

# MOURATOGLOU

— TENNIS PROGRAMME  
AT EPSOM MALAYSIA



## SUMMER CAMPS

July - August 2022

# A WORD FROM PATRICK MOURATOGLOU

Dear Parents,

We have designed the Mouratoglou Tennis Programme's Summer Camps to cater to youth tennis enthusiasts who share the desire and passion to develop their game in a fun and fulfilling way! We are excited for you to be able to experience our Flagship Camps, which blend on-court tennis training and classroom activities and reflects our full-time programme which officially launches on 29 August 2022. We also have special camps for junior and professional players to ensure that specific skill groups are well catered for.

We hope that you can join us and look forward to meeting you at Epsom!



Patrick Mouratoglou



# DIRECTOR'S MESSAGE

The Mouratoglou Tennis Programme Summer Camps are designed to give student-athletes the opportunity to experience the Mouratoglou methodology firsthand.

Participants will get a taste of our full-time flagship tennis and school programme, which is due to commence 29 August 2022. The flagship programme will seamlessly blend a best-in-British boarding school education and high-level tennis training for students of all skill levels.



## Johan Van Herck

**Programme Director**

Head of Recruitment, Supervision & Monitoring **Mouratoglou Academy**

Captain **Davis Cup, Belgium**

Captain **Billie Jean King Cup**

8 Years ATP Player with Best Singles Ranking **ATP 65**

# THE FLAGSHIP CAMPS

The Flagship Camps are a reflection of the Mouratoglou Tennis Programme's full-time flagship tennis and school programme commencing on 29 August 2022. Designed for aspiring student-athletes between the ages of 10-16 years, these five-day camps blend intensive tennis training - skills, strategy, gameplay and fitness - and classroom sessions - STEM, arts, design, public speaking, leadership and life-skills.

**Each Flagship Camp will have a different classroom focus, providing variety for participants who are interested in attending multiple camps.**

Please find an example of the daily itinerary below:

Start Time	End Time	Activity
7.30 am	8.40 am	Breakfast
8.40 am	11.00 am	Warm-up & Tennis
11.00 am	12:00 pm	Strategy
12.00 pm	2.00 pm	Lunch & Break
2.00 pm	5.00 pm	Classroom Session
5.30 pm	6.30 pm	Leisure Time & Games
6.30 pm	8.00 pm	Dinner & Break
8:00 pm	9.30 pm	Free Time

## Dates

18 July - 22 July (Flagship 1) - FULL  
25 July - 29 July (Flagship 2)  
1 August - 5 August (Flagship 3)  
8 August - 12 August (Flagship 4)  
15 August - 19 August (Flagship 5)

## Age

10 - 16 years old

## Price

RM4,000\*

## Format

5 Days (4 Nights)

\* Includes all training and classroom sessions, full boarding, all snacks and meals and evening activities)



# THE SUMMER SPECIAL CAMP

The Summer Special Camp is a unique 19 day programme that provides participants with the greatest flexibility to choose the classroom activities to complement their daily tennis training. Participants can choose between English language classes, designed to promote mastery of the language in a condensed period of time, and art and design classes to explore their creativity across many art forms. There will also be supervised excursions to local galleries and exhibitions to explore the heritage and diversity of Malaysian culture.

Please find an example of the daily itinerary below:

Start Time	End Time	Activity
7.30 am	8.40 am	Breakfast
8.40 am	11.00 am	Warm-up & Tennis
11.00 am	12:00 pm	Strategy
12.00 pm	2.00 pm	Lunch & Break
2.00 pm	5.00 pm	Classroom Session
5.00 pm	6.30 pm	Leisure Time & Games
6.30 pm	8.00 pm	Dinner & Break
8:00 pm	9.30 pm	Free Time



**Dates**  
**Age**  
**Price**  
**Format**

**30 July -17 August**  
**10 - 16 years old**  
**RM14,000\***  
**19 Days (18 Nights)**

\* Includes all group training and classroom sessions, full boarding, all snacks and meals and evening activities.



# THE PRO CAMP

The Pro Camp is designed for student-athletes who are considered technically highly proficient. These camps will teach participants how to mentally and physically prepare for tournaments and how to develop a game plan to thrive in a high-pressure, competitive setting.

**To ensure a consistent level of game-play, it is a pre-requisite that participants regularly participate in J1 tournaments or be part of a national team. Participants will also have the opportunity to have a 1-on-1 session with the Mouratoglou coaches at an additional cost.**

Please find an example of the daily itinerary below:

Start Time	End Time	Activity
6.30 am	7.00 am	Activation of The Body (Conditioning)
7.00 am	8.00 am	Breakfast
8.00 am	10.00 am	Warm-up & Tennis
10.00 am	11.45 am	Fitness
11.45 am	2.00 pm	Lunch & Break
2.00 pm	3.30 pm	The Winning Mindset
3.30 pm	4.00 pm	Break
4:00 pm	5.30 pm	Tennis
5.30 pm	7.00 pm	Strategy
7.00 pm	9.30 pm	Dinner & Free Time

**Dates** 15 July - 17 July  
**Age** N/A  
**Price** RM2,300\*  
**Format** 2.5 Days (2 Nights)

\* Includes all group training and classroom sessions, full boarding, all snacks and meals and evening activities.



# THE JUNIOR CAMP

The Junior Camp provides children with the opportunity to learn the Mouratoglou methodology from as young as five years of age. Starting tennis coaching at an early age ensures that the correct techniques are assimilated, setting a strong foundation for the future.

**Given the ages of the participants, the Junior Camp is a non-residential camp.**

Please find an example of the daily itinerary below:

Start Time	End Time	Day 1	Day 2
8.00 am	8.30 am	Registration & Breakfast	-
8.30 am	9.00 am	Opening Ceremony	-
9.00 am	10.15 am	Warm-up & Tennis	Warm-up & Tennis
10.15 am	11.15 am	Coordination Skills	Coordination Skills
11.15 am	12.00 pm	Fun & Games, Stretching	Fun & Games, Stretching
12.00 pm	2.00 pm	Lunch	Closing Ceremony (incl. lunch)



**Dates**

**23 July - 24 July - FULL**

**Age**

**30 July - 31 July - Limited slots**

**Price**

**5 - 9 years old**

**Format**

**RM650\***

**2 Days (6 Hours daily)**

\* Includes all training sessions, lunch and snacks

# THE WEEKEND CAMP

The Weekend Camp is a short programme for participants looking for a fun weekend of tennis and interactive games. This camp is designed for students looking for a casual introduction to the Mouratoglou training methodology. Students will develop a deeper love for the sport, leaving the programme with greater confidence, camaraderie and sportsmanship.

**The Weekend Camp differs from the Flagship Camp in terms of drills, fitness and intensity.**

Please find an example of the daily itinerary below:

Start Time	End Time	Day 1	Day 2
8.00 am	8.30 am	Registration & Breakfast	Breakfast
8.30 am	9.00 am	Opening Ceremony	Breakfast
9.00 am	10.30 am	Warm-up & Tennis	Warm-up & Tennis
10.30 am	12.00 pm	Game Activity	Game Activity
12.00 pm	2.00 pm	Lunch	Lunch
2.00 pm	3.30 pm	Tennis	Tennis
3.30 pm	5.00 pm	Game Activity	Game Activity
5.00 pm	6.00 pm	Free Time	Closing Ceremony
6.00 pm	9.30 pm	Dinner & Night Activity	-

**Dates** 23 July - 24 July - FULL  
**Age** 30 July - 31 July - Limited slots  
**Price** 10 - 16 years old  
**Format** RM1,800  
2 Days (1 Night)

\* Includes all group training and classroom sessions, full boarding, all snacks and meals and evening activities.





# LIFE AT EPSOM



## ACCOMMODATION

Student-athletes will be allocated a room in one of our six boarding houses. All rooms are fully furnished, air-conditioned, and have heated showers. At night, students can look forward to enjoy relaxing with a game of pool, foosball, board games, or even games on our PS4s that are readily available in all houses.



## DINING

Three meals shall be provided alongside refreshments throughout the day. An all-day cafe and grab-and-go is also available outside of mealtimes. Participants will enjoy a wide selection of cuisines from all over the world.



## SPORTS & FACILITIES

During the evenings, participants will have full use of the world-class athletic and leisure facilities across Epsom's 50-acre campus. Enjoy tennis, football, squash, badminton, swimming, or even a jog in the evening.



## PASTORAL CARE AND SUPERVISION

Over the week, students will learn, live and play in a safe, secure environment. A team of experienced Epsom teachers and support staff (including full-time medical nurse) will be on hand at all times to provide the best possible care and supervision in-line with the best traditions of boarding at Epsom.

# SUMMER CAMPS

Registration is accepted on a first-come, first-served basis subject to availability of places. Priority will be accorded to registrations received with payment.



Scan the QR code or  
click **HERE** to register.



Drop an email to [events@epsomschool.com](mailto:events@epsomschool.com) or contact +606-2404188 for any queries.