

What is Sport Science and Why is it Important?

Science in Tennis is made up of a team who understand tennis, we have played the game, worked as coaches and been in the game for a long time. We understand the importance of being on court, however we also understand the important role sport science can play, providing a holistic approach in developing a player. Becoming a successful tennis player is a journey with highs and lows requiring dedication, therefore a supportive environment is essential.

Tennis players are not alone attributing some of their success to the sport science support team they have around them. Many athletes and teams both recreational and professional use sport science to help them develop and improve. This is our aim, to use sport science to help develop individuals as people, athletes and tennis players. Below are some of the benefits of sport science to athletes:

► Strength and Conditioning

Developing athletes to improve performance and reduce the likelihood of injury.

► Performance Nutrition

Providing solutions to meet nutritional challenges such as enhancing performance and adaptations whilst reducing the chances of illness and injury.

► Performance Psychology

Helping players develop mental skills to deal with the challenging situations tennis provides.



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