

Abstract

Thesis Title: Menstrual cycle and efficiency of women tennis players.

Thesis Objective: Based on structured interview to determine the relationships between the individual phases of the menstrual cycle and active sports activity in selected female tennis players (ČTS) ranking. Suggestion how to adapt tennis training individually to the menstrual cycle of female tennis players.

Methods: The main research method is structured interview.

Results: Research has found, that there is a significant deterioration in the performance of female tennis players occurred during the first and the second day of menstruation. The best performances were felt by tennis players around ovulation (12th – 17th day of the cycle). The most common problem at female players was irregular menstruation and three tennis players also had amenorrhea, which is probably related to high training doses. For 4 respondents, there was a response that PMS did not affect their performance both in training and in matches. Other female players have fatigue and abdominal pain as a symptom of PMS. It has been shown, that female players do not adapt training if they have small pain, if they have big pain, they adapt training (for example playing strokes from the spot, technical skills). Four out of eight respondents use hormonal contraceptives. Most frequently, players experienced anger and aggression during menstruation, and five players experienced lack of concentration in tennis performance. None of the players use non-traditional sanitary items.

Keywords: Menstrual cycle, tennis, performance, match, training.