



## USN BOLTON ARENA INTERNATIONAL HIGH PERFORMANCE ACADEMY

The performance programme provides a high intensity training environment for players on an international and professional tennis pathway.

USN Bolton Arena is one of the best High-Performance tennis academies in England. By providing an environment focused on world-class tennis athletes, the dedicated and professional coaching team have a track record of producing champions at National, European and International level. Players consistently compete in all age groups at National, European, International and professional tournaments. As a Davis cup venue, Bolton Arena is used as a training-base for top-ranked UK and international players.

Our qualified and experienced team of coaches work closely with every player to provide a personal, unique programme incorporating all aspects required for success at the highest level. This integrated approach covers areas including strength & conditioning, sport science, nutrition and sports psychology; in addition to technical and match tactics and strategy.

### Tennis programme overview

Every player receives an individual, tailored programme to develop their personal skills. Programmes will incorporate key elements:

- **Technical & Tactical Skills Development**. Develop groundstrokes, transitional play and closing techniques to underpin your game strategy.
- **Match Psychology**. Develop an effective approach and match-winning mentality.
- **Match Strategy**. Identify opponent's strengths and weaknesses to develop winning match strategies.
- **Speed & Plyometric**. Explosive footwork drills to increase acceleration and speed.
- **Tennis Specific Movement**. Shot specific footwork patterns that will assist the player with selecting the correct pattern to position themselves effectively for the desired shot.
- **Strength & Power**. A combination of carefully-designed bodyweight and soft resistance training increasing the force and efficiency of muscular output during movement.
- **Agility**. Focus on the ability to rapidly change direction to allow for fast & efficient movement around the court.



### KEY FACTS

#### LOCATION

Manchester

#### TRAINING GROUNDS

Bolton Arena

#### DURATION

Annual (Sept. to Jun.) and  
Summer Camp (July and  
August)

#### AGE RANGE

10 - 17

## PROGRAMME FEES

	TYPE OF PROGRAMME	DESCRIPTION	PRICE
SUMMER	Junior Programme	10 hours of tennis (5 hours physical and 2,5 hours tennis specific education) plus 15 hours of English classes. End of week tournaments.	£1,500/week
	Adult Programme	10 hours of tennis (5 hours physical and 2,5 hours tennis specific education) plus 15 hours of English classes. End of week tournaments.	£1,400/week
		20 hours (7,5 hours physical and 2,5 hours tennis specific education). End of week tournaments.	£1,300/week
ALL YEAR	Academic Year	Academic year plus tennis training - 10 hours of tennis (5 hours physical and 2,5 hours tennis specific education).	£37,0000

## FACILITIES

The academy has hosted Davis Cup matches and other international competition tournaments. The cutting – edge facilities include:

- 8 indoor tennis courts
- 2 outdoors clay courts
- Gym
- Sauna & stream room
- 400m athletic track
- Football pitches
- Classroom
- Café
- Tennis sport shop

## AIRPORT TRANSFERS



Choices International Car Transfer Services offer a personal meet and greet service from Manchester and Liverpool airports to the residence. **Prices per person based on one way transfer.**

	MANCHESTER AIRPORT	LIVERPOOL AIRPORT
INDIVIDUALS	£65	£100
GROUPS (10 or more students)	£50	-

\* Supplement for flight arrivals and departures before 9 a.m. and after 9 p.m. each way: £50.

\*\* The first hour of waiting time is free of charge. Extra waiting time charge per 30 minutes.

\*\*\* Flight information must be provided 20 days prior to arrival.

\*\*\*\* Transfer fees **won't be refunded**: changes in the last minute will incur an extra cost.

## UNACCOMPANIED MINOR SERVICE

(mandatory when requested by the airline company)



If your son/daughter is **under 15 years** of age and travelling alone (without an adult) we will ensure that a member of our team takes your child to the check-in counter and checks him/her in for the flight and accompany him/her to security. If you have pre-arranged Unaccompanied Minor services with the airline, our team member will hand your son/daughter over to the airline representative. **Unless we are notified otherwise, this service will automatically be supplied and invoiced.**

PRICE EACH WAY

£50