

**JUNIOR TEAM EVENTS FOR 2013** – This year, three teams WJTC(Boys), WJTC(Girls) and JDC teams qualified for the World Group. The teams selected for the World Group events are as follows:

**World Junior Tennis Competition(Boys)** – The competition is scheduled at Prostějov, Czech Republic from 5 – 10 August, 2013. The team comprises of:

- |                      |                                  |
|----------------------|----------------------------------|
| 1. Nitin Kumar Sinha | 3. Vasisht Vinod Cheruku         |
| 2. Alex Solanki      | <b>Captain:</b> Mr. Gary O'Brien |

**World Junior Tennis Competition (Girls)** – The competition is scheduled at Prostějov, Czech Republic from 5 – 10 August, 2013. The team comprises of:

- |                        |   |
|------------------------|---|
| 1. Pranjala Yadlapalli | 3. Himani Mor                               |
| 2. Mihika Yadav        | <b>Captain:</b> Ms. Sai Jayalakshmy Jayaram |

**Junior Davis Cup** - The competition is scheduled at Mexico from 24 - 29 September 2013. The team comprises of:

- |                 |                                   |
|-----------------|-----------------------------------|
| 1. Sumit Nagal  | 3. Sahil Deshmukh                 |
| 2. Garvit Batra | <b>Captain:</b> Mr. Narendra Nath |

**ITF/ ATF 14 & Under High Performance Training Camp** – ITF / ATF High Performance Training Camp have been envisaged to work on a selected band of players who are all handpicked on the basis of their performances in the individual(Division 1 Championship) as well as team competitions(WJTC Boys and Girls). The camp is being organized at Asian Tennis Center, Bangkok from 26 May to 8 June. 2 Indian Boys and Girls each are selected for the camp as follows:

**Boys**

1. Nitin Kumar Sinha
2. Parikshit Somani

**Girls**

- Mihika Yadav
- Sruta Kirti Gunuganti



During this camp, the ITF / ATF would be providing training, complete boarding and lodging for the players for the duration of the camp, as also airport transfers at the Asian Tennis Center in Bangkok, Thailand. The camp would be presided over and conducted by the ITF Representative (Asia) Suresh Menon and supported by Jean Luc TOULLIOU (France), C J Colburn (US), Jalal Fathi (Iran) and support staff from the LTAT.

**2013 ITF/ATF 14&Under GSDF Team Tour to Europe** - ITF and ATF have selected 4 Indian players namely **Nitin Kumar Sinha, Parikshit Somani, Mihika Yadav and Himani Mor** to join the Asian 14 & Under ITF/GSDF Team to Europe to participate in a training camp and a series of 5 European 14 & Under Tournaments in July and August 2013. This project is being financed by the Grand Slam Development Fund. The schedule of the tour is as follows:

<b>Date</b>	<b>Events</b>
Thursday 4 July	Arrive in Paris for training camp
5 – 7 July	Training camp, Paris, France
8 – 14 July	BNP Paribas Cup, Stade Francais, Paris, France
15 - 21 July	Windmill Cup, Velp, Netherlands
22 – 28 July	Balle Mimosa Loire-Atlantique, Nantes, France
29 July – 4 Aug	34 Int. Deutsche Tennismeisterschaft, Duren, Germany
5 – 10 Aug	Lapperre Young Champions Cup, Hasselt, Belgium
<b>5 – 10 Aug</b>	<b>World Junior Tennis Finals, Prostějov, Czech Republic*</b>

**\*(Only players selected in National Team will participate)**

Special emphasis has been placed on junior tennis by ITF where regional tournament circuits have been developed and teams of young players compete outside their own region. Players who perform well at these regional circuits are invited to join an international touring team. The ITF/GSDF touring team programme aims to facilitate the transition of talented players through regional and international competitions and onto the professional ranks.

#### UPCOMING TOURNAMENTS IN JUNE

3 – 8 June	Interstate Nationals, Delhi	Boys and Girls U/14
3 – 8 June	Championship Series, Guwahati	Boys and Girls U/14 & U/18
3 – 8 June	Championship Series, Pune	Boys and Girls U/14 & U/16
3 – 8 June	Championship Series, Anantpur	Boys and Girls U/12 & U/16
10 – 15 June	Championship Series, Kolkata	Boys and Girls U/14 & U/18
10 – 15 June	Championship Series, Delhi	Boys and Girls U/16
10 – 15 June	Championship Series, Solapur	Boys and Girls U/14
17 – 22 June	Championship Series, Chennai	Boys and Girls U/14 & U/18
17 – 22 June	Championship Series, Ahmedabad	Boys and Girls U/12 & U/14

#### INTERNATIONAL TOURNAMENTS IN INDIA IN JUNE

3 – 8 June	ITF Mens(10K), Chennai	Mens
10 – 15 June	ITF Mens(10K), Coimbatore	Mens
24 – 29 June	ITF Womens(10K), Delhi	Womens

## How to become a world class tennis player

### - the importance of periodization(continued...)

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.

A common mistake while coaching upcoming juniors is to only let them play with older and stronger players. Even if they are used to the volume and the intensity in the training the load might be too heavy. The result of only receiving heavy and powerful strokes from older and much more mature players will effect their own game strategy in a negative way and the risk of injuries are increasing. In other words and according to the principle of variation you can't only play the stronger players to gain maximum benefit from your training, you must also play players at your own level and even below your level to get the best results.

The same awareness has to be there when you evaluate how you spend your time off court. It's not only the hours that counts, quality definitely matters. You should always ask yourself a few simple questions while practicing:

1. Why am I doing this?
2. What is the purpose?
3. How will this particular drill improve my on court performance?

If you can give good answers to the above listed questions your chances to achieve your goals as a player are much better than the majority of your competitors. To be able to answer the questions you must know your sport and also understand the demands it puts on you as an athlete. What kind of game is tennis? How is it played at my level, at the highest level and how will it be played in the future.

To many players, especially juniors, are focusing too much on the amount of training. They stay hours on court doing a lot of exercises that really doesn't make sense. At least if you start looking at it from a more systematic point of view. My personal reflection is that the most common mistake is that tennis is practiced in too long intervals in an intensity that is much less than the match itself. Too many exercises are done in a lazy "rally-rhythm" and they continue forever. This behavior results in slow players, with good stamina but on the other hand very poor reaction skills and speed.

Sometimes of course you must focus on rhythm, timing and consistency but more important qualities to develop are speed and various coordination skills such as reactions, balance and the ability to adjust to different situations on court.

There is not only one way to achieve success. If it was we would for sure try to share that information with you. But what we know is that those who have a plan, a more systematic approach and a proper schedule more often succeed than those who doesn't.

Therefore we recommend all of you, and especially you who is trying to become a high performance player, to more carefully start planning, evaluating and continuously adjust the work you do both on and off court. This will for sure improve your performance as well as you learn how to plan to “peak” during the most important tournaments.

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 13 May, 2013)**

**BOYS UNDER 12**

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

**GIRLS UNDER 12**

- Dedeepya Sai(AP)
- Prinkle Singh(JK)
- Mahak Jain(MAH)

**BOYS UNDER 14**

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

**GIRLS UNDER 14**

- Pranjala Yadlapalli(AP)
- Mihika Yadav(MAH)
- Zeel Desai(GUJ)

**BOYS UNDER 16**

1. Garvit Batra(DL)
2. Sumit Nagal(HR)
3. Nikshap BR(KAR)

**GIRLS UNDER 16**

- Pranjala Yadlapalli(AP)
- Snehadevi S Reddy(TN)
- Akshara Iska(AP)

**BOYS UNDER 18**

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

**GIRLS UNDER 18**

- Simran Kaur Sethi(DL)
- Snehadevi S Reddy(TN)
- Rutuja Bhosale(MAH)

**MENS SINGLES**

1. Somdev Devvarman(TN)
2. Yuki Bhambri(DL)
3. Prakash Amritraj(TN)

**WOMENS SINGLES**

- Ankita Raina(GUJ)
- Rishika Sunkara(DL)
- Prerna Bhambri(DL)