



ESCA WANDERERS TENNIS ACADEMY

Developing the Talent of Africa



Operated by Legacy Tennis Academy



LEGACY TENNIS ACADEMY
Growth - Knowledge - Excellence

THE ESCA TENNIS ACADEMY

Welcome to the Elite Sporting and Culture Academy (ESCA). As a leading international school, ESCA has partnered with Legacy Tennis Academy to provide an elite structured pathway for student athletes. Our Tennis Academy offers athletes the support, structure and guidance to balance their academic and sporting demands. Using the latest coaching philosophies and technologies, we offer student athletes an individualised education partnered with a high performance tennis programme, giving our student athletes the best possible opportunity to achieve and excel.



ERNST ACKERMANN:
CHIEF OPERATIONS OFFICER

ESCA'S TALENT DEVELOPMENT SYSTEM

ESCA's unique Talent Development System comprises four pillars, each contributing to the holistic development of our student athletes and cultural performers.



Academic

Students are supported to attain, maintain, and retain a healthy work ethic towards their studies, while balancing their passions and other demands. As with any committed activity, time, patience, and perseverance are essential to achieving in all areas.



Co-curricular

ESCA collaborates with high performing, committed sports and cultural specific academies and industry specialists to offer our students quality technical and tactical training, and access to world-class facilities, networks and support.



Athlete Wellness

Physical conditioning, recovery and maintenance, together with mental strength and sustainability, are core ingredients needed for the holistic growth and development of a student athlete. ESCA students will have access to an array of wellness experts and services, building athletes who can navigate the complexities and demands that come with excellence.



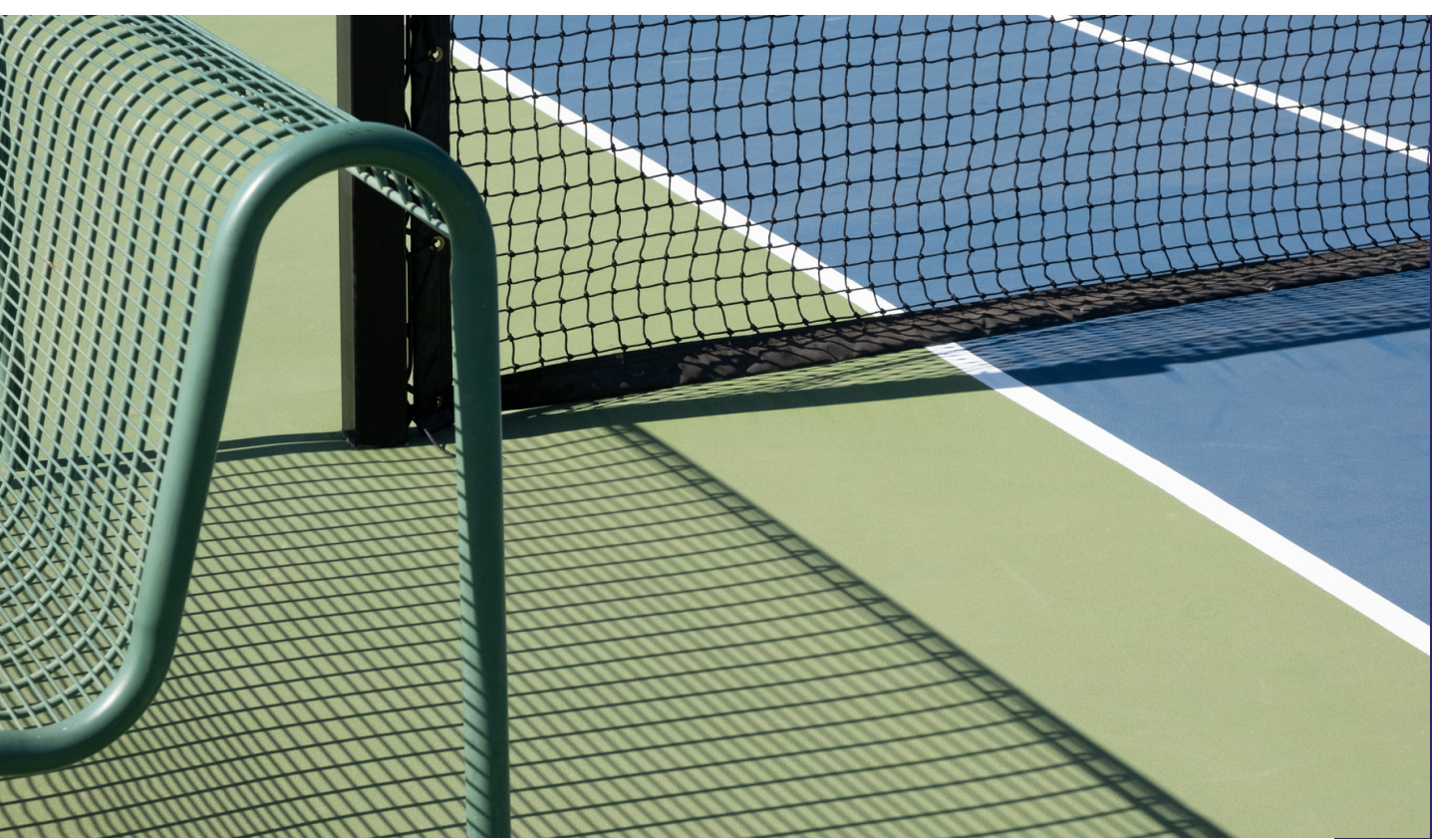
Tertiary

Having the right skills, knowledge and resources is vital to making the best decisions for your education and career after school. ESCA supports its students by developing these skills, and by providing access to a network of opportunities available both locally and abroad.



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ABOUT THE ESCA TENNIS ACADEMY



ESCA Wanderers has partnered with Legacy Tennis Academy to develop an integrated tennis academy within a flexible schooling system. This system aims to accommodate the flexibility needed to practise and do physical conditioning during the school day, as well as the flexibility required for tour and travel, while still getting a world class international education.

Key to the programme is the comprehensive support both on the court and in the classroom, allowing for optimal performance.

Personal tennis and conditioning programmes are individually tailored to each player's developmental track, with both short and long term goals in mind - from junior local and ITF tournaments to a college career in the USA.



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PLAYER DEVELOPMENT FOCUS AREAS



- Individual coaching focused on technique and game development
- Developing and understanding game styles
- Squad coaching with the focus on drilling and match play
- Developing a culture within the training group that inspires and builds camaraderie
- Strength and conditioning

MENTAL COACHING

- Developing the mental side of the game
- Understanding tactics and analysis while competing
- Building emotional intelligence to perform under pressure
- The Academy works closely with the in-house mentorship program to help develop the mental side of the game

PHYSICAL DEVELOPMENT BASED ON THREE PILLARS



MOVEMENT ON THE COURT

Offensive and defensive skills development



STRENGTH BUILT IN THE GYM

Game preparation and IQ positional training



ENDURANCE

Speed, movement and vertical jump training



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MEET OUR COACHING TEAM



VAUGHN HUNTER

ACADEMY DIRECTOR AND HEAD COACH

Vaughn's tennis journey has been marked by remarkable achievements. He secured three ITF singles titles and one ITF doubles title, attaining a career-high junior world ranking of 371. As a junior, he emerged as the second-ranked player in South Africa. Vaughn's exceptional skills earned him a full scholarship to the top-ranked Tyler Junior College in the United States, where he earned an associate's degree in Kinesiology.

Throughout his college career, Vaughn continued to excel with a notable record of 15 wins in his first year, earning the title of "freshman of the year." He also qualified for the NCAA doubles championships and wrapped up his college tennis journey with an impressive top 20 ranking in Division 1. In addition to his playing career, Vaughn has made a significant impact as a coach, both locally and internationally. He has also contributed to the development of junior players at the Eagle Fustar Tennis Academy in Santa Clara, California.

TREMAYNE MITCHELL

ACADEMY DIRECTOR AND HEAD COACH

Tremayne embarked on his tennis journey at the tender age of six, consistently achieving top five rankings in his respective age groups and even reaching the remarkable position of second in the country. His dedication led him to participate in international tournaments across Italy, Portugal, the United Kingdom, and Spain, where he received coaching from Jofre Porta, an esteemed ATP Coach of the Year known for his early work with Rafael Nadal.

Tremayne's talent and hard work earned him a scholarship to Winthrop University, a Division 1 institution in South Carolina, USA. During his collegiate career, he notched an impressive record of around 100 wins, made two appearances in NCAA Division 1 tournaments, and culminated his academic journey with a Masters degree in Business Administration.

Beyond his own achievements, Tremayne has also made a significant impact as a coach, nurturing the skills of elite junior players, many of whom have gone on to compete in various divisions of NCAA universities in the United States.



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TRAINING AND TRAVELLING SCHEDULE

LOCAL TOURNAMENT SCHEDULING

- All Academy players will have their own goals and development pathway with regard to tournaments and scheduling. Each player's tournament and training schedule will be worked out in line with their performance goals.

INTERNATIONAL TOURNAMENT SCHEDULING

- Many players will be working towards improving their international ranking with the hopes of either going to college in the USA or transitioning on to the respective futures tours. Tournament scheduling and planning will be an integral part of the developmental pathway for all academy players.





THIS PROGRAMME IS FOR YOU IF:

- You're an elite athlete focused on becoming a top tier tennis player.
- You're a tennis player who requires a specialised high performance programme.
- You're an athlete who requires an uncompromised tailor-made academic programme that takes sporting requirements and commitments into account.
- You're an athlete looking to maximise exposure both locally and internationally.

THE VALUES THAT GUIDE US

E

Empathy:

To share someone else's feelings or experiences by understanding what it would be like to be in that person's situation.

S

Solidarity:

Unity of an aligned collective that produces or is based on a community of interests, objectives, and standards.

C

Courage:

The quality shown by someone who takes the challenge or faces something difficult, even though they may be afraid.

A

Accountability:

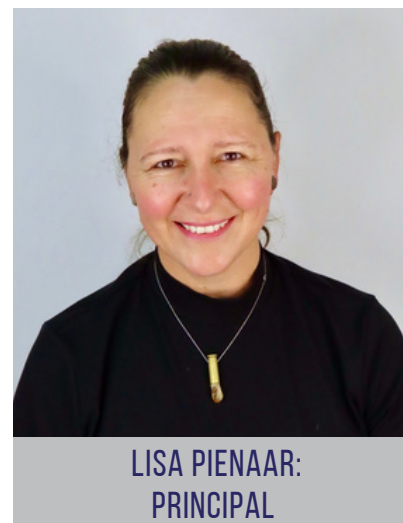
The obligation to account for activities, accepting responsibility for them, and to disclose the results in a transparent way.



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THE ACADEMIC PROGRAMME

Lisa Pienaar joined Team ESCA in January 2021 as Head of Academics. In her 28 years in education, Lisa's personal philosophy has been to nurture each individual child to reach their full potential. She believes human beings are so much better when they are honest and authentic, and she believes that living ESCA's values of Empathy, Solidarity, Courage and Accountability helps each person who enters this school to become better citizens of South Africa, and the world. Lisa believes that children show up best for learning when they are seen and heard, and as the ESCA Principal, she encourages her teachers to make meaningful connections with each other and with their students.



Education at ESCA continuously assesses and monitors student performance, while ensuring that learning competencies progress so that they are on track to succeed in all areas of their development. Our team of qualified teachers and experts work together to facilitate a constructive environment which supports tenacity, encourages confidence, and a healthy, balanced work ethic. Building futures at ESCA informs our selection of the international curricula and methodologies which comprise our offering:

Cambridge International

ESCA is an accredited Cambridge International School. The Cambridge international curriculum sets a global standard for education, and is recognised by universities and employers worldwide. Our curriculum is flexible, challenging and inspiring, culturally sensitive yet international in approach. Cambridge students develop an informed curiosity and a lasting passion for learning. They also gain the essential skills they need for success at university, and in their future careers.

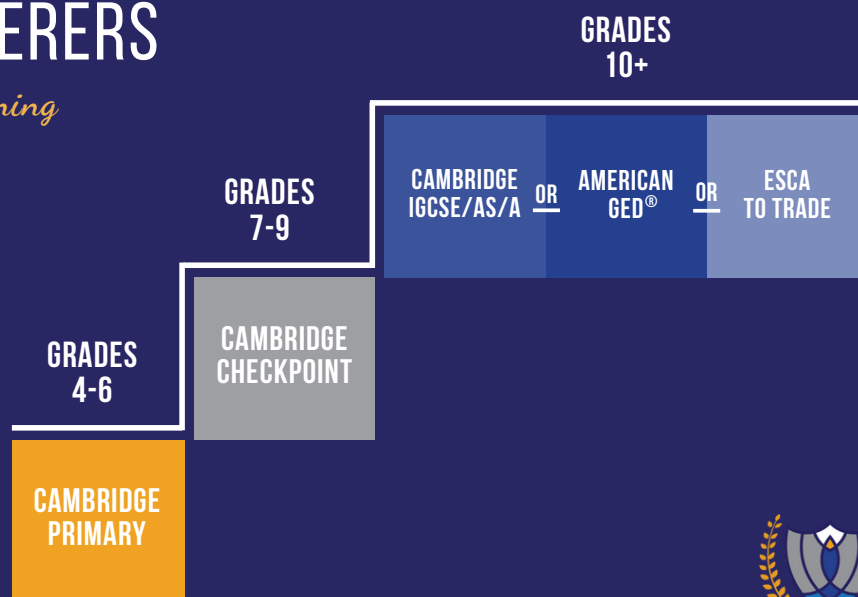
GED®

The American GED®, available to students once they complete Grade 9, is widely considered the closest foreign equivalent to the South African National Senior Certificate. It allows students to apply for further education both locally and abroad upon completion. The GED® is tailored to each student's knowledge level and learning pace, with personalised lesson plans which accelerate learning. The GED® curriculum is skill-based, ensuring that students apply the skills that they have learned practically.



ESCA WANDERERS

The Ladder of Learning



GOOGLE CLASSROOM

The integration and daily use of technology is a necessary skill which students need to master to function at all levels of our constantly developing society. As a proud Google school, Google Workspace handles all virtual components of curriculum delivery at ESCA. The Google Classroom is a live interactive environment which supports and augments the student's campus experience, serving as a record of curriculum progress, and a resource to support learning.

INDEPENDENT STUDIES

Accountability is one of ESCA's core values. We teach our students to be responsible for their learning within the flexible bounds of the ESCA learning ecosystem. The academic day at ESCA includes independent study sessions that afford students the latitude to focus on necessary schoolwork at school (limiting the amount of time spent on school work after school hours). Achieving requires effort, and students must apply themselves to reap the benefits of that commitment. During these sessions, students can plan, prioritize, and problem-solve their academic workload, content, and homework, while at school with access to their teachers and under the supervision of their mentor.



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ATHLETE WELLNESS

The ESCA Mentorship Programme is designed to allow high-performance students to excel in all areas of their life while learning skills that will benefit them in their future endeavours. ESCA student athletes are paired with a mentor who has competed in sport at the highest level, one who understands what it takes to pursue one's dreams as a competitive athlete. Nicole Gillis heads up ESCA's Mentorship Programme. With a Master's degree in Sport Psychology and Motor Behavior from the University of Tennessee (USA), Nicole has worked in high-performance settings both in the United States and in South Africa. She completed her undergraduate degree (Bachelor of Science – Kinesiology) at the University of Arkansas (USA) whilst also being a student athlete on the University of Arkansas' Swimming and Diving Team. For eight years, she was a member of the South African National Diving Team.



NICOLE GILLIS:
HEAD OF ATHLETE WELLNESS

The role of the mentor is to support high-performance students during weekly meetings, to guide them in developing the skills needed to be prepared for the demands and stresses that face at school, and during training or competing. We acknowledge that being a high-performance student comes with certain challenges that our mentors are well equipped to give guidance and direction on. This includes ensuring our students get the necessary support from, and access to, various professionals including biokineticists, chiropractors, nutritionists, and mental performance coaching, where necessary.



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THE FUTURE-FIT PROGRAMME

ESCA has developed a unique programme which teaches our student athletes the practical and theoretical skills required in personal, sport and business spheres. The ESCA Future-Fit programme directs and supports our student athletes in developing essential personal mastery tools.

Producing competent and capable professionals who embody ESCA's values by exercising Empathy, operating in Solidarity, displaying Courage, and taking Accountability, requires a programme that includes:

 Living an active and healthy lifestyle	 Brand and image	 Personal and professional portfolio building
 Athlete career pathway guidance	 Basic personal finance skills	 Time management skills
 Personal planning and goal setting	 Growth mindset and mindfulness	 Study and academic skills

COME VISIT US TO FIND OUT MORE!

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