



GRSA INTERNATIONAL ATW MAGAZINE

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MIND IN THE GAME

If you're not already a member of GRSA, check out our website to find out why you should be! [GRSA-INTERNATIONAL.COM](https://grsa-international.com)

BERLIN OPEN

THE GRSA TOURNAMENT STRINGING EXPERIENCE



The Berlin open was a fantastic week of stringing for some very special ladies. The Head Stringing service fronted by PRS and GRSA INTERNATIONAL were soon into the swing of things with racket preparation gaining momentum from day 1.



Names such as the unseeded local Tamara Korpatsch, American Ann Li, 6th seed Garbiñe Muguruza from Spain, Swiss Belinda Bencic who was seeded 8 going into the tournament and top seed Ons Jabeur from Tunisia. Some of the matches showed just how much the ladies really wanted to win this tournament. Some dominant performances from the non-seeded players such as A.Pektovic who knocked out Garbiñe on day 4 with a 7-6, 6-4 win, but unfortunately she was beaten on day 5 by un-seeded Aliaksandra Sasnovich, 6-4, 6-4. Coco Gauff, 7th seed American had some time to say hello to the Head Stringing Team, fans and sign some merch before heading into her day 6 match with X.Wang, a commanding performance from Coco took her to day 7, 6-0, 6-4 being the final score taking her into the quarter finals and then onto the semi's.



Her run ended there though at the hand of Ons Jabeur, top seed and in good form, the first set was extremely well fought by both, with Jabeur coming out on top. The second set was a different story altogether, Ons was dominant from the start and Coco seemed to struggle with the power and precision that was coming her way. Although Coco managed to get a foot in the match, Jabeur progressed to the final, if the build up had been tough, more was to come.



Jabeur won the WTA 1000 title in Madrid, which was on clay last month, so she was hopeful that this would be another title chance. Her progress through the tournament had shown promising signs of not only her quality, but commitment too. Behind strong forehands, Jabeur sped into an initial 3-0 lead in the match, but Bencic got back on serve to pull to 4-3. Jabeur, though, played an outstanding game to break back, firing deft lobs and continuously grazing the sideline to lead 5-3.

Bencic found four break points to get back on serve in the next game, that said, Jabeur fended each of them off. It was during the fourth deuce of that game when Bencic lunged to return a serve and went over on her ankle, she then took an immediate medical time-out.

After Jabeur served out the first set, Bencic contested the first three games of the second set, but after being broken for 2-1, last year's Olympic gold medalist had to stop play.

The scenes on court of Ons helping Belinda out was a true show of more than sportsmanship, it as a gesture of human nature and concern. Nobody likes to win like that and seeing just how much pain Belinda was in, it was such a sensitive and caring side shown by the champ.



It was great to see a series of youngsters at the event with the junior teams visiting the stringing service to see how it all works. There were also a number of people interested in the open view stringing service, not something many people get to see and they were fascinated with the process and work put in to the whole service. A total of 305 rackets were strung and during that process, **GRSA President Richard Parnell** also got to examine two budding stringers for their **GRSA CERTIFIED TOUR STRINGER** Certification. Myrto and Steffen passed with flying colours and were extremely happy with the GRSA STRINGING TEAM Experience. More will be coming so keep a look out for the next one.



2030 IN OUR SIGHTS!

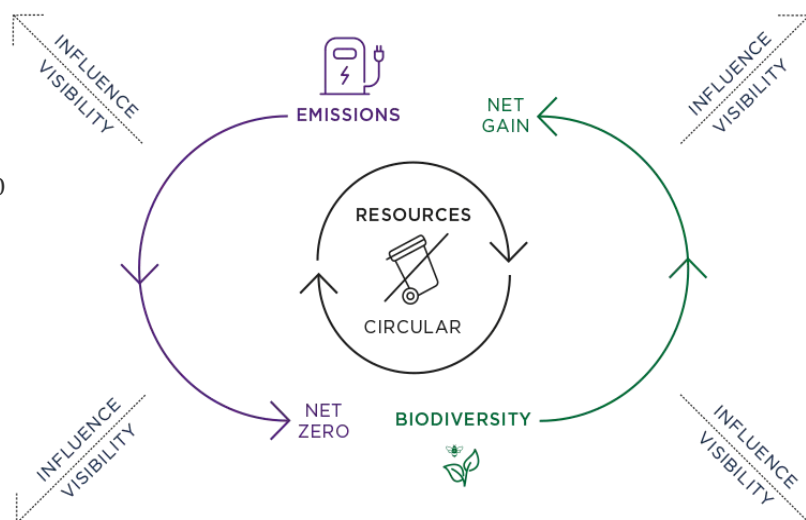
"The case for action to protect and preserve the environment on which we depend has never been stronger"

Wimbledon have set themselves a target which will stretch their resources. The plans for continued regeneration of the estate: redeveloping the land adjacent to their current site gives them an opportunity to adopt and introduce innovations which support emission reduction, resource efficiency and improving the natural biodiversity in the area.

This development will take place over the course of several years and they believe 2030 represents a significant milestone in this journey for them and their partners.

There are some very clear goals in mind and setting firm objectives will no doubt ensure the success of this mammoth undertaking. Let's look at just some of the things the All England Lawn Tennis Club have in store.

- Reducing emissions of operations to 'net zero' by 2030
- Being a resource-efficient organisation by 2030
- Contributing to a 'net gain' in biodiversity by 2030
- Using their influence to inspire wider action



Achieving a positive environmental impact means gradual transition and is part of their plans for regeneration and development of the area. This also means that building in consideration for the environment across their operations will provide opportunities for innovation during the whole process and not just on completion.

i) Net zero operational emissions

This is about increasing energy efficiency, decarbonisation of energy, heat, transport and balancing any remaining emissions through carbon compensation.

What they are doing now:

- Purchasing renewable electricity to power their operations
- Measure and report their operational emissions
- They have started a programme to upgrade the lighting, installing high efficiency LED lights all over the estate
- Electric lawnmowers and horticulture equipment are being used around the Grounds
- In use are 10 electric iPace vehicles during The Championships
- They embarked on a programme to 'mothball' areas of the estate to save energy
- They also showcase the very best, seasonal ingredients from across the British Isles including plant-based options across all menus
- They take time to assess emissions associated with AELTC staff, player and official flights
- Solar panels have been installed on the maintenance building at the Community Tennis Centre at Raynes Park and on the Indoor covered courts building on Somerset Road

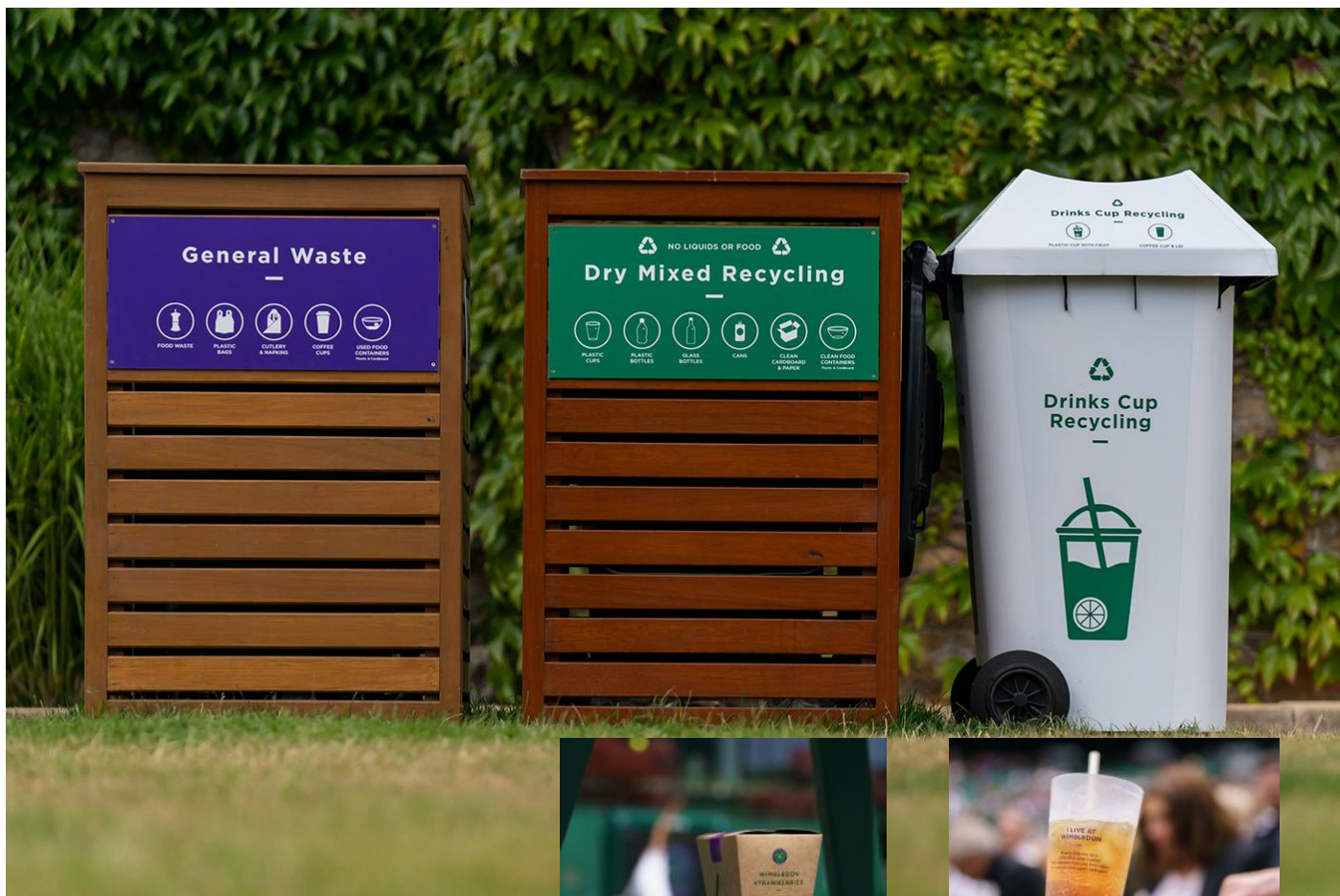
What has been included in the 2022 season:

- Continue to buy renewable electricity and build decarbonisation plans in to their longer-term estate development projects
- Introduce systems to gauge, monitor and control energy consumption to a more granular level across the estate
- Highlight low carbon options on menus in the Larders, Café Pergola and Parkside Kitchen and offer a range of plant-based dishes
- Purchase carbon offsets validated to ICROA-approved standard for emissions associated with AELTC staff, player and official flights
- Increase the number of electric vehicles in The Championships transportation fleet, this includes electric buggies in place of petrol-powered ones during The Championships

Progressing ahead through to 2030 they will:

- Introduce zero carbon principles to new construction projects
- Maximise energy efficiency of existing buildings, equipment and appliances
- Generate renewable electricity on site and throughout the area
- Review and replace generators with renewably powered alternatives
- Reduce dependence on gas for heating, hot water and cooking
- Complete the transition of all vehicles making the entire fleet electric
- Compensate for unavoidable emissions by investing in offsets and forest protection schemes
- Transparency with out commitments both internally and externally

But there is still more →



ii) Resource efficiency

This means they reduce the amount of resources the use, increasing proportion of recycled content as well as the amount of materials reused. The ultimate goal is to design out waste, keeping products in use so that nothing goes to waste.

What's happening now:

None of their day-to-day business or Championships waste goes to landfill, recyclable materials are separated from general waste which generates electricity for the National Grid. An important process is food waste and making sure it is collected for anaerobic digestion, producing high quality fertiliser for agriculture and horticulture purposes. Garden waste is used to create mulch used around the Grounds. Stringers plastic bags were removed and alternatives put in place. Coffee cups from The Championships were recycled. Major project construction waste diversion from landfill exceeds 95% and they reduce single-use plastic waste by providing reusable cups for all cold drinks at The Championships.

Further more, this year has been important and extra effort has been put into promoting the reuse culture by introducing a reusable cup for hot drinks at The Championships. The amount of catering consumables which can be recycled has been increased, for example by introducing parchment liners to food trays. There has been significant increase in the number of water refill points available around the grounds in public and private areas. There is a return process for staff uniforms and they have also used racket strings collected in 2021 to produce desktops for ticket desks in the grounds, but there is still more work to be done.

The work continues and the 2030 mark means that there are still a number of aspects to incorporate into sustainable design principles for estate development, this means designing flexible spaces, specifying minimal resource use and prioritising reuse and recycling at end of life. They are already well underway with introducing water harvesting for new developments and designing reusable or recyclable products using renewable, recyclable materials. It's a team job, that's why working with suppliers to eliminate single-use plastic packaging is so important and a key piece of the reuse machine. They will also introduce on-site composting for grass and garden cuttings and at all times, making sure that all of these incentives and processes are being shared transparently both within The Championships environment and with all external sources and mediums in order to influence more change in this area.

iii) Biodiversity gain

Increases the abundance and diversity of plant and animal species appropriate to local ecology.

Firmly looking towards 2030, they want to enhance local biodiversity through regeneration of the estate and as part of plans for Wimbledon Park, where they have committed to delivering a 10% biodiversity net gain. There are plans to increase living walls and roofs throughout the installations with sensible & planned use variety of planting techniques to provide shade and protection. There is a landmark step to take and that is to establish partnerships to promote biodiversity including exploring possibilities of establishing a proprietary woodland scheme.

iv) Inspiring wider action

The intention is to influence and reach beyond their boundaries via partnerships, leadership, and collaborations with other major events and bodies in the sports industry and beyond. There is ongoing work to introduce the importance of the environment, climate change and sustainability into the learning programmes delivered to UK and international schoolchildren by the Wimbledon Lawn Tennis Museum and Wimbledon Foundation



One of the most influential parts will be to assist guests in understanding their own carbon footprint in relation to their visits to Wimbledon through the digital platforms. They will explore opportunities with media partners such as the BBC for ongoing learning and education through the platform of The Championships and look for opportunities with commercial partners for further brand awareness and education. It's going to be positive to work alongside the rest of the sports industry to promote positive action through the UN Sport for Climate Action Framework and exemplify these principles in our day to day behaviours as colleagues, members and neighbours.

Silly Season!



Silly Season...that's what the Phillips' household refer to the 5 to 6-week period from the start of June as. The month where Dad isn't home much, if at all. Also known as the month where the UK grass court season comes into full swing. Even though the preparations begin a couple of weeks before the start of June - making sure I have enough supplies, preparing my tools, organising cover with 'regular' clients whilst I'm away - for me this year, it began with the Nottingham Open.

I made the 2-hour trip to Nottingham on Thursday 2nd June (also my wife's birthday, and let's just say she's very understanding!) to join up with the 4-man team consisting of 3 Stringers and 1 person to manage the 'front desk'. With Dunlop's affiliation with the LTA, Dunlop machines are provided for the tournaments we work at (excluding Wimbledon), so the trip is made a little easier in that I don't have to cart one of my own machines to the venue with me - which is a positive because, as we all know, they're not the most portable of devices!

Once arrived, the team start setting up the room provided in the way we want it, to optimise the working arrangements between stringers and provide the most professional atmosphere for the players when they come in. This year we were in the players area which is a huge plus and makes the whole interaction with players much easier. Last year, understandably, due to Covid restrictions we were in a separate location away from the players which made things a little more challenging. Even though the tournament didn't officially start for a couple more days, we started taking in rackets from that first day which was great. Every little helps as us stringers, even though paid a daily rate, are reliant on having a good number of rackets for those daily wages to be paid.

As the days moved on and more players arrived on site, more and more rackets came in. Over the weekend and the first couple of days, with the earliest parts of the draw, saw early starts and late finishes to turn round the rackets. At this level of tournament, it's not unusual to be stringing 70-80 rackets per day between the 3 of us. Obviously, as the tournament goes on, less players remain in the draw, so the numbers of frames decrease. As we got to the following Wednesday, we dropped to a 2-man stringing team as there are less frames to go around. We stayed this way until the final Sunday. Toward the tail end, all the less glamorous bits need to be looked after such as breaking down and boxing up the machines for Dunlop so they could be taken on to Eastbourne.

All in all, it was a great week with lots of fun and great interaction between the team, as well as with many of the players. We topped out at just over 500 rackets as a team, which was above expectations.

On Sunday 12th June, I headed home late afternoon. I had a couple of days rest before I needed to head off again, this time to Wimbledon. It was my 7th year back at the Championships and this time, I had also been asked to cover the Wildcard Playoffs which precedes the Qualifying competition at Roehampton where I usually begin my stint at Wimby.



This is a much quieter affair and runs from the Wednesday 15th June through to Friday 17th June. We don't typically expect many rackets in this part as many players come with their frames already done from the usual location. We took in many more frames than we were expecting, probably due to the hot weather. I probably averaged around 10 frames per day, which was about 8 more per day than we were expecting!

However, during this time, some more well-known 'members' of the club did start turning up to practice. It was a very nice surprise when none other than Sir Andy Murray dropped in a couple of frames for his practice session. This allowed me to complete a personal goal of mine to string for all British Number 1s from my era (I'm not that old!). This list includes, Andy and Jamie Murray, Tim Henman, Greg Rusedski, Jeremy Bates, Andrew Castle, Dan Evans, Cam Norrie, Kyle Edmund, The Skupski brothers, Heather Watson, Jo Konta and more recently Emma Raducanu.

With the playoffs complete, I then moved site to Roehampton for 'Quallies'. This is a touch more 'full on' than the playoffs. There is a much bigger team with 9 Stringers and a small team of Front Desk personnel. Here, we're all using Babolat Evolution machines as Babolat provide the stringing service, along with Apollo Leisure, for the Championships.



Many, many rackets were strung over the next 7 days and the hot weather threw up a few challenges in terms of trying to keep cool. One racket worth mentioning, for my second year, I had the dubious pleasure of stringing for the same person who wanted their frame strung at 40kg (or 88lbs) - this is the tightest the machine will pull at. They also used Luxilon 4g (the end of a reel no less!), and did I mention it needed to be strung ATW with 2 knots? Stringing this frame is very much 'squeaky bum' time, and I'll be honest here and tell you that it took 2 attempts to complete as on the first attempt the string gave up on me halfway down the crosses and snapped rather loudly. This made the second attempt all the more 'fun' and precarious given the little amount of string left on the reel. Upon completion of the Quallies, I then moved back to the main site of Wimbledon for the main event.

The Sunday before it all begins on the 'First Monday' is typically a somewhat brutal day for the team. The first two days require the team to buckle ourselves in and brace for impact as approx. 500+ rackets besiege us each day. We're a full-strength team of 16 at this point but as you can imagine no one is exactly putting their feet up!

Like other tournaments, the number of rackets drop as the tournament moves forward. However, for the first few days of the first week each stringer can expect to average 25 or so rackets per day. It will then remain steady due to other events such as the juniors and Wheelchair tennis having staggered later starts. Same goes for Doubles.

I felt that I saw a lot of Wilson Blades on my machine this year as the new paint job is very striking. On one particular day, I think I strung 12 in a row for different players!



My time there this year came to an end on the Thursday of the second week. This was a 20-day stint at arguably the best tennis venue in the world. It is fantastic to be involved 'behind the scenes' and to be so closely linked with the players. It's something I've always wanted to do since I started stringing 25 years ago and an experience that never gets old.

All in all, I was away tournament stringing from 2nd June through to 7th July having approximately strung 600+ rackets personally over that time.

Silly season is over for another year, but I hope I get to do it all again next year!



In the Room

MUSIC WHILE YOU WORK



Depending on where you are and what you're doing, music plays an important part of our day. We wake up to music, we eat, shop, walk, dance and train to music, but what about working?

Are you one of those "put on the headphones and get in the zone" kind of people blanking out all external influences so you can get on with the job at hand? Or are you a "go with the flow" kind of person and will listen to whatever is being played in the background?

As more and more players are seen with headsets on when practicing alone, or trying to get themselves into a place where their energy is boosted, nerves are quietened, confidence enhanced and external influences are muffled, it's evident that music has so many attributes to it and everyone takes something from it no matter the walk of life or profession.



GRSA INTERNATIONAL will be sharing the personal playlists of its managers, members and influential people from the industry, starting with **GRSA PRESIDENT - Richard Parnell**.

It's always great to hear what different people listen to, in a way, it's like a small window into that person's personality, a portal into a creative space and where variety shows just how open and creative that person is.

So if you're looking for music like..

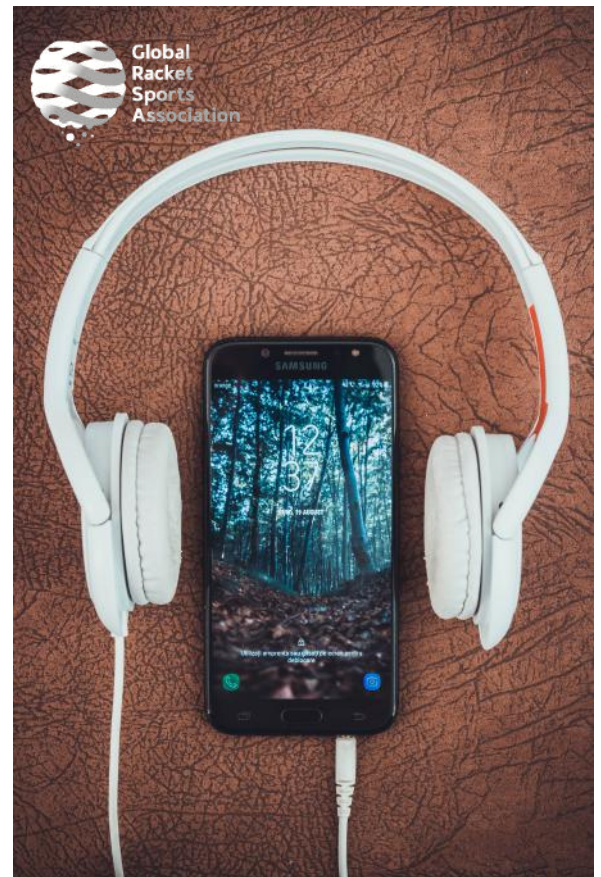
Group: Tennis
ALBUM: Runner



VSQ Vitamin String Quartet

as heard on the like of Bridgerton

...or giants and greats such as, Queen, Meatloaf, Guns n Roses, Pink Floyd, Led Zeppelin, Seal, Phil Collins and many many more, make sure you stay tuned into our social media, you'll get to hear music from all over the world and of all tastes.... there will be some absolutely brilliant compilations.



GRSA - IN THE ROOM WITH RICHARD

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FUN FACTS



I have always considered tennis as a combat in an arena between two gladiators who have their racquets and their courage as their weapons.



Yannick Noah

1

Did you know that if the ball hits a player's body or any part of their clothing before it lands, it is their opponent's point (even if it would have gone out)?

2

Did you know that the tiebreaker, or tiebreak, was invented by James Van Alen in 1965?

3

The Davis cup first adopted the tiebreaker in all sets except the final set in 1989, and made amendments in their rules to adopt the tiebreakers for all five sets in 2016.

4

The winner's trophy at Wimbledon remains on display at the All England Club's museum as winners do not take their trophies with them. However, they are given small replicas of the official trophies.

GRSA INTERNATIONAL

Featured Club

Tennis Club Bad Homburg

The TC Bad Homburg was founded as the first Tennis Club on the European mainland in 1876. It is located in the historic city of Bad Homburg, just outside Frankfurt. The courts are surrounded by a beautiful park, which showcases the clubhouse.





The English first brought tennis to Bad Homburg when visiting its luxurious spas. On the widespread meadows in the Kurpark they marked playing fields and played in long white dresses and trousers. Through the years, the Tennis Club has grown in size and tradition. It now offers a great number of clay courts, as well as a grass court for its members. There are a variety of youth and adult teams, some of which play in the top tennis Leagues.



The Bad Homburg Open, which is a WTA tournament, is held annually on the TC Bad Homburg property. The tournament has brought many great players, such as Angelique Kerber, Simona Halep, Sloane Stevens and Amanda Anisimova to the historic Tennis Club.

Tradition has been maintained in the club since its founding in 1876. This allows for an amazing tennis experience on the quiet and beautiful TC Bad Homburg property, which you are all invited to enjoy!

Take a look at our website for recent pictures and news: www.tcbadhomburg.de



Stunning **BRILLIANT**SIMPLY EPIC



This year's Championships has been nothing short of mind blowing, it has had everything a legendary tournament needs, emotional memories, record breaking visitors, blinding performances and of course, some of the most entertaining tennis in recent years.

From Federer to Billie Jean King, Rod Laver to Andy Murray, Rafael Nadal, Novak Djokovic, Venus Williams, Chris Evert, Bjorn Borg, John McEnroe, Stefan Edberg, and many more, yep, they were all on Centre Court... ok, ok, maybe not playing but they were there when it came to celebrating 100 years of Centre Court. What a display of talent and ambassadorship for the sport! There were a few absentees due to ill health and other commitments, but anyone who saw the ceremony on the middle Sunday will agree that it was such a touching ceremony and 3 time winner John McEnroe and former World N°3 Sue Barker did a fantastic job (as always) in making everyone feel special.



We also said farewell to an emblematic piece of the Wimbledon scene, Sue Barker, for 39 years, this truly sensational and versatile presenter has been the face of many shows but none quite like the BBC's coverage of The Championships. A former player that made many a final, someone who knows what it feels like to be on the end of defeat, of disappointment, but also success and so many great encounters. Billy Jean King described her as "the best broadcaster of her kind and most certainly the greatest tennis presenter of all time.... She really is the number one!"



Playing career: 1973 - 1984
With the BBC from 1983 - 2022



So on to the tournament itself, wow, wow and wow again! This year really stood out as one of the best ever, the energy, the quality and the crowds. You could clearly see that people were just really looking forward to being able to be back in the midst of it all, to feel the energy from the players, something that worked both ways as many of the players have commented on how different it felt with capacity crowds.

Upsets from the beginning, Ernesto Escobedo (USA) was knocked out early and so was Manuel Guinard (FRA). Well seeded professionals that just didn't have the form they expected or have shown recently. Mats Moraing (GER) was caught out by Zsombor Piros, the unseeded Hungarian took the match 6-2, 6-0 in the first round of qualifying, a great performance from the youngster and a surprisingly dominant show of power.

Spain's Carlos Alcaráz went out in the final 16 to an impressive Jannik Sinner, a young 20-year-old who's showing serious signs of quality, pace and maturity as he went on to lead Novak in the quarter final. Experience and focus were the key ingredients for Novak to come back from such a deficit and win the match. The entertainment value of this year's Championships has been through the roof, Rafa had so many things against him with recent injuries and issues but still managed to make it to an epic match with Taylor Fritz. The back and forth was just perfect for the crowd as the scoreline shows, it had everything... 3-6, 7-5, 3-6, 7-5, 7-6 with Nadal making it through. However, due to his injury and torn muscles, he had to retire, giving Nick Kyrgios the walk through to the final.



WHAT A FINAL!

Nick Kyrgios is not one for keeping quiet and laying down to let someone walk over him. His character really shone through with various episodes of conversations with his team that seemed to get him going, but it also looked like it drained him a little more each time. Novak's focus and determination was just impeccable. Huge service points, break points and rallies were all part of making it a great final. At one point, there was even a little hint of stern response in Novak's game as some of the challenges went against him, but that grit and experience showed why he's such a special champion. This is now Novak's 4th consecutive Wimbledon title which means he'd need to win next year to equal the record of B.Borg and R.Federer at 5.



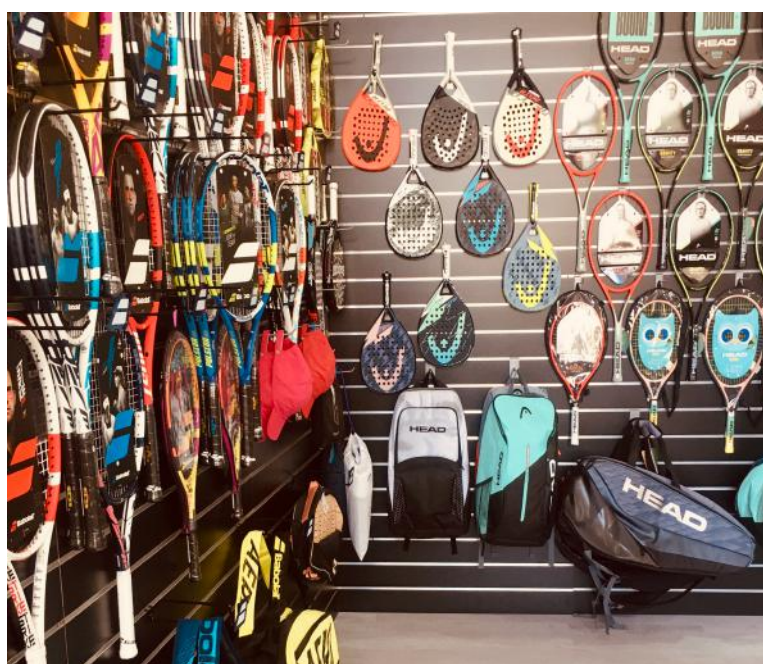
GRSA INTERNATIONAL

Featured Shop

Year Opened: 2004
Shop size: 80SqM
Address: "TENNIS LAND"
George Pahiakos
Archimidous 41,16674
Glyfada,Athens
Greece



TENNIS LAND G.P is a Greek racket specialist with a specifically designed pro shop located in Athens, Greece, offering exclusive pro stringing experience for all types of players, ages and levels, particularly professionals. The in-shop presentation of all supported brands in conjunction with the overall supportive and informative environment reassures the best choice in the racket/strings/accessories field.



The store is practically yet strategically designed to allow an easy flow between each brand's products and accessories, whereas the technical area, situated in the center of the store featuring a Wilson Ballardo machine, offers and presents an on-site service. An overall exceptional experience of George Pahiakos' level of expertise in racket stringing, matching and customizing.

TENNISLAND G.P, has become the first official GRSA seminar center and workshop in Greece as well as the only Greek examination center that provides Racket Stringing International Certificates. This is of huge importance to ensure there is a quality service using a recognised technique.



TENNIS LAND

George Pahiakos has strung more than 140.000 rackets in the past 30 years, was the official stringer for FED CUP and DAVIS CUP in Greece twice, and it is that experience that has made him many Greek professional tennis players and pro academies, favorite and preferred stringer. He is also the official distributor of Solinco in Greece.



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Wheelchair Tennis

YOUNG PROMISES, STRENGTH & MINDSET

In the last issue, we spoke to Ben Bartram, junior World Number 2 and at the time of this article, Ben had returned from Sardinia after having previously competed at Queens with some extraordinary results. Let's look at Queens first!

After qualifying and making the quarter finals, amidst the heat, Ben played well against Dahnnon Ward and went through to the semi finals with a comfortable 6-4, 6-2 win. He faced Stefan Houdet (ITF ranking N°5) and although the first set was not the best start, Ben fought hard in the second set, but unfortunately, experience was a key factor for the N°5 and Stefan went through to the final but fell 6-1, 6-2 to Joachim Gerard.



It was a a quick turn around and then off to Sardinia for Ben, where the heat really was switched on, and we're not just talking about the weather! Ben started his trip off with the **ALGHERO OPEN 1 FUTURES**, a dominant performance from the word go with opening rounds of 6-1, 6-0 and 6-0, 6-0. Comfortable wins to see a quick progression to the quarter finals where Robin Groenewoud was the opponent, an entertaining match with some brilliantly fought points on both sides but Ben's form really was on show, 6-2, 6-3 being the final score sending him into the semi final to play the talented Luca Arca.

Ben started as he meant to go on, a straight set 6-0 was the idilic start he was looking for and you could see the confidence in his game and the momentum continued. Arca was pushing hard to get on the scoreboard and managed to win 3 games in what was to be the final set, as Ben yet again made it look easy taking the set 6-3 moving into the final where he faced seeded N°3 Anthony Dittmar. Another powerful performance and dominant show of skill and strength, 6-3, 6-3 being the final score and another title. This wasn't the only victory in Sardnia, not only did Ben take the doubles title with Shogo Takano, he went on to win the singles title in the **Alghero Open Trofeo città di Alghero Futures**, and win in the doubles again paired with Takano. A formidable pairing that is showing the younger players in the field how the hard work and mindset plays such an important role in your game.

These results really push Ben up in the ITF ranking from a 41 spot mid June to 29 beginning of July, with some very interesting tournaments coming up, we want to congratulate Ben on his recent success and hope it continues!



X ITF WHEELCHAIR FUNDACIÓN EMILIO SÁNCHEZ VICARIO - MADRID

In other wheelchair tennis news, another emblematic tournament on the calendar, the Emilio Sanchez Vicario Foundation held the 10th instalment of the Madrid competition with players from all over the world, including some of the top seeds.

Names such as Daniel Caverzaschi, Daisuke Arai, Ruben Spaargaren and Tom Egberink heading to the capital of Spain for what was looking set to be one of the hottest in history with a considerable heatwave all over Spain.

Edwin Mayorga from Colombia showed early signs of strength, the unseeded player taking his round one match 6-2, 6-1 against Juan Sanchez Aranda. There were no major upsets in the first or second round. It was the quarters when Ben Weekes (8) was sent home by Tom Egberink (1) and Daisuke Arai (7) given his exit ticket by Daniel Caverzaschi (4). It was the two top seeds to meet in the final, with the Spaniard and N°2 seed Martin De la Puente from Galicia showing more dominance than the Dutchman Tom Egberink and claiming the title after a 6-4, 6-4 win. In the women's final it was top seed Jiske Griggioen (NED) who took the win against Maria Florencia Moreno (ARG) 6-4, 4-3 making it 4 titles this year so far.



Images courtesy of:

WHEELCHAIR TENNIS CALENDAR

-  SWISS OPEN - GENEVA - 19th till 23rd JULY
-  AMJOY CUP - NETHERLANDS - 21st till 23rd JULY
-  FLANDERS 25 - BELGIUM - 21st till 24th JULY
-  OPEN INTERNATIONAL DES CONTAMINES - FRANCE - 22nd till 24th JULY
-  BELGIAN OPEN - BELGIUM - 27th till 31st JULY
-  XIV MEMORIAL OLIVER PURAS - SPAIN - 28th till 31st JULY
-  CROATIA OPEN UMAG BY HEP - CROATIA - 29th till 31st JULY
-  S VERSICHERUNG AUSTRIAN OPEN 2022 - Austria - 3rd till 7th AUGUST
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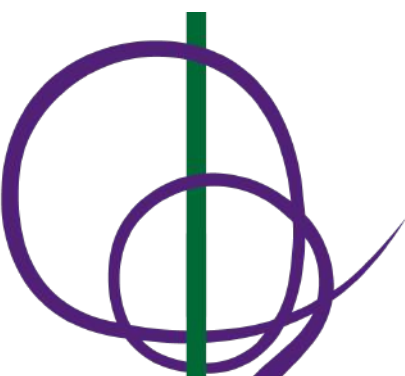


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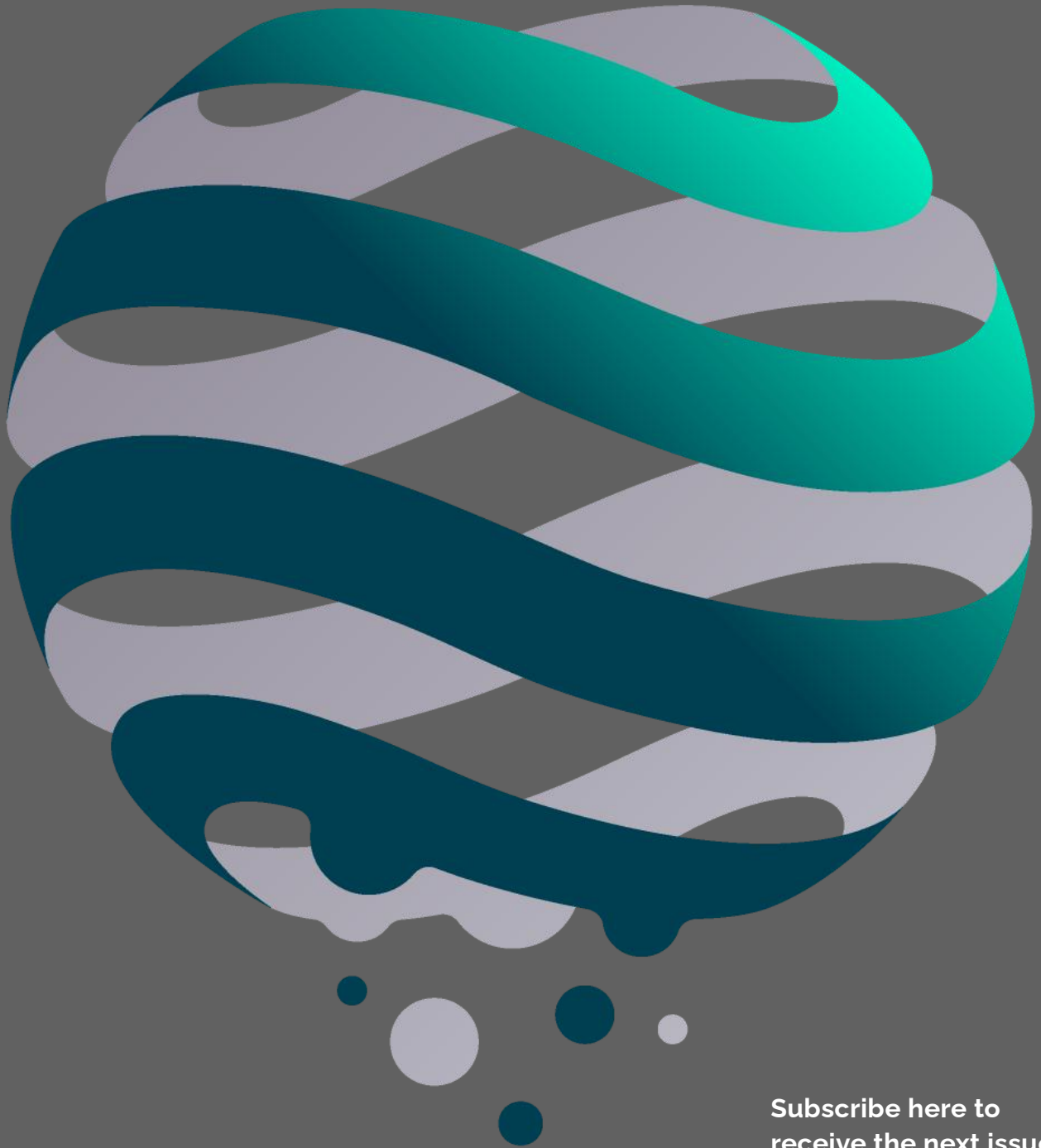
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ADOPTAS.ORG

by Alejandro Davidovich Fokina



As you will have seen by now, **GRSA** is about helping the community, we are constantly looking for ways in which we can help educate, support and promote worthy organisations and this one is very close to home.

The amazing work **Alejandro Davidovich** has been doing over the last few years is a project that sees him promote this charity whenever and wherever possible, and why not, after all, it's a non-profit organisation that has the sole purpose of saving abandoned pets throughout the whole of Spain, finding them their forever home and giving them that second chance they deserve.

They help shelters across the country promote themselves with a pet finder platform, this makes sure people are in direct contact with each shelter individually. Thanks to the heroes who work in shelters, abandoned pets can have a cozy place to live and hopefully find a family to take them in.

Adoptas.org was created to facilitate the process of placing animals in these shelters and at the same time to raise much needed funds for the welfare of the animals that live there.

They help pets find a home as quickly as possible by reducing their stay in shelters. Animal welfare comes first. Greater speed in the search for a home allows us to reduce the risk of diseases in our animals.

Some shelters offer transportation services abroad, so even though all animals are from Spain, you might still be able to adopt depending on where you are in the world.

For more information, please contact them directly, and if you can donate to this amazing cause then follow the instructions on their website, you really will be helping animals all across Spain.



Comfort

This string brings limited comfort as it is part of the monofilament line that always takes up less shocks than multifilaments.



Power Vs Control

The Max Power can give big hitters maximum power in their shots, but keeping their ball in the court. The 1.25mm gauge gives fast ball speed and no loss of control. Meanwhile, the 1.30mm gauge improves control.

Tension Maintenance

Monofilament strings are known to lose more tension than a multifilament string. The Kirschbaum brand pre-stretch this string to help the string's ability to maintain tension.

Life Span

The Kirschbaum Max power will please the bigger hitters due to the increased resistance.

Topspin

If you prefer to hit topspin on your shots, this monofilament string with a rough profile is ideal for your game.

Tension Maintenance

The monofilament strings are known to not keep tension as well as multifilament strings. The Kirschbaum brand pre-stretch the string to help reduce the loss of tension.

Topspin

If you normally like to put topspin on the ball, this rough textured monofilament will definitely be suitable.

Life Span

The increased resistance of Kirschbaum Max power string makes it ideal for players who tend to frequently break their strings.

Power VS Control

The Max Power Rough will allow the heavy hitters to put maximum power on the ball, yet keep the ball within the court. The 1.25mm gauge will allow you to have quick racquet head speed without losing control.



Comfort

This string offers limited comfort as it is part of the monofilament range, which absorbs less shocks than multifilaments.



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Stringer Solutions

An easy tip on how to start your crosses on a 2 piece restring (4 knots)



Once you have finished the mains and tied off, you are going to install the crosses from the head working towards the throat, to maintain frame integrity. If you start by threading the top cross, this means that 6 metres of string is pulled through the grommets and then the 2nd cross, another 6 metres of string also pulled through the stringbed.

If you are stringing with natural gut or a multifilament this means that by the time you get to the 3rd cross, the string has already been pulled through the mains twice, with the resulting friction and wear.

To give an alternative to starting on the top cross, my tip for this month is to start the crosses directly under the last outside main. Some frames have 1, 2 or 3 crosses above the last main. If you always start your crosses directly below the last main, then the length of string you will have to pull through the mains will be reduced to a minimum and the string will still be pristine when you start the cross below the last main.



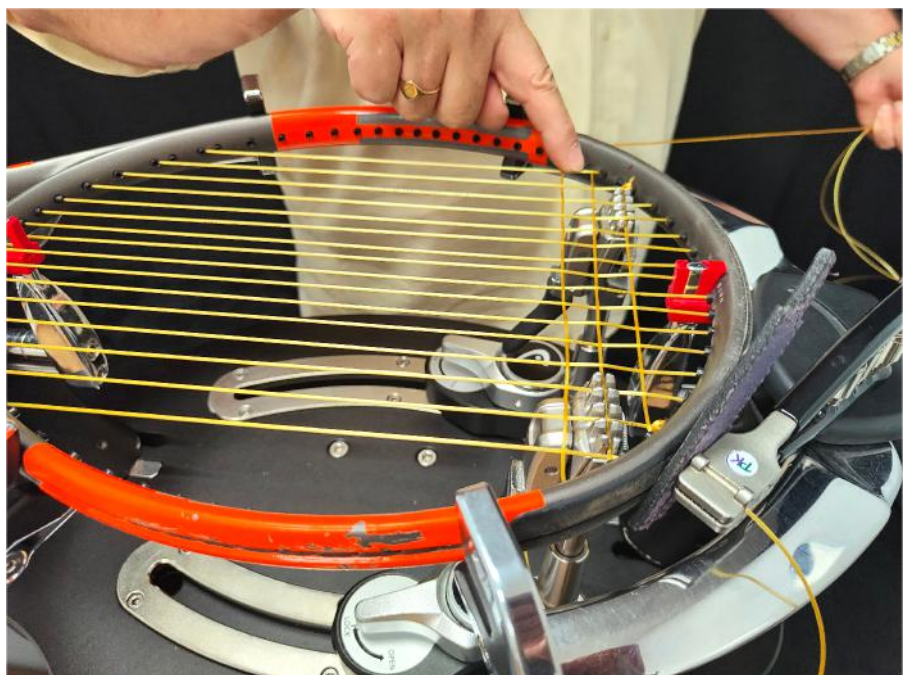


On the example shown, there is only one cross above the last main, so I will start on cross number two, thread enough string through to string the first two crosses and reach the tension head. Place my starting clamp on the string outside the frame (not forgetting the Parnell Pad) and then tension the first cross, clamp it and as the 2nd cross is already installed thread the 3rd cross through so that you string “one-ahead” and then carry on normally towards the throat.

Using this tip means that a natural gut restring will look as clean as possible, and the “fresh” gut is in the hitting area.

Any tips to share with your fellow stringers? Send them through to us via email and will include them in this section of the GRSA ATW MAGAZINE.

media@grsa-international.com



The Day I Met

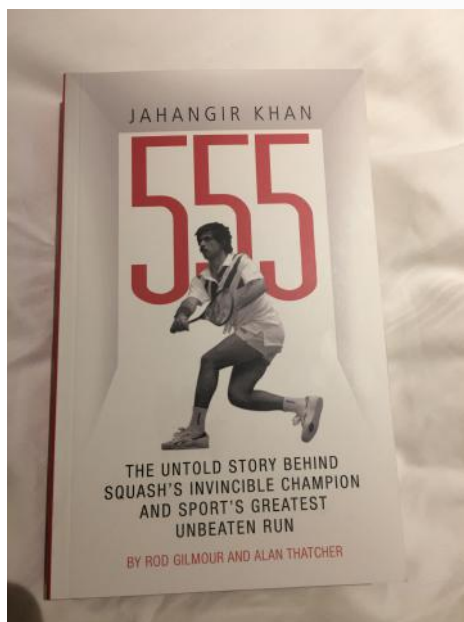
MY HERO

By Nick Down



December 2016 at the UK's National Squash Centre, on the Etihad Campus next door to Man. City F.C.'s main stadium.

I was minding the store and stringing for Wilson, who had the stringing partner contract at the British Grand Prix. Next door to the Wilson stand was the Unsquashable stand. **Jahangir Khan**, in my view, the greatest squash player of all time and definitely my hero, launched a book. It was being sold from the Unsquashable stand next door and he was present for book signing. The book was simply called '555'.



555 was the number of matches for which he was unbeaten, spanning 5 years and 8 months!

His list of achievements is immense and I'm not going to attempt to list them.

Anyway, the book was launched on the 30th anniversary of his unbeaten run coming to an end, when he lost the final of the World Open to Ross Norman of New Zealand some 30 years previously.

I had heard that he had a sense of humour and I decided to put that to the test. I duly stepped next door and bought a copy of the book. I engaged him in conversation and we got on well.

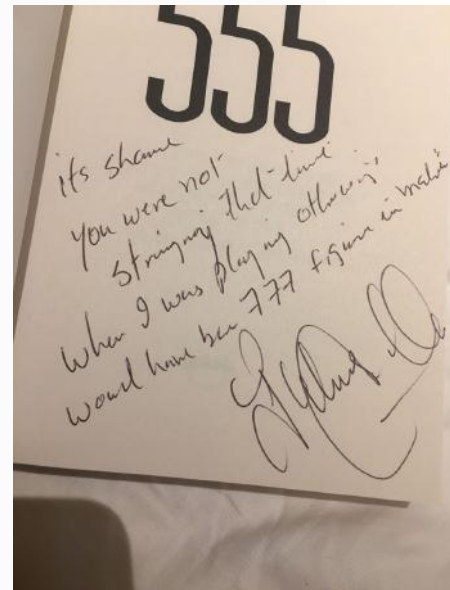


He wrote this in my book:-

“It’s a shame you were not stringing that time when I was playing otherwise it would be 777 figures instead.”

I also strung some rackets for him and enjoyed good banter with him for the next few days.

To date he is the only player that has made the hair on my neck stand up. Since then, and about 15 years stringing on the World Tour, many others have come close, but he has remained my all time Hero.

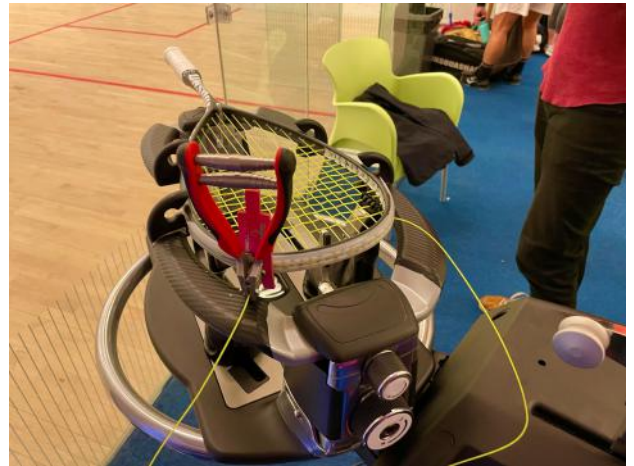


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Tournament Experience

Last month I was the stringer at the Exeter Golf & Country Club PSA tournament, featuring a 32 man draw of professional squash players from across the world - including Sri Lanka, New Zealand, Korea, Wales and of course England.



What made this tournament really special is that the tournament organiser fitted in junior and adult graded tournaments around the schedule - so when the pros were having a rest, there was always squash on display, and the kids and mere mortals had a chance to see the pros training and playing matches. As you'll see from the picture, I was able to have my stringing area directly by the courts, so as a stringer this was a great feeling as I could watch the matches and talk with the players and spectators whilst they were happening. Squash is a very underrated spectator sport, especially when you can get close to the action and interact with the players so freely. The event was streamed live all weekend too.

It was also a great opportunity to showcase how rackets are strung (properly) as many of the players don't see the work that's involved with prepping their equipment. There were also a few casual stringers who enjoyed talking to me - it's nice to have somebody taking an interest in my stringing!



I also mixed stringing with supporting and coaching my son, 16, who made his pro debut, as well as my 9 year old daughter who played in the junior event. Total number of rackets strung in one and a half days of having the machine up was 35 rackets, which was pretty decent going considering I was on coaching and dad duties too!

Jon Sharpe

Country Manager – Squash – UK

GRSA Certified Tour Master Stringer – Squash / GRSA Certified Pro
Master Stringer – Tennis (squash.uk@grsa-international.com)

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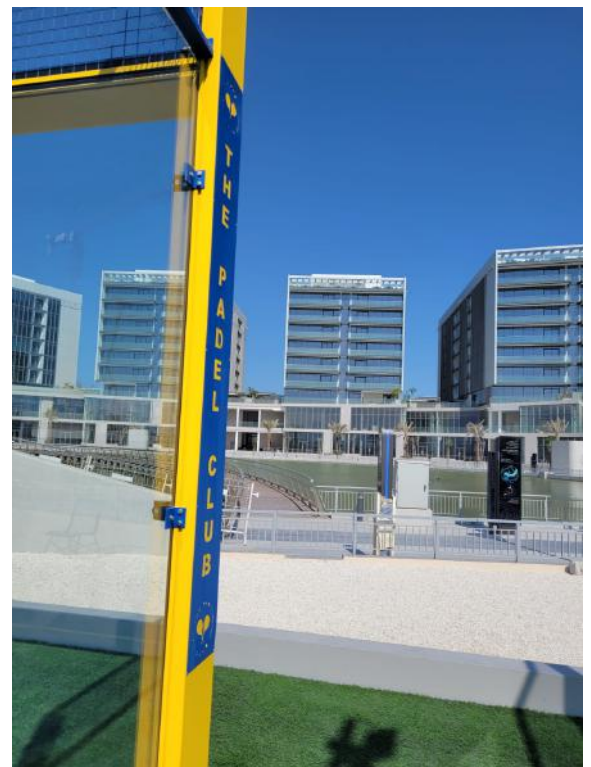
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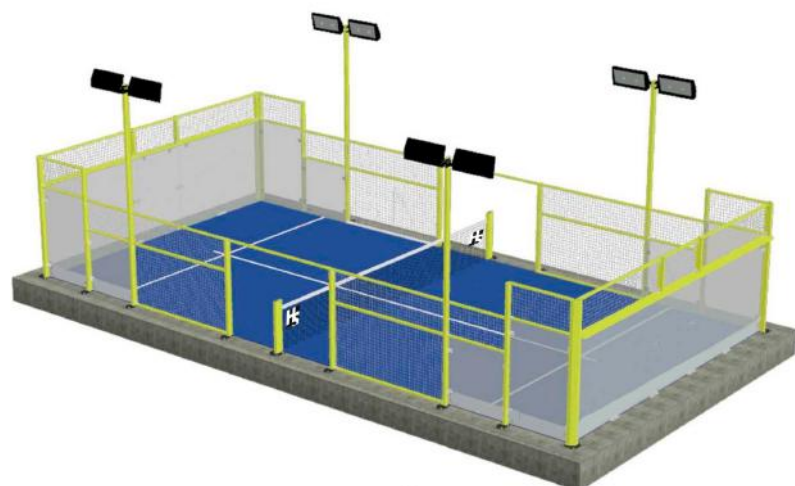
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INDIVIDUAL PANORAMIC COURT

Anchor plates in galvanized steel for then fastening of the structure and glass, measurements of 250x200x15 (8 units), 495x250x15 (4 units) 150x120x15 (8 units)

Structural system of aluminum profiles, dimensions of the pillars 150x45x1.7 (8 units), 106x232x3 (4 units), 90x45x1.7 (8 units)

Top horizontal beam on 281x91 glass bottoms (2 units)
Welded mesh 50x50x4mm

Lighting rods integrated into the structure

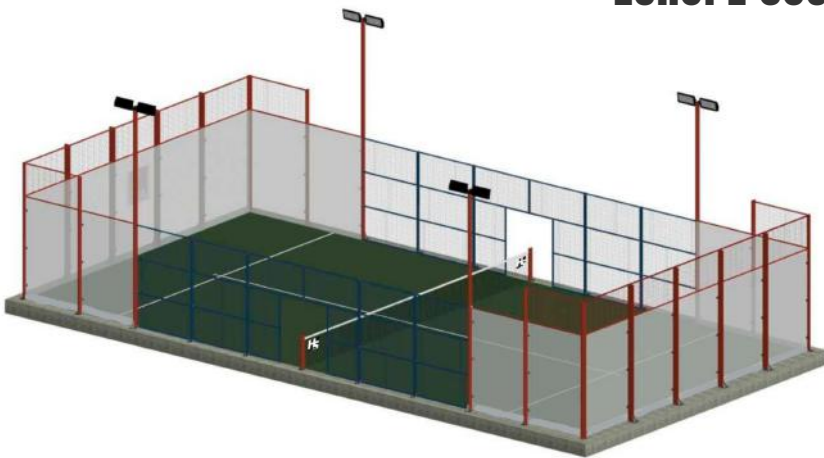


EUROPE COURT

Structural system of aluminum profiles, dimensions of the pillars 1920x45x2 (8 units), 150x45x1.7 (8 units), 115x115x1.7 (4 units), 150x45x1.7 (8 units)

Galvanized steel mounting plates for the securing of the structure and glass, measurements of 300x250x12(8 units), 250x200x12 (8 units), 200x200x12 (4 units) 200x200x12 (8 units)

Structure designed and constructed in accordance with local technical code of building standards



COLISEUM COURT

Anchor plates in galvanized steel for the fastening of the structure and glass, measurements of 450x250x25 (4 units), 200x200x12 (8 units)

Structural system of aluminum profiles, dimensions of the pillars 221x117x3 (4 units) and 150x45x1.7 (8 units)

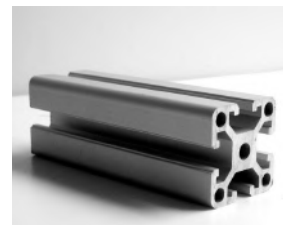
Top horizontal beam in 281x91 glass bottoms (2 units)

Welded mesh 50x50x4mm

M8 stainless steel screws of type A2 for the fastening of glass panels and meshes

Lighting rods integrated into the structure

Structure designed and constructed in accordance with local technical code of building standards



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There are many ways to personalise the courts and all options can be studied, from the grass, flooring, glass panels, beams, corner posts and more. Even if you think it's an unusual request or idea, all options will be considered and studied.



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IMPROVEMENTS & NEWS FROM THE



The World Padel Tour has announced their commitment to implementing new, improved conditions for all qualifying stages and upgraded facilities for participating athletes. This is from the Estrella Damm Valencia Open 2022 onwards

These improvements can also be noticed from the fans' perspective, as every match from pre-qualifying onwards can be followed live on the live scoring page.

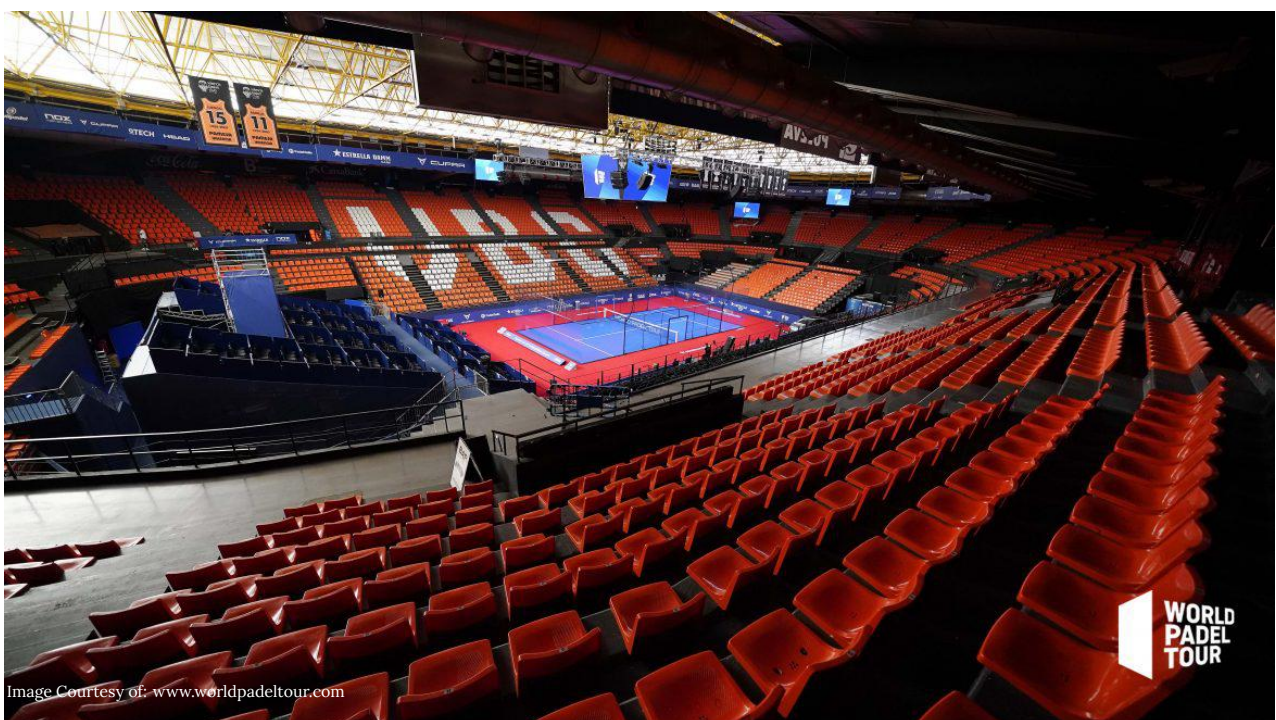
Read about all of the improvements and new regulations below!

Qualifying improvements from the Estrella Damm Valencia Open 2022 onwards, all matches from pre-qualifying will be overseen by a designated umpire.

Previously, umpires were present at the club, but every individual match will now have its own official to oversee proceedings. This improvement has been made to further professionalise World Padel Tour from the very first stage of pre-qualifying upwards.

Another notable update is the addition of online live scoring for all matches from pre-qualifying onwards. Clicking the "LIVE SCORING" tab on the WPT home page will take you to it, where you can see the live score for all matches that are being played at that moment.

This allows fans to track the progress of their favourite players in the earlier rounds of any event, not just from the main draw onwards.



In other news, it's been an eventful few weeks in the world of Padel!

World Padel Tour travelled to Finland for the very first time with the **Tampere Exhibition 2022**. There were a total of 3 days of exhibition padel at the Hackametsän Arena, Finnish padel enthusiasts were able to witness the best padel in the world up close and personal.

In the women's final, **Delfi Brea** and **Sofia Araújo** were to battle top seeds **Carolina Navarro** and **Lucía Sainz**, with the number 1's falling 6-2, 6-2.

In the men's final, Sanyo Gutiérrez teamed up with Jon Sanz to play against Coki Nieto and Mario Del Castillo. It was Del Castillo and Nieto who took the victory 4-6 6-4 6-3 being the final score and an end to this enthralling exhibition and friendly tournament.



Image Courtesy of: www.worldpadeltour.com



Image Courtesy of: www.worldpadeltour.com



Two-time reigning number ones Juan Lebrón and Alejandro Galán won the Valladolid Master 2022 at the end of June in the Plaza Mayor.

The Spaniards were victorious over Fernando Belasteguín and Arturo Coello, the latter hoping to carry on impressing his home crowd in Valladolid.

It was their 40th tournament together and Lebrón and Galán lifted their 17th title, firmly cementing their hold on the top of the ranking.

PICKLEBALL NEWS

HYUNDAI LAUNCHES INTO PICKLEBALL AS IT BECOMES THE PPA TOUR'S LATEST PARTNER.

There's no better time to explore the new possibilities in sports marketing – pickleball is one of them. That's why worldwide automotive retailer Hyundai decided to join the excitement as the official automotive partner of the PPA Tour: Western Region – it's an area that covers California, Washington, Oregon, Nevada, and Hawaii in 2021.

A giant name in the car industry, Hyundai took its first steps into the world of pickleball as the main sponsor of the 2021 Hyundai Masters. Hyundai have now embarked on a yearlong partnership with the PPA, which includes representation at the Select Medical Cup, the Guaranteed Rate Championships, the Takeya Showcase, and this season's Hyundai Masters once again this year.

"Pickleball has been the fastest growing sport in the country for the past two years," said Angela Zepeda, CMO, Hyundai Motor America. "We like the vision of the PPA and their goal to expose more and more people to the sport."

"It's so important to be continually looking ahead to what's next for the sport and refining that vision," said Connor Pardoe, commissioner of the PPA. "Hyundai will help us get there. Their team has been awesome every step of the way, and we can't wait to showcase the Hyundai brand throughout 2022."

Look for Hyundai at 2022 tournaments and check out their vehicles parked on-site! Learn more by visiting www.HyundaiNews.com.



Images courtesy of: 



Gender doubles at the Select Medical Orange County Cup in beautiful San Clemente, California did not disappoint. In fact, both the men's and women's semifinal matches were composed of gripping, nail-biting stuff that kept fans on the edge of their seats.

In the men's division, #1 seeds Matt Wright and Riley Newman made it all the way to the finals, only dropping two games along the way. In their semifinal match, broadcast live on the Tennis Channel, Wright and Newman showed what a formidable powerhouse they are. Playing against #4 seeds Tyler Loong and Callan Dawson (who defeated sixteen year old Hayden Patriquin and partner Julian Arnold 11-9, 11-6 on their way to the semifinal) the match was filled with incredibly precise dink battles, thrilling counter punches, tweeners, and lobs from Dawson that tended to land picture-perfect right on the baseline.

#3 seeds Jay Devilliers and Tyson McGuffin were knocked out of the main draw by 6th seeds JW Johnson and Dylan Frazier 11-9, 11-6 – a team that ultimately went on to win the bronze medal match, defeating Smith and Young 11-5, 11-6.

The women's division, made up of 15 teams in total, featured some of the hardest hitting, most entertaining pickleball of the day. The #1 seeds, Lucy Kovalova and Callie Smith, made it to the finals in the top half of the draw. Their semifinal match against 4th seeds, Jessie Irvine and Lindsey Newman, could not have been any more thrilling.

However, Callie Smith and Lucy Kovalova displayed why they are the reigning number one team. After losing the second game of the semifinal match, having won the first, they came back for the third and final game, utterly determined. The battle was brilliant, with Callie Smith and Lindsey Newman facing off in endless dinking battles while all four players searched for an attackable ball. Together, Smith and Kovalova beat Newman and Irvine in the semis 11-8, 6-11, 11-8, landing themselves in another championship Sunday.

In the bottom half of the women's draw, mother-daughter duo, #2 seeds Leigh and Anna Leigh Waters, proved yet again that they are just too strong and fierce of a team for most competitors to deal with. Fifteen year old Anna Leigh set the tone for the match when she came out blazing, poaching, and attacking on the very first point of her semifinal game against Lea Jansen and Catherine Parenteau. The Waters team secured their spot in the final, beating Jansen and Parenteau 11-5, 11-2.

Article by Mandy Sacks Harnoy - Full interview on the official site - [CLICK HERE!](#)



FEATURED < TOURNAMENT

SAND SERIES - BRASILLIA

On what is the biggest tournament of the year so far, Antomi Ramos and Michele Cappelletti have now taken 10 wins in a row on the ITF Beach Tennis World Tour as they were victorious over Andre Baran and Nikita Burmakin in the final of the Sand Series Brasilia Classic in June.

The Spanish/Italian pairing have been in formidable form over the past few weeks having not dropped a set in their past 10 matches and have faced Baran and Burmakin each of the past three weeks on the Brazilian swing.

Ramos and Cappelletti will now head to Saarlouis knowing they can claim the only Sand Series missing from their CV, having also taken the titles in Gran Canaria and Réunion last year as well as the Sand Series Barcelona last month.

Since their title-winning run in Catalonia, the pair have now won 18 of their last 19 matches, which includes three titles. On the win and their run of form, Ramos said: "We're playing at a very good level, the tournament was amazing and very professional." The Spaniard has now drawn level with Mattia Spoto on six titles for the year.

Meanwhile, Sofia Cimatti and Nicole Nobile mirrored Ramos and Cappelletti by following up their BT400 Valinhos win with a triumph in the Brazilian capital, over top seeds and compatriots Giulia Gasparri and Ninny Valentini, also without dropping a set.



Gasparri and Valentini headed into the tournament in tremendous form having collected titles at their last four tournaments and on a 20-match winning streak. Their run ended at 24 when, despite beating home favourites and defending champions Vitoria Marchezini and Marcela Vita in a match tie break in the semi-finals, they could not overcome Cimatti and Nobile in the final.



On the win and their good form, Nobile said: "I am very happy to have concluded this Brazilian experience with a victory in one of the biggest tournaments of the year."

Nobile, who alongside Cimatti will head to the next Sand Series tournament in Saarlouis as defending champions, added: "I am really proud of us and I look forward to continuing to train to improve myself and improve ourselves as a couple, player and person."

The Sand Series consists of the premier tournaments on the ITF Beach Tennis World Tour, designed to provide the top players with opportunities to gain more ranking points and more prize money.



BT100 MONTAUBAN

France was home to the recent BT100 MONTAUBAN, great weather and an ideal setting for this tournament. Beach tennis in the middle of a city is not something you come across very often but this venue is extremely well situated in an easily accessible area and attracted players from all over Europe. Spain, Latvia, Italy and, of course, France were all present for this event.



It's great to see events like this with a good level of play and prize money to entice players. Mathieu Guegano (FRA) and Manuel Ringlstetter (GER) took the mens title with a 6-3, 7-5 victory, while Greta & Veronica Giusti (ITA) won the ladies final, unseeded for this event they managed an impressive 6-1, 6-1 win over the number 2 seeds Marie Bray (FRA) & Sabrina Lopez Garcia (ESP).

HAVE YOU BEEN TO A TOURNAMENT LATELY?

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Winning a match is such a buzz, but what happens to us when we lose? What happens inside that head?

There are a lot of positives to be taken from participating in a competition, such as perseverance, mental and physical exercise, plus the social interaction side. One of the most important benefits is the gain of coping skills. Not everybody can cope with the excitement of winning but it's a lot easier than accepting your loss, keeping your spirits high, and preparing for your next competition. There are some very significant ways to deal with losing that will allow you to feel differently about your participation, it will help shift that mindset and ready you to face the next challenge. These new challenges may be happening in a matter of minutes, weeks or months, but you'll be ready.

Congratulate your opponent(s). Praising your opponent for a game well-played is a mature way to handle defeat, it's also a good habit to have for all competition. While you might feel a spontaneous reaction to loss at first, losing gracefully is a valuable life skill that can be applied to many walks of life. Offering a handshake, high five or simple congratulations to the person who beat you is a great show of sportsmanship and a constructive step in processing a loss.

When you have this control, you might even be able to ask them about what they did to win, or how they practice. This can help you become more competitive, or find a weak spot in their strategy. Most of all, it's allowing your mind to process loss and learn from it.

The capacity to take a positive from a negative shows maturity and mental strength in a situation that is not to our liking. Focusing on the negative will only lead to further negativity and once that snowballs, it's hard to get out of that rut, stop it before it starts!

Success in competition equals enjoying and benefitting from your participation in a game or event. Success requires certain mental skills that include people skills, and the ability to deal effectively with emotions. In the same way we share our happiness with a win, discussing your loss with friends, a family member, teammate, your coach, or anyone else who is an objective listener, is a healthy way to acknowledge your feelings after a certain outcome, and to reinforce your commitment to the game itself. Address the topic by saying something as simple as, "I'm feeling down about losing, can I talk to you about it?"

You're not alone! Something to keep in mind is that a lot of successful CEOs, actors, and professional athletes have experienced more losses than wins, don't beat yourself up about it.



Compile a list of the things you learned from participating. It is important to remember that competition is about more than just a win and a loss. Performance, mastery of skill and sportsmanship are all vital components of the experience that do not hinge on beating an opponent. This is when taking note of the things you learnt from the event will help you see just how productive and informative it was.

It's understandable to think that all of this is easy to talk about, but when you're actually involved, adrenaline, expectation and disappointment are very present, that's why you should not react in the heat of the moment, don't try to analyze the situation or outcome right away. Move on to something positive or even light hearted to help shift the mood. Once in a more positive place, tackle the improvements needed for your next test. At least this way you'll be seeing things with a clearer perspective, one not clouded by those demons that often creep in under testing circumstances.

Mental readiness is a vital component of competing, especially when you're on the back of a loss. Self-doubt and second-guessing may cloud your vision and prevent you from bringing your "A game" to a competition. Sticking to a plan or strategy, particularly one that includes and focuses on the things that you learned from your last competition, will enable you to perform in an authoritative and confident manner.

There are many things to help boost confidence in your own ability. Looking back at past wins, listening to positive music, favourite playlists or even discovering new music. Watching feel good movies or light hearted posts on social media. All things to help boost energy levels and the belief in yourself.

There's a very old saying:
"it's not the winning, it's the taking part that counts"

This might not be of consolation if you lose a final, but you have to be in a final to win it, so if you made it there once, you can do it again!



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