

04th February, 2019

**Training Commences at the National Training Centre (NTC), PTF Complex,
Islamabad**

The Pakistan Tennis Federation (PTF) is pleased to announce that training commenced at the National Training Centre (NTC) on 4th February, 2019 under the tutelage of the head coach assisted by other coaching staff.

The Centre was launched following the visit of Mr. Luca Santilli, Executive Director Development (International Tennis Federation), who had inaugurated the training facility on 25th January, 2019.

On the first day of training, players of different age groups were introduced to injury prevention exercises as well as working on technical & tactical aspects of the game. Special emphasis was given to physical conditioning which is a vital part of modern tennis.