

Young guns go for U.S. Open

A new crop of talented young players will be hoping to take advantage of the injuries that have taken their toll on many of the Grand Slam regulars. As well as teenage stars qualifying in their own right, U.S. Open officials have awarded wild cards to 12 up-and-coming young American players

On-form **Kim Clijsters**, one of the favourites this year, has now recovered from a serious wrist injury

WEAR AND TEAR: Typical injuries suffered by players

Shoulder: Overhead power serving can cause **rotator cuff tendinitis**

Lower back: Stress due to arching in power serve or imbalance of muscles

Calf: Rupture or strain with repeated jumping, especially on hard surfaces

Achilles tendon: Inflammation or rupture

Wrist: Repetitive stress micro-injuries

Elbow: Impact of ball on racket can cause inflamed or torn tendons

Chest: Forehand smash strains **pectoral muscle**

Stomach: Tightening of **abdominal** muscles in serve

Thigh: Overloaded **hamstring or quadriceps** when jumping

Knee: Rupture of **patella tendon** in springing action during serve

Ankle: Jumping in excess of normal range can tear outer ligaments

Hamstring

FLUSH OF YOUTH: U.S. Open champions

Men	Age	Ladies	Age
2004 R. Federer	23	S. Kuznetsova	19
2003 A. Roddick	21	J. Henin-Hardenne	21
2002 P. Sampras	31	S. Williams	20
2001 L. Hewitt	20	V. Williams	21
2000 M. Safin	20	V. Williams	20

Youngest ever champion: **Tracy Austin**
16 yrs, 8 months, 28 days (1979)

Youngest men's champion:
Pete Sampras 19 yrs, 28 days (1990)