

## RESOURCES

The ITF acknowledges the assistance of the WTA Tour in providing information on sports nutrition for tennis. Particular thanks go to Page Love of Nutrifit Sport Therapy Inc., from whom more detailed information on nutrition is available to purchase ([www.nutrifitga.com](http://www.nutrifitga.com)).

## REFERENCES

M. Bergeron. Fluid-electrolyte balance associated with tennis match play in a hot environment. *Int. Journal Sport Nutrition*, 5(3):180-193, Sept 1995.

Bergeron M. Heat cramps during tennis: a case report. *Int J Sport Nutr.*, 6:62-68, 1996.

Bergeron MF, Volpe SL, Gelinas Y. Cutaneous calcium losses during exercise in the heat: a regional sweat patch estimation technique. In *Nutrition/Trace Metals/Vitamins*, volume 44, page 167. *Clinical Chemistry*, 1998.

Ferrauti A, Weber K, Struder HK. Metabolic and ergogenic effects of carbohydrate and caffeine beverages in tennis. *J Sports Med Phys Fitness*, 37(4):258-266, Dec 1997.

Harris MB. Weight concern, body image and abnormal eating in tennis players. *Intl J of Sport Nutr and Exer Metab*, pages 1-15, Jan 2000.

Sinofsky JM. Dietary Intake of World Ranked Tennis Players. Master's thesis, Florida International University, Miami, FL, 1996.

Love P, Johnson B. Nutrition assessment of junior elite tennis player: body composition measurements, energy needs estimation and dietary intake evaluation. *Amer Col Sports Med.*, Annual meeting, Research presentation 1993.

McCarthy PR, Thorpe R, Williams C. The influence of a carbohydrate beverage on endurance capacity and tennis hitting performance following a simulated tennis match. Eur. Col of Sports Science Congress, 3:372, 1998.

McNulty KY, Adams CH, Anderson JM, Affenito SG. Development and validation of a screening tool to identify eating disorders in female athletes. J of Amer Dietetic Assoc. online, 101(8), Aug 2001.

Bergeron MF. Heat cramps: fluid and electrolyte challenges during tennis in the heat. J Sci Med Sport, 6(1):19-27, Mar 2003.

Op't Eijunde, Vergauwen L, Hesse P. Creatine loading does not impact on stroke performance in tennis. Int J Sports Med., 22(1):76-80, Jan 2001.

Love P. Dealing with nutrition and fat obsession with athletes: Nutrition therapy approaches. In Academy of Eating Disorders, Athlete Special Interest Group Conference, Sept 2003.

Love P. Sport Specific Tennis Nutrition Handouts for Athletes, Coaches, Trainers, and Parents. 2010.

Rimm EB, Giovannucci EL, Stampfer MJ, Colditz GA, Litin LB, Willett WC. Validation of semi-quantitative food frequency questionnaire: comparison with a 1-year diet record. Am J Epidem, 135:1114-1126, 1992.

Roetert P, Ellenbacker TS. Complete Conditioning for Tennis. Human Kinetics, Champaign, IL, 1998.

Silva RT, Takahashi R, Berra B, Cohen M, Matsumoto MH. Medical assistance at the Brazilian juniors tennis circuit - a one-year prospective study. J Sci Med Sport, 6(1):14-18, Mar 2003.

Parsonage SR. Nutrition status of performance-level junior players. ITF Sport Science Reviews, Blackwell Publishing, 2000.

Vergauwen L, Brouns F, Hespel P. Carbohydrate supplementation improves stroke performance in tennis. Med Sci Sports Exercise, 38:1289-1295, 1998.

Pluim, B.M., Ferrauti, A., Broekhof, F., Deutekom, M., Gotzmann, A., Kuipers, H. & Weber, K. (2006). The effects of creatine supplementation on selected factors of tennis specific training. Br J Sports Med, 40: 507-512.