



**/ TENNIS CAMPS /**

**Experience a summer training  
and competing in London.**

**From 7th July to 3rd August 2024**

## / AN ACTION-PACKED WEEK /

Join the Ace Tennis team for a summer of training and participate in a dynamic tennis program. The modern tennis player must embrace technical, physical and mental skills to become the complete player. Ace Tennis is introducing for 2023 mindfulness seminars as well as leading physical trainers with specific tennis knowledge to create a balanced tennis program for players of all levels.

The tennis program is based around four major areas that we encourage and develop:

01

### Technical Skills

Playing the key shots of the game - both attacking and defensive - in a variety of situations.

02

### Mental Strength

Tennis is an individual sport with challenging match situations that require mental skills such as problem solving, staying positive and remaining focused.

03

### Tactical Knowledge

How to select the right approach to each individual situation on court. Recognizing various playing styles of the opponents, the court and conditions.

04

### Physical Conditioning

Making sure the physical ability of the player is appropriate to the level at which they play.

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### ACE Tennis Staff

The Ace staff are very experienced and understand the modern young tennis player. Each staff member has a passion to deliver a world class tennis program. The staff have many years of experience of working with International players and many are former professional players. Our program has industry leading low staff to student ratio (1:4).

### World Class Tennis Venue

Queenswood School, a beautiful 120-acre site in the Hertfordshire countryside just out of London, boasts some of the best residential tennis facilities in Europe. This campus benefits from 24hr security.

### Accommodation

Players stay in excellent accommodation within the same boarding house, which also has a common room for socialising in the evenings. There are multiple options for size of bedrooms. Male and female players have their own areas of accommodation.

### Excursions

Ace Tennis is much more than just a tennis camp. We understand players who attend from all over the world, wish to explore all London has to offer. We organize a wonderful array of excursions that include a London City Tour and a Wimbledon visit.

### How To Book

Please visit our website on how to secure your place at the 2023 Ace Tennis Camps. We look forward to welcoming you to London and a fantastic experience at Ace Tennis Camps. Places are based on a first come first served basis.

# / A TYPICAL TRAINING WEEK /

london	sun	mon	tue	wed	thu	fri	sat
9.00		warm up	warm up	warm up	warm up	warm up	warm up
10.00		tennis drills	tennis technical	tennis tactical situations	tennis drills	tennis analysis	tennis competitive games
11.00		tennis drills	tennis technical	tennis tactical situations	tennis drills	tennis analysis	tennis competitive games
12.00		tennis drills	tennis technical	tennis tactical situations	tennis drills	tennis analysis	tennis competitive games
13.00		lunch	lunch	lunch	lunch	lunch	lunch*
14.00		rest / language lessons	rest / language lessons	rest / language lessons	Wimbledon	rest / language lessons	London*
15.00	check in	match play	tennis mental skills	Team Cup	Wimbledon	tennis doubles strategy	London*
16.00	check in	match play	tennis mental skills	Team Cup	Wimbledon	tennis doubles strategy	London*
17.00		match play	tennis mental skills	Team Cup	Wimbledon	tennis doubles strategy	London*
18.00	dinner	dinner	dinner	dinner	dinner	dinner	dinner*
19.00	tennis welcome	yoga	mindfulness	cinema	tennis cardio	stretching	
20.00	tennis welcome	activity	activity		tennis cardio	activity	
21.00							
22.00							*two week students only