

For Media Inquiries: Mary Jo Kovacs  
International Tennis Performance Association (ITPA)  
(770) 828-5779  
[www.itpa-tennis.org](http://www.itpa-tennis.org)  
contact@itpa-tennis.org

July 9th, 2014

***International Tennis Performance Association (iTPA) becomes the sport science and physical conditioning education advisor for the Research and Coaches Education Department of Spanish Tennis Federation (RFET).***

**Atlanta, Ga (USA)**—The International Tennis Performance Association (iTPA) today announced a new agreement with the Spanish Tennis Federation (Real Federación Española de Tenis), namely with its Research and Coaches Education Department to become the sport science and physical conditioning education advisor for tennis coaches, physical trainers, strength and conditioning professionals and physical therapists who work with tennis athletes throughout Spain. The iTPA is the worldwide education and certification organization for trainers, coaches and specialists who are passionate about tennis-specific performance enhancement and injury prevention. The iTPA is the first of its kind in the tennis industry.

Through quality, evidence-based education combined with accurate, professional credentialing overseen by a Certification Commission comprised of world leading experts, the iTPA offers three levels of tennis-specific certification: Tennis Performance Trainer (TPT), Certified Tennis Performance Specialist (CTPS) and Master Tennis Performance Specialist (MTPS). “The iTPA was established to ensure that tennis players are provided with the best training from iTPA certified individuals using the latest evidence-based practical information to improve on-court tennis performance while limiting the likelihood of injuries,” said Dr. Mark Kovacs, Ph.D., FACSM, CTPS, MTPS, CSCS\*D. “The iTPA is excited to become the official physical conditioning education partner for the RFET. As part of this great partnership over 350 Spanish tennis coaches, who are members of the RFET through the Professional Coaching License, are now members of the iTPA and gain access to the unique educational offerings focused on improving on-court tennis-specific performance and the reduction in injuries. Over the coming year the iTPA and RFET will work closely together to develop combined educational offerings to help increase the opportunities for high quality evidence-based education for Spanish tennis coaches, physical trainers, physical therapists and healthcare providers who train and treat tennis athletes.”

“For the RFET, this agreement will be a valuable support for the development and training tennis players in Spain and from the Department of Research and Coaches Education we may increase the services and the resources available for our Spanish tennis coaches, physical trainers, physical therapists and healthcare providers in order to update knowledge and support them in their daily work with tennis players,” commented Dr. David Sanz (PhD., High Performance Masters Degree, Director of Research and Coaches Education RFET). “The iTPA platform provides a high quality resource, with the thoroughness of information that not only comes from experience, but of evidence applied to tennis players in recent years. This partnership starts today with this first initiative and we will increase our relationship with new activities in the future.”

***About International Tennis Performance Association (ITPA):***

*The iTPA is the worldwide education and certification organization for trainers, coaches and specialists who are passionate about tennis-specific performance enhancement and injury prevention. The education company offers a professional training and education process that establishes recognition through 3 certifications: Tennis Performance Trainer (TPT), Certified Tennis Performance Specialist (CTPS) and Master Tennis Performance Specialist (MTPS). The certification materials are overseen by the iTPA Certification Commission consisting of world experts in improving tennis performance and reducing injuries; visit the iTPA website at [www.itpa-tennis.org](http://www.itpa-tennis.org).*

***About Real Federación Española de Tenis (RFET):***

*The Royal Spanish Tennis Federation (RFET) is the governing body of tennis in Spain. The RFET has a Coaches Education and Research Department which deals with the coaches education program for tennis coaches as well as with the research projects funded by the RFET in cooperation with other institutions. The tennis coaches education in Spain has two main streams: the initial education and the continuous education. The initial education is recognized from 1997 by the Spanish National Sports Governing Body (CSD) and the Ministry of Education. There are more than 10.000 tennis coaches certified in Spain by the RFET. The continuous education combines both traditional approaches such as refresher courses, conferences and workshops with distance learning courses organized in conjunction with Universities and other academic institutions. Visit the RFET website at [www.rfet.es](http://www.rfet.es).*

###