



World-Class Tennis Training at Bisham Abbey National Sports Centre

OUR MISSION

Tennis is a lifelong sport, and at D&L, we strive to nurture and equip players for the highs and lows of the tennis journey. Our goal is to help them become independent, brave, and respectful young people.

WORLD-CLASS FACILITY: Bisham Abbey National Sports Centre

Bisham Abbey has been the training base for many of the UK's top tennis champions, including Tim Henman, Jamie Delgado, Kyle Edmund, Billy Harris, Johana Konta and Harriet Dart. Located less than 30 minutes from Heathrow Airport, it is an ideal venue for UK and international players.

FACILITIES:

- 4 Outdoor Clay Courts
- 4 Outdoor Acrylic Hard Courts
- 4 Indoor Acrylic Hard Courts
- Functional Courtside S&C area
- Strength & Conditioning Gym
- Physiotherapy Clinic
- Restaurant & Café
- Boys & Girls Dormitory
- Player Common Room
- Stringing Service
- Onsite Hotel for parents and guests

RESIDENTIAL PLAYERS:

- Our full-time program offers comprehensive residential services, including:
 - Safe and supervised accommodations in the boys' and girls' dormitories.
 - Balanced meals with tailored nutrition support.
 - Access to all training facilities just steps from the dormitory.
 - Daily schedule balancing training, recovery, and relaxation time in the player common room.
 - House parents for supervision and pastoral care.



TRAINING PROGRAMME:

- Monday - Saturday
- 15 hours of tennis training per week
- 10 hours of Strength & Conditioning (S&C) per week

Our structured curriculum exposes players to frequent tactical situations, physical demands, and mental challenges they will face on their high-performance journey.

PACKAGES & PRICES:

- Full-Time Residential Program
 - Part-Time Day Program
 - Individual Coaching Packages
- For pricing and further inquiries,



EDUCATIONAL PARTNERSHIP:



We partner with Claire's Court to offer academic support to players who need flexible schooling options. Our players can benefit from a tailored curriculum that integrates with their tennis schedules.

Please contact us at proacademy@livingtennis.co.uk or visit our Instagram [delgado&leetennisacademy](https://www.instagram.com/delgado&leetennisacademy)