

# NORTH

March Issue, 2000

# CAROLINA Tennis Today

VOL. 9, NO. 2

*North Carolina's Tennis Magazine*

PRICE: \$2.00

---

## *On The Inside*

---

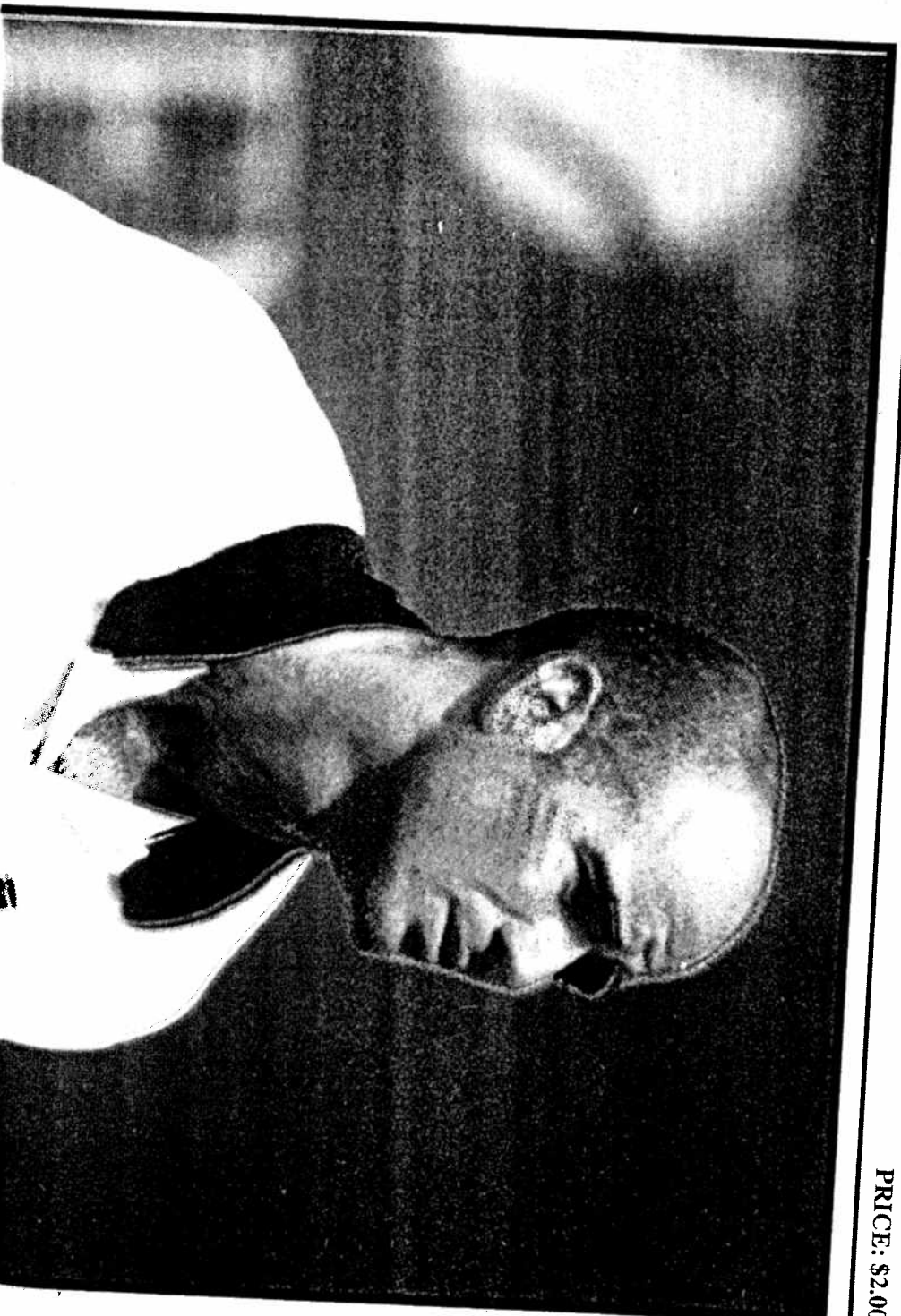
**P3** *Creating A Development Plan.....Tim Wilkison*

**P4** *Control Deceleration To Get Control Of Your Game*

**P5** *Wilmington's Dr. Hubert Eaton Was A Tennis Pioneer And Civil Rights Champion*

**P7** *What Can I Do To Prepare To Play My Best?*

---



# Periodization Training for Tennis



**Mike Kernodle**

By Dr. Mike Kernodle  
When you are preparing to play an important match, can you answer the following questions? • Are my muscular strength and cardiovascular fitness at optimal levels? • Has my practice schedule prepared me for match play? • Did I overtrain to the point of fatigue and injury? • What can I do to prepare myself to be ready to play my best? • You can't answer these questions, then you may need to become more educated in the concept of periodization which is defined as the controlling the volume, intensity and frequency of training to enable the athlete to reach peak performance at the appropriate time. However, before joining a discussion of periodization it is important to stress two things. You cannot peak every tournament. Make sure you are tested before impacting on a training program to establish your initial level of strength, flexibility and cardiovascular fitness. Obviously, the starting point and intensity levels will be much different competitive adults and juniors as opposed to isonal players.

There are four phases of periodization and the training varies from phase to phase. The first phase is called preparation, the second is competitive, the third is competitive, and the fourth is transition. The following are suggestions as to what should occur during each phase.

## Preparation Phase

This is where you begin. For collegiate players it generally starts in mid to late August as they return to school and the first days of team practice. It can also occur for collegiate players in early January when they are just returning from Christmas break and a period of rest after the fall season. For high school players the preparation phase should begin several months before the start of the season. Those involved in USTA leagues etc. should give themselves enough time to prepare for their respective seasons and decide in advance which matches will be the most important and attempt to peak for those competitions.

- (1) length of time:
  - (a) 8 to 10 weeks for professionals and somewhat less for seasonal players
  - (2) strength training:
    - (a) low intensity and high volume
    - (b) initially 2 to 3 sets of 10 to 15 repetitions 3 times per week at low resistance
    - (c) if you have never lifted weights you should consult an expert to set up a program.
    - (3) fitness training:
      - (a) easy jogging, cycling and stair climbing
      - (b) move to anaerobic training such as paced 100 meter sprints with style changes
      - (c) for those who are older and/or do not want to do sprints move to an anaerobic style of training on your stair climbing or begin to do change of direction drills on the court.
      - (d) 60% to 75% of maximum training heart rate
      - (4) oncourt:
      - (a) use blocked practice/this is practice that involves the constant repetition of one stroke followed by a constant repetition of another stroke/examples would be hitting 50 crosscourt forehands and then 50 crosscourt backhands, this could also be accomplished via ball feeding drills from an instructor.
      - (b) work on grooving technique
      - (c) add to shot repertoire
      - (d) refine strokes

## Precompetition Phase

You have now established a base for strength, conditioning and stroke production. Your body should be ready for more intensity and volume in preparation for match play and you need to move to a more competitive, problem solving environment on court.

- (1) length of time:
  - (a) 3 to 4 weeks for professionals and 4 to 6 weeks for seasonal players, the workouts should be more intense with less volume and be more tennis specific.
  - (2) strength training:
    - (a) heavier weights
    - (b) fewer repetitions
    - (c) 2 to 3 sets at 8 to 10 repetitions 3 times per week
    - (3) fitness training:
      - (a) more interval training
      - (b) shorter more explosive movements
      - (c) sprints, ball reaction drills
      - (d) the appropriate work to rest ratio is 1 to 3
      - (4) on court:
      - (a) blocked practice only for warmup and problem solving

## Ask the Professional



with USPTA Professional Marc White

This article is the first in a series of questions and answer sessions with Litchfield Tennis School Director Marc White. If you've got a nagging tennis problem that you can't fix, drop us a line at North Carolina Tennis Today, P.O. Box 19445, Greensboro, NC 27419 or send an email at [sss2@pipeline.com](mailto:sss2@pipeline.com).

### Question



I am getting ready for the USTA season and I want to know, How can I make my forehand more consistent? I thought it was my best stroke, but it comes and goes.

### Marc's Answer

The forehand is the first stroke that players learn and feel good about, but it's also the first stroke that can let you down in a match. Having a consistent forehand is a weapon that you need to develop. Many players just swing with their arm and racket which is the reason for a lot of unforced errors.

To develop a consistent, modern day forehand, like the pro's, you must first shorten up your backswing. A big backswing hinders your timing and can

## NC Super Seniors Compete in Sectional

Litchfield, SC was the site for the first full Super Seniors Southern Sectional Championship January 20-23, 2000. Teams qualified for this tournament by winning their State Championship in the fall of 1999.

This program began in North and South Carolina and this tournament was originally only a championship between the two states. With its popularity and growth the program has blossomed all over the Southern Section. Super Seniors is a Men's and Women's doubles league for players 62 and older. Levels of play are determined by the National Tennis Rating Program. Levels of play offered are 3.0, 3.5, 4.0.

All players had to battle cold, wet weather throughout the entire tournament. Thursday had a late start due to rain, and Friday and Saturday had even later starts due to frozen clay courts. Many players were shipped to different hard courts around the area. Many of the division's schedules had to be shortened to single round

From Page 7

## The Four Phases of Periodization and Training for Tennis

- lem areas
- (b) randomize as much as possible
- (c) it is crucial to make the player problem solve/competitive drills/sets etc.
- (d) begin to taper appropriately
- (e) don't peak strength and fitness simultaneously/this would greatly increase fatigue and the possibility of injury.

### COMPETITIVE PHASE

You should have reached an optimal combination of strength, conditioning and ability to play strategically and biomechanically efficient tennis. You want to maintain this level without overtraining and causing fatigue and injury. You should reduce the demands on the body and mind and make sure you taper before matches. This means you need to have several easy days before playing a match to allow your body to rest

robins because of the weather and the imminent forecast for precipitation on Sunday.

The participants also had a great time on Friday night for the player party at the Clubhouse in Litchfield. Pro shop discounts and tennis merchandise were given away to many lucky winners. North Carolina players held there own but only two teams made it to the finals to play for the Sectional crown.

Our Men's 4.0 team, captained by **Bill Doerr**, lost a tight one in the final to Georgia. Also, North Carolina's Women's 3.5 team, captained by

Super Seniors Sectional Champions	
Level	Winner
W3.0	Kentucky
W3.5	South Carolina
W4.0	Tennessee
M3.0	South Carolina
M3.5	Alabama
M4.0	Georgia
Level	Runner-Up
W3.0	Mississippi
W3.5	North Carolina
W4.0	Georgia
M3.0	Alabama
M3.5	Georgia
M4.0	North Carolina

**Frances Stephenson**, was a match away from winning before South Carolina pulled out the championship. The full slate of winners and runners-up is listed below.

With this being the second straight year of having to deal with difficult weather conditions, this tournament will certainly be moved further south for the coming years. Thank you to all the players involved in this wonderful program.

and be fresh and energetic for the match. This might involve playing several games or tiebreakers the day before or an easy one hour practice spent on doubles strategy.

- (1) main goal = maintenance
- (2) strength training = moderate
- (3) fitness training = moderate/interval
- (4) oncourt = random and competitive

### TRANSITION PHASE

(1) this is a period of active rest/stay away from the tennis and do other things. this is a great time to experience cross training/use other activities at a relatively low level of intensity to get your workout. you want to allow the muscles that have been trained to rest and relax.

(2) detraining: don't rest too long or you will regress back to your initial fitness level. you want start the next training session at a higher level

## Are You Ready For USA Team Tennis?

USA Team Tennis (Youth) is for kids ages 4 to 18 and emphasizes fun, fitness, and friends while competing on teams in local leagues across North Carolina. The local leagues match players of similar age and ability using the Junior National Tennis Rating Program (JNTRP). The teams are divided into Red, White and Blue divisions--depending on the age and skill level of the players.

Winners of local leagues may compete in the USA Team Tennis NC State Championships (formerly the Jamboree) at Hanes Park in Winston-Salem on July 29, 2000. Contact the local league coordinator nearest you for detailed USA Team Tennis information:

Asheville	Laura Loftis	(704) 259-9987
Belmont	LeeAnna Smith	(704) 825-8191
Burlington	John Walton	(336) 229-3155
NE Charlotte	Brenda Slade	(704) 581-4748
S Charlotte	Carla O'Connor	(704) 849-8053
Chatham Co.	Seth Swain	(919) 542-8252
Downtown	Chris Hinson	(252) 329-4559
Greensboro	Mike Belanga	(336) 373-5886
Hendersonville	Bevie Walker	(828) 749-5616

than the one before. It is generally suggested that after more than two weeks of inactivity a small, yet noticeable and continuing decrease in conditioning will occur.

### POINTS FOR REVIEW

- (1) start with low intensity and high volume
- (2) move to high intensity and lower volume
- (3) taper and maintain
- (4) rest and recover

This program was first presented at a USTA zonal training camp in Asheville, North Carolina by USTA national sports science committee member Dr. Michael Kernodle. It was the first time that some of the principles of motor learning such as blocked and random practice had been introduced into a periodization program for tennis.

Winston-Salem Beth Binder (910) 727-2137

Rookie Coaches Workshops and Sign-up Carnivals are available upon request. The Rookie Coaches Workshop, a free clinic taught by the NCTA, is for new or returning USA Team Tennis coaches. The two hour workshop provides tips, games and training for coaches and volunteers. Sign-up Carnivals are fun events to kick off your USA Team Tennis season! Lots of games and activities are involved and the NCTA will help you organize this free event!

Call today to get on our calendar for the Rookie Coaches Workshops and Sign-up Carnivals! For more information call **Mary Lloyd Barbera** or **Alice Buckner** at the NCTA office at (336) 852-8577.

## Looking For A Tennis Camp?

See Tennis Today's Camp Guide  
Pages 6 & 7

From Page 10

## Professional

our juniors. The person would not supersede each player's personal coach, but would provide cohesive morning warm up and help if a personal coach is not able to come. The person would not have chaperone responsibilities. This would be an ideal opportunity for a young pro wanting to get into the tennis profession. If anyone is interested, please contact **Kelly Gaines** at the NCTA office (336-852-8577) for more concrete details.