

GB NATIONAL TENNIS ACADEMY AT THE UNIVERSITY OF STIRLING



A WORLD-CLASS ENVIRONMENT, SETTING NEW STANDARDS AND TRANSFORMING PLAYER DEVELOPMENT



University of Stirling,
Scotland's University for Sporting Excellence

WELCOME

Hello and welcome – I am Leo Azevedo, the Head Coach for the GB National Tennis Academy at the University of Stirling. You can find out more about me and my coaching world-class team within these pages.

Scotland has established an enviable track record of delivering success on the world stage in tennis and the pinnacle of British tennis success has been achieved by the Murray family over the past decade and more.

Andy has won three Grand Slams, two Olympic Gold Medals and 49 ATP Tour Titles; Jamie has won 23 ATP Tour Titles and is seven-time Grand Slam champion; while their mother Judy, is a former Tennis Scotland National Coach and Fed Cup captain.

Only recently, Scotland was rightly proud to possess three world number 1s at the same time: Sir Andy Murray OBE, Jamie Murray OBE and the Paralympic gold medallist and winner of multiple Grand Slams, Gordon Reid MBE. Leon Smith, Britain's successful Davis Cup captain and current Head of Men's Tennis at the LTA, and Colin Fleming, the National Academy Lead Performance Coach and former Davis Cup player, ATP Tour title winner, and Commonwealth Games Gold Medallist, have also been at the vanguard of this tennis rejuvenation. I am delighted that Colin, Adam Lownsbrough, Bruno Argudo, Evie Williams, Millie Stretton and Scott Duncan complete the coaching team.

I am also excited there is a strong next generation to cultivate, with Jonny O'Mara, 2020 Australian Open quarter-finalist and on the verge of the Davis Cup team under the tutelage of Scottish Coach Toby Smith, young Aidan McHugh on the Pro Scholarship Programme and University of Stirling student Maia Lumsden breaking into the WTA top 300.

The GB National Tennis Academy, funded by the LTA, will be boosted by significant contributions from partners, noticeably the University of Stirling, primarily through facility provision, and tennis scholars training with National Academy players replicating a key aspect of Andy's successful formula.

The **sportscotland** institute of sport will help us deliver world-class sport science and medicine support, while Dollar Academy, a leading independent school, offers an excellent track record of attainment, as well as boarding, pastoral care and welfare provision.

The GB National Tennis Academy is set amongst Scotland's most spectacular and awe-inspiring scenery: it is against this backdrop that my coaching team and I will strive to develop future champions. We can't wait to start working with the next cohort of talented British juniors.



WHY STIRLING?

SCOTTISH TRACK RECORD OF SUCCESS

Accounting for approximately 10% of the UK population, Scotland consistently punches above its weight and this is particularly the case in performance tennis. For almost 20 years Scotland has been a significant strength within British tennis, producing unrivalled success at elite level, mainly through brothers Andy and Jamie Murray, both reaching world number 1 in their respective fields, alongside Wimbledon champion Gordon Reid MBE. Double Olympic singles champion, twice Wimbledon Champion and US Open Champion in 2012, Sir Andy Murray OBE became a Doctor of the University of Stirling in recognition of his services to tennis in 2014, for more information [CLICK HERE](#)

The current crop of young Scottish tennis players performing on the international stages includes Jonny O'Mara, Maia Lumsden, Aidan McHugh, Ali Collins, Jacob Fearnley and Connor Thomson to name a few. One full-time professional player and ATP title winner who reached the last 32 in his first Grand Slam, one Pro Scholarship Programme player and three National Age Group Programme players – a terrific return that can be increased significantly with the infrastructure and opportunities surrounding the National Academy.

OUR SUCCESS IN NUMBERS

84
ATP
TITLES

SIR ANDY MURRAY OBE
49

JAMIE MURRAY OBE
25

COLIN FLEMING
8

JONNY O'MARA
2

26
GRAND
SLAMS

SIR ANDY MURRAY OBE
3

JAMIE MURRAY OBE
7

GORDON REID MBE
16

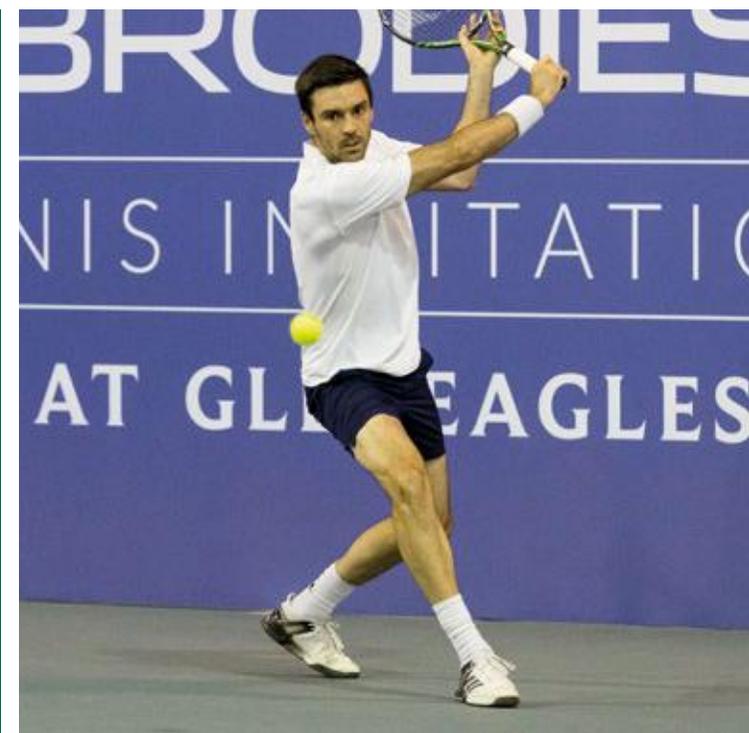
03
OLYMPIC
PARALYMPIC GOLDS

SIR ANDY MURRAY OBE
2

GORDON REID MBE
1



Sir Andy Murray OBE became a Doctor of the University of Stirling in recognition of his services to tennis in 2014





COACHING TEAM

GB NATIONAL TENNIS ACADEMY HEAD COACH LEONARDO AZEVEDO

Renowned as a world-class coach - including for his work with former world number 1 Juan Carlos Ferrero - Leonardo Azevedo brings vast experience at the highest level of both male and female professional tennis, with a particularly strong record in developing juniors.

The 42-year-old has coached across the world for almost 20 years, from junior level to Grand Slam, Davis Cup and Olympic Games preparation, and has worked with some of the world's most promising players such as Ferrero, Cici Bellis and Guillermo Garcia Lopez.

Leo Azevedo, GB National Tennis Academy Head Coach: "It is an honour to be appointed the first Head Coach of the new GB National Tennis Academy at the University of Stirling. Tennis in Britain and Scotland has been on a fantastic journey over the last two decades and we don't need to look far from Stirling to be inspired by just what is possible.

"I'm very passionate about the development of young talent and this will be the perfect environment to achieve that – everything is in place to allow young players to thrive. I could not wish for a better team to work alongside, with Colin, Adam, Bruno, Evie, Millie and Scott all bringing different strengths and experiences to the programme which will help provide young players with a truly world-class tennis education."

“

I have known and worked with Leo for the past ten years, he was instrumental in the success of our (USTA) programme in Carson and helped develop a very good crop of juniors, including some that achieved top world rankings. I truly believe Leo will be an asset to any serious developmental programme

José Higuera,
Former coach of Roger Federer

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As the head of USTA PD I could always count on coach Leo, whether as a leader of a particular programme or as a coach and mentor to a particular programme. Leo is a coach's coach – he loves to work with others and always tries to make the players that he works with more accountable to themselves as players and as individuals. Tennis Scotland and the LTA have hired a great coach, and an even better person in Leo Azevedo.

Partick McEnroe, former ATP world number 28 and 3 for singles and doubles respectively

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GB NATIONAL TENNIS ACADEMY
LEAD PERFORMANCE COACH
COLIN FLEMING

Colin Fleming is the Lead Performance Coach at GB National Tennis Academy. Colin will bring all his experience in professional tennis as winner of 8 ATP World Tour Doubles titles, as a double Olympian competing at London 2012 and Rio 2016, member of GB Davis Cup Squad, Gold medallist in The Commonwealth Games in Delhi 2010 and Grand Slam Quarter-finalist of Men's Doubles (Wimbledon and twice in the Us Open). Colin is currently a member of the GB Fed Cup Coaching Team and Tennis Scotland Performance Consultant.

Colin was previously Tennis Scotland National Coach where he supported Lead Individual coaches in the development of young Scottish talent including Jonny O'Mara, Aidan McHugh, Gordon Reid MBE, Maia Lumsden, Jacob Fearnley, Connor Thomson and Ali Collins. Colin also coached the GB Age Group Teams in the European Summer Cup 2017.

“

Colin Fleming in my opinion is one of the best coaches in Britain. I wouldn't change my training base of Stirling for anywhere else in the world. I am looking to push into the ATP top 30 and GB Davis Cup team, so it is obviously a pretty good tennis centre.

Jonny O'Mara,
Winner of 2 ATP Tour Titles

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GB NATIONAL TENNIS ACADEMY
PERFORMANCE COACH
ADAM LOWNSBROUGH

Adam Lownsbrough brings a wealth of experience coaching players on the WTA and ATP Tours, including Anastasia Pavlyuchenkova, Yuta Shimizu and French Open Doubles finalist Eri Hozumi.

Adam spent four years at the BTT Academy in Barcelona working for Francis Roig, coach to Rafael Nadal, who referred to Adam as: "Extremely hard working, loyal and honest. His experience internationally at Academy and tour level is a benefit to any tennis environment."

Adam previously worked with a number of leading academies across the world including BTT, the Bob Brett Academy and the Kim Clijsters Academy.

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I have great memories working with Adam, the balance of hard work and relaxed atmosphere helped gain some fantastic results together. His experience and positivity will be a great addition to the team!

Anastasia Pavlyuchenkova, career high WTA ranking of 13 and twelve consecutive seasons inside the top 50.

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Adam is a great coach and I had my best result with him making the final of Roland Garros doubles in 2018. I felt like I improved with his guidance and work ethic.

Eri Hozumi,
French Open Finalist

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Bruno is honest, engaging, and dedicated. His passion for the sport is matched by his attention to detail and professionalism. He challenges me every day in training to improve. His love for tennis and his positivity is infectious and is one of the reasons he is popular with the players he works with. He has had a great impact on my game, supporting multiple Grand Slam triumphs.

**Gordon Reid MBE,
Paralympic Champion and
16 time Grand Slam Champion**

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COACHING TEAM



GB NATIONAL TENNIS
ACADEMY COACH
BRUNO ARGUDO

Academy Coach, Bruno Argudo, is a former tennis scholar at the University of Stirling gaining an MSc in Sports Management whilst combining work as a Graduate Assistant Tennis Coach, supporting lead coaches Toby Smith and Judy Murray with Tennis Scotland's Junior Performance Players including: Aidan McHugh, Maia Lumsden and Ali Collins. Bruno then set up his own academy in Spain where he also worked part-time for the SotoTennis Academy. He has coached Gordon Reid to 4 Grand Slam Doubles Titles.



GB NATIONAL TENNIS ACADEMY
APPRENTICE COACH
MILLIE STRETTON

Millie graduated from the University of Maryland in 2019 after playing four years of division 1 college tennis. In that time she reached #22 in the ITA doubles rankings and achieved a 10.6 singles UTR. She began a graduate assistantship at Marymount University the following year, assisting with the tennis programme and completing her masters degree. She now assists the East of Scotland County programme in Edinburgh, alongside her apprenticeship with the GB NTA in Stirling.



GB NATIONAL TENNIS
ACADEMY COACH
EVIE WILLIAMS

Prior to joining the Academy Evie had been working at the Edgbaston Priory Club since 2016 where she has been working across the pathway from mini tennis to the Regional Player Development Centre (RPDC). Evie has been Captain for Warwickshire county girls' age group teams as well as the women's 1st team. Evie coached Tara Moore for a short period in 2019. Evie, a level 4 SPC Coach, is a bright prospect and is part of a Mentorship Scheme with LTA National Age Group Coach Hollie Bambridge.



GB NATIONAL TENNIS ACADEMY
PRO HITTER
SCOTT DUNCAN

Scott is a pro hitter for the GB National Tennis Academy, with career-high rankings of 1274 ATP Singles and 424 ATP Doubles. Scott is a former tennis scholar at the University of Stirling and recently graduated with a masters degree in Sport Psychology. Scott is the joint most medalled GB Unis tennis athlete. He has represented Great Britain Universities four times, including the World University Games in Naples in 2019.

WORLD-CLASS BIOMECHANICS

DR MARC KOVACS

Tennis Scotland is delighted to work in partnership with the Kovacs Institute who will support the GB National Tennis Academy coaching team with the technical development of players.

Dr Mark Kovacs, a leading world-class biomechanist and former professional tennis player, has an extensive background in training and researching elite athletes, having previously directed the sports science, strength and conditioning and coach education departments for the United States Tennis Association. Over his career he has worked with dozens of top professional tennis players including John Isner, Sloane Stephens, Madison Keys and Reilly Opelka.

As a high performance expert, sport consultant, performance physiologist, professor and coach, Dr Kovacs is known as the go to expert for elite athletes looking for science based programming to optimise human performance. He was recently appointed as Senior Director of Sports Science and Health to the Cleveland Cavaliers of the NBA one of the biggest positions in American sports.

Blane Dodds, Tennis Scotland Chief Executive, said: "We are delighted to announce our partnership with the Kovacs Institute and Dr Mark Kovacs which will bring world-class biomechanics support to the GB National Tennis Academy. He is at the cutting edge of sports science developments and has a great record in tennis."

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Through the Kovacs Institute we are excited to work with Tennis Scotland, Leo Azevedo, Colin Fleming and the entire team as a biomechanical consultant on tennis strokes and movement. We are also excited to have many of the staff go through the International Tennis Performance Association (ITPA) educational curriculum in areas of tennis specific fitness and sport science education. This added sport science and technical knowledge will help improve the quality of coaching and training throughout the country.

**Dr Mark Kovacs,
Kovacs Institute**

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Leo Azevedo, GB National Tennis Academy Head Coach, added

Dr Mark Kovacs will help us immensely in the technical development of the players at Stirling with his knowledge of biomechanics. I worked with him at the USTA for a number of years and I can see why he is recognised as one of the best in the business. He was instrumental in supporting the successful players that I worked with at the USTA.

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The team that has been assembled is unique and I do believe we will complement each other well which in turn will be a real asset for the academy. I look forward to working with Leo and the team and I am sure I will be learning from them as well. This together with the support of Tennis Scotland and LTA teams behind us, makes me confident we can create something special that will have positive results.

Colin Fleming,
Olympian & Former Davis Cup Player

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PHILOSOPHY AND CULTURE

The coaching team at the GB National Tennis Academy will adopt a holistic approach to player development:

- Develop players with ID
- Players from Stirling will be recognised for the values they demonstrate rather than the tracksuit they wear.
- Respectful, hard workers, team approach, open minded, integrity, tough competitors, passionate, effort and engagement
- Independent players who problem solve and make decisions
- Matching their tennis game style to their physicality and personality
- Inter-disciplinary approach between tennis, science and medicine
- Monitoring and tracking progress through IAPs embedded in tennis, science and medicine.
- Committed to supporting and encouraging academic programmes
- Wider social development of young people
- Daily and weekly meetings to discuss player by player so the day to day activities links to the longer term IAP
- All staff making the commitment to the same process

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It's a genuine coup for tennis in Scotland and Great Britain to attract a coach of Leonardo's calibre, bringing with him a truly world-class reputation. Our recruitment process for this key role was thorough and we have excellent references from some of the most respected coaches in the game, including Ivan Lendl and José Higuera.

Blane Dodds,
Tennis Scotland Chief Executive

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Having worked on the WTA and ATP tours and Academies abroad, as a British coach I am genuinely excited to work with aspiring juniors at the GB National Tennis Academy at the University of Stirling, with the vision of developing players to fulfil potential and enjoy careers in tennis.

Adam Lownsbrough,
*GB National Tennis Academy
Performance Coach*

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SPORTSCOTLAND INSTITUTE OF SPORT

The **sportscotland** institute of sport (SIS) the national agency for high performance sport, will through world-class practitioners, provide sport science and medicine support to the GB National Tennis Academy. SIS provides high performance leadership and expertise to sports and athletes throughout Scotland and the UK. Sport science and medicine support aims to consistently optimise performance level providing a holistic co-ordination of support:



SEAN TOUGH
PHYSICAL PREPARATION

Sean oversees the design and delivery of physical preparation. SIS support is passionate and professional in pursuit of the best possible physical performance.

- Programmes designed and implemented in conjunction with coaches & other service providers
- Proactive approach to injury prevention; where required develop and deliver rehabilitation programmes
- Design and deliver effective integrated tracking and monitoring protocols and processes

Sean leads the sport science & medicine team. He previously led the Scottish national women's hockey team and the diving programme. Sean developed Scotland's first female diving Olympian and Britain's first finalist (8th).

Coach Kallum Dray assists Sean with Physical Preparation delivery, ensuring excellent coach to athlete ratios and individualised programmes.



CATHERINE SMAILL
PHYSIOTHERAPY

Catherine leads on the delivery of physiotherapy for the GB National Tennis Academy, providing:

- Musculoskeletal health to help players train and compete without physical restriction
- Development of efficient and effective movement
- Developing players who are robust and resistant to injury
- Management of injury risk as well as assessment, treatment and rehabilitation of any injuries.

Catherine is the lead physiotherapist for Snowsports and supported the GB team at their most successful Winter Paralympics in Pyeongchang in 2018.

Before starting at the SIS in 2016, Catherine had previously worked in the NHS and with a range of sports teams including England Women's Cricket Under 19 squad, England Disability Cricket squads & Swansea City Football Club.

The physiotherapy service is bolstered with sports massage provision delivered by Kai Adams.



JESSICA THOM
PERFORMANCE PSYCHOLOGY

Jess will primarily deliver performance psychology to help athletes achieve optimum performance by supporting:

- The key points of the coaching philosophy to develop self-reliant players who can regulate their thoughts, emotions and actions
- Players to direct their attention in training, competition and life outside of tennis.
- Specialised work in the area of visual routines, self-awareness, self-regulation & mindfulness
- Cutting edge delivery in special projects including neuroscience.

In addition to her role with the GB National Tennis Academy, Jess also works with British Shooting as part of her wider remit with SIS. Prior to starting at the SIS, Jess had experience of working with Wasps Rugby, the British Olympic Bobsleigh team, Welsh U20 Lacrosse and a number of professional football teams.

SPORTSCOTLAND INSTITUTE OF SPORT



BROWN FERGUSON
PERFORMANCE LIFESTYLE

Brown will co-ordinate, oversee and deliver Performance Lifestyle support which provides tailored, individualised coaching, mentoring and counselling services to support performance athletes, coaches, parents and key personnel in all aspects of an athlete's life.

Brown will support player welfare and wellbeing throughout their time at the GB National Tennis Academy. Specifically support includes:

- Dual career and transition management
- Professional and personal development
- Lifestyle management
- Preparation for a successful life after sport

Since starting at SIS in 2012 Brown has been working with Scottish tennis players. He has also led support for curling, swimming and triathlon. Brown brings a wealth of experience – particularly working with athletes on the transition pathway through sport and studies.



KENNY MORE
PERFORMANCE ANALYSIS

Support will be co-ordinated and overseen by Kenny More, Notational Analysis Lead at **sportscotland** which provides:

- Specialised services in data management, notational analysis, skill acquisition and special projects and innovation
- Working with measurement-based processes and provide evidence based support

Kenny has over 18 years of experience with SIS across 5 Olympic and Commonwealth Games cycles, as well as having been match analyst to the National Men's Football Team for 8 years. Support will be primarily delivered by Simon Lovelock and supported by Marc Kinsey, MSc student in Performance Analysis.



REBECCA BURNS
PERFORMANCE NUTRITION

Rebecca Burns will primarily deliver Performance Nutrition support. Rebecca will help educate players to select the right foods and fluids, in the right quantity and at the right time to:

- Maximise training gains
- Enhance recovery
- Reduce risk of illness
- Optimum body morphology for tennis

Rebecca works with Tennis Scotland and Dollar Academy to ensure that nutrition requirements for all players are met on a group and individual basis. Rebecca has previously worked with the NHS, Sport Wales Institute of Sport where she supported Swim Wales and Welsh Cycling at the Commonwealth Games in the Gold Coast. Rebecca has represented Scotland in athletics.



DR CARRIE McCREA
SPORTS MEDICINE

Carrie will oversee the medical network support for GB NTA athletes:

- Work closely with the wider support team in an inter disciplinary way to support the need to train and compete effectively
- Focus on preventing illness and injury and delivering evidence-based medical care after accurate diagnosis, careful clinical examination, experience and knowledge in order to maintain a healthy athlete.
- Will look at travel implications, rest and recovery and promote clean sport
- Oversee referrals through the medical insurance scheme

Dr Carrie McCrea has been involved in High Performance Sports Medicine for over fourteen years, including roles with the Scottish Rugby Union, Scottish FA, Scottish Hockey, Scottish Swimming, Commonwealth Games Scotland and Team GB at the European and Olympic Games.

Carrie has special interests in child health, mental health in sport and female athlete health. Carrie continues to work in the NHS as a musculoskeletal medicine physician within the Orthopaedic department.



VIKKI BUNCE
HIGH PERFORMANCE
MANAGER

Vikki is a High Performance Manager at SIS. Vikki provides leadership and expertise to the GB National Tennis Academy. Vikki plays a key strategic role, fostering a strong partnership between Tennis Scotland and SIS.

Vikki champions the SIS approach to apply the important framework of:

- High Challenge
- High Support
- High Integrity

Vikki drives support in an interdisciplinary way, working as a team in a programme which is athlete-centred and coach-led.

Elsewhere Vikki supports other areas of the tennis performance pathway in Scotland, as well as a number of other sports including athletics, netball, sailing and shooting.

Vikki retired from international hockey in 2016 having played more than 200 times for Scotland and 14 times for Great Britain. Vikki combines her full-time role with the SIS alongside being the current Scotland Women's Team Assistant Coach.



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I think we are very lucky because we get to use the sportscotland institute of sport, for me they are the best I have ever come across. We get to use the physios, the nutritionist, the physical trainers and that's unbelievable.

Jonny O'Mara,
ATP top 50 doubles player

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PLAYER EXPERIENCES

In the first six months of the GB NTA, players have benefited from some wonderful experiences including:

JOSÉ HIGUERAS VISITS SCOTLAND

World-renowned tennis coach and former player, José Higuera, brings his coaching expertise to work with the GB National Tennis Academy players for a training camp. José won 16 ATP singles titles and reached back-to-back semi-finals at Roland Garros in 1982 and 1983, the year in which he reached number 6 in the world rankings.

José, a former coach to tennis superstar Roger Federer, also worked with some of the world's best players, including Pete Sampras and Michael Chang, and was recruited as the United States Tennis Association's director of coaching 2008 where he now acts as a consultant.

"Leo Azevedo is a great friend of mine and I have a lot of respect for him as a coach therefore when he asked me to visit the GB National Tennis Academy I didn't give it a second thought. As well as a great friendship, I share with Leo the same personal and tennis values which was why I previously chose Leo to work with us at the USTA. British tennis is lucky to have a professional of Leo's calibre leading the GB National Tennis Academy in Scotland."

José will share his coaching philosophy at the annual Tennis Scotland Coaches' Conference where academy players will gain valuable work experience supporting the running of the event.



MURRAY TROPHY

Tennis Scotland in partnership with the LTA and Glasgow Life delivered the ATP Challenge Tour Event: The Murray Trophy. Jamie Murray played a key role in promoting and hosting the event. Prior to the start of play Jamie spent an afternoon coaching GB NTA players, promoting doubles drills with his former playing partner Colin Fleming.

<https://twitter.com/tennisscotland/status/1177115587610329088>

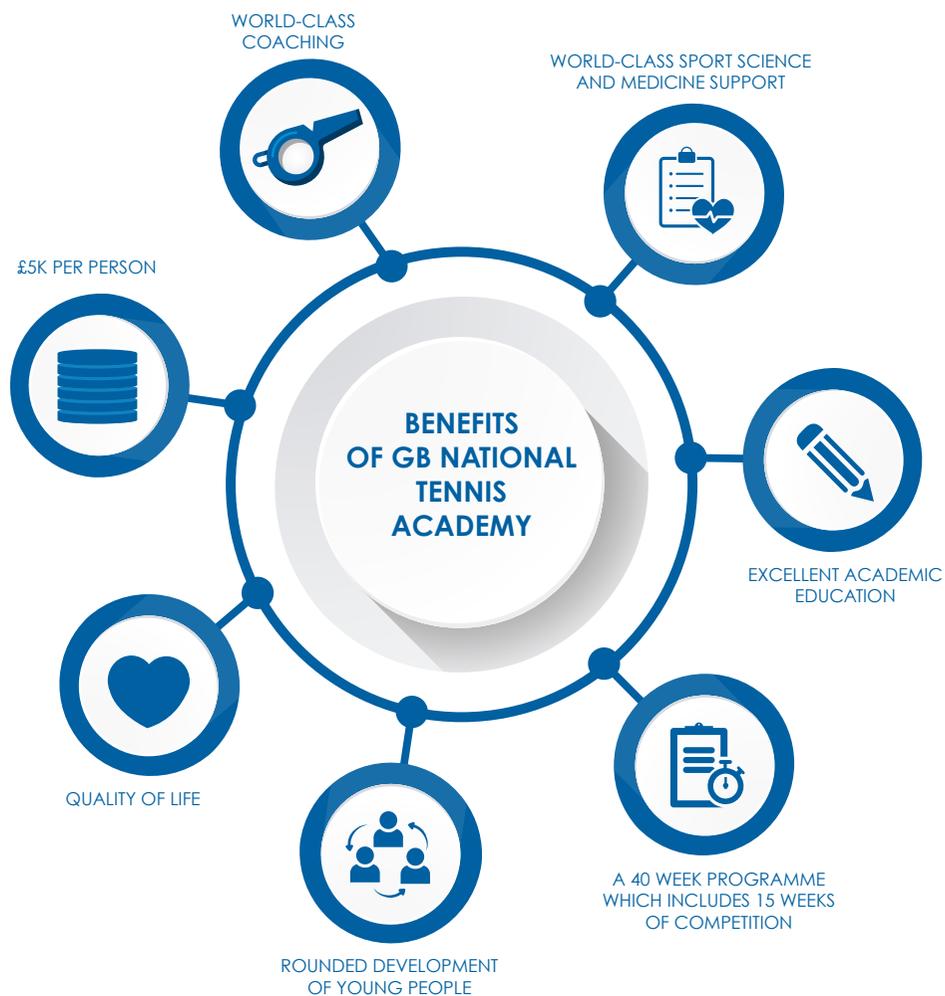
On finals day the GB NTA players performed a training demonstration in front of a partisan crowd!

JUAN CARLOS FERRERO ACADEMY

Players at the GB National Tennis Academy enjoyed one week training at the JC Ferrero Equelite Sport Academy in Spain. As well as meeting and spending some time on court with former world number 1 Juan Carlos Ferrero, the players were also able to train and spar against full time academy players in Spain, outdoors on the clay. Another fantastic experience and a fine example of Leo Azevedo's contacts in the game benefitting the players.



BENEFITS



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Stirling is one of two National Academies at the heart of the LTA's Player Pathway. It provides a comprehensive full-time residential training and competition programme led by a world-class coaching team with cutting-edge science and medicine support. Academy players receive a first class education at one of Scotland's leading schools, Dollar Academy where they also reside. The LTA is opening tennis up to provide more opportunities to young talent and make Britain one of the most respected nations in the world for tennis player development.

Scott Lloyd, LTA CEO

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DOLLAR ACADEMY

DOLLAR ACADEMY EDUCATION

GB National Tennis Academy at the University of Stirling is proud to partner with Dollar Academy. Founded in 1818, Dollar has its roots firmly in Scottish education, but its provision knows no boundaries. Pupils are offered an education that covers an unrivalled range of academic and co-curricular activities designed to nurture individual talents, interests and ambitions.

In 2018, Dollar was named The Sunday Times' Scottish Independent Secondary School of the Year after reaching its highest ever position in the rankings with more than 85% of Higher and Advanced Higher pupils securing top A or B grades.

Like most schools in Scotland, Dollar Academy follows the Scottish Curriculum, administered by the Scottish Qualifications Authority (SQA). These qualifications are highly valued by universities across the UK, Europe and the US. The system is similar, in many respects, to the English system with a broad range of subjects being studied up until age 14, followed by National 5s (similar to the English GCSE), Higher (similar to the old English AS level) and then Advanced Higher (equivalent to the English A level) examinations.

Breadth of choice is a recurring theme at Dollar and pupils can choose from the largest range of Highers available anywhere in Scotland. Given their training requirements, GB National Academy students will work to a reduced timetable of 15-16 hours per week. As a guide, National Academy pupils would aim to study for five National 5s and then three Highers. The school will work with each pupil on subject choices based on their own academic ability. For any children who experience barriers to learning during their time at school, the Support for Learning Department can help meet each individual set of needs.

BOARDING

There are approximately 1300 pupils at Dollar Academy, and just under 10% are boarders. Around half of the boarding community is from the UK, while the other half is international. Boarders are a defining feature of life at the school and the boarding accommodation is of the highest standard. Dollar's three boarding houses replicate a family environment where children come to learn new skills, make lifelong friendships and do as much 'growing up' as they would at home.

Following an unannounced inspection visit by the Care Inspectorate in January 2017, the official rating on Dollar's boarding was graded at the highest Level 6 "Excellent" for the quality of care and support pupils receive. The report observed, "We saw highly sensitive and caring attitudes from boarding house staff, which helped them to clearly establish the ethos of home from home in a family atmosphere in the houses."



1,300
Total number
of Pupils at
Dollar Academy



10%
of Pupils at
Dollar Academy
are boarders



50%
of the boarding
community is from
the UK



Level 6
Excellent for
quality and care
pupils receive



In 2018, Dollar
was named
The Sunday
Times' Scottish
Independent
Secondary School
of the Year





Dollar Academy will provide a bespoke and safe national academy transport service to take players between the school and the university. The run takes 21 minutes and is a door to door service.

WELFARE/PASTORAL

Dollar Academy recognises that, in order for every young person to succeed to the best of their abilities, they must do so in a caring and secure environment; one which will encourage them to develop self-confidence and social skills, one where the relationship between all members of the community is based on trust and respect. In order to foster this trusting relationship, Dollar has a well-developed pastoral and guidance system. Guidance staff also have a role in curricular guidance and in discipline.

In essence, they have a complete overview of each child's progress and development - social, emotional and academic. A survey held in 2017 involving more than 1000 pupils, teachers, former pupils and parents indicated that families choose Dollar Academy for reasons of excellence, opportunity and community. The values the pupils ascribed to the school converted into three imperatives which were: "work hard, be kind and get involved". These are central to the ethos of the school and all staff recognise that excellent pastoral care makes a vital contribution to the intellectual and social development of each individual pupil.

DOLLAR ACADEMY SCHOOL VALUES



WORK HARD



BE KIND



GET INVOLVED

MEDICAL PROVISION

Dollar Academy has a well-resourced Medical Centre, which is staffed Monday to Friday during term time by a team of nurses led by Mrs Dunnet.

The school nurses attend to incidents of injury or illness amongst pupils and staff on site, and are responsible for the provision of health screening, medical examinations and vaccination programmes as appropriate in line with national School Health Service guidelines. They work in close conjunction with senior management and guidance staff with regard to pupil welfare, participate in the delivery of health-related topics in the school's PSE programme, and support Dollar Academy's health and wellbeing programme.

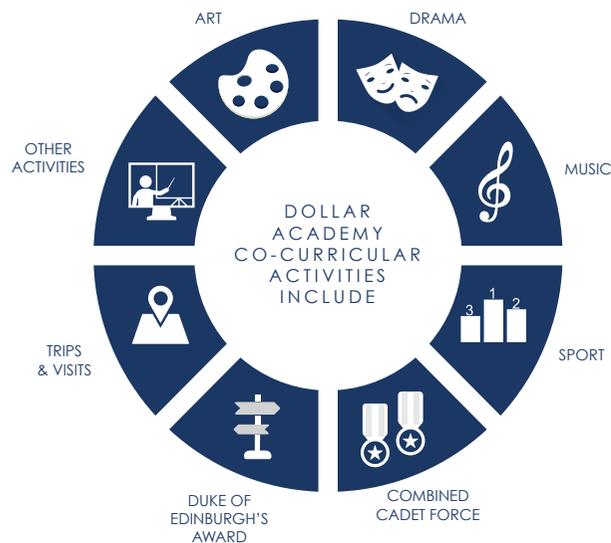


CO-CURRICULAR

Encouraging children to get involved is central to the Dollar ethos. The school has a great academic reputation but a truly excellent education is about far more than that. Activities out of class time are just as significant in the development of young people.

Dollar prides itself on offering pupils more than 70 different clubs and activities. From sports as diverse as skiing, yoga and ultimate frisbee to a multitude of art, drama and music clubs there is something for everyone. There are also a number of service activities including charity work, CCF and The Duke of Edinburgh's Awards. All options allow pupils to broaden their minds and learn how to commit themselves to a cause.

A full list of the activities can be viewed on the Dollar Academy website [CLICK HERE](#)



DOLLAR ACADEMY FACILITIES

Dollar Academy is situated in stunning countryside on a beautiful 70-acre campus in Central Scotland. All academic departments, sports facilities and boarding houses are located within the school grounds. Sport is deeply rooted in life at Dollar and the school benefits from excellent facilities including:

- **A swimming pool**
- **Two large indoor sports halls**
- **A fitness suite (including spinning area)**
- **A strength and conditioning room**
- **A physiotherapy room**
- **A range of grass and artificial pitches**

Dollar Tennis Club is just a five minute walk from the school. Despite being surrounded by wide green spaces, Scotland's major cities and their airports are within easy reach. Dollar is only a 20 minute drive from Stirling, 30 minutes from Perth and under an hour from Edinburgh and Glasgow.



UNIVERSITY OF STIRLING

SCOTLAND'S UNIVERSITY FOR SPORTING EXCELLENCE,
A NATIONAL TITLE AWARDED BY GOVERNMENT

THE TIMES AND SUNDAY TIMES GOOD UNIVERSITY GUIDE 2020: SPORTS UNIVERSITY OF THE YEAR

The University of Stirling has been crowned the UK's Sports University of the Year for 2020 in recognition of its world-class facilities and excellence across sports performance, research and education. It is the first time a Scottish university has received the distinguished accolade and it builds on Stirling's longstanding designation as Scotland's University for Sporting Excellence.



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University of Stirling an institution which is recognised internationally for its sports research and facilities *Sir Andy Murray OBE*

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SCHOLARSHIP PROGRAMME

The University's International Sports Scholarship Programme is one of the largest high-performance sports programmes in the UK. We've supported more than 1,000 UK and overseas student athletes since its inception in 1981. We've produced some of the finest British and Scottish talents in history across a range of sports. Our student athletes have successfully competed at the Olympic games, the Commonwealth Games and the Walker Cup, to name a few.

TENNIS SCHOLARSHIPS

The Tennis Programme has an excellent track record of success in BUCS and mainstream sport over the last 20 years. A holistic player development programme operates year round, providing excellent coaching, S & C, physiotherapy and sport psychology. Integrating aspects of training between University of Stirling Scholar athletes and National Academy players will be mutually beneficial and create opportunities similar to those experienced by former junior players including Sir Andy Murray OBE, Jonny O'Mara and Maia Lumsden.

SPORTS FACILITIES

The University of Stirling is the training base for some of the UK's top Olympic and Paralympic athletes and is home of Scotland's National Swimming Academy, the Scottish National Tennis Centre and Triathlon Scotland. Our extensive sports facilities allow you to play and train alongside Olympic athletes.

A £20million transformation of the University of Stirling's sports facilities will see Scotland's University for Sporting Excellence create an iconic new sports complex that will be integrated with existing world-class facilities. The redevelopment has already started and is due for completion in summer 2020. We are rated first in Scotland and second in the UK for sports facilities (International Student Barometer 2016).

TENNIS COURTS

The tennis facilities include six acrylic hard indoor courts (4 until 2020) – Access to four outdoor red clay courts (BoASC).

GYM AND SPORTS SCIENCE LAB

The University of Stirling operates a high-performance gym, currently used by the University's own performance athletes, as well as **sportscotland** Institute of Sport. The facility redevelopment will create unrivalled high-performance suite designed with input from **sportscotland** Institute of Sport colleagues, including a 40m sprint straight, strength and conditioning areas, assessment area, sports science testing and physiotherapy/treatment rooms.

GOLF COURSE

The University golf course is a nine-hole, par three course ideal for golfers of all abilities. There is also a putting green nearby, located in front of Airthrey Castle.

SWIMMING POOL

The University has a reputation as one of the UK's leading high-performance swimming centres as it hosts the National Swimming Academy, a partnership between the University, Scottish Swimming and British Swimming. Our athlete swimmers have enjoyed medal success at the Olympics, the World Championships, Deaflympics and British Summer Championships.

SPORTS HALL

Ideal for a wide variety of sports, including badminton, table tennis, short tennis and basketball.

PLAYERS' LOUNGE

GB National Tennis Academy players will enjoy of an exclusive Players' Lounge within the tennis facilities at the University of Stirling. The 55m² Lounge will include relaxing spaces with sofas, TV and video games as well as a study area with desks and access to internet. There will be small kitchen facilities where prepared or cooked food can be reheated.

“

I trained on the courts at the Scottish National Tennis Centre at the University of Stirling when I was growing up. It's recognised internationally for its sporting facilities and I know there are some talented junior players practising there every day.

Sir Andy Murray OBE

”



“

The unique feature of sport at the University of Stirling is the environment within which Olympic medallists train and compete alongside students, staff and the wider community. This development will mark the beginning of another exciting chapter for sport at the University and within the Stirling area.

Cathy Gallagher,
Executive Director of Sport

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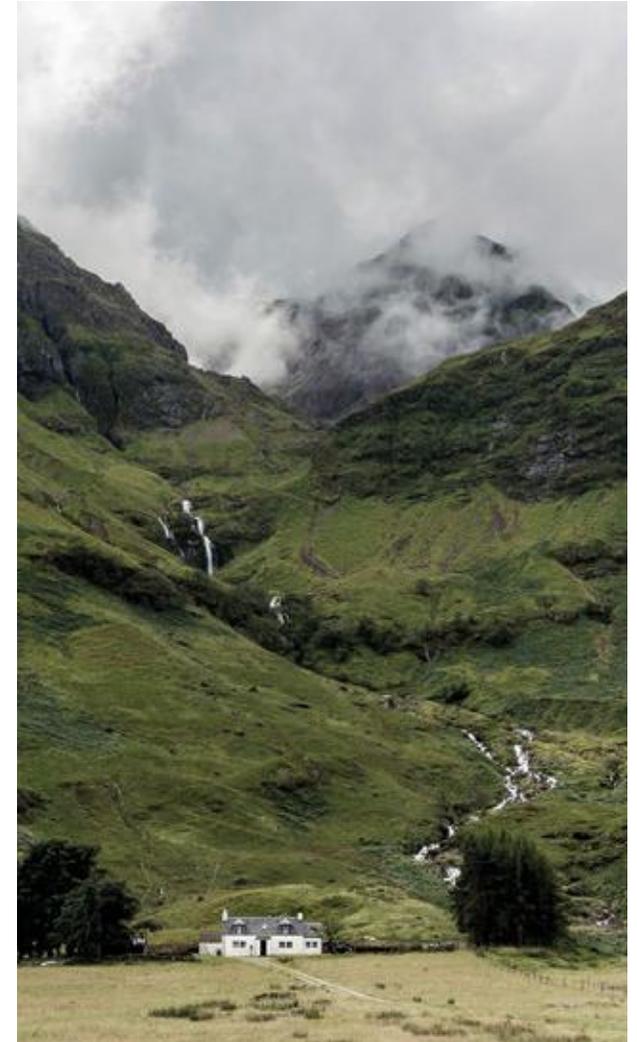
QUALITY OF LIFE

STIRLING AND DOLLAR

Stirling is known as the Gateway to the Highlands and there are considerable quality of life benefits to experience through life in central Scotland. The University of Stirling is situated between the stunning Ochil Hills, the famous Wallace Monument and Stirling Castle, next to Bridge of Allan, a picturesque village between Dunblane and Stirling.

The Aithrey Loch and Aithrey Castle are at the heart of the idyllic 330-acre parkland university campus, which is regularly described as one of the most beautiful locations in the world.

Parts of Stirling, Dunblane, Bridge of Allan and much of the rural area are some of the most affluent and successful communities in the country with good health and excellent quality of life. Dollar town in particular offers quaint shops and eateries and most of the businesses can be found on the main street, Bridge Street. It provides the perfect backdrop for academic achievement and sporting excellence.



TIMETABLE

A DAY IN THE LIFE OF A NATIONAL ACADEMY PLAYER



Hypothetical timetable indicative of time on task.





“

Stirling has been a fundamental stepping stone for my development as a tennis player. Together with my former coach Toby Smith, I have been coming to Stirling on a regular basis since I was 12. Stirling gave the opportunity to have a tennis centre where I could practice with older and more experienced players, mainly University of Stirling Scholars, who added value to my tennis programme.

This was possible thanks to the links between Tennis Scotland and the University of Stirling. I'm sure the GB National Tennis Academy will be excellent for young players to grow and develop their tennis

Aidan McHugh,
PSP player

”

PROGRESSION ROUTES

PROFESSIONAL TENNIS

The main goal of the GB National Tennis Academy is to produce elite players reaching the top 100 positions of professional tennis. This is the route that we want to instil in all our players the moment they become part of the Academy.

PSP

The Pro Scholarship Programme would be a natural step forward for those players 16+ with strong potential to become Top 100 within five years, the perfect link between the National Academy and the Elite support of the LTA National Player Pathway.



UK / US UNIVERSITY SCHOLARSHIPS

There are no risks or compromises within the GB National Tennis Academy, only opportunities. The University tennis exit has proved to be an excellent choice for those players wanting to combine an academic education with tennis at the highest level.

The University of Stirling is well positioned to support players graduating from the National Academy. Stirling has numerous examples of student athletes enjoying the university environment, support and sense of being part of a team which has helped their progression into professional tennis, including Colin Fleming, Jonny O'Mara and Gordon Reid MBE.

EMPLOYMENT (PROFESSIONAL LIFE SKILLS)

The benefits of a dual career pathway of a student athlete are well established. The University of Stirling and the tennis programme has contributed to the tennis workforce, to the point where all of the national coaching team were graduates and a high percentage of the Tennis Scotland Senior Management Team are graduates.

WORLD-CLASS STIRLING

WHAT THE PLAYERS SAY



SIR ANDY MURRAY OBE

Growing up I was fortunate, Dunblane Sports Club gave me opportunities to train and compete from a young age and we had indoor courts at the University of Stirling on the door step. In addition to the facilities, I was lucky to have my mother, as the National Coach, my older brother Jamie, and Leon Smith, who worked as my coach for a time.

There was a talented group of Scottish juniors, as well as older University tennis scholars to train alongside. This variety definitely helped develop my game early on.



GORDON REID MBE

I have trained at the University of Stirling for 10 years now so this place has been a great part of my life and my career as a tennis player. At Stirling there is a lot of variety of players to train and hit with.

There are players of different age who are suitable for training, many squads where I can join and have a good session, players with different game styles to adapt to and to figure out how to play against them.



COLIN FLEMING

The Scottish National Tennis Centre at the University of Stirling has been a big part of my tennis career as I played there from it's opening in 1991 right through until I retired from professional tennis in 2016. As a junior I trained with the likes of Andy and Jamie Murray, Jamie Baker, Karen Paterson and Keith Meisner and it was great to train with the University's tennis scholars who added further variety and competition. I then attended the University as a tennis scholar myself before continuing to train there throughout my whole professional career.



MAIA LUMSDEN

Since returning to Stirling my tennis has improved to the point where I have won WTA titles, achieved a ranking of around 300 WTA and been selected for various scholarship programmes. Now I receive support from the NAGP, University of Stirling, Winning Students and the Tennis Scotland National Player Programme which help me combine the dual career of a student-athlete and chase my dream of becoming a full-time professional tennis player whilst preparing for a life after elite tennis.



BOOK YOUR GB NTA VISIT

To book a player visit to the GB National Tennis Academy between 26 April and 31 May please e-mail: Jason.Atkins@tennisscotland.org

PLAYER VISITS

GB National Tennis Academy will host individual player visits between 26 April and 31 May 2021. Player visits are designed to give shortlisted players and parents/guardians the opportunity to tour the facilities at the University of Stirling and Dollar Academy, meet with Performance staff and experience a taste of what life will be like at the National Academy and specifically within the tennis environment.

PLAYER VISIT PLAN

Player visits will try to include and cover:

- Meet the GB National Tennis Academy staff team
- Physical preparation
- On court session(s)
- Visit and tour Dollar Academy
- Tour of University of Stirling Campus
- Q&A with GB National Tennis Academy Head Coach, GB National Tennis Academy Staff, SIS practitioners and School Staff

SELECTION PROCESS

Player selection process is available [HERE](#)

KEY CONTACTS

JASON ATKINS GB NATIONAL TENNIS ACADEMY MANAGER

Jason Atkins has an excellent track record in leading sport programmes. At the University of Stirling he led Scotland's National Sport Scholarship Programme 'Winning Students'. Jason is a former Scottish Universities Internationalist and GB Universities Golf Team Manager.

jason.atkins@tennisscotland.org

MAT HULBERT GB NATIONAL TENNIS ACADEMY WELFARE OFFICER

Mat has been with Tennis Scotland for the last 20 years and is the Safeguarding Officer. Mat brings a wealth of experience to the role of GB National Tennis Academy Welfare Officer. Mat is also a Level 5 Accredited+ coach and also a qualified Tutor/Assessor.

Matthew.Hulbert@tennisscotland.org

WEBSITE

www.lta.org.uk/about-us/in-your-area/tennis-scotland/tennis-scotland-university-of-stirling/

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