



GLOBAL PROFESSIONAL
TENNIS COACH ASSOCIATION



Thomas Alm

1976-09-04-0030

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PROFILE

Coaching people since 1994, I have worked with tennis players, runners, and people who want to get in shape in one way or another from 50+ countries, both individually and in groups.

WORK EXPERIENCE

Tennis coach/personal trainer Mexico/Spain/Sweden	April-September 2024
Coached David Perez Sanz in Egypt	February-March 2024
Personal coach on WTA Tour, Maria Fernanda Navarro	May-November 2023
Coached Jacqueline Cabaj Awad in Ecuador and Spain	May 2021 & May 2023
Personal coach on WTA Tour, Maja Radenkovic	Nov 2022-Mar 2023
Personal coach on WTA Tour, Darja Semenistaja	May 2021-Aug 2022
Coached Iana Tishchenko	May 2020
Performance coach at IQL Tennis Academy, Spain	2016-2022
Founder and president, Thomas Alm Sports Consulting	2013-present
Head coach Bålsta Tennis club, Sweden	2005-2016
Head coach Äppelviken/Smedslätten Tennis club, Sweden	1999-2005
Coach at Äppelviken/Smedslätten Tennis club, Sweden	1997-1998
Coach at Äppelviken/Smedslätten Tennis club, Sweden	1995-1996
Coach at Äppelviken/Smedslätten Tennis club, Sweden	1992-1994

LANGUAGES

Fluent in Swedish and English, some Spanish

EDUCATION AND CERTIFICATIONS

GPTCA Level B International Coach, ATP certified

Swedish Tennis Federation, Coaches Course step 3

Swedish Tennis Federation, Coaches Course step 2

Swedish Tennis Federation, Coaches Course step 1

Swedish Tennis Federation, Tennis Coaching step 2

Swedish Tennis Federation, Tennis Coaching step 1

Swedish Tennis Federation, Basic Tennis Coaching

The Academy, Run coach education

Bergklint Education, Licensed Nutrition Counselor

The Academy, Lic. Personal Trainer

The Academy, Lic. Training Instructor

The Academy, Theoretical Education

Concept Educations, TRX Suspension Training

Crossfit training, Crossfit Endurance

Swedish Athletics Federation, Run coaching step 2

Swedish Athletics Federation, Run coaching step 1

Harding University, one year Business Administration

Emporia State University, one year Computer Science

Bromma Gymnasium high school three years

TENNIS PLAYERS COACHED INDIVIDUALLY FULL TIME

Maria Fernanda Navarro, Mexico

May-November 2023

Coach for Fernanda WTA #635. Together we reached the two goals that were set; taking a medal in the 2023 Central American Games representing Mexico (Fernanda won 1 bronze and 2 silver medals) and being selected for the 2023 Pan-American Games. In addition Fernanda reach a career high doubles ranking (WTA #397) and went from 671 to 635 in the WTA singles ranking.

Jacqueline Cabaj Awad, Sweden

2021 & 2023

Travel coach for WTA #500 Jacqueline in Ecuador 2021, Spain 2023, and Dominican Republic 2023 for ITF \$25000 tournaments

Maja Radenkovic, Sweden

2022-2023

In just four months I took Maja from no ranking to WTA 1134 and taking her first pro title winning the UTR \$25000 in Dubai beating players ranked 890, 562, 406, and 306 in the process.

Darja Semenistaja, Latvia

2021-2022

I started working with Darja in may of 2021, when she was ranked WTA 1200. In the following 15 months she went to 271 on the WTA ranking, and in this timespan winning 167 matches, including 7 ITF \$15000 tournaments, 5 UTR \$25000 tournaments, 3 ITF \$25000 tournaments, and the Latvian championships in singles as well as one ITF \$15000 tournament in doubles. Darja won more pro titles than any other player in 2021 and had a total of 3 tournament and 15+ matches winning streaks in our period together.

Iana Tishchenko, Moldova

May 2020

Coached Iana (high rank 950) in Spain

Jakob Johansson-Holm, Sweden

2011-2020

Jakob came to me in 2011 as a junior on his way down. I took him from 5 to 2 in Sweden, 212 on the ITF junior ranking, and 1085 on the ATP ranking while on playing one full calendar season. He also won the Nordic team championships for Sweden.

Matija Pecotic, Croatia

2006-2008

I coached Matija before he went to Princeton and after tennis to Harvard, helping him getting in to Princeton and having a stellar college tennis career despite only being 1023 in the ITF junior rankings. After his college tennis career, Matija went on to a ATP singles career high of 206.

Njål Foss Stene, Norway

2002-2008

Started with me as a 14 year old. Our first Norwegian championships together he lost in straight sets in the first round to a player who lost in straight sets in the second round. At 18 he won the same tournament in his age group and became Norwegian champion. After high school he had one year of tennis where he, despite only playing one tournament, got to an ATP doubles ranking of 1439. After that year Njål went to Stetson university and Duke university in the USA.

Anna-Viktoria Lind, Sweden

1999-2007

The first player that I helped individually, she started 147 in Sweden in her age group, finished junior career as number 2. Got as high as 526 on the combined ITF junior ranking and 1054 in singles and 809 in doubles on the WTA ranking despite only playing half a year after high school before going to college in the United States. At UCLA she captained the team one season and was a part of the team that won the team championships and had the honor to go to the White House and meet president George W Bush.

College excellence, United States

2005-

I have helped several players to full scholarships in universities in the United States, the best results are Division 1 national team champion for women and ranked no 2 in Division 1 in the nation individually for men. Schools where my students have attended include UCLA, Duke, Harvard Law School, Harvard Business School, Princeton, and Columbia Law School.

OTHER SELECTED MERITS AND PROJECTS

Currently doing THE WORLD TRIATHLON start and finish in Stockholm, Sweden	2024-2025
Ran across Sweden, south-north (2074 km/1288 mi) for own charity Corona run	2020
Ran across Sweden, north-south (2074 km/1288 mi) for charity Ung Cancer	2017
Ran 40 marathons and ultramarathons for charity Cancerfonden	2016
PR 2:57:57 at Frankfurt marathon	2015
PR 1:22:59 at Malmö half marathon	2015
Won Swedens toughest race, Trans Scania, 246 km in a time of 40 hours 32 minutes	2014