Wheeling performance in wheelchair tennis

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Propositions

Belonging to the thesis

Wheeling performance in wheelchair tennis

Understanding and improving a complex skill

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1. The ability of the athlete to handle the wheelchair on the field and the underlying propulsion technique are crucial to optimal wheelchair tennis performance (this thesis)
2. Wheelchair propulsion while holding a racket is highly straining and potentially leads to the development of shoulder injuries (this thesis)
3. Always consider the racket during configuration of a tennis wheelchair (this thesis)
4. Novice wheelchair tennis players should use the new hand rim to improve their wheeling performance (this thesis)
5. Translating outcomes of inertial measurement units to power output (W) measurements is the future for wheelchair sports field testing (this thesis)
6. In combination with lab-testing on the wheelchair ergometer, systematic monitoring of wheelchair mobility performance during matches, training and field tests improves performance (this thesis)
7. Excelling in the rotational movements of the wheelchair will lead to a higher chance of winning a wheelchair tennis match (this thesis)
8. If you don't succeed at first, you may always try again (Maarten van der Weijden)
9. There is no way around hard work, embrace it (Roger Federer)
10. Above all else, show the data (Edward Tufte)