

# DELGADO & LEE PRO TENNIS ACADEMY

PERFORMANCE CAMPS 2018



# INTRODUCTION

*“Intensity, dedication & enjoyment”*

## 01

We regard ourselves as a closely knit family, and aim to create an environment in which all players are able to access a world class training environment right here in the UK, to help them reach their individual potential. As a team, we work hard to ensure that everyone that joins us buys into our 3 main principles of *“Intensity, Dedication and Enjoyment”*.

## 02

Our only requirement is for all our players to bring their best effort and willingness to learn to every session with us, be it in the gym or on court.

## 03

We have been extremely fortunate to experience first-hand the very highest level of training and competition environments, both domestically and internationally, and are excited to give the next generation of players the opportunity of world class training here at Bisham Abbey National Sports Centre.

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Call us: 01628487775

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# BISHAM ABBEY NSC

The Delgado and Lee Pro Tennis Academy is proud to be based at Bisham National Sports Centre.

Situated on the River Thames in between Junction 4 of the M40 and Junction 8/9 of the M4, the academy is just 20 minutes from Heathrow Airport and 30 miles from the centre of London.

Bisham Abbey is one of Sport England's National Sports Centres, used as a prestigious training venue for over 20 different sports and organisations including the English Institute of Sport, England Hockey and the England Football and Rugby Associations. As a centre of excellence for not only the country's leading sportsmen and women, but also the local community, Bisham Abbey provides a state of the art sporting and non-sporting facilities. Tennis courts consist of four outdoor professional LTA standard American clay courts, four floodlit acrylic courts and four indoor hard courts. The Delgado & Lee Pro Tennis Academy trains at one of the best facilities in the country.

Recently built hotel rooms are on site as well as historic rooms in the iconic abbey building. We employ a House Parent who lives in at Bisham Abbey and is responsible for the pastoral care and discipline of all our players while they are at Bisham Abbey.

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# PLAYER FACILITIES

- ▶ 4 indoor courts
- ▶ 4 floodlit outdoor acrylic courts
- ▶ 4 artificial clay courts
- ▶ State of the art gym
- ▶ Healthy restaurant on site
- ▶ Player relaxation area

**Accommodation:** Recently built hotel rooms are on site as well as historic rooms in the iconic abbey building. We employ a House Parent who lives in at Bisham Abbey and is responsible for the pastoral care and discipline of all our players while they are at Bisham Abbey.

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# 2018 DATES FOR PERFORMANCE CAMPS

Performance camps will be offered at our prestigious Bisham Abbey National Sports Centre and places are limited.

WEEKS COMMENCING :

- ▶ 12th February
- ▶ 2nd April
- ▶ 9th April
- ▶ 29th May
- ▶ 23rd July
- ▶ 30th July
- ▶ 6th August
- ▶ 13th August
- ▶ 20th August
- ▶ 28th August
- ▶ 22nd October

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# PLAYER TIMETABLE FOR WEEK

Day 1	9.15am Registration	9.30 am – 10.30 am Fitness	10.30pm – 12pm Tennis Session	12.00pm – 1.00pm Lunch	1.00pm – 2.00pm Fitness	2.00pm – 3.30pm Tennis
Day 2	9.15am Registration	9.30am – 10.30am Fitness	10.30pm – 12pm Tennis Session	12.00pm – 1.00pm Lunch	1.00pm – 2.00pm Fitness	2.00pm – 3.30pm Tennis
Day 3	9.15am Registration	9.30am – 10.30am Fitness	10.30am – 12pm Tennis Session	12.00pm – 1.00pm Lunch	1.00pm – 2.00pm Fitness	2.00pm – 3.30pm Tennis
Day 4	9.15am Registration	9.30am – 10.30am Fitness	10.30pm – 12pm Tennis Session	12.00pm – 1.00pm Lunch	1.00pm – 2.00pm Fitness	2.00pm – 3.30pm Tennis
Day 5	9.15am Registration	9.30am – 10.30am Fitness	10.30pm – 12pm Tennis Session	12.00pm – 1.00pm Lunch	1.00pm – 2.00pm Fitness	2.00pm – 3.30pm Tennis

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# BOOKING INFORMATION

## 01

### PERFORMANCE CAMP PRICES

£400 per week  
Includes tennis & fitness for the day.  
Daily rates available.

## 02

### ACCOMMODATION

£30 per night, per person  
To stay on-site at Bisham Abbey  
National Sport Centre

## 03

### FOOD

All meals included at £25 per person  
Breakfast  
Lunch  
Dinner

Easy online booking at [www.livingtennis.co.uk](http://www.livingtennis.co.uk)

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# CONTACT INFORMATION

LOCATION: Bisham Abbey National Sports Centre, Bisham Village, Marlow Road, Bisham, Marlow, BUCKS, SL7 1RR

## Pro Tennis Academy Team

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