



The "European Tennis Base"

Location SALZBURG / RIF

www.tennisbase.eu

The European Tennis Base (ETB) established its tennis training center at the ULSZ Rif/Salzburg on September 1st, 2011.

Gerald Mild and Ulf Fischer founded the ETB in order to coach and develop highly talented tennis players. Due to high demand there exists a need for an intensive and professional instruction for trainees who intend to become professional tennis players and want to achieve world-class success. Gerald Mild and Ulf Fischer have overall responsibility for the ETB. They are both predestined for this function since they have very successful careers as coaches and have been working with international top players.

The German and Austrian as well as the Swiss tennis federation have entrusted them with their most promising young players who they accompanied up to the ATP's top 35 (several Grand Slam quarter finals). Gerald Mild and Ulf Fischer are considered as accomplished and diligent coaches who have a keen sense of talented tennis players. Furthermore they have made their mark as competent teachers over the years. They have gained insights and experiences at important international tournaments and have the ability to pass those on to their trainees in a motivating way.

The ULSZ Rif sports center offers the following state-of-the-art sport facilities:

- indoor tennis courts (rebound ace)
- outdoor clay courts
- outdoor hard courts (as at the US Open, Australian Open)
- track-and-field facilities (indoor, outdoor)
- 6 soccer fields
- multi-purpose halls
- inline hockey
- beach volleyball arena
- basketball (indoor, outdoor) • indoor swimming pool (Olympic-size)
- exercise and weight rooms
- laboratories of Salzburg Sport University
- therapy and regeneration rooms

The perfect facilities of the ULSZ Rif sports center and Olympic training base, its central geographic position and cooperation with professional local partners were crucial for it to be chosen as a location. The city's historic center is included in the UNESCO list of World Heritage Sites.

The airport Salzburg (15 min.) is located in the city area and directly connects important European cities. The ETB is located in a scenic environment in the vicinity of the city of Salzburg.



Team of coaches GERALD MILD / ULF FISCHER

GERALD MILD

Gerald Mild from St. Johann im Pongau, born in 1962, is the ETB's head coach. During his career G. Mild was an ATP and Davis Cup player and repeatedly won the Austrian championships. After his professional career Gerald Mild ran a tennis academy in Spain together with Victor Pecci (two-time French Open finalist).

Part of Jose Higueras' team of coaches in Palm Springs, California. Coach of WTA top five player Anke Huber.

Ladies' head coach at Tennis Base Oberhaching, high performance center of the Bavarian tennis association and base of the German tennis federation.

Between 2008 and 2011 Mild was Swiss National Coach, at the Swiss high performance center in Biel. His responsibilities included on-site training, mentoring at international tournaments, assistance with structural reforms of Swiss Tennis and lecturing for Swiss Olympic as a part of the coach training.

ULF FISCHER

Ulf Fischer from Göttingen (Germany), born in 1965, is the ETB head coach. After several years on the ATP tour Fischer switched to the task of a coach. The most important marks of his career:

- coach of Andrei Pavel, i.a. French open juniors' champion
- head coach at Gerry Weber academy, Halle: i.a. progression of Hendrik Dreekmann from position 600 to 50 in the ATP ranking within two and a half years, quarter finals French Open
- coach of Alex Radulescu, progression from position 300 to 50 in the ATP ranking within two and a half years, quarter finals Wimbledon
- national coach under 21 at the German tennis federation for six years, amongst others coach of Philipp Petzschner, Daniel Brands, Matthias Bachinger
- coach of Florian Mayer progression from position 1150 to 33 in the ATP ranking within three years, quarter finalist Wimbledon, voted "Newcomer of the Year 2004" by the ATP
- coach of Benjamin Becker progression from position 131 to 37 in the ATP ranking within four months
- 2007 2012: coach of the German Davis Cup team

Team of coaches MARTIN SINNER / DR. JOHANNES LANDLINGER / DR. AXEL MITTERER

MARTIN SINNER, ETB-TOURCOACH

Former ATP World Ranking Nr. 42 ATP Professional Coach USPTA Pro PTR Professional

National Coach Swiss Tennis Federation National Coach of Tennis Canada

DR. JOHANNES LANDLINGER

The strength and conditioning head coach of the ETB is Johannes Landlinger. After finishing his master's degrees in exercise science, physical education and English, J.Landlinger earned a doctorate in 2011 where he specialized in biomechanical movement analyses in Tennis. Moreover, he is a lecturer at the national sports academy in Linz, upper Austria.

DR. AXEL MITTERER, AKAD, MENTAL COACH

Business economist and certified tennis instructor Dr. Axel Mitterer looks back on many years of experience as a business manager in the private sector as well as a lecturer at various universities. His activities as lecturer include lectures at the University for Sports in Salzburg/Rif. Moreover, he is active in the fields of business and sports as a participant, trainer and coach.

He works together with top-ranking, professionel athletes (participants in world cups an national leagues) of various sports with tennis as a primary focal point. The last two Austrians who have reached the top 100 in tennis have been working closely with Dr. Mitterer.



Aim

VISIONS OF THE EUROPEAN TENNIS BASE

ANNUAL PROGRAM

This full time program is aimed at national and international players who are tennis professionals. It includes:

- individual training for technique, tactics and competition
- systematic preparation during build-up and tournament phase
- tournament mentoring
- endurance training designed according to latest scientific aspects
- technical analysis based on video documentation
- multisport facilities
- mental coaching
- nutritional consulting
- sports medical and sport motoric tests
- individually adapted annual plans
- regenerative facilities (sauna, whirlpool, infrared) on site

WEEKLY PROGRAM

he weekly program is aimed at players who cooperate with the ETB on a weekly basis due to school attendance etc. It includes season preparation, training between tournament series, individual endurance training and tournament mentoring. During their stays for one or several weeks these athletes will benefit from the same services as those who join in the full time program.

SPECIAL WEEKS AND WEEKENDS – INTENSIVE TRAINING COURSES – HOLIDAY CAMPS

During the school holidays or at certain weekends the ETB offers young players the possibility of professional training and mentoring.

The ETB will focus mainly on training and development of talented young tennis players. They are aimed to be led to world-class success through intensive and competent training (ATP – WTA top 30, Davis Cup players, Fed Cup players).

Applicants will be admitted after a strict selection process within a couple of testing days and after getting to know their private environment

During the tennis and endurance training players will be coached at national and international tournaments.

The ETB offers collaboration with the inter-faculty Department of Sport Science and Kinesiology/USI of Salzburg University under the direction of Univ. Prof. Dr. Erich Müller. This department has made its mark over the years especially in the field of tennis-specific performance and talent diagnostics as well as in biomechanical motion analysis.

The university's sport psychological facilities can be used for performance improvement. The main responsibility and the role of a link between Salzburg University and the ETB lie with sport scientist Dr. Johannes Landlinger.

Additionally, the ETB takes over the full annual planning, the choice of supporting measures as well as guidance towards sportsmanship in public to cultivate a positive image. Athletes will receive media education in order to prepare them for future interviews and to interact with the media appropriately.

With the worldwide contacts, to many established Universities, the ETB, can provide a perfect preparation to recieve a tennis scholarship from a College in the USA.



















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Zeit für Gefühle

EUROPEAN TENNIS BASE ● Hartmannweg 4 ● A-5400 Hallein office@tennisbase.eu ● www.tennisbase.eu

