

New bespoke  
Tennis programme

# Tennis at Sidcot

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Sidcot  
Live Adventurously

# Tennis for all at Sidcot

Sidcot School's commitment to 'Sport for All' now extends to the exciting launch of our new Tennis programme. This initiative provides a fantastic opportunity for students of all abilities to engage with tennis, whether they are taking their first steps on the court or seeking to elevate their existing skills.

Tennis at Sidcot offers a structured and supportive environment for every player to learn, develop, and enjoy the game.

## Dedicated Coaching

Our experienced coaching staff includes qualified trainers and members of our highly skilled PE staff who are passionate about helping you reach your full potential. They focus on individual skill development, strength and conditioning, and mental toughness to help you grow and succeed in your tennis game.



## Meet the Coaches:

### • ALEX SMITH

#### LTA Level 2 Accredited Coach & PE Specialist

Mr Smith has been teaching PE for 24 years and is a core member of the Sidcot School PE department. He is a tennis enthusiast and is looking forward to encouraging more students to play tennis through this new programme.



### • MIKE COOK

#### LTA Level 4 Accredited+ Coach

With over 15 years coaching experience and a degree in sports coaching Mike has run groups and individual sessions for all ages and abilities, working with players who have participated in the Junior Wimbledon Championships. He regularly attends coaching courses to keep up to date with current coaching trends. Mike still competes in various competitions including ITF events.



### • JODIE DAVIES

#### LTA Level 3 Accredited Coach

Working for one of the leading health and fitness industries Jodie has a lot of experience with all standards and abilities. Jodie has worked with a number of County & National standard players. She brings a wealth of knowledge to the coaching programme.



### • DOM STONES

#### LTA Level 4 Accredited+ Coach

Dominic has been playing tennis since the age of 6. After representing his county at every age group and achieving a junior world ranking by 16, he decided to turn his attention to coaching and was fully qualified by 19 years of age. Over the past 10 years he has worked all over the globe and with some of the UK's top coaches, teaching all age groups and competency levels from first time beginners to national standard juniors.



### Q. Do you have any tips for anyone looking to join?

We don't want students not to join because they haven't played tennis before. All students are welcome whether they play for a club or have never played before. Passion and enthusiasm to try something new or develop existing skills and commitment to personal growth are all key to make the most out of the programme.

# The Tennis programme

Sidcot School has a team of coaches available to help your child develop their tennis skills.

## Weekend Tennis:

- **Small group lessons**  
(maximum of 4 in a group) - £10 per hour (£110 per term) with a qualified coach
- **Individual lessons**  
£35 per hour (£385 per term) with Level 3 and Level 4 qualified coaches

On Saturday afternoons, the School runs friendly fixtures, either internally or against other schools and clubs, to give players the chance to develop their match play.

During the week, there will be an opportunity for students to access a further 4 hours of coaching. In addition to this, there will be strength and conditioning sessions and a weekly extracurricular tennis club for all ability levels.



## What ability levels do you take?

Everyone is welcome! Our philosophy is to make sport fun and accessible to everyone and all ability levels are welcome to join our tennis programme. Coaching will be tailored depending on experience levels, so we can provide the best opportunities for our players.

## Benefits of Tennis

Playing tennis offers a wide range of benefits for both physical and mental well-being. Physically, it provides a full-body workout that improves cardiovascular health, strength, agility, coordination, and balance. Mentally, tennis enhances cognitive functions like strategic thinking and concentration, reduces stress and anxiety, improves mood and self-esteem, and provides opportunities for social interaction.



## Indoor and Outdoor Facilities

Enjoy access to our onsite range of sports facilities, including full-size indoor court and outdoor court, training equipment, gym and indoor swimming pool. Our campus provides the perfect setting for you to hone your skills, with all the resources you need for personal and athletic development.

## Local Club Partnership

As part of the programme, all players will join Winscombe Tennis club as a Junior Member for an annual fee of £50. For students joining for one-term, this fee will be adjusted to £17. Winscombe Tennis Club is located just a short walk from Sidcot School and, through this partnership, students can gain access to additional benefits (such as year-round court access), as well as further coaching and playing opportunities.



# Join our vibrant international community and experience tennis at Sidcot

## Chi | Thailand

I've developed so much as a tennis player since joining Sidcot. I loved playing in Thailand and was thrilled when my teachers and the boarding team found a tennis coach to teach me so I could continue to play competitively while studying at Sidcot.



One of the things I've really enjoyed at Sidcot is the inter-school sports competitions, where I have been chosen to compete in tennis every year. This allowed me to see the differences between other schools, work on my game, and meet people from other schools. It's an experience I could never have in Thailand.

For me, choosing to study here was one of the best decisions I've ever made in my life, and I really feel that my life has improved since being at Sidcot.

## Antonia | Germany

When I came to Sidcot, I wasn't sure if I would be able to play as much tennis as I did back home, but that has not been the case at all! I play on the school tennis courts in the evenings and at weekends and the school organised private lessons at Winscombe Tennis Club for me.



One of the highlights for me has been representing Sidcot in matches against other schools. These fixtures are not only fun and competitive but also a great way to build confidence and team spirit. I've seen real progress in my game since joining, and it's been a brilliant way to connect with other students who share the same passion.

## Florence | United Kingdom

I started playing tennis when I was 4 and I was very keen to continue playing when I joined Sidcot in Year 10. After School, I would practice with Mr Smith and my friends. Since then, I have represented the school in lots of matches and have really enjoyed them. Last week, a group of nine local schools came to Sidcot to take part in tennis matches, helped by our BTEC sport class and sports scholars in other years. This was an amazing experience and enabled me to improve my coaching skills.



My love for tennis has grown during my time at Sidcot and after Sixth Form, I plan to continue playing before I begin an 8-month volunteering programme with an organisation called Project Truss where I will hopefully be teaching younger children how to play tennis in South Africa.

After my gap year I plan to go to university and study a sports degree or joint honours degree with geography and sports. My university choices are Cardiff, Loughborough, Durham, Nottingham Trent and Oxford Brooks. Wherever I end up, I know I will continue to play this sport I've grown to love so much.

## Contact Us to Find Out More

To learn more about our tennis programme and Sidcot School, contact our admissions office at [admissions@sidcot.org.uk](mailto:admissions@sidcot.org.uk)

Get ready to elevate your game at Sidcot School!

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