

# When should I restring my Tennis Racquet?

According to the United States Racquet Stringers Association (USRSA) the frequency which a tennis racquet should be restrung (obviously for string breakage), is dependent on how many times per week one plays. In other words, if you play tennis once a week you should try to restring your racquet once a year, twice a week, two times annually and so on.

## Tighter or Looser Strings?

- Each tennis racquet has its own tension range, usually located on the inside of the throat of the racquet.
- Generally speaking, the higher the tension the more control one gets considering the string bed will deflect less, however, this will produce less power.
- The Lower tension, more power considering the string bed will deflect more, but will have less control.
- The higher the tension, the more impact on your arm.

## How do I choose the right Tennis String?

The Strings on a tennis racquet are the life of the racquet. However, for most people, racquet strings are just an afterthought. Here are a few guidelines to make your selection a bit easier.

- **Natural Gut** – made from cow intestines. The original and most playable, featuring superb playability and “liveliness” yet very expensive and sensitive to weather.
- **Synthetic Gut / Nylon** – are mostly high-tech products bringing their playability in line with natural gut strings but keeping the advantage of the synthetic materials higher durability, and priced much less than natural gut.
- **Multifilament Strings** – to bring synthetic strings playability more into line with natural gut, many microfibers are twisted together to a string. Advantage: higher elasticity and better playability. Disadvantage: these strings tend to break once the outer wrap is damaged and are more \$\$\$.
- **Durable Polyesters and Kevlar’s** – the most popular and best for string breakers, consisting of a single polyester fiber with a thin coating. This type of construction is termed “monofilament”.

## Tennis Racquet String Guide and Price Menu

- **The Wilson Natural Gut Power** offers truly outstanding comfort thus producing a consistent and responsive string. This string also delivers easy power along with better tension maintenance than any other string on the market. If you are looking for ultimate feel and arm-safety, this is the perfect string. **\$75**
- **The Wilson NXT Tennis String** is the worlds most popular ***multifilament*** string featuring a thinner gauge for more power and spin. This string has numerous followers thanks to its combination of comfort and playability. The addition of the patented Dupont Xycro Micro-Fibers helps to increase the sweet spot size and reduce vibration for greater arm comfort. **\$55**
- **The Wilson Revolve Tennis String** is made for players looking for the maximum spin possible in their game. The UHMW coating gives the strings the freedom to move around freely and snap right back into place after hitting the ball. Revolve ***Monofilament*** string is great for players who hit hard and want great control and spin, especially baseline hitters. **\$50**
- Players seeking the maximum levels of playability and power from a synthetic string will enjoy **The Wilson Synthetic Gut Power.** this string retains the same solid nylon core that provides crisp feel and solid durability. The high energy outer wrap allows for increased power levels and improved feel on contact. **\$40**
- **The Luxilon Big Banger ALU Power Rough** improves on one of the number one strings on tour today. This ***Monofilament*** featuring a highly textured surface to further increase the spin potential of the popular ALU Power. Power, Control and Durability are combined in this co-poly aluminum constructed string. Constructed with aluminum, the Big Banger ALU power line creates a highly durable string with a softer feel and added playability. The Luxilon line of strings has forever changed today's professional tennis, allowing players of all levels to take full swings without fearing a lack of control. The roughened texture of the string helps to generate additional spin, perfect for the baseliner wanting to use heavy spin to impose their game. ALU Power Rough is best suited to the player that prefers the baseline and takes fast, full swings looking to generate power and spin. **\$55**

**\$30 LABOR ONLY**