

Great schools don't just offer an excellent academic programme. They also provide a rich and engaging range of enrichment opportunities to encourage the wider development of your child.

We offer a broad range of physical, artistic and intellectual extra-curricular activities – from dance and football to public speaking and debating.

Above all, we hope that our pupils develop and discover life-long passions, interests and skills.



'The range of extra-curricular activities available for pupils of all ages is very wide and is a strength of the school'.

Independent Schools Inspectorate.

Boarding and pastoral care

Loughborough Amherst School provides the education, boarding and pastoral provision for the national academy players in close partnership with the Loughborough University National Tennis Academy staff.

Boarding facilities are provided for our players allowing them to be educated, eat and sleep all in close proximity. We are delighted to offer 2 newly renovated boarding houses designated for boy and girl national tennis academy players but also shared with a number of non-tennis LSF pupils. We believe this mix provides a fantastic environment away from tennis to help players to feel settled into life at the academy and thrive in what they do.

Our LUNTA nutritionist works closely with the school to ensure the nutritional needs of the players are catered for and provides a progressive educational programme for the athletes in basic cooking and food preparation to prepare them for life on the tour.

For further information on Loughborough Amherst School please refer to the Loughborough Schools Foundation website www.lsf.org



Location and transportation



Loughborough University is located in the middle of the country and is easily accessible by car, train and air into East Midlands Airport. This makes it easy for players and parents to reach us, as well as providing a perfect base for travel to domestic and international competitions and events.

The University's single site campus is just 5 minutes from our education and boarding partners, minimising wasted travelling time. We have partnered with a vetted local transportation company to provide safe, comfortable and reliable transportation for our National Academy players between the school and tennis centre (and vice versa).



Book your visit at LUNTA today
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**Loughborough
University**

www.lboro.ac.uk/sport/sports/tennis/national-tennis-academy

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