



ALL INDIA TENNIS ASSOCIATION

PRESIDENT
HON. SECRETARY GENERAL
VICE PRESIDENT (CHAIR)
VICE PRESIDENT (SPORTS)
HON. TREASURER
HON. JT. SECRETARIES

ANIL JAIN
ANIL DHUPAR
ANIL KHANNA
HIRONMOY CHATTERJEE
ROHIT RAJPAL
SUMAN KAPUR
RAKTIM SAIKIA
PREMKUMAR KARRA
SUNDER IYER

08th Jan 2021

Press Release

Yuki Bhambri utilizes AITA's Return to Tennis initiative and trains with top Juniors at 'High Performance Training Camp'

New Delhi: Former junior world number one and top-ranked Indian singles player, Yuki Bhambri joined few of the country's finest upcoming and talented junior boys at the on-going High Performance Training Camp at R.K. Khanna Tennis Stadium, New Delhi today.

Bhambri, who is a Junior Australian Open champion, is on his road to return to competitive tennis after a long injury layoff since October 2018 and joined the All India Tennis Association's 'Return to Tennis' initiative – the High Performance Training Camp – to meet and train with the junior boys participating in the camp.

"This is a wonderful initiative by the AITA. After having no tennis in the country for so long due to Covid, it is a great idea to have some of the top ranked junior players come together and train. It would help the players get into the groove and make them match-fit and match-ready when they hit the domestic circuit or international Tours", said Bhambri.

28-year-old Delhi lad, Bhambri is eyeing a return to the professional tennis in 2021 season after Covid-19 pandemic induced disruption in the Tennis calendar extended his return time.

A total of 21 AITA ranked junior players got an opportunity to do physical fitness training alongside one of India's top professional players Yuki Bhambri at the camp.

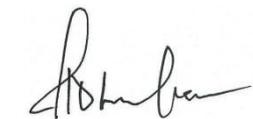
Bhambri will do a hitting session with the participating junior players tomorrow at R.K. Khanna Tennis Stadium.

The High Performance Training Camp, a first-of-its-kind Training Camp by AITA, is being led by National Coach, Zeeshan Ali, who is assisted by former players Ashutosh Singh and Saurabh Singh.

The players have also got online lessons on the importance of Mental Training in Tennis by Dr. Janki R. Deole and on Tennis Equipment by Shivkumar Palani.

Individual Sports Psychology sessions have also been organised for each of the players to further enhance their mental skills and game.

Sports Nutritionist Shiny Chandran, who has also designed a specialized camp specific menu for the participants, will be conducting a lesson on Sports Nutrition and Diet tomorrow.



(Anil Dhupar)

Hon. Secretary General
All India Tennis Association