



EDGBASTON
PRIORY CLUB

EDGBASTON PRIORY CLUB REGIONAL PLAYER DEVELOPMENT CENTRE



WELCOME

Here at the RPDC Edgbaston Priory Club we want all players to come and belong in our performance environment. We focus on a holistic approach to the players development with the long term vision of the person at the forefront of our day to day work.

With our experienced and dedicated team we focus on producing athletic players with strong mental skills and great tactical knowledge under pressure.

With the RPDC as part of the academy we offer continuity and support into the ITF and mens and women's game.

We look forward to helping you become the best version of yourself.

David Brewer
RPDC Head Coach



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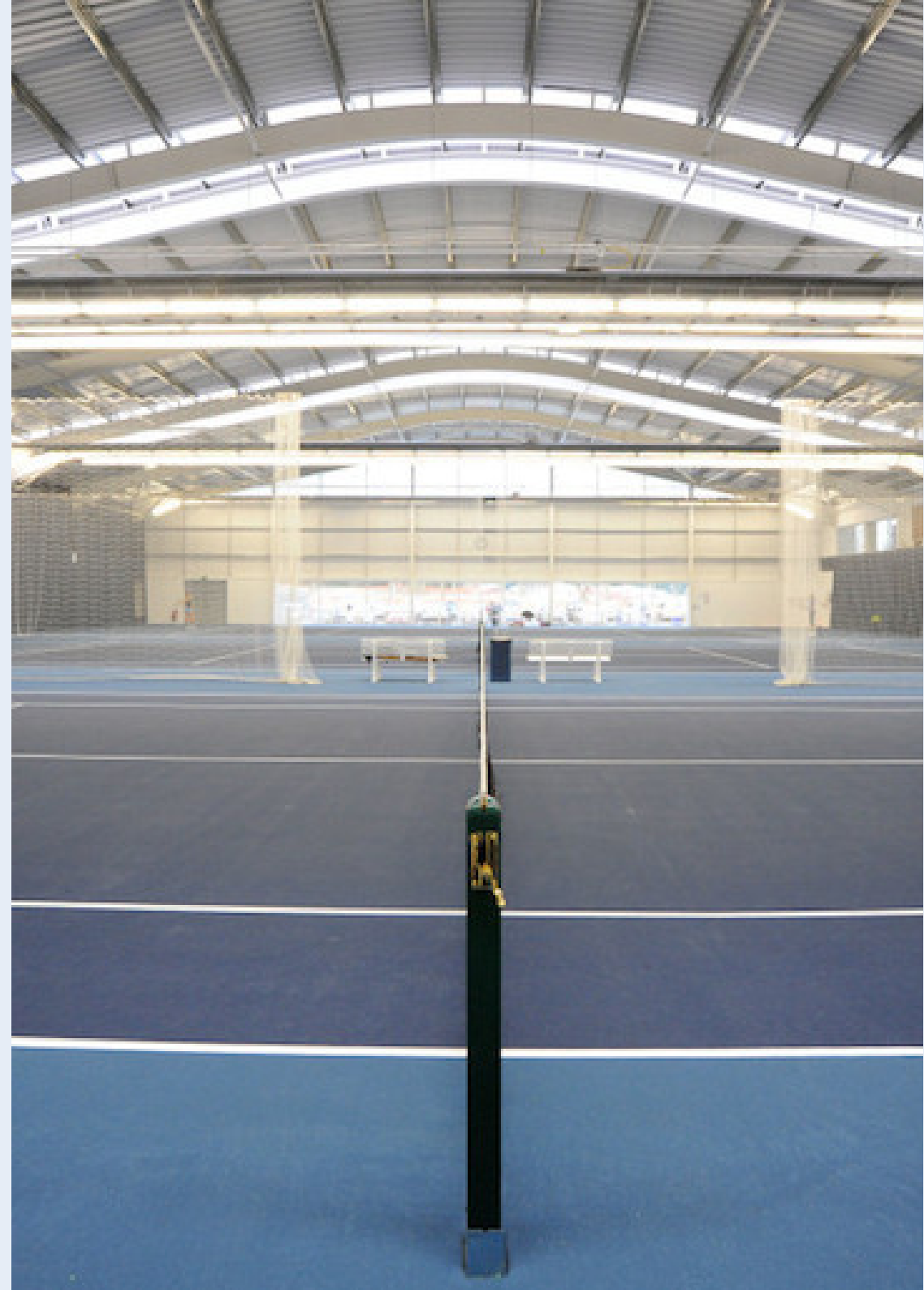
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MEET THE TEAM



David Brewer
RPDC Head Coach

David is a LTA licensed level 4 senior performance coach and former 811 ATP Pro singles and 469 ATP pr doubles. He competed at Junior Grand Slam level was a National Junior Champion 12U, 13U & 15U.

He was previously Director of Tennis at Merchiston Castle School in Scotland and was coach to a top 150 WTA player.

He has coached and developed players to the highest levels of junior international competition including all 4 junior grand slams, all categories of Tennis Europe, Top 25 ITF juniors & LTA grade 1 and 2 winners.



Simon Dickson
Academy Lead Coach

Simon worked across successful High Performance programmes at EPC for the past 13 years, coaching national and singles doubles champions.

He has had lots of personal success and was former top 500 ATP Pro singles and top 300 ATP pro doubles. He was also a national junior champion U14, U16 and U18 and has competed at the Wimbledon Championships as a junior and pro.



Michael Peel
Head of Performance

Mike is an LTA licensed level 5 master performance coach (ITF Gold Standard) and has a degree in Sports Science.

He previously coached at two leading High Performance Centres; Loughborough and Nottingham and has a track record of developing and working with national and international players from mini tennis through to pro level.

He has also developed and coached players to compete at the highest levels of junior international competition including Tarbes, Last 16 Australian Open Juniors and QF Wimbledon Junior Doubles.



Ed Parker
Head of Athletic Development

Ed is a UKSAC Accredited strength and conditioning coaching and has a degree in Sport and Exercise Science BSc (Hons). He's also a NASM certified performance enhancement specialist and corrective exercise specialist.

He was the former strength and conditioning lead for the England Badminton junior pathway and senior Olympic squad. He was also the previous head of s&c for Loughborough and Nottingham High Performance Centres.

Ed has developed junior players selected for GB national academies, national champions and competed at junior grand slams. He's also worked with numerous GB ATP and WTA players, including players selected for the FED Cup.



Simon Lancaster
Mini Head Coach

Simon is an LTA licensed level four performance coach and has worked at the Club for the past five years. He has previously worked at Nuffield High Performance Tennis Centre assisting with national level players and has a track record for developing players from beginner to top 10, nationally at 10U.

Simon also has a diploma in Sports Nutrition and is a 1st Team Player for the University of Birmingham.



Abbey Marshall
Racquets Coordinator

Abbey is our dedicated Junior and Racquets Coordinator. She has been with the Club for over five years and has developed fantastic relationships with players and families.

Abbey is responsible for managing the court booking process, fixtures, invoicing and communicating with RPDC parents.

SPORTS SCIENCE TEAM



Kieron Porter
Sports Psychology

Keiron is a top former 500 ATP Pro Singles and Top 300 ATP Pro doubles and has represented GB at Junior, Pro and Senior level. He was a national junior champion U14, U16 and U18 and has competed at the Wimbledon Championships as a Junior and Pro.

Kieron has worked across successful High Performance programmes at EPC for over 13 years and has coached national singles and doubles champions.



Julia Sawkings
Sports Physio and Massage

Julia has a wealth of knowledge and sports physiotherapist experience with a range of international and national squads.

Julie is currently the lead physio for Central Sparks women's regional cricket team and has also been the England Hockey National Age Group and Pathway Physiotherapist since 2007.

She has also been the lead Physio for England & GB Badminton including European and World Championships, Tokyo Olympics, Birmingham Commonwealth Games. Lead Physiotherapist GB men's Hockey, including European and World Championships, Glasgow Commonwealth Games & Rio Olympics and the Physiotherapist at Elmhurst Ballet School.

OUR CULTURE AND VALUES

Our culture is founded under these three pillars. We create our culture in the ways listed below and through we are as people and coaches.

1. Commitment
2. Competitive
3. High challenge & high support

Our set of values are built upon our Edgbaston RPDC culture. We lead by example and expect players to develop on and off the court in the following areas:

Respect

The coaching team will be respectful to all players and parents and we expect the same in return. We will teach the players to respect each other on the training/match court as well as off court.

Professionalism

The coaching team will be punctual and prepared for sessions and expect the same from the players. We will teach them how to look after themselves on and off the court to help them become more self sufficient in the future.

Courage

The coaching team encourage players to take responsibility for the way they act, train and compete. We encourage players to be brave and commit to their game-style under pressure.

Competition

Being competitive is at the heart of performance tennis. We include competition in every session to create a challenging and fun environment.

OUR PERFORMANCE CULTURE

Our performance culture is what we expect of players during training and competition

MASTER MY GAME IDENTITY

Have confidence when challenged to:
Know and play to your own strengths
control the point
trust, believe and commit to your game and shots

FULLY COMMIT

To my game
identity, shots &
decisions

BE COMPETITIVE

Winning Mindset
focused / relaxed / confident / positive
body / language / resilient

Winning athleticism
energy / get behind the ball / chase
every ball down / footwork

FOUNDATION TO WINNING

Give yourself the opportunity to play your best
If these aren't there, everything else falls down

OUR RPDC PHILOSOPHY

Our philosophy is centred around four main values we expect of our players:



The Person

The "player/performer" is mentally and emotionally equipped to deal with the highs and lows of tennis. Strength in character to be confident and fearless.



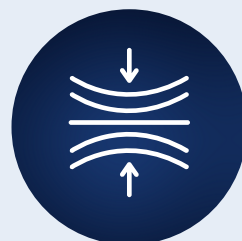
The Attitude

Players give unconditional effort and application regardless of score, opponent or situation. They do their best where they are with what they have on the day.



The Athlete

Physically, they are to be robust and as injury free as possible. Applying correct footwork, body work and racquet work across all areas.



Repeatable Under Pressure

They are able to make smart, quick decisions on the court. Tactically they are aware of themselves as a player and able to adapt to any game style within any situation.

ACADEMY PATHWAY

Mini Academy +4-10

Lead by: Simon Lancaster

Invitational mini tennis programme catering for committed and aspirational players aged 6-10 looking to compete at a national level

RPDC +8 - 14

Lead by: David Brewer

LTA Regional Player Development Centre programme offering full time elite training opportunities for some of the top 11-14 year olds in the country. Players looking to progress on to our Tour Team programme or the National Academy.

RPDC Graduate/Tour Team +14 - 18+

Lead by: Mike Peel

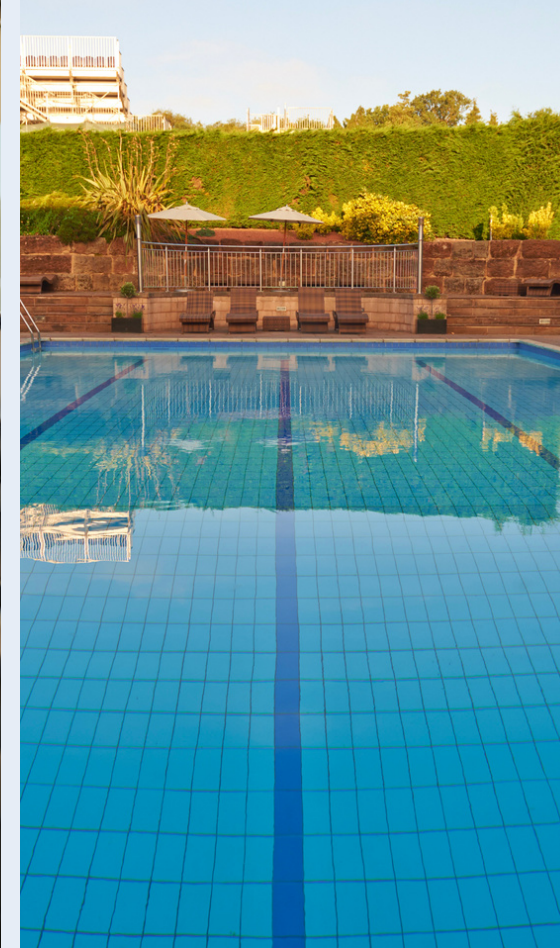
Full-time training opportunities for top national/international players competing in National Tour, Junior ITF and British Tour level events with the aim of gaining a University Scholarship or Professional Tennis in the future

Pro Team 18+

Lead by: Simon Dickson

Elite training for ATP/WTA ranked players with the aim of maximising players rankings and careers

OUR COACHING METHODS



Strength and conditioning Player of the future athletic development



Great Movers:

Deliver the required high power movements on court



Robust:

Thrive in the required training and competition.



Powerful:

Thrive in and after on court high intensity periods.

THE PROGRAMME

We aim to offer genuine bespoke full time training opportunities around schooling commitments.

The programme will offer the potential for players to structure their individual & squad training around their schooling commitments.

With three tennis sessions a day we aim to achieve;

- more accessibility for players to achieve the required training hours to develop their potential
- create smaller more focussed groups, to create best vs best training opportunities, with excellent coach to player ratios.

Many of the regional sessions will also run along side our High Performance (14+) Academy programme to allow (where appropriate and beneficial) sparing with regional, national & junior international 14+ players.

The coaching team meet weekly to ensure delivery objectives are clear and reinforced both on the court & in the gym.

The squads will be developed around and for the RPDC players so the above times may change once we have put together player programmes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	TENNIS SQUAD / INDIVIDUALS 07:00 - 08:30					REST DAYS	
	TENNIS SQUAD / INDIVIDUALS 08:30 - 10:00						
AFTERNOON	INDIVIDUAL TENNIS / STRENGTH & CONDITIONING SQUAD						
	TENNIS SQUAD / INDIVIDUALS 13:00 - 16:00						
EVENING	INDIVIDUAL TENNIS / STRENGTH & CONDITIONING SQUAD						
	SQUAD 16:00 - 18:00	SQUAD 16:30 - 18:00	SQUAD 16:30 - 18:00	SQUAD 17:00 - 19:00	SQUAD 16:30 - 18:00		
	S&C SQUAD 18:00 - 19:00	S&C SQUAD 19:00 - 20:00	S&C SQUAD 18:00 - 19:00	S&C SQUAD 19:00 - 20:00			

We have the potential to offer individual tennis and strength and conditioning sessions throughout the academy day and around the squad training sessions. Squads are developed around and for the RPDC players so the above times may change.



Sessions follow the following structure:

Morning, afternoon and evening sessions focus on developing the core competencies and performing the Edgbaston way.

- **Warm Up/Athlete Development**
 - RAMP warm up finishing with variations of the eight footwork
- **Skill development**
 - Cooperative and competitive drills to include; receiving skills development, five ball controls, one minute drills, high forehands/smashes and volleys where possible
- **Main focus**
 - This could be volume, situation training, physical crossover, baskets or matchplay depending on the session. The core competencies and our 'what it takes to win' will drive the content. All sessions will aim to include rally attack defend as well as serve and return.
- **Points**
 - The focus of the session will then be tested and developed in various forms of point play depending on the session goals.

GAME CHANGING FACILITIES

Players will benefit from 32 outstanding tennis courts maintained by our award-winning grounds team, including grass, clay and hard courts (eight indoor) together with all weather clay and grass and a Rebo practice wall.

- Eight indoor acrylic courts
- Four outdoor american clay
- Two artificial clay
- Eight world class grass
- Three outdoor hard
- Seven artificial grass
- Rebo practice hitting wall
- High performance gym exclusively for our performance tennis programmes which as access linking directly to the indoor courts
- On site treatment room, physiotherapy, osteopathy and sports massage

Members also have access to indoor and outdoor pools, sky-view gym, two studios and 10 squash courts.

Players also benefit from:

- **Player dashboard**
 - visual tool for all players, parents and coaches to evaluate areas of development
- **Periodised planner**
 - Goals and scheduling built around the needed areas of improvement for each player
- **Stats and facts**
 - tournament support for players with the use of video match analysis
- **Player Hub**
 - An easy and accessible way for players to keep on top of their progression



THE PACKAGE

Weekly programme and tournament support will be based on the players bespoke needs.

RPDC FULL TIME PLAYER PACKAGE

Base Programme cost (46 week programme)
£6000
(Without LTA funding normal price is around £12600)

Squad Tennis Training

Tennis Individuals & video analysis

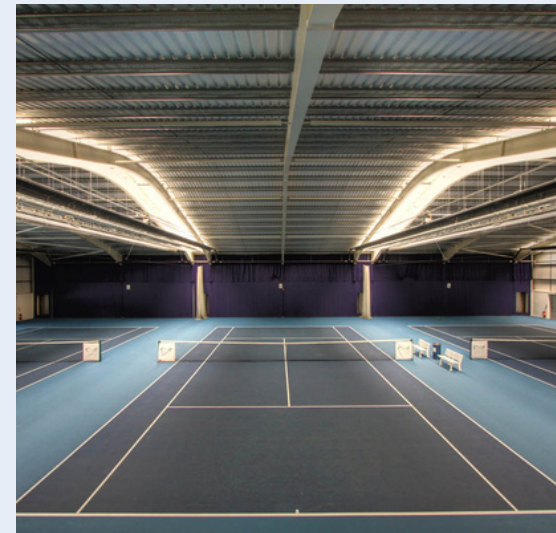
Squad S&C

S&C Individuals

Physical Testing & Physical Screening

Individual Goal Setting & Termly Review Meeting

Domestic Tournament Coach Support at Key Events



ARRANGING A TRIAL

Contact us to arrange a trial or open day to meet our team, visit the site, have an on court trial and player and parent meeting.

For further enquiries, please contact:
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Michael Peel: michaelpeel.tennis@gmail.com



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