

## RACKET RESTRINGING

A full racket re-stringing service is now on offer at Selby Tennis Club.

Rob Jackson offers full racket re-strings ranging from basic synthetic gut to custom hybrid options at very low prices. As a member of Selby Tennis Club he can also offer local collection and delivery with a quick turn-around - often within 24 hours (arrangements to be discussed at time of collection).

So, whether you have snapped your strings and want to be back in action as soon as possible, or just fancy taking your game up a notch with a hybrid set up, just give Rob a call on

07739 840635

or email

[jacko10@hotmail.com](mailto:jacko10@hotmail.com)

A re-string using synthetic gut will cost from £12 (includes free over grip) whilst a custom hybrid string (using 2 different strings such as Red Devil for feel and tension retention alongside semi Kevlar for durability and power) costs from £20 (including free over grip) Many other strings are available but may require ordering. Rob also offers a range of grips, over grips, new head guards and grommets all at low prices.

## COMMON QUESTIONS

**Question:** How often should I restring my tennis racket?

**Answer:** The common rule of thumb is to restring as often per year as you play per week, but at least twice per year. This is just a rough guideline. Some types of string lose tension faster than others, heavy spin hitters wear strings out much faster than flat hitters, and some players seem quite happy to let the strings decide when to be replaced -- by breaking.

**Question:** Can my racket loose tension? And will this affect my game?

**Answer:** well, put simply yes. Even sat on a shelf in a shop a racket can loose tension, exposure to heat and cold can often be the cause regardless of if you play every day or every year. Loss in tension can lead to a reduction in a rackets feel and also cause a trampoline effect on the ball causing some erratic shots due to a loss of control.

**Question:** can a loss of tension affect tennis elbow?

**Answer:** In some cases yes. Tennis elbow can be caused as a result of incorrect technique how ever the soreness experienced in this area can be increased further due to loose strings as additional vibration will be created across the frame. Ultimately this will irritate the area causing pro longed discomfort. A soft synthetic gut string can often help in this situation.

**Question:** What string should I use?

**Answer:** That's not such a simple question. There are many strings on the market, each offering different benefits ranging from extra spin to all out power. The best thing to do is speak to someone who knows about strings and can help you choose what's right for you. Remember a new string could improve your game just as much as a new racket, not only that but a re string will be much cheaper.

**Question:** What tension should my strings be?

**Answer:** The general rule here is the higher the tension, the more control you'll have but at the expense of power. Similarly the lower the tension the more power you will have but at the expense of control. Try to stay somewhere in the middle and always within the parameters of the manufacturers' recommendation. As an additional note those players with a passion for serve and volley will opt for very tight strings as they seek control whilst baseline grinders will ere on the side of caution, preferring a lower tension to power their way to victory.