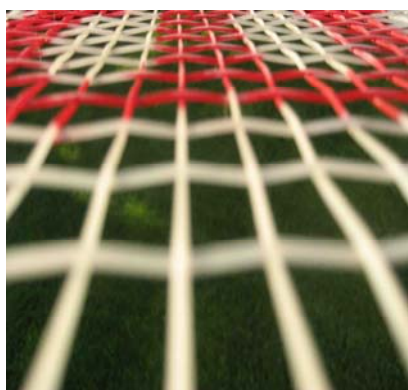


STRING THEORY.

Peter Farrell – Development Officer.

A common misconception among tennis players is that the tighter your strings, the harder you will hit the ball. **In fact, it's the other way round!** Picture yourself jumping as high as you can on a cement floor. Now picture yourself on a trampoline. Obviously you will get more `power` and therefore more height from the trampoline. Loose strings are like the trampoline, tight strings like the cement.



Because loose strings deflect when the ball hits them, they provide a `cushioning` effect, offering greater protection from the possibility of sore wrists or elbows.

With strings constantly under tension, 24 hours a day, they will become "dead" after a period of time. They should be replaced at least annually, even if they have not broken. Eight years is the record I have heard of for keeping one set of strings - that's not a record you want to emulate..

Make sure you tell whoever strings your racquets what tension you want:

LOW TENSION	MEDIUM TENSION	HIGH TENSION
48lbs to 52 lbs 21kg to 23kg	53lbs to 56lbs 24kg to 25kg	57lbs+ 26kg+
Provides: more power, more shock absorption. Less control (due to more power).		Provides: less power, less shock absorption. More control (due to less power).

Ideally, buy your racquets unstrung, and have them strung to your specification. Lots of people will spend a few hundred euro on a racquet, and give no thought at all to the strings. But after all, it's the strings and not the racquet that actually hits the ball!