



# Milligan Tennis

## Performance Program

Milligan Tennis performance squads are led by Head Coach  
**Luke Milligan**

A former professional tennis player and British Davis Cup player, Luke was a National u18 junior champion and achieved an ITF u18 world ranking of 21. In 1996 Luke reached the 3rd round of the men's singles at Wimbledon. Luke has a long track record of coaching world-class players including WTA tour professionals Anne Keothavong, Laura Robson, Katie Boulter and Naomi Broady as well as multiple junior national champions.

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Luke has also worked as a travelling coach for many other players, including Jo Konta and Heather Watson and has been a Great Britain junior girls team captain. This broad range of playing and coaching experience makes Luke ideally placed to help young players to make the transition from junior to senior tennis.



Players on the performance program will receive coaching from an internationally recognised LTA Level 5 master performance coach as well as benefitting from goal setting and review sessions every 6 weeks.

**Performance  
Squad  
Timetable**

**Monday 6-7:30**

**Tuesday 4:30-6 and 6-7:30**

**Thursday 6-7:30 (girls only)**

**Friday 6-7:30**



**Book online now**  
[www.milligantennis.com](http://www.milligantennis.com)

Please check with Luke Milligan to confirm suitability for squads.

## How to book and pay

Go to the website or see the booking info form to set up your standing order. The 12 monthly payments will cover 38 weeks term time squads, one squad for each of the 3 half term weeks and will also cover 5 days of Easter or summer performance camps between Sept 2019 and the end of August 2020. (See website for terms and conditions)

Autumn term 15 weeks - Monday 9th September to Saturday 21st December 2019

Winter term 13 weeks - Monday 6th January to Saturday 4th April 2020

Spring/Summer term 13 weeks - Monday 20th April to Saturday 19th July 2020

## Performance Packages

### 'Performance Silver'

2 weekly performance squads (1 during half term weeks)

5 performance camp days

Goal setting and review session every 6 weeks

Monthly cost = £99 member

### 'Performance Gold'

3 weekly performance squads (1 during half term weeks)

5 performance camp days

Goal setting and review session every 6 weeks

Monthly cost = £140 member

If you wish to access one squad per week the monthly cost including the 5 performance camp days will be £65. please contact Luke to confirm availability before you arrange your standing order.

Group and individual Physical training can be arranged on request. Speak to Luke for more details.



Mobile - 07917 604 715

E-Mail - [luke@milligantennis.com](mailto:luke@milligantennis.com)

Website - [www.milligantennis.com](http://www.milligantennis.com)

Players signed up for the performance program will have priority for individual sessions with Head Coach Luke



**Milligan**  
**Tennis**