



Russia Strengthens Hold on European Tennis Trophy



Russia has re-written the **European Tennis Trophy presented by Lindström** record books, sweeping three of the five categories for a fourth consecutive year and retaining the award for **Overall Tennis Performance** in the process.

Having extended their lead in 2007, Russia's win this year sees them romp home with an unprecedented 2000 point lead over second placed France. Notably, for the second consecutive year, Russia was the only one of Tennis Europe's 49 member nations to increase their points total in all four contributing categories; Junior, Professional, Seniors and Wheelchair tennis.

Spain made a strong leap from sixth to third overall, thanks largely to their **Professional Tennis** performance. While not enough to steal first place from Russia, the Spanish points tally greatly exceeded the number of points earned in any of the four years that they won the trophy, helped in no small part by their Olympic and Davis/Fed Cup successes. Other notable improvements came from Great Britain (who rose from thirteenth to seventh overall; their highest position in a decade), and Hungary, who shot from nineteenth to eleventh.

The **Junior Tennis** category saw some of the most dramatic changes. Whilst Russia's 2204 points was more than double the tally of second-placed France, many countries made great strides, with Hungary, Great Britain, Belgium, Ukraine, Latvia and Greece all rising at least ten places.

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Nadal wins Grand Slam #6

For the third time in the last four Grand Slams, Rafael Nadal beat Roger Federer to underline his position as the world #1. While it was the 19th consecutive men's Grand Slam to be won by a European, the Australian Open turned out to be far more successful for American and Asian players. For a full report, turn to Page 3.



Russia Strengthens Hold on European Tennis Trophy

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Germany retained their **Senior Tennis** Trophy for the eighteenth consecutive year. Having seen their lead greatly reduced in 2007, they once again asserted their dominance in this field in the past year, scoring almost three times as many points as second placed Italy. It was a similar story for the **Wheelchair Tennis** Trophy, which remains in the hands of the Netherlands, as it has done since its inception in 2001. France's 713-point second place finish was the most points ever won by the category runner-up.

Russian Tennis Federation President Shamil Tarpishev welcomed the news of his nation's renewed success, commenting, "We are thrilled to have won these titles four years in a row, and it is especially encouraging to learn that Russia's performance is continuing to improve. I think that Russian players have a special sense of national pride, and this is especially evident in their performances in team competitions, especially at the Olympics last year. I'd like to thank Tennis Europe for this recognition, and to congratulate all Russian players, from junior to senior, for their contributions to this success."

The **European Tennis Trophy presented by Lindström** was inaugurated in 1990, and aims to reward the annual achievements of European nations in the sport of tennis, providing a comprehensive overview of the performance-based achievements of players and teams representing Europe's national tennis federations throughout the year.

Announcing the results, Tennis Europe President Jacques Dupré said "Once again this year, their continued improvement in all aspects of performance tennis shows that the



Russia's trio of 2008 Olympic medallists went some way to securing the Professional Tennis Trophy.

Russian Tennis Federation is successfully capitalizing on, and contributing to, a golden age in Russian tennis. On behalf of Tennis Europe, I congratulate the federations of Russia, Germany and the Netherlands for their incredible achievements in dominating their respective categories in recent years. I also would like to thank our presenting sponsors Lindström for their continued support of European tennis."

The 2008 **European Tennis Trophy presented by Lindström** prizes will be awarded at the Annual General Meeting of Tennis Europe in Zurich, Switzerland in March.

For full results by country and category, plus a detailed explanation of how the points are calculated, please visit www.tenniseurope.org/TennisEurope/Te_European_Tennis_2008.aspx.

2008 EUROPEAN TENNIS TROPHY presented by Lindström					
	OVERALL PERFORMANCE	PROFESSIONAL TENNIS	JUNIOR TENNIS	SENIOR TENNIS	WHEELCHAIR TENNIS
1	RUSSIA	RUSSIA	RUSSIA	GERMANY	NETHERLANDS
2	FRANCE	SPAIN	FRANCE	ITALY	FRANCE
3	SPAIN	FRANCE	HUNGARY	AUSTRIA	SWEDEN
4	GERMANY	CZECH REP.	ROMANIA	NETHERLANDS	GT.BRITAIN
5	NETHERLANDS	GERMANY	GT. BRITAIN	GT. BRITAIN	POLAND
6	ITALY	ITALY	GERMANY	FRANCE	BELGIUM
7	GT. BRITAIN	SERBIA	ITALY	HUNGARY	ITALY
8	CZECH REP.	SWITZERLAND	BELGIUM	SWEDEN	GERMANY
9	ROMANIA	SWEDEN	CZECH REP.	SPAIN	ISRAEL
10	AUSTRIA	ISRAEL	SLOVAK REP.	CZECH REP.	AUSTRIA

Nadal Flies Flag for Europe at Australian Open

Once again confirming their place at the top of the men's game, **Rafael Nadal** and **Roger Federer** produced yet another thrilling climax to a Grand Slam event with a marathon five set match under the night-time lights of Melbourne Park. Nadal's greater consistency paid off in a four and a half hour match that saw the former world #1 uncharacteristically struggle with his serve and commit a series of errors at crucial points. It was the third time in the last four Grand Slam events that the pair had faced off in the deciding match, with the result being the same as at Roland Garros and Wimbledon as the tenacious Spaniard won the latest instalment of their epic rivalry to take his first Australian Open title.

Neither player was fully in control throughout the match as dips in form seemed to follow the conclusion of each set enabling the loser to regain momentum for long enough to catch a vital break. A string of unforced errors early in the fifth enabled Nadal to eke out a three game lead, and some nervy play gifted the Spaniard match points on his opponents serve at 2-5, which he converted at the third attempt after a Federer forehand drifted long.

Nadal's win was his 13th in 19 meetings between the two. A distraught Federer was reduced to tears on the podium after the match, prompting some encouraging words from his friend and rival, who said "Just remember you're a great champion and you're one of the best in history and for sure you're going to match Sampras," before adding "To receive this trophy from Rod Laver is a dream for me."

Elsewhere in the men's draw, a rejuvenated **Fernando Verdasco** was never far from the headlines. Inspired by his crucial role in Spain's Davis Cup win in November, and playing the tennis of his life on a run which included a win at the season-opening event in Brisbane, the world #15 beat pre-tournament favourite **Andy Murray** in five sets in the fourth round, ensuring that Spain's record of having had at least two players in the quarter finals of seven of the last eight Grand Slams remained intact. His semi final match with Rafael Nadal would eventually be settled 6-4 in the fifth in favour of the world #1, but not before a colossal battle lasting five and a quarter hours, the longest match in the history of the tournament.

Following a fortnight of patchy performances, **Serena Williams** rediscovered her best tennis in the final to sweep aside the challenge of **Dinara Safina** and se-



cure her fourth Australian Open title, and tenth Grand Slam singles title overall. Much had been on the line for both players, with victory ensuring that either player would assume the world #1 spot after the tournament. After a nervous start from Safina, in which the Russian gifted three double faults in her opening service game, the American never looked back, winning the first set to love and conceding just three games in the second.

Despite the loss, Russia's female players can be pleased with their performances in Australia. For the first time in Grand Slam history, three Russian players made the semi finals, with **Elena Dementieva** completing her set of having reached that stage at all four majors, consolidating on her best ever start to the season in which she had won two events on the road to Melbourne, and compiled a 15-0 record before her semi final loss to the eventual champion.

Other notable stories from the event included a career-best hard court performance from Spain's **Carla Suarez Navarro**, who reached a Grand Slam quarter final for the second time in just three attempts, and the re-emergence of **Jelena Dokic**, who enthralled fans in her adopted homeland with a string of improbable and impressive upsets to reach the quarter finals, and shoot back into the WTA top 100.

Both men's and women's doubles events went to pairs of American siblings. As already mentioned, Serena Williams teamed with sister Venus to win the pair's 8th Grand Slam title, which moves them to equal third on the list of all-time Grand Slam winning partnerships. Meanwhile, **Bob and Mike Bryan** fought back from the brink of defeat to outlast veteran pair **Mahesh**

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Nadal Flies Flag for Europe at Australian Open

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Bhupathi (IND) and **Mark Knowles** (BAH) 26 75 60. The win was an important one for the Bryan twins, who regain their world #1 ranking and move to equal second in the race for all-time doubles Grand Slam winners, alongside Newcombe/Roche and Woodbridge/Woodforde.

There was some consolation for Bhupathi in the mixed doubles, where he and Indian compatriot **Sania Mirza** went one better than their 2008 runner-up spot, flying past **Nathalie Dechy** (FRA) and **Andy Ram** (ISR) to win the title comfortably.

Former European Junior Champion **Ksenia Pervak** went some way to making up for Russia's disappointment in the women's singles by securing the girls title with a straightforward 63 61 win over Britain's **Laura Robson**. The reigning Wimbledon Junior Champion would have attained the world #1 ranking with a win, but had no answer to the greater power and consistency of Pervak, whose WTA ranking is already on the cusp of the top 150. The American/Croatian pairing of **Christina McHale** and **Ajla Tomljanovic** took the doubles, outlasting two former Tennis Europe Junior Tour top five players, **Alexandra Krunic** (SRB) and **Sandra Zaniewska** (POL) 61 26 10-4.

There was more joy for India in the boys event, where 16-year old top seed **Yuki Bhambri** won in equally convincing style, conceding just four games to Germany's **Alexandros-Fernandos Georgoudas** in a 63 61 win and becoming the first boy from his country to take the title. The doubles event went to **Francis Casey Alcantara** of the Philippines and **Cheng-Peng Hsieh** of Chinese Taipei, who swept aside Russia's **Mikhail Biryukov** and Japan's **Yasutaka Uchiyama** 64 62. It is the third junior doubles slam for Hsieh, who successfully defended his title in Melbourne, and also won Wimbledon last year.

Events in Australia raise the curtain on what is likely to be an interesting year for the sport. Roger Federer's quest to equal Pete Sampras' record of 14 Grand Slam titles will continue on to European soil, while the likes of Andy Murray, Novak Djokovic and the new improved Fernando Verdasco snap at his –and Nadal's– heels. If Dinara Safina can put this latest Grand Slam disappointment behind her, she could well still claim the top ranking. The coupling of few points to defend between now and May, and Serena Williams' relatively light schedule means the 22-year old has a good chance of emulating



compatriot Maria Sharapova to become the second world #1 from Russia.

Final Results - Australian Open 2009

Men's Singles:

(1) Rafael Nadal (ESP) d. (2) Roger Federer 75 36 76(3) 36 62

Women's Singles:

(2) Serena Williams (USA) d. (3) Dinara Safina (RUS) 60 63

Men's Doubles:

(2) Bryan/Bryan (USA) d. (3) Bhupathi (IND)/Knowles (BAH) 26 75 60

Women's Doubles:

Williams/Williams (USA) d. Hantuchova (SVK)/Sugiyama (JPN) 63 63

Mixed Doubles:

Mirza/Bhupathi (IND) d. Dechy (FRA)/Ram (ISR) 63 61

Boys' Singles:

(1) Yuki Bhambri (IND) d. Alexandros-Ferdinandos Georgoudas (GER) 63 61

Girls' Singles:

(3) Ksenia Pervak (RUS) d. (3) Laura Robson (GBR) 63 61

Boys' Doubles:

(7) Alcantara (PHI)/Hsieh (TPE) d. Biryukov (RUS)/Uchiyama (JPN) 64 62

Girls' Doubles:

(6) McHale (USA)/Tomljanovic (CRO) d. Krunic (SRB)/Zaniewska (POL) 61 26 (10-4)

Men's Wheelchair Singles:

(1) Shingo Kuneida (JPN) d. Stephane Houdet (FRA) 62 64

Women's Wheelchair Singles:

Esther Vergeer (NED) d. Korie Homan (NED) 64 62

Men's Wheelchair Doubles:

(1) Ammerlan (NED)/Kuneida (JPN) d. Olsson (SWE)/Scheffers (NED) 75 61

Women's Wheelchair Doubles:

(1) Homan/Vergeer (NED) d. Bartczak (POL)/Kruger (GER) 61 60

Quad Wheelchair Singles:

(1) Peter Norfolk (GBR) d. David Wagner (USA) 76 61

Quad Wheelchair Doubles:

Taylor/Wagner (USA) d. Andersson (SWE)/Norfolk (GBR) 62 63

European Indoor Seniors Championships

The 33rd European Seniors Indoor Championships have drawn to a close, following a busy two weeks at their traditional home of Seefeld. One of the biggest events in world tennis, a total of 610 competitors from 29 countries travelled to the Austrian resort to battle it out for the 18 prestigious European Champion titles on offer.

As usual the 'Super-Seniors' (65+) took centre stage during the first week of play, and there were some record-breaking performances from some of the events most prolific performers.

Moving up an age category after being named earlier this week as European Player of the Year (55s), Heide Eisterlehner of Germany won the women's 60 event, dropping just seven games in the process. Heide Orth took the women's 65 event, wrapping up an incredible 25th European title in the process.

Unseeded Siegrun Fuhrmann of Germany caused a surprise to take the Over 70 title, beating defending champion Brigitte Jung on the way, whilst Magdalena Jauch successfully defending the Over 75 title. The only non-German lady to secure a title was Hungary's Elizabeth Szentirmay, who came from behind to beat Player of the Year Ingeborg Haas in a champions' tie-break.

Top-seeded Austrian Peter Pokorny was on form in the hotly-contested Men's 65 event defending his title to record his 20th title in Seefeld overall, further extending his record-breaking tally of European Senior titles.

In the Over 70 event, top seeded German Klaus Haas survived a titanic battle against defending champion Heinz Löffler in the third round before coming from behind in the final to outlast Austria's Peter Kruck. Russia's Gabriel Ryzhevskiy caused a surprise in the Over 75s, ousting top seeded 2008 winner Hans Jell before going on to win the title.

Italy's Guido Trevisan edged past Belgian Jean Desmet to take the Over 80s title, whilst Austria's Oskar Jirkovsky and Hungarian Laszlo Lenart's Over 85 final was the closest of all: the home player eventually triumphing 12-10 in a champions' tie-break.

The second week saw the 40-60 age groups in action, with the most remarkable performance coming from Heide Orth, who dropped two age groups to add the women's 55 title to the 65 that she won the previous week.



Tennis Europe Seniors Committee members Peter Nader (left) and Bodo Nitsche (right) celebrate with Over 80s runner-up Ingeborg Haas.

The Women's 40s saw an all-Russian final, with top seeded Olga Shaposhnikova improving on her runner-up finish last year to take the title over Svetlana Sinitsyna.

The Netherlands' Lisa Prechtel dominated the 45s competition, conceding just two games in three matches to defend her title. Britain's Christina French had an unusual path to the Womens 50 title. Having edged past eighth seed Gerda Preissing in her third round match 64 36 75, she won her remaining three matches 60 60.

A re-match of last years mens 40s final saw Luca Vigani gain some revenge over compatriot Mauro Elia, outlasting the defending champion in two tie-breaks to capture the title.

The Men's 45s saw unseeded Gerlad Kaiser of Austria cause a series of surprises to take the title, upsetting a succession of seeds to win without the loss of a set. Finland's Joakim Berner fought back from the loss of the first set to upset top seed Pierre Godfroid to seal the 50s title, whilst last years' winner of the 50s event made a successful transition to the 55s, where Alan Rasmussen of Denmark wrapped up his eighth career European Indoor title.

Rasmussen's compatriot Kasper Rud was in dominant form in the 60s event, winning four matches without the loss of a set. The twelfth seed also benefitted from two withdrawals from injured players in early rounds.

Full draws and results from the event can be found at the senior tennis section of www.TennisEurope.org.

European Senior Circuit Players of the Year 2008

Tennis Europe has announced the winners of the European Senior Player of the Year awards. Medals and diplomas will be presented to representatives from the national tennis federations of the following twenty players at Tennis Europe's forthcoming Annual General Meeting:

Women's Players of the Year

Women 35 - Ana SALAS-LOZANO (ESP) (pictured, #1)

Women 40 - Lucie SCHWAB-ZELINKA (AUT) (#3)

Women 45 - Barbara KOUTNA (CZE) (#5)

Women 50 - Julia SMUTNY (AUT) (#7)

Women 55 - Heide EISTERLEHNER (GER) (#9)

Women 60 - Heide ORTH (GER) (#11)

Women 65 - Heide ORTH (GER) (#11)

Women 70 - Brigitte JUNG (GER) (#14)

Women 75 - Magdalena JAUCH (GER) (#16)

Women 80 - Pinuccia RUSSO (ITA) (#18)

Men's Players of the Year

Men 35 - Dinko GUDELJ (CRO) (#2)

Men 40 - Luca VIGANI (ITA) (#4)

Men 45 - Manfred HUNDSTORFER (AUT) (#6)

Men 50 - Pierre GODFROID (BEL) (#8)

Men 55 - Vittorio COSTELLA (ITA) (#10)

Men 60 - Jorge CAMINO-BORDA (ESP) (#12)

Men 65 - Peter POKORNY (AUT) (#13)

Men 70 - Klaus HAAS (GER) (#15)

Men 75 - Hans JELL (AUT) (#17)

Men 80 - Guido TREVISAN (ITA) (#19)

Men 85 - Cornelius MARRE (NED) (#20)



European Senior Club Championships

Dates and venues have been announced for the 2009 European Seniors Club Championships, and are as follows:

Men 35 - Moenchengladbach (GER), 2 - 6 September
 Men 45 - Rome (ITA), 14 - 20 September
 Men 50 - Elba (ITA), 14 - 20 September
 Men 55 - Arosa (SUI), 5 - 9 September
 Men 60 - Rakovnik (CZE), 4 - 8 August

Men 65 - Salzburg (AUT), 15 - 19 July
 Men 70 - Karlsruhe (GER), 7 - 11 September
 Women 40/50/60 - Vale do Lobo (POR), 21 - 25 September

Further information will be published at the Tennis Europe website when available.

Level One Coaching Course in Armenia

Ten young and promising coaches took part in the Level 1 Coaches Course in Yerevan, Armenia from 15 - 21 December, 2008. The 7-day course was conducted by ITF Certified Coach Anna Gasparyan, who also serves as Chief of the Development Department at the Armenian Tennis Federation and Manager of the Master Class Tennis Club.

The Level 1 course is designed for coaches working with beginners and intermediate players. Coaches cover topics such as tactics, technique, applied psychology for beginners, development of basic motor skills, and teaching methodology. At the end of the course coaches successfully passed the assessment and received the ATF license.

Anna Gasparyan commented: «It was at the same time challenging and exciting to work with coaches during the Course. The presented content was challenging and all the participants were really excited to be taking part! This was just the first, theoretical

part and we are planning to organize a practical part during the spring of 2009 when all participants will apply their acquired knowledge on the court with young tennis players. We are planning to have more educational programmes for coaches in 2009, and I strongly believe that this will help to improve the quality of tennis in our country.”

ITF/Tennis Europe Development Officer Hrvoje Zmajic added: «We were very happy to hear about this important achievement by the Armenian Tennis Federation. The Armenian Federation has benefitted from the ITF/Tennis Europe Development Programmes since 1995 and Anna went through ITF education (Level 1,2 & 3 Courses) before starting to travel with International Junior Teams several years ago. I am sure that with her knowledge and experience, Anna will provide quality education for young coaches in her country. We look forward to cooperate with Armenian Federation in developing tennis.”



Development Training Camp in London

Under the umbrella of the Tennis Europe Solidarity Scheme, a group of Latvian and Estonian 13 & Under players had the chance to practice in the LTA National Tennis Centre in London last month as a result of a project carried out in cooperation with Tennis Europe, the Lawn Tennis Association, Latvian Tennis Union and Estonian Tennis Federation.

Three boys and three girls from each country practiced under the supervision of two Latvian and two Estonian coaches. During the six day training camp, held from 8-13 December, players had the opportunity to improve their tactical, technical and fitness skills in game situations suited to their age, individual characteristics and game style. After the training camp some of the players went on to take part in the 14 & Under Tennis Europe Junior Tour event in Wrexham.

The Latvian and Estonian coaches had the opportunity to observe the training procedures in LTA as well as to speak with top LTA coaches. It was invaluable experience, which the coaches said had opened up new approaches for developing their coaching skills. Several LTA coaches stayed with the teams, observing the most promising players and gave advice on finding and determining players' technical and tactical incompleteness and suggestions for improvements.

Both teams were delighted by the hospitality and readiness to help showed by LTA coaches as well as the Tennis Centre staff. During the camp, the teams enjoyed high quality hospitality and exceptional training facilities including the tennis courts, fitness rooms, physiotherapy room, relaxation rooms, and dorms. The Latvian Tennis Union and Estonian Tennis Federation expressed their gratitude to Tennis Europe and the Lawn Tennis Association for the opportunity to bring their most promising players and coaches to the UK.

The LTA's NTC Top Performance Manager Simon Jones declared himself happy with the outcome of the week, saying "It gives me great pleasure to report an excellent experience with the teams of Estonia and Latvia who visited the NTC in December. The players and the coaches behaved excellently whilst at the National Tennis Centre and showed much respect to the unique culture of our centre."

The project coordinator, ITF/Tennis Europe Development Officer Hrvoje Zmajic commented: "First of all I would like to thank the LTA and particularly their President, Mr Stuart Smith, for providing this possibility to



*Above; Latvian and Estonian players on court at the NTC in London.
Below left; a gym training session.*

players from less developed tennis nations to use the LTA's fantastic Centre in order to improve their playing skills. Tennis Europe, together with other top European tennis nations, looks forward to extending these European Solidarity Scheme co-operations in order to foster tennis development around Europe."

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Your Tasks:

Coordinate the Board matters and CEO Office – Plan and implement the Play & Stay activities in Europe – Support the Tennis Europe Management in various pan-European projects.

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Experience in an international Tennis or another sport organisation – good knowledge of administration – English, French, Spanish and preferably German written and spoken, other languages are an advantage - Ability to work independently and respect deadlines - Good knowledge of MS office programmes - Flexibility and team spirit - Interest in working for a sport organisation.

We Offer:

A 12 months internship including a small financial contribution. The working conditions are excellent in a young and motivated team.

If you are interested and available as of 9th March 2009, please send your application letter and CV for the attention of Magnus Grönvold to magnusg@tenniseurope.

European Universities Tennis Championships

The 5th European Universities Tennis Championship took place from December 9-14, 2008 in Dublin (IRL). The event was organised by the Dublin City University and Colleges & Universities Sports Association of Ireland and attracted the participation of a total of 27 teams from 12 countries (18 different Universities), divided between 16 men's teams from 12 countries and 11 women's teams from 6 countries. Open to the winners of National University Tennis Championships across Europe, the European Championships are played in a format of 2 singles and 1 double match.

In both events the teams were divided to 4 groups in a round robin pool. In the 2nd phase, the first 2 teams per group competed in a single elimination format for 1- 8 places, as well as the rest teams for places 9-16 in men and 9-11 in women. In every round the losers were played placement ties to "pro-set" matches for every placement place

The matches of the EUC were hosted by Tennis Ireland's National Training Centre and Westwood Clontarf Sports Club. London's Metropolitan University dominated the competition, winning both the Men's and Women's Championships. Moscow State University MESI were the opponents in the men's finals, where the

British institution secured both singles rubbers to render the doubles irrelevant and win the tie 2-0.

In the Women's event, the University of Munster (GER) provided the challenge for the London side. With the singles split, the London Metropolitan University held their nerve to collect the title by winning the doubles rubber. Third place was captured by Stockholm's School of Economics (SWE) in the men's competition, and by Warsaw University of Technology (POL) in the women's event.

Chaired by Jamie Pilkington, the organising committee, prepared a rich social program for the participants, including parties, sightseeing and shopping. Nick Grivas, EUSA Tennis Delegate, expressed his satisfaction with the high level of the Championship and congratulated DCU, CUSAI and Tennis Ireland for their support to the University tennis.

The 6th EUC Tennis will be held from July 26-31, 2009 in Poznan (POL). More info regarding the above event, as well as the European University Sport Association can be found on www.eusa.eu.



LATEST SURVEY AMONG THE BEST EUROPEAN JUNIOR TENNIS PLAYERS:

How many top juniors want to become a professional player?

What factors make them choose their racket brand?

Where do they get their information about tennis tournaments, players etc.?

Are they satisfied with their training situation?

...

Answers to these and many more questions are given in the

next generation survey

conducted by Tennis Europe and Sports Marketing Surveys.

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In the Spotlight: Vicente Calvo



Based in Madrid, Vicente Calvo is one of the most accomplished conditioning coaches in the world of sport. Though he works with a variety of athletes, his innovative work with tennis stars such as Fernando Verdasco and last year's victorious

Spanish Davis Cup team has served to underline his particular authority in the sport of tennis. We spoke to Vicente about his pioneering conditioning work, the technical solutions behind his methods, and the successes of his best-known clients.

Some of your earliest professional work was in fields as diverse as swimming, triathlon and weightlifting. How did you come to specialise in tennis conditioning?

In 1995, I finished my second degree (the first one was as an Industrial Engineer) and after that I studied Physical Education Sciences and Sports. I started to specialize with a two-year Masters in High Performance. Until that time I was competing in Triathlon and I was used to working out more than 5 or 6 hours every day. A friend introduced me to Francisco Clavet, who was then 27 years old and the ATP #45. Our first day of work out was on an unusually snowy day in Madrid. It was the beginning of a relationship that lasted until he retired aged 35, with 8 ATP titles, 2 national championships and many top 10 wins, including Andre Agassi and Lleyton Hewitt – both of whom he beat twice on hard courts at the time when they were ranked #1 and #2 in the world. All those years were when I truly became specialized in tennis.

What are the key roles of a conditioning coach?

First of all you must to know what to work out and how to improve your tennis players performance. You need a lot of knowledge, information and capability to find different ways to reach your goals. You have to be a great motivator for every daily session. You must try different ways to develop and increase every skill and capability. And the most important thing: you have to know everything about tennis, including technical as-

“Polar is the essential tool for coaches and players to get the information they need in order to make improvements.”

pects, the mental implications of the game, and its very useful if you are also a physiotherapist.

Fernando Verdasco's physical conditioning was arguably instrumental in Spain's Davis Cup win last year, in a final that was heavily affected by injuries to players. How did he remain so fresh at the end of his most successful season to date?

The unbelievable performances from Fernando at the moment are the result of a good annual planning, and the tough preseason work out. When you manage to stabilize the capabilities of every player, adapted to his style of play, you can pay more attention to other aspects like tactics and confidence. If you are not physically ready for the battle during the whole year, you lack confidence, you feel vulnerable. When a tennis player has a good preseason he feels much better in himself.

How does your approach differ when working with a team at several points during the year, compared to working with the same player throughout the year? What do you focus on when working towards a Davis Cup tie, for example?

When I started to work with the Spanish Davis Cup Captain Emilio Sánchez Vicario, he proposed the role of coordinator of the physical preparation of the National Team. But at the same time he wanted to me to improve the fitness of Fernando Verdasco in particular. He was sure he would be important for the team. In tennis, the best work for your team is to ensure every player is well prepared. When you work with a player throughout the year you try to increase his levels to maintain them as much as possible attending to his fatigue states and his recovery sessions. When you work for the Team, your player has been selected because of his good shape, for the previous work. The competition week is more of a microcycle to prepare for a long battle during three days. You have done all the work out beforehand.

In the Spotlight: Vicente Calvo

Tennis players are increasingly turning to technological solutions to improve their training, and as a top coach you have been at the forefront of this movement. Can you give some examples of how you have been able to put this into action?

From my past as a sportsman, first in athletics, judo, and later in triathlon, I have always used heart rate monitors to learn more about myself, to get information about my feelings and my effort. That's the way I started to work with all my tennis players and other athletes. I designed most of my work with Francisco Clavet. He was an example of a professional tennis player inside and outside of the court. The first 5 years of my tennis experience were very useful for me. After that, it was easy to apply and improve my methodology with the rest of the players I have coached. Also I use platform dynamometers and other applications to control other variables.

In particular, you've been an enthusiastic proponent of the use of Polar equipment in tennis training; how have their products helped you and your players?

If I could define my best friend in tennis, I would say clearly that it (or he!) has been POLAR. During all these years I have worked with many different models - advantage, coach, RS 800 - all of them have helped to me to take care of my tennis players, to control their performance, to file my work and test results and the most important thing: to MOTIVATE them to work with objectives, with goals and always trying to preserve their physical and mental health through proper planning for their age and level.

Have you been able to use Polar Training Computers in a group/team environment, or are they better suited to individual training?

Polar is the most important company in the world making evolutions on these fields, not only for individual sports but also for team sports and groups. I'm always improving my work. At this moment I'm working with different groups of boys and girls with different ages too, and I'm developing my methodology in that direction. All the tennis players from technical centres must to be controlled and directed with programs that would take information about their performance, progress, and fatigue states. The new 'Team 2' from POLAR is the best way to do it. It allows to you control the intensity of the load of every daily session and comple-



ment the tasks on court, out court and at the gym. If you want to work seriously, you must have data from all of them, not only to increase the different levels but also to prevent injuries.

Do you feel there is a role for Polar's Training Computers on a larger scale in tennis, such as academies and clubs, and to which level of tennis player would you recommend the use of their products?

For sure I would recommend that everybody works with heart rate monitors. Polar has offered me good help. It is the essential tool for coaches and players to get the information they need in order to make improvements.

Some people are not keen on computers and might be scared off by the 'technological aspect...Can that be an obstacle, or are the training computers easy to use?

Today that is not a problem. Computers are the future and we must adapt to them. Smart people always need right information. We have to be ready to give them the best. Anyway, laptops, software and other information technologies are currently already in our homes. Children grow up with them, and are comfortable using them.

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Beyond the Baseline...

44-year old former Nike executive **Adam Helfant** has been appointed as ATP Executive Chairman and President, replacing Etienne de Villiers at the helm of the men's tennis organisation. He will be based at the ATP's London office.

The ATP has confirmed that Serbia will host its first ATP World Tour 250 event from May 4-10 at the SRPC Milan Gate Muskatirovic in Belgrade.

Meanwhile, there are changes afoot on the **Sony Ericsson WTA Tour** in Europe. The city of Marbella will host a \$220,000 event, 'The Andalucia Tennis Experience' during the week of 6th April, and has an early commitment from Jelena Jankovic, according to organisers. The addition of the event means Spain will host three WTA events on clay in the run up to the French Open, with Barcelona and Madrid also scheduled. The Polish city Warsaw will take the vacant calendar spot of the traditional \$600,000 Berlin event in the week of May 18th, shifting from their July date which will be occupied by a \$220,000 event in Bad Gastein, Austria.

Jelena Jankovic has signed a three-year footwear deal worth \$5.1 million with Chinese sportswear company Anta as well as switching her management to IMG. Meanwhile, **Anna Chakvetadze** has signed a deal with Fila apparel.

The **Hopman Cup**, the tennis season's mixed-player curtain raiser in Perth, Australia, featured an all-European final, with the Slovak Republic recording their third win in the competition. Dominik Hrbaty and Dominica Cibulkova teamed to beat the Russian team of Marat Safin and Dinara Safina. Hrbaty becomes just the fourth player to win the event twice.

Former world #4 **Greg Rusedski** has announced a surprise return to the ATP Tour, with the ultimate goal of recapturing a place on the British Davis Cup team. Now aged 36, Rusedski retired two years ago, and reached the final of the BlackRock Tour of Champions Masters in London last month. Sweden's Davis Cup captain Mats Wilander has reportedly asked former world #1 **Stefan Edberg** to consider playing for the teams' first match this year against Israel.

Romania's **Andrei Pavel** is the latest former top player to retire, hanging up his racquet after a loss to Andy Murray in the first round of the Australian Open.

Serena Williams' run to the Australian Open title also endowed her with another accolade: the American has now also won more prize money than any other female professional athlete, overtaking Lindsay Davenport and golfer Annika Sorenstam with almost \$23 million.

85-year old five-time ITF Senior Player of the Year **Gerry Ellis** was awarded an MBE for services to seniors' tennis by Queen Elizabeth II in Britain's New Year's Honours List.

The 2009 **Invacare World Team Cup** will be held in Nottingham (GBR) from 27th July - 2nd August. It is the 25th anniversary of wheelchair tennis' biggest event.

The **Spanish Tennis Federation** has announced an agreement with the city of Lleida under which all domestic Fed Cup ties will be played in the Catalan town for the next three years.

BNP Paribas has extended its sponsorship commitments to the sport, becoming the title sponsor of the Indian Wells event in March.

Maria Sharapova has once again delayed her comeback to the Sony Ericsson WTA Tour, withdrawing from tournaments this month in Paris and Dubai. The former world #1 has been on the sidelines since aggravating a chronic shoulder injury last summer, and seen her ranking slip to #17,

Melbourne Park, the site of the Australian Open, will receive investment of hundreds of millions of dollars in the coming years, aimed at boosting seating capacity, providing more shaded areas and improving public transport access, while other proposals in the pipeline include a roof for the Margaret Court Arena, a new Tennis Australia headquarters and increased practice courts.



All the Racquet String sold in Europe in the first half of 2008 would stretch around Italy twice.
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Tennis Europe Junior Tour Latest



Nikola Milojevic hits a backhand on his way to victory in Tarbes. Photo: Christian Jarno.

Last week saw the 27th edition of 'Les Petits As', a Category 1 tournament in Tarbes, France, generally regarded as the world's toughest 14 & Under event. This year was no exception, with almost all of the Tennis Europe Junior Tour's top 30 boys and girls in attendance, alongside some of the top juniors from as far afield as the United States, South Korea and South

Africa.

Most of the silverware remained in Europe though, with some of the Tour's biggest names coming out on top. Russia's **Yulia Putintseva** edged closer to the #1 spot with a commanding week of tennis in which she never looked likely to lose a set. Her victim in the final was compatriot **Irina Khromacheva**, who had earlier upset Tennis Europe Junior Tour #1 Petra Uberalova in the semis. Putintseva now holds two Category 1 titles, in addition to her Junior Masters win of last year.

The boys event saw top seed **Nikola Milojevic** of Serbia underline his position at the top of the rankings. Having had to come from behind in both the quarter and semi finals, Milojevic was in no mood for a slow start, and despatched tenth seeded Borna Coric of Croatia 62 63.

Former Wimbledon semi finalist Kathy Rinaldi was in Tarbes with a group of top US juniors in her role as

USTA National Coach and commented "Every year we bring our players to Tarbes to gain experience. It's the most prestigious event and has the best competition in the world."

The event also featured a Wheelchair Junior Masters event, with Britain's new junior world #1 **Gordon Reid** defending his boys title. **Jordanne Whiley** also retained the girls event, securing a British sweep for the second consecutive year.

As usual, the event featured an exhibition match between professional French players during finals weekend in which Julien Benneteau beat Paul Henri Mathieu in third set tie-break.

Calendar changes: The venue of the 16 & Under event in Finalnd during the week of 9th March has been changed from Helsinki to Nastola.

16 & Under events added to the Tennis Europe Junior Tour calendar include Aviles (ESP, week of 13th July) and Bruxelles (BEL, week of 27th July). The latest versions of the calendars can be found at the Tennis Europe website.

The qualifying rounds of the **Tennis Europe Winter Cups by HEAD** are set to take place this weekend (6th-8th February), with the finals following two weeks later. With 128 national teams entered, 2009 is set to be the toughest ever edition of Europe's indoor team championships.

Team nominations are now available online. Visit www.TennisEurope.org throughout both weekends for all the latest news and results from all venues.



TENNIS EUROPE WINTER CUPS BY HEAD - DID YOU KNOW?

All six of Europe's semi finalists at the 2009 Australian Open have played in the Winter Cups. Three of them: Safina, Dementieva and Zvonareva, are former champions.



Tennis Europe Junior Tour Rankings - 14 & Under

There's a distinctly British flavour to the 14 & under rankings this month, with four boys in the top ten for the first time. New entries Evan Hoyt and Kyle Edmund join Luke Bambridge and Christopher Pearce thanks to strong performances at the category 1 event in Bolton recently. Another four British boys are in the top forty within 130 ranking points of a place in the top ten.

Pictured is Katy Dunne, the top British girl, who also enters the top ten this month for the first time.

Visit www.TennisEurope.org, for the rankings in full. Rankings below as of 29th January 2009.



14 & Under Girls		Player	Country	Points Total
1		Petra UBERALOVA	SVK	760
2		Yulia PUTINTSEVA	RUS	700
3		Irina KHROMACHEVA	RUS	650
4		Petra ROHANOVA	CZE	430
5		Darya LEBESHEVA	BLR	405
6		Olga IANCHUK	UKR	405
7		Yuliya LYSA	UKR	395
8		Sonja LIASKOVA	CZE	365
9		Victoriya TOMOVA	BUL	340
10	NEW	Katy DUNNE	GBR	325

14 & Under Boys		Player	Country	Points Total
1		Nikola MILOJEVIC	SRB	450
2		Stefano NAPOLITANO	ITA	365
3	NEW	Evan HOYT	GBR	355
4		Borna CORIC	CRO	345
5		Luke BAMBRIDGE	GBR	340
6		Gianluigi QUINZI	ITA	315
7	NEW	Yuiry KRYVOY	UKR	310
8	NEW	Kyle EDMUND	GBR	305
9		Alexander VASILENKO	RUS	280
10		Christopher PEARCE	GBR	280

Tennis Europe Junior Tour Rankings - 16 & Under

The sole new entry to the 16 & Under boys top ten this month is Miki Jankovic (right). Having finished last year just outside the 14 & Under top ten, the Serbian #1 started the year in style, winning both singles and doubles at the Category 2 event in Pribram (CZE).

Rankings are published each Thursday at www.TennisEurope.org. Rankings below as of 29th January 2009.



16 & Under Girls	Player	Country	Points Total
1	Cristina DINU	ROU	635
2	Ingrid RADU	ROU	495
3	Despoina PAPAMICHAIL	GRE	470
4	Luksika KUMKHUM	THA	380
5	Jovana JAKSIC	SRB	370
6	Irini PAPAGEORGIU	GRE	360
7	Timea BABOS	HUN	350
8	Julia STAMATOVA	BUL	350
9	Natalia VAVULINA	BLR	345
10	NEW Larisa SPOREA	ROU	300

16 & Under Boys	Player	Country	Points Total
1	Vasile Alexandru GHILEA	ROU	385
2	Adrian PARTL	SVK	380
3	Mate PAVIC	CRO	370
4	Ciprian PORUMB	ROU	355
5	Andrea DALL'ASTA	ITA	340
6	Dimitar KUZMANOV	BUL	280
7	Alexander METREVELI	GEO	280
8	Oliver GOLDING	GBR	275
9	NEW Miki JANKOVIC	SRB	274.5
10	Vullnet TASHI	SUI	260

Tennis Europe Junior Tour Results

12 & UNDER

DATE	TOURNAMENT	CAT.	WINNER	RUNNER-UP	SCORE	DOUBLES WINNERS
Dec-30	Boulogne (FRA)		R Wilson (GBR)	I Efrim (ROU)	63 10 ret	Tetard Chague/ Cancel (FRA)
			J Ostapenko (LAT)	F Ferro (FRA)	62 61	Ostapenko/Emulina (LAT)

14 & UNDER

Jan-05	Sergiev Posad (RUS)	2	A Mozgovoy (RUS)	A Desyatnik (RUS)	67(6) 62 62	Mozgovoy/Vasilenko (RUS)
			V Kan (RUS)	M Katsitadze (RUS)	61 61	Kan/Lomanova (RUS)
Jan-12	Pribram (CZE)	2	M Routa (CZE)	J Haerteis (GER)	75 61	Martens/Veys (BEL)
			T Hejlova (CZE)	B Haas (AUT)	62 64	Rutarova/Hejlova (CZE)
Jan-12	Siauliai (LTU)	3	A Radziukynas (LTU)	M Galyamov (RUS)	75 46 63	Mockus/Radziukynas (LTU)
			J Sergheeva (MDA)	A Skulepa (LAT)	75 63	Karcczewska/ Zorawska (POL)
Jan-19	Bolton (GBR)	1	N Milojevic (SRB)	E Hoyt (GBR)	61 63	Donati/Napolitano (ITA)
			S Vickery (USA)	V Duval (USA)	64 75	Pantuckova/ Rohanova (CZE)
Jan-19	Mogiliov (RUS)	2	M Yersh (BLR)	Y Kryvoy (RUS)	75 62	Tribshok (RUS)/ Yersh (BLR)
			D Lebesheva (BLR)	O Korashvili (UKR)	61 60	Khval/Lebesheva (BLR)
Jan-19	Narva (EST)	3	P Hovorka (CZE)	M Kravtsov (RUS)	62 61	Kravtsov/Medvedev (RUS)
			U Ayzatulina (RUS)	N Naumova (RUS)	64 61	Ostapenko/Straume (LAT)
Jan-26	Tarbes (FRA)	1	N Milojevic (SRB)	B Coric (CRO)	62 63	Donati/Napolitano (ITA)
			Y Putinutseva (RUS)	I Khromacheva (RUS)	64 62	Liasovska/Rohanova (CZE)

16 & UNDER

Jan-05	Pribram (CZE)	2	M Jankovic (SRB)	D Kapric (SRB)	64 64	Kapric/Jankovic (SRB)
			V Zavodska (CZE)	J Matouskova (CZE)	64 76(6)	Kubinova/Zavodska (CZE)
Jan-12	Belgorod (RUS)	3	T Neimatov (RUS)	G Shashnakov (RUS)	63 62	Akhmaev/Vaks (RUS)
			V Kan (RUS)	Y Valetova (RUS)	26 62 64	Rusakova/Danilova (RUS)
Jan-19	Vsevolozhsk (RUS)	3	E Karlovski (RUS)	M Deviatarov (UKR)	61 46 64	Karlovski/Vaks (RUS)
			D Mironova (RUS)	V Kan (RUS)	61 63	Afanasyeva/ Peregudova (RUS)

ITF Pro Circuits (Europe) Results

ITF Men's Circuit						
Week	Venue	Cat.	Winner	Runner-Up	Score	Doubles
Jan-05	Schwieberdingen	\$10,000	A Juska (LAT)	D Lustig (CZE)	76(3) 63	Juska (LAT)/Rosol (CZE)
Jan-12	Glasgow (GBR)	\$15,000	S Robert (FRA)	C Fleming (GBR)	26 64 64	Baker/Eaton (GBR)
Jan-12	Stuttgart (GER)	\$10,000	J Mertl (CZE)	R Berankis (LTU)	64 36 63	Knittel (GER)/Kravchuk (RUS)
Jan-12	Menorca (ESP)	\$10,000	I Cervantes (ESP)	J Genaro Martinez	62 63	Cervantes/Granollers (ESP)
Jan-19	Sheffield (GBR)	\$15,000	L Lacko (SVK)	S Oudsema (USA)	76(5) 57	Bloomfield/Murray (GBR)
Jan-19	Bergheim (AUT)	\$10,000	N Reissig (AUT)	C O'Brien (IRL)	63 62	Bedene (SLO)/Martin (SVK)
Jan-19	Kaarst (GER)	\$10,000	B Knittel (GER)	J Reister (GER)	62 64	Knittel (GER)/Madjarovski (SRB)
Jan-19	Eilat (ISR)	\$10,000	A Balazs (HUN)	A Hadad (ISR)	61 63	Balazs (HUN)/Hadad (ISR)
Jan-26	Mettmann (GER)	\$15,000	L Rosol (CZE)	S Robert (FRA)	76(6) 64	Goodall/Ward (GBR)
Jan-26	Murcia (ESP)	\$10,000	J Genaro Martinez	D Brown (JAM)	64 64	Brown (JAM)/Stoehr (GER)
Jan-26	Bagnoles de	\$10,000	J Jeanpierre (FRA)	Y Mertens (BEL)	61 36 63	Frantzen (NED)/Renard (FRA)
Jan-26	Eilat (ISR)	\$10,000	N Okun (ISR)	H Levy (ISR)	64 64	Levy/Okun (ISR)
Jan-26	Bergheim (AUT)	\$10,000	M Mecir (SVK)	N Reissig (AUT)	63 64	Edlefsen (USA)/Palmanshofer

ITF Women's Circuit						
Jan-12	Glasgow (GBR)	\$10,000	E Laine (FIN)	S Vongsouthi (FRA)	46 62 76	Klemenschits (AUT)/Schaal (LUX)
Jan-19	Kaarst (GER)	\$10,000	S Gronert (GER)	I Kuzmina (LAT)	26 64 75	Chalova/Melnikova (RUS)
Jan-19	Wrexham (GBR)	\$10,000	C Schaal (LUX)	C Sibille (FRA)	61 36 64	Babakova (SVK)/Gerlova (CZE)
Jan-26	Grenoble (FRA)	\$10,000	N Broady (GBR)	Y Fedossova (FRA)	64 62	Fedossova/Pichet (FRA)



All the latest draws, results, entry lists and tournament fact sheets from ITF Pro Circuit events in Europe can be found at www.TennisEurope.org - updated seven days a week.

European Rankings

Dinara Safina has taken over as the top-ranked European following her run to the Australian Open final. Having broken into the top ten last year for the first time after seven years as a professional, an impressive run of having reached the finals of eleven tournaments since May (winning four of them) has catapulted the Russian to the European top spot, a position previously held by her brother Marat in 2000.

Vera Zvonareva also rises to a career high at fourth, whilst Marion Bartoli and Flavia Pennetta re-enter the list at ninth and tenth respectively.

Rafael Nadal looks to be secure with the men's #1

spot until at least Roland Garros, while Andy Murray's win in Doha and fourth-round showing in Melbourne edges him closer to Novak Djokovic at #4. Fernando Verdasco re-enters the list at #7, the highest position of his career.

Gilles Simon becomes the #1 Frenchman, as last years Australian finalist Jo-Wilfried Tsonga slips to #10. Slipping out of the top tens this month are Maria Sharapova, Caroline Wozniacki and Stanislas Wawrinka.

Rankings as of February 2nd 2009.

WOMEN	PLAYER	COUNTRY	WTA TOUR RANK	POINTS TOTAL
1	Dinara SAFINA	RUS	2	9150
2	Jelena JANKOVIC	SRB	3	8580
3	Elena DEMENTIEVA	RUS	4	8216
4	Vera ZVONAREVA	RUS	5	6640
5	Svetlana KUZNETSOVA	RUS	7	5510
6	Ana IVANOVIC	SRB	8	5492
7	Agnieszka RADWANSKA	POL	9	3977
8	Nadia PETROVA	RUS	10	3882
9	NEW Marion BARTOLI	FRA	11	3316
10	NEW Flavia PENNETTA	ITA	12	3280

MEN	PLAYER	COUNTRY	ATP ENTRY RANK	POINTS TOTAL
1	Rafael NADAL	ESP	1	14260
2	Roger FEDERER	SUI	2	11000
3	Novak DJOKOVIC	SRB	3	9010
4	Andy MURRAY	GBR	4	7360
5	Nikolay DAVYDENKO	RUS	5	5030
6	Gilles SIMON	FRA	8	4170
7	NEW Fernando VERDASCO	ESP	9	3480
8	Gael MONFILS	FRA	12	3190
9	David FERRER	ESP	13	2980
10	Jo-Wilfried TSONGA	FRA	14	2955

NEWS FROM NATIONAL ASSOCIATIONS

Michael Klein is the new President of the **Israel Tennis Association**.

TENNIS EUROPE 2009 CONFERENCE CALENDAR

Annual General Meeting: Zurich (SUI) 27-28 March.

Tennis Europe Junior Tour Conference: Paris (FRA) 4-5 September.

Tennis Europe Specific Theme Conference: Amsterdam (NED) 15-17 October (tbc).

Tennis Europe Top Executives' Meeting: London (GBR) 25-26 November.

EUROPEAN RACQUET STRINGERS ASSOCIATION

The latest issue of ERSA's newsletter has been published and is available to download [here](#).

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**Novak Djokovic Switches to HEAD**

HEAD announced that the company has signed a long term agreement with tennis superstar **Novak Djokovic** of Serbia, who currently ranks third in the South African Airways ATP ranking. Djokovic made his debut as a HEAD athlete at the Brisbane International.

"I am extremely excited to be joining the HEAD family, as HEAD is well-known and well-respected on the tour," said Djokovic. "This gives me an exciting opportunity to play with a racquet that has the technology with the right feel to compliment my aggressive style of play."

Djokovic represents the next generation in professional tennis and joins an established roster of pros who use HEAD as their racquet of choice, including two other Top 10 players in **Andy Murray** and **Gilles Simon**.

HEAD Introduces New MicroGel Extreme Racquet Line

HEAD has announced the launch of the new **MicroGel Extreme Series**, becoming the first racquet brand to introduce a revolutionary material called Teflon® friction reducing polymer. The concept of reducing the friction between the racquet and the strings results in more power on the court.

Now available, the new MicroGel Extreme series is designed with a built-in lubricating effect that enables strings to glide fluidly through the grommets with nearly no friction, losing no energy during ball impact. The Teflon® friction reducing polymer also allows the racquet to maintain a constant and even contact surface over all the grommets, which creates a consistency in the string tension and offers a bigger sweetspot.

"The DuPont Teflon® friction reducing polymer is one of the premier innovations on the market today, and we're extremely proud and excited to be teaming with this brand to improve tennis," said **Robert Marte**, Executive Vice President of HEAD Racquetsports. "With its combination of MicroGel technology and Teflon®, the racquet series is one of the most advanced on the market today."

**HEAD Introduces New Performance Tennis Footwear**

HEAD is stepping up its game in the tennis footwear business, re-launching its line of footwear with updated technology and cosmetics for today's youthful, aggressive and stylish tennis player.

The 2009 line incorporates three new lines of technology: **HEAD Vi-Pod™ Technology**, which is integrated into the midsole heel area and eliminates vibration, absorbs energy, then distributes to the entire foot.

HEAD Energy Bridge™ Technology, which connects the heel and the forefoot area providing torsion stability, ensures increased transfer of power from the heel to the forefront. The Power Bridge is made of breathable net mesh material to ensure ventilation.

HEAD Lateral Control™ Technology is integrated into the forefoot area with a squared edge. It is composed of a harder rubber which provides an optimum in lateral stability and enables quick changes in direction.



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