Loughborough University National Tennis Academy

'Setting global standards for an individualised and integrated approach to tennis development'
Welcome

At Loughborough University National Tennis Academy we believe in the importance of living a full and balanced life, while striving for excellence in competitive tennis and working to achieve each individual’s academic goals. We not only believe it is possible to achieve this, but it is this concept upon which our entire developmental philosophy is based.

We take a Person, Performer, Player approach in everything we do. The health, happiness and wellbeing of everybody within our academy is always our first priority and we will actively strive to develop resilient, determined and respectful young people.

We take pride in helping people become great performers. We will work to develop in our athletes the head, heart and legs needed to be consistent high performers on the tennis court. These performances will stem from a clear set of attitudes, values and beliefs which will be nurtured and developed throughout the National Tennis Academy.

We believe in developing skillful, well rounded tennis players who know their own strengths, understand how to embrace the demands of competitive tennis and take to the court believing they can handle any situation they may encounter.

Our highly experienced team looks forward to welcoming you in September 2019 for what will be the start of an incredible journey.

Nick Cavaday
Loughborough University National Tennis Academy Head Coach
Meet the team

Prior to her appointment as Director of Tennis at Loughborough University in June 2015, Helen worked for the Lawn Tennis Association for over 10 years as National Academy Coach, U14 Great Britain Age Group Captain and the National Girls Junior Coach for the latter 8 years.

Helen is also an experienced presenter and educator, including presenting at Grand Slam Conferences, nationwide delivery of the Female Tennis Journey, Sports Science symposiums, Business of Tennis Conferences and lecturing on Sports Science/Management degrees.

Helen is an LTA Master Performance Coach with a BSc in Sports Science from Loughborough University. Her significant involvement in the world of high performance tennis, in addition to her background as a former professional player enables Helen to bring a wealth of knowledge and experience to the National Tennis Academy. Helen will lead and work with the team to deliver a programme which sets global standards for an individualised and integrated approach to tennis development.

Nick took up his role as Head Coach of the Loughborough University National Tennis Academy at the start of this year. Nick has previously overseen the progress of ATP players such as Aljaz Bedene and British Davis Cup winner Dominic Inglot. He 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 for the 28 year old. Bedene reached two ATP world tour finals and reached the 3rd round of Wimbledon for the first time, defeating Ivo Karlovic 8-6 in the 5th set in the opening round. During the clay court season, Bedene embarked on a 16 match winning streak, culminating in an appearance in the final of the ATP 250 event in Budapest. In their time working together, Bedene reached a career high ATP world ranking of number 43.

In Nick’s time working with Dominic Inglot, the British Davis cup winner reached the US Open semi-finals, represented GB at the Olympics and reached a career high ranking of world number 18. Inglot also reached the quarter-finals of the Australian Open, defeating the world number 1 team of Bob and Mike Bryan in straight sets in round 3.

Nick is an LTA Master Performance Coach with an undergraduate degree in Psychology. In his role as Head Coach of the Loughborough University National Tennis Academy, he will be delivering an innovative and exciting, pro level training environment which nurtures the person, performer and player to excel on the international stage.

Louis is a world class high performance coach and coach educator, continuing to have and having had unprecedented success with ATP/WTA/ITF singles and doubles players for over 30 years.

• 28 top 50 doubles players ATP/WTA (including 6 world number 1’s)
• Multiple grand slam champions (including British players Jamie Murray and Jonny Marray)
• Olympic Coach for the Men’s doubles Gold medal team in Sydney 2000 [Lareau/Nestor] and Olympic coach for the Beijing, London and Rio Olympic games
• 13 singles players inside the top 100 ATP/WTA, as well as being LTA performance advisor for numerous junior players, senior players and high performance coaches
• Canadian Davis Cup Coach & Captain 1989-2000
• Great Britain Davis Cup Coach since 2007 and Federation Cup Coach for 6 years

Louis is also internationally recognised as a world leading coach educator and presenter, having been an international author, global speaker in over 25 countries, Tennis Canada Coaching Certification Director from 1987-2001 and more recently tutor and content advisor for the Master and Senior Performance Coach courses in Great Britain. Louis was awarded the ITF service to the game in 2011 in recognition of his outstanding contribution to tennis.
Louis will bring this wealth of knowledge and expertise to the Loughborough University National Tennis Academy as the Performance Advisor. He will bring his passion for tennis and developing others to work closely with the coaches, support staff and players to assist Loughborough University National Tennis Academy in achieving its vision; in delivering a world renowned player development programme which prioritises the person, performer and player to be the best they can and succeed on the international stage.

Al is a Masters qualified professionally accredited strength and conditioning coach with over 18 years’ experience. He has led teams and helped to produce sportsmen and women competing at world level across a number of sports. This experience will be invaluable in developing the physical performance programme for the National Tennis Academy at Loughborough.

Al has worked at Loughborough since 2017, most recently leading the Loughborough Sport strength and conditioning department prior to taking the role of Head of Performance Support & Strength and Conditioning Lead at the National Tennis Academy.

Prior to working at Loughborough Al worked in professional football for 12 years. In this time Al worked at Manchester City’s academy for 7 years; where alongside winning the FA Youth Cup, over 25 players went on to represent their country at full International level. Al also worked as Head of Strength and Conditioning at Hull City in the Championship, gaining promotion to the Premier League in his first season and reaching the FA Cup Final in his second season. More recently, Al worked as a physical performance coach with both the men’s and women’s age group squads for the FA, culminating in winning the World Cup with England U20’s in Korea in 2017.

In Al’s first year at Loughborough he supported the University swim team with their strength and conditioning, supporting a number of swimmers to national medals with one of the swimmers breaking the British record. More recently at Loughborough, Al has provided strength and conditioning support to a professional heavyweight boxer who has progressed to the top 5 in the world across a number of ranking organisations with 3 unbeaten performances in the last year.

Tennis has always been a passion for Lewis, throughout his education and sporting life. He was a member of the youth team in one of France’s top 15 clubs and was captain of St Marys University BUCS team.

Dissertations for both his BSc in Sports Science (St Marys University) and MSc in Sports Biomechanics (Loughborough University) were focused on tennis. His BSc research was on tennis tactics in elite level tie-breaks alongside his job as performance analyst for the tennis teams. His MSc project focused around the biomechanics of the serve for elite level wheelchair tennis players. Throughout his education he has mastered gathering data and presenting it to players and coaches in an efficient manner to help enhance performance. In addition to his role at the Centre, Lewis is working with the LTA and Loughborough University towards a PhD centred on biomechanics in tennis.

NEW ROLES STILL TO BE APPOINTED

- Academy Coach
- Performance Lifestyle and Education Manager
- Physiotherapist
- Nutritionist
- Sports Psychologist
- Administrator
National academy objectives

To create a pro-style training environment that provides the volume, intensity 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.
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 recent award of ‘Best Sporting University in the World’ in the 2017 global QS Higher Education league table.

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 athletes; 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.

Loughborough University places significant emphasis on the development of the person and the athlete. Our ‘best you can be’ culture and attitude is fundamental for any aspiring professional player. As a team we will work hard to ensure the players are fully supported at all stages of their development, with athlete well-being and holistic development prioritised.

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.
The programme

Player and personal development will be integrated into the overall programme and prioritised at the Loughborough University National Tennis Academy.

This will be delivered via a comprehensive and progressive player development and academic plan specific to each athlete (individual development plan – IDP). This will include an annualised and periodised plan, incorporating the appropriate volume and level of competitive opportunities and training/development blocks and provision.

The IDP will be used to help players take responsibility for driving their own development and will provide players with short, medium and long term goals. The IDP will be created utilising as much objective data as possible through varied tests and screening protocols that link to enhancing their performance. This evidence-based approach will provide focus areas and primary goals for players and coaches/practitioners to assist the player development process, with careful consideration for the gender, age (chronological and biological), previous training history, psycho-social wellbeing and background of the athletes.

Each individual will be placed at the heart of their own development; the athlete and parents will be advised and guided by our multidisciplinary team (MDT) and empowered to learn from their experiences to develop into the best tennis player and person they can become.

Due to the age of our National Academy athletes, their maturation and transitional phases; we believe it is imperative that the athlete’s personal, social and holistic development is at the core of this plan. The coaching and support team will create a vibrant environment which equips the player and the person to have the knowledge, skills, confidence and competence to independently think and make decisions in high pressure situations and take increasing self-responsibility for their decisions and development.

The above diagram shows the structure of an Academy week. We will work with our partners to tailor this for each athlete, ensuring an optimal weekly schedule, taking into account careful consideration of the player’s age and stage of development.
Science and medicine

Through our School of Sport, Exercise & Health Sciences, and being host to the National Centre of Sport & Exercise Medicine, Loughborough University continues to be at the forefront of sports science and medicine research and development.

The National Academy staff have access to all the world class facilities and equipment on site and will work in an interdisciplinary way through the below multi-disciplinary (MD) team.

This MDT will be athlete centered and coach led, with each player having a designated MD team who will be responsible for the planning, delivery, monitoring and on-going evaluation of the IDP appropriate to the age and stage of the athlete.
World class facilities

Our National Academy athletes will be 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:
- Eight indoor Plexipave hard courts
- Three outdoor American clay courts
- Three outdoor Plexipave hard courts
- Two seminar rooms and a dedicated player relaxation room with food preparation facilities.

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 British Swimming
- HiPac Athletics Centre (indoor and outdoor facility) – home to a British Athletics National Performance Institute
- Sir David Wallace Sports Hall

Clay court training

We will work with an international academy to ensure our players have access to European red clay courts for both their development, and in preparation for clay court tournaments.
Academic excellence

Our players will be educated at Loughborough Amherst School which is a co-educational excellent rated school at the heart of Loughborough Schools Foundation. Our National Academy athletes will complete a minimum of 6 GCSE’s (including Maths, Science, English and a choice of a Humanity), and/or a minimum of 1 A Level.

We will 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 will be provided by Loughborough Schools Foundation as part of the partnership, with a newly renovated boarding facility to be completed for the National Academy players. LSF are experienced in boarding, having boarders at Loughborough Grammar School for many years and achieving an excellent rating in the last 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, 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
‘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.

Results

Last summer (2018), our students achieved:

- **A*-C A Level Pass Rate**: 88%
- **A*-A A Level Pass Rate**: 29%
- **A*-C GCSE Pass Rate**: 82%
- **A*-A GCSE Pass Rate**: 22%
Senior School (Age 11-16)
For pupils in their teenage years, Amherst School delivers the excellent academic provision that you would expect from a leading independent school.

Sixth Form (Age 16-18) The A Level years
The Sixth Form is a uniquely close-knit community of inspiring young men and women. The combination of being on the top rung of a small school and wider involvement with the rest of the Loughborough Schools Foundation campus of more than 2000 students is hugely beneficial.

Alongside the rich choice of extra-curricular activities, our Sixth Formers are also encouraged to take on leadership responsibilities suited to their personalities, experience and talents.

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 will provide the education, boarding and pastoral provision for the national academy athletes in close partnership with the Loughborough University National Tennis Academy staff.

Through the LSF/LU partnership, new boarding facilities will be created for the players via the renovation of an existing building on the school site. This will provide a boarding facility for our athletes on the school campus, allowing players to be educated, eat and sleep all in close proximity. This renovation will be completed by September 2019 for the arrival of our first athletes into the programme.

Our nutritionist will work closely with the school to ensure the nutritional needs of the athletes are catered for, and will provide 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
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 will be working with a vetted local transportation company to provide safe, comfortable and reliable transportation for our National Academy athletes between the school and tennis centre (and vice versa).