



## International Tennis Federation Tennis Development Department

### ITF Monthly E-Mail Newsletter for Coaches, Year 9, Issue 10, October 2008

The ITF Development / Coaching Department is pleased to welcome you to the October edition of its ITF Monthly E-mail Newsletter.

In an effort to keep you informed and updated on ITF coaching matters worldwide, in this issue of the newsletter you will find:

- Development Events
- Tennis iCoach Update
- Play and Stay Update
- Regional Coaches Conferences
- Cursos para entrenadores en Sudamérica
- Coaching Courses in the Africa
- Coaching Courses in Central America and the Caribbean
- News from National Associations and other Organisations

## DEVELOPMENT EVENTS

**13 - 18 October** ITF/OS Regional Play Tennis Course & Tutors Course - Nairobi, Kenya

**14 - 22 October** ITF/OS Level 1 Coaches Course - Port au Prince, Haiti

**23 - 31 October** ITF/OS Level 1 Coaches Course - Asmara, Eritrea

**28 October - 2 November** ITF Asian Regional Coaches Conference - Shenzhen, China

**29 - 31 de Octubre** Curso de Play Tennis - Santiago, Chile

**3 - 16 de Noviembre** Curso nacional de Nivel 2 - Havana, Cuba

**4 - 8 November** ITF South American Regional Coaches Conference - Foz de Iguacu, Brazil

**7 - 15 November** ITF/OS Level 1 Coaches course - Mufulira, Zambia

## Tennis iCoach News



This month the ITF have published some exclusive articles from some world specialists and master coaches:

- Using variety from the baseline in women's tennis - Rob Antoun (Manager of tennis development at Sutton Tennis Academy, Great Britain)
- Differential Coordination and Speed Training for Footwork in Tennis - Dr. Ulrike Benko and Dr. Stefan Lindinger
- Cardio Tennis - Jolyn de Boer (Executive Director, Tennis Industry Association (TIA))
- Pre-Tennis Stretching - Mark Kovacs, PhD, and T. J. Chandler, Ed D (Jacksonville State University, USA)
- Health Benefits of Tennis - Babette M Pluim - Royal Netherlands Lawn Tennis Association (KNLTB)
- Training and Competition Log for Tennis Players - Miguel Miranda (ITF Development Officer - COSAT, South America)

All these articles and many more can be viewed on [www.tennisicoach.com](http://www.tennisicoach.com) by signing up to the free trial or by obtaining a membership. For more information on becoming a member or the benefits of iCoach contact [admin@tennisicoach.com](mailto:admin@tennisicoach.com)

## Play and Stay Update



For all the up to date news about the Play and Stay program and articles about why tennis is healthy and the Mexican Play and Stay Launch please view

[PLAY AND STAY UPDATE: FOR COACHES September/October 2008](#)



## ITF Regional Coaches Conferences

### 6th ITF African Regional Coaches Conference 2008

Ninety-four coaches from 12 nations attended the 6th ITF African Regional Coaches Conference, which ended on Saturday 27th September. The Conference was held in co-operation with CAT, and the South African Tennis Association, at the High Performance Centre, Pretoria and was designed to bring coaches from throughout the region up-to-date on the latest coaching and sports science news.

The Conference featured keynote international speakers Sandi Procter (GBR), Paul Roetert (USA) and Machar Reid (AUS), who made presentations both on-court and in the lecture room. Mrs Procter is a Member of the ITF Task Force for Introductory Tennis and has worked as National Mini Tennis Manager for the LTA of Great Britain. Sandi's presentations focused on the "Play & Stay" programme, discussing the key technical and competition principles in and giving many on-court drills. The full article [Click HERE](#)



### 5th ITF Central American & Caribbean Regional Coaches Conference 2008

Eighty-five coaches from 13 nations attended the 5th ITF Central American & Caribbean Regional Coaches Conference, which ended on Saturday 20th September in El Salvador. The Conference was held in co-operation with COTECC and the Federación Salvadoreña de Tenis (FST) at the Hotel Royal Decameron Salinitas Sonsonate, El Salvador and was designed to bring coaches from throughout the region up-to-date on the latest coaching and sports science news.

The Conference featured keynote international speakers Gustavo Luza (ARG) and Doug MacCurdy (USA), who made presentations focused on tennis development, both on-court and in the lecture room. Luza was the former Davis Cup Captain of Argentina and has been the coach of Guillermo Coria and David Nalbandian. MacCurdy who is the former Director of USA Tennis Player Development and ITF General Manager and Director of Development, spoke on a range of topics including travelling with players and successful practice. The full article can be found at [Click HERE](#)



## CURSOS PARA ENTRENADORES EN SUDAMÉRICA

### Curso de Nivel 1 celebrado en Asunción, Paraguay



Del 09 al 17 de Septiembre del 2008, se llevó a cabo en Asunción, Paraguay un curso de Nivel 1 organizado por la Asociación Paraguaya de Tenis y la certificación de COSAT. El Tutor ITF es el Profesor Richard González de Uruguay.

El Curso se desarrolló en las excelentes instalaciones del CIT (Club Internacional de Tenis). La coordinación estuvo a cargo del Sr. Jorge Benítez. Destacamos la participación y dedicación de los entrenadores.

El curso ha sido financiado gracias a los esfuerzos conjuntos de la ITF, el club CIT, el Comité Olímpico Paraguayo y la APT.

El Sr. Camilo Perez (Presidente de la APT); junto a Juan Pablo Aguila (Vicepresidente de la APT); el Sr. Félix Morales (Vicepresidente del CIT) y Miguel Yudis (Presidente del comité de tenis del CIT), hicieron entrega en la ceremonia de clausura de los certificados de asistencias ITF.

### Curso de Nivel 2 para Entrenadores Avanzados en Chile

Del 27 de Septiembre al 8 de Octubre se está celebrando en Chile este Curso de Nivel 2 para Entrenadores y Profesores de Tenis. Cuenta con los fondos de Solidaridad Olímpica y se lleva a cabo en la ciudad de Santiago en las instalaciones de la Federación Chilena de Tenis (FTCH) de la Comuna de San Miguel, por Iván Molina y Richard González.

Asisten un total de 24 profesores, entre los que se destacan 2 mujeres, todos ellos Chilenos, han mostrado un gran interés en adquirir nuevas ideas que los lleven a desarrollar unos conceptos más amplios para el trabajo con jugadores de competencia.

La Federación, bajo la dirección del Sr. Pedro Garzón y con la coordinación - administración de la Sra. Alejandra Gamboa y Rodrigo Cortéz, ha dispuesto de todos los medios a su alcance para el buen funcionamiento.



El Sr. Garzón en sus palabras de bienvenida, además de agradecer a Solidaridad Olímpica e ITF el esfuerzo y apoyo por llevar adelante este Curso, destacaba el enorme interés que tiene la Federación de Tenis de Chile por continuar con los procesos de Capacitación de Entrenadores en este país. Señalaba que este Curso se enmarca dentro de una serie de actividades que viene desarrollando la FTCH en esta área, siendo este, uno de los más importantes.

## COURSES IN AFRICA

### ITF/OS Regional Tutor's Course South Africa



The South African Tennis Association hosted an ITF/OS Regional tutor's course at the ITF High Performance Centre in Pretoria, South Africa on September 23rd. In attendance were 26 tutors from 8 different countries from the Southern African region.

The course was conducted by Miguel Crespo, ITF Development Research Officer, and Karl Davies, ITF Development Officer for the Southern African region. This course is designed to assist tutors improve the quality of coaches education programmes in their countries. Among other things, the course outlined the main goals and characteristics of the ITF courses including syllabi, contents, schedules, assessment criteria, presentation methods, available resources, e-learning procedures, web based training and education, and new teaching methodologies related to competency based training applied to tennis coaches education.

The course was a great success and participants commented that they believe the course will really help tutors improve the quality of their courses in order to make the countries self-sufficient in coaches education. Karl Davies, who has a great amount of experience in this area, said: "The main focus for the moment is to educate already influential coaches in the region, so that they are able to conduct national coaches education courses in their respective countries, because at this point in time we feel the best way to increase the number of qualified coaches is through tutor training and development".

### Stage de Play Tennis au Maroc

Dans le cadre de son programme de formation des entraîneurs, la Fédération Royale Marocaine de Tennis en conjonction avec la Fédération Internationale de Tennis a organisé un stage de formation Play Tennis du 22 au 25 Septembre 2008 et qui a regroupé 43 entraîneurs venant de tous les coins du Maroc. « Le programme Play & Stay vient de compléter tout le programme de formation des entraîneurs de la Fédération Royale Marocaine de Tennis car il répond parfaitement à toutes les catégories d'entraîneurs que nous avons au Maroc et c'est avec plaisir que nous allons adopter le label ITF pour toutes nos formations d'entraîneur. Pour information, nous allons convoquer tous les responsables techniques de clubs pour une mise à niveau et le lancement du Play & Stay dans les 80 clubs de tennis que compte le Maroc » a commenté Benamar Mohamed, Directeur Technique de la Fédération Royale Marocaine de Tennis.



## COURSES IN Central America and Caribbean

### Level 1 Coaches Course comes to a successful conclusion in Barbados



Nations from the English Speaking Caribbean continue to value the importance of Coaches Education by organizing courses supported by both the ITF and Olympic Solidarity, with the intention of improving the level of their coaches which will in turn, only improve the quality of players coming from the region; and Barbados is no exception.

Barbados organized a 9-day Level 1 Coaches Course that concluded on Sunday 31st August 2008. A total of fourteen participants took part, which included seven from three additional ITF member nations in the region: Grenada, Guyana and St. Lucia.

Anthony Jeremiah, ITF Development Officer for the Caribbean and course tutor, commented, "Once again the courses continue to attract younger and also former top players who have made a commitment to give back some of their time, knowledge and new ideas they received during the course".

### Curso para tutores ITF/SO - El Salvador



La Federación Salvadoreña de Tenis organizó un Curso para Tutores en El Salvador el día sábado 13 de septiembre de 9:00 AM a 4 PM. El curso fue dirigido por Miguel Miranda, Oficial de Desarrollo ITF/COSAT; Carlos Rodríguez, Oficial de Desarrollo ITF para Centroamérica y el Caribe de habla hispana; Anthony Jeremiah, Oficial de desarrollo ITF para el Caribe de habla inglesa y francesa y Cecilia Ancalmo, representante de COTECC. Once tutores de toda la región participaron en el mismo representando a Costa Rica, El Salvador, Guatemala, Trinidad y Tobago, Barbados, Honduras y Surinam.

Durante el curso los tutores compartieron sus experiencias en cuanto a los objetivos,

características y dirección de los distintos cursos ITF. Igualmente se informó a los tutores de los contenidos, programa, horarios, criterios de evaluación, material y aspectos administrativos de los cursos Play Tennis, Nivel 1 y Nivel 2.

Miguel Miranda dijo: "La organización ha sido excelente y el formato del curso nos ha permitido compartir experiencias y conocimientos con los tutores de la región. Los nuevos conocimientos nos van a ayudar a mejorar la calidad de los cursos utilizando las nuevas metodologías y los recursos didácticos disponibles. Esperamos que cursos como este ayuden a conseguir más y mejores tutores que dirijan de manera práctica y eficiente los cursos de entrenadores que necesita la región."

## NEWS FROM NATIONAL ASSOCIATIONS AND OTHER ORGANISATIONS

### Savolt Tennis Academy

Savolt Tennis Academy in Budapest, Hungary is looking for a traveling coach with their elite junior girl players (16-17 age) for top Juniorevents (Grand Slams , GA events) and 10.000\$ WTA tour events . Enquiries and CVs to be sent to Attila Savolt(Academy Director)at [savoltattila@savoltakademia.hu](mailto:savoltattila@savoltakademia.hu),

## LINKS

**ITF Coaching:**<http://www.itftennis.com/coaching/>

**ITN:**<http://www.itftennis.com/itn/>

**ITF Development:**<http://www.itftennis.com/development/>

**ITF Tennis...Play and Stay website:**<http://www.tennisplayandstay.com>

**ITF Tennis iCoach website:**<http://www.tennisicoach.com>

**ITF Store:**<https://store.itftennis.com>

**ITF Junior Tennis School:**<http://www.itfjunortennisschool.com/>

If you wish other coaches to receive this ITF e-mail newsletter, please forward us their address for inclusion on our mailing list.

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