



# wheelchair tennis coaches review



Issue 7 February 2003

Welcome to Issue 7 of the ITF Wheelchair Tennis Coaches Review. The Review has proved to be a great success with 5527 copies of issues 1 - 6 being downloaded from the website since the site went live.

Coach Education continues to be a high priority for the ITF Wheelchair Tennis Department. At the Invacare World Team Cup by Camozzi held in Italy an international coaches workshop was held and was attended by close to 40 coaches from all over the world. Presentations on wheelchair tennis were also made at the European Coaches Symposium by David Sanz (ESP) and the ITF Regional Workshop in Beijing, China. In September 2002 I conducted a two day coaches workshop in Budapest, Hungary.

The IWTA Coaches Commission met at the Invacare World Team Cup in Italy to discuss issues related to coaches and coaching in wheelchair tennis. There is an article on the IWTA Coaches Commission in this issue.

A two hour coaches workshop was organised at the recent Sydney International tournament on the NEC Wheelchair Tennis Tour. IWTA Coaches Commission members, Dan James (USA) and Randy Snow (USA) presented at the PTR International Tennis Symposium in South Carolina, USA in February 2003. The ITF would be interested to know if any coaches are invited to speak at National Coaching Conferences.

The ITF is eager to increase the amount of research undertaken in wheelchair tennis. In this issue there is an interesting article by Dr Horst Guentzel on fitness testing for wheelchair tennis players. The ITF would be grateful if coaches make use of these tests that they send the results to the ITF office to increase the amount of data that is available.

As part of the celebrations for 25 years of wheelchair tennis the ITF launched the Silver Fund. This is a very exciting project that will place coaches into developing countries to put programmes in place. You can read more about this initiative in this edition.

If you would like to contribute to this review, or if there is a topic you would like to read about, please do not hesitate to contact me.

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Participants at the ITF Wheelchair Tennis Coaches Workshop in Italy. Photo: Rien Hokken

## Doubles as a 'spectacular selling tool'

Louis Lamontagne



*Louis, 38, is the author of a book on wheelchair tennis doubles. He has been coaching tennis for 22 years and wheelchair tennis for five years. He has personally coached Isabelle Müller (SUI), Karine Erath(SUI), Helene Simard (CAN), Claude Brunet (CAN) and Yan Mathieu (CAN). He is a National Coach for Tennis-Canada, and the touring coach for the National wheelchair women's tennis team. He presented at the ITF Wheelchair Tennis Coaches Workshop in Italy in September 2002.*



- ◆ **AGGRESSIVE TENNIS IS ATTRACTIVE TO SPECTATORS AND ENJOYABLE FOR THE PLAYERS;**
- ◆ **MOVEMENT MAKES WHEELCHAIR TENNIS MORE AGGRESSIVE;**
- ◆ **THEREFORE, MOVEMENT IN DOUBLES WILL HELP SELL THE SPORT WHILE ATTRACTING AND KEEPING MORE PLAYERS.**

*How can we increase movement so that we see a lot of aggressive play during doubles matches?*

Mastering the "when and why" of **switches** during play is one interesting option. Let's start by listing and describing the different switching situations.

Categories of Switches	
"Court-Coverage" Switching	"Best-Shot" Switching
1. Momentum Switch	1. Rallying Switch
	2. Pressing Switch
	3. Weapon Switch
2. Retrieving Switch	4. Target Switch

N.B.: The player making contact is the dark dot ( ● ) in ALL the diagrams. The player represented by the white dot ( ○ ) is the one changing sides while the partner hits. The ball is placed at impact: the small gray dot ( ◦ ). All the recoveries ( ..... ) are hypothetical and will vary with style and last shot played.

### "Court-Coverage" Switching

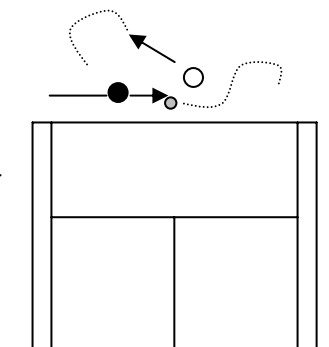
As its name points to, this type of switch is necessary to best cover the court at all times. The ability and the possibility to make the proper switch at the right time depends on angle coverage, speed, awareness of your partner's position and anticipation.

#### 1. Momentum Switch

- this type of switch occurs after a ball hit in the middle. When both players are coming toward the middle, if the player who hits the ball has a lot of momentum, it will be easier for him to keep on going to take his partner's side - while his partner does the same. If the players don't make that switch or make it late, they leave part of the court open, and give an opportunity to the other team to win the point by playing to this open court (or behind the player hurrying to cover the opening).

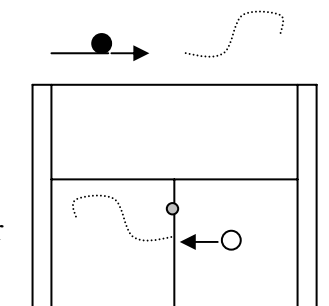
#### A) Both players in the backcourt

In this type of switch, it could be either player who plays the ball (contact in the middle). The momentum toward the other side is the important variable. If the player who is going to play the ball has little speed and will be able to turn or stop when he hits the ball, then switching is optional.



#### B) With one player at the net

The same applies in this instance. Either player could be the one making contact.



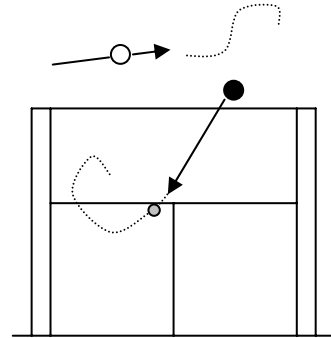
## 2. Retrieving Switch

- this type of switch occurs when a ball is hit on one of the players' side and that it has to be chased down by the partner coming from the other side. The player not going for the ball should be switching sides right when he judges that he doesn't have a play on the ball, and that his partner is pushing to get it. If he doesn't switch, the team leaves half the court open. The switch is obviously mandatory for the player chasing the ball or the team loses the point.

### A) Both players in the backcourt

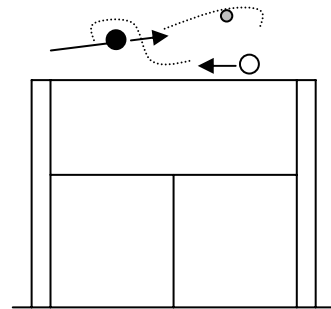
- ◆ In front of the partner

The player going for the ball is in the best position to play it.



- ◆ Behind the partner

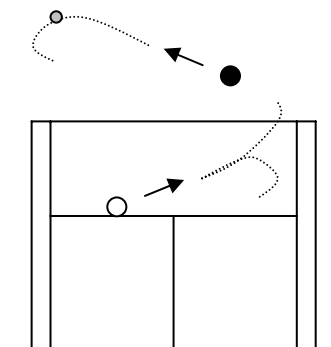
The ball bounces over the player and the partner goes behind her to play it.



### B) With One player at the net

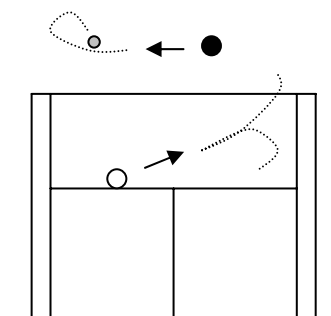
- ◆ Against a lob

Player at the net switches and can elect to go in the backcourt or stay at the net.



- ◆ Against a ball in the middle

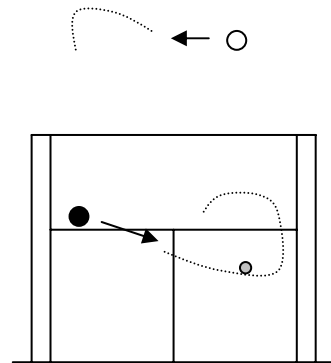
Player at the net cannot play the, and her partner crosses the middle to retrieve the ball which, in this example, came from



the opponents' deuce court.

- ◆ On a ball in front of the backcourt player

The backcourt player has no chance of playing the ball so the partner switches sides to retrieve it.



### **"Best-Shot" Switching**

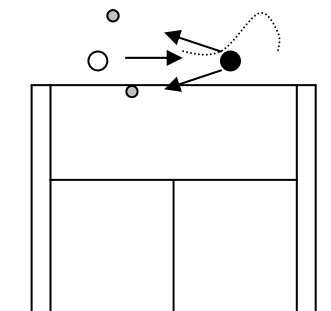
This type of switching is done so that the team will either prevent an error or a defensive situation, or create a more dominant position.

#### 1. Rallying Switch

- one of the player elects to take the ball because he judged that his partner would have faced a difficult time hitting a quality shot. The difference with the retrieving switch is that both partners are in position to play the ball. This type of switch can be done in front or behind the partner (2 arrows and 2 possible impacts). Note that either player can signal the switch: the one who thinks he will be in a better position to play the ball, or the one who judges that his partner will hit a more effective shot.

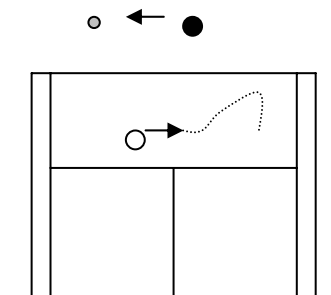
##### A) Both players in the backcourt

This type of switch can be done in front or behind the partner (2 arrows and 2 possible impacts). The goal is to keep the team in a rallying phase of play.



##### B) With one player at the net

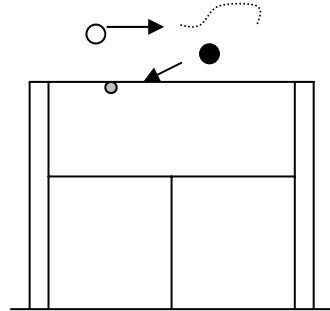
Net player judges that her volley would not produce a neutralizing or winning shot so she elects to let her partner play the ball behind her (naturally, she knows it will not get the team in a weaker position).



## 2. Pressing Switch

- mostly done on the 1<sup>st</sup> bounce, this type of switch is done to rob opponents of recovery time (press). The player hitting the ball crosses in front of the partner while the latter switches to the other side.

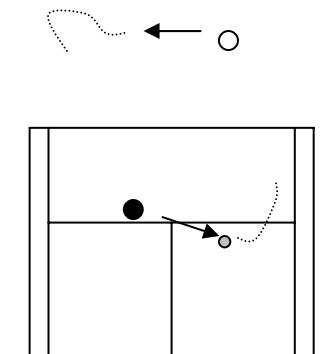
A) Both players in the backcourt



B) With one player at the net

◆ Poaching

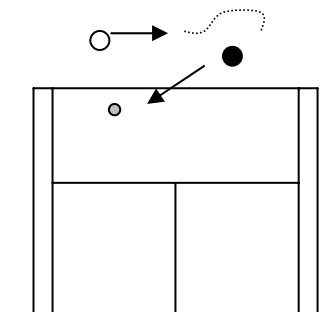
The net player takes the ball in the air or after it bounces on the partner's side.



## 3. Weapon Switch

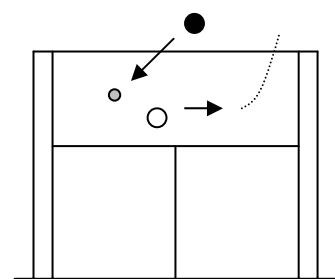
- this type of switch is done with the intent of using one of the players' best shot; usually a shot that's going to win the point or set the team up on the next hit.

A) Both players in the backcourt



B) With one player at the net

The net player can play the ball, but the shot that the backcourt player will



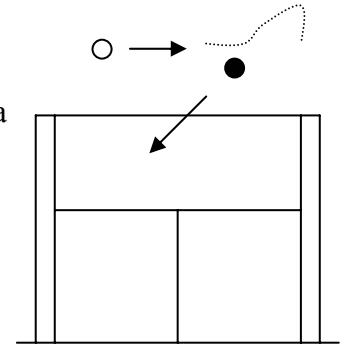
play has more chances of winning the point or setting the team up.

4. Target Switch

- this type of switch consist in having partners change sides before the opponents hit the ball back. It helps in trapping them into hitting to the strongest player or the player at the net (or bother them through the movement). It must be done in an instance when the team has time to make the switch without getting in trouble.

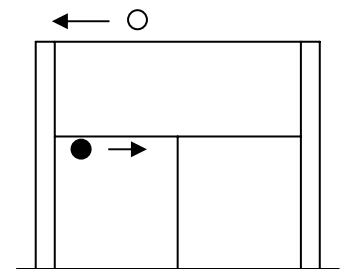
A) Both players in the backcourt

- ◆ Staying in the backcourt (no need for a diagram here)
- ◆ With one player going at the net



- ◆ Poaching

The net player crosses before the opponent makes contact.



**Summary:**

Phases of Play and the Use of Switches

<b>Attacking</b>	<b>Rallying</b>	<b>Countering</b>	<b>Defending</b>
- Pressing Switch	- Rallying Switch	- Momentum Switch	- Momentum Switch
- Weapon Switch	- Target Switch	- Retrieving Switch	- Retrieving Switch
- Target Switch	- Momentum Switch		
- Momentum Switch (with Net Play)	- Retrieving Switch		

**In a next article I will discuss some possible use of the switches to maximize the effectiveness of a teamstyle and its players. In the meantime, if you have any reactions, new input, or disagreements with what was written in this article please feel free to email me at: [loulamon@bluewin.ch](mailto:loulamon@bluewin.ch)**

## Stay Cool! The How's And Why's for Best Results!

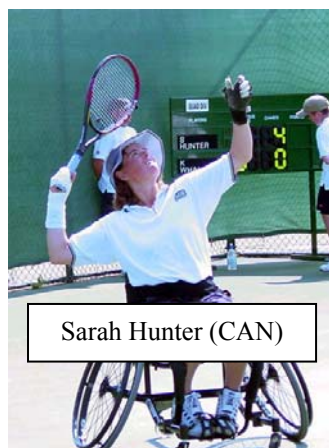
Kevin Whalen



*Kevin Whalen is currently ranked No. 15 on the ITF quad ranking. He is originally from Oneida, New York and has lived in Birmingham, Alabama since 1992. He started tennis at the age of 13 and played college tennis for two years. Kevin started wheelchair tennis one year after his accident in late 1985. He was hurt in a beach diving accident in 1984, resulting in a spinal injury (c-6,7 quadriplegic). He has reached the US Open singles final twice, and has been the US Open doubles champion twice. He was a member of the USA Invacare World Team Cup team in 2001 and 2002.*

This is a true story: Early in my competitive career, I was in a match during mid summer in Washington DC and was not aware that if you have difficulty in sweating or DON'T SWEAT at all, your internal body temperature can rise to very dangerous levels. I really wanted to beat my opponent, the match was close: I was up a set and at 4-3 in the second I just defaulted, so I could get out of the heat, I thought I was going to pass out right there! WHY? I had hallucinated that my father was on the other side of the net saying 'What are you doing?'. The problem was that my father had passed away a year earlier! It was then that I realised the importance of keeping cool in a match.

There are those that say it is important to keep your cool during a match, but it's more important to keep cool! If you don't develop a system to keep your self cool during a match, your body temperature will continue to rise, similar to rock being placed in the sun, it keeps getting hotter and hotter! This can be a very dangerous situation and can lead to dysreflexic conditions in extreme circumstances. Certainly hallucinations are a bit extreme but keeping your body cool will prevent



Sarah Hunter (CAN)

**'start the cooling process early'**

any emergencies!

The first and most important thing to remember is to start the cooling process early. A good way is to dip



The author cools off at a change over

a towel in cool or ice water, ring it out and let it hang on your neck or over your head before a match. Try to stay in shaded areas if possible. There are several ways to keep oneself cool during a match and it is up to each individual to find the method that suits them best. It is important to be able to do the cooling off during changeovers by yourself and to get ready for play in the time allotted by the rules.

Some of the different methods used are:

1. Spray bottles filled with cold or ice water.
2. Putting ice in your hat.
3. Having a cooler filled with ice water for dipping a towel, then you can drape the cold towel over the neck during play. It is a bit wet but it works in the hottest conditions.
4. Use this same system with water coolers provided on court, this eliminates the portable cooler.
5. There are devices you can buy commercially such as ice headbands or cooling vests.



World No. 1 Mark Eccleston is kept cool by Great Britain Quad Coach James Pankhurst  
Photo: Rien Hokken

It is also very important to keep your body hydrated during a match. You should have extra towels for drying your hands and handrims after the cooling process. Remember: if you can keep cool, then you can keep your cool and have better results!

## Meet the IWTA Coaches Commission

Mark Bullock

ITF Wheelchair Tennis Development Officer



The IWTA Coaches Commission is a group of coaches working to raise the profile of coaches and coaching within wheelchair tennis. Currently the commission meet annually to discuss a range of issues related to coaches and coaching. Items discussed by the IWTA Coaches Commission are then presented to the main IWTA Committee. Nominations for the IWTA Coaches Commission are made by the IWTA member nations every two years. The IWTA Member Nations have recently been asked for nominations. The deadline is Friday 28<sup>th</sup> March 2003.

The members of the IWTA Coaches Commission are:

**Mark Bullock, ITF Wheelchair Tennis Development Officer**

Email: [mark.bullock@itftennis.com](mailto:mark.bullock@itftennis.com)

Mark is the former coach to the Great Britain men's wheelchair tennis team. He attended four Invacare World Team Cups and the 1996 Paralympic Games. He was the personal coach of Jayant Mistry for a number of years. He also worked with wheelchair athlete Tanni Grey-Thompson at the 1996 Olympic Games. He has worked as the ITF Wheelchair Tennis Development Officer for two years. Prior to the he was the General Manager of the City of Nottingham Tennis Centre in the UK.



**Greg Crump (AUS)**

Email: [crumpy1@iprimus.com.au](mailto:crumpy1@iprimus.com.au)

Greg is the Australian National Wheelchair Tennis Coach. Greg coached the Australian men's teams to success in the Invacare World Team Cup in 1994, 2000 and 2002 and the he was coach to the women's team that won in 1999. He also attended the 1996 and 2000 Paralympic Games as the National Coach. He has been the Head Coach at the two ITF International Junior Camps in the Asia/Oceania region and has travelled extensively.



**Dan James (USA)**

Dan is the US National Wheelchair Tennis Coach. Dan graduated in 1992 with a major in Speech/Communications. He was introduced to wheelchair tennis in 1992 and began travelling to clinics, camps and tournaments in 1993. In 1998 he was appointed assistant coach to the US Invacare World Team Cup team and the following year he was made head coach. Dan was the men's coach for the US team at the 2000 Paralympic Games in Sydney. He currently works as a senior tennis professional at White Bear Racquet and Swim in White Bear Lake, Minnesota.



**Holger Losch (RSA)**

Holger coaches in South Africa and has been instrumental in the development of the wheelchair tennis in this country.

**Martin McElhatton (IWTA)**

Email: [Mcelhatton@aol.com](mailto:Mcelhatton@aol.com)

Martin is the IWTA President and is also President of the NWTa of Great Britain. Martin is the former coach to the Great Britain Quad team and has vast experience running camps at the grass roots of the game. He is also a tutor on the Lawn Tennis Association's wheelchair tennis short course.



**Dawn Newbery (GBR)**

Dawn is the Great Britain National Wheelchair Tennis Coach. Dawn has been the National Coach since 1992 and attended three Paralympic Games. In 2000 Dawn won the Wheelpower Sports Award for UK Coach of the Year. This was in recognition of her work both on and off court in the lead up to the Sydney Paralympics.



**Marko Polic (USA)**

Marko was appointed as the first the ITF Wheelchair Tennis Development Officer in 1998. He travelled the world extensively in this role giving clinics and workshops.

He also worked with a number of top players including Martin Legner, Ricky Molier and Chantal Vandierendonck.

### **Randy Snow (USA)**

Email: [Randysnow1@aol.com](mailto:Randysnow1@aol.com)

Randy won ten US Open singles titles, was the first Masters (1994) and ITF World Champion (1991) and won the singles and doubles gold medals at the 1992 Paralympics in Barcelona, Spain. He played for the United States nine times in World Team Cup competition winning eight times. He started the wheelchair tennis camp series in the United States conducting over 100 camps, wrote three books, served as the Vice Chair for the USTA Wheelchair Tennis Committee, and recently partnered the resources to provide two full collegiate scholarships for women at the University of Texas at Arlington. Randy also won Paralympic medals in basketball and track, and won an Olympic silver medal in the 1500 meter race in Los Angeles in 1984. Randy was awarded the Brad Parks Award in 2002 for his contribution to the game.



If you have any issues you would like to raise regarding coaches and coaching in wheelchair tennis please contact one of the members of the commission or email Mark Bullock at [markbullock@itftennis.com](mailto:markbullock@itftennis.com).

### **Fitness test for wheelchair tennis players**

Dr. Horst Guentzel.

Tennis Training Centre, Kashiwa  
Fitness Division



*Horst graduated from the German College for Physical Education in Leipzig. He worked for 13 years at the Research Institute for Physical Education and Sport in Leipzig in the department for training-science in speed and strength sports. During this time he worked voluntarily as a tennis coach, especially with junior tennis players. In 1990 he was appointed for one year as the national coach for youth of the former East German Tennis Federation.*

*In 1993 he went to Japan for work in a sports club. He worked as a fitness coach, consultant and adviser to College and Company Baseball teams and professional baseball players, as well as the personal coach for athletes in track and field (including the 1995 men's National Champion in the 100 m sprint; and the winner of the 1998 Asian Games in the women's high jump).*

*In 2000 he moved to the Tennis Training Centre in Kashiwa/Japan as Fitness Director. The tasks are fitness training for competitive tennis players and wheelchair tennis players including Satoshi Saida and Mie Yaosa,.*

The following fitness tests have been developed at the Tennis Training Centre (TTC) in Kashiwa, Japan. It is hoped that coaches around the world will undertake these tests and share the data to enable fitness trainers and coaches to become more knowledgeable of the fitness levels required to play wheelchair tennis. If you undertake these tests with your players and fill out the attached forms please forward copies to Mark Bullock at the ITF Office.

## **1. Purpose**

Based on the essential components of fitness for competitive wheelchair tennis players TTC designed a fitness testing protocol. The selection and creation of the exercises come after the principle, that the grade of disability is as far as possible not the limit for the performance. That means the exercises can be carried out by all players (with adaptations for quad players). The routines are very similar to the demands on court.

The main components which should be tested are agility/mobility, speed, power and endurance. The main goal of testing is to determine the status of fitness and to design a fitness training program.

The test should be carried out two or three times per year. After a period of physical training this is the base to assess the level and improvement of components of physical condition. Continuously used, this test is very helpful in designing or refining the training program for fitness training.

## **2. Exercises and procedures**

The test exercises should be carried out after a good warm up and sufficient induction into every exercise

### **SPEED TESTS**

#### **1. Baseline-net dash**

***In modern wheelchair tennis, fast movement in the chair on court becomes more and more important. Distances along the baseline and from the hub positions behind the baseline to the net are the longest distances for wheelchair tennis players to go. The baseline-net dash measures this component of speed.***

#### **Procedures**

1. Mark off beside the tennis court the distance from the baseline to the net. Verify the distance at the net posts is wide enough, to pass this line without danger for the wheelchair players.
2. Have a partner stand at the finish line with arm in the air and stopwatch in the hand.

3. Start position is with the main wheels on the start line. During the test the racket should be used as usual. At the command “ready, go” and the drop of the arm move in dash towards the finish line. When the body crosses the finish line, the time will be recorded.
4. Record the score of two attempts.
5. When electronically measurement is used, confirm the time will be taken, when the body passes the finish line (not the front wheel of the chair).

### **3. Tennis ball throw**

For strokes in tennis the motion speed of the racket is an important requirement. Especially in wheelchair tennis the motion speed of the hitting arm is an important physical requirement for the racket speed. The tennis ball throw is one method to be measure this ability.

#### **Procedures**

1. The distance of the throw can measured on all even areas.
2. The wheelchair has to be behind the throwing line. Use a measuring tape to measure the distance of the throws.
3. The player has 5 attempts for one arm over head throw.
4. Measure the distance from the throwing line to the point the ball landed.

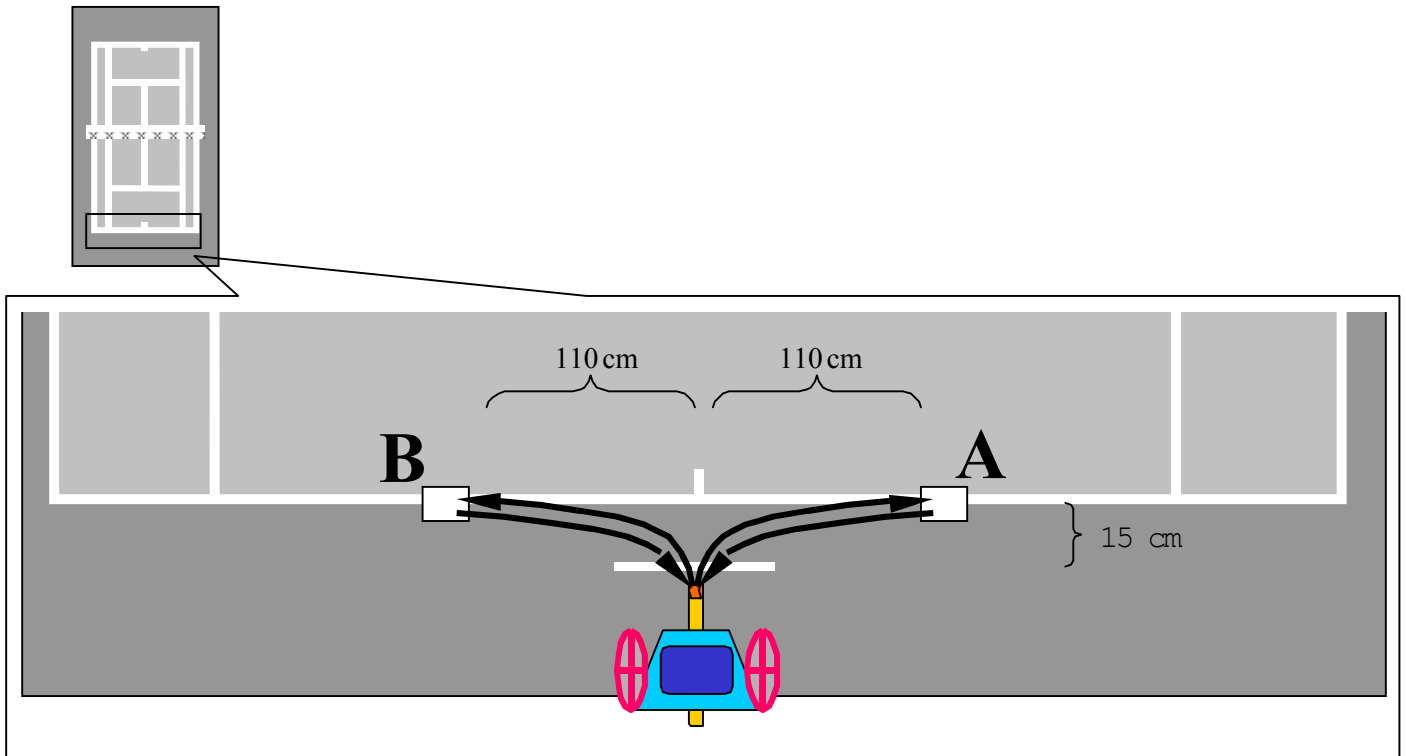
### **MOBILITY TEST**

#### **4. T-turns**

Chair mobility is the first critical element of wheelchair tennis. With today’s advances in chair technology and powerful game style, player mobility has vastly improved. This has led to the use of the chair as a power source as well as the advent of a more attacking style of play. Players are taking the ball on one bounce more and more, making contact inside the baseline as much as possible. This new tactic has changed the look of mobility. It is now essential to attack the ball in more open position, moving into the court and recovering back to the hub. This powerful moving in the court and recovering back can be measured with the T-turn test.

#### **Procedure**

1. Using a masking tape, mark off two points 110 cm right and left from the centre mark on the baseline. The points should be squares of 15 cm. And mark a short line 15 cm behind the centre mark of the baseline.
2. The starting position is behind the baseline facing the net with the front wheel on the line behind the centre mark. During the test the racket should be used as usual. At the command 'ready, go' turn the chair quick to one mark (A mark) and touch the mark with the front wheel. Than turn quick back to the starting point and turn the chair to the opposite mark (B mark). Than turn back to the starting point. Repeat these turns. Complete these turns to every mark 4 times. The time should be recorded when the fourth touch of B mark is finished. When a wheelchair with two front wheels will be used, the marks should be touched with one front-wheel.
3. The player has 2 attempts.
4. Have a partner to take the time and record the score.



## **STRENGTH TEST**

### **4. Grip strength:**

Good grip strength can help to prevent wrist and elbow injuries. In addition, it can help to hold the racket better on those off centre hits.

Grip strength measures the strength of the finger flexors and forearm muscles.

### **Procedure**

1. Use a grip strength dynamometer.
2. In an arm down position at side, the dynamometer will be squeezed about 3 seconds with one hand. Every hand should try two attempts.
3. Record the results in kilogrammes.

## **POWER TESTS**

### **4. Medicine ball toss/overhead**

In wheelchair tennis the main power for strokes will be developed by using the arm and shoulder muscles. The level and improvement of the basic power for the strokes can be measured with medicine ball tosses. Because of the different causes of disability between the players, the overhead toss is performed while lying on one's back. This creates a control mechanism for this test.

## **Procedure**

1. Start position - lying on the back on a mat and hold a medicine ball in both hands behind the head.
2. Toss the ball as far as possible in a motion like throw in soccer. The head should not be lifted during the toss.
3. The weight of medicine ball is for woman 1 kg and for men 2 kg. The player is given 3 attempts and the scores are recorded.
4. Measure the distance from the starting point of the toss to the point the ball landed.
5. You have got to be aware, that the move from the tennis wheelchair down on the mat maybe difficult, the players should have the normal wheelchair with one on court.

## **6. Resistance dash**

In wheelchair tennis the power of the first few pushes is very important for mobility and acceleration of the wheelchair. To measure the power for acceleration a resistance dash from the baseline to service line, will be carried out. The player has to pull an additional weight during the dash.

## **Procedure**

1. Connect a basket with a rope (about 2 m length) at the back of the chair.
2. Mark off beside the tennis court the distance from the baseline to the service line. Have a partner stand at the finish line with arm in the air and stopwatch in the hand.
3. Put the additional weights in the basket.  
For woman:            1. attempt – 5 kg            For men:            1. attempt – 10 kg  
(for Quad)            2. attempt – 7.5 kg            2. attempt – 15 kg  
                                 3. attempt – 10 kg            3. attempt – 20 kg
4. The start position is with the main wheels on the start line.  
At the command 'ready, go' and the drop of the arm move in dash toward to the finish line. When the body cross the finish line the time will be taken with stopwatch. (electronic measurement is better)
5. Record the score of three attempts.
6. When electronic measurement can be used, verify the time taken, when the body passes the finish line (not the front wheel of the chair).
7. The best surface for this check is hard court. Using other surfaces, make sure, that the pulled basket does not damage the court surface.

## **ENDURANCE TEST**

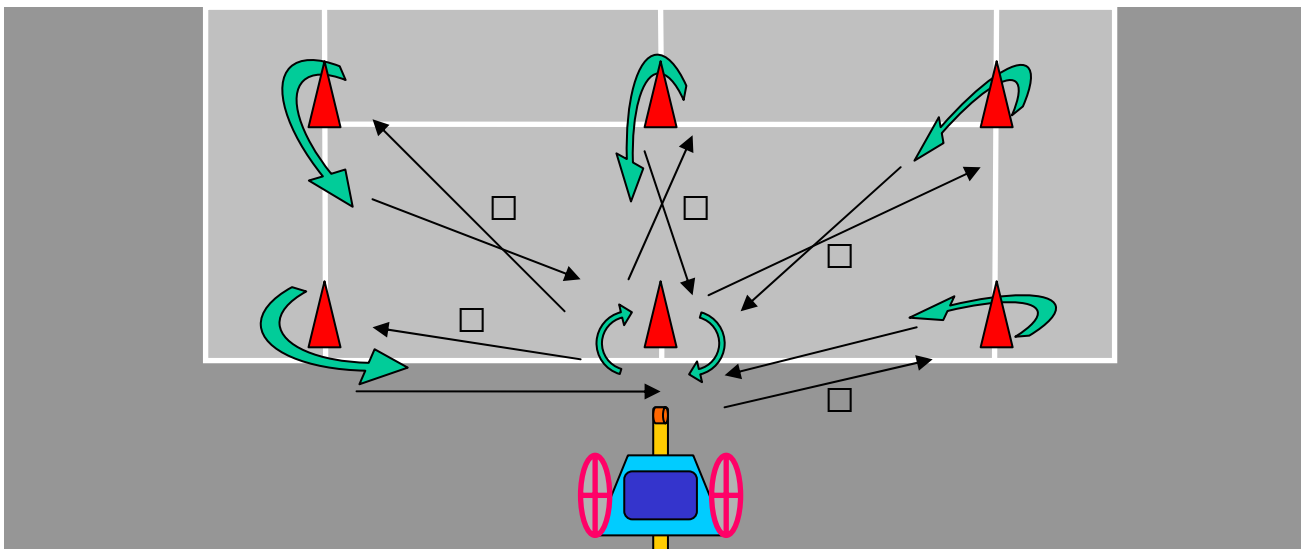
### **8. 5-point fan run**

The 5-point fan run is a complex exercise, which includes speed, mobility and, because the period of time, anaerobic endurance. The starting actions, acceleration,

breaking actions and turns in this test most closely simulate the movements during a tennis match.

### Procedure

1. Position six cones on the court: one on each corner where the baseline and singles sideline meet, one on each corner where the singles sideline and service line meet, one on the T and one on the centre mark on the baseline.
2. Start position: Player stands behind the cone on the centre mark facing the net. During the test the racket should be used as usual. After the command “ready, go”, the player pushes around the cones at the sidelines and T and always back to the cone at the starting position, one at a time in a counterclockwise direction.
3. After the player pushes round the last cone at the sideline, the player should push straight back to the cone at the starting point. When the player pass the cone at the centre mark the time will be taken with a stop watch.
4. The player has two attempts.



### 9. Long distance: optional

Aerobic endurance is important in wheelchair tennis. Good basics in aerobic endurance are supporting the recovery time between the points and perform longer before getting tired. The ligaments and tendons become tougher, reducing the threat of injury and laying the foundation for more intense training. The aerobic endurance for wheelchair tennis player should be tested with a one km long distance check.

This test is optional, because not always exist even tracks for wheelchairs. You can carry out such test on 400 m track or if you measure the distance around two courts in a tennis facility.

### Procedure

1. Start on a 400 m track. After command “ready, go” the player has to push two and  $\frac{1}{2}$  laps.

2. After the distance of one km the time will be taken with stop watch and the score recorded.
3. In the case of the use of a tennis facility, measure the distance around the tennis courts and then the player has to push on this course the distance of one km.

### **3. Order of exercises**

The exercises should be carried out in the following order:

1. medicine ball toss/mat
2. tennis ball toss
3. baseline – net dash
4. grip strength
5. T-turns
6. resistance dash
7. 5-point fan run
8. 1 km run

Anyway the exercises 6, 7 and 8 should be tested at the end, after all other exercises are tested.

### **4. Outlook**

Most of described exercises are exercises in fitness training programmes of the wheelchair tennis players in Tennis Training Centre. With regular testing twice a year it is expected that more detailed information about the development and improvement of the main components of physical fitness will be obtained. A better individual fitness program can be then be designed. With continuous application of this test with wheelchair tennis players of different levels it is expected to achieve more detailed results about the necessary fitness standards at the different levels of performance.

See the next page for forms to record a players performance in these tests.

For further information contact:

*Dr. Horst Guentzel*

*Tennis Training Centre Kashiwa Japan*

*e-mail: [fitness@tennis-ttc.or.jp](mailto:fitness@tennis-ttc.or.jp)*

**TTC wheelchair tennis fitness test**

**Name:** \_\_\_\_\_ **Tennis club:** \_\_\_\_\_ **Test date:** \_\_\_\_\_

**Date of birth:** \_\_\_\_\_ **Racket hand:** \_\_\_\_\_ **Male/female:** \_\_\_\_\_

**Nature of disability:** \_\_\_\_\_

**How many years playing wheelchair tennis?** \_\_\_\_\_

**Before wheelchair tennis what kind of sport?** \_\_\_\_\_

**Current ITF or JWTA ranking** \_\_\_\_\_ **ITF**  
**JWTA**

**Last 6 months: How many times do you play tennis per week?** \_\_\_\_\_

**How many fitness sessions per week?** \_\_\_\_\_

<b>Test</b>	<b>1<sup>st</sup> attempt</b>	<b>2<sup>nd</sup> attempt</b>	<b>3<sup>rd</sup> attempt</b>	<b>4<sup>th</sup> attempt</b>	<b>5<sup>th</sup> attempt</b>
<b>Tennis ball toss</b>	m	m	m	m	m
<b>Baseline – net dash</b>	sec	sec			
<b>Medicine ball toss</b>	m	m	m		
<b>Grip strength</b>	right kg	right kg	left kg	left kg	
<b>T-turns</b>	sec	sec			
<b>Resistance dash</b>	kg sec	kg sec	kg sec		
<b>5-point fan run</b>	sec	sec			
<b>1 km</b>	min				

## Silver Fund: Request To Coaches

Nancy Faas, Project Co-ordinator

Unfortunately there are still a large number of countries, especially the underdeveloped countries, that do not have the means or infrastructure to introduce and promote wheelchair tennis or to have ongoing wheelchair tennis programmes. These countries do not have the funds to buy sports wheelchairs, to build, rebuild or adjust tennis clubs to cater for disabled people and to train wheelchair tennis coaches.

**'...with the objective of providing wheelchairs, tennis equipment and the infrastructure...'**



To celebrate the 25<sup>th</sup> anniversary of wheelchair tennis in 2001 the ITF decided to introduce a “Wheelchair Tennis Silver Fund”, with the objective of providing wheelchairs, tennis equipment and the infrastructure in those countries world-wide that are less privileged financially and not able to introduce and develop wheelchair tennis. Through the “Wheelchair Tennis Silver Fund” the ITF aims to fund wheelchair tennis projects with a view to achieving self

supporting levels in underdeveloped and third world countries. The aim is to improve the quality of life of men, women and children with a disability by giving them the opportunity to play wheelchair tennis and to gain confidence and self esteem through playing sports. Wheelchair tennis offers disabled people a chance to compete in a sport with able-bodied family and friends. Integration into the local community is therefore much improved.

The ITF intends to donate a minimum of ten sports wheelchairs per project, plus the required support. The ITF will set the country a target of introducing a minimum of 25 new players to the sport per annum. Over a period of two years, the ITF wheelchair tennis department will support the country in setting up a wheelchair tennis programme by sending a coach to each country for a period of approximately 6-8 weeks, sending tennis equipment, donating wheelchairs, giving clinics and educating coaches. It is hoped that with this continued support from the ITF and the Silver Fund these countries will attain a self-supporting level after a period of two years.



The ITF is looking for coaches to help with this project. As stated above the ITF would like to send a wheelchair tennis coach for a period of 6-8 weeks to the selected countries to help set up a wheelchair tennis programme. If you are interested in being involved in this programme please email [n.faas@quicknet.nl](mailto:n.faas@quicknet.nl).



If you have any further questions, please do not hesitate to contact the ITF Wheelchair Tennis Department.

## Other Resources



### French Coaching Manual

Pierre Fusade has written a wheelchair tennis coaches manual in French. This excellent publication will prove a valuable resource in French-speaking countries and is definitely worth a read.

To order copies of this publication please contact Pierre Fusade on: [Fusadeplm@aol.com](mailto:Fusadeplm@aol.com)

For a list of wheelchair tennis publications please refer to the first four editions of the *ITF Wheelchair Tennis Coaches Review*. They are available on the ITF website: [www.itfwheelchairtennis.com](http://www.itfwheelchairtennis.com).

### More information

If you would like information on organising wheelchair tennis programmes or coaching wheelchair tennis do not hesitate to call the ITF Wheelchair Tennis Department on ++44 (0)20 8392 4788.

If you know of other coaches who would like to receive wheelchair tennis coaching information please ask them to send their name, address, email and an outline of their coaching experience to [mark.bullock@itftennis.com](mailto:mark.bullock@itftennis.com) or fax ++ 44 (0)20 8392 4741.

For coaches wanting more information on the NEC Tour, world rankings, player profiles, head to head results please visit the ITF website: [www.itfwheelchairtennis.com](http://www.itfwheelchairtennis.com).

If you want to visit an NEC Tour event please refer to the website, [www.itfwheelchairtennis.com](http://www.itfwheelchairtennis.com) for the tournament schedule

The articles in the ITF Wheelchair Tennis Coaches Review are written by a variety of contributors and the opinions expressed are not necessarily those of the ITF.