



GRSA INTERNATIONAL ATW MAGAZINE

INDIAN WELLS

Alcaráz back at N°1

Rybakina shines





**BRING
THE HEAT**
NEW BURN V5

CONTENT

Section 1 - Tennis

Before we look at Indian Wells, who put on quite the show, a little history about one of the most world-famous brands and its creator René Lacoste, Mo Thomson gives us the round-up of IW. We look at the history of the tournament, court, and ball progress. plus much more.

Section 2 - GRSA INTERNATIONAL

The GRSA TEAM USA was launched in March, a very special meeting with some of the leading stringers in the US, Stringer solutions looks in depth at cross-string tension & its effects, and there's more!

Section 3 - Squash

Nick is moving on to the Power Bite range of Prince rackets, make sure you're taking notes.

Section 4 - Badminton

The all England was another great event, Ken Williams takes a look at what went on, plus some interesting hints and hacks!

Section 5 - Padel

The Paraguay Open had outstanding attendance and some epic matches but with some surprising results.

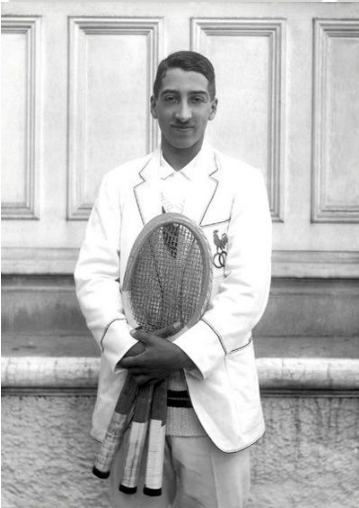
If you're not already a member of GRSA, make sure you are soon, because you don't want to miss what's coming!

GRSA-INTERNATIONAL.COM

René Lacoste:

The Tennis Legend Who Transformed the Game

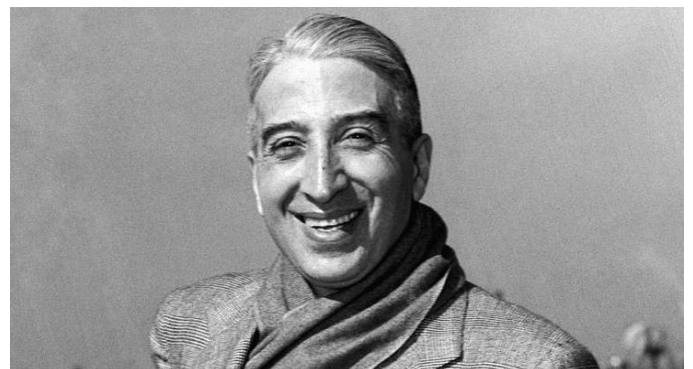
llllll



René Lacoste was a French tennis player who revolutionized the sport in the 1920s and 30s. He was known for his exceptional athleticism, strategic thinking, and unique fashion sense. Lacoste was born on July 2, 1904, in Paris, France, and began playing tennis at an early age. He went on to become one of the greatest tennis players of all time, winning seven Grand Slam singles titles and pioneering a new style of play that emphasized speed, agility, and precision.

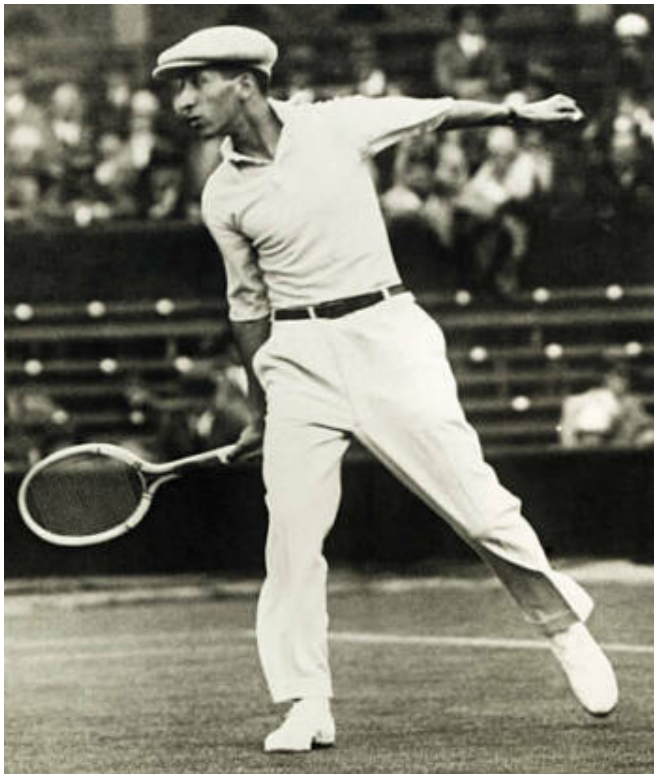
Lacoste's playing career began in the early 1920s when he joined the French Davis Cup team. He quickly made a name for himself with his powerful serve and his ability to cover the court with lightning-fast speed. Lacoste was also known for his calm demeanor on the court, which allowed him to stay focused and make strategic decisions under pressure.

In 1926, Lacoste won his first Grand Slam title at the French Open. He went on to win six more titles over the course of his career, including two at Wimbledon and two at the US Open. Lacoste was also a successful doubles player, winning six Grand Slam titles in that category.



One of the keys to Lacoste's success was his innovative approach to the game. He was one of the first players to use topspin, a technique that involves hitting the ball with a high degree of spin in order to create a more challenging shot for the opponent. Lacoste also developed a new style of serving that involved using his entire body to generate power and speed.

Off the court, Lacoste was just as influential. He was known for his stylish and comfortable tennis apparel, which included a white polo shirt with a crocodile emblem. The shirt became an instant hit among tennis players and fans, and Lacoste went on to found his own clothing company, Lacoste, which is still popular today.



Lacoste was also a pioneer in the use of technology in tennis. In 1963, he invented the first metal tennis racket, which was stronger and more durable than the wooden rackets that were in use at the time. The new rackets allowed players to hit the ball harder and with more precision, and they quickly became popular among tennis players around the world.

Lacoste's legacy in the sport of tennis is still felt today. His innovative playing style and strategic thinking continue to influence players of all levels, and his clothing and equipment designs remain popular among tennis enthusiasts. Lacoste's contributions to the sport have earned him a place in the International Tennis Hall of Fame, where he is remembered as one of the greatest players of all time.

For racquet sport enthusiasts, studying René Lacoste's playing style can be both informative and inspirational. His use of topspin, strategic approach to the game, and innovative serving techniques can provide valuable insights into how to improve your own game. Lacoste's ability to stay calm and focused under pressure is also a valuable lesson for players who want to perform at their best in high-stakes situations.

In addition to his on-court accomplishments, Lacoste's off-court contributions to the sport of tennis provide an important lesson in the power of innovation and entrepreneurship. By creating his own clothing and equipment company, Lacoste was able to bring his unique style and ideas to a wider audience, and his innovations continue to shape the sport today.

René Lacoste was a tennis legend who transformed the sport with his innovative playing style, strategic thinking, and entrepreneurial spirit. His contributions to the sport of tennis continue to be felt today, and his legacy serves as an inspiration to racquet sport enthusiasts around the world.



Born 2 July 1904, Paris, France
Died 12 October 1996 (aged 92)

French Open W (1925, 1927, 1929)
Wimbledon W (1925, 1928)
US Open W (1926, 1927)



BNP Paribas Open Indian Wells.



Mo
Thomson

The 49th Indian Wells, BNP Paribas Open, the first of 9 ATP Masters 1000 and WTA 1000 events – also known as the world’s 5th Grand Slam tournament – has arrived . They included the top 75 male and female players in the world, as well as wild cards and qualifiers. Some big names were absent this year – thus leaving the field wide open to the many “New Era” aspiring hopefuls. Sadly, last year’s losing finalist, Rafael Nadal was forced to withdraw from Indian Wells and Miami Open due to injury and forgoes the chance to secure a 4th victory – his last being in 2013. Two time quarter finalist Nick Kyrgios had hoped to be match fit – returning from knee surgery – in time for PNB Paribas Open but was also out.

Novak Djokovic ATP rank #1 - 2016 champion - was also absent having not competed at the event since the year of his victory. The U.S still remains intransigent regarding the entry into the country of COVID non-vaccinated visitors and doesn’t propose to lift the ban until April 10th – too late for Novak. Ironically, however, the restriction for spectators attending the event was lifted just before its start. His status means that he hasn’t competed in the U.S since losing the 2021 US Open to Daniil Medvedev.

Having missed out on the Miami Open and Indian Wells, further heartache for Novak comes after being invited to an upcoming ATP Challenger 125 event by Tennis Club Sanremo but, sadly, will not be allowed to participate.

“Players positioned 1-10 in the ATP Singles Rankings 21 days prior to the 1st Monday of the ATP ChallengerTour tournament are prohibited from entering, accepting wild card and/or competing in an ATP Challenger Tour tournament.”



So, who played?

The men;-

Last year's winner Taylor Fritz - ATP rank #5, returned to defend his title. Fritz was the first American to win a singles title at Indian Wells since 2001. Also competing was 2021 champion, Cameron Norrie, #12. 2022 semi finalist, Carlos Alcaraz rank #2, Daniil Medvedev #7 and Stefanos Tsitsipas #3 along with Casper Ruud #4, Felix Auger-Aliassime #9 and Andrey Rublev #6 who are some of the heavy duty competitors guaranteed to draw a big crowd to the 2nd largest tennis stadium in the world which offers more than 16,000 seats.



Dominic Thiem returned - granted a wild card - having not played Indian Wells since he won the tournament in 2019 when he defeated Roger Federer. Unable to reproduce his earlier success, Thiem was put out very early in the tournament in the Round of 128.

The women;-

Among the outstandingly strong women's presence were, Victoria Azarenka #14, Paula Badosa #22, Belinda Bencic #9, Caroline Garcia #5, Coco Gauff #6, Ons Jabeur #4, Jessica Pegula #3, Elena Rybakina #10, Aryna Sabalenka #2, Maria Sakkari #7 and Iga Swiatek #1.

What happened on Monday 13th?

In the 3rd Round some big names were put out;-

Paula Badosa #21	was defeated by	Elena Rybakina #10.
Ons Jabeur #4	was defeated by	Vondrousova #105 -----
Andy Murray #55	was defeated by	Jack Draper #56
Casper Ruud #4	was defeated by	Cristian Garin #82
Rublev #6	was defeated by	Cameron Norrie #10



In the Men's Doubles;-

Mektic/Pavic #4 were defeated by Gonzalez/ Vasselin.

Round of 16.

There were fewer surprise eliminations as the draw got tighter and the players headed towards the finishing line.

Alcaraz #1 walkover Draper #56
Tiafoe #14 beat Norrie #10

In the Men's Doubles

Bopanna/Ebden beat Auger-Aliassime/Shapovalov

Iga Swiatek #1 beat Emma Raducanu #77
Cirstea #83 beat Garcia #5
Sakkari #7 beat Kvitova #15



Quarter Finals Day.

The biggest surprise of the day was Taylor Fritz, 2022 Indian Wells champion being defeated by #11 seed Jannik Sinner, and the results kept on coming.

Swiatek #1	beat	Cirstea #83
Rybakina #10	beat	Muchova #76
Sabalenka #2	beat	Gauff #6
Alcaraz #1	beat	Auger-Aliassime #8
Sinner #11	beat	Fritz #4



Semi Finals.

A shock but perhaps not so much ...

Elena Rybakina #10 soundly defeating #1 seed Iga Swiatek.

More predictably...

Aryna Sabalenka #2	beat	Maria Sakkari #7.
Carlos Alcaraz #1	beat	Jannik Sinner #11
Daniil Medvedev #5	beat	Frances Tiafoe #14



Men's Doubles Semi and Final.

Veterans 43 year old Bopanna #15 and 35 year old Ebden # 37 upset defending champions Sock and Isner to reach the Final against top seeds Koolhof and Skupski #1. The pair then went on to a stunning and close fought victory against the #1 seeds. This marks their 1st Masters 1000 title and their 2nd in their 1st season as a duo. Bopanna enters the record books as the oldest man to ever win a Masters 1000 doubles title.



Women's Doubles Final.

Barbora Krejčíková and Katerina Siniakova claimed their maiden BNP Paribas Open Doubles title. The pair, having been runners up in last year's tournament, were thrilled to finally raise the Baccarat Crystal and secure the elusive PNB Paribas Doubles title. The duo were favourites to defeat recent the pairing of Beatriz Haddad Maia and Laura Siegemund who fought valiantly to take the match to 3 sets but lost out to the poise and finally superior play of the Czech duo.



WTA Final.

The Final between Sabalenka #2 and Rybakina #10 possibly felt something like déjà-vu - seemingly a reprise of the Australian Open - but that is where the similarity ended. Rybakina may be ranked #10, but on her current form - and she is playing at the top of her game, she is a devastating force to be reckoned with as Aryna Sabalenka found out to her cost. Sabalenka didn't give up without a fight taking the 1st set tie break to a 78 minute conclusion, but serving 10 double faults. Her poor serving certainly contributed to her defeat.

This was Rybakina's first win against Sabalenka and could not have come at a more auspicious moment. They both head off to Miami - Elena full of optimism - and racing up the rankings - determined to achieve a second victory. And with Aryna's confidence seriously dented, she has everything to play for.



ATP Final.

The battle of 2 tennis giants Daniil Medvedev #5 and Carlos Alcaraz #1 was bound to be a scorcher and it certainly didn't disappoint. Supreme Carlos Alcaraz took a mere 70 minutes to dispatch his overwhelmed opponent to become - at the age of 19 - the youngest men's singles teenager to win Indian Wells since Boris Becker in 1997.

Furthermore Carlos Alcaraz is the only teenager to hold the ATP's #1 ranking. added to his impressive list of credentials,

Alcaraz is the 1st man to power through the BNP Paribas Open draw without dropping a set since Roger Federer in 2017.

On the strength and quality of the play we've been seeing both at the Australian Open and BNP Paribas tournaments so far and so early in the tennis calendar - it's a thrilling prospect to anticipate superb matches from the "New Era" generation during the rest of the season. The emerging super-star Men and Women may be relatively young but they are supremely talented players and consummate athletes who are ready and more than capable of taking up the challenge left by their predecessors. The jostle for top rankings is by no means certain and should ensure outstanding matches throughout this year's tour and far into the future.



PREVENTING INJURY

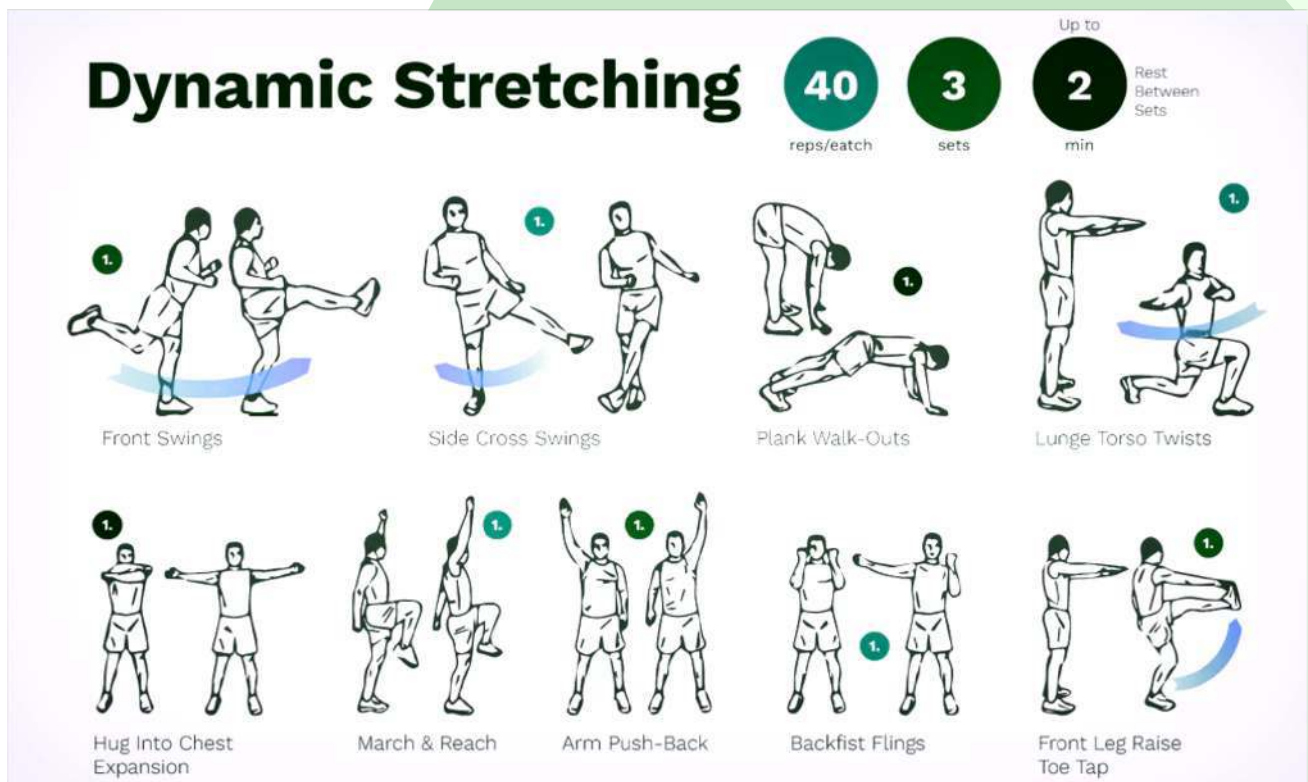
The work of a physiotherapist is never done, the main goal is to create a continual exercise program that minimizes the possibility of injury for racket sports players. The program should include a pre-tournament workout plus a daily routine to assist with muscle toning. Additionally, there is also a stretch routine that is beneficial for all sports.

Pre-Tournament Workout:

The pre-tournament workout should be done 1-2 days before the tournament to prepare the body for the intense activity. This workout should include:

Cardiovascular Exercise - 10-15 minutes of light cardio to increase heart rate and warm up the body.

Dynamic Stretching - Dynamic stretching is an excellent way to prepare the muscles for the explosive movements required in tennis. This can include exercises such as leg swings, walking lunges, and high knees.



Plyometrics - Plyometrics are explosive exercises that help to improve power and speed. Exercises such as box jumps, skipping, and lateral bounds are great for tennis players.

Core Exercises - Core strength is essential for stability and balance in tennis. Exercises such as planks, crunches, and Russian twists will help to build core strength.



Daily Routine:

The daily routine should be done on days when the player is not playing matches. This routine should include:

Resistance Training - Resistance training will help to build muscle strength and improve overall performance. Exercises such as squats, lunges, and shoulder presses should be included.

Cardiovascular Exercise - Cardiovascular exercise should be done for at least 30 minutes to improve endurance and stamina. Running, cycling, and swimming are excellent options.

Stretching - Stretching after exercise is important for preventing injury and maintaining flexibility. Tennis players should focus on stretching the shoulders, hips, and legs.

Stretch Routine:

The stretch routine should be done before and after each match to prevent injury and improve flexibility. This routine should include:

Shoulder Stretch - Cross one arm over the chest and hold for 30 seconds, then switch arms.

Hip Stretch - Sit on the ground with one leg straight and the other leg bent. Lean forward and hold for 30 seconds, then switch legs.

Hamstring Stretch - Sit on the ground with both legs straight out in front of you. Reach forward and hold for 30 seconds.

Quad Stretch - Stand with one hand against a wall for balance. Bend one knee and bring your heel towards your buttocks. Hold for 30 seconds and then switch legs.

By incorporating these exercises and stretches into your routine, a player can minimize the risk of injury and improve their overall performance.

Eisenhower Cup at Indian Wells Tennis Garden



Tuesday March 7th saw many of the top players take to the court in the 2023 Eisenhower Cup, a new charity event. This was the first time a mixed doubles combination had been staged and offered a thrilling prelude to the PNB Paribas Open 1000 main draw.

Mixed doubles are rarely seen outside of Grand Slam tournaments and the 6000- strong crowd was privileged to be treated to first class play from the highest ranking competitors in tennis gathered together at the same time. However, with less than 8 hours before play was due to begin, Raducanu withdrew, forcing her partner Cameron Norrie to find a last minute replacement with Paula Badosa.

Fritz/ Sabalenka,
Sakkari/ Tsitspas, →
Swiatek/ Hurkacz,
Auger-Aliasimme/ Fernandez,
Jabeur/ Ruud,
Pegula/ Paul,
Bencic/ Wawrinka,
Norrie/ Badosa,



These were the players who competed in this new format with take home prize money of \$2000,000 and a smaller version of the Indian Wells trophy.

2022 Indian Wells Men's winner, Taylor Fritz, teamed up with 2023 Australian Open winner, Aryna Sabalenka and the duo emerged victorious against the 7 other star-studded pairings.

“This is a new team, a new partnership,” Fritz said, “But it’s working well so far.”



Miami Open.

March 19th – April 2nd.



No sooner is the BNP Paribas Open over than all the top ranking players will be making their way to the Sunshine State for the 38th Miami Open 1000 event 2023.

An impressive line-up of 84 Men (excluded from this number is Novak Djokovic who has not been granted special permission to participate in the tournament) and 82 Women players who will battle it out to secure victory in this important ATP Masters 1000 and WTA 1000 competition. Wild cards have been awarded to winner of the U.S Open 2021, Emma Raducanu and winner of 2020 U.S Open Dominic Thiem.

Rafael Nadal who is still recovering from injury, Pablo Carreno Busta, Marin Cilic and Nick Kyrgios, who is recovering from knee surgery, have confirmed that they will not be taking part in this year's tournament

Dating back to 1985, the 2 week event has gained importance year on year and attracts the greatest players to one of the world's largest international tennis events in the sporting calendar. Last year's winner Carlos Alcaraz ranked #1 (in the absence of Djokovic) who defeated Casper Ruud, will be looking to secure victory once again. He is playing at the top of his game and will be determined to gain the #1 spot permanently.

2021 champion, Hubert Hurkacz #9 will be hoping to see his name on the Singles trophy once more having won the Men's doubles with partner John Isner in 2022. Ashleigh Barty 2019 and 2021 winner has retired of course and the 2022 champion Iga Swiatek ranked #1 and who defeated Naomi Osaka, is on fire at the moment and seems totally invincible. Laura Siegemund and Vera Zvonareva, Women's doubles winners will have to work hard to retain their title against fierce competition.

This is how the rankings for the tournament look.

Men's Top 10 Seeds

- #1 Carlos Alcaraz
- #2 Stefanos Tsitsipas
- #3 Casper Ruud
- #4 Daniil Medvedev
- #5 Felix Auger-Aliassime
- #6 Andrey Rublev
- #7 Holger Rune
- #8 Hubert Hurkacz
- #9 Taylor Fritz
- #10 Jannik Sinner

(*Subject to change after Indian Wells)

Women's Top 10 Seeds

- #1 Iga Swiatek
- #2 Aryna Sabalenka
- #3 Jessica Pegula
- #4 Ons Jabeur
- #5 Caroline Garcia
- #6 Coco Gauff
- #7 Maria Sakkari
- #8 Daria Kasatkina
- #9 Belinda Bencic
- #10 Elena Rybakina

With \$1,262,220 (£1.05m) prize money to the winner and \$662,360 (£184,465) to the runner up, there is everything to play for. The tournament looks sure to showcase the very best of the "New Era" talent and consolidate the reputations of each champion in the history books.

ST. PATRICK'S DAY

As the world geared up to celebrate St. Patrick's Day on March 17th, the influence of this Irish holiday can be felt in many spheres of life, including the world of tennis. While tennis may not be traditionally associated with St. Patrick's Day celebrations, there have been several notable figures in the sport who share the name Patrick, including players, coaches, and commentators.

One of the most prominent players with the name Patrick in tennis history is Patrick Rafter. The Australian tennis star, who won two US Open titles in the late 1990s, was known for his powerful serve and aggressive playing style. Rafter reached the World No. 1 ranking in doubles and the World No. 2 ranking in singles during his career, and was inducted into the International Tennis Hall of Fame in 2006.

Another notable player with the name Patrick is Patrick McEnroe, brother of the legendary John McEnroe. While Patrick did not achieve the same level of success as his brother on the court, he did have a successful career as a player and later as a coach and commentator. Patrick was a member of the US Davis Cup team for several years, and went on to serve as the captain of the team from 2001 to 2010. He also worked as a commentator for ESPN and the Tennis Channel, providing expert analysis and insights to fans around the world.

In addition to these players, there have been several influential coaches with the name Patrick in the world of tennis. One such coach is Patrick Mouratoglou, who has worked with some of the biggest names in the sport, including Serena Williams. Mouratoglou's coaching has been credited with helping Williams achieve many of her biggest career milestones, including winning four consecutive Grand Slam titles from 2014 to 2015.

Finally, there are several commentators in the world of tennis with the name Patrick who have helped to shape the way fans understand and appreciate the sport. One such commentator is Patrick McEnroe's colleague at ESPN, Patrick Kypson. Kypson provided expert analysis and commentary on matches, helping bring the excitement and drama of tennis to life for viewers at home.

While St. Patrick's Day may not be traditionally associated with tennis, there have been several influential figures in the sport with the name Patrick. From players to coaches to commentators, these men have helped shape the way we understand and appreciate tennis.



Perform better.

The GAMMA AMP polyester series gives a player premium choices for intermediate and high level players who rely on a consistent feel and want power when needed on all strokes. The benefits are increased strength, minimized tension loss, and maximized durability and longevity, providing ideal conditions for the player during match play.



The background of the advertisement is a photograph of a male tennis player in a dark green t-shirt and white shorts, captured in a powerful backhand swing. He is holding a black tennis racket with a red and black handle. The scene is set outdoors on a tennis court, with a chain-link fence visible in the foreground and a blurred background of trees and a bright sky. The Luxilon logo is positioned in the top left corner.

LUXILON

SET TO CHANGE THE GAME

Introducing Luxilon Eco Power.

The world's first pro performance string made with recycled PET bottles. Available in sets and reels.

Luxilon.com/strings

THE COURT & THE PLAYER

In the world of tennis, the playing surface and the type of ball used can have a significant impact on the game. From the 1920s up until the year 2020, tennis has seen various changes in the speed of the surface and ball used. These changes have influenced the way the game is played and have benefitted some players while disadvantaging others.

The 1920s was the era of grass courts, where tennis players had to be quick and nimble on their feet. The ball used during this period was relatively heavy, and it was challenging to generate the kind of spin that modern-day tennis players can produce. The likes of Bill Tilden and Suzanne Lenglen dominated the game during this period, with their quick movements and superior shot-making ability.

However, the 1960s marked the beginning of a new era in tennis, where hard courts and synthetic surfaces started to become more popular. The ball used during this period was much lighter than the one used in the 1920s, making it easier for players to generate spin and control their shots. This change in playing surface and ball type benefitted players like Rod Laver, who was quick and had excellent footwork. Laver's ability to generate spin and control his shots helped him win 11 Grand Slam titles during this period.

In the 1970s, the introduction of clay courts had a significant impact on the game of tennis. The ball used during this period was heavier and slower, making it difficult for players to hit winners. Players like Bjorn Borg and Chris Evert, who had excellent defensive skills, benefited from the slower surface and ball. They could outlast their opponents by making fewer errors and relying on their superior defensive skills.

The 1990s saw the introduction of slow hard courts, which had a similar effect on the game as clay courts. Players like Andre Agassi and Jim Courier, who had excellent return of serve and defensive skills, were able to dominate on these surfaces.

In recent years, tennis has seen a trend towards slower playing surfaces and slower balls. The slower surfaces have made it easier for players to defend and return, making it more challenging to hit winners. Players like Rafael Nadal, who has won 13 French Open titles, have benefited greatly from the slower clay courts. Nadal's superior defensive skills and ability to generate heavy topspin have helped him become one of the greatest clay court players of all time.

Overall, the impact of slower playing surfaces and slower balls on the game of tennis has been significant. While some players have benefited from these changes, others have struggled to adapt. However, the evolution of the game continues, and it will be fascinating to see how future changes in playing surfaces and balls will shape the game of tennis.

In the Room

With Richard Parnell

A Stringer's Stance

As a stringer, we have to position ourselves behind the machine to be able to use it, but once there, our stance comes into play.

I often see stringers who move around a lot behind the machine while stringing, this tends to be more evident with the less experienced stringers.

Professional machines are made with ergonomics in mind and the stringer's ease of use as its primary goal. If our movements are in tune with the machine, everything becomes almost effortless.

An experienced professional stringer will make the stringing process look easy and effortless and the stringer's movement behind the machine will be minimal. The odd step backwards to allow the racket handle to pass in front of him or her but no more than that.

By concentrating on our actions, we can define areas in need of improvement but also of wasted effort.

By analysing our actions, we return to my favourite "Aggregation of Marginal Gains" approach to stringing, which, used in this context, will define which movements we make to complete a certain action in the most economical way.

In a tournament setting, where it is normal to string between 20 and 30 rackets in a day, every day, economy of motion on a busy day is a blessing.

Let your machine's ergonomics help you be a fluid stringer....

Create a professional image and your expertise will shine brighter.



NOW AVAILABLE ON OUR WEBSITE

THIS EXCLUSIVE GRSA BUNDLE

DOUBLE-SIDED PARNELL PAD + PARNELL BLOCK

In official GRSA colours



+



GRSA
INTERNATIONAL

INTERNATIONAL

Womens Day

Women's tennis has a rich and storied history, with many legendary players gracing the courts and captivating audiences around the world. From the early days of the sport to the modern era, there have been many outstanding athletes who have left their mark on the game. March 8th was international women's day, so we thought we'd take a look at some of the best women tennis players of all time.

Serena Williams

Serena Williams has won 23 Grand Slam singles titles, the most by any player in the Open Era. Her record includes 7 Australian Open titles, 7 Wimbledon titles, 6 US Open titles, and 3 French Open titles. Williams has also won 14 Grand Slam doubles titles and two Grand Slam mixed doubles titles. With 72 singles titles and 23 doubles titles, Williams has won a total of 95 career titles, putting her second on the all-time list behind Martina Navratilova. Her powerful serve, aggressive play, and never-say-die attitude have made her a fan favorite and an inspiration to millions around the world.



Steffi Graf



Steffi Graf is another all-time great of women's tennis. She won 22 Grand Slam singles titles and held the world No. 1 ranking for a record 377 weeks. Graf is the only player, male or female, to have won all four Grand Slam singles titles and an Olympic gold medal in the same calendar year.

She also won five consecutive Wimbledon titles and six French Open titles, and her overall record in Grand Slam finals is an impressive 22-9. Graf's consistency, athleticism, and aggressive play style set her apart as one of the greatest players of all time.

Martina Navratilova

Martina Navratilova is widely regarded as one of the greatest tennis players of all time, male or female. She won a total of 59 Grand Slam titles, including 18 singles titles, 31 doubles titles, and 10 mixed doubles titles. Navratilova held the world No. 1 ranking for a total of 332 weeks, and her record of 167 singles titles and 177 doubles titles is unmatched by any other player, male or female. Navratilova's serve-and-volley style, her fierce competitive spirit, and her incredible longevity make her one of the most legendary players of all time.



Billie Jean King

Billie Jean King is a name synonymous with women's tennis. She is a trailblazer and a pioneer who has played a significant role in shaping the sport as we know it today. King's impact on the tennis industry for women is immeasurable, and her contributions to the game have been recognized around the world. In this article, we will explore the importance of Billie Jean King in the tennis industry for women.



Breaking Barriers

In the early days of women's tennis, female players were not given the same opportunities as their male counterparts. They were paid less, had fewer tournaments, and were not given equal billing at events. King was one of the first players to speak out against this inequality. In 1970, she became the first female tennis player to earn over \$100,000 in a single year, thanks in part to her efforts to secure equal pay for female players. King's advocacy for equal pay set a precedent that still resonates today, and she continues to be a vocal advocate for women's rights and equal opportunities in sports.

The Battle of the Sexes

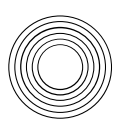
In 1973, King played in what is now known as the "Battle of the Sexes" against Bobby Riggs. At the time, Riggs was a former men's world No. 1 player who claimed that even at the age of 55, he could beat any female player. The match became a cultural phenomenon, with over 50 million people tuning in to watch King beat Riggs in straight sets. The victory was a watershed moment for women's tennis and for women's sports in general, proving that female athletes were capable of competing at the highest level.

Founding the WTA

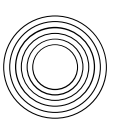
In 1973, King was one of the founding members of the Women's Tennis Association (WTA). The organization was formed to promote and protect the interests of female players and to ensure that they were given equal opportunities in the sport. The WTA has grown into a global organization with over 2,500 players from 100 countries, and it continues to be a driving force for women's tennis around the world. King's leadership and vision were instrumental in the founding of the WTA, and her influence can still be felt in the organization today.

Legacy

King's impact on the tennis industry for women cannot be overstated. She has won 39 Grand Slam titles, including 12 in singles, and has been inducted into multiple halls of fame. Beyond her achievements on the court, however, King's advocacy for women's rights and her unwavering commitment to equal opportunities for all athletes have made her a true icon of the sport. She has inspired countless women to pursue their dreams and to fight for their right to be treated fairly and equally. King's legacy will continue to inspire future generations of female tennis players and athletes for years to come.



INDIAN WELLS

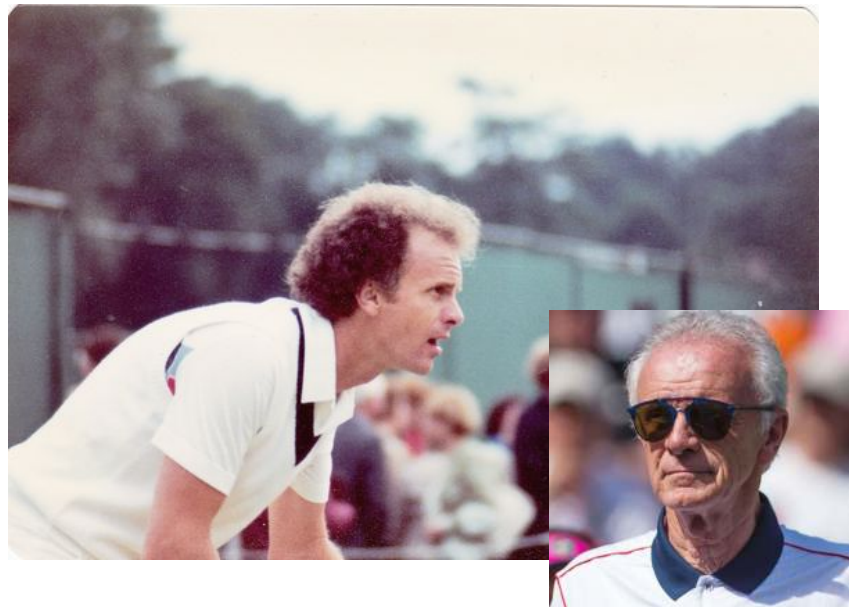


The Indian Wells tennis tournament, also known as the BNP Paribas Open, is one of the most prestigious tennis events in the world. The tournament is held annually in March in Indian Wells, California, and attracts top tennis players from around the world. But how did this tournament come to be?



The origins of the Indian Wells tournament can be traced back to 1976, when a group of tennis enthusiasts, led by Raymond Moore, decided to create a professional tournament in the Coachella Valley. Moore, who was born in South Africa, was a former professional tennis player and had previously worked as a tennis coach and tournament director. He was passionate about promoting tennis in the United States and believed that the Coachella Valley, with its warm climate and beautiful scenery, would be the perfect location for a major tennis event.

Moore, along with his co-founders, Charlie Pasarell and Bob Miller, worked tirelessly to turn their vision into a reality. They secured funding from local businesses and the tournament quickly gained popularity among players and fans alike. In 1981, the tournament became part of the Grand Prix tennis circuit and continued to grow in stature over the years.



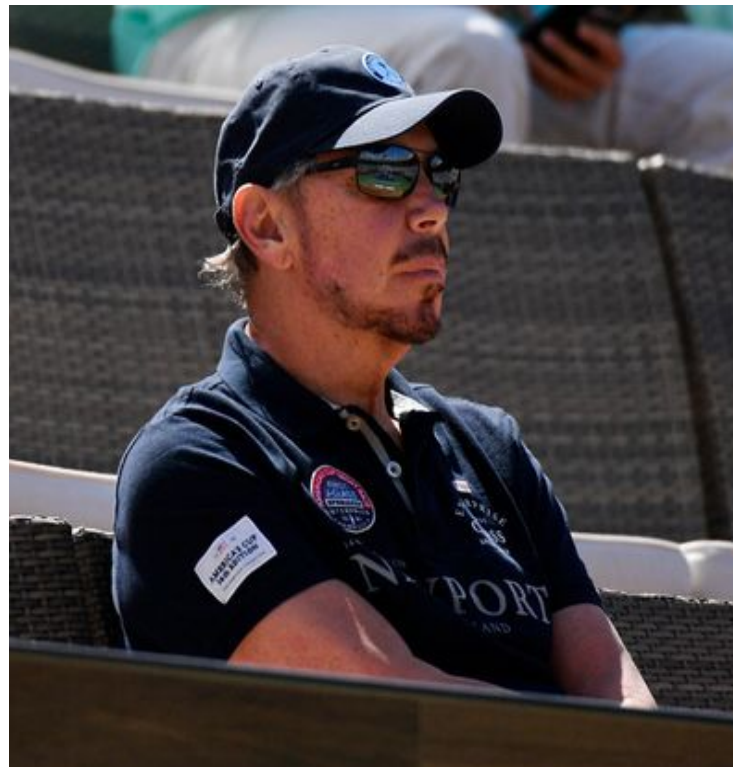
The first Indian Wells tournament, held in 1976, was won by Roscoe Tanner, a big-serving American who had reached the final of Wimbledon the previous year. Tanner defeated Guillermo Vilas in the final to claim the inaugural title. Over the years, the tournament has been won by some of the greatest players in the history of the game, including Jimmy Connors, Pete Sampras, Roger Federer, Rafael Nadal, and Novak Djokovic.





One of the most memorable moments in the history of the Indian Wells tournament came in 2001, when the Williams sisters, Venus and Serena, withdrew from their semi-final matches just minutes before they were due to take to the court. The sisters, who were both suffering from injuries, were met with boos and jeers from the crowd, and the incident caused a major controversy in the tennis world. The sisters did not return to the tournament for several years, but eventually made their peace with the event and have gone on to win multiple titles there.

Today, the Indian Wells tournament is one of the most important events in the tennis calendar. It is known for its state-of-the-art facilities, beautiful surroundings, and passionate fans. The tournament is owned by Larry Ellison, the co-founder of Oracle Corporation, who purchased it in 2009. Under Ellison's ownership, the tournament has continued to innovate and evolve, with the addition of new facilities and amenities, and a commitment to sustainability and environmental stewardship.



summing up all of the above, the Indian Wells tennis tournament has come a long way since its humble beginnings in 1976. Thanks to the hard work and dedication of its founders, Raymond Moore, Charlie Pasarell, and Bob Miller, the tournament has grown into one of the most prestigious events in the sport. With its world-class facilities, stunning location, and top-quality field of players, the Indian Wells tournament is a true highlight of the tennis calendar.

NEW ERT300

WWW.ERT300.COM



**LIMITED STOCK FOR
GRSA MEMBERS**

CONTACT US
INFO@
GRSA-INTERNATIONAL.COM

FUN FACTS



If we dare to win, we
should also dare to
lose. ”

Lee Chong Wei

1

The Indian well tennis facility is located in the Coachella Valley. This is a rift valley that is part of the much larger Colorado Desert, an extremely arid region in the southern part of California..

2

Court Number 1 at the Indian Wells Tennis Garden is not only the largest of the facility but also the second-largest tennis stadium in the world. It has a capacity of 16,100 seats

3

The two former tennis players Pasarell and Moore gathered a group of investors in 2006 to buy the entire complex back from the original investors. Some of these investors included other former tennis players such as Pete Sampras, Chris Evert, and Billie Jean King.

Just 3 years later they managed to exit as the multi-billionaire and tennis enthusiast Larry Ellison set his mind to acquire the complex. He made them an offer they couldn't refuse and Ellison became the owner of the Indian Wells Tennis Garden in December 2009

4

Court Number 1 of the Indian Wells Tennis Garden is sometimes transformed into a concert venue as well. Some of the famous artists that have performed here include The Eagles, The Who, Tom Petty, Andrea Bocelli, and Mexican pop group RBD.

On October 11, 2008, the first outdoor NBA game since 1972 was played at the stadium as well. The Phoenix Suns took on the Denver Nuggets that day. This was followed by 3 more NBA games at the stadium, all involving the Phoenix Suns in both 2009 and 2010.

MINT

REAL ESTATE GROUP

Mane Residences is an exclusive private development located in a privileged location in Benalmádena, Málaga, southern Spain. Thanks to its elevated location, all homes will enjoy incredible panoramic views of the sea and the coast. The terraced layout of Mane Residences overlooking the Mediterranean Sea means that each and every one of the 49 apartments and 2 townhouses enjoys bright rooms thanks to natural light.



The project features 49 apartments and 2 townhouses in a unique location with great views. Mane Residences offers cozy 2 and 3-bedroom apartments with large terraces, bright penthouses and townhouses with private garden and terrace. In the common areas you will find the communal swimming pool, a fully equipped gym and a social area for leisure meetings.



The Costa del Sol, with its great variety of landscapes from the sea to the mountains, has for decades been one of the favourite areas for visitors from all over the world for tourism or as a place of residence.

Benalmádena is a cosmopolitan city that looks out to sea from its Marina, an international reference point for nautical and leisure activities, or from the shore along its 9 kilometres of coastline and its 17 beaches. Its strategic location and communication with Malaga capital make it one of the most coveted locations on the Costa del Sol.

Xanit Hospital is located just 1 km away from Måne Residences. Within a 3 km distance, you will find the Torrequebrada golf course, the international school, Selwo Marina, La Paloma public park and the city center.



BEDROOMS

2/3



CONSTRUCTED

From m2

104



BATHROOMS

2



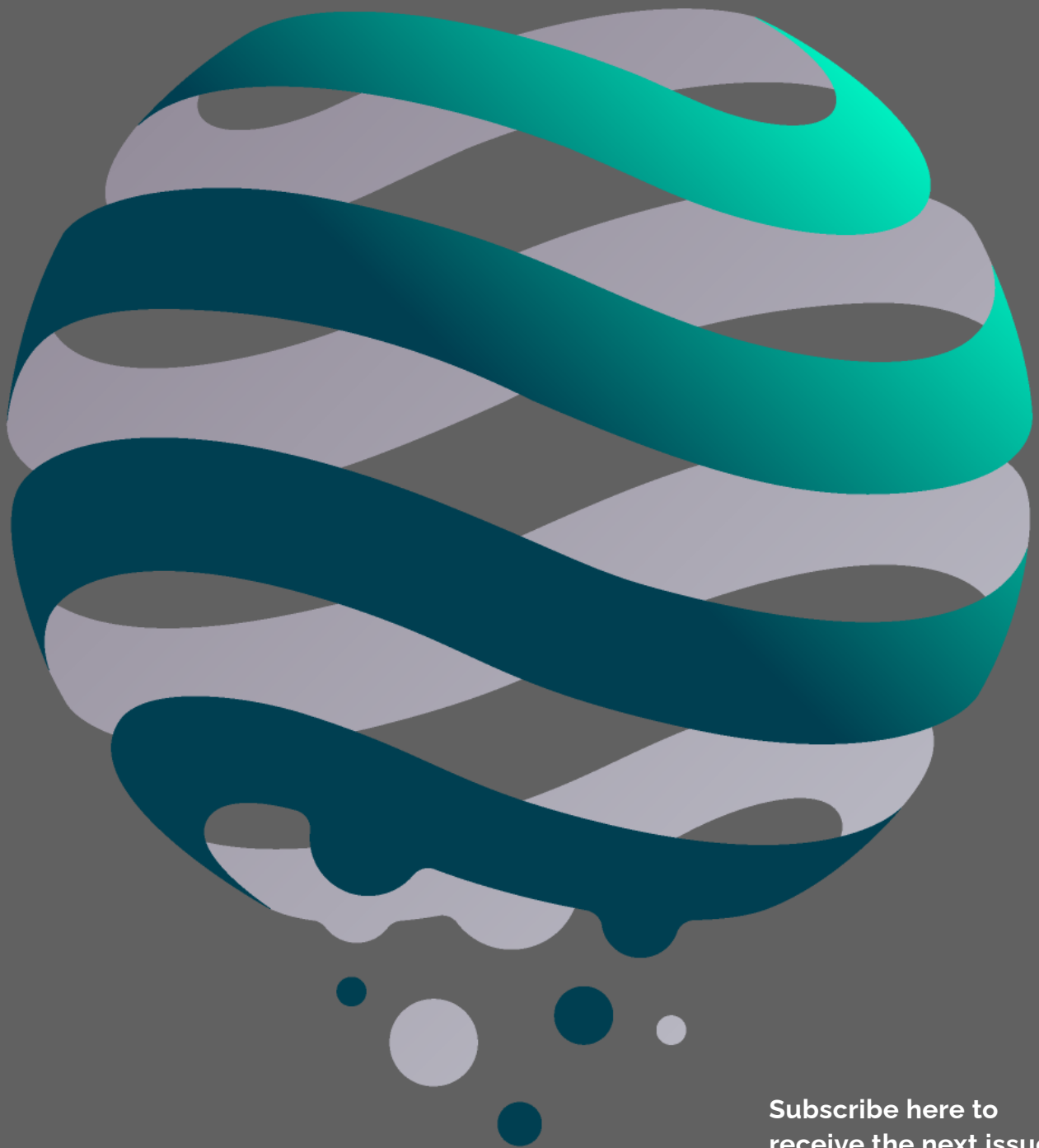
REFERENCE

MANERES

PRICE FROM

€325,000

CLICK HERE FOR MORE INFO



Subscribe here to
receive the next issue!

[Subscribe here](#)

Follow us on social media
for the latest news



BORDER RACKETS



CARLISLE STORE & ONLINE SHOP, [RACKETS](#) | FOOTWEAR | [APPAREL](#) | ACCESSORIES

- TENNIS, BADMINTON & PICKLEBALL
- [PROFESSIONAL RACKET RESTRINGING](#)
- DEMO RACKET SERVICE
- [TEAM KIT PRINTING](#)
- HONEST ADVICE & GREAT SERVICE



WWW.BORDERRACKETS.CO.UK



PARNELLKNOT
designed by stringers for stringers

parnellknot.com

THE GRSA INTERNATIONAL TOURNAMENT EXPERIENCE



This could be your opportunity!

The tournament experience is an initiative **GRSA** really believes in, it's designed for stringers looking to gain more experience, more knowledge and be part of the wonderful world of tournament stringing.

We're happy to announce that there are two new opportunities with more to come in the not too distant future.

**CONTACT US FOR
MORE INFORMATION**

DO YOU BELIEVE
YOU HAVE THE
ABILITY TO PASS
THE TOUR
CERTIFICATION?



**FINAL
DAYS**
TO ENQUIRE

THIS IS FOR ANYONE WHO IS:
**GRSA CERTIFIED
PRO MASTER**
AND CAN TRAVEL
EITHER IN MAY
OR JUNE



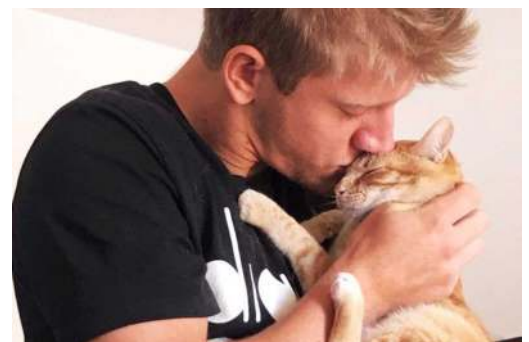
ADOPTAS.ORG

by Alejandro Davidovich Fokina



GRSA continues to support the hard work of this special organisation. Alejandro and his team don't just work hard on the court, they spend time helping the staff of **ADOPTAS** in making sure all the animals are taken care of and all needed procedures are looked after.

Veterinary care of dogs includes vaccines, these prevent infectious diseases and often save the life of the animal. Veterinarians vaccinate against distemper, hepatitis, rabies, parvovirus, and leptospirosis, which are contagious to animals but not humans. After eight or nine weeks of life, your puppy will be at the best age for the first vaccination. Repeat the vaccination after four weeks to ensure your puppy is adequately and fully protected. For example, if your puppy receives his first core vaccination at eight weeks, he will need a second combination vaccination at twelve weeks. Your veterinarian will discuss with you the intervals of the next vaccinations. It will also give you information on protection against rabies, which you should not neglect if you live in a district with a risk of rabies or if you travel abroad with your puppy. To be vaccinated, the dog must be healthy and dewormed.



If you'd like to help this amazing cause then follow the instructions on their website, you really will be helping animals all across Spain.

Mike Stephens

Hosted a very experienced get-together for the launch of Team United States.



GRSA International held a meeting in Chattanooga, Tennessee to kick start **GRSA – USA** by welcoming the new area managers to this wonderful project that is **GRSA International**.

The meeting was organized and lead by **GRSA** president Richard Parnell and GRSA USA manager Mike Stephens. Chattanooga was chosen because of the family atmosphere of the meeting that we wanted to present from the first minute, a feeling of togetherness and unity in this project.

The first order of the day was to certify Mike for the new and exclusive **GRSA Competition and GRSA Competition Master Stringer** certifications before moving on to both GRSA Tour Certified and GRSA Tour Master Certified stringer levels. These certification exams really test a stringer's readiness for tour stringing, experience, consistency and speed under pressure with a time limit that means you really have to get a move on to finish within the specified time and make sure that your string beds are uniform (DT's tested using the ERT300). Mike, as you would expect with his experience at grand slam level, passed all levels with flying colours.



Moving straight on from Mike's exams we welcomed the GRSA USA Area Managers who had all flown in for the meeting and to take the GRSA certification exams. The Area Managers, Dustin Tankersley, Mitch Case and Stockton Morris are some of the most experienced stringers in the industry and make the GRSA family stronger by joining the team. Everyone took the new Competition certification level and then everyone completed the Tour Stringer Certification, with Dustin and Stockton also taking the highest & toughest Tour Master Certification. Everyone passed as was to be expected.

During the meeting we organized the structure of the GRSA workshops that will be put in place in different areas of the US. One of the missions championed by GRSA is that the same workshop structure and exams are given wherever you take them, whether that is in Germany, the United Kingdom, Greece or USA. This global approach and structure is one of the things that sets GRSA apart.



A great evening of catching up, laughs and swapping anecdotes from our years on tour was accompanied by some great margaritas and a superb catered Tex Mex meal. GRSA USA could not have started on a better, more positive note.

Watch this space for more Area Managers that are in the process of joining the US team, which will raise the bar even higher - if that's even possible!!

Canada is the next country chosen for GRSA to spread its wings. Nico Ionesco, GRSA - Canada manager and Richard Parnell, GRSA International President will be kicking off GRSA - Canada, at the end of March, with meetings and a workshop in Montreal. A full review will be in the April ATW magazine.



Stringer Solutions

TOP TIP

Cross string tension & its effects

In Stringer Solutions we have often spoken about the fact that during the stringing process there are certain actions that are personal choices, where one isn't better than the other, just different. The choice of cross string tension is not one of these & it will have a real effect on the outcome & playability.

Let's look at one of the most misunderstood parts of stringing.

The choice of cross string tension, whether it should be lowered, raised, or kept the same and the reasons for each of these choices.

Here is what will be covered about cross string tension & its intricacies.

- **Misconceptions**
- **Monofilaments**
- **Single Core, multifilament or natural gut**
- **Feel & increased power**
- **Spin pattern rackets**
- **Tension change for different constructions**

Misconceptions

Let's tackle one of the biggest misconceptions straight away.

Cross strings should be strung with less tension because they are shorter.

This is the most common reason given for lowering cross string tension.

The fact that the cross strings are shorter, is true, and for this reason need less tension, is not true. The mains are tensioned at reference tension one by one, with the only friction involved being the string going through the grommets. The crosses, however, are weaved through the mains with the subsequent friction, which lowers the actual tension considerably. Some measurements have shown there is a 40% decrease on the cross string actual tension due to this friction and for this reason the cross strings are already at a lot lower tension than the mains.

This lower actual tension is not dependent on string type, construction, or gauge, it is a fact of life and will happen with any string. Actual tension will always be lower than reference tension due to many factors including stringer technique.

**** Reference tension is the tension showing on the machine display.**

**** actual tension is the tension contained in the string bed once the stringing process is finished.**

Cross string tension & its effects... continued

Cross string tension can increase or decrease main string movement and depending on the string construction and type, this can be considered positive or negative movement.

What is positive or negative movement?

Positive movement - string movement that has a beneficial effect on how a string bed reacts and helps add or increase a positive effect.

Negative movement - string movement that doesn't add anything positive to a string bed and in fact, lowers performance.

Monofilaments

Firstly, let's look at monofilaments and string movement.

Monofilament main strings, through their movement create snap back and in turn, leads to improved spin on the ball. This can be considered as positive movement because we have created additional spin through the snap back. If we change the tension on the cross strings we can increase or decrease the string movement. One of the best characteristics of monofilament strings is their spin enhancing qualities, if we lower the tension on the crosses we will, in effect, allow the main strings to move more freely and increase snap back. If we raise the cross string tension we will be decreasing the snap back and lowering the spin potential.

The lowering or raising of the cross string tension would also affect, in a small way, the power of the string bed. By lowering the cross string tension we are allowing the mains to flex more, pocket the ball more and absorb less energy. By raising the cross string tension we would achieve the opposite.

Single Core, Multifilament or Natural Gut

Non-monofilament synthetic main strings, both single or multi core, through their natural movement don't create snap back, and for this reason doesn't lead to improved spin on the ball & can definitely be considered as negative movement. We have string movement, but this only leads to loss of accuracy as the string is moved by the incoming ball. Another negative side of string movement with this type of string is having to constantly straighten the strings after each rally or shot. If we raise the tension slightly on the cross strings, we can decrease the string movement. This raising of cross string tension can mean that a player who is using a slightly more open string pattern, doesn't have to change racket.

By raising the tension, we will also reduce the power potential of the string bed as we will be allowing it to flex less. The lowering or raising of the tension is, usually, by not more than 1 or 2 Kgs (4 - 5 lbs).

Feel & Increased Power

When fine tuning the tension for a player, cross tension can help you arrive at the perfect fit. I have often had feedback from players that confirm that they like the “feel” of the string bed but could do with a little more power. By lowering the cross tension by 1 Kg you have the same “feel” but a little additional length on the shots.

Spin Pattern Rackets

With the introduction of rackets with the hyper open string patterns, also known as Spin frames, we have another reason to look at cross string tension. One of the main objectives of the cross string is to guarantee the racket head shape. When the mains are installed, the racket head becomes slightly shorter and wider and once the cross strings are installed, this is reversed, and the racket head returns to its original shape. If there are too few cross strings to make this happen, then extra tension has to be added to the crosses to “help” the racket head regain its normal shape. I have seen up to 5 Kgs added to the crosses to bring the head back into shape. This can be done by trial and error as you will “feel” whether the racket has regained its shape by how easily it comes out of the machine when all the crosses are installed.

Certain normal string pattern rackets have very flexible heads and if you lower the cross string tension, the racket head stays wider and can get stuck against the machine supports.

Tension change for different constructions?

I don't recommend changing tensions on the cross string just because you are using a hybrid made up of different string constructions. If we always consider a hybrid as the union of two different strings to create a unique feel, then changing tension because of one of the strings is not looking at the interaction between the two strings as one. Certain strings lose more tension than others, however, this doesn't mean that we should raise the tension on that string to make up for the tension loss, rather we should see how the strings interact as a unit taking that difference of tension maintenance as a feature of that unit. Certain monofilaments have massive initial tension loss, this doesn't mean that we should decrease the tension of the other string to counteract this feature.

I believe in starting any restring with the same tension on both mains and crosses, which gives me a certain feel and power. If I then want to accentuate something, whether it's power, string movement or any other characteristic, then I will make adjustments accordingly.

Another stringer may use a lower tension on the crosses as standard and then adjust from there. Either way is correct and will depend on the stringer, however, whichever way you choose, you must be consistent.

Remember – The difference is in the small details.

Any personal tips to help your fellow stringers? Let us know and have them published in the GRSA ATW Magazine

You'll want a piece of this birthday cake!

Stay tuned to social media, some amazing things are coming, **EXCLUSIVE** to our members to celebrate our 1st birthday!



Meeting Dani



Daniel (Dani) Peniza is the GRSA Country Manager for Venezuela and Colombia, but he lives in Valencia, Spain. We had a special interview with him for you all to get to know him a little better in this month's issue of **GRSA ATW** magazine.

Dani started stringing when he opened his small shop in Barcelona in 2005, at the age of 27, he played tennis from the age of 9 until he came to live in Spain in 2000.

He has always been closely linked to tennis, both as a player and a lover of the sport, since in Venezuela, where he was born and grew up, they were always in contact and involved with the sport, his brother as a coach and his father as a manufacturer of his own clothing brand specialized in tennis.

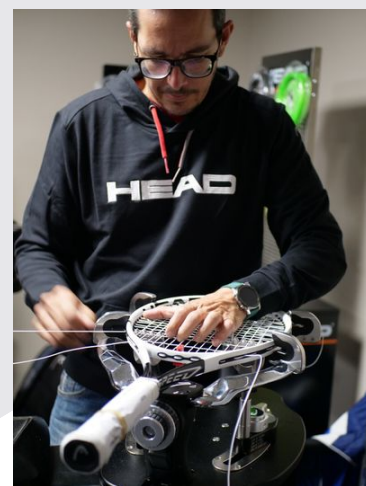
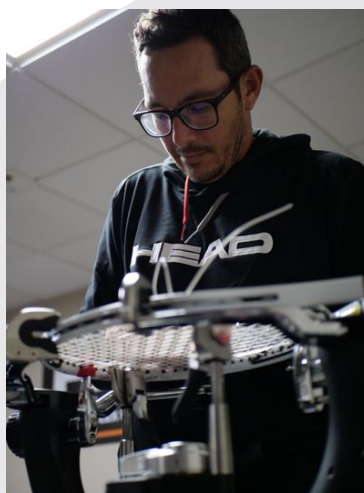
“My training as a stringer was done with Babolat Spain, a brand I have been linked to since then, first with small jobs and then participating in more than 60 ATP, WTA, ITF and RFET tournaments, currently I continue my day to day in the David Ferrer Academy in Spain.”



Dani is a full-time stringer, but he does apply his illustrator and design studies to help him further and develop his own brand.

When asked, Dani admits that tennis is without a doubt his favourite sport, and it shows. He is so passionate that it would be impossible not to notice.





As with all our managers in our “Meet the Team” series, we asked Dani who his favourite player is on the tour and who his favourite player to string for is and why. Here’s what he had to say:

“When I was young, I liked Agassi a lot, until a certain Roger Federer appeared... his technical elegance and ability to make something difficult look so easy, makes my admiration for him very high on the scale due to how he practices this sport.

Now, when it comes to who my favourite player to string for is... I don't know if I could say one in particular, but it is always special for me to do the rackets of those players who, in addition to their rackets, have a friendship with me, such as the players of the Colombian national team, Spanish players, and some others who are close.”

Finally, we asked Daniel to share a story that our members and readers would enjoy, he didn’t disappoint:

“At Roland Garros during a workday, we had music on to cheer us up a bit and at that moment a song started, and the player began to sing as if it were a concert, suddenly the whole group of stringers joined in with him. It was great!”

We all know how important it is to love your job and, of course, get along with your co-workers, but it’s just fantastic when you also have a great relationship with your clients and can share incredible moments like these!

As we’ve mentioned before, Dani’s passion and love for tennis and stringing are some of the things that make him a great addition to the GRSA International Team!

If you’re based in Venezuela or Colombia and want to join the **GRSA International** community and become a member, if you have a question for Dani or simply feel like reaching out, don’t hesitate to contact him on +34 619 06 29 46 or email him at **team.co@grsa-international.com** or team.ve@grsa-international.com

GRSA CERTIFICATIONS

CONGRATULATIONS *on your* RECENT CERTIFICATIONS



Xinyu Zhang
GRSA Online Certified
Pro Master Stringer
China 🇨🇳



Andrew Rohlfis
GRSA Online Certified
Tour Stringer
USA 🇺🇸

Scott Joslin,
GRSA Certified Pro Master Stringer
USA 🇺🇸

Lynsey Read
GRSA Certified Pro Master Stringer
UK 🇬🇧

Stan Naaktgeboren
Certified Pro Stringer
UK 🇬🇧

GRSA Approved Stringer &
GRSA Certified Pro Master Stringer
Riakatiana Randrianavahy
Maher Diab
Kenan Bitar
Kiefer Shaw
Michael Ghazal
Zsastynne Torne
Victor Lo



MOTIVATION QUOTE

The way in which you treat others will effect the way that others treat you, Treat every day as an opportunity to learn and every person you meet, as someone you can learn from.

Daniel Efford
GRSA International - Operations Manager

GRSA EDUCATION

NEW

CERTIFIED



COMPETITION & COMPETITION MASTER STRINGER



EXCLUSIVE TO **GRSA INTERNATIONAL**, THIS
NEW CERTIFICATION IS THE STEPPING STONE
BETWEEN **GRSA CERTIFIED PRO MASTER** AND
GRSA CERTIFIED TOUR STRINGER.

This certification will prepare you for
the competition environment, help
you gain momentum and experience,
before taking to the tour and being
put under what can be, extreme
pressure and workload.

**CONTACT
US FOR MORE
INFORMATION**

ARE YOU
READY?



OrangeCoach®

Matching Sport Professionals



Register now!

FREE

OrangeCoach is the premier online coach recruitment platform in the international tennis industry, proudly connecting coaches and employers of all levels, across the globe. We also provide user benefits and discounts that are specifically tailored to the global tennis coaching market.

The OrangeCoach automated jobs platform is unique to the tennis industry and has contributed to the professionalisation of recruitment of tennis coaches across the world. The sophisticated automation allows coaches to be immediately matched with suitable vacancies that meet the criteria they selected at the time of registration. Employers equally have the peace of mind that they only receive suitably qualified candidate applications for their adverts. Some might say, the perfect match!



You can register for free. GRSA Coaches can benefit from a credit discount of 20% with the code:
G*20%OrngC

Are you looking for your first tennis coaching job, or maybe you are looking for your next coaching challenge?

OrangeCoach is the essential online platform for tennis coaching jobs for all levels around the globe.

- ✓ Biggest database of tennis jobs in the world;
- ✓ Review tennis jobs and apply directly online;
- ✓ Build a FREE professional tennis resume;

- ✓ Promote your resume on our online coach database;
- ✓ Gain access to unique & useful tennis career benefits and content;
- ✓ Receive the latest tennis jobs by email and social media.



TOALSON is a tennis equipment brand that has provided products to the world for over 60 years, with reliable engineering and craftsmanship. Chief among these products are our high-end strings.

TOALSON takes manufacturing seriously. They have long used strings mainly produced in their factory in Oita, Japan, to deliver high quality products to tennis players around the world. With over 60 years of experience in manufacturing, sales and marketing of sports products, Toalson is a reliable world player in the sports market.

Due to our partnership with GRSA, we are pleased to offer all GRSA members a 30% discount on all TOALSON products, all you have to do is enter the promotional code: GRSA when purchasing on our website. [CLICK HERE](#)



Aster Poly string

The tennis string Aster Poly is a very fast tournament tennis string with extremely long durability and best playability with incredible acceleration, control, and enormous spin.



POWER BITE with Nick



This month I'll look at the Prince Powerbite Range. This is a relatively new pattern by Prince and started with the Beast and Shark. There are newer models too and the pattern is still in use today.

For the first time in Prince squash, because there are only 14 mains that still finish at the head, the start is in the centre of the powering at the throat.

So far, all the Prince Powering patterns that we have looked at; Triple Threat, O3, O3 Speedport and EXO3, all have 16 mains and start at the head.

You may have noticed, so far, that I have always gone under the ring on the left and over the ring on the right. It is for more than 1 reason; it creates alternate mains around the ring, in fact, either way would work. However, it is important to retain this information in your mind, eventually, without the need to look up patterns, except in an emergency. Another reason is to assist the stringer to recognise that there is a relationship between most models on the Non-Standard list depending on the route taken and the direction of travel of the centre mains (from H to T, or from T to H).

The Powerbite Pattern, for the very first time, starts around the ring and travels up the racket therefore, it's important that the centre main on the left goes above the ring and therefore the centre main on the right, will have had to go below the ring. That will mean that the 1st main coming down from the head on the left goes below the ring and keeps the same formula intact **(Remember! It is the 2nd main on the left coming down from H to T, not the 1st).**



Nick's Nugget

I always go low (under rings) on the "First main on the left that comes down from the head" to help with remembering patterns.

I have seen non-powerbite versions of the shark and beast with 16 mains not 14, they may be copies or, in fact, may be made by Prince, legitimately. However, it just goes to show, that you must establish which racket that you've got before you attempt to string it.

There is one difference between the shark and the beast. It only affects the Crosses and I'll deal with it when listing instructions.

Virtually all principles remain the same. There is still a requirement for 2 piece stringing, to avoid long runs along the outside of the frame. There is still a need for a hard weave at the bottom cross/powering, there are no O-ports, Speedports nor EXO3 technology, just ordinary holes with grommets. There are no double-barrelled grommets just a few shared holes. However, as there are 15 crosses, there must be a top cross that will match the hard weave of the bottom cross at the throat.

Mains(2 piece) - Start at ring

Above ring to 1LH, below ring to 1RH, 1LH to 2LH, 2LH to below ring, above ring to 3LH. 1RH to 2RH, 2RH to above ring, below ring to 3RH

Then for BEAST (and all similar patterns) only:-

SKIP: 5H, 7H, 9H, 10H. (11H is shared with a cross).

Crosses:-

Start at 5H with knot at 4H (must go under 5LH and over 4RH)., 15 crosses, tie off at 2LT or 2RT.

Then for SHARK (and all similar patterns) only:-

SKIP: 6H, 8H. (4H and 9H are shared with crosses).

Crosses:-

Start at 4H with knot at 5H (must go over 3LH and under 3RH). 15 crosses, tie off at 2LT or 2RT.

Next month the Prince 'Powerfan' pattern without any type of ring at the throat!



PADEL PERFECTION

Arturo Coello and Agustin Tapia were victorious in the Paraguay Padel Open, defeating Martin Di Nenno and Franco Stupacuzk 6-2 6-1 on Sunday, 27-03-2023

Coello and Tapia championed four straight tournaments at the beginning of this 2023 season and their partnership, they denied Di Nenno and 'Stupa' any chances at the SND Arena.

Only once before has a couple won four on the bounce to start a year in World Padel Tour as Juan Martin Diaz and Fernando Belasteguín achieved that feat in 2013.

A newly-formed couple have never only lost two sets in their first 17 matches together, so this is another record for Coello and Tapia who are already etching their names in the history books, there is still a long way to go in the 2023 campaign though.



Images courtesy of: WORLD PADEL TOUR

MORE PARAGUAY OPEN



Images courtesy of: WORLD PADEL TOUR

Alejandra Salazar and Gemma Triay beat Ari Sanchez and Paula Josemaria on Sunday 26-03-2023 to claim the title at the Paraguay Padel Open.

Salazar and Triay fought through to a 7-6(4) and 7-6(9) win at the SND Arena, needing five match points to clinch their third consecutive title.

Josemaria and Sanchez had two set points to win the second tie-break, but just couldn't force the third set out of the on-fire teaming of Salazar and Triay.

That means the Spaniards have won all three South American tournaments, taking a firm lead in the rankings as World Padel Tour travels back to Europe.



Images courtesy of: WORLD PADEL TOUR



Southern Spain boasts some of the best equipped padel installations in the world, and the Costa del Sol is at the heart of that claim to excellence.

The Cerrado del Aguila Club is home to stunning golf facilities, excellent indoor padel courts and even outside padel court options. It's truly magical!



S/N Camino del Acevedo, 29650
Málaga, Spain



C
D
A

News, Views and Tech... What else?



HSBC BWF World Tour

Yonex German Open, Mulheim

The European leg of the world tour commenced in Germany at the start of March. The dominance of Asian shuttlers was on display as every semi-final comprised of competitors from China, Japan, Malaysia, Korea, Hong Kong, and Taipei. The only Asian power-house shuttling nation not involved in proceedings was Indonesia, which failed to make the winners' rostrum.

In men's singles, journeyman **Ng Ka Long Angus** fought his way back from a narrow opening game loss, and an ankle injury in the second game, to overcome rising star **Li Shi Feng** in three sets. Ng, who was runner-up in 2018, last won a title in January 2020. Feng, the fast-rising Chinese star may have lost this battle, but better things were just around the corner for him in the next tournament on the tour.

Japan's **Akane Yamaguchi** fought it out with **An Se Young**, again, coming away with the title, but the gap seems to have narrowed yet further. Korea's **Baek Ha Na** and **Lee So Hee** took the women's doubles title in commanding fashion defeating the world-ranked number two pair from Japan. An all-Korean men's doubles final was narrowly shaded in three close sets by the pairing of **Choi Sol Gyu** and **Kim Won Ho**. While China took the mixed doubles title with new pairing **Feng Yan Zhe** and **Huang Dong Ping** running out of convincing winners over an emerging Korean pair.

Yonex All England Open Badminton Championships

The biggest and most prestigious tournament on the circuit and the event that every player really wants to win above all else, the 'Yonex All England' is still the most popular event for players and fans alike and this year there were plenty of surprises and some stand-out performances.

Surprises galore in the men's singles with the favorite **Viktor Axelsen** going out in the second round to young Malaysian Ng Tze Yong. In fact, seven of the top eight seeds were gone by the quarter-finals stage with just **Lee Zii Jia** reaching the semi-finals.

One of the most impressive performances of the week in the mens discipline was from Dane **Anders Antonsen** who is returning to his best level following injury and a loss of confidence that meant he missed most of 2022. Building on his performances match by match he met fast-rising Chinese ace **Li Shi Feng** in the semi-finals.



Lee Zii Jia

The match was a roller coaster and finished around midnight, enthralling those who had stayed late to see the conclusion. Having been blown away in the first set Antonsen managed to drag himself back from the brink of defeat, turning the match in his favor through the second set and taking the lead in the final set. Stunning shot-making, incredible defense and intelligent play drove him towards the finishing line only to fall short by a couple of points of making his first All England final. But once again it looks like the player who announced himself a few years ago as “The Next One” in Danish men's singles, is back on the winning trail.

But the winner of the match, and ultimately the title was Li Shi Feng whose athleticism and power was reminiscent of the great Lin Dan in his heyday. Feng went on to beat his fellow country man, Shi Yuqi in a somewhat subdued final to take the title and emphatically announce his arrival on the world stage.



In women's singles **Chen Yu Fei** of China fell to Korea's **An Se Young** in a competitive and hard fought final that could have gone either way. It has been 27 years since Korea last had a women's singles champion at the All England and for An to repeat the feat of her illustrious predecessor **Bang Soo Hyun**, made it the 21-year-old's third title from her fifth successive final this year.

World number one Indonesian mens doubles pairing **Alfian and Ardianto** took the title in two quite straight-forward sets from their compatriots **Mohammad Ahsan and Hendra Setiawan**, otherwise known as the 'Daddies'. Ahsan injured himself at match point and rather than hobble off court and retire he graciously received the final service so his opponents could claim the 'win' for the title rather than claim it on a retirement. Great sportsmanship from the elder statesmen of mens doubles.

Korea and China wrapped up the women's doubles and mixed doubles respectively, with China's world number ones **Zheng Si Wei and Huang Ya Qiong** taking their second title in four years.



ken@borderrackets.co.uk

Yonex All England Stringing

From a stringing perspective the Yonex Stringing Team delivered 730 restrings during this year's event, that's 110 more rackets than at the German Open a week earlier. Yonex Stringing Team stalwarts were present including Tim Willis, Mark Lawrence and Mark Lever, who have been stringing at this event for over 20 years. I was hoping to get the opportunity to be involved this year, but it didn't quite pan out - I hope to be able to play a part in the future. Working alongside the best stringers in the world is not only educational it is a privilege.

Player Focus - Kento Momota

Fans favourite, and former undisputed king, Kento Momota showed signs that he is working his way back to form with a long overdue semi-final appearance in Germany. Momota dominated the rankings for several years racking up 11 titles in 2019 until a fateful car accident in January 2020 that claimed the life of the driver and left him badly hurt with a severe eye injury.



One of the most stylish and skilful players to grace the game in the last ten years Momota became the poster boy for the sport with Yonex creating a whole product collection around him. The "White Tiger" range is synonymous with Momota and places him alongside some the Legends of the game in terms of profile.

Momota has bounced back before, and many fans are rooting for him to do the same again in time for the 2024 Paris Olympics.

Badminton Insight

A first-class resource for all things badminton is Badminton Insight. Owned and run by English International players **Greg Mairs** and **Jenny Moore**, English National Champions and one of Europe's top mixed doubles pairings with recent outstanding performances at the German Open and Yonex All England Open.



Badminton Insight is a YouTube channel plus resources and articles online that looks at a wide variety of Badminton topics. The channels aim is to help players improve their badminton skills, knowledge and overall game and the resources offered are for players, coaches and badminton fans and enthusiasts.

Greg is also a racket stringer working for Milton Keynes Yonex retailer TRME Sports who operate an outlet at Badminton England's National Badminton Centre.

In-between training for events around the HSBC BWF World Tour Jenny and Greg continuously video and record their lives as elite badminton players with fascinating insights to life on the road and preparations for tournaments. Amongst these vlogs they also produce regular training and educational video's covering a vast range of topics from badminton strings to racket reviews and many focus topics designed to help raise awareness of the sport.

Hats off to this hard-working couple who have taken badminton to new levels of awareness and with their award-winning YouTube channel now hosting over 150 videos and 300,000 plus subscribers, they really are smashing it on YouTube as well as the subscribe button!

Equipment

The launch of a new stringing machine is always exciting for stringers and when it is a Badminton-focused machine from a world leader in stringing machines, that is even more exhilarating if you're a badminton stringer.

Last month we previewed the new Yonex Precision 8.0 stringing machine and there is now additional information available. Positioned between the Precision 5.0 and the Precision 9.0 machines the price will presumably fall between these two models.

Some of the new features Yonex has thought about and introduced include:

Clamps: The P8.0 includes an upgraded clamp with a thinner, shorter, and more ergonomic design. The new clamp design prevents clamps from overlapping and allows stringers to clamp closer to the racquet frame when tensioning.

Stability: The machine base has been enlarged to expand the installation area and lower the machine's centre of gravity.

Adjustability: There is a greater height level adjustment giving a range of up to 250mm with the main post being manually adjustable.

Efficiency: The original clamp release button has been enlarged making it easier to unlock and helping stringer efficiency and speed.

Specifications

Size: Approx. 1070mm (W) x 640mm (D) x 1110-1360mm (H)

Weight: Approx. 54Kg / 119 lbs, Pull Speed: 9 speeds.

Tension Rang: 10-88 lbs (0.5 increments); 4.4-39.4 Kg (0.2 increments +5)

Pre-Stretch: 1-20% (1% increments)

Made In: Japan



Hints & Hacks

Service Strings: The use of a short piece of off-cut string is an essential hack when it comes to allowing access to blocked holes.

Most frames will at some point have a string covering up the outside of a grommet making it difficult, sometimes impossible to insert a string into that hole.

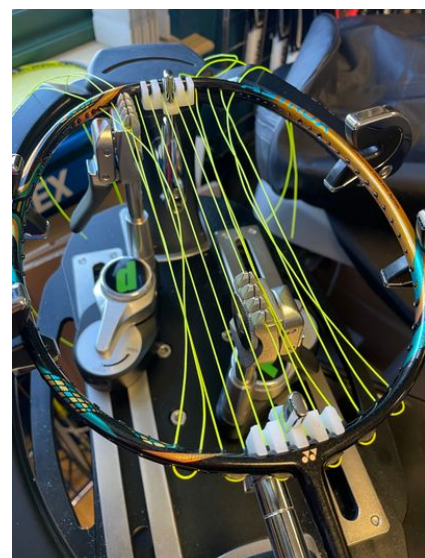
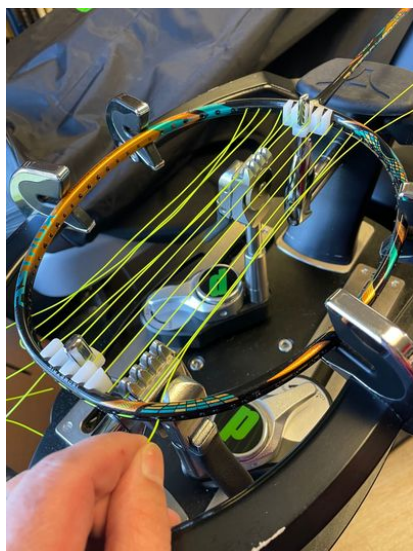
This is especially true where recessed frames are involved and if you haven't protected the

access by using a service string to allow you to pull the covering string away from hole, you are going to be in a world of pain and probably resort to prodding and poking at the strings to try and squeeze past it. So remember to use a service string as it will not only make life so much easier but it also allows you to protect the strings. And remember, when you have used the service string, remove it carefully so you don't impair the strings, I usually snip them off when stringing at high tensions.



Pre-lacing:

There are different terms to describe this but pre-lacing the mains is how I refer to this process. It is essentially stringing the first 5 or 6 mains untensioned on either side of the racket before applying tension individually to each main string. Personally, I find it faster than doing the mains individually and even if it's just a few seconds per racket, it not only feels quicker but having timed it, it is about 120 seconds faster per racket.



If you have something badminton orientated you'd like to read about, give me a nudge and I'll try and include it in the next issue of the GRSA ATW Magazine



ken@borderrackets.co.uk



COMING
SOON



P.R.S.

**Premium
Racket
Service**

- tennis stringing tournament services
- on-court racket and string analysis
- customizing, molding, painting
- machine maintenance
- individual consultancy for strings, rackets & tennis gear

www.premiumracketservice.de - info@prs-online.com



NEVER STOP PLAYING™

We understand what athletes need. Our advanced knowledge of composites, plastics, and manufacturing techniques enables us to create pickleball paddles and balls with materials and methods that few can match. We will never stop innovating and improving our technology, so you can have the right tools for every challenge on the court.

WWW.GAMMASPORTS.COM

If you're a pickleball fan, here's a list of some of the competitions you might be interested in, you never know, one might be near you!

ITALIAN OPEN PICKLEBALL CHAMPIONSHIPS 2023**EID:** 1170 **PRICE EUR** 52**Organizer:** ITALIAN PICKLEBALL ASSOCIATION**EVENT** - TOURNAMENT**Starting:** August 30, 2023 to September 03, 2023**City:** 65028, Tocco Da Casauria PE, Italia**Home Club:** Pickleball Tocco**Registration Deadline:** August 20, 2023 (OPEN)**Tier Level:** 3**2023 Irish Open****EID:** 1153 **PRICE EUR:** 40**Organizer:** Pickleball Irl**EVENT** - TOURNAMENT**Starting:** June 22, 2023 to June 25, 2023**City:** Belfield, Dublin, Ireland**Home Club:** Ucd Sports Centre**Registration Deadline:** March 31, 2023 (OPEN)**Tier Level:** 3**REBALLUTION CUP 2023 (11.000 € PRIZE MONEY FOR 19+ OPEN)****EID:** 1184 **PRICE EUR** 60**Organizer:** Rota Pickleball**EVENT** - TOURNAMENT**Starting:** June 08, 2023 to June 11, 2023**City:** 11520 Rota, Cádiz Province, Spain**Home Club:** Reballution Pickleball Rota**Registration Deadline:** May 08, 2023 (OPEN)**Tier Level:** 3

**MORE
INFO**

CLASSIFIEDS

BORDER RACKETS, based in North West England, provide professional stringing services & racket customisation. Register at borderrackets.co.uk for 10% discount on your first order. Yonex, HEAD and more, Your satisfaction is our priority. **Tel:** +44(0)1228 272426 **Email:** info@borderrackets.co.uk

Cambridge based **Nick Peck Tennis** is all about the game, stringing is an important part of course, we do that too! Our main focus is on Coaching so if you're looking to improve your game or fine tune your technique contact: nick@nickpecktennis.co.uk or visit: nickpecktennis.co.uk, mention GRSA!

Top Spin Tennis, Culford School, Bury St Edmunds - situated in the picturesque main school, open to the general public with on-site parking. A state-of-the-art Babolat Racket Station machine to re-string all racket sports, GRSA members can receive 5% off their first purchase, simply quote 'GRSA Referral'! **T:** 01223 385 362 - **W:** topspintennis.co.uk **E:** cambridge@topspintennis.co.uk

Tennis Land offer 25% off Babolat & Wilson products (exc. shoes and apparel), 30% off Head/Volkl/Yonex, offers on Luxilon & Solinco strings, plus Dunlop tennis balls. **T:** +302130105830 **E:** georgepahiakos@gmail.com

At **PRS** we offer all GRSA Members **15% off** customizing, **10% off** balancing and 15% off moulding, contact us to book an appointment. **Email:** info@prs-online.com **Tel:** +49 151 11551114



TOP SPIN TENNIS

Job Vacancy – Culford Stringer & Sales Assistant

Top Spin Tennis have an exciting opportunity for a new team member to work in its Culford Pro-Shop. This role will be approximately 24 hours per week ranging from a Tuesday to a Friday, with potential full time hours available from September 2023.

Top Spin Tennis is a Racket Sports Specialists with a number of Pro-Shops in Cambridgeshire, Norfolk & Suffolk. Our Culford store is the central hub for stringing the Culford School Tennis Academy Players as well as serving the general public, stringing over 1000 rackets a year.

We require a Stringer & Sales Assistant to help facilitate the operations of this highly successful shop. No experience is necessary as full training will be provided. It's preferred you have some prior knowledge or involvement with at least one racket sport. The full job requirements are detailed below.

Location: Top Spin Tennis, Culford School, Culford, Bury St Edmunds, IP28 6TX

If you are interested in this position, please email cambridge@topspintennis.co.uk with a covering letter and attach a copy of your CV. If you have any further questions or would like to find out more, please do not hesitate to email us.

Professional racket stringing & customisation

- **GRSA** Certified Tour Master Stringer
- Member of **Wimbledon** Stringing team since 2016
- ATP/WTB Professional Tournament Stringer
- Davis Cup Stringer
- **Babolat** Stringing Team / **Dunlop** Stringing Team
- 20+ years experience
- All rackets are strung on a **Babolat Sensor Dual** or **Wilson Baiardo** electronic machines
- Full racket customisation and matching service available - have provided these services for Grand Slam Champions
- Services provided for Tennis, Squash, Badminton & Racquetball
- Wide selection of grips & strings including:



CONTACT HUW PHILLIPS

☎ +44 (0)7870 654204

✉ info@racketspec.co.uk

media@grsa-international.com

Got some news? Want to sell something?
Want to write an article?
Do you have some feedback to share?



IF YOU HAVE A GRSA BUSINESS MEMBERSHIP

or you'd like to advertise in the classified section of this magazine, please contact us via email.

info@grsa-international.com

R

RADICAL

THE PEOPLE'S RACQUET



HEAD[®]
[.COM/RADICAL](https://www.head.com/radical)