



WOMEN in TENNIS

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Puberty

- ★ *Grow spurt*
- ★ *Weight gain*
- ★ *Body composition changes*
- ★ *Hormone changes*
- ★ *Psychosocial development*
- ★ *Developmental goals*
- ★ *Individual variation*



TYPES OF BODY

*★ YOU CAN HAVE ANY BODY TYPE
FOR PLAYING TENNIS*



AFTER PUBERTY

★ *Women encouraged to lose weight to improve performance*

★ *Men encouraged to gain weight to improve performance*



LOSE WEIGHT

★ *More difficult for women*

★ *If they are on a diet they lose more muscle than fat*



SPECTRUM OF DISORDERED EATING

★ *Wide spectrum*

★ *Experimental*

★ *Episodic*

★ *Mild*

★ *Multiple*

★ *Severe*

DISORDERED EATING PRACTICES

★ *Diuretics*

★ *Laxant*

★ *Sauna*

★ *Excessive exercise*



Lose water



Dehidration

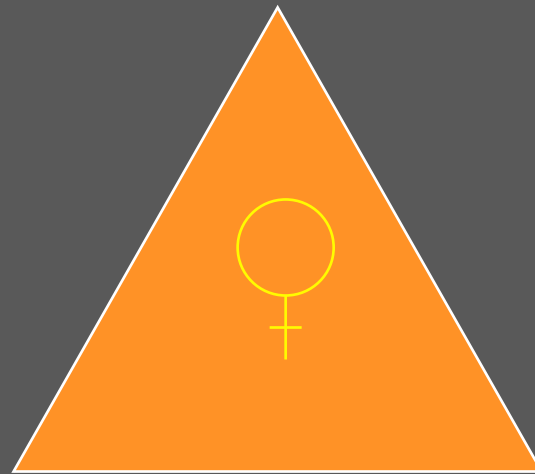


Bad consequences

Lose electrolites

THE FEMALE ATHLETE TRIAD

Disordered Eating



Amenorrhea

Osteoporosis

THE FEMALE ATHLETE TRIAD

- ★ ***Osteoporosis:*** Old bones in young women 20's → 70's
- ★ *Some athletes have stress fractures. This is too late*
- ★ ***Amenorrhea:*** Due to eating disorders



THE GIFTED ATHLETE

★ *Phenomenon do exist*

■ ★ *Goal = Well being for life*

★ *Do what is right for the individual and for the family*



PROBLEMS FOR GIRLS

★ *Body image*

★ *Hard for them to say what they need
(individual session with intensive goal
setting)*

★ *Girls want more commitment from the
coach*

★ *Boys are more independent*



SLEEP PATTERNS

- ★ *Depend on individuals*
- ★ *Exceptions (4 hours)*
- ★ *10-8 hours sleep/night is usual*
- ★ *Before electricity it was 9-12 hours*
- ★ *Keep training logs*
- ★ *Injuries & burnout may appear when sleep goes*



JET LAG

- ★ *Get there few days early*
- ★ *Get biological clock ready at home*
- ★ *Take favourite things from home (teddy bear, etc.)*



MALE/FEMALE COACH WITH FEMALE PLAYERS

★ *Individual*

★ *Coach who works with both male and female players learn more*

★ *They will notice that there is a different way of coaching both groups*