



Bradford  
Grammar  
School

# BGS Tennis Programme





**At Bradford Grammar School we are lucky to have our own successful tennis programme which is now officially registered as a tennis club. Under the programme, lessons are given to more than 70 children per week with group sessions every night after school in our all-year-round indoor sports barn.**

While there are tennis lessons in PE for children, the popular programme is available for those who are keen to learn and play better tennis and for those who harbour elite ambitions. It is open to students from Year 4 upwards and can be accommodated into busy school timetables, so students don't have to travel off site for tennis lessons.

The programme can really make a difference to pupil performance. BGS has performed incredibly well in the Bradford and District (Parks) Tennis League and has won every division of the Lawn Tennis Association's schools' competitions.

## Ben Crichton – Specialist Sports Coach Tennis

Ben, our Specialist Sports Coach Tennis, started playing tennis when he was 11 years old and at 16 was accepted onto the Advanced Level Apprenticeship in Sporting Excellence (AASE) programme. By the age of 18, Ben was ranked one of the top 30 players in the UK. He started coaching in his native Lancashire when he was 17 and went on to study for a BSc in Sports Coaching at the University of Central Lancashire in Preston. He later attended Leeds Beckett University where he gained his Lawn Tennis Association (LTA) Level 4 Coaching Award alongside studying for his MSc in Sport Coaching. Ben has also spent time coaching at Soto Tennis

Academy, in Spain, where he had the opportunity to work with ITF (International Tennis Federation) level juniors, ATP (Association of Tennis Professionals) and WTA (Women's Tennis Association) standard athletes. While studying, Ben played for Leeds Beckett's first team in the national university premier league and proceeded to launch his own coaching business, Kinetic Tennis in 2017 which now covers the north Leeds and Bradford area. He has had experience working within the regional training structure for LTA North East Performance and is the Under 9s captain for Yorkshire LTA. He joined BGS in April 2019 as a specialist sports coach for tennis.



## Meet Jameela

Jameela joined BGS partly because of the successful tennis programme and specialist coaching available. She represents Yorkshire and plays for BGS's 1st team and in the U18s tennis league in Yorkshire in Division 1. She is currently ranked in the UK's top 50 tennis players under the age of 12.

Jameela has individual lessons three times a week and has strength and conditioning classes to improve her play and prevent injury. She also plays on Tuesday evenings against Year 10s and below and on Thursdays with Years 12 and 13 boys.

“ Since I started at BGS I've played a lot more tennis and I've been winning more tournaments. Mr Crichton has helped so much and it's great that we don't have to play in the rain! I'm going to try and get in the top 10 in the UK then, when I'm older, who knows.”

Her father, Denis, added: “BGS's experience of tennis coaching enables them to assess players and customise training sessions according to their individual needs. Tennis facilities at the school, combined with the educational element, allows players to efficiently develop and flourish to the best of their abilities in a safe and supportive environment.”





If your child is interested in the BGS Tennis Programme you can sign up online at <https://www.bradfordgrammar.com/senior-school/tennisprogramme/> or fill in the form at the back of this booklet.



### Programme 1

- Suitable for all playing levels
- One individual 40 min lesson a week (based on 30 lessons a year)
- Cost £225 per term

### Programme 2

- Club level and above
- One individual 1 hr lesson a week (based on 30 lessons a year)
- Cost £280 per term

### Facilities

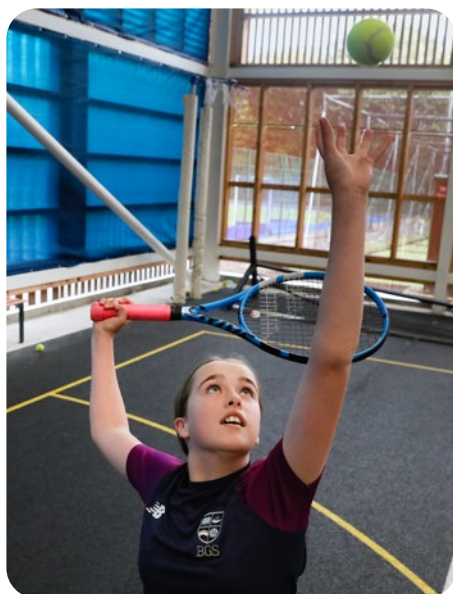
- 4x outdoor covered courts
- 2x hard courts
- 4x astro courts





## Bradford Grammar School

With an illustrious past spanning hundreds of years, Bradford Grammar School is one of the oldest and most respected institutions in Yorkshire. The School became independent in 1975 and fully co-educational in 1999. Having occupied three locations since our establishment, the iconic building that we inhabit today was opened in 1949. The School's heritage of sporting excellence is underpinned by world-class coaching and facilities. These include cricket and rugby pitches, an indoor sports barn, three gyms, squash courts, all-weather tennis and netball courts, an astroturf hockey pitch, 25-metre pool, climbing wall and boathouse on the beautiful River Aire at Saltaire.



# Application form

Name .....

Form .....

Previous tennis experience (or LTA Rating if you have one)

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.....

British tennis membership number (BTM) (If you have one)

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Which programme would you like to be involved in? (Please circle below)

Programme 1 /Programme 2

Relevant medical information .....

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Parent signature .....

## I agree to the following terms and conditions:

- Fees will be paid in full a term in advance
- A term's notice to be given if you wish to stop taking advantage of this opportunity
- Students will receive 30 individual lessons across the year
- It is the student's responsibility to let Mr Crichton know if they are unable to make a lesson 24 hours in advance. Every effort will be made to make this up at a later date - however if the 30 lessons are achieved then it may not be rescheduled
- Timings for lessons will be advertised 1/2 termly
- Year 12 & 13 students will have their lessons before school, during study periods or after school
- Year 10 & 11 students will have their lessons either before school or after school
- Year 7, 8 and 9 students will have their tennis lesson rotated to avoid missing the same subject more than once in a half term
- In order to minimise time out of lessons whilst also maximising time on the court;
  - If your tennis lesson is before school or during P1 or 2 then students would be required to come to school in kit and get changed into school uniform at break.
  - If your tennis lesson is during P3 or 4 then students would need to get changed into tennis kit during break time and then back into uniform during lunchtime.
  - If your tennis lesson is during P5, 6 or 7 then students should get changed into tennis kit during lunchtime and then would be able to leave school in kit.



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