

MOURATOGLU

— TENNIS PROGRAMME
AT EPSOM MALAYSIA



TENNIS CAMPS

October - December 2022
World-class training at Epsom College in Malaysia

A WORD FROM PATRICK MOURATOGLOU

Dear Parents,

We have designed the Mouratoglou Tennis Programme's Camps to cater to youth tennis enthusiasts who share the desire and passion to develop their game in a fun and fulfilling way!

The Mouratoglou Tennis Programme's Summer Camps were a great success, drawing attendees from as far as Korea and Japan. Participants were introduced to the Mouratoglou training methodology and were able to work towards building quality and consistency into their game. We look forward to welcoming more student-athletes onto campus for the next round of camps - which will be permanent fixtures throughout the academic year - running alongside the full-time Mouratoglou Tennis Programme.

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



Patrick Mouratoglou

Patrick Mouratoglou

THE MOURATOGLOU TENNIS PROGRAMME COACHING TEAM



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**

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THE WEEKEND CAMPS

The Weekend Camps are a short programme for participants looking for a fun weekend of tennis and interactive games. These camps are 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 Camps differ from the Flagship Camps in terms of drills and intensity.

Please find an example of the daily itinerary below:

Start Time	Day 1	Day 2
7:00		Breakfast <i>Please wear tennis apparel</i>
8:00	Registration & Breakfast <i>Please wear tennis apparel</i>	Warm-Up
8:15		
8:30	Opening Ceremony	Tennis & Mental Training
9:00	Warm-up	
9:15	Tennis & Fitness	
11:45	Lunch & Rest	Lunch & Rest
14:30	Warm-up	Warm-up
14:45	Tennis & Fitness	Mini Tournament
17:00		Closing Ceremony
17:15	Pool Time & Rest	
18:30	Dinner	
19:30	Rest	
21:00	Lights Out & Preparation to Sleep <i>Please contact participants before 21:30</i>	



Dates | 22 October - 23 October
Age | 10 - 16 years old
Price | RM2,400*
Format | 2 Days (1 Night)

* Includes all training sessions, full boarding, meals, snacks and evening activities. Price is subject to 6% SST.

THE FLAGSHIP CAMPS

The Flagship Camps are a reflection of the Mouratoglou Tennis Programme's full-time flagship tennis and school programme. At Epsom, we not only understand the importance of academics but also the need to address the emotional, social and ethical needs of students in an integrated learning format. We aim to spark a thirst and curiosity for knowledge that will set our students up for success in all aspects of their lives, promoting engagement in an immersive learning environment. Through this, our students develop an agile mindset, ready to understand, learn, collaborate and pivot, particularly within a team dynamic.

These Camps are designed for aspiring student-athletes between the ages of 10 to 16 years, blending intensive tennis training - skills, strategy, gameplay and fitness - and classroom sessions - Winning Mindset and 3D Modelling or Public Speaking or Future Leaders Programme. We believe that this powerful combination helps to build a child's sense of competence and achievement, ultimately leading to a well-adjusted and balanced individual.

There will also be planned group excursions to either Melaka Zoo, Port Dickson or 1 Utama.

Dates	24 - 28 October (Flagship 1) 5 - 9 December (Flagship 2 <i>New</i>) 12 - 16 December (Flagship 3)
Age	10 - 16 years old
Price	RM6,000*
Format	5 Days (4 Nights)

* Includes all training and classroom sessions, full boarding, all snacks and meals and evening activities
Price is subject to 6% SST.



THE FLAGSHIP CAMPS

Please find an example of the daily itinerary below:

Start Time	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday
7:30	Registration, Breakfast & Bag Drop <i>Please wear tennis apparel</i>	Breakfast <i>Please wear tennis apparel</i>	Breakfast <i>Please wear tennis apparel</i>	Breakfast <i>Please wear tennis apparel</i>	Breakfast <i>Please wear tennis apparel</i>
8:15	Opening Ceremony				
8:45	Tennis	Tennis	Tennis	Tennis	The Game of Tennis
9:00					
10:30					
11:00	Fitness - Agility	Fitness - Speed	Shower, Lunch & Break	Fitness - Endurance	Tennis
11:45	Shower, Lunch & Break	Shower, Lunch & Break		Shower, Lunch & Break	Shower, Lunch & Break
12:00					
12:30					
14:00	Classroom Session*	Classroom Session*	Excursion**	Classroom Session*	Mouratoglou x Epsom Challenge Cup
16:00	The Winning Mindset <i>Strategy & Mental Training</i>	The Winning Mindset <i>Strategy & Mental Training</i>		The Winning Mindset <i>Strategy & Mental Training</i>	Tea Break & Closing Ceremony
16:30	Tennis	Tennis		Tennis	
17:30					
19:00	Dinner, Shower & Break	Dinner, Shower & Break		Dinner, Shower & Break	
20:00	Board Game Night	Board Game Night		Bubble Football	
20:30					
21:00	Lights Out & Preparation to Sleep <i>Please contact participants before 21:30</i>	Lights Out & Preparation to Sleep <i>Please contact participants before 21:30</i>	Lights Out & Preparation to Sleep <i>Please contact participants before 21:30</i>	Lights Out & Preparation to Sleep <i>Please contact participants before 21:30</i>	

Please note that participants will be given ample opportunity for rest and rehydration throughout the day.

*Classroom sessions for Flagship 1, 2 and 3 will be Public Speaking, 3D Modelling or Future Leaders Programme respectively.

**The excursion for Flagship 1, 2 and 3 will be to Port Dickson, Melaka Zoo and 1Utama respectively.

A TASTE OF MOURATOGLOU AT EPSOM

A Taste of Mouratoglou At Epsom allows students to gain firsthand experience of what life at a British boarding school is like - students will live on campus whilst attending academic classes in their respective year groups, participating in fun boarding house activities and engaging in tennis training like student-athletes. Students will also leave with a personalised training report from the Mouratoglou coaches with performance and growth targets provided during a one-to-one feedback session. Those who wish to sign up for the full-time tennis and school programme will be able to do so without any further evaluation if they meet the criteria for enrolment during the taster week.



Dates	20 - 26 November 27 November - 3 December
Age	10 - 16 years old
Price	RM6,000*
Format	7 Days (6 Nights)

* Includes all training and classroom sessions, full boarding, all snacks and meals and evening activities
Price is subject to 6% SST.

A TASTE OF MOURATOGLOU AT EPSOM

Please find an example of the daily itinerary below:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		Breakfast				
8:30		Period 1				MTP Tennis
9:20		Period 2				
10:05		Break				
10:25		Period 3				MTP Tennis
11:15		Period 4				
12:05		Period 5				Lunch and Closing Ceremony
12:50		Lunch And Recovery Time				
13:45	Welcome And Registration		Period 6			Pack Up
14:35	School Tour		Period 7			End
15:25	Ice Breaking Session		Period 8			
16:15	Snack & Tennis Prep Time					
17:00	Mouratoglou Tennis Programme At Epsom Athlete Development					
19:30	Shower & Change					
20:00	Dinner At Dining Hall					
20:30	Prep for Week	Homework & Recovery				

JUNIOR CAMPS

The Junior Camps are created for young beginner-level tennis players between the ages of 5-8 who are either keen to try out tennis for the first time or for those who are starting out in the game. Each tennis camp will accommodate a maximum of 8 players who will be split into skill-level groups prior to the start of the camp.

Please find an example of the daily itinerary below:

Start Time	Saturday	Sunday
7:30	Registration & Breakfast	
8:00	Opening Ceremony	Warm-up & Drills
8:30	Warm-Up & Drills	Coordination Skills
9:00	Tennis	
11:30	Coordination Skills	Mini Tournament
12:00	Fun & Games, Stretching	
12:30	Lunch	Lunch & Closing Ceremony
1:00	Pick-Up	End

Dates

**19-20 November
10-11 December**

Age

5 - 8 years old

Price

RM1,200*

Format

2 Days

* Includes all training sessions, lunch and snacks.
Price is subject to 6% SST.



ADULT CAMPS

The Mouratoglou Tennis Programme at Epsom will provide coaching to adults over two dedicated adult camps. Designed for participants over the age of 18, the adult camps are well suited for those keen on taking their recreational or professional tennis to the next level.

Please find an example of the daily itinerary below:

Start Time	Saturday	Sunday
8.00	Registration & Breakfast	
8.30	Opening Ceremony	Meet Up At Courts
9.00	Warm-Up & Tennis	
11.00	Fitness	
12.00	Lunch & Rest	
2.00	Fitness	
3.15	Tennis	Tennis & Mini-Tournament
5:15	Stretching & Cool Down	Closing Tea
5.30	End Of Day 1	End Of Day 2



Dates 26-27 November
10-11 December
Age 18 years old and above
Price RM2,800*
Format 2 Days (1 Night)

* Includes 1 night of accommodation at Tune Hotel KLIA2 and transportation
Price is subject to 6% SST.

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.

TENNIS 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
to **register.**



Drop an email to events@epsomschool.com or contact +606-2404188 for any queries.