



"STRING INTO SPRING" OFFER

Stringing between April 15 and 30, 2021 is 10% off!

Contact Karin at karin@wvtc.ca

How Stringing Affects You and Your Performance

Most people carefully choose their tennis racket, but when it comes to the quality of the strings, they are less concerned. And while most people carefully buy new tennis balls every couple of games, they are not certain about how often to change the strings in their tennis rackets. Tennis strings have a significant impact on your game, as well as your health. The tension, material and the gauge of your strings make all the difference.

The thing I see most often amongst members of our Club, when it comes to stringing, is that often old strings in tennis rackets are stiff and dry, possibly wreaking havoc on the body. People tell me about suffering from issues such as tennis elbow or pain in their neck and shoulders, asking me if the strings can be the culprit? Speaking from experience, I know that strings can make all the difference...my shoulder injury of months went away in a couple of weeks after changing my strings to multifilament, and that's why I believe in spreading some information about the value of renewing your strings in your racket.

During your tennis game, hopefully (😊)... the ball comes into contact with your tennis racket many times. The higher that impact and the less flexible your tennis racket is, the more the shock will be absorbed by your body. This may cause injuries, especially in the long run. The more I read about this, the more I am convinced that if you can adapt your string and tension accordingly, you may be able to avoid injury.

Below is a list of facts about strings and stringing that may be of help when you find it is time for you to restring your tennis racket.

String Materials

There are four primary materials used for tennis stringing: nylon (aka "syn gut"), polyester (aka "poly"), Kevlar (very stiff material), and natural gut. These materials are deployed across four construction types:

- synthetic gut (nylon solid core with one or more wraps)
- multifilament (1,000+ nylon microfibers)

- polyester/co-polyester (polyester-based monofilament) and
- natural gut (strands from serous membranes).

To get the most out of your game and your equipment, it's important that you let an expert help match you to the right string and tension.

String Tension

The tension of the strings, impact your game in the following way: Lower-tension stringing offers you more shot power, less wear and tear on your arm, but less control over your racket. The looser your strings, the farther you can hit the ball. Higher-tension stringing gives you more control, especially great for intense games or hitting hard, however, prolonged playing with a tightly strung racket may hurt your arm in the long run.

A racket can be strung at your requested tension and a normal range these days is 50-65 pounds for most rackets. The stiffer your frame the more tightly it can be strung. The cross string pattern on a tennis racket creates the tension that propels the ball. Since the main strings take more tension due to their length, they need to be tighter than the cross strings (width). Any stringing professional will take your game and playing style into account when deciding what tension to use on your racket. The best type of tennis strings and gauge for you depends on how you play.

String Gauge

When it comes to gauge, I believe in the following: 15 for beginners and mostly junior tennis rackets, 16 for serious tennis players (almost everyone) and 17 for those who like a "great feel" and don't mind replacing their strings more often.

Contrary to popular belief, breaking a string isn't the only time you should restring your racket and so, after some basic stringing knowledge, we will now look at the question: "How often should I change my strings?" As a general rule, consider restringing your racket(s) as many times each year as you play in a week. If you play two to three times a week, then you'll want to replace the string on your racquet two to three times a year. If you have your racket strung with poly, possibly a couple times extra in a year.

Something as simple as new string that matches your needs can make a dramatic difference in your performance.

If you have any stringing questions, please let me know.

Are you ready to "string into spring?"

Kindly, Karin

*Director of Tennis
West Vancouver Tennis Club*