



## International Tennis Federation Tennis Development Department

### ITF Monthly E-Mail Newsletter for Coaches, Year 10, Issue 1, January 2009

The ITF Development / Coaching Department is pleased to welcome you to the January 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:

- Issue 46 ITF Coaching and Sport Science Review
- Cursos para entrenadores en Sudamérica
- Coaches Education in Europe
- Coaching Courses in the Asia
- Cursos para entrenadores en el Caribe
- News from National Associations and other Organisations

### COACHING & SPORT SCIENCE REVIEW - ISSUE 46

Welcome to issue 46 of the ITF Coaching and Sport Science Review, which is the last edition for 2008. This issue includes a variety of articles on subjects ranging from nutrition, history of tennis, anti-doping, biomechanics of the serve and tennis participation...

Bienvenidos a la edición número 46 y último número de 2008 de la Revista de Entrenamiento y Ciencia del Deporte de la ITF. Esta edición incluye gran variedad de artículos sobre temas que van desde nutrición, historia del tenis, antidopaje, biomecánica del servicio y participación en el tenis...

Nous sommes heureux de vous présenter le numéro 46 de ITF Coaching and Sport Science Review, le dernier de l'année 2008. Au sommaire de ce numéro, vous trouverez des articles sur des thèmes divers allant de la nutrition, à l'histoire du tennis en passant par la lutte contre le dopage ou la biomécanique du service...

[Click here for Issue 46](#)



### CURSOS PARA ENTRENADORES EN SUDAMÉRICA

#### Bolivia celebra un curso de Nivel 2 para Entrenadores Avanzados



En las excelentes instalaciones del Club de Tenis Santa Cruz de la ciudad del mismo nombre en Bolivia, se está realizando este Curso para Entrenadores Avanzados. Ha sido financiado gracias a los fondos del Club de Tenis Santa Cruz, pago de inscripciones por parte de los alumnos y algunos aportes de la Federación Boliviana de Tenis. ITF ha colaborado con el material respectivo.

El Club proporcionó el hospedaje a los entrenadores que llegaron de otras ciudades como Cochabamba, La Paz, Sucre y Tarija.

El curso se inició el 02 de Diciembre y los tutores son Ivan Molina (COL) y Richard Gonzalez (URU). El cierre está programado para el día 13 de diciembre donde se tomarán los exámenes teóricos.

El Curso es coordinado por Rolando Nieva quien ha estado permanentemente dispuesto a colaborar en todas las necesidades requeridas para el buen funcionamiento del mismo. El Club de Tenis Santa Cruz ha prestado toda la colaboración necesaria y ha cedido sus hermosas instalaciones para que el curso se realice de la mejor manera posible.

Asisten 10 entrenadores del propio Club y otros 8 de diferentes ciudades del país

### COACHES EDUCATION IN EUROPE

Solidaridad Olímpica Nivel 3 Valencia, España



Los entrenadores Paolo Massardo (Chile) y Juan Manuel Galarza (Argentina) han realizado el curso de I.T.F. nivel 3 en la Ciudad de Valencia desde el 3 de Noviembre hasta el 15 de diciembre del 2008. La temática del curso fue básicamente orientada al alto rendimiento.

Comentarios y tareas realizadas por Paolo y Juan:

Este curso es realmente muy eficiente en su contenido porque esta la teoría y la practica como un todo y no están aisladas. Gracias a toda la comunidad del TENISVAL que nos han tratado de 1ra. Y nos ayudaron en todo. Gracias Miguel Crespo., Pancho y Jose!!! Tres Cracks del tenis, nunca los vamos a olvidar! Esta oportunidad de poder capacitarse con las investigaciones mas recientes que nos ha brindado la I.T.F., y poder llevarlas a ala practica con jugadores de elite es algo único. A nuestros grandes amigos Scott Over, Felipe Rico Atara y Pau Senabre les agradecemos por todo el apoyo y facilidades en nuestras horas de estudio.

Para mas informacion haga click [AQUI](#)

### European Regional Coaches' Workshop takes place in Poznan, Poland



Over eighty coaches from Lithuania, Latvia, Estonia, Moldova, Turkey, Ukraine, Serbia and Poland attended an ITF/Tennis Europe Regional Coaches' Workshop in Poznan, Poland from 8th – 13th November.

The workshop, which centred on the theme of Complex Training for High Performance Players, was held at the Angie Tennis Centre and led by ITF experts Benni Linder (SUI), Anne-Marie Rouchon (FRA) and Frank Zlesak (CZE).

Over the first two days, Benni Linder, Swiss Tennis' Physical Head Coach presented "Complex Conditioning for High Performance Junior Players." The sessions covered topics such as planning and periodisation, physiological background of physical conditioning as well as showing many practical exercises for improving players fitness.

For more information click [HERE](#)

## COURSES IN ASIA

### Myanmar plays host to an ITF/OS Play Tennis Course and Pre Level I Coaches Course



The Union of Myanmar organized its first Play Tennis and Pre–Level 1 Coaches course at the beautiful Theinbyu Tennis Center situated in the heart of Yangon.

Thirty-two aspiring tennis candidates - physical education teachers, good players and aspiring coaches from various parts of the country attended the 4-day Play Tennis course and 4-day Pre-level 1 Coaches Course held from 23 - 30 November 2008.

Candidates had the unique experience of learning and playing tennis during the Play Tennis course and were thrilled to receive the new innovative methods of enjoying and learning techniques for starter players from the ITF expert, Kawaljeet Singh of India.

For more information click [HERE](#)

### Maldives hosts ITF/OS Level 1 Coaches Course



An ITF/OS Level 1 Coaches Course was held in a place known for its natural paradise and pristine beaches – Maldives. The course was conducted in the capital city of Male and there were a total of 12 participants. Most of the coaches from the Tennis Association of Maldives participated and there were also a few coaches from the resorts. Three active national junior players also took part in the course.

Despite extended hours on daily basis as the course was shortened to 7 days and the gruelling weather conditions with hot and heavy rain during the last 2 days, all participants showed great spirit, enthusiasm and were hungry to learn so as to improve their knowledge. A few participants whose job is a hitting partner at the resorts came to the course without any coaching knowledge

but went home as a coach.

Benny Lin, course tutor, commented, "With the new graduation of Level 1 coaches there will be only good things waiting for tennis in the Maldives. The Tennis Association of Maldives hopes that after this inspiring course the participants will be able to improve the junior training program and recruit more players to play tennis".

## CURSOS PARA ENTRENADORES EN EL CARIBE

## Se celebran dos cursos de Play Tennis en Cuba



Recientemente Cuba cerró el año de educación para entrenadores con dos cursos de Play Tennis desde el 1 al 7 de diciembre.

Del 1 al 3 de diciembre la Federación Cubana de Tenis (FCT) con la colaboración de la ITF llevaron a cabo el primer curso que tuvo lugar en La Habana y el segundo en Villa Clara del 4 al 7 de diciembre. Había una nutrida asistencia en los dos cursos, haciendo un total de 75 participantes.

Tanto los asistentes como el presidente de la FCT, Rolando Martínez además de su agradecimiento dijeron que están listos para poner en marcha este programa.

## NEWS FROM NATIONAL ASSOCIATIONS AND OTHER ORGANISATIONS

### Jordan Tennis Federation Head Coach

The Jordan Tennis Federation is looking after a Head Coach urgently. This coach will have the mission to train the National teams, to manage the National coaches and the technical affair. The salary is \$2,000/month and they provide a flat. This coach will do mainly the formation of Junior's players. Contact [tennisfedjo@yahoo.com](mailto:tennisfedjo@yahoo.com)

### GTC's Coaches Service & Education Program

2nd Hispanic Coaches Workshop in the United States Kissimmee, January 23-24, 2009 "How Hispanic Coaches can impact tennis Development in the United States"

Target: Oriented to the Hispanic Coaches in Central Florida

Goal: To create more options of education for Hispanic Coaches in their own language.

Theme of Workshop: How Hispanic Coaches can impact tennis development in the United States. The workshop will address topics related to both High Performance and Recreational Tennis.

Dates: Friday, January 23, all day Seminar and Saturday, January 24, half day Seminar, ends at 1pm

Venue: Oak Street Park Community Center 717 N. Palm Ave, Kissimmee, FL 34744 | (407) 847-2388

Bilingual (simultaneous translation to English if it is requested).

Registration Fee: \$70 (Lunch, writing material, raffles of educational material and presents; meet the experts, certificate of attendance).

Online registration to: [gusg@gtctennis.com](mailto:gusg@gtctennis.com). By fax: (954) 384 5807. Additional information [HERE](#)

### The 5th European Universities Tennis Championship

The 5th European Universities Tennis Championship took place from December 9-14, 2008 in Dublin (IRL). The event was organised by the Dublin City University and Colleges & Universities Sports Association of Ireland and has attracted participation of 16 men's teams from 12 countries and 11 women's teams from 6 countries, totally 27 teams from 12 countries – 18 different Universities. In the Tennis EUC participate the winners of the National Universities Tennis Championships across the Europe and is played to 2 singles and 1 double matches. Additional information [HERE](#)

## 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.tenniscoach.com>

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

**ITF Junior Tennis School:** <http://www.itfjuniortennisschool.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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ITF Monthly E-Mail Newsletter for Coaches is published monthly.

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