



String Tips

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The playability of your racquet will be greatly affected by your racquet strings. Even novice players are able to recognize different string tensions and string types.

The Basics

- Keep your racket clean and away from extreme hot or cold areas (i.e. car boot, car parcel shelf, near to a radiator, outside in winter, etc.) When strings are exposed to extremes in temperature the strings can stretch and lose tension or contract and become brittle.
- Change your strings at least once a year. In an ideal world you should change your strings per year as often as you play per week (i.e. if you play twice a week then strings should be changed twice a year, etc.)

Choosing a String

- Choose a string based on these important factors: Your style, your racquet, court surface, how often you break strings, injuries and finally cost.
- For the best playability natural gut is still considered tops. However natural gut is very expensive at around £45+ a restring!! Natural gut is not particularly durable and it is susceptible to changes in the weather. Therefore unless you are a professional or a highly rated player there is no need to use natural guts as there are many very good synthetics out there.
- Strings usually come in three sizes (diameter) these are 15, 16 and 17 gauges, 17 being the thinnest and 15 being the thickest. The thicker the string the better the durability, the thinner the string the better the feel and playability. Most strings used are 16 gauges.
- There is another factor that can cause strings to be more durable and to have more feel; this is due to technology and/or materials used. All strings with Kevlar in them and all polyester/co-polymer strings have greater durability. Softer strings tend to be more absorbent – good to absorb vibration and cut down upon tennis elbow problems. Stiffer strings also tend to help generate a little more power.
- String costs vary from product to product; they start at £15/restring and go up above £45+. The average and most popular strings are around £19/restring.

String Tension

- As a general rule, higher string tensions provide greater control and lower string tensions provide greater power
- When playing on fast surfaces consider raising the tension to augment control. For soft surfaces like clay, where the ball plays slower, try a lower tension for added power and deeper ground strokes
- You may also want to use a higher tension when playing at high altitudes where the ball moves faster through the thin air
- If you have arm or wrist problems try reducing tension. You will be able to hit with more power without a hard swing and the looser strings will absorb more impact from the ball
- Your racquet comes with a range of tension recommendations that should be followed. The ranges are usually broad enough to allow you to customize your string tension to your style of play.