

# TennisPro®



The International Magazine for PTR Tennis Teachers and Coaches

December 2020



## INTERNATIONAL TENNIS SYMPOSIUM



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Feb. 9-11, 2021



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GRAPHIC DESIGN Caitlyn Fries  
ADVERTISING Julie W. Jilly

phone 843-785-7244

ptr@ptrtennis.org  
www.ptrtennis.org

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**TennisPro Editorial Offices**

PO Box 4739, Hilton Head Island, SC 29938-4739 USA  
for courier use  
4 Office Way, Ste 200, Hilton Head Island, SC 29928 USA

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## FOR THE RECORD



*Dan Santorum*

Dan Santorum  
CEO/Executive Director

2020 can't finish fast enough, right. There are many adjectives, positive and negative, to describe this unforgettable, or should I say forgettable, year: disruptive, opportunistic, challenging, expanding, chaotic, stressful, game-changing, tragic, trendsetting, . . . A year filled with many firsts, both good and bad. Who would have ever thought that online virtual events would replace face-to-face workshops and conferences? Welcome to the PTR online certification workshops and the 2021 Virtual PTR International Symposium. To borrow a phrase from PTR Hall of Famer, a world-renowned sports psychologist, and best-selling author, Dr. Jim Loehr . . . "Ya gotta love it."

Speaking of Jim, we are pleased that Jim, a perennial audience favorite, will once again be one of the keynote presenters at PTR's inaugural Virtual Symposium FEB 9 – 11. He will be presenting a very intriguing topic – "Conquering COVID." We have several new and exciting presenters lined up, including Dr. Meeta Singh, a top sleep specialist, who will provide tips on proper sleeping habits for you and your students. Meeta has consulted for several sports leagues, including the NBA, MLB, NFL, and the list goes on and on. Sarah McQuade, a Coaching Development expert and former PTR Coach Development consultant, who recently joined the USTA National Staff, will be speaking on "The Power and Future of online learning."

With the Symposium being online, the format will be different, with most presentations lasting 20-25 minutes. The good news is that you can view online what you missed if you have a time conflict. Hey, and don't miss out on the PTR Virtual Pickleball Conference the day before on FEB 8th. There will be a special package price for both events.

The PTR International Symposium will be the start of "PTR's 12 months of Education" with 12 Conferences in the next 12 months.

FEB	—	PTR Virtual International Symposium	<i>All SIX continents</i>
APR	—	PTR Scandinavian Conference	<i>Oslo, Norway</i>
MAY	—	FIT/PTR Symposium	<i>Rome, Italy</i>
JUL	—	PTR Wimbledon Conference	<i>London, England</i>
AUG	—	TPA/PTR Canada Conference	<i>Toronto, Canada</i>
SEP	—	PTR Argentina 25th Annual Symposium	<i>Buenos Aires, Argentina</i>
		PTR Italy Symposium	<i>Merano, Italy</i>
OCT	—	PTR China Symposium	<i>Shanghai, China</i>
		WTA/PTR Coaches Conference	<i>Shenzhen, China</i>
NOV	—	Directors Conference	<i>Indian Wells, CA USA</i>
		Exciting "New" Conference	<i>Indian Wells, CA USA</i>
DEC	—	PTR Caribbean Conference	<i>TBA</i>

Stay tuned for more details, and we look forward to having you join us in February and the months ahead for fabulous coach education opportunities as we continue to . . . Make a World of Difference!

# Accepting Applications

## PTR Board of Directors

Your PTR Board of Directors is accepting applications for a board seat opening. PTR has an active and transparent board on which any member may serve.

If you are interested and have time to serve on the PTR Board, complete the online application by December 15, 2020.

**APPLY NOW**







The USTA announced the new slate for the USTA Board of Directors for the 2021-22 Term.

Michael J. McNulty III, becomes USTA Chairman of the Board & President. You may have met Mike at the PTR Intl. Tennis Symposium 3 years ago. Others on the slate include:

Dr. Brian Hainline	Emily Schaefer
Laura Canfield, VP	Kurt Kamwalt
Violet Clark, VP	<u>And Elite Athletes:</u>
Brian Vahaly, Secretary/Treasurer	Liezel Huber
Jeffrey Baill	Vania King
Kathleen Francis	Megan Moulton-Levy
J. Christopher Lewis	Patrick Galbraith
Alan Ostfield	

**Ivo Kaderka has been elected as the new President of the European Tennis Federation** at the Annual General Meeting in October.

Ivo Kaderka of the Czech Republic won the endorsement of the assembly over Germany's Eva-Maria Schneider by 45 votes to 39. In the previous round, the ballot produced an unprecedented tie, with the two Board of Management colleagues securing 41 votes apiece.



Reacting to the news, Mr. Kaderka told the assembly; "I would like to thank everyone who voted for me, and even those who did not. My goal is to unite European tennis. I believe that there are no big or small nations, just the European tennis family. I promise you that I will do my absolute best for all of you."

Five current Board members were re-elected to serve another term and are joined by three new representatives. With four male and four female members, Tennis Europe strengthens its position as the world's leading Regional Association in terms of gender representation.

### Tennis Europe Board of Management 2020-2023

Nikolina Babic (CRO)	Eva-Maria Schneider (GER)*
Luisanna Fodde (ITA)*	Spyros Zannias (GRE)
Razvan Itu (ROU)	Evgeniy Zukiin (UKR)*
Christiane Jolissaint (SUI)*	* = re-elected.
David Rawlinson (GBR)*	

## KOPPLIN KUEBLER & WALLACE

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**PTR has partnered with the nation's leading hospitality search and consulting firm, KOPPLIN KUEBLER & WALLACE (KK&W).** Under the direction of industry veteran Len Simard and the KK&W team, programs are designed to help cultivate successful career paths for PTR members and aid with training related to facility management, self-branding, leadership, career guidance, etc. There will also be programs to guide employers and professionals through the hiring process and establish them as highly skilled candidates in the racquets job market.

## YOUR SERVE

**Dear PTR,**

Thank you PTR!

Repetition as we know is a key to learning, but I will say it again to my PTR friends. Thank you! Thank you! Thank you! Yes, thank you for being there for me -- each and every one of my 28 years as a member of the PTR family.

**Jim Kane, Auburn, MA**

**Dear PTR,**

It's great belonging to a such a professional organization. Keep up the high standards.

**Paul Lobban, Pittsford, NY**

**Dear PTR,**

Thankful for another issue of TennisPro! It helps in a way, having been privileged to have this, which is so informative and educational, as well.

**Lilian T. Quirog, Bukidnon, Philippines**

**Dear PTR,**

Thank you for all that you do for the game of tennis. Being part of the PTR has always kept me a as a coach motivated and educated for the past 22 years. You quality of work does not go unnoticed.

**Daniel Spatz, Irvine, CA**

**The Country Club of North Carolina in Pinehurst** recently opened 4 state-of-the art pickleball courts. Director of Tennis **Alan Van Vliet** is a charter member of PTR. "The introduction of pickleball to our membership has been a resounding success. In a little more than two months' time, more than 160 players have tried the sport and it appears that we are just getting started."



Why Pickleball? Many of their senior tennis players had stopped playing tennis due to injury, mobility and an overall lack of players to play with. Also Pickleball is a great wintertime sport for the club since the 8 clay tennis courts are

subject to wintertime weather and freeze/thaw conditions.

"I find the quick learning curve of pickleball, ability to easily mix ages and various abilities, speed of play and the overall social aspects are all very conducive to this great sport. We are finding that many of our tennis players can transition easily and many continue playing both sports", reports Alan.

# EDUCATION NEWS



Coach Developer, Tito Perez conducted the PTR Level One workshop at Fiddler's Elbow Country Club in where Dave Broderick hosted the workshop. Dave is a Triple Threat member certified in all 3 sports - PTR/PPR/PPTR.



Carla McKenzie recently conducted the PTR Level 1 Instructor Course at the Country Club of North Carolina in Pinehurst. The 9 newly certified pros practiced social distancing and were pleased to be able to safely learn and train with PTR.

Milena Stephen, recently conducted the Level 1 Instructor Certification in Baltimore. Jarrett Chirico at the Baltimore Country Club hosted.



Milena Stephens, PTR Director of Development & Diversity was on the road a lot this fall practicing social distancing and wearing masks while training newly certified pros at the Level One Instructor Courses. She met up with Intl. Master Professional, Jorge Andrew to host a workshop at his Cayce Tennis Center.







**Spring TennisFest**  
HILTON HEAD ISLAND, SC

## Top 10 Reasons to Bring Your College or High School Team to PTR Spring TennisFest on Hilton Head Island

- 1 The BEST rates for registration and accommodations - all located on the island and close to the beach, restaurants, activities & practice courts
- 2 The MOST professional hard courts on Hilton Head Island with spectator viewing at the world famous Van der Meer Tennis Center, all with singles sticks, score posts, site directors and cold water
- 3 FREE Souvenir T-shirts for team members (8 per team -- a \$160 value)
- 4 Participate in collegiate exhibitions at local clubs
- 5 Site Directors at EACH site throughout all play to assist you
- 6 ALL PTR STF facilities are located on Hilton Head Island within six miles of the Sea Pines Circle (Hilton Head's central focal point). No time spent driving to matches.
- 7 In the event of rain, we have access to indoor DecoTurf courts and outdoor covered courts at the Van der Meer Tennis Centers for an extra fee.
- 8 Year round QUALITY customer service with 12 hours of operation M-F (7am to 7pm) and hours on Saturday.
- 9 EASY Communication – Text or email available 6 days a week, year round. Event Director on site at each venue throughout the day; and available by text or cell.
- 10 PTR is a global non-profit organization of tennis professionals and coaches dedicated to improving the sport of tennis. PTR is corporate member of ITA and a member of the ITF



[www.springtennisfest.com](http://www.springtennisfest.com)

843-785-7244



# SINGLE LEG TRAINING

by Dean Hollingworth



*With over twenty-five years of experience as a strength and conditioning coach, Dean has established himself as a highly regarded author, speaker, and fitness and performance consultant. He is a Certified Strength and Conditioning Specialist, a Master Tennis Performance Specialist by the International Tennis Performance Association and part of Team PTR.*

*He has recently published the Baselinepower video series, which addresses all aspects of fitness training for tennis players. Dean is currently the Director of fitness and sports performance at Club Sportif Cote-de- Liesse in Montréal, where he works primarily with high performance tennis players.*

*He has worked with all levels of tennis players including, ITF, ATP and WTA players that have included a Grand Slam champion and Olympic gold medalist. Dean's work with world-class athletes has given him a deep understanding of the requirements and balance for high performance, helping the athletes he works with develop all facets of athleticism.*



When looking at this picture, one can definitely appreciate the great athleticism that is being demonstrated. Single leg stance, body perfectly aligned, demonstrating great strength, ample mobility and perfect stability. Yes, Felix is a phenomenal athlete, but the question is often asked, "How can I get closer to accomplishing a movement like this?"



The answer is unfortunately not simple. The recipe contains multiple variables. One variable is how we train in the gym for lower body strength and balance. Since players must be efficient with their time, we have to ask ourselves, should they be training their lower body, on two legs (i.e. Squats, deadlift) or on a single leg?

From this picture alone, the answer is obvious. There are many benefits to performing lower body exercises on a single leg. They do challenge the athlete's balance. To take it a step further, performing them barefoot will add to the experience. Trust me here, you do not need a Bosu or some unstable surface. The idea is to get stronger, not to compete in the circus. They will also recruit more stabilizing muscles and challenge the core. A 2012 study in the European Journal of Applied Physiology found that unilateral exercises more effectively activated superficial core musculature than bilateral exercises (1). The proof is in the research.

Secondly, they will help improve musculature imbalances that may be present. We know that tennis players tend to have imbalances due to the sport they play. The continuous landing on one leg because of the serve, is enough in itself to put the body out of kilter. Going into the gym and doing squats on two leg will not help reestablish balance back to the body.



Lastly in favor of single training, is bilateral deficit. "The bilateral limb deficit (BLD) phenomenon is the difference in maximal or near maximal force generating capacity of muscles when they are contracted alone or in combination with the contralateral muscles. A deficit occurs when the summed unilateral force is greater than the bilateral force. The BLD has been observed by a number of researchers in both upper and lower limbs, in isometric and in dynamic contractions" (2). Even if it is equal or close, the load being put on the joints and spine by a single leg exercise will be half but provide the leg with all the benefits. Now if you have never trained on a single leg, it is almost a given that you will not experience

BLD. Incorporating it into your routine will undoubtedly bring about an interesting test of your mobility and balance. Sticking with these exercises for an extended period of time will pay dividends to your body, game and prove how strong you can become on one leg. Then a fair assessment of BLD can be made.

The purpose of this article is not to say that we should never train a squat or deadlift again. There is a place and time for most exercises and yes, I realize that it will take longer to perform single leg exercises. It is however important to understand the importance of why we perform exercises, what are the effects that they will elicit and the risk reward of them. As much as strength is important to tennis players,

the ability to use it in an athletic performance is even more important. Squatting large amounts tends to be impressive, but not being able to perform one single leg squat starts to open the door to even bigger questions.

#### References

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# Member News



## HONORS

**Lin Loring** was inducted into the **ITA Women's Collegiate Tennis Hall of Fame**. Former Indiana and UCSB head coach Lin Loring has committed his life to advancing the sport of tennis. Loring started his illustrious coaching career at his alma mater before spending 40 years coaching the Hoosiers. Loring is the all-time win leader in women's college tennis. With his 846 career wins, Loring is the only Division I Women's tennis coach to amass over 800 wins. In addition, he coached Indiana to 16 Big Ten titles and an AIAW National Championship — the first national championship for a Hoosiers women's program. The two-time National Coach of the Year mentored 25 All-Americans at Indiana.

Loring sat on the ITA Board of Directors for over 30 years. During this time, he was instrumental in the creation of two iconic ITA events — the ITA USTA Summer Circuit and the ITA Women's National Team Indoor Championships. In 2000, Loring was honored with the ITA Meritorious Service Award for his monumental contributions to college tennis.



**Phil Girardi**, who is Director of Tennis at Treasure Bay, will serve as 2021-2022 President-Elect. Girardi most recently served as USTA Florida Treasurer and has been volunteering at the section for 15 years, with a special interest in Junior Team Tennis and collegiate programs and play. Phil is also the Head Women's Coach of St. Petersburg College. Phil has been a PTR member for 25 years!



**Rita Dotson** returns for a second term on the USTA Florida Board of Directors. She is Director of Junior Tennis at Roger Scott Tennis Center and the Founder and President of Tennis-4-Everyone, Inc. She has been involved in Special Olympics and Junior Team Tennis for several years. Rita has been a PTR member going on 25 years!

## NEW POSITIONS



**Chris Robinson** has taken the position of Director of Racquets at the Cattail Creek Country Club in Glenwood, MD.

He'll be working with PTR's Bobby Cozzillio and he takes over for Bobby's brother, Chris Cozzillio, who has moved on to Aspen Hill.



**Andrew Cordova** was recently promoted to Racquets Director of the Maryland Club. In the past five months, Andrew has successfully introduced and enthusiastically grown the sport of Pickleball for our Members. He quickly developed his knowledge, obtained professional certification, created our very own "urban" courts, offered clinics and lessons, hosted successful social

events, took Member teams to a local tournament, and recently completed the Club's first-ever Pickleball Championship.

If you have a new job opening available, post it on our Job Bulletin by clicking [HERE](#).



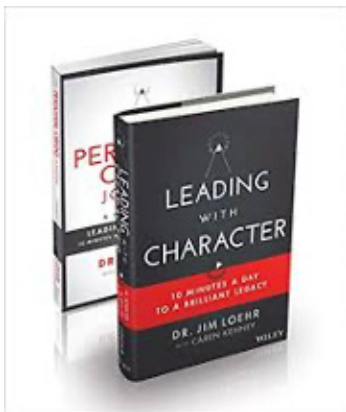


**Patrick and Heather Diegan**, husband and wife tennis-teaching professionals at Saint Johns Tennis Academy in Jacksonville, were named USTA Volunteers of the Month for Florida.

“Our shared experiences and teaching methods are blended into our Academy. We make a great team with our strengths and weaknesses balancing each other out,” says Heather, who is currently studying to become a Professional Tennis Registry (PTR) Master of Tennis.

In 2008 Heather opened Saint Johns Tennis Academy, to give the gift of tennis and her passion for the sport back to the community and Patrick joined her.

## PTR PUBLISHERS



**Name of the book:** Leading with Character: 10 Minutes a Day to a Brilliant Legacy

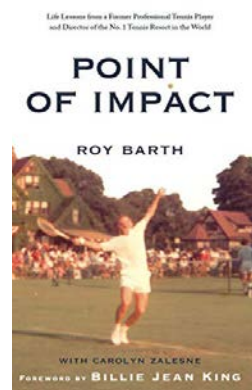
**Author:** PTR Hall of Famer, Dr. Jim Loehr

**Description:** At the end of your life, how are you likely to be remembered? Chances are that people won't be praising your money, power, and status. Instead, the people you've impacted will remember you for your compassion and personal strength- in short, your character.

With the right motivation, you can begin to strengthen your character and become a moral and ethical leader capable of creating lasting change. In *Leading with Character: 10 Minutes a Day to a Brilliant Legacy*, Dr. Jim Loehr, cofounder of the Johnson & Johnson Human Performance Institute, reveals 50 character competencies that you can practice daily to transform your life and work.

**The Personal Credo Journal: A Companion to Leading with Character**  
Dr. Jim Loehr's *Leading with Character* offers a succinct plan for developing your character as a leader and building a meaningful legacy through your life's work. The *Personal Credo Journal* is a day-by-day workbook that will guide you through the process of identifying your core values and crafting your Personal Credo.

Take charge of the legacy you'll leave behind with Jim's *Leading with Character*, available on Amazon.



**Name of the book:** Point of Impact  
**Author:** Roy Barth

**Description:** Our past PTR President, former tour player, and Hall of Famer, Roy Barth just released his new book *Point of Impact* available on Amazon. Roy launched a new website [www.roybarth.com](http://www.roybarth.com) to promote his book and debut his new instructional tennis blog. Read excerpts from the book — his personal story woven through the history of tennis and a series of Life Lessons — and follow his valuable teaching tips. Available on Amazon.



**Name of the book:** Tennis at Home Kids

**Author:** Marco Magro (PTR member in Italy)

**Download an abstract for FREE:**  
<https://giochi.giocareatennis.it/tennis-at-home-eng>

**Description:** In this book, you find ideas and exercises to encourage your children or students (red/orange level) to play tennis at home with their parents or siblings. The book is for sale at €7,99 or \$9.



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*Click for the workshop schedule*

If interested in hosting a PPTR workshop please call 843-785-7787

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Photos Courtesy of Calderwood Digital

**JOIN NOW**



# THE GROWTH OF TENNIS AND PICKLEBALL ON A UNIVERSITY CAMPUS

by Ricky Dove and Bill Potoczny



A unique success story is happening with recreational tennis and pickleball at Penn State in University Park, PA. The model focuses on student opportunity and development without reducing the quality of existing programs for our community members. To engage students, the professionals at the Penn State Tennis Center have taken tennis and pickleball to new levels.

Before the transition to Student Affairs, the Tennis Center had just 40 student participants a year. To increase participation and promote the center's new role within Student Affairs/the Penn State community, the full-time professionals deliver FREE tennis clinics to students. While the turnout was modest, it was a step in the right direction.

Unique events were created to attract attention to tennis programs and reach students new to the game. These core student users would become the foundation of the growing program and brand ambassadors for tennis on campus.

Over the course of a year and through training, 8 students were developed into instructors offering lessons to students and community patrons. The student instructors were trained in junior development, and they taught student-only tennis clinics. With more instructors available,

the Tennis Center was able to offer more clinics to players of all abilities. By using student instructors, clinics could be offered much later in the evening, which appealed to the new audience of the Tennis Center.

Student development is an integral part of the mission of Campus Recreation; the junior program allows full-time professionals to train student instructors while on the job. This is a win-win for everyone; more staff is being developed; the facility gains more instructional opportunities, and the paying customer have more coaches on the court. In addition to on-court training, the full-time staff meets with student instructors bi-weekly for an hour of focused learning to enhance educational growth. Sessions include both on and off courts skill to assist in student development, to prepare students in areas such as communication, leadership, and problem solving that are crucial for any student upon graduation.

The cost of supplying developmental sessions is offset by the opportunities the staff can provide to students and community patrons. Student staff assists with the operation of junior programming and adult clinics in small groups and private lessons. These instructional programs create revenue for the Penn State Tennis Center. In addition, these student-only clinics are supported by a student recreation fee, which is built into the cost of tuition.

A critical moment occurred in the Spring of 2019, when a community tennis member asked if pickleball could be offered at Penn State. This request changed pickleball from an occasional special event to a strategic part of the instructional programming. The first step in this transition was the certification of the head professional (program coordinator) through the Professional Pickleball Registry (PPR) and, secondly, offering free introductory pickleball clinics later that spring.

The momentum continued into the Fall 2019 semester. The Tennis Program began to include multiple weekly PB clinics and free play for students through reservations and informal opportunities. And the pickleball program began to takeoff. The team of instructors at the Tennis Center increased to 10 students for tennis and 3 for pickleball. Pickleball was offered free to students, while community members paid for clinics. By mid-semester, all the advanced community pickleball enthusiasts were blended with some of the best student players, creating an elevated level of play.

The Fall 2019 semester drew more than 4,000 students to the Penn State Tennis Center for open play, round robin tournaments, clinics, and special events! The three most notable events were the Unified Tennis tournament, the Professional/Student Tennis Mixer, and Glow in the Dark Pickleball. These events were strongly supported by the club tennis team and students in the racquet sports class offered through the Kinesiology Department.

Unified Tennis was an inspiring collaboration with our student club team and the Centre County Special Olympics chapter. These groups joined to play doubles matches, eat lunch together, and connect beyond the sport of tennis.

The Professional/Student Mixer helped connect students with community patrons for a networking event. Students were strategically paired with community members who were either faculty within their academic program or professionals in their field. This event led to conversations about resumes, graduate school, and internships.

The largest and most popular event was Glow in the Dark Pickleball. The four court indoor tennis facility was transformed into eight pickleball courts with multi-colored lines. There were 14 blacklights placed around the Tennis Center, so everything glowed with minimum light. 75 students had a blast playing pickleball in the dark with a glowing ball and a social atmosphere.

During the Spring 2020 semester, the tennis and pickleball programs continued to expand increasing to 12 student tennis instructors and 5 student pickleball instructors. Student-only tennis and pickleball clinics reached maximum registration capacity, including four clinic groups with a total of 135 participants. To accommodate those unable to register for the clinics, special events were added, including "Learn to play pickleball clinics." These clinics were attended by individuals and large groups such as the ROTC and the water polo club. Also, the Tennis Center collaborated with other units within the Department of Campus Recreation to create the inaugural intramural pickleball league for both students and staff. The student league had a total of 40 players, and the professional staff league had 21 players.

Mid Spring semester, it was time to offer the first student only pickleball tournament at Penn State, which was a success! The four indoor tennis courts were transformed into eight pickleball courts, using painters' tape and portable nets.

With Fall 2020, we face many challenges with Covid-19. We have been doing virtual instruction for both tennis and pickleball, along with weekly

tennis challenges. When safe, we will continue to grow tennis and pickleball through the following:

- Offering PTR and PPR certifications on campus to students and other community members
- Designated weekend evenings for pickleball
- One day tennis and pickleball tournaments are planned throughout the year
- Showcase pickleball throughout campus in places like the student union
- Introduce clay court pickleball
- Implementing the PickTen system

These plans will all be made to engage our students and expand these two great games on the Penn State campus.

We hope some of our successes inspire you with ideas for your organization. Please reach out if you would like to discuss in more detail about our programs and ways you can positively impact your facility, your students, and the surrounding community.



Ricky Dove currently oversees programming for the Penn State Tennis Center. Prior to his current position Ricky gained valuable professional experience working alongside various elite coaches in Atlanta. He was a standout player at Bloomsburg University where he earned a Bachelor of Science. Ricky holds professional certifications from both the PTR and PPR.

edd19@psu.edu



Bill Potoczny currently oversees the Penn State Tennis Center. Prior to his current position, Bill coached players of all levels, including Division 1 and a Middle States sectional team. Bill earned both his bachelor's and master's degrees from University of West Florida and was inducted into the University's Hall of Fame in 2002. He is a PTR - certified tennis professional.

wmp10@psu.edu



# COMING SOON...

Online Pickleball Courses start January 2021



## Get Pickleball Certified Online New Format... Same EXCELLENT Education

### Key elements of the pickleball workshop are

- Introduction to the game of pickleball
- Creating success for beginner pickleball players
- Developing quality warm-ups for beginner and improver adults
- Outlining specific technical parameters
- Introducing competitive formats
- Organizing effective lesson structures for beginner and improver adults

*Certification process includes completing online precourse materials and a virtual Zoom session with attendees and clinician.*

Online Pickleball Courses start January 2021



More information to be released soon at [www.pprpickleball.org](http://www.pprpickleball.org)

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# DOES ROUTINE PHYSICAL EXERCISE MAKE FOR A **MORE EFFECTIVE LEADER?**

by Captain Mark Brouker, US Navy (Retired)



*Dr. Brouker, US Navy Captain, Commanding Officer, university professor, and executive coach, has given a number of extremely entertaining and valuable leadership talks at PTR events over the past few years – he always gets tremendous reviews! His debut book – *Lessons from the Navy: How to Earn Trust, Lead Teams, and Achieve Organizational Excellence* is available now. In the book, Captain Brouker draws on his experience as an award-winning global leadership speaker and reveals the leadership tactics that have transformed company cultures and generated success—from the boardroom to the battlefield—by focusing on the single pillar of leadership that is most often overlooked: trust.*



One of the most important behaviors for any leader to employ to help ensure a high performing team is optimism – it is imperative that leaders maintain an optimistic demeanor. I devote an entire chapter to this topic in my book. Given its importance, is there something a leader can do to stay optimistic, especially when one hits a rough patch?

There is. It's exercise.

There are many things I loved about the military, and one of them is the well-established requirement to maintain one's physical fitness – staying fit is an extremely important aspect of being in the military. The requirement to meet physical fitness standards begins from day one of your military career.

*“Optimism came easier to me when I exercised.”*

Part of the lengthy process to join the U.S. Armed Forces is completion of a thorough physical examination. When I began the process to join the military all those years ago, I had no concerns about passing the physical exam. I had always been physically active and played a number of sports. When I stepped on the scale in the recruiting station and found that I was 20 pounds overweight, I was shocked. I realized that I had gotten away from working out and my physical inactivity had caught up with me.

The bottom line was that I needed to lose the 20 pounds in order to get in the Navy. I vowed to lose it as soon as possible, and also vowed to never get so out of shape again. Over the next few weeks, I worked extremely hard – running, lifting weights, eating healthy – and lost the weight. After an auspicious start, my Navy adventure began.

More importantly, I kept my vow to stay in good physical condition. While I certainly had days when I didn't get a chance to exercise, I maintained a regular schedule of physical fitness throughout my 30-year career. I noticed that exercise helped keep me upbeat and positive. I also was able to find clarity on complex issues during a good work out. This all helped me stay optimistic, especially when things got tough. Knowing all this, no matter how taxing the job – and carving out time to workout became much more challenging during the last 10 years of my career – my commitment to maintain an exercise routine never wavered.

While I know my physical fitness routine was instrumental in helping me maintain a more upbeat and optimistic demeanor, are their studies that show that to be the case?



*Going on a run during my tour as Commanding Officer, Naval Hospital Bremerton, WA.*

In fact, there are. Studies have shown that exercise boosts cognition, as well as the release of neurotransmitters that are similar to those released by antidepressants. In other words, a good workout and antidepressant medications produce similar neurotransmitters. Apparently, there actually is something to the runners high! Another example are studies that show how a small change in diet and increased physical activities help in the prevention and treatment of type-II diabetes.

Throughout my Navy career, I always made an effort to remain physically fit. Did I find excuses not to work out? Absolutely. Fatigue and a hectic schedule were the most common. I learned from others a few tricks to get moving. Take 10 minutes to go for a walk. Use the stairs instead of the elevator. If you travel, bring a deck of cards and do a deck of cards workout in your hotel room – they're great work outs and you can knock one out in 20 minutes. Simply make a commitment to get moving. During those times when I missed my exercise routine because of the overwhelming burden of work, I found it much more difficult to remain upbeat. Optimism came easier to me when I exercised.

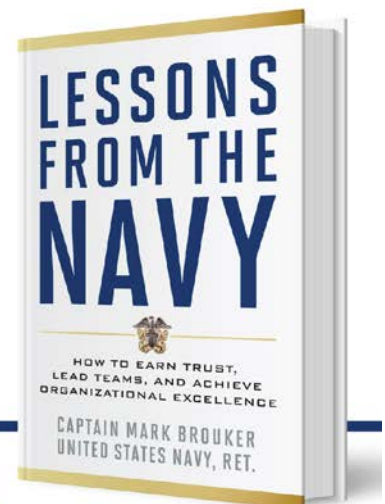
Be a great leader. Get after it – commit to physical exercise. You'll find optimism much easier to come by and you'll be a more effective leader for the effort.

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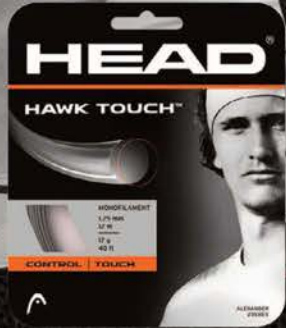
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## Dennis & Pat Van der Meer Higher Education Scholarships Established

PTR Foundation (PTRF) is pleased to announce the establishment of the Dennis & Pat Van der Meer Higher Education Scholarships which will be offered through the Southern Tennis Association Foundation.

The PTRF is funding four 4-year Scholarships that will be awarded by the STF in 2021. These scholarships will provide \$1,000 for 4 years to each of the 4 recipients. The Foundation will also fund an additional incoming freshman each year through 2026.

Dennis was passionate about helping young people fulfill their potential on the court. But even more, Dennis & Pat took great joy in seeing juniors succeed in following their dreams and going on to make a world of difference.

Dennis was inducted into the Southern Tennis Hall of Fame in 1998, the South Carolina Tennis Hall of Fame in 1987, the PTR Hall of Fame in 2013 and the USPTA Hall of Fame in 2015. He received the Tennis Educational Merit Award from the International Hall of Fame in 1969. He also received an honorary doctorate from the University of London, Greenwich, for his contributions in integrating sports sciences in tennis instruction.

In 1993, Pat earned the PTR's Coach Jim Verdieck Award for top coaches and received the International Tennis Hall of Fame's Tennis and Education Merit Award in 2002. Pat has been a USTA Area Training Center Head Coach and was named South Carolina Pro of the Year in 1991. She has headed up the Van der Meer Tennis Academy for many years, and remains active in running the Van Der Meer Facilities and programs, including VDM Tennis University, the base for tennis teaching instruction.

PTR Foundation President, Scott Tharp said, "The PTR Foundation is thrilled to be able to provide these scholarships to so many deserving young men and women whose lives have been positively impacted by the sport of tennis. We believe this is a most fitting way to honor the legacy of Dennis Van der Meer for many years to come."

To make a donation to the PTR Foundation, which can be earmarked in Dennis' name, [click here](#).





# Deliberate PRACTICE

by Dr. Michelle Cleere



*Helping others overcome their performance challenges and tap into their maximum potential is Dr. Michelle's passion, mission, and promise.*

*As an elite performance expert, she helps top athletes, musicians, and executives in competitive fields unlock the power of the mind and create the mental toughness to be the best. Having struggled most of her life with her own performance hurdles, she is driven by not wanting others to experience the same battles.*

*Dr. Michelle helps her clients release performance anxiety, gain more confidence, and build resilience. With a PhD in Clinical Psychology, a Masters in Sports Psychology, and years of hands on research, she is well grounded in theory and expert knowledge. As many clients attest, their experience with Dr. Michelle is exactly what they needed and more than they expected, "It was life changing."*

*Her friendly energetic spirit puts her clients at ease and provides a comfort level for sensitive conversations. Dr. Michelle provides constant support through the challenging process of training the brain and makes it understandable and manageable.*



You may have heard the phrase ‘deliberate practice’ before and either wondered what it meant or thought you were already doing it. I have enjoyed digging deeper into this concept and the research behind it. There are a number of good books that discuss it including Grit, Bounce, and Outliers. Any athlete looking for an advantage or a bigger edge in their game should understand it and then ensure mental and physical deliberate practice is part of their routine.

### What is deliberate practice?

Deliberate practice is purposeful and systematic. While regular practice includes repetition, that repetition is often mindless -moving through the process just to get to the end. Deliberate practice requires focused attention and is conducted with the specific goal of improving performance.



### How do you incorporate mental deliberate practice?

#### At the Start of Practice

- Help athletes discover what they need to warm up mentally before practice. Everyone warms up physically, but few people warm up mentally. Athletes need to realize where they perform most optimally – from a calm or pumped up mental space. Then they will know how to get their brain there so it aligns with their body. Each athlete needs a different physical warm up and they will each need a different mental warm up. Things like music, meditation, deep breathing, and/or progressive muscle relaxation can be used.
- ↓
- Allow athletes to be part of the decision-making process around what happens at practice. Communication is critical.
- ↓
- Ask athletes what one specific thing they want to work on in practice. Saying they want to work on their serve is not helpful, but if you help them focus on one small, specific thing like their ball toss that is doable. Show them ways to work on that one specific thing.

#### During Practice

- Help athletes develop ways to cope with the moments before a serve and between points to help them stay out of their head.
- ↓
- Give feedback that is focused on the situation not the person, that is specific, and that can be acted on. Make recommendations for improvement.
- ↓
- Allow there to be fun at each and every practice. Get creative. Fun is the #1 reason people play sports.

#### Post practice

- Develop a system where athletes analyze their own practices and matches.
- ↓
- Allow them to lead the conversation and answer questions about what went well, what was challenging, and what do they need to work on tomorrow.

### Can talent take the place of deliberate practice?

If an athlete is talented at something, it usually means they were born with decent ability. However, if the talent they were born with is not nurtured in a deliberate way then natural talent is all they'll have. This talent will only take them so far. *In order to be great at something, they need to put in many hours of mental and physical deliberate practice to grow more consistent talent.*

Athletes don't have to have natural ability to be great at something. *They can work deliberately at it and they will improve, and their talent will grow.* It's great to have a natural talent or propensity toward something but whether they have it or don't have it, they still must put in purposeful and systematic hard work in order to be great at it.

### How much time do athletes have to deliberately practice?

If you've read *Grit*, *Bounce*, or *Outliers*, the one thing that stands out is the concept of time spent deliberately practicing their skill in order to be great at it. While research continues on this, the consensus is it takes time. It can't be hurried. *It takes 10 years or 10,000 hours to be great at something.*

This might seem like a lot of time, but there's been a lot of research done all pointing to these numbers in *Grit*, *Bounce*, and *Outliers*. I think it's important that performers, parents, and coaches all understand that there's no magic pill, regardless of someone's natural talent.

### Important concepts to walk away with

Parents and coaches of naturally gifted athletes need to understand

the difference between keeping a talented child motivated and pushing them to be something they aren't ready for. Remember 10 years or 10,000 hours.

In the journey to be great at something, athletes have to deliberately practice for an extended period of time. Within that practice, they must be allowed to make mistakes and deal with adversity to develop grit. Learning to deal with adversity not only helps young athletes move through challenges now, but with goals outside of sports.

Deliberate practice does not mean that you can be great at anything and everything even though you put in the hard work and effort. Your genes set limits on how far you can go. For example, you realize that you have a natural talent for basketball. You put in a lot of deliberate practice time at the number five position but are five feet tall. All the deliberate practice in the world is not going to allow you to go very far in that position when most of the others at that position are six feet and taller.

### What needs to come with deliberate practice

As a coach, if you believe a child has natural talent, nurture it slowly and come up with a purposeful and systematic way to help that child learn and grow.

Support young athletes' development by encouraging them to do the thing that they love to do. It can't be about being perfect (that doesn't exist), and it can't only be about winning. Reinforce the combination of deliberate mental and physical practice.

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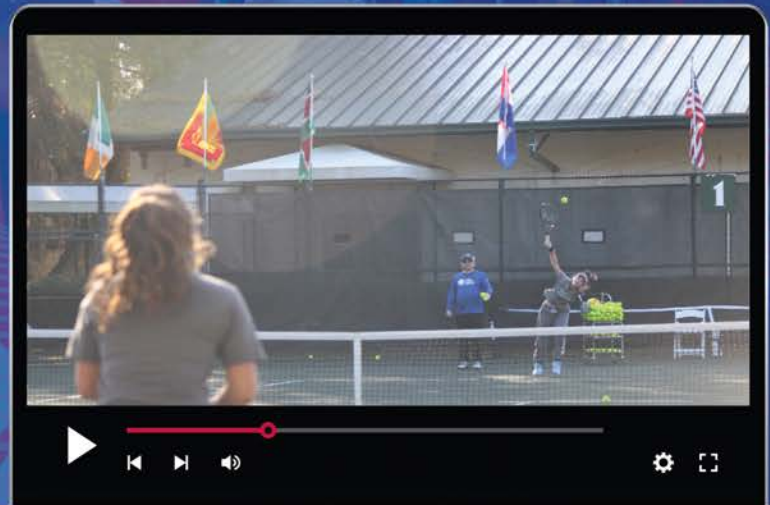
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# THE PATHWAY OF A PERFORMANCE COACH

FOUR MYTHS TO DISPEL

by Martin Blackman



*Blackman has a diverse and extensive background as a coach and a player, beginning with his days as a junior, when he trained with legendary coach Nick Bollettieri. Blackman went on to become a member of two NCAA Championship teams at Stanford University. He continued his play at the ATP level from 1989 to 1995, reaching a career-high of No. 158.*

*Blackman started his coaching career in 1998, becoming the Head Men's Tennis Coach at American University at the age of twenty-eight. In 2004 Blackman became the Director of Tennis at the Junior Tennis Champions Center (JTCC) in College Park, MD. During his four years at JTCC, Blackman and his team grew the non-for-profit Tennis & Mentoring Program from 20 students to 80 and established JTCC as one of the best junior development programs in the country, subsequently leading to JTCC becoming the first-ever USTA Regional Training Center. Blackman joined the USTA in 2008, to serve as Senior Director of Talent Identification and Development. In that role, Blackman and his team established a network of Sectional and Regional Camps throughout the country in all 17 Sections, working in partnership with the USTA Sections and the private sector. Blackman left the USTA in late 2011 to found his own tennis academy, the Blackman Tennis Academy, in Boca Raton, FL. After only its second year of full-time programming, Blackman's Academy sent all eight of its graduating students to college on tennis scholarships.*

*In June of 2015, Blackman took over as General Manager, USTA Player Development. In this role, Blackman is responsible for partnering with the U.S. tennis community to identify and develop the next generation of world-class American players. He oversees both the USTA's Player Development staff and the Coaching Education team (USTA U).*

*He lives in Lake Nona, FL, with his wife and four children.*



In this two-part article, I want to share insights that are broadly applicable to the thousands of aspiring performance coaches in the U.S. while giving specific examples of what the journey might look like. Part I of this article seeks to debunk some prevalent myths and. Part II will ask a few clarifying questions and give some guiding philosophical principles for young coaches embarking on the journey to become great performance coaches and will appear in the subsequent issue of TennisPro.

First, I'd like to dispel four myths:

## Myth #1

**You have to have been a good or great player to be a good or great coach.**

There is no doubt that being a good or great player gives aspiring coaches an advantage as they begin their coaching journey. Having competed at a high level they understand the basics of technique, tactics and movement and the unique experience of high level competition.

Often, the collegiate or professional player fresh out of college or off the Tour needs to make money, and because they can play at a high level, they are immediately able to build a clientele of students who attribute teaching and coaching competency to the young coach because of their playing ability.

For coaches, who haven't competed at a high level, you can become a great performance coach if you become a student of the game. You may have to spend more time watching video, learning about the parameters of performance in the pro game, and working backwards to understand how that should be taught based on growth and development.

Make sure you learn the principles of long-term growth and development (see ADM in recommend reading) and make sure you have created a framework for development (see USTA Teaching & Coaching Philosophy in recommended reading)

Find yourself a mentor who is a performance coach and don't be intimidated just because you can't play at a high level but make sure that you can command the court and own the information you impart to your players.

For those of you who did compete at a high level, you should do the same. Gaining a comprehensive understanding of developmental and coaching principles will allow you to translate your playing experience more effectively and apply it differently and appropriately to the players that you work with.

Every day, in the field, I see great coaches who were not good collegiate or pro players, but who have mastered the knowledge and competency required to teach, guide and coach. All of these coaches have one thing in common: they are able to communicate how much they care about the individuals they work with before they try to communicate how much they know.

## Myth #2

**Developmental and performance coaches are more knowledgeable, more skilled and more valuable than participatory, introductory and recreational coaches.**

Anyone who has tried to teach a private lesson or a small group clinic to beginners knows how hard it is to control the environment, to facilitate learning and to make it FUN.

As someone who has observed great teachers at the beginning level, especially those working in the U12 space, I have the greatest respect, admiration and appreciation for the mastery, patience and creativity that it takes to attract and retain new players and get them to the point where they are 'playing tennis.'

In my role in Player Development, I recognize the fact that our mission to work in partnership with the Sections and private sector, to develop Top Ten players and Grand Slam Champions is dependent upon the great work and dedication of our coaches who inspire, grow, and retain our base of new players (young and adult). To all of the grassroots, introductory, participatory, youth and NJTL coaches working at the base to inspire a love for the game – thank you!

## Myth #3

**Coaching is more difficult than teaching.**

When we watch the best of the best: Serena, Halep, Barty, Kenin, Federer, Nadal and Djokovic we see the product of developmental teaching that took place before they ever played a match on TV. We see the tip of the iceberg that is visible above the surface but often we do not realize all of the work that was done between the ages of 8 and 16, to teach the fundamentals of technique, movement and tactics, and most importantly the mentoring that contributes to competitive toughness, growth mindset and love for the game.

Teaching and Coaching represent a continuum: all Teachers must coach and all Coaches must teach. But the coaches sitting in the players' boxes are there because of the foundations built by the great junior Teachers.

## Myth #4

**Women can't coach boys or men.**

It is unfortunate that in 2020 we still have address this, but we do. Thankfully we have had great examples in Billie-Jean King, Judy Murray, Amelie Mauresmo and Conchita Martinez and many other great female coaches, but our sport has not yet fully embraced the simple fact that women can successfully coach boys and men at the highest level.

In my role as GM of Player Development, I have had the privilege of learning from some of the greatest coaching minds in the game: Billie-Jean King, Chris Evert, Mary Joe Fernandez, Kathy Rinaldi, Anne Pankhurst and others; women who understand every aspect of the game and can coach men and women at the highest level.

For all of the aspiring young coaches (especially women) reading this article, don't let the biases in sport and in our industry discourage you from forging your path in a journey to become a great coach. We need more female developmental and performance coaches, and only with your talent, skill and leadership can we achieve our goals for high performance tennis in the U.S.! Be sure to catch my Part II in the Jan/Feb issue of TennisPro magazine.

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# International Member News



## CHINA

The 14th PTR Asia symposium was held in Shanghai Racquet Club on Oct 5-7th, with around 120 participants from various parts of China.

The sponsors were Wilson, FILA, Ceyuan Lighting, All Tennis App and Tennis 123 Shanghai.

Speakers included Michael Luevano, Tournament Director of Shanghai Rolex Masters, Club owners in big cities as Guan Chun You, Zhu Yin Xia, Li Dong Wen... just to name a few.



## ITALY

From the 4th – 6th of September Carlo Alberto Massaro, PTR Italy Executive Director, conducted the PTR Tennis 11-17 Certification in Marleno, South Tyrol. The participants were assisted by PTR Workshop Leader Francesco Foschi.



From the 5th – 6th of September Herbert Schnaubelt, PTR DACH Coordinator, conducted the PTR Performance Certification in Wien, Austria. Thanks to Dieter Mocker and Martin Florian for hosting the workshop.



At the end of August, Herbert Schnaubelt, PTR DACH Coordinator, conducted the PTR Performance Certification in Hassloch, Germany. Congratulations to Uwe Wingert, Thassilo Haun, Pjer Bulava, Tim Suchan and Selina Dal for the new certification!



From the 16th-18th October Luigi Bertino, PTR Italy Director of Education, conducted the PTR Performance Workshop, in Castel Maggiore (Bologna), Italy. Our PTR members were assisted by PTR Workshop Leader Giorgio Roccato.

On the 13th of September, at the Accademia Tennis Vavassori, the PTR Italy Tennis Forum took place with over 150 participants. We are thankful for all the members who joined even with this year's difficulties. Speakers of the event were Kai Gerber (Swiss Tennis Technician & Workshop Leader), Matteo Perchiazzi (Founder & Director of SIM, Italian school of mentoring), and our PTR Workshop Leaders: Luigi Bertino, Simone Bertino, Herbert Schnaubelt.

During the event, members were recognized with the 10, 20, 25, 30, 35 years of membership! Massimo Ogna was presented his award for PTR Italy Pro of the Year as was Cinzia Fabiani for PTR Italy Women Pro of the Year.







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# Monitoring Tennis Training Loads *to Reduce Injury Likelihood*

by Dr. Natalie L. Myers, Dr. Duane Knudson, & Jack Newman





## Training Load

On and off-court training to achieve high-level tennis performance has traditionally been scheduled and supervised by tennis pros and coaches. This intense training combined with year-round competition contributes to a variety of tennis-related injuries for advanced players of all ages, sometimes forcing a medical withdrawal from competition or training. The development of small sensors, surveys, and tracking applications for monitoring training and competition loading of tennis players has begun to improve our understanding of planning training load to both optimize performance and reduce likelihood of musculo-skeletal injuries. Exercise science and sports medicine research inform these two complimentary goals of training, high levels of performance and lower injury likelihood. This column updates tennis pros on what has been recently learned about training loads in junior tennis players and changes in that loading that might reduce the likelihood of injury from sports medicine research.

Training loads for sport have been referred to as load, workload, or volume (Myers et al., 2016; Myers & Knudson, 2019). One can monitor external load (number of strokes, distance run, duration on court, etc.) or internal load (player physiological response like heart rate or their ratings of perceived exertion or discomfort). Knowledge of both these measures of overall training load of the body helps coaches plan training and rest cycles to gradually improve performance, hopefully peaking for key competition/tournaments. These external and internal loads can be manipulated and analyzed in different ways to help inform training decisions. The metric recently investigated by exercise and sports scientists is the acute-chronic workload ratio (ACWR). The acute load (numerator) for the ACWR is the load of the most recent week. The chronic load (denominator) is the average of the total load from the previous 4 weeks. An example of the ACWR calculation can be seen in figure 1a using shot counts as the external load variable of interest (Figure 1b). This gives the coaching and sports medicine staff a general measure of training readiness balancing recent training load compared to the long-term training load.

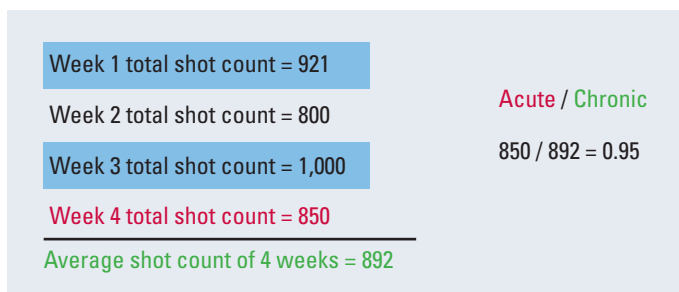


Figure 1a. An example of how to calculate the ACWR using total shot counts over a one-month period of time.



Figure 1b. The external workload variable of shot counts can be collected by racket mounted sensors. The Sony Smart Tennis Sensor and its application is an example of one of many racket mounted sensors. The picture below provides an example of one day worth of shot count data.

Considerable recent research has focused on the ACWR in several sports. The interest has been driven by initial studies reporting that athletes in several sports with ACWR's greater than 1.5 tend to have higher likelihood of subsequent injury than athletes below 1.3. Given injury risk is a complex problem, one should not take 1.3 and 1.5 as exact training standards. Coaches and sports medicine professionals interested in more extensive discussion of tracking training loads and their association with injury likelihood should review special scientific journal issues on this topic in the September 2020 issue of the Journal of Athletic Training and the October 2020 issue of the Journal of Orthopaedic and Sports Physical Therapy. Pros can also consult a local athletic trainer/therapist interested in this topic. While research continues to refine the calculation of training loads, validity of the ACWR variations, other load measures, and documenting their association with injury likelihood, let's look at the recent research on training loads in junior tennis players.

## Training Loads in Tennis

Myers and colleagues (2020a) measured tennis training load during the week (including practice and weekend competition) for 26 juniors at a tennis academy for 7-months. Their training load variable combined internal (ratings of perceived exertion) and external (practice duration) load to calculate a 1 week to 4 week ACWR each week. Following players training over time and analyzing medically-documented injuries with an advanced statistical analysis, they were able to show that injured players tended to have a recent training load increase compared to uninjured players. Injury likelihood increased when acute loads were 50% greater than typical chronic loads (ACWR = 1.5). Meaning there was more work done in the most recent training week compared to the previous 4 weeks. Moreno-Perez and colleagues (in press) also reported that junior players had a higher risk of injury after recent acute increases in training load.

Additional research continues on direct measures of training loads in tennis (stroke counts and other measures), various ACWR models, and their potential association with injury. Since coaches often focus on stroke and court movement technique, sensors that count strokes or measure distances run have become popular in monitoring training loads (Figure 1b). Racket sensors can accurately count the number of strokes executed in practice and competition, although with less accuracy in identifying kinds of strokes (Myers et al., 2019; Keaney & Reid, 2020). High level junior players typically execute between 140 and 350 forehands, 100 and 200 backhands, and 30 and 100 serves daily in approximately 90 minutes of training (Genevois et al., 2018; Myers et al. 2019). Even simple athlete subjective ratings of perceived exertion (RPE) and short functional surveys (Kerlan Jobe Orthopaedic Clinic (KJOC) Scale) show potential for monitoring training loads and responses of tennis players to training (Myers et al. 2020b). Academy players often report RPE to be between 5-7 during training and between 5-8 during competition (Myers et al. 2020a; Perri et al. 2018). Surveys such as the KJOC have yet to be monitored over a season in tennis players; however, there are normative data that suggests players who compete with arm pain during tennis score on average 69 and those that report playing without arm pain score 94. The KJOC is scored on a scale of 0-100, 100 representing full arm function. Other surveys that collect information on wellness, sleep, and recovery, may also want to be considered.

## Training load applications

There are many training load applications tennis professionals can implement into a player's daily routine. The authors are most familiar with AthleteMonitoring (<https://www.athletemonitoring.com/> RTSTATS Technologies, New Brunswick, Canada). This system allows players and coaches to track wellness, workload, health status, and performance all in one place. Figure 2 gives an example of a soreness

questionnaire that the authors made in AthleteMonitoring. The questionnaire was used to gauge lower extremity soreness following tennis activity. Rate of perceived exertion can also be documented using this platform (Figure 3).

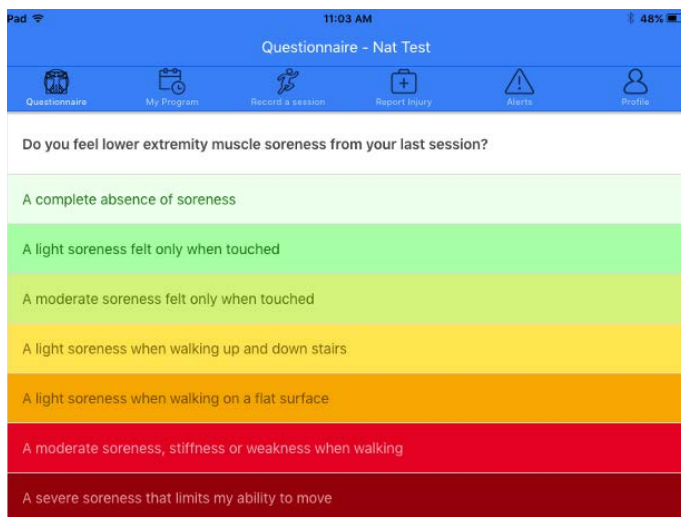


Figure 2. Screen shot of AthleteMonitoring muscle soreness rating.

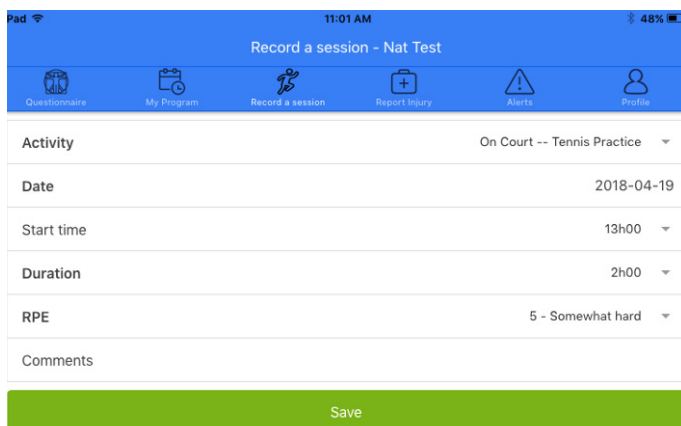


Figure 3. Screen for recording training session data including ratings of perceive exertion (RPE) in *Athlete Monitoring*.

#### Take to Court Message

- Tennis pro and coaches should consider collecting multiple measures of external training load (stroke counts, practice duration, etc.) and internal training load (resting HR, KJOC, RPE, etc.) to monitor the overall training loads for their players. Monitoring load variables assist in periodization of training.
- While the generally desirable tennis training load to improve performance and diminish injury likelihood is not known, there is initial evidence that if recent training loads increase too much there could be higher likelihood of injury. Coaches can then correct training load and reevaluate the training schedule to peak for competition without too much fatigue and potential risk of injury.
- Pros and coaches can help the advancement of this knowledge and tennis by collaborating with researchers and local sports medicine professionals. To help determine if resources are available contact a local college or university to see if research is ongoing and how to access health care and fitness professionals to

improve your program. Working with these professionals can also add to player support by bringing a new set of skills and ideas to a program. It is also important to stay educated as more research results on these new technologies continues.

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**Dr. Duane Knudson** is a Regents' and University Distinguished Professor at Texas State University. He had over 35 years of research on the biomechanics of tennis and has served multiple terms on the USTA Sport Science and the Technical Committees.



**Dr. Natalie Myers** is an Assistant Professor of Athletic Training at Texas State with many years of research on tennis injuries working with the USTA and WTA. She is the associate editor of the *Journal of Medicine & Science in Tennis*.



**Jack Newman** is the CEO of the Austin Tennis Academy and has been instrumental in supporting and implementing recent research on tennis training loads.



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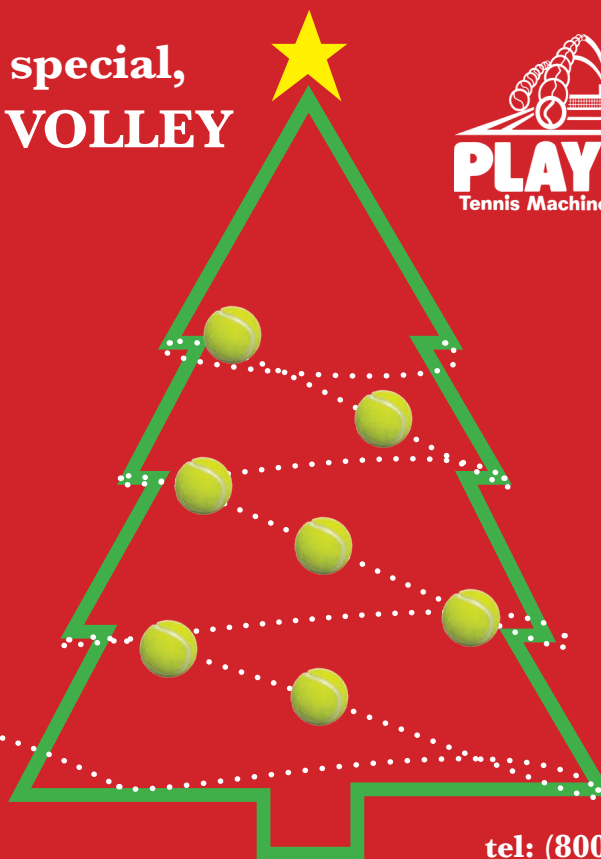


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