



LOUGHBOROUGH
SPORT

Loughborough University National Tennis Academy

'A sporting experience so positive it is life shaping'



THE
LOUGHBOROUGH
Schools Foundation



Part of the LTA Player Pathway



Loughborough
University



Welcome

At Loughborough University National Tennis Academy we believe in the importance of living a full and balanced life, while striving for excellence in competitive tennis and working to achieve each individual's academic goals. We not only believe it is possible to achieve this, but it is this concept upon which our entire developmental philosophy is based.

We take a Person, Performer, Player approach in everything we do. The health, happiness and well-being of everybody within our academy is always our first priority and we will actively strive to develop resilient, determined and respectful young people.

We take pride in helping people become great performers. We will work to develop in our athletes the head, heart and legs needed to be consistent high performers on the tennis court. These performances will stem from a clear set of attitudes, values and beliefs which will be nurtured and developed throughout the National Tennis Academy.

We believe in developing skilful, well rounded tennis players who know their own strengths, understand how to embrace the demands of competitive tennis and take to the court believing they can handle any situation they may encounter.

Our highly experienced team looks forward to welcoming you in September for what will be the start of an incredible journey.

Nick Cavaday
Loughborough University
National Tennis Academy Head Coach



Meet the team



HELEN REESBY
DIRECTOR OF TENNIS

Prior to her appointment as Director of Tennis at Loughborough University in June 2015, Helen worked for the Lawn Tennis Association for over 10 years as National Academy Coach, U14 Great Britain Age Group Captain and the National Girls Junior Coach for the latter 8 years.

Helen is also an experienced presenter and educator; including presenting at Grand Slam Conferences, nationwide delivery of the Female Tennis Journey, Sports Science symposiums, Business of Tennis Conferences and lecturing on Sports Science/ Management degrees.

Helen is an LTA Master Performance Coach with a BSc in Sports Science from Loughborough University. Her significant involvement in the world of high-performance tennis, in addition to her background as a former professional player enables Helen to bring a wealth of knowledge and experience to the National Tennis Academy. Helen will lead and work with the team to deliver a programme which sets global standards for an individualised and integrated approach to tennis development.



NICK CAVADAY
HEAD COACH

Nick took up his role as Head Coach of the Loughborough University National Tennis Academy at the start of 2019. Nick has previously overseen the progress of ATP players such as Aljaz Bedene and British Davis Cup winner Dominic Inglot. He has also enjoyed great success with British players across the whole pathway in singles and doubles at both senior and junior level.

In his time working with Bedene, Nick oversaw a number of career firsts for the 28 year old. Bedene reached two ATP world tour finals and reached the 3rd round of Wimbledon for the first time, defeating Ivo Karlovic 8-6 in the 5th set in the opening round. During the clay court season, Bedene embarked on a 16 match winning streak, culminating in an appearance in the final of the ATP 250 event in Budapest. In their time working together, Bedene reached a career high ATP world ranking of number 43.

In Nick's time working with Dominic Inglot, the British Davis cup winner reached the US Open semi-finals, represented GB at the Olympics and reached a career high ranking of world number 18. Inglot also reached the quarter-finals of the Australian Open, defeating the world number 1 team of Bob and Mike Bryan in straight sets in round 3.

Nick is an LTA Master Performance Coach with an undergraduate degree in Psychology. In his role as Head Coach of the Loughborough University National Tennis Academy, he will be delivering an innovative and exciting, pro level training environment which nurtures the person, performer and player to excel on the international stage.



LOUIS CAYER
PERFORMANCE ADVISOR

Louis is a world class high-performance coach and coach educator, continuing to have and having had unprecedented success with ATP/WTA/ITF singles and doubles players for over 30 years.

- 28 top 50 doubles players ATP/WTA (including 6 world number 1's)
- Multiple grand slam champions (including British players Jamie Murray and Jonny Marray)
- Olympic Coach for the Men's doubles Gold medal team in Sydney 2000 (Lareau/Nestor) and Olympic coach for the Beijing, London and Rio Olympic games
- 13 singles players inside the top 100 ATP/WTA, as well as being LTA performance advisor for numerous junior players, senior players and high-performance coaches
- Canadian Davis Cup Coach & Captain 1989-2000
- Great Britain Davis Cup Coach since 2007 and Federation Cup Coach for 6 years

Louis is also internationally recognised as a world leading coach educator and presenter, having been an international author, global speaker in over 25 countries, Tennis Canada Coaching Certification Director from 1987-2001 and more recently tutor and content advisor for the Master and Senior Performance Coach courses in Great Britain. Louis was awarded the ITF service to the game in 2011 in recognition of his outstanding contribution to tennis.

Louis will bring this wealth of knowledge and expertise to the Loughborough University National Tennis Academy as the Performance Advisor. He will bring his passion for tennis and developing others to work closely with the coaches, support staff and players to assist Loughborough University National Tennis Academy in achieving its vision; in delivering a world renowned player development programme which prioritises the person, performer and player to be the best they can be and succeed on the international stage.



IVONA HORVAT
ACADEMY COACH

Ivona Horvat was born in Zagreb, Croatia. She played at national and international level in U12, U14 and U16 before turning professional at age 16. Between 1989 and 1995 she won 4 ITF singles titles and reached a career high ranking of 320 WTA. In doubles she won 6 ITF titles with a career high ranking of 252 WTA.

Ivona has 25 years of coaching experience. Prior to her appointment as National Academy Coach she worked at Ekerö Tennis Club in Sweden for almost two years. Before this she spent 10 years in Istanbul, Turkey working as Academy Coach at Koza Wos International Tennis Academy. This involved coaching and travelling to tournaments with numerous junior players, guiding and helping players to develop on the international scene (ITF, ATP, WTA).

Prior to Turkey Ivona worked in Croatia. She was a member of the expert committee with Zagreb Tennis Association and shared her experience to the younger generation of players. She was also the National Girls' U14 Coach at the Croatian Tennis Association.

Ivona Horvat is an A licensed coach at the Croatian Tennis Association, PTR certified Performance Professional and has a Diploma of higher education as senior sports tennis coach from the University of Zagreb-Faculty of Kinesiology.



JOCELYN RAE
ACADEMY PERFORMANCE
COACH

Joss turned pro at the age of 17 and played professional tennis for 10 years during which time she reached a career high ranking of 67 on the WTA doubles tour, as well as competing in all 4 Grand Slams. She reached the quarter finals of the Wimbledon mixed doubles event in 2017 and is a Commonwealth Games Gold medallist.

After retiring in 2017, Joss embarked on a performance coaching career, teaming up with the LTA and working with the under 12, under 14 and under 16 National teams and players, helping them to achieve success on the international stage.

Joss was a playing member of the Great Britain Fed Cup team from 2011-2017, playing alongside Johanna Konta, Heather Watson, Katie Boulter and Anne Keothavong to name a few, and since retiring has moved into the Fed Cup coaching team.

Joss is also part of the BT Sport commentary team, staying abreast of the latest developments and what it takes to win at the highest echelon of the sport.

Having been a player, Joss has experienced many of the challenges and opportunities our players will/have faced, this is invaluable to the Loughborough University National Tennis Academy and Joss brings a huge amount of enthusiasm, care and commitment in all that she does.

Joss is an LTA Senior Performance Coach.



AL STEWART
HEAD OF PERFORMANCE
SUPPORT/STRENGTH &
CONDITIONING LEAD

Al is a Masters qualified professionally accredited strength and conditioning coach with over 18 years' experience. He has led teams and helped to produce sportsmen and women competing at world level across a number of sports. This experience will be invaluable in developing the physical performance programme for the National Tennis Academy at Loughborough

Al has worked at Loughborough since 2017, most recently leading the Loughborough Sport strength and conditioning department prior to taking the role of Head of Performance Support & Strength and Conditioning Lead at the National Tennis Academy.

Prior to working at Loughborough Al worked in professional football for 12 years. In this time Al worked at Manchester City's academy for 7 years; where alongside winning the FA Youth Cup, over 20 players went on to represent their country at full International level. Al also worked as Head of Strength and Conditioning at Hull City in the Championship, gaining promotion to the Premier League in his first season and reaching the FA Cup Final in his second season. More recently, Al worked as a physical performance coach with both the men's and women's age group squads for the FA, culminating in winning the World Cup with England U20's in Korea in 2017.

In Al's first year at Loughborough he supported the University swim team with their strength and conditioning, supporting a number of swimmers to national medals with one of the swimmers breaking the British record. Al has also provided strength and conditioning support at Loughborough to a professional heavyweight boxer, progressing with him to the top 5 in the world across a number of ranking organisations.

Meet the team



ALEX BAILEY
PERFORMANCE LIFESTYLE
& EDUCATION MANAGER

Prior to taking the role at the Loughborough University National Tennis Academy, Alex worked as a Performance Lifestyle Advisor for the English Institute of Sport for nearly 5 years working across 3 different Olympic and Paralympic programmes in both the Rio and Tokyo cycles. Working as part of the multi-disciplinary team in British Swimming, British Weightlifting & GB Wheelchair Rugby; his role focused on supporting athletes on the World Class Programme with a person-first approach to enable an ability to manage the commitments of an elite lifestyle whilst effectively planning for post-sport careers and performing at the highest level. Most notably, this included being part of the sport science and medicine team that helped contribute to British Swimming's most successful Olympic performance since 1908; achieving 6 medals at Rio 2016.

A qualified executive coach, Alex previously worked in higher education where he spent time at 2 different universities managing the sport scholarship and TASS programmes and delivering performance lifestyle support for student athletes. These roles involved supporting athletes in the pursuit of academic and sporting success and successfully implementing a recruitment strategy to improve each university's BUCS performance and sporting profile.

Alex has both an undergraduate and master's degree in Sports Development whilst also being a qualified hockey coach and recently graduating from GB Hockey's Advanced Coach Programme. Alongside his work in performance lifestyle, Alex is Assistant Coach to Loughborough Men's Hockey Programme; one of the leading performance hockey programmes in the U.K, and has previously helped to support and mentor developing coaches within the GB/England Hockey pathway.



OLIVER FREEMAN
PHYSIOTHERAPIST

Oly began working in professional sport in 2008, holding positions with Championship football club academies, including leading the first team sports medicine department at one of these. After completing an MSc in Sport Injury, he worked for the English Institute of Sport (EIS) supporting Olympic and Paralympic athletes.

During the Rio cycle, Oly supported British Weightlifting, working with the funded weightlifters and powerlifters who went on to achieve silver and bronze medals at the Paralympic games. In preparation for Tokyo 2020, he transitioned to British Triathlon to support the Olympic physiotherapy programme and led the Paratriathlon physiotherapy service.

In 2018 Oly was selected as a Physiotherapist for Team England at the Commonwealth Games. He supported the team at the Gold Coast as they secured an overall second place finish with 45 gold, 45 silver and 46 bronze medals. Oly will combine his role as Physiotherapist at the Loughborough University National Tennis Academy whilst continuing to support the Olympic triathletes from Loughborough



ANDY SHEPHERD
PERFORMANCE
NUTRITIONIST

Andy is a Sport and Exercise Nutrition registered (SENr) performance nutritionist with 10 years' experience in providing performance nutrition support to athletes. He has previously held performance nutrition roles at Sheffield Hallam University and has further experience as a Sport and Exercise Nutritionist for Swim England, in a number of different disciplines including swimming, synchronised swimming and British Diving.

Prior to beginning his performance nutrition career, Andy had a successful athletic career of his own which included national medals and international representation. Over the last decade, he has supported athletes who have represented their country at Junior, European, World, Olympic, Paralympic and Commonwealth Games across a variety of sports.

In addition to holding a BSc and M.Dip from Sheffield Hallam University, Andy also holds a Level One Anthropometrist (ISAK Level 1), Level 2 certificate in Food Safety and the UKAD Accredited Anti-Doping Advisor Certificate



CHRIS HARWOOD SPORT PSYCHOLOGIST

Chris is a Professor of Sport Psychology at Loughborough University and a HCPC Registered Sport Psychologist with over 25 years of practitioner experience. A former professional tennis coach and Leicestershire county player, Chris has consulted with a variety of sports, organisations and athletes, however, his passion and expertise are very much tied to the sport that he plays and supporting the development of emerging talent.

Chris has had a unique career working as a leading practitioner, educator and academic scholar. He gained his BSc, MSc and PhD at Loughborough within sport science and psychology, subsequently specialising in optimal environments around young athletes and their development of necessary psychological skills. Seconded from the University for a first time, he held the position of Team Psychologist for Nottingham Forest FC from 2002-2004 and coordinated psychological support for their Youth Academy for a further eight years. His experience and expertise are squarely aligned to the mission, values and aims of our National Tennis Academy programme.

Chris has integrated psychological support into the programmes of many elite junior and senior tennis players. He has also been a key contributor and driver of sport psychology within coach and parent education in British tennis, championing the importance of the support team around the adolescent player. Seconded for a second time between 2010-2013, Chris served as Lead Psychologist for the Lawn Tennis Association working at the NTC with an emphasis on the performance, wellbeing and life skills of players transitioning into the professional game. These values will reflect important components of Chris' work as part of the ongoing psychological development of our players.



LEWIS CHAPMAN PERFORMANCE ANALYST

Tennis has always been a passion for Lewis, throughout his education and sporting life. He was a member of the youth team in one of France's top 15 clubs and was captain of St Marys University BUCS team.

Dissertations for both his BSc in Sports Science (St Marys University) and MSc in Sports Biomechanics (Loughborough University) were focused on tennis. His BSc research was on tennis tactics in elite level tie-breaks, alongside his job as performance analyst for the tennis teams. His MSc project focused around the biomechanics of the serve for elite level wheelchair tennis players. Throughout his education he has mastered gathering data and presenting it to players and coaches in an efficient manner to help enhance performance. In addition to his role at the Centre, Lewis is working with the LTA and Loughborough University towards a PhD centred on biomechanics in tennis.



ANDJELKA GRUBISIC ADMINISTRATOR

Andjelka joined the Tennis Centre at Loughborough University in July 2018 as an Administrator, providing support to the team with all aspects of university tennis provision, in particular the Mini Tennis Programme.

Andjelka has over 20 years of administrative experience with Midlands Electricity plc and Next plc, primarily within Learning and Development. While at Midlands Electricity she was also responsible for Graduate Recruitment and Training, and during her time at Next plc she supported the Retail Apprenticeship Programme for three years.

Andjelka's involvement in tennis started with her sons playing as juniors and led to her taking up the sport herself and joining her local club where she is also the fixture secretary.

New roles still to be appointed:



Academy Coach: Year 2 (2020/2021) onwards



Academy Coach: Year 3 (2021/2022) onwards

National academy objectives

To create a pro-style training environment that provides the intensity, quality and frequency needed for aspiring professional players.

To nurture the person and the player to develop a game style with the head, heart, legs and weapons required for success.

To increase the likelihood of players making the standard for Pro Scholarship programme selection.





Why Loughborough

Loughborough University is a name synonymous with sport; having an illustrious history for its contribution to the world of sport. This global recognition for its exceptional athletes, facilities, coaching, research, enterprise and partnerships was highlighted in the award of 'Best Sporting University in the World' in the 2017, 2018 and 2019 global QS Higher Education league table.

It is this sporting heritage and our commitment to ongoing excellence that sets us aside as a world leading education institution. We are constantly striving for success and are proud to support athletes competing at the Olympic/Paralympic Games, World Championships and Commonwealth Games.

Loughborough's unique multi-sport environment provides an inspirational and motivational setting for our National Academy players; our junior athletes will be surrounded by other world class athletes/role models and see first-hand the commitment, dedication and resilience required to succeed.

Loughborough University places significant emphasis on the development of the person and the athlete. Our 'best you can be' culture and attitude is fundamental for any aspiring professional player. As a team we will work hard to ensure the players are fully supported at all stages of their development, with athlete well-being and holistic development prioritised.

As one of the leading UK Sport Elite Training Centres and an institution that has extensive experience of hosting elite athletes, we can provide a unique opportunity for the National Academy athletes and an opportunity that combines a world class player development programme with the highest quality of education, pastoral care and personal development.



The programme

Person, performer and player development will be integrated into the overall programme and prioritised at the Loughborough University National Tennis Academy (LUNTA).

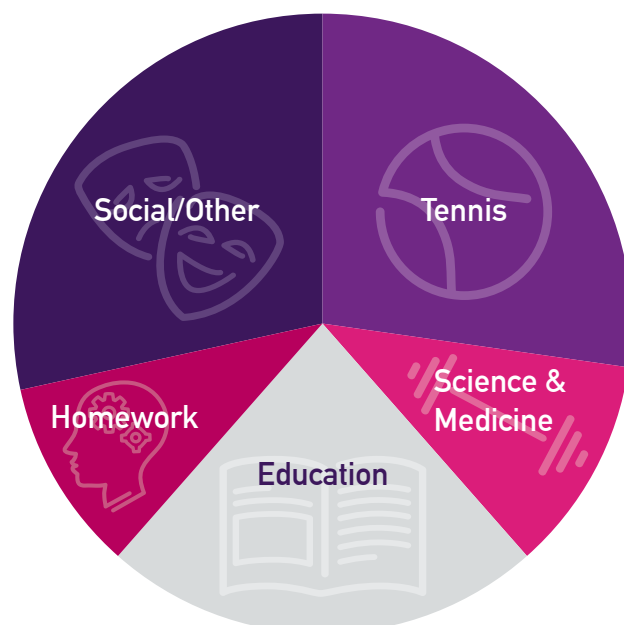
This will be delivered via a comprehensive and progressive player development and academic plan specific to each athlete (individual development plan – IDP). This will include an annualised plan, incorporating the appropriate volume and level of competitive opportunities and training/development blocks and provision.

The IDP will be used to help players take responsibility for driving their own development and will provide players with short, medium and long-term goals. The IDP will be created utilising as much objective data as possible through video analysis, research and understanding of the international norms/benchmarks, various tests and screening protocols that link to enhancing their performance. This evidence-based approach will inform and support the decision making process in providing focus areas and primary goals for players and coaches/practitioners to assist the player development process. Careful consideration will be given to the gender, age (chronological and biological), previous training history, psycho-social wellbeing and background of the athletes.

Every LUNTA player will be placed at the heart of their own development; the player and parent(s) will be advised and guided by our multidisciplinary team (MDT) and empowered to learn from their experiences to develop into the best person, performer and player they can be.

Due to the age of our players and their maturation and transitional phases; we believe it is imperative that the athlete's personal, social and holistic development is at the core of this plan. The coaching and support team will create a vibrant environment which equips the person, performer and player to have the knowledge, skills, confidence and competence to independently think and make decisions in high pressure situations and take increasing self-responsibility for their decisions and development.

Components of a National Academy weekly programme



The above diagram shows the core elements incorporated into a LUNTA term time week. We will work closely as a National Academy team and with Loughborough Amherst School to tailor this for each player, ensuring an optimal weekly schedule, taking into account careful consideration of the player's age and stage of development.

Sports science and medicine

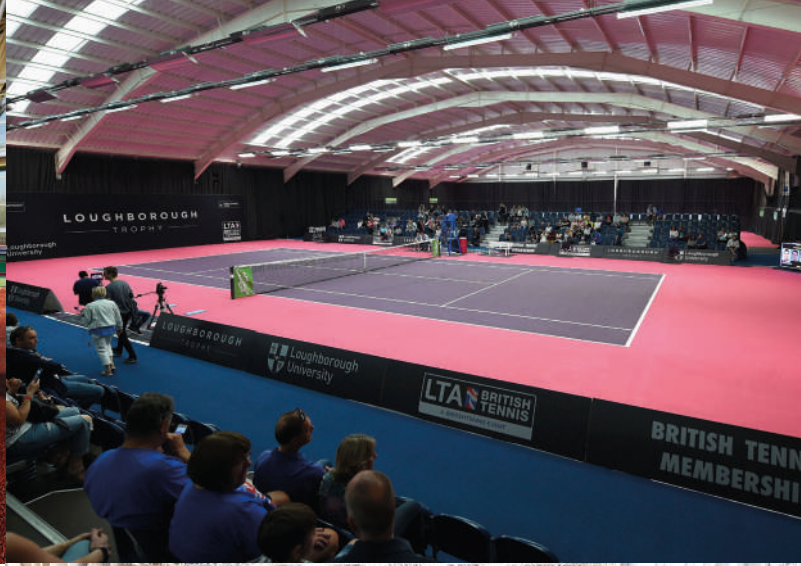
Through our School of Sport, Exercise & Health Sciences, and being host to the National Centre of Sport & Exercise Medicine, Loughborough University continues to be at the forefront of sports science and medicine research and development.

The Loughborough University National Tennis Academy staff have access to all the world class facilities and equipment on site and will work in an interdisciplinary way through the below multi-disciplinary team (MDT).



This MDT will be player centred and coach led, with each player having a designated MDT who will be responsible for the planning, delivery, monitoring and on-going evaluation of the IDP appropriate to the age and stage of the athlete.





World class facilities

Our Loughborough University National Tennis Academy players will be able to access the world class sports facilities on campus as part of their daily/weekly programme, including (but not limited to);

Loughborough Sport Tennis Centre:

- Eight indoor Plexipave hard courts
- Three outdoor Plexipave hard courts
- Two seminar rooms and a dedicated player relaxation lounge with food preparation facilities.

Through our exciting facility development taking place in 2020, we will also have the benefit of the following new facilities in the Tennis Centre;

- Two additional indoor Plexipave hard courts (creating a total of ten indoor courts)
- Functional training/S & C area
- Performance analysis suite and education room
- Physiotherapy room
- An additional seminar room (creating a total of three seminar rooms)
- Four glassback squash courts

Other facilities include:

- Powerbase, one of the largest Strength & Conditioning centres in the UK and host to the English Institute of Sport (EIS)
- Loughborough Sport Physiotherapy clinic
- Ice baths
- Olympic size (50m) swimming pool – home to British Swimming
- HiPac Athletics Centre (indoor and outdoor facility) – home to a British Athletics National Performance Institute
- Sir David Wallace Sports Hall



Loughborough Amherst School was recognised as:

*'Excellent' in all categories by the
Independent Schools Inspectorate.*

Dr Julian Murphy – Headmaster

Academic excellence

Our players will be educated at Loughborough Amherst School which is a co-educational excellent rated school at the heart of Loughborough Schools Foundation. Our National Academy athletes will complete a minimum of 6 GCSE's (including Maths, Science, English and a choice of a Humanity), and/or a minimum of 1 A Level.

We will work together to ensure;

- Flexibility in timetabling to work around/alongside the weekly tennis programme
- Flexibility in providing remote/digital solutions when players are travelling, or abroad

Boarding, meals and pastoral care will be provided by Loughborough Schools Foundation as part of the partnership, with a newly renovated boarding facility for our National Academy players. LSF are experienced in boarding, having boarders at Loughborough Grammar School for many years and achieving an excellent rating in the last Independent Schools Inspectorate (ISI) inspection report.

Education

'A word from the head'

Welcome to Loughborough Amherst School.

The School has developed and changed from its earliest beginnings as a day school for the Catholic girls of Loughborough to a multi-faith school for girls and boys aged 4-18. In 2015, the School joined the Loughborough Schools Foundation and now shares its rich heritage with that of Fairfield Prep School, Loughborough High School and Loughborough Grammar School.

Academically, Loughborough Amherst is a non-selective school. Our small class sizes and excellent individualised care allow us to cater for a range of abilities in a way that more selective schools, or larger non-selective schools, cannot always match. In fact, we pride ourselves on our ability to bring out the best in a pupil, whether they are aiming for Oxbridge entry or they are someone who has decided that university is not the best route for them.

What makes us, perhaps, unique is the extent to which we now enjoy the benefits of being both small and large. Our membership of the Loughborough Schools Foundation allows us to combine all that is best in our community with the benefits of the human and physical resources of a campus of over 2000 students.

With a teacher to pupil ratio of 1:8 enabling exceptionally high levels of individual academic support, your child will have every chance of realising their goals. And, as part of the Loughborough Schools Foundation, we also enjoy the significant benefits of a major campus and outstanding facilities.

When pupils leave us, we want them to be confident and successful. But, equally importantly, we want them to be caring and empathetic young people; equipped to face the best and worst that life offers.

So whether your child is a high flyer or someone who might benefit from extra educational input, our caring and holistic approach will help them grow as a well-rounded individual.

Dr Julian Murphy
Headmaster



'Our value-added (the measure of how much pupils actually improve between Year 9 and their GCSEs/A Levels), which is the best measure of a school's academic provision, is in the top 30% of schools nationally and the top 40% of independent schools.'



'Throughout the school, the pupils display an excellent attitude to their studies and an active involvement in the process of learning'.

Independent Schools Inspectorate



'The small class sizes allow pupils to develop strong relationships with staff'.

Parent

Senior school (Age 11-16)

For pupils in their teenage years, Amherst School delivers the excellent academic provision that you would expect from a leading independent school.

Sixth form (Age 16-18) The A Level years

The Sixth Form is a uniquely close-knit community of inspiring young men and women. The combination of being on the top rung of a small school and wider involvement with the rest of the Loughborough Schools Foundation campus of more than 2000 students is hugely beneficial.

Alongside the rich choice of extra-curricular activities, our Sixth Formers are also encouraged to take on leadership responsibilities suited to their personalities, experience and talents.

Beyond the timetable

Great schools don't just offer an excellent academic programme. They also provide a rich and engaging range of enrichment opportunities to encourage the wider development of your child.

We offer a broad range of physical, artistic and intellectual extra-curricular activities – from dance and football to public speaking and debating.

Above all, we hope that our pupils develop and discover life-long passions, interests and skills.

'The range of extra-curricular activities available for pupils of all ages is very wide and is a strength of the school'.

Independent Schools Inspectorate.



Boarding and pastoral care

Loughborough Amherst School provides the education, boarding and pastoral provision for the national academy players in close partnership with the Loughborough University National Tennis Academy staff.

Boarding facilities are provided for our players allowing them to be educated, eat and sleep all in close proximity. We are delighted with how well our boarders have settled into life with us.

Our LUNTA nutritionist will work closely with the school to ensure the nutritional needs of the athletes are catered for and will provide a progressive educational programme for the athletes in basic cooking and food preparation to prepare them for life on the tour.

For further information on Loughborough Amherst School please refer to the Loughborough Schools Foundation website www.lsf.org



Location and transportation



Loughborough University is located in the middle of the country and is easily accessible by car, train and air into East Midlands Airport. This makes it easy for players and parents to reach us, as well as providing a perfect base for travel to domestic and international competitions and events.

The University's single site campus is just 5 minutes from our education and boarding partners, minimising wasted travelling time. We have partnered with a vetted local transportation company to provide safe, comfortable and reliable transportation for our National Academy players between the school and tennis centre (and vice versa).





**Loughborough
University**

www.lboro.ac.uk/sport/sports/tennis/national-tennis-academy

E: national.academy@lboro.ac.uk



LOUGHBOROUGH
Amherst School

Challenge • Care • Confidence



Welcome



Loughborough Amherst School was recognised as 'Excellent' in all categories by the Independent Schools Inspectorate.

Dr Julian Murphy | Headmaster

Ambitious for your child

Our role is not just to help your child realise their academic potential. We also want to help every child in our School find a profound sense of self-belief. We believe that young people with self-belief are not only happier in themselves, but are more able to show compassion to others, and to use their talents to make the world a better place.

That's because we're dedicated to creating an environment where every pupil has the opportunity for long-term spiritual and moral growth, not to mention long-term happiness.

When pupils leave us, we want them to be confident and successful. But, equally importantly, we want them to be caring and empathetic young people; equipped to face the best and worst that life offers. The kind of young person you'll be proud of.

At the heart of our ethos is the philosophy of our founder, Blessed Antonio Rosmini, that a 'pupil must be allowed to grow and develop as an integrated human person'.

We embarked on a new and exciting phase in the history of the School, when we welcomed boys into our Senior School and Sixth Form in September 2019, making Loughborough Amherst School co-ed from 4 to 18 years. We were also excited to welcome our first elite sports Boarders, thanks to our partnership with the Lawn Tennis Association and the Loughborough University National Tennis Academy.

Thanks to our Nursery and Sixth Form, your child can develop here from infancy to adulthood. Together with our small size, it creates a

distinctively close school community with a family atmosphere. That's what makes this place so warm and welcoming.

We are proud of our Catholic heritage but we don't seek to impose any belief systems on our pupils: Anglicans, Methodists, Muslims, Hindus and Buddhists all happily study here, alongside pupils whose home life is entirely secular.

With a teacher to pupil ratio of 1:8 enabling exceptionally high levels of individual academic support, your child will have every chance of realising their goals. And, as part of the Loughborough Schools Foundation, we also enjoy the significant benefits of a major campus and outstanding facilities.

So whether your child is a high flyer or someone who might benefit from extra educational input, our caring and holistic approach will help them grow as a well-rounded individual.

This prospectus only gives a flavour of what we offer - so I strongly encourage you to visit us for yourselves. If you do, I believe you will find our School as special as I do.



Dr Julian Murphy Headmaster



Educational journey



LOUGHBOROUGH
Nursery

Girls & Boys
6 weeks - 4 years



FAIRFIELD
Prep School

Girls & Boys
3 years - 11 years



LOUGHBOROUGH
Amherst School

Girls & Boys
4 years - 18 years



LOUGHBOROUGH
Grammar School

Boys
10 years - 18 years



LOUGHBOROUGH
High School

Girls
11 years - 18 years



THE
LOUGHBOROUGH
Schools Foundation

About Loughborough Schools Foundation

The Loughborough Schools Foundation is a charitable Foundation comprising four Independent Schools and a Nursery. Over 600 colleagues are employed in teaching and non-teaching roles.

The Foundation commits around 5% of its total income for the provision of Foundation bursaries and scholarships at the Senior Schools. Donors of the schools provide additional financial support through The Burton Bursaries.

An extensive transport system of 17 school bus routes operates for pupils across all parts of the East Midlands including Leicestershire, Nottinghamshire and Derbyshire.

Campus: The Schools are based on two neighbouring campuses on the south side of Loughborough – Burton Walks (42 acres) and Gray Street (10 acres). Loughborough Grammar School's playing fields are situated a mile away in Quorn, with 40 acres of sports facilities on a 70 acre site. Significant recent investment has been made in a state-of-the-art science park at Loughborough Grammar School and the dedicated Music department for all Loughborough Schools Foundation pupils. In 2016, Fairfield Prep School opened its very impressive new Pre-Prep building, which includes a Kindergarten for children aged 3+, whilst at the campus at Loughborough Amherst School, Loughborough Nursery has opened for children from 6 weeks to 4 years old.



Boarding: Loughborough Grammar School has a long and proud tradition of boarding with two Boarding Houses which accommodate a close-knit community of Boarders. Our Boarders enjoy a rich daily life and as a small community within an extensive campus, they are treated as individuals while benefiting from the opportunity to take advantage of the vast resources available on campus.

Single-Sex & Co-Ed Options at Senior School: Collectively, Loughborough Schools Foundation is pleased to offer parents across the East Midlands a unique opportunity for those choosing an independent education. From the age of just 6 weeks in our 51 weeks a year Nursery, all the way to exam success at 18, a child and siblings are able to complete their whole educational journey on one beautiful, happy and richly multi-cultural family campus.

We are able to offer a choice of both single-sex and co-educational senior schooling to suit pupil and parental preferences and with four schools sharing a campus, we are able to invest in wonderful facilities that a single school would find hard to match at comparable fee levels. Our curriculum choice, transport network, Music department with 'All-Steinway School' status, STEM teaching, sports provision, extra-curricular opportunities, immaculate grounds, joint school activities such as Drama, CCF, Debating and social events are just some examples of this.

The Loughburians is the Alumni Association for Loughborough Schools Foundation. Pupils become Loughburians on entry to School and participation in this community continues throughout their lifetime. Loughburians benefit from receiving publications and news, and can attend the events and reunions organised by the association.

Our Alumni demonstrate their ongoing affection and engagement with their Schools by offering their time and expertise in such areas as career advice, mentoring and opening up opportunities outside the classroom.

To gain an insight into the association's activities and details of former pupils' achievements, please visit www.loughburians.com



Our Landmark History



Loughborough Grammar School is one of the country's oldest boys schools. After Thomas Burton, a prosperous local wool merchant, bequeathed his estate to priests in Loughborough, they founded the School in 1495. Originally housed in the town's Parish Church, the School moved to its present location in 1852 and these buildings were Grade II listed in the 1980s. The School celebrated its 500th anniversary in 1995, when HM Queen Elizabeth II opened the new English block, the "Queen's Building". Classroom facilities have been significantly enhanced in the last decade by the construction of a state-of-the-art Science Park.



Loughborough High School was founded in 1850 and is believed to be one of the country's oldest grammar schools for girls. When Loughborough Grammar School moved in 1852, it had become more socially acceptable to educate women and so the Foundation was extended to include girls and Loughborough High School. It moved to its current site in 1869. The buildings include 19th Century school buildings, converted houses and later additions from the 1960s onwards. In 2010, the science building was refurbished and extended with four new laboratories. The School celebrated its 150th anniversary in 2000 with a visit by HRH The Princess Royal.

Originally founded in 1929 as part of Loughborough High School, **Fairfield Prep School** became an autonomous school within the Foundation in 1969. The School's oldest building, Fairfield House, known as the White House, was built in 1823 by a family of influential hosiery manufacturers and later bequeathed to the School. In 2016, impressive new classrooms and performance facilities were opened which has provided extra space from which all pupils are now benefiting.



In 1841, Lady Mary Arundell opened a small girls' school in Paget House, Loughborough and persuaded Blessed Antonio Rosmini (1798-1855) to send religious sisters from Italy to set up a convent. In 1843, Sister Mary Francesca Parea and Sister Mary Anastasia Somonini took over and Our Lady's Convent School opened in 1850 with the beautiful Convent building and Chapel at its core (designed by Charles Hanson who was influenced by Augustus Pugin). In 2015, the School joined the Foundation and in 2016, **Loughborough Nursery** was opened on the Convent campus. In 2018, the School rebranded to **Loughborough Amherst School** and became co-educational from 4 - 18 years in 2019.



In 2006, the building housing **Loughborough Schools Music** was opened to serve the musical needs of all pupils' across all four Schools, from Pre-Prep to Sixth Form.



Welcome





Thank you for considering The Amherst School for the education of your child.

Although we officially opened our doors as Loughborough's new co-educational independent school in September 2019, our foundations were laid 168 years ago. As a Catholic School for girls, since 1850, the School has cemented a reputation for providing a rewarding education rooted in genuine warmth, small class sizes, spiritual guidance and a wonderfully rich mix of pastoral care, academic achievement and extra-curricular opportunity.

As we transition from a girls school to co-ed we are proud to now be able to harness those enviable qualities, extend them to both boys and girls and create an environment where our pupils can support and inspire each other, while sharing their passion for learning and the School.



Results

For a non-selective school, our public examination results are truly impressive.

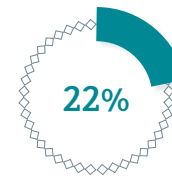




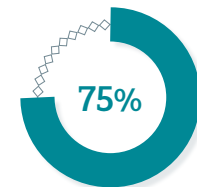
Our daughters' results have been excellent and we are so proud of what they have achieved.

Quote from parent

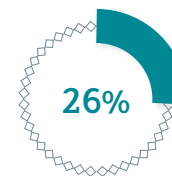
Last summer, our students achieved:



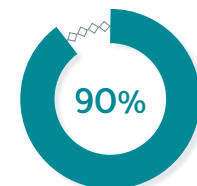
A*-A A Level Pass Rate



A*-C A Level Pass Rate



9-7 (A*-A) GCSE Pass Rate



9-4 (A*-C) GCSE Pass Rate



Mission Statement

As a Catholic School, we welcome pupils of all faiths or none.



We are a Catholic School.

We welcome everyone and we respect everyone for who they are.

We work together to become clever, kind and brave.

We are one family, and everyone is known and loved.

When we leave, we will go into the world and make it a better place.

Challenge • Care • Confidence



We value the School's holistic approach to education that allows students to develop and fulfil their potential in a safe, nurturing environment.

Quote from parent



Joining Us

We are an academically non-selective school.

Teachers' subject knowledge is excellent; their enthusiasm for their subjects promotes application from pupils.

Independent Schools Inspectorate



We make joining us simple and straightforward

Firstly, your child will attend a taster day (run frequently to suit your schedule) to experience daily life in the School; then they will be invited back for an assessment day or session (depending on age).

We are academically non-selective (although we reserve the right to refuse admission on grounds of behaviour). The assessment is purely diagnostic, allowing us to gain an initial snapshot of your son or daughter's academic profile and needs.

This easy process is especially designed to minimise stress for your son or daughter as they integrate into our family.



Spiritual Life

We believe that faith in all its wonderful forms can foster three essential capabilities in young people: inner calm and strength; compassion for others; and a sense of wonder in the face of the mystery of life.





If we can help develop these virtues in our young people, we have done our spiritual job

Although School worship and traditions are rooted in the Catholic Church and the teachings of the Rosminian Order, we seek to nurture spirituality within every young person, whatever their religious background.

That's why our assemblies are such an important part of School life, offering time for quiet contemplation before the School day begins.




The School's ethos was the main reason we sent our children to the School. Happy, settled children that are truly cared for and valued can achieve anything.

Quote from parent



Beyond the Timetable

Great schools don't just offer an excellent academic programme. They also provide a rich and engaging range of enrichment opportunities to encourage the wider development of your child.



The range of extra-curricular activities available for pupils of all ages is very wide and is a strength of the School.

Independent Schools Inspectorate

That's exactly what we aim for here at Loughborough Amherst School

We offer a broad range of physical, artistic and intellectual extra-curricular activities – from dance and football to public speaking, chess and debating.

Above all, we hope that, during their time with us, your child discovers life-long passions, interests and skills.





Preparatory School

Age 4-11





Reception - Year 6

Our Preparatory School offers a unique atmosphere, that encourages your son or daughter to find their inner confidence and voice.

Children often join us directly from The Nursery or at many different stages throughout the Primary years.

Regardless of individual academic ability, we believe in helping to nurture confident and secure boys and girls. Once that is achieved, academic progress can follow naturally.

Our philosophy is to create firm foundations in a happy, caring environment with traditional family values.





Curriculum

Our broad and balanced curriculum covers all the fundamental areas that you would expect of any good preparatory school.





The staff are supportive and encouraging and the daily school life is nurturing and happy which is so important in those early years.

Quote from parent

Reception - Year 6

We split by ability in Numeracy and Literacy, and ensure a personalised sense of pace and challenge to suit your son or daughter.

Our School prides itself on the care and attention we are able to give to our pupils. It places thematic learning at its heart so as to provide stimulating learning experiences. Learning is tailored not only to the interests of the pupils but also to their personalised pace. Children are encouraged and challenged not only to learn but to articulate their understanding. To equip the children in our care for the future, we believe that we need to prepare them to be thinkers. Our curriculum empowers them to be this.


In addition, children have access to some of the best music facilities in the country. All Year 2 pupils receive a free year of string instrument lessons.



Senior School


Age 11-16





For those pupils in their teenage years, we deliver the excellent academic provision that you would expect from a leading independent school

But, above and beyond that, we have a particularly strong emphasis on close partnerships with families. That means fostering close personal relationships with long-standing tutors who really know your child and their individual needs. We also offer staff-parent workshops that help bridge the gap between School and home - addressing challenges such as screen time, revision strategies and body image. Not to mention all the other challenges that modern teenagers have to grapple with.



Throughout the School, the pupils display an excellent attitude to their studies and an active involvement in the process of learning.

Independent Schools Inspectorate



Overview

Senior School | Age 11-16

The School and all the staff work hard to get each student to achieve their best.

Quote from parent



Years 7-9

At this key stage of development, our main academic aim is to embed all the skills and habits required for study success in later years. By laying firm foundations, your child will be far better prepared for subsequent exam demands.

Our approach to pastoral care is similar - by Year 10, we want our pupils to have achieved a balanced and relatively mature attitude to the many conflicting social and academic pressures they face.

Through facing potential problems and issues early in Senior School life, we can help your child prepare for GCSEs and beyond with personalised help and support.



Curriculum

Senior School | Age 11-16





Years 7-9

In a similar way to our Prep School, we offer a broad and balanced curriculum for your child with ability settings in the core subjects of Maths and English.

Pupils have the opportunity to study Spanish, French or Latin.

In the creative and practical subject areas, pupils have a myriad of exciting options to explore everything from Fine Art through to the latest coding techniques.





Overview

Senior School | Age 11-16





The small class sizes allow pupils to develop strong relationships with staff.

Quote from parent

Years 10-11

The GCSE Years

During the GCSE years, we continue honing study skills but with a natural shift in focus towards the specific requirements of exams.

Likewise, our pastoral care develops from basic lessons about handling work and personal pressures to more specific guidance on exam and career related challenges.

Wherever appropriate, we put in place individual academic mentors for any pupils needing additional help after their mock exam results.

It's all about delivering the right support at the right time.





Curriculum

Senior School | Age 11-16





Years 10-11

The GCSE Years

In Year 10, your child will continue with their core subject areas and will also be able to choose three additional subjects from the published GCSE option blocks.

All pupils have the opportunity of studying up to ten subjects to GCSE and most will include a language at GCSE level (although this isn't compulsory).

As we are a Catholic School our pupils all sit Religious Studies GCSE.



The pressures of the exam years can be overwhelming at times. We feel the School were always ready to help, listen and offer guidance and kindness to our children when needed.

Quote from parent



Sixth Form

Age 16-18





Each year 80% of our Sixth Formers achieve their first choice university.

Years 12-13

The A Level Years

We believe our Sixth Form is a uniquely close-knit community of inspiring young women. The combination of being on the top rung of a small school and wider involvement with the rest of the Loughborough Schools Foundation campus of more than 2000 students is hugely beneficial.

Alongside the rich choice of extra-curricular activities, our Sixth Formers are also encouraged to take on leadership responsibilities which particularly suit their personalities, experience and talents - from looking after younger pupils to organising charity events or acting as ambassadors for the School. That's why our Sixth Formers often prove to be our greatest selling point.



A Level Choices

Sixth Form | Age 16-18

We could not be happier with how much our daughters' have enjoyed the Sixth Form. They have enjoyed the step up, where they're treated more like adults.

Quote from parent





Years 12-13

The A Level Years

At A Level, our students can study all the subjects on offer across the Amherst, Grammar and High School curricula. They have 29 A Level options to choose from – which is an exceptional offer for a Sixth Form of our size.

Most students take three A Levels and also choose to pursue an extra qualification such as the Extended Project Qualification (EPQ).

Higher Education and careers advice (including Oxbridge mentoring) is of the highest quality.





LS Music presents: Spring Concert

Loughborough Schools Foundation
Symphony Orchestra, Symphonic Wind Band,
Loughborough Singers, Pupils and Liturgical
Choirs performed a Gala Concert which finished
with a massed performance of Vivaldi's Gloria, at
De Montfort Hall, Leicester.

Our Music curriculum is
underpinned by a huge variety
of instrumental ensembles and
choirs, and plenty of opportunities
for all our performers to perform
on one stage or another.

Richard West, Director of Music
Loughborough Schools Music

LEGAL DISCLAIMER

The prospectus and further information booklets describe the broad principles on which the School is presently run. Although believed to be correct at the time of printing, the prospectus or further information booklets are not part of any agreement between parents and Loughborough Schools Foundation. Parents wishing to place specific reliance on matters given in the prospectus or further information booklets should seek written confirmation of that statement before accepting the offer of a place.

August 2019



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