

BRIANS STRINGING SERVICE

| | CLUB | DELUXE | ADVANCED |
|--------------------|-------------------------------|---|---|
| PRICE | <i>£20</i> | <i>£22</i> | <i>£25</i> |
| IDEAL FOR | <i>Beginners & Social</i> | <i>Improvers & Team</i> | <i>Team & Tournament</i> |
| STRING TYPE | <i>Synthetic Gut</i> | <i>Synthetic Gut Polyester Multi-Filament</i> | <i>Multi-Filament Hybrid Mix</i> |
| MAKE SAMPLE | <i>Head Synthetic Gut</i> | <i>Prince Duraflex Head Sonic Pro Babolat RPM Blast</i> | <i>Technifibre Pro Red Babolat Pro Hurricane Wilson Sensation</i> |

If you suffer with breaking strings, strings that constantly move, tennis elbow, no power, or lack of touch then chances are it could be you are playing with the wrong string type or tension.

We offer advice on string types, tensions, and gauges to make sure you get the best string for your playing style.

Call Brian on 07712 557076 for more details and to arrange a restring...

Strings Types Explained

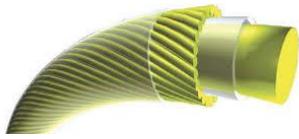
Synthetic Gut



Good all round performance with a "crisp feel"

The majority of new rackets are strung with synthetic guts, which is a good choice for most people.

Polyester/ Mono-filament



Durable with highest levels of power, control and spin

Great for those wanting more power but very durable so good for chronic string breakers. Watch out for that impact on the arm though, especially in the case of youngsters.

Multi-Filament



Optimum power, control and spin

Multifilament tennis strings are popular and considered by some to be the top category of string construction after natural gut. Hundreds or thousands of microfibers provide a soft almost cushion like feel - good if you have suffered with tennis elbow.

Hybrid Mix?



This is the mixing of two different types or gauges of string in the same racket. Hybrid stringing has become popular in the last several years due to the popularity of polyester based strings. Since these strings are so stiff, many players have mixed them with synthetic or multi-filament strings to make for a more playable and comfortable string job, while retaining much of the poly's spin and durability characteristics.

Frequently Asked Questions

Do I want more power?

This can relate to players that either have a shorter back swing in general, or stand at the back of the court and would like to hit "baseline to baseline" a bit easier. You would probably want to choose a livelier string that is strung a little lower than normal to give you more power.

Do I want more control?

If you stand more at the net and like to play with "touch and placement", then you definitely want a thinner string strung at a higher tension. The thinner gauge will "cut " into the ball and will give you more control. This will also suit any player who has a longer faster back swing who is struggling to keep the ball in the court. More advanced players tend to have their racquets strung tighter for optimum control.

Do I want a softer more comfortable string?

If you suffer from a weak shoulder or tennis elbow, then a softer more forgiving string, such as multifilament will suit you. It will absorb more vibration and feel comfortable without the "shock" of a hard string. Am I constantly straightening my strings? This is normally a result of excess topspin, slice or both. The main strings move and the cross strings cut into them, which in turn leads to early string breakage. A Hybrid mix will stop the main strings moving and therefore lead to longer string life.

How do I know if my racket needs restringing?

The general rule for restringing is at least every 6 months, or as many times in a year as you play in a week. So if you play 4 days a week, you should be restringing at a minimum of four times a year.

Signs for a restringing are;

- Your racket is beginning to feel 'dead' or lifeless.
- You are having to swing harder to get the ball to go deeper.
- You aren't getting as many solid contacts as normal.

What string tension do I need?

All rackets have a recommend tension range. The closer to the top of the range, the more control and less pop a player will experience. A lower tension will provide more power, but also less feel and control. The middle of the recommended tension range is a good place to start on the quest for the perfect string tension.

What do string gauges mean?

This is the diameter of the string, expressed in millimetres and/or gauge numbers. Thinner strings tend to provide more power, feel and spin potential than a larger diameter string of the same type, although the thicker string will provide more control and durability.

Gauge 15 (1.35 mm) - standard gauge for tennis.

Gauge 16 (1.30 mm) - most popular gauge for tennis (optimum durability and power)

Gauge 17 (1.25 mm) - "thinner than normal" gauge for tennis.

Gauge 18 (1.20 mm) - thinnest gauge for tennis.