

EDITORIAL

Miguel Crespo, Dave Miley, Abbie Probert and Edward Horne

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Welcome to issue 70 of the ITF Coaching and Sport Science Review, the final issue of 2016. In this issue, the topics range from; applying mindfulness into tennis performance, the benefits of working with sport psychology practitioners in a high-performance setting to concepts that tennis players and their support teams can utilise to gain successful sponsorship deals.

This issue follows the conclusion of another successful year in which the ITF Regional Coaches Conferences by BNP Paribas were held in: China, Colombia, Republic of South Africa, Mexico, Trinidad, Belgium, Iran and Algeria with support from Olympic Solidarity. The conferences received significant attendances of over 1100 coaches in total. A highlight across the conferences was the West and Central Asian Coaches Conference which saw a noteworthy 130 female coaches in attendance, a figure in which ITF President David Haggerty remarked was "very impressive". This year's Southern African and South American conferences successfully hosted an official conference app following well received feedback at the 2015 ITF Worldwide Coaches Conference by BNP Paribas. In November, the ITF Development Officers met for a series of meetings at the ITF Headquarters in London to review the tennis activity in each respective region over the past 12 months and further plans for the upcoming year in line with the new ITF Development Strategy. During their week spent with the ITF Development Department, President Haggerty also presented his vision for the role of Development in the ITF 2024 strategy to a warmly received reaction from the Development Officers.



The ITF Junior Tennis Initiative (JTI) has had another successful year creating more opportunities for tennis participation across the globe. In 2016, the ITF distributed 5,260 rackets, 3,830 bats and 106,104 balls to more than 114 JTI nations. As of the end of August 2016, the Junior Tennis Initiative (based on 107 nations reporting) has:

- Engaged 1,291 Primary Schools and 1,337 tennis clubs delivering Tennis10s activity;
- Had 429,330 players taking part in Tennis10s, cumulatively;
- Had 2,703 14-and-under players training in a national high performance environment.

In 2016, Tennis iCoach has published more than 70 new resources for its worldwide members. Several presentations have been published from the 2015 ITF Worldwide Coaches Conference by BNP Paribas and 2016 LTA National Coaches Conference as well as tactical tutorial videos with footage from the professional tours, which have proven popular particularly across social media, and further contributions from international experts. You can view this content and register for Tennis iCoach membership here.

We hope that you will value the information presented in this 70th edition of the ITF Coaching and Sport Science Review. We would like to thank all the authors for their contributions and those who sent proposals. We also hope that you will continue to make use of all the other coaching resources provided by the ITF which can be viewed on the ITF Coaching webpage.

