Hello everyone!

We hope some of you have had a chance to recover from the travels of a wonderfully run STMS World Congress in Tokyo, Japan. Professor Moroe Beppu was an unbelievably gracious host that solidified the first STMS conference in Asia as a great introduction of STMS to the Far East. This only confirms that there is excellent tennis medicine in ALL parts of the world.

Before we were even on the plane out of Tokyo, we had already begun plans for next year’s Congress, with details to come very shortly. We are also currently working on initiating relationships with other organizations very interested in tennis medicine. We expect to continue to broaden exposure of this wonderful information we continue to collect.

The ATP and WTA seasons are coming near to a close for the year, but STMS keeps working. You may have had a chance to see the new STMS journal last month, and we look forward to transitioning to Dr. Javier Maquirriain as editor-in-chief completely for our first journal in 2009. We have had a chance to collect numerous wonderful abstracts from our recent conference, and will feature throughout upcoming newsletters and journals. We also have a well-written conference summary from Tokyo with some enjoyable pictures. Please look ahead to the conference calendar with many upcoming events as well. Although it is getting cold in most parts of the world, please do not hibernate and forget to renew membership when you get your upcoming notices! Stay Warm!!

All the Best,

Neeru Jayanthi, MD
EDITOR-IN-CHIEF
The Society for Tennis Medicine and Science held its World Congress on the 3rd and 4th of October in Tokyo, Japan. The 10th Congress was supported by The Japan Tennis Association, The Japanese Orthopedic Association for Sports Medicine, The Japanese Society of Clinical Sports Medicine, and the Japan Society on Tennis Medicine. The 10th STMS was held in conjunction with the AIG Japan Open Tennis Championship 2008 with participants allowed the opportunity to experience the semi-final matches on Saturday, October 4th at the Ariake Colosseum. The women’s single champion was Caroline Wozniacki of Denmark while the men’s singles title was won by Tomáš Berdych of the Czech Republic.

The 10th Congress was held in the center of Tokyo at the Sheraton Miyako Hotel. Four rooms were used simultaneously with one room devoted to technical exhibitions and poster presentations. The program actually began on the evening of October 2nd when after registering participants enjoyed a Friendly Tennis Tournament at the Takanawa Tennis Center a short distance from the Sheraton Miyako Hotel. This tournament was followed by a Welcome Reception.

Nearly 300 participants from 15 countries attended the 10th Congress, many more than originally expected. For nearly two years, both the members of the Department of Orthopedic Surgery of St. Marianna University School of Medicine and the members of the medical committee of the Japan Tennis Association worked together to make this first Congress to be held in Asia a success. The Gala Dinner held on October 3rd at the Sheraton Miyako Hotel was a delicious dinner served while participants were able to watch a video of Shingo Kunieda, the number one ranked Paralympic Tennis player. Followed by him speaking to everyone about his trials and tribulations leading to his remarkable performance on September 15, 2008 to beat Athens gold medalist and second seed Robin Ammerlaan of the Netherlands in the men's singles final in the final match of the Beijing 2008 Paralympic Tennis Event.

During the 10th STMS, instructional lectures, symposiums on injuries of the wrist, elbow, shoulder, knee, foot and ankle, prevention for tennis injury, and medical care were held. In addition, a special symposium was held on wheelchair tennis. A science symposium on strengthening and conditioning for tennis and two debates, one on muscle cramps and another on the heat rule were scheduled. It would be impossible to mention all the wonderful, exciting, and expert speakers that spoke during the 10th Congress, so perhaps you can enjoy seeing them in our photo gallery at http://www.icstms2008.jp/photo.html.
The Effects of Self-talk on Anticipation Responses in Receiving Tennis Serves

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5Senshu University, Tokyo, Japan

The purpose of this study was to examine the effects of self-talk on anticipation responses in receiving tennis serves. Twenty four male tennis players (twelve experienced and twelve novice players) were tested in the laboratory on simple reaction, choice reaction time, and tennis serve reaction with anticipation. For the tennis serve reaction with anticipation task, serve films were edited to show an elite tennis player from three seconds before racket-ball contact to one second after racket-ball contact. Participants were assigned to use control (i.e., normal), instructional (i.e., task-oriented or technical directions such as “focus on the center of the server”), or motivational (i.e., confidence building and effort maintaining) self-talk when viewing serves. The order of self-talk conditions were counterbalanced. For each serve shown, participants were asked to indicated the directions that they expected the serve was going (i.e., down the middle or out wide) by pushing the right or left LED button as quickly and accurately as possible. Reaction time (RT), anticipation timing (ATg), and accuracy were calculated and a 2 (experienced and novice groups) x 3 (control, instructional, and motivational self-talk conditions) repeated-measures ANOVA was conducted. The main results were as follows: 1) ATgs for both groups were prior to the racket-ball contact of serve in the reaction time paradigm. 2) There was a significant interaction between skill levels and self-talk conditions in RT (p=.001), ATg (p=.001) and accuracy (p=0.022). For the experienced group, RT and ATg in the control conditions were significantly earlier than for the other conditions (p<.05). Regarding accuracy, the control condition was significantly lower than the other conditions (p<.05). For the novice group, there were no significant differences in RT, ATg, and accuracy. It was concluded that for experienced tennis players, use of instructional and motivational self-talk delayed their anticipation responses, but increased accuracy.
Investigation of the Psychological Aspects of Male Junior Tennis Players in Japan

Nobuaki Tanaka¹,², Masanori Takahashi¹,³, Hiroko Uchijo¹,⁴, Daisuke Hirata¹,⁵, Morihiro Takeda⁶, Kaoru Umebayashi¹,⁷, Masayuki Sato⁵, Shuhei Sato⁸

¹Sport Science Committee of Japan Tennis Association, ²Meiji University, Tokyo, Japan, ³Nihon University, Tokyo, Japan, ⁴Fuji University, Iwate, Japan, ⁵Senshu University, Kanagawa, Japan, ⁶Fukuyama Heisei University, Hiroshima, Japan, ⁷Osaka University of Health and Sport Sciences, Osaka, Japan, ⁸Tokai University, Kanagawa, Japan

The purpose of this investigation was to examine the psychological aspects of junior tennis players in Japan. Participants were divided in two groups. One group consists of 15 male players who participated in the top junior tennis camp. Their age ranged from 11 to 13 (M = 12.7). The other group consists of 65 male players who participated in the regional junior tennis camp held in nine regions. Their age ranged from 11 to 15 (M = 12.7). To assess their psychological aspects, we utilized three measurements: Big Five Personality Inventory (Big Five) consisting of five factors (i.e., extraversion, agreeableness, conscience, neuroticism, openness to experience), Tennis-Test of Attentional and Interpersonal Style (T-TAIS) consisting of six factors (i.e., broad external attentional focus, overloaded by external stimuli, broad external attentional focus, overloaded by internal stimuli, narrow attentional focus, reduced attentional focus), Diagnostic Inventory of Psychological Competitive Ability for Athletes version 3 (DIPCA. 3) consisting of five factors (i.e., volition for competition, mental stability and concentration, confidence, strategic ability, cooperation) and twelve sub-scales (i.e., patience, aggressiveness, volition for self-realization, volition for winning, self-control, ability to relax, concentration, confidence, decisiveness, predictive ability, judgment, cooperation). To analyze the differences between two groups, an independent t-test was used. The results were as follows: (a) top junior players scored higher in agreeableness and conscience compared to regional junior players (p<.05); (b) top junior players scored higher in broad external attentional focus than regional junior players (p<.05, p<.05): and (c) the total scores in DIPCA. 3, the scores in the confidence and strategic ability factors, and the scores in the aggressiveness, confidence, and predictive ability subscales were higher in top junior players than regional junior players (p<.05, p<.01, P<.05).
Body Composition and Nutritional Profile of Male Adolescent Tennis Players
Juzwiak CR, Amancio OMS, Vitalle MSS, Pinheiro MM, Szejnfeld VL

Background:
Several studies evaluating nutritional aspects in young athletes noted energy and nutrient intake below recommended levels. In the tennis field these kind of studies have not yet been conducted amongst adolescents.

Research question/s:
Are assessed energy expenditure and intake during tennis training and the amount of macro- and micronutrients according to current recommendations?

Methodology:
Subjects: 44 Brazilian male adolescent tennis players, playing tennis at least five hours per week. 17 players were aged between 10-13 years and 27 between 14-18 years.
Experimental procedure: A non-consecutive 4-day dietary record was taken. Portions were recorded and were discussed with a nutritionist. Energy, macronutrients, fibres, vitamins B1, B2, B6, B12, C, E, niacin, folic acid, calcium, magnesium, iron, phosphorus, potassium, zinc and sodium intake were evaluated. Also body mass index and fat percentage were measured.
Measure of outcome: Percentages of intake compared to recommended amount of energy and macro- and micronutrients.

Main finding/s:
Graph 1: Percentages of intake compared to recommended amount macro- and micronutrients (a selection)

The black line denotes the recommended amount of intake (100%). BMI was classified as adequate in 89% of the boys. 32% of the boys had an energy deficit, while 45% had excess energy intake. 80% of the boys derived too much of their energy expenditure from fat.

Conclusion/s:
Most of the boys had adequate body composition, despite of the excessive fat intake. The micronutrient intake was mostly adequate, although fibre, calcium and potassium intake was insufficient.
**In The World of Tennis**

**Serbia set for tennis 'Djokovic Tournament'**

SHANGHAI (AFP) – Tennis chiefs are set to approve Serbia's first professional men's tournament after Novak Djokovic's family bought the rights from the Dutch Open, a tour official said on Friday.

The Association of Tennis Professionals (ATP) is still working out dates and prize money before making an announcement, the official told AFP.

"The final approval is still subject to a few details that are being finalized between now and the end of 2008," he said.

"It's been approved in principle and we need to sort out a few details and then we will announce its spot in the calendar and the prize money and so on."

Serbian media reported the new event, in Belgrade, would be held in May with a purse of 326,000 dollars.

Djokovic, the Australian Open champion and world number three, has reached the semi-finals of the Tennis Masters Cup where he is chasing his fourth title this year.

Serbian players have made huge strides in recent years with Jelena Jankovic now women's number one and Ana Ivanovic also reaching the top ranking this season.

**Davis Cup final to be held in Mar del Plata**

BUENOS AIRES, Argentina (AP) - The Davis Cup final between Argentina and Spain will be held at the Islas Malvinas Stadium in Mar del Plata.

Argentina had proposed holding the Nov. 21-23 event in Cordoba at the Orfeo Stadium.

"This was one of the most challenging decisions we have made during my more than a decade-long tenure on the Davis Cup Committee," said Juan Margets, chairman of the International Tennis Federation panel on Friday.

The Argentine team hoped to play on a fast indoor court in Cordoba to bolster the strengths of David Nalbandian and Juan Martin del Potro.

Both venues don't meet the ITF's requirement of 12,000 seats. Margets said it was more feasible to increase the seating in Mar del Plata's venue.
6th Symposium for Ski and Tennis Medicine

10-14 December 2008
St Anton am Alberg, Austria

www.sport-trauma.at

The Symposium for Tennis and Ski Medicine 2008 takes place on 10-14 December in the alpine resort of St. Anton am Arlberg. It promises to provide a full programme of scientific, sporting and social events in the centre of the Alps.

There are three main reasons why you should not miss this event:
1. The scientific programme includes the newest techniques in diagnostics and sports injury therapy. The speakers are renowned experts in their respective fields. The presentations will be interactive, allowing the audience discussion time with the experts. There are at least eight hours of presentations available each day.
2. The Arlberg area is the most famous skiing region in the Alps. The resort usually opens at
MISSION STATEMENT

To disseminate current and practical tennis-related medical and scientific information to all our stakeholders (players, coaches, health care professionals, scientists, and tennis organizations) in order to optimize the health and performance of tennis players world-wide.

CONFERENCE OUTLOOK

November 2008

9th Scandinavian Congress of Medicine and Science in Sports, Norway
9 November
The website for this congress is: http://www.scmss2008.org

International Congress of Sports Medicine
14-21 November
Ile Maurice
dr.herve.laurent@wanadoo.fr

International Federation of Sports Medicine; FIMS World Congress
18-23 November
Barcelona, Spain
http://www.femede.es/documentos/programa_barna_03-10-07_english.pdf

December 2008

European College of Sports and Exercise Physicians Congress
13-14 December
Thessaloniki, Greece
http://www.ecosep.eu/1st_ecosep_congress

American College of Sports Medicine; Advanced Team Physician Course
December
“A USA Venue”
akrug@acsm.org

February 2009

International Team Physician Course
12-15 February 2009
Johannesburg, South Africa
February 2009

American Orthopaedic Society for Sports Medicine Specialty Day
28 February
Las Vegas, NV   USA

April 2009

ISAKOS, International Society of Arthroscopy, Knee Surgery & Orthopaedic Sports Medicine
4-9 April 2009
Osaka, Japan

May 2009

South African Society of Physiotherapy; International Congress 2009
3 May
Somerset West, South Africa
www.physonews.co.za/program-01.html

Urgent Care, Sports Medicine and Medical Care
11-15 May
Sarasota, FL   USA

October 2009

EFSMA, European Sports Medicine Congress 2009
14-18 October 2009
Antalya, Turkey
www.efsma2009.org/program.asp

December 2009

Asian Federation of Sports Medicine
5-6 December
Amritsar, Punjab, India
Membership Benefits!!

What you get with STMS membership
(One Year US $175 - Three Years US $500)*

- Subscription to three issues per year of the Journal Medicine and Science in Tennis
- Free online access to all editions of the Journal
- Subscription to six issues per year of the STMS E-mail Newsletter
- Discounts to STMS Conferences
- Access to the dedicated Members Area
- STMS voting rights**

* Students pay a discounted membership fee (US$ 100)
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Questions?
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