



QNT – 7th AITA Indian National Coaches Conference Ends successfully at New Delhi



The sprawling Delhi Lawn Tennis Association (DLTA) at New Delhi played host to the 7th AITA National Coaches Conference during 19 – 22 December 2013. The 2 day conference provided an extreme learning experience for the 300 participants from all across India and a few from Nepal and Bhutan.

The Show Court 1 of DLTA was converted to a beautiful arena with a giant LED Screen and excellent seating arrangements for the delegates. The open air on court auditorium received excellent accolades from the speakers and delegates.

The 300 strong participants got to hear and learn from the very experienced speakers at the Conference. Speakers included **Robert Ballard** (Olympian & Fitness Trainer from Australia) who gave three presentations on Fitness and Fitness testing), **Dr. Vece Paes** (Olympian & Sports Medicine expert) who spoke on what went behind making Leander Paes, **Happy Bhalla**



(Tennis coach from USA) on how to train mind of a Tennis Player), **Zeeshan Ali** (Indian Davis Cup Coach) presented on Functional drills for Tennis, **Nandan Bal** (Former Indian Davis Cup Coach) presented on developing Mid Court game, **Aditya Sachdeva** (Coach of Yuki Bhambri) demonstrating on perception and reception skills and court positioning, **Dr. Madan Ballal** (Orthopaedic Surgeon, Sports Medicine Doctor and Doctor of Indian Davis Cup Team) who presented on common injuries to shoulder and knee of a Tennis Player, **Dr. Amit Bhattacharjee** (Sports Psychologist) presented on Mind Mapping, **Vaibha Daga** (Physiotherapist of Indian Cricket Team) on core stability and prevention of Injuries for a Tennis Player, **Avinash Tiku** (Mind Coach from Art of Living) on how to prepare the mind of a sportsperson, **Ryan Fernando** (Sports Nutritionist) on what coaches should know about Tennis Players' Nutrition, **Puneet Gupta**, ITF Silver Badge referee on what Coaches need to know about Tournaments & rules and **Sukhwant Basra** (National Sports Editor, Hindustan Times) on media relation skills to coaches & players.



The conference was opened on Friday, 20 December 2013 by Mr. Anil Khanna, President of Asian Tennis Federation & All India Tennis Association. The guests included Mr. Bharat Oza, Hon. Secretary General, AITA and Mr. Shailesh Mishra, President, QNT India (Title Sponsor) while Mr. Suman Kapur, Chairman, AITA Coaches Committee welcomed. During his opening speech Mr. Anil Khanna Said "AITA has always laid

emphasis on Coaches education and will ensure to make it better. It is a wonderful sight to see nearly 300 coaches assemble in this conference. This shows that the sport is on the growth and you as coaches play a vital role in the sport's upside. Tennis needs to evolve and we need to ensure that players from all regions get equal opportunities and representation. I wish every delegate here takes the maximum from this conference which has high quality speakers."



The lifetime achievement award for coaches 'Dilip Bose Award' was presented to two coaches this year. Former Indian Davis Cupper and Coach **Mr. Balram Singh** from Delhi and highly experienced coach from Mumbai **Mr. Tahir Ali** were the recipients this year. **Dr. Vece Paes** and **Mr. Nandan Bal** were presented with special awards for their contribution to Indian Davis Cup Team as Doctor and Coach respectively.

The conference ended on Saturday, 21 December 2013 with a party at Blu-O, a sports Bar where all the delegates and speakers got to unwind after gruelling 2 days.



QNT, leading Sports Nutrition Company was the title Sponsor whereas **ONGC**, a leading Public sector Petroleum Company was the Associate Sponsor of the event. **TOPSPIN**, **HEAD** and **COUGAR** (fitness Equipment Company) were the Co-Sponsors and **INDIGO**, India's leading airlines was the airline partner. The conference was managed by *Zygosports* on behalf of AITA.

