

**JUNIOR TEAM EVENTS FOR 2013** – This year, three teams i.e WJTC(Boys), WJTC(Girls) and JDC teams qualified for the World Group. The team performance for the Asia/ Oceania Final Qualifying events was as follows:

**World Junior Tennis Competition(Boys)** – The boys team reached finals for the first time ever in the Asia/ Oceania Qualifying event. The team was placed second and the results were as follows:

1 <sup>st</sup> day(Round Robin) –	India defeated Indonesia	3-0.
2 <sup>nd</sup> day(Round Robin) –	India defeated Philippines	3-0.
3 <sup>rd</sup> day(Round Robin) –	India defeated Korea	3-0.
4 <sup>th</sup> day(Quarters) –	India defeated Chinese Taipei	3-0.
5 <sup>th</sup> day(Semis) –	India defeated Japan	3-0.
6 <sup>th</sup> day(Finals) –	India lost to Australia	0-3.



**The team will participate in World Group competitions at Prostějov, Czech Republic from 5 – 10 August, 2013.**

**World Junior Tennis Competition (Girls)** – The girls team was placed third and the results were as follows:

1 <sup>st</sup> day(Round Robin) –	India defeated Vietnam	3- 0.
2 <sup>nd</sup> day(Round Robin) –	India defeated Sri Lanka	3-0.
3 <sup>rd</sup> day(Round Robin) –	India defeated Korea	3-0.
4 <sup>th</sup> day(Quarters) –	India defeated Philippines	3-0.
5 <sup>th</sup> day(Semis) –	India lost to Australia	0-3.
6 <sup>th</sup> day(3 <sup>rd</sup> Position) –	India defeated Thailand	2-1.



**The team will participate in World Group competitions at Prostějov, Czech Republic from 5 – 10 August, 2013.**

**Junior Davis Cup** - The boys were placed third during the competition and the results were:

1 <sup>st</sup> day(Round Robin) –	India defeated Indonesia	3-0.
2 <sup>nd</sup> day(Round Robin) –	India defeated Philippines	2-1.
3 <sup>rd</sup> day(Round Robin) –	India defeated Chinese Taipei	2-0.
4 <sup>th</sup> day(Quarters) –	India defeated China	2-0.
5 <sup>th</sup> day(Semis) –	India lost to Korea	0-2.
6 <sup>th</sup> day(3 <sup>rd</sup> Position) –	India lost to Australia	0-2.

**The team will participate in World Group competitions at Mexico from 24 - 29 September 2013.**

**Junior Fed Cup** – The girls were placed and the results were as follows:

1 <sup>st</sup> day(Round Robin) –	India defeated Singapore	3 – 0.
2 <sup>nd</sup> day(Round Robin) –	India lost to Japan	0-2.
3 <sup>rd</sup> day(Round Robin) –	India lost to Hong Kong	1-2.

4<sup>th</sup> day(Place 8-12) – India defeated Sri Lanka 3 – 0.

5<sup>th</sup> day(Place 9 & 10) – India defeated Chinese Taipei 2-0.

6<sup>th</sup> day(9<sup>th</sup> Position) – India lost to China 1 -2.

Girls team was placed 10<sup>th</sup> and could not qualify for the World Group.

**ITF Juniors GB1 Competitions at New Delhi from 15 – 20 April, 2013** – This tournament is restricted for Asian participants only. 14 Indian boys entered the Singles and Doubles Main draw. Sumit Nagal made it to Singles Semi-Finals and won doubles titles pairing with Thailand Boy Wishaya.

In girls section, Indian girl Snehadevi Reddy won the Singles title and Japanese pair of Mami and Hikari won the doubles title.

**DAVIS CUP IND V/S INA** at Bangalore from 5 – 7 April, 2013 – India outplayed Indonesia by 5-0 to remain in the Asia/Oceania Zone Group I for 2014. The tie was held at KSLTA Tennis Stadium, Bangalore. The results of the tie were as follows:

**Day 1**

**Somdev Devvarman(IND) defeated Wisnu Adi Nugroho(INA) 6-1, 6-2, 6-2**

**Yuki Bhambri(IND) defeated Christopher Rungrat(INA) 6-3, 6-2, 6-2**

**Day 2**

**Leander Paes/ Sanam Singh(IND) beat Elbert Sie/ David Agung Susanto(INA) 6-2, 6-1, 6-4**

**Day 3**

**Somdev Devvarman(IND) defeated David Agung Susanto(INA) 6-3, 6-1**

**Yuki Bhambri(IND) defeated Wisnu Adi Nugroho(INA) 6-0, 6-1**

**UPCOMING TOURNAMENTS IN MAY**

13 – 18 May	National Series, Mumbai	Boys and Girls U/14 & U/16
20 – 25 May	Nationals, Mumbai	Boys and Girls U/12 & U/16
27 – 31 May	Championship Series, Guwahati	Boys and Girls U/12 & U/16

**INTERNATIONAL TOURNAMENTS IN INDIA IN MAY**

6 – 25 May	Asian Under 14 Series, Bangalore	Boys and Girls U/14
6 – 11 May	ITF Mens(15K), Rohtak	Mens
27 – 31 May	ITF Mens(10K), Chennai	Mens

## How to become a world class tennis player

### - the importance of periodization

The game of tennis has developed a lot over the past twenty years. At the same time as the game becomes more and more demanding at the highest level, we are also facing a tough competition between the increasing number of nations participating in the international events. Tennis is today one of the largest and most competitive sport in the world played in almost every country.

Most players are aware of that hard work is required to reach all the way to the top but exactly how much and how you should train is impossible to say. We can although find some guidelines from previous experiences, talking to the current elite players but most important of all we can look in to all the different scientific studies that has been done, not only in tennis, but also in other sports as well as in sports in general.

### First of all, how much effort do you need to put in to have a chance to reach the highest level?

According to research done by professor K. Anders Ericsson at Florida State University you need to invest at least 10,000-15,000 hours of deliberate practice to gain expertise in one particular field.

In sports it normally takes 10-12 years from the time you took up the activity until you can reach the professional level. The average age of starting tennis is eight, which means that a talented athlete can expect to be able to play the game at professional level if he or she invest an average yearly work load of 800-1000 hours of high quality and systematically planned training during at least ten years.

Normally when you start playing the amount of hours are less, probably around 400-500 hours per year but as the child gets older you gradually increase the time you invest spend on different activities. In the late teenage the work load normally reach its peak and most of the top players practice and compete around 1400 hours in a year.

Most players and coaches are aware of all the hard work required but only a few are aware of how to fill all the time you spend on and off court with a content that make sense and really increase your on-court performance. According to Russian and other East European scientist there are few key aspects that you must have in mind to be able to successfully plan your training schedule, one of them is variation. The reason is obvious, if you practice the same to long, you get used to de exercises, your motivation drops and the result in improvement will not meet your expectations.

Normally it takes approximately eight weeks until your reach stagnation, if you continuously keep on doing the same. After another eight weeks with the same trainings schedule there is even a risk that your level will drop. Being aware of this, most successful coaches use the principec of periodization to plan for performance.

You simply divide your yearly or seasonal plan in to shorter periods (1-4 weeks). You give each period a topic and make sure that you vary the three parameters:

- 1. Volume** - the amount (for e.g. number of repetitions)
- 2. Intensity** - the tempo or speed (for. e.g. how fast you do the exercise)
- 3. Load** - the work load or pressure (for e.g. how much weight you are lifting or how heavy strokes you have to return)

in a way to avoid stagnation and unnecessary injuries related to overload in training.

If you want to learn more there is plenty of information regarding periodization in sport on the web. For e.g. you can visit the Canadian Sport Federation site [www.canadiansportforlife.ca](http://www.canadiansportforlife.ca) and take part of their plan for Long Term Athlete Development.

## AITA RANKINGS (as of 22 April, 2013)

### BOYS UNDER 12

1. Rithvik Choudary(AP)
2. Rohit Kumar(HR)
3. Kevin Mrugesh Patel(GUJ)

### GIRLS UNDER 12

1. Dedeepya Sai(AP)
2. Prinkle Singh(JK)
3. Mahak Jain(MAH)

### BOYS UNDER 14

1. Nitin Kumar Sinha(WB)
2. Vasisht Vinod Cheruku(KAR)
3. Parikshit Somani (ASM)

### GIRLS UNDER 14

1. Mihika Yadav(HAR)
2. Pranjala Yadlapalli(AP)
3. Sruta Kirti Gunuganti(AP)

### BOYS UNDER 16

1. Garvit Batra(DL)
2. Sumit Nagal(HR)
3. Vishu Prasad(DL)

### GIRLS UNDER 16

1. Snehadevi S Reddy(TN)
2. Pranjala Yadlapalli(AP)
3. Akshara Iska(AP)

### BOYS UNDER 18

1. Rishab Agarwal(AP)
2. Sumit Nagal(HR)
3. Shaik Abdullah(AP)

### GIRLS UNDER 18

1. Simran Kaur Sethi(DL)
2. Snehadevi S Reddy(TN)
3. Rutuja Bhosale(MAH)

### MENS SINGLES

1. Somdev Devvarman(TN)
2. Yuki Bhambri(DL)
3. Sriram Balaji(TN)

### WOMENS SINGLES

1. Rishika Sunkara(DL)
2. Prerna Bhambri(DL)
3. Ankita Raina(GUJ)