



GRSA INTERNATIONAL ATW MAGAZINE

INDIAN WELLS



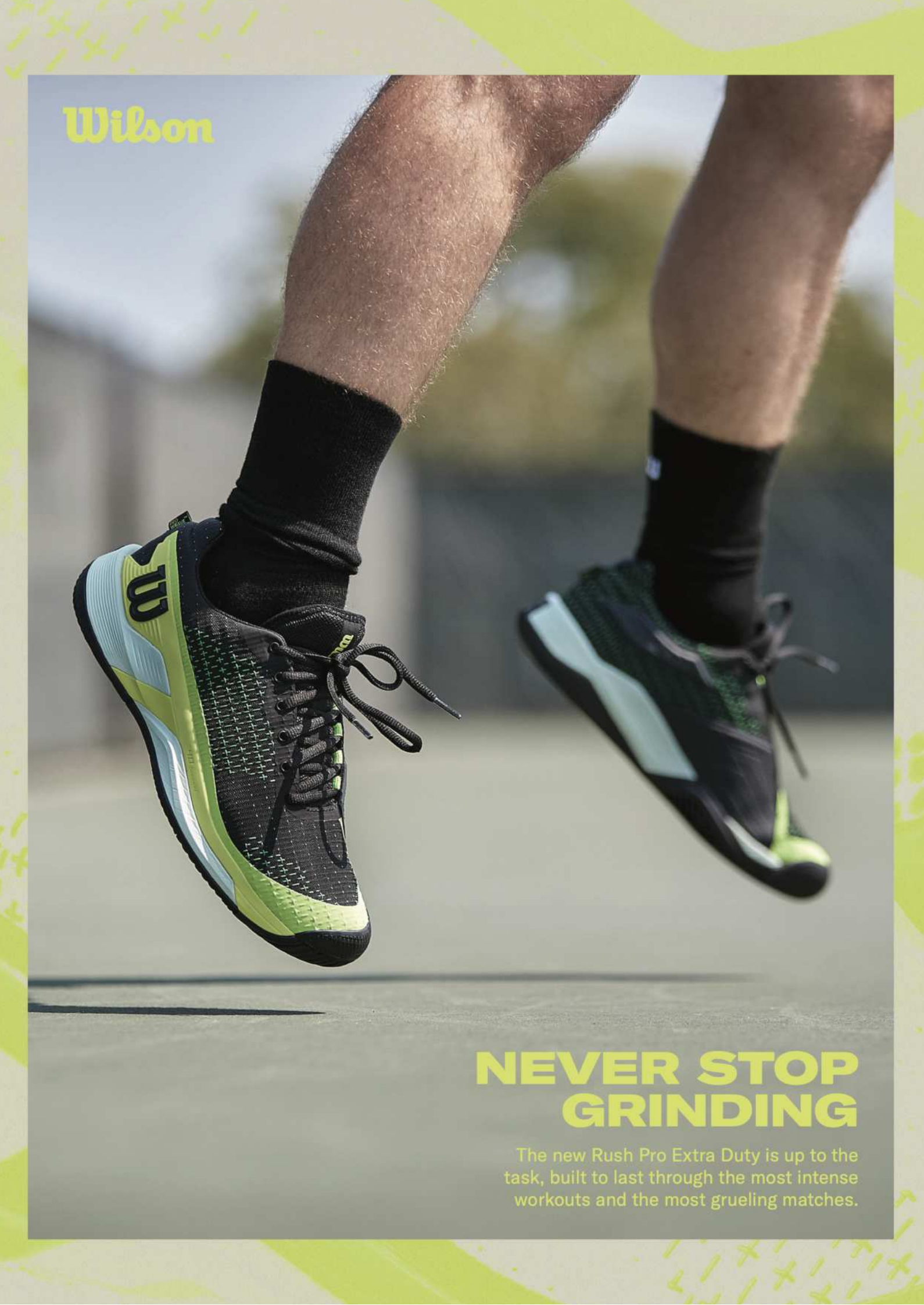
GRSA MANAGERS ON THE
HEAD
OFFICIAL STRINGING TEAM



GRSA
NO STRINGS ATTACHED



PROJECT UNITE NEPAL
UNDERWAY

A dynamic photograph of a person's legs running, wearing black Wilson Rush Pro Extra Duty sneakers with bright yellow accents. The background is a blurred outdoor setting. The entire image is framed by a yellow border with a pattern of small white plus signs.

Wilson

NEVER STOP GRINDING

The new Rush Pro Extra Duty is up to the task, built to last through the most intense workouts and the most grueling matches.

CONTENT

Section 1 - Tennis

Alcaraz takes Indian Wells for a 2nd time, Iga shows just how determined she is, Simona Halep returns but not everyone is happy about it. We look at some of the amazing achievements in the Wheelies. Emma and Team GB... plus some bees.

Section 2 - GRSA INTERNATIONAL

Managers and members integral parts of the official HEAD stringing team. GRSA NSA Project Unite Nepal is underway and an interesting Stringer Solution.

Section 3 - Squash

The standard open throat racket is the topic of Nick's conversation this month, squash news from around the world including a look at Squash57.

Section 4 - Padel

Premier Padel's second tournament, GNP Mexico P1 was a success and full of farewells.

Section 5 - Pickleball

Have you kept up to date with pickleball events near you? Pickleball the cause of the rise in sports related injuries.

Section 6 - Badminton

Badminton has been a busy place to be this month, so we've picked out some of the best bits for you.

GRSA *members have a number of benefits, some appear here in the magazine and online, check out our community.*

WINNING IN GEORGIA

Lizzy de Greef surged ahead with an impressive victory at the Georgia Open. She clinched her inaugural ITF 1 Series hard court title, elevating her alongside champions Alfie Hewett and Guy Sasson, who secured the singles trophies in a thrilling display of skill and determination.

De Greef's triumph in Georgia adds to her recent successes, including her stellar performance at the Catalonia Open where she claimed her maiden ITF 1 singles title. Dominating the court, she outshone her opponents once again, defeating Aniek van Koot in the quarter-finals and Xiaohui Li in a gripping semi-final encounter.

Facing off against fourth seed Dana Mathewson in the final, De Greef showcased her prowess, securing a convincing 6-3 6-4 victory to clinch her first singles title of the 2024 season. This remarkable achievement propels her to a career-best No.7 ranking, setting the stage for her campaign at the Cajun Classic.



Meanwhile, Xiaohui Li displayed formidable skills throughout the tournament, earning herself a career-high ranking of No. 13. Her standout performance included clinching her maiden women's doubles title alongside partner Zhenzhen Zhu, underscoring her versatility and talent on the court.

In the men's arena, Alfie Hewett delivered a masterclass performance, breaking Tokito Oda's formidable win streak to retain the men's title at the Georgia Open. Hewett's exceptional form was evident as he outplayed his opponents with precision and finesse, culminating in a decisive victory over Oda in the final.

Notably, Hewett's triumph marks a significant milestone, ending Oda's impressive streak and reaffirming his status as a formidable contender in the world of wheelchair tennis. With his sights set on further glory, Hewett's victory set the stage for an electrifying showdown at the Cajun Classic.



In the quad singles category, top seed Guy Sasson showcased his dominance, storming to victory with an impressive display of skill and determination. With a stellar record of 11 wins from 13 matches this season, Sasson's commanding performance was just a little sneak at what was to come in the Cajun Classic, but would it be a mirror image of success?

Sam Schroder highlighted his mental acuity as the pivotal factor in clinching his maiden Cajun Classic quad singles title on Sunday, while Alfie Hewett and Diede de Groot bolstered their title collections at the second Super Series event on the 2024 UNIQLO Wheelchair Tennis Tour in Baton Rouge.

Sam Schroder

Titles Won:

2024 - 3	Cajun Classic, Australian Open Melbourne Wheelchair Open
2023 - 2	US Open Championships Australian Open Championships
2022 - 6	NEC Wheelchair Singles Masters/ ITF Wheelchair Doubles Masters Daegu Open, Busan Open, Wimbledon, French Riviera Open Australian Open Wheelchair Championships



Reflecting on his victory over compatriot and world No.1 Niels Vink with a scoreline of: 6-3 4-6 6-3, Schroder attributed his success to his focus amidst the emotional ebbs and flows of the match. He emphasized the significance of maintaining concentration, a testament to the hard work put in during the offseason. Schroder's triumph extends his unbeaten streak to 12 matches and spans three tournaments in 2024.

Schroder's victory marked a significant turnaround from the previous year's encounter, where Vink emerged victorious in the Cajun Classic final. Displaying resilience and determination, Schroder secured crucial breaks to seal the win, showcasing his prowess on the court.

In the quad doubles category, a surprising early exit for Schroder and Vink paved the way for third seeds Andy Lapthorne and David Wagner to claim the title. The duo triumphed over the first-time Super Series finalists Guy Sasson and Ymanitu Silva, clinching victory with a score of 6-3 6-2.

Meanwhile, in the men's singles competition, Hewett continued his impressive form, securing consecutive victories over world No.1 Tokito Oda. Hewett's tenacity and skill were on full display as he clinched his fourth Cajun Classic title, adding to his already illustrious career achievements.

In the women's singles, De Groot showcased her mastery on the court, claiming her fourth Cajun Classic title with a hard-fought victory over Yui Kamiji. Despite facing stiff competition, De Groot's determination and skill shone through, securing her yet another triumph in Baton Rouge.

As the curtains draw on another thrilling chapter in wheelchair tennis, these athletes have once again demonstrated their outstanding commitment and talent on the global stage.





IT'S A DEUCE FOR IGA

Iga Swiatek clinched her second BNP Paribas Open championship in style, overpowering Maria Sakkari with a 6-4, 6-0 victory. The Polish sensation dominated the final, securing eight consecutive game wins on the day of the final to dismantle Sakkari's hopes for the second time in as many years at the prestigious Indian Wells tournament.

In the early exchanges, Swiatek asserted her dominance, claiming 12 out of the first 15 points. However, the opening set remained fiercely contested. Sakkari, the No. 9 seed, rallied from a 0-30 deficit in the fourth game, stringing together three consecutive wins to level the score at 3-3. But when the set reached a critical juncture at 4-4, the world No. 1 elevated her game to another level.

As the match unfolded, Swiatek relentlessly dismantled Sakkari's serve, breaking her opponent five times in total. The second set showcased Swiatek's brilliance, as she dropped a mere five points en route to victory. Her 15 winners across the match exemplified her dominance, securing her 12th consecutive set win in her quest for the BNP Paribas Open title. Impressively, she surrendered just 21 games throughout the tournament.



Reflecting on her achievement, Swiatek expressed her elation: "I'm really proud of myself. Even though the scores may suggest otherwise, this tournament wasn't a walk in the park from start to finish. I had to battle and improve along the way. The last two matches boosted my confidence significantly."

Swiatek also acknowledged the challenges posed by her opponents. "At the beginning of the tournament, luck wasn't entirely on my side with the draw," she revealed. "Facing opponents like Linda Noskova, whom I had previously struggled against, tested my mettle. And then there was the encounter with Caroline Wozniacki, a player I hadn't faced in a while. Navigating through these high-pressure situations required mental fortitude."

The clash between Sakkari and Swiatek marked a historic moment. They became the third pair of players to meet in multiple Indian Wells finals, joining the esteemed company of Martina Hingis and Lindsay Davenport (1998, 2000) and Kim Clijsters and Lindsay Davenport (2003, 2005). The Indian Wells courts witnessed a battle of champions, and Swiatek emerged triumphant, etching her name in tennis history once more.



TALENT
COURAGE
Desire



CONG
RATULA
TIONS



IGA SWIATEK



Carlos Alcaraz Successfully Defends Indian Wells Title in Thrilling Brain Game Final

2024

Indian Wells, California — In a high-stakes showdown that had tennis fans on the edge of their seats, Carlos Alcaraz emerged victorious, successfully defending his BNP Paribas Open title against the formidable Daniil Medvedev. The 20-year-old Spaniard showcased his mental fortitude and electrifying shotmaking in a brain game final that left spectators in awe.

The Battle Unfolds

The stage was set at the Indian Wells Tennis Garden, where Alcaraz and Medvedev clashed in a rematch of last year's final. Alcaraz, the No. 2 player in the PIF ATP Rankings, faced an early deficit as Medvedev broke in his first return game. The Russian looked confident, while Alcaraz struggled with uncharacteristic unforced errors.

But Alcaraz, known for his incredible athleticism and fearless play, refused to back down. He clawed his way back into the match, leveling the score at 3-3. A sensational forehand passing shot signaled a turning point, and the message was clear: **Game on!**



The Brain Game

The rallies were intense, sneakers squeaking on the court as both players changed directions swiftly. Alcaraz's forehand became the weapon of choice, extracting errors from Medvedev. In the second set, Alcaraz hit 30 forehands, committing just two errors and forcing five from his opponent. Four of those errors were Medvedev's forehands, a testament to Alcaraz's precision and strategy.

A Familiar Victory

The final scoreline read 7-6 (5), 6-1 in favour of Alcaraz. His relentless pursuit of every point, combined with his unwavering mental strength, secured his second consecutive Indian Wells title. The crowd erupted in applause as Alcaraz raised the trophy, cementing his status as one of tennis's rising stars.

Record-Breaking Attendance: The tournament drew 493,440 fans over two weeks, peaking on Saturday, March 9 with 40,805 attendees during the day session and 15,483 at night.

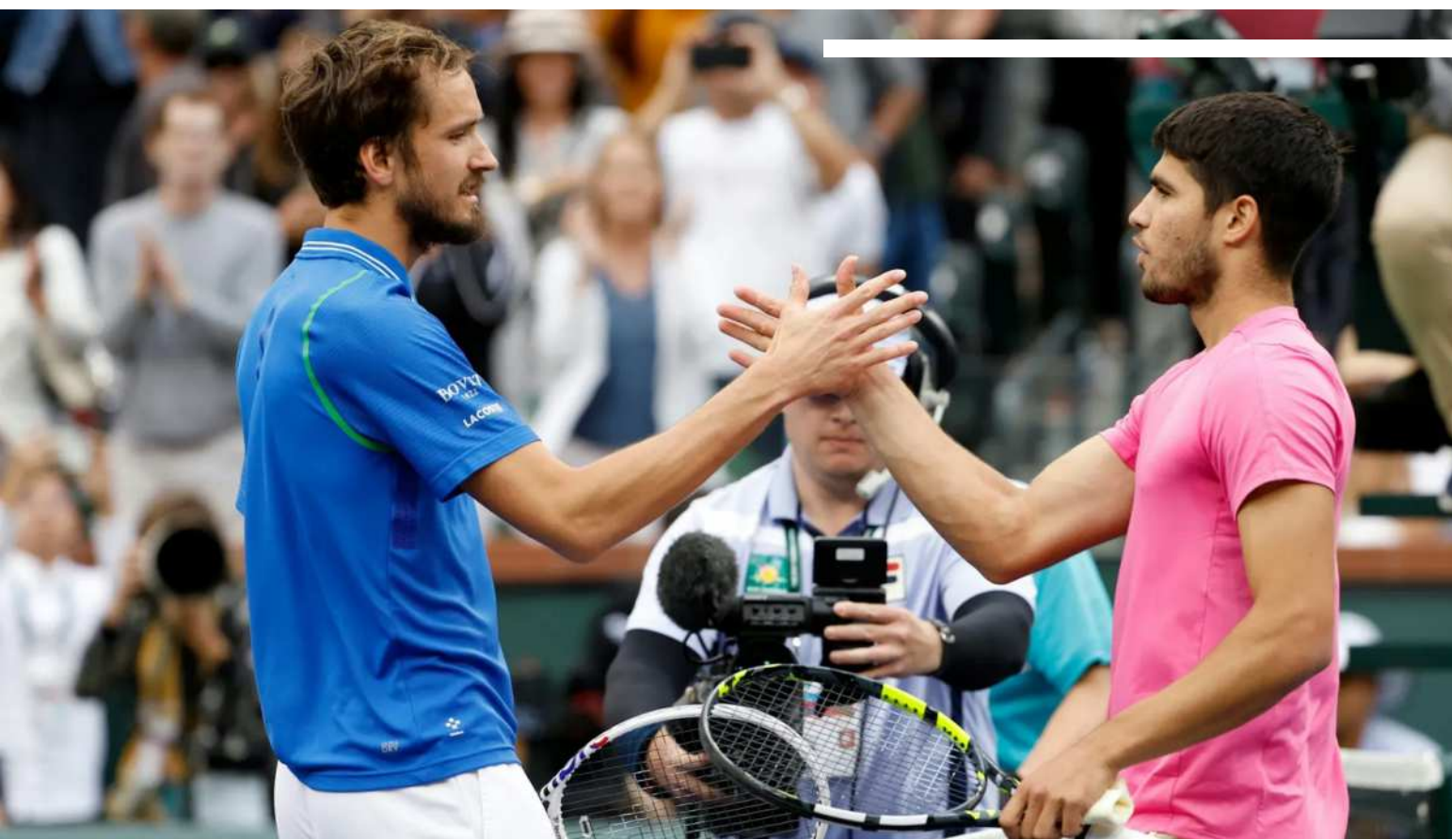
Medvedev's Quest

For Daniil Medvedev, the Indian Wells trophy remains elusive. Despite his six previous ATP Masters 1000 titles, this Californian event has yet to bear his name. The 28-year-old Russian will undoubtedly continue his pursuit, aiming to conquer the desert courts in the future.

Celebrities in Attendance

The Indian Wells final drew a star-studded audience, with celebrities like Zendaya, Tom Holland, Charlize Theron, and Maria Sharapova witnessing the gripping battle. The tennis paradise buzzed with excitement as Alcaraz and Medvedev engaged in a brain game that will be etched in tennis history.

As the sun set over the California desert, Carlos Alcaraz stood tall, his forehand echoing through the courts. With this victory, he not only defended his title but also ascended to the pinnacle of the tennis world. The brain game had a clear winner, and his name is Carlos Alcaraz.



EMMA BACK WITH TEAM GB

Former US Open victor Emma Raducanu has been included in Great Britain's roster to confront France in the preliminary round of the 2024 Billie Jean King Cup.

Raducanu, aged 21, joins British top seed Katie Boulter, Harriet Dart, and Heather Watson in what skipper Anne Keothavong describes as a "full-strength squad".

France will host the event from 12-13 April following their triumph over Keothavong's squad in Coventry last year.

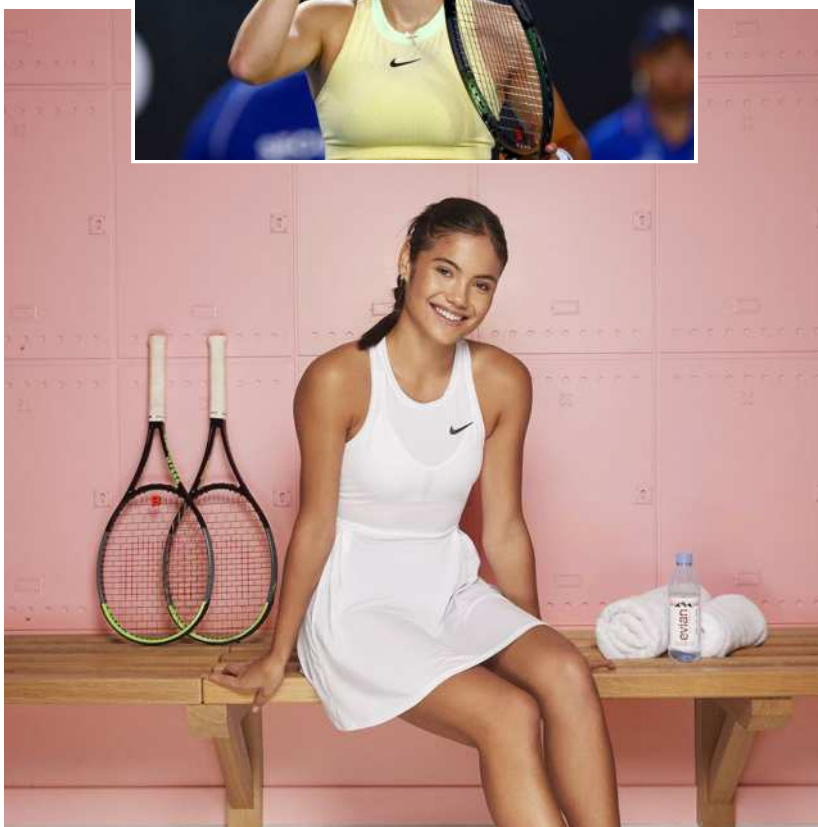
Keothavong emphasized that GB is "growing stronger and improving".

She conveyed to the LTA website, "I'm thrilled to be traveling with a fully equipped team following some outstanding recent performances.

"The French contingent will pose a considerable challenge as usual, but we're all aware of how representing GB ignites our spirits."

GB secured their spot in this year's qualifiers with a 3-1 playoff victory against Sweden in November.

The victor of the best-of-five encounter will advance to the Billie Jean King Cup Finals later this year, while the defeated team will vie in the playoffs.



Great Britain and France have encountered each other on four occasions in the tournament's annals, with both sides clinching two triumphs apiece.

Raducanu is persisting with her resurgence after a season plagued by injuries in 2023 - her most recent match culminated in a straight-set loss in the third round at Indian Wells on Tuesday.

Meanwhile, Boulter, aged 27, clinched her inaugural WTA 500 crown earlier this month after rallying from a set down to vanquish Marta Kostyuk in the San Diego Open final.

FUNNY BEEEEEEZNIS



Lance Davis, bee keeper removing the swarm during the match

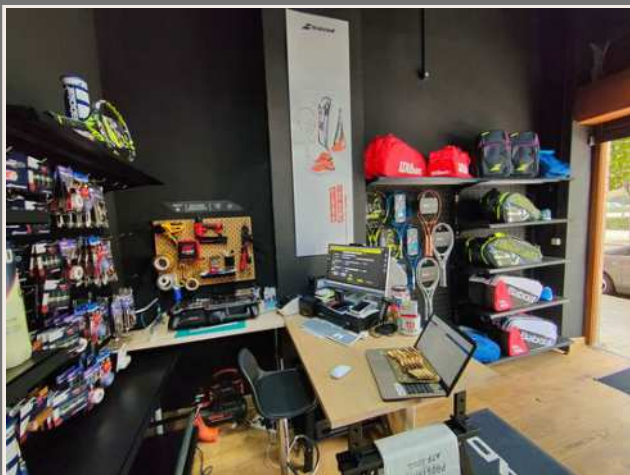


There were quite a few opinions about the incident, but one thing is for sure, the match between Carlos and Zverev might not be remembered for the tennis, but for the swarm of bees that halted the match for nearly two hours.

There were some jokes from Alexander as his side of the court was clear, but Carlos on the other hand showed some signs of his phobia to bees as he was reluctant to re-start.

Bill Gates and tournament owner Larry Ellison looked on in amusement as the spectacle became one of the talking points of the quarter finals, the main reason speculated for the swarm being, that they just needed a rest and chose the spider camera as the ideal place.

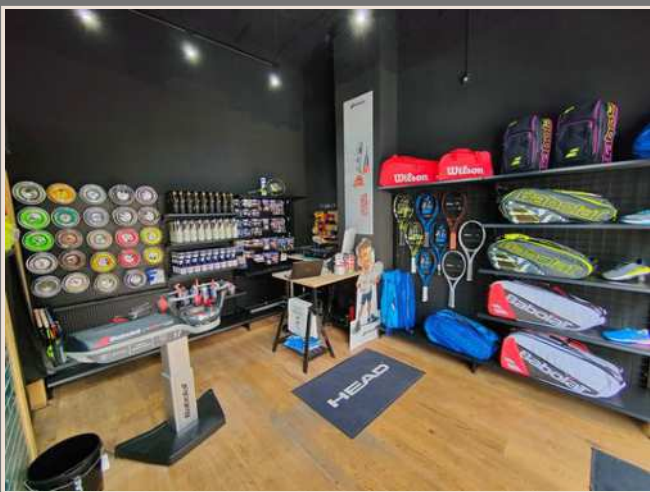
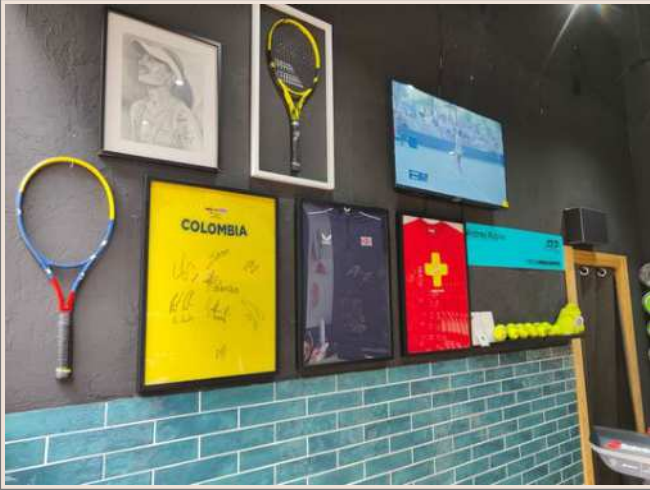
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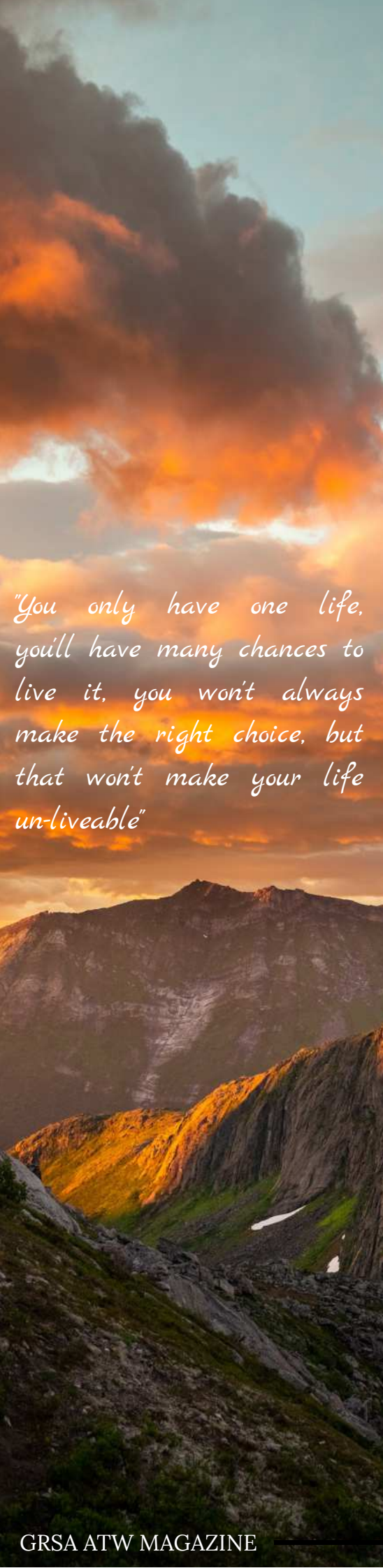
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Second Chances

It's nothing new, people making poor choices in life or being on the other end of some unjust decisions. The sporting world has seen their fair share of stars being in this situation, having to pay a heavy price.

Being banned from any sport is a humiliating scenario for any professional, but is the walk of shame after even worse?

What's meant by the walk of shame is, when a professional finally gets to come back, to return to do what they love doing, competing, proving their ability and in some cases, defying the odds and critics who said they wouldn't be back.

Second chances are rare in some sports, but there has been recent questions as to the type of chance people should get. Should people be limited to their options, should they be treated differently to other competitors?

In tennis for example, after the news of Simona Halep coming back from her ban after being cleared of wrongdoing, Caroline Wozniacki says she doesn't believe players should be awarded wildcards after testing positive for doping.

But here's the thing, if someone made that choice back in the day, or they were wrongly prosecuted, if they were rightfully or wrongfully punished and they have served their ban, why should a tournament not be allowed to give them a wild card, invitation or similar? Surely that's at the discretion of the tournament and governing bodies?

Why do some people see it as unfair if that person has already "served their time"? When it comes to second chances, it's tough enough to shake off the bad press without being reminded constantly of something they may or may not have done wrong, and yes, there are exceptions, but in this day and age, we should be encouraging people to fight back, to return and help educate people about those things that got them banned, and at the same time, allow them a chance to redeem themselves if it were the case.

"You only have one life, you'll have many chances to live it, you won't always make the right choice, but that won't make your life un-liveable"

MSV TENNIS



Mauve Sports

MSV is a small, independent, German family business that has successfully established itself in the market as string and grip suppliers in 50 countries worldwide. The company also offers other products such as Tutor tennis ball machines, the MSV MiniSTT String Tension Tester device and the MSV Tennis Pointer as a training tool.



DONNAY RACKETS - EXCLUSIVE TO GERMANY

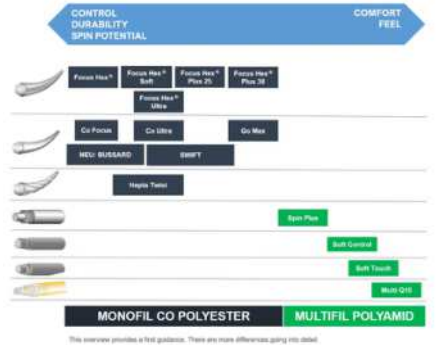
Did you know that MSV are exclusive distributors of Donnay rackets. If you're an avid Donnay user then check out the website to find the best prices on Donnay Rackets, including the Allwood Octa 102 Tennis Racket.

The DONNAY Allwood Octa 102 tennis racket is best suited for all players who need a very high level of arm protection without wanting to sacrifice very good control and manoeuvrability. The flexible frame is very forgiving and supports a sensitive game.

Founded in 2000 by Dr Karl Eberhard and his wife Brigitte Mauve. Carl Philipp Mauve, has been the managing partner since 2014, with the commitment to providing attentive customer service as he feels "this is the key to a successful business".

The goal of this well oiled machine is not only to give exceptional customer service, but to provide quality product without the high-end price tag. So, you won't see famous players plastered over their packaging as they feel this really does not send the right message. You won't see them boasting about making their own strings, they don't, but what they do is make sure they have found the best materials on the market by using independent and recognised institutions that are not paid by the big companies to talk well about their products.

If you're looking for alternatives in strings, grips and accessories, MSV have a wide range of materials on their website. Look out for some great features in the coming months as MSV team up with GRSA.





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In the Room

With Richard Parnell

Stringer's hands

This month's thoughts, in the room, are to do with the all-important stringer's hands.

However good or experienced we are, we are only ever as good as our hands will let us be. By looking after our hands, we are investing in our stringing future. When I talk about protecting our hands, I am also including the nails.

The main part of protecting the hands is using the stringing technique that puts the least stress on the hands. This can be achieved by the way weaving is performed or how the string is pulled through. There is no correct way of weaving, and everyone does it slightly differently whether they pull or push the string. The fastest way of weaving is normally accepted as being the "pulling the string towards you" method. This pulling method is also quite easy on the hands.

Pushing the string away from you is considered slower and can put more stress on the hands depending on the technique used. Some stringers will find the "pushing" method easier on their hands and for this reason, there is no hard and fast rule. It all depends on what is easiest for you.

GRSA recommends mastering at least 2 different techniques, so that either one can be used when needed. I have suffered an injury, in the past, that got infected during a tournament which meant I had to change my technique and it was only because I had mastered two techniques that I was able to carry on being a productive member of the team.

Nails are often an overlooked part of hand care. The nails should never be cut too short as this will create a problem with the weaving and also leave the skin around the nail open to wear and damage. Short is good, but not too short.

Keeping the hands moisturized is all important when trying to avoid dry and cracked skin. A decent moisturising cream used morning and night should help with this.

Be part of the change.

Please send any thoughts to: online@grsa-international.com

Promote positivity and your expertise will shine brighter.

FUN FACTS

"Sportsmanship for me is when a guy walks off the court and you really can't tell whether he won or lost, when he carries himself with pride either way."

JIM COURIER

1 **Q. How far do squash players run in a match?**

During a professional squash match, an athlete typically covers an average distance of 2.5 kilometers. Conversely, most amateur players run approximately 1.5 kilometers throughout a match. However, professional players have been known to traverse up to 4 kilometers during a single match. Moreover, in training sessions, pro squash athletes often run as much as 10 kilometers per day.

2 **Q. How do Points work in squash?**

In squash, the point-a-rally rules dictate that winning a rally earns you a point, unlike sports such as volleyball where points are gained through serving. Previously, the game was played to 9 points, and points could only be won with your service. However, currently, all points are scored under the point-a-rally system.

3 **Q. Why do squash players touch the wall?**

Squash players rely on touch as a sensory cue during matches. For instance, it's common to see players wiping their hands on the walls. This action serves as a reminder that they are on a squash court, helping them stay present and focused, while blocking out distractions from past events or external surroundings.

4 **Q. Is playing squash good for tennis?**

In regards to fitness, footwork, explosiveness, and overall racket awareness, squash excels. However, it's advised not to let its technique influence your tennis game. Conversely, if someone opts for another racket sport instead of tennis, it could potentially impact their tennis skills.



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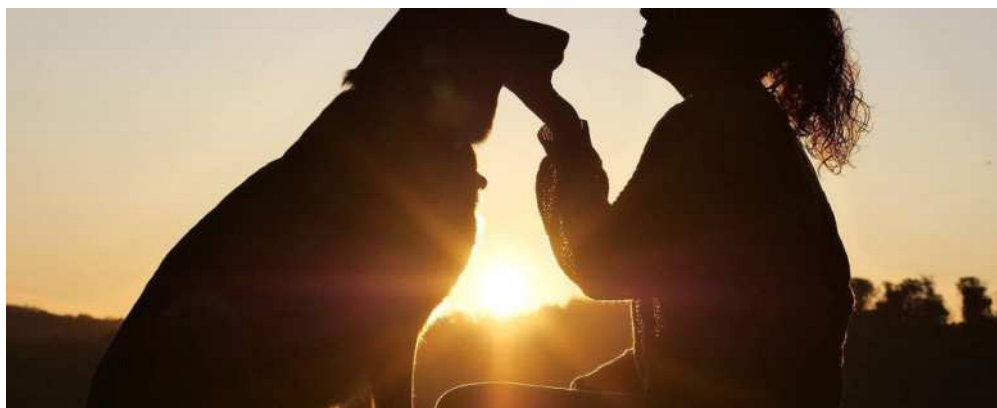


ADOPTAS.ORG

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.



Check out their new-look website, but more importantly, see the animals they are looking after and helping re-home, you might find the one!

Stringer Solutions

with Richard Parnell

TOP
TIP

Stay Relevant

What is the number one reason to join a professional stringing team?
Your colleagues.

In a professional stringing team, there is a wealth of knowledge that is more often than not, there for the taking. How else will you learn new techniques? A new type of knot, a new way of weaving, a new way of starting the mains? These are all parts of the stringing process that can vary from stringer to stringer. The fact that you are going to be in the room with some seriously talented stringers invites learning.

Often, a stringer might think that the best part of joining a Tour stringing team is the mingling with the players and seeing some top notch tennis. Anyone who wants to be the best they can be, will spend the entire time at the event watching and asking their colleagues, in other words, being a sponge. There is so much experience to be soaked up, there won't be enough hours in the day. Don't get me wrong, it is a great opportunity to see some world class athletes use the equipment that you have prepared for them. Their win often feels like a small win for the stringer as well, so enjoy the experience.

Be a sponge!!

Remember – The difference is in the small details.

Any personal tips to help your fellow stringers? Let us know and get them published in the Stringer Solutions part of the GRSA ATW Magazine

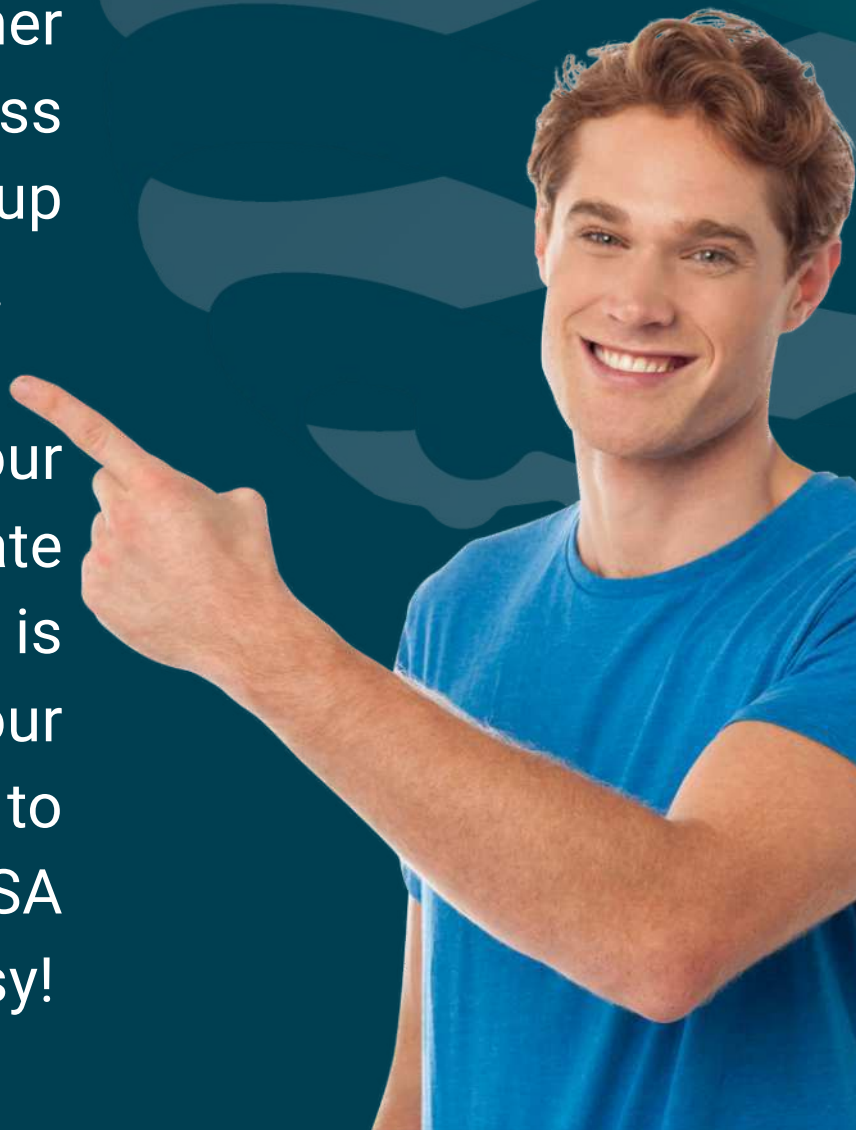
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Q. What do I need to do to get my GRSA certificate?

A. Join GRSA International, take either the personal or business membership or sign-up for one of the courses.

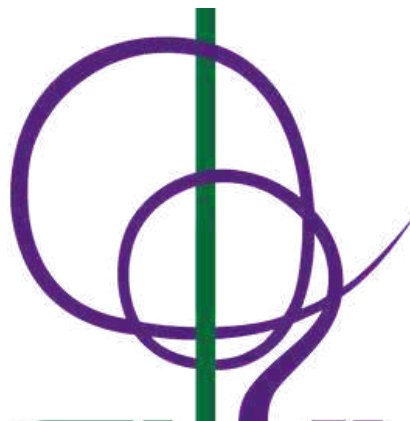
We'll send you your membership certificate and all you need to do is send us a picture of your existing certification to receive the GRSA equivalent, it's that easy!





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This helps people around the world find a stringer close to them and knowing that you're GRSA certified will make all the difference to them when choosing a trusted professional.



Thanks to **Martin Mann**, GRSA MANAGER
for some of his memories from Indian Wells
Official **HEAD** Stringing Team 2024





Edwin Gruijs: „Op mijn dertiende bespande ik al mijn eigen rackets.“

ARCHIEFFOTO

Doorbeulen in Indian Wells, Edwin Gruijs geniet ervan

Tijmen Lensink

Zaandam ■ Het racket dat Tallon Griekspoor uit pure frustratie aan gort sloeg tijdens zijn verloren derde ronde in Indian Wells tegen Alexander Zverev, zou zomaar eens kunnen zijn bespannen door Edwin Gruijs. De 6-jarige Zaandammer verbleef afgelopen week in de Californische woestijn om de rackets van verscheidene wereldtoppers van de juiste snaren te voorzien.

Het Masters 1000-toernooi van Indian Wells geldt na de grand slams als belangrijkste op de tenniskalender. Gruijs twijfelde dan ook geen seconde toen de vraag kwam of hij daar aan de slag wilde. De Zaandammer genoot met volle teugen. „Het was megadruck. Het wordt niet voor niets het vijfde grand slam genoemd. We werkten twaalf à dertien uur per dag.“

Met tien collega's probeerde Gruijs zo goed mogelijk aan de wensen van de spelers te voldoen. Graag had hij zelf als tennisser de top bereikt, maar daarvoor kwam hij te kort. Inmiddels behoort hij al jaren als bespanner tot de wereldtop. „In Nederland behoort ik tot de top vijf en in de wereld bij de beste honderd.“

Zaandammer is wereldtop in bespannen rackets

Op mijn dertiende bespande ik al mijn eigen rackets. Sindsdien heb ik allerlei trainingen gevolgd. Sinds tien jaar zit ik op dit niveau.“

De afgelopen jaren deed hij namens een groot racketmerk verscheidene grote toernooien aan, onder meer de Australian Open. „Ik

vind het mooi om onder druk te werken. Afgelopen week knapte er een snaar toen ik op driekwart van de bespanning zat. Ik was een kwartier kwijt, tijd die moest worden ingehaald. Tegen die druk moet je kunnen, en dat kan ik. Als er in één keer tweehonderdvijftig rackets worden binnengebracht, kun je helemaal gek worden, maar dat doen wij niet. Dan gaan we gewoon door. Je moet dit werk wel echt leuk vinden. Het is doorbeulen.“

In de Verenigde Staten kreeg de oud-speler van LTVZ en De Gouw zo'n 35 rackets per dag onder handen. Even uitpuffen zit er niet in nu hij terug is in Nederland. In de racketwinkel van Kadoelen, bij de club bespant Gruijs en geeft hij tennissen, gaat het werk door. Met het voorjaar in aantocht willen veel amateurs met een vers racket op de baan verschijnen. „Dan is het een gekkenhuis. In Nederland lagen een heleboel rackets op mij te wachten.“



GRSA member **Edwin Gruijs**, featured above in local press and part of the Official **HEAD** Stringing Team 2024





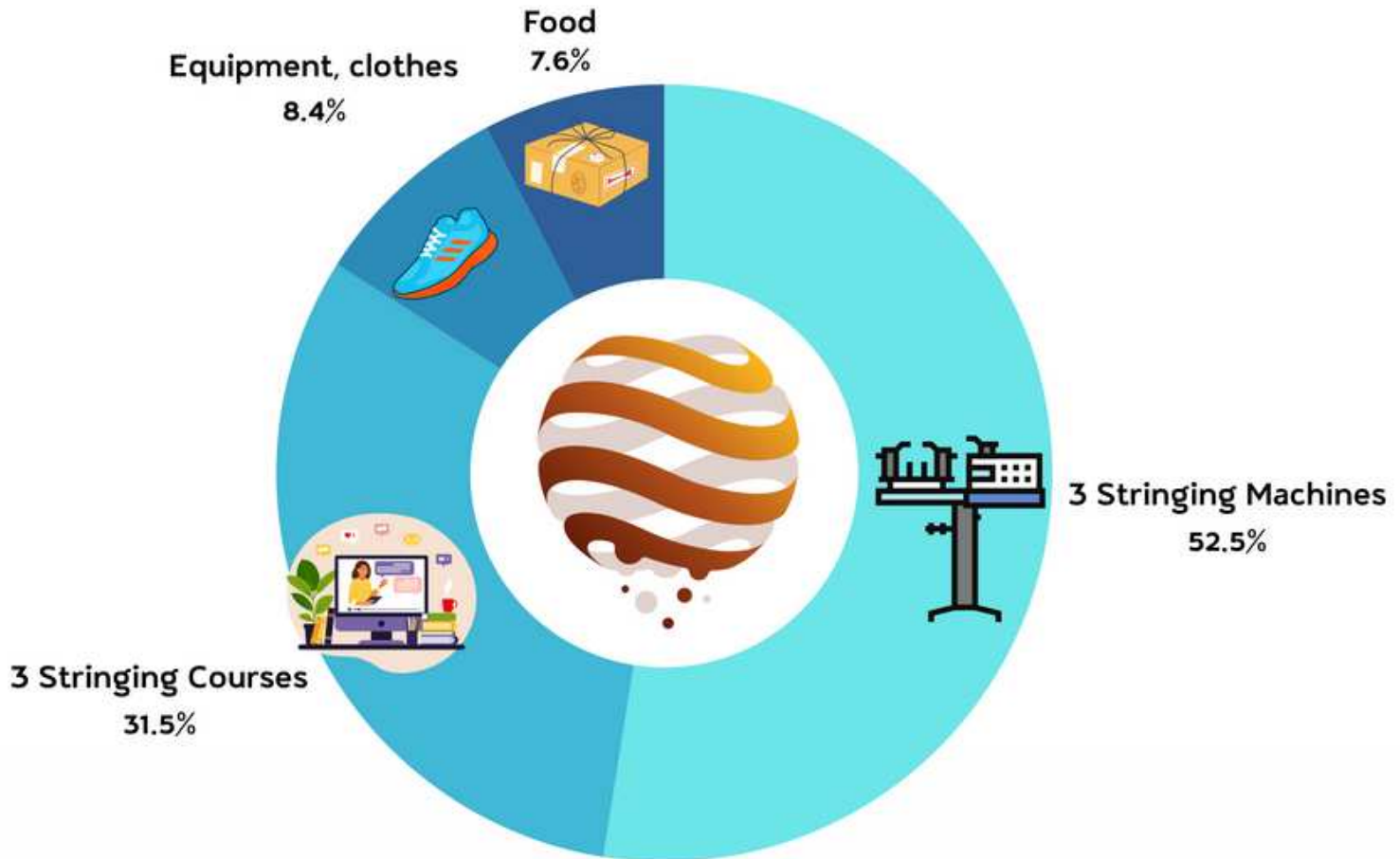
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NICK DOWN
Talks

Standard Open-Throat Squash Racket

Having covered all the patterns on the non-standard list of squash rackets, this month I have turned to a typical open-throat racket that is standard.

Most, if not all, manufacturers have a standard open-throat racket. They normally have 14 mains that start at the throat and finish at the head. This type of racket is very common and makes up about 25 percent of the market.

The one that will feature in this report is the Ashaway Venom X Flash. It has 14 mains and 18 cross strings.

It is normal to string this type of racket with one piece of string, therefore, with only two knots.

Normally, the stringer will designate the left side as the short side, as I usually do, but it will work out the other way too.

This type of racket is often incorrectly labelled as a closed-throat racket, this is frequently seen on many websites whereby less experienced people have inherited incorrect information. My view is that it can be quite simple, in a lot of cases. This type of racket has a shaft that splits in two and there is a bridge that holds the string, leaving a hole below the bridge, the size of the hole can vary and some of the open-throat rackets with smaller holes may require around the world (ATW) stringing if one-piece stringing is still to be used. If a racket has mains that finish at the throat, ATW should be used if stringing with 1 piece of string.

The standard open-throat racket, normally is typified by having a smaller head and greater control due to having two points where the head meets the shaft. This type of racket was sometimes called the pro shape, due to the level of control afforded to its user.



Nick's Nugget

**Keep a sharp tip, all the time,
to assist with threading and
ultimately, getting faster.**

This shape was, widely used by professional players. Some still use it, but it is seen less these days. With the wider use of mono-shafted rackets with long strings, the use of open-throat standard rackets has dropped to about 25 percent, which is still substantial.

Instructions:-

(Top 2 crosses on short side, long side starts from cross no.3 and then down).

LT1 to LH1, RT1 to RH1

RH1 to RH2, RH2 to RT2

RT2 to RT3, RT3 to RH3.

LH1 to LH2, LH2 to LT2, LT2 to LT3, LT3 to LH3, LH3 to LH4, LH4 to LT4, LT4 to LT5, LT5 to LH5, LH5 to LH6, LH6 to LT7, RH3 to RH4, RH4 to RT4, RT4 to RT5, RT5 to RH5, RH5 to RH6, RH6 to RT7, RT7 to RT9, RT9 to RH8, LT7 to LT9, LT9 to LH8.

(Crosses)

LH8 to LH9

LH9 to RH9

RH9 to RH7

RH7 to LH7

LH7 to LH5 and tie-off.

RH8 to RH10

RH10 to LH10

15 more crosses

Last cross is:-

LT6 to RT6

RT6 to RT7 and tie-off.



NEXT MONTH: The Standard Closed-Throat Racket.

Number of World Squash Coaching courses increases by 62%

Squash continues to captivate players and enthusiasts worldwide. As the game evolves, so does the need for skilled coaches who can nurture talent, refine techniques, and inspire the next generation of squash stars. In a recent development, the World Squash Federation (WSF) has reported a remarkable 62% increase in the number of world squash coaching courses. Let's delve into the details of this exciting trend.

The Surge in Coaching Courses

The WSF, committed to promoting and advancing squash globally, recognizes the pivotal role of coaches in shaping the sport's future. Their efforts to expand coaching opportunities have yielded impressive results. Over the past year, the WSF has organized a diverse range of coaching courses, catering to beginners, intermediate players, and seasoned professionals alike.

Empowering Coaches: these coaching courses cover a wide spectrum of topics, including:

- Technical Skills: Coaches delve into the intricacies of grip, swing, footwork, and shot selection.
- Tactical Strategies: Understanding game patterns, court positioning, and match management.
- Player Psychology: Motivating athletes, building resilience, and fostering a positive mindset.
- Fitness and Conditioning: Enhancing players' physical endurance and agility.
- Youth Development: Nurturing young talent and instilling a love for the game.

The surge in coaching courses isn't limited to a specific region. Squash enthusiasts from Asia, Europe, North America, and beyond have participated in these educational initiatives. The WSF's commitment to inclusivity ensures that coaches from diverse backgrounds receive the necessary tools to excel.

Benefits for Players: As the coaching community grows, players reap the rewards. Well-trained coaches elevate the overall squash experience by:

- Fine-Tuning Techniques: Players receive personalized guidance to enhance their skills.
- Strategic Insights: Coaches help players read opponents, adapt tactics, and seize crucial moments.
- Injury Prevention: Proper coaching minimizes the risk of injuries and ensures safe play.
- Mental Resilience: Coaches foster mental toughness, critical for high-pressure matches.

Looking Ahead

The WSF's commitment to coaching excellence bodes well for squash's future. As more coaches gain expertise, the sport will thrive at all levels. Whether you're a player, a parent, or an aspiring coach, celebrate this surge in coaching courses—it's a testament to squash's enduring appeal.

"Squash57 is a perfect complement to Squash" says Ignacio Sabate

In a country where racquetball reigns supreme, one coach has been applying “empathetic coaching” to introduce a sport that seamlessly complements traditional squash. Ignacio Sabate, a visionary in the world of racquet sports, sheds light on the rising phenomenon known as Squash57 (SQ57).

What Is Squash57?

SQ57, also referred to as Squash 57, has been in existence since the mid-80s. Rebranded in 2016, it is now played in over 40 countries, according to the World Squash Federation’s 2020 annual survey. The heart of SQ57 lies in its unique blend of elements from squash, racquetball, and other racquet sports.

How Does SQ57 Differ from Traditional Squash?

- Equipment: SQ57 is played on a standard squash court using racquetball rackets and a ball similar in size to a racquetball ball but with less bounce.
- Intensity: While less technically demanding than squash, SQ57 offers equally aerobic gameplay with longer rallies and more smiles.

Appeal: SQ57 caters to a diverse audience, from grassroots juniors to seasoned squash players like Nick Matthew, Daryl Selby, Sarah-Jane Perry, and Peter Nicol.

Financial and Social Benefits

For squash facilities, adopting SQ57 makes financial sense:

No Incremental Outlay:

- SQ57 requires no additional investment in equipment.
- Increased Court Bookings: SQ57 attracts new demographics, extending playing careers for existing players.
- Initiatives by the SQ57 Commission

The WSF’s SQ57 Commission is actively working on several initiatives:

- Balls: Ensuring high-quality equipment by partnering with ball manufacturers.
- Coaches: Developing a SQ57 coaching framework to grow and maintain participation levels.
- Referees: Collaborating with the World Squash Officiating Commission to establish SQ57 refereeing standards.



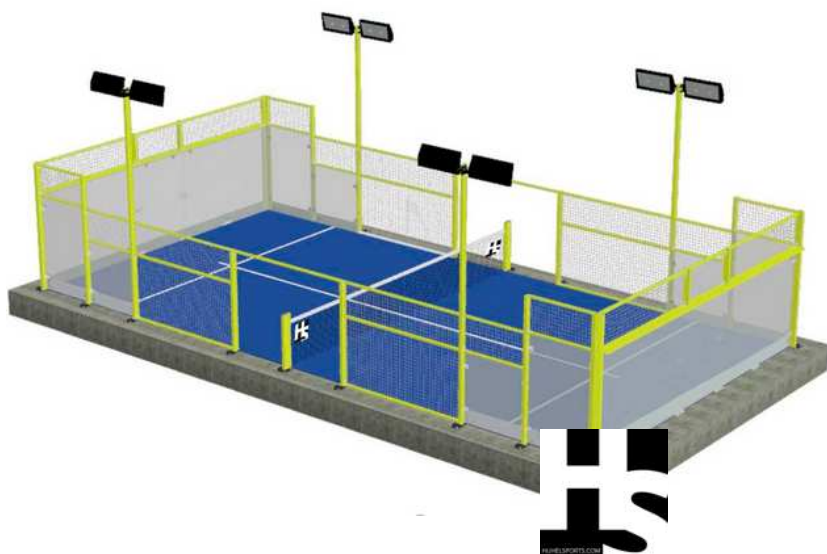
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Premier Padel touches down in Acapulco to hold the third tournament of the year so far. A tournament that saw the last appearance of Lebrón and Galán as a pair.

Pointing System

This tournament is a P1 event set in Acapulco, champions will earn 1,000 ranking points, which is tighter than ever. Finalists notch-up 600 points, semifinalists take 300, with quarterfinalists still able to take away 160.

The Top 4

Lebrón and Galán get their farewell. Considering what happened with Qatar and Madrid's decision, the GNP Mexico P1 is set to be their 'Last Dance', a fitting finale for what can only be described as the best paring ever in the sport. But who are the top 4 this tournament?

- 1- Coello-Tapia
- 2- Lebrón-Galán
- 3- Stupa-Di Nenno
- 4- Paquito-Sanyo

- 1- Josemaría-Sánchez
- 2- González-Brea
- 3- Triay-Fernández
- 4- Ortega-Virseda



Where Could You Watch? - TV?

The early rounds of the tournament were being shown on Premier Padel's YouTube channel. The quarterfinals was the starting point, after that, the GNP Mexico P1 was limited to the Red Bull TV app.

Prize Money

The victors of this competition took home €25,000 (per player), finalists collected €12,500 for their efforts, and semifinalists pocketed €6,875, that's not all though, quarterfinalists took home a piece of the action with €4,063 reaching their accounts.

The Last for Many

Mexico's spectacle was a flurry of farewells. It was Lebrón and Galán's last tournament together, Tello and Álex Ruiz called it a day, Lucho Capra and Fernando Belasteguín part ways, Sanyo Gutiérrez and Paquito Navarro are done, so are Federico Chingotto and Momo González.

In a dazzling display of skill and resilience, Acapulco emerged victorious after the tumultuous Hurricane Otis. The **GNP Mexico P1** witnessed a confirmation and a historic first-time win, leaving fans breathless and hearts pounding.

The men's final commenced with a poignant moment—a solemn tribute to the late Carles Prat, a passionate journalist who dedicated his life to padel. Arturo Coello and Agustin Tapia stepped onto the court, ready to etch their names in history. Their opponents, Juan Lebron and Ale Galan, were no strangers to the spotlight, but destiny had other plans.

The opening set unfolded like a masterstroke—Coello and Tapia swept it 6-0 in a mere 17 minutes. The second set, though more closely contested, still favoured the dynamic duo, closing at 6-0, 6-4 in just 53 minutes. With this resounding victory, Coello and Tapia secured their second title of 2024, following their triumph at the Ooredoo Qatar Major in Doha.

In a touching gesture, Tapia dedicated their win to Carles Prat, acknowledging the journalist's immense contribution to the sport. Coello, too, pledged 10% of his prize money to the Todos Somos Acapulco foundation, honouring both their opponents and the spirit of the game. Lebron and Galan, parting ways after the P2 in Puerto Cabello, received heartfelt gratitude from Coello: "Playing against them made us better. Congratulations on their journey together, and may individual success await them."

Jessica Castelló and Claudia Jensen scripted their own fairy tale in the women's tournament. Their path to victory was paved with determination, grit, and electrifying performances. Facing off against Virginia Riera and Sofia Araujo, they delivered a mesmerising duel that lasted one hour and 47 minutes.

The scoreboard reflected their dominance—6-3, 6-4 in favour of Castelló and Jensen. Throughout the week, they had conquered formidable opponents, including Gemma Triay and Claudia Fernandez in the quarters and Delfi Brea and Bea Gonzalez in the semifinals. Their post-match emotions transcended words, culminating in a heartfelt embrace with their team.

Jessica Castelló, a force to be reckoned with, shared her father's wisdom: "You don't have to play finals well; you have to win them." These words echoed through the courts, a beacon of inspiration for all aspiring champions. Castelló's resolve and unwavering focus propelled her to victory, etching her name in the annals of padel history.

At a tender age of not even 19, Claudia Jensen etched her name in the Premier Padel tournament's hall of fame. Their first final was a nerve-wracking experience, yet Jensen's youthful determination prevailed. "We entered the court a bit nervous," she confessed, "but then we brought out our best." Her meteoric rise to glory left spectators in awe, proving that age is no barrier to greatness.

 **Acapulco's legacy continues, fueled by passion and resilience!** 

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The pickleball event calendar is filling up, we try to bring a few different options when it comes to competitions, if you'd like more information, use the link in the logo below for more dates & venues.

The Hague Open 2024**EID:** 1442 **PRICE** EUR 35**Organizer:** Pickleball Den Haag**EVENT - TOURNAMENT****Starting:** June 08, 2024 to June 08, 2024**City:** mr, Meester P. Droogleever Fortuynweg 22, 2533 SR Den Haag, Netherlands**Home Club:** Pickleball Den Haag**Registration Deadline:** June 02, 2024 (OPEN)**Tier Level:** 1**The Longest Day Pickleball Fundraiser****EID:** 1481 **PRICE** USD 50**Organizer:** Martin Herman**EVENT - TOURNAMENT****Starting:** June 01, 2024 to June 02, 2024**City:** Tupelo, MS, USA**Home Club:** Tupelo Area Pickleball**Registration Deadline:** May 29, 2024 (OPEN)**Tier Level:** 1**International pickleball championships in Rome (Italy) - 3rd edition****EID:** 1261 **PRICE** EUR 42**Organizer:** Marcello Molinari**EVENT - TOURNAMENT****Starting:** May 10, 2024 to May 12, 2024**City:** 00044 Frascati RM, Italia**Home Club:** New Country Club - Pickleballroma**Registration Deadline:** May 05, 2024 (OPEN)**Tier Level:** 3**MORE
INFO**

Upsets Come Raining Down in Austin as ALW & Parenteau Take First Ever L

The PPA Austin Open at Elevation Athletic Club in Lakeway, Texas, witnessed a weekend (and Monday) filled with drama both in the skies and on the Pickleball courts. Let's dive into the highlights:

Catherine Parenteau and Anna Leigh Waters Lose - For the First Time EVER

This dynamic duo had an impressive streak—never losing a match in their nine months of playing together. However, on Championship Monday, Rachel Rohrabacher and Anna Bright pulled off an epic upset, defeating Catherine and Anna Leigh in a thrilling four-game battle (11-4, 3-11, 11-6, 11-8). The match was intense, with all four players willing to speed up the game when needed. The best part? Bright and Rohrabacher clinched victory after nine match point attempts.

Andrei Daescu Shines in Austin

Former Romanian tennis player Andrei Daescu made his presence felt at the Austin Open. In men's doubles, Daescu and Matt Wright secured a big win over Gabe Tardio and Dekel Bar in the quarterfinals. They then faced JW Johnson and Dylan Frazier in an epic semifinal match, ultimately prevailing (11-4, 11-5). Daescu and Wright continued their winning streak, defeating Zane Navratil and Christian Alshon in the gold medal match. But that's not all—Daescu also teamed up with Anna Bright in mixed doubles, overcoming Thomas Wilson and Vivienne David in a close semifinal match (11-9, 11-9)¹.



Pickleball Injuries on the Rise: Bone Fractures Surge as Sport Gains Popularity

Pickleball, a sport that combines elements of tennis, badminton, and ping pong, has taken the recreational world by storm. Its popularity has surged in recent years, drawing players of all ages to the courts. However, with this rise in participation comes an unexpected consequence: a significant increase in pickleball-related injuries, particularly bone fractures.

According to a recent study presented at the annual meeting of the American Academy of Orthopaedic Surgeons, bone fractures related to pickleball have skyrocketed by 200% over the last 20 years¹. As the fastest-growing sport in the United States, pickleball has seen its player base expand from 4.8 million in 2021 to a staggering 8.9 million in 2023, as reported by USA Pickleball.

While bone fractures are the focus of this study, it's essential to recognise that the overall injury rate is likely much higher. The analysis specifically looked at fractures, but other common pickleball injuries include:

- 1. Sprained Ankles: A frequent soft tissue injury.**
- 2. Knee Injuries: Damage to the ACL (anterior cruciate ligament) can be debilitating.**
- 3. Rotator Cuff Injuries: Affecting the shoulder joint.**
- 4. Achilles Tendon Tears/Strains: Particularly challenging for active players.**
- 5. Foot Fractures: Often occurring during falls.**

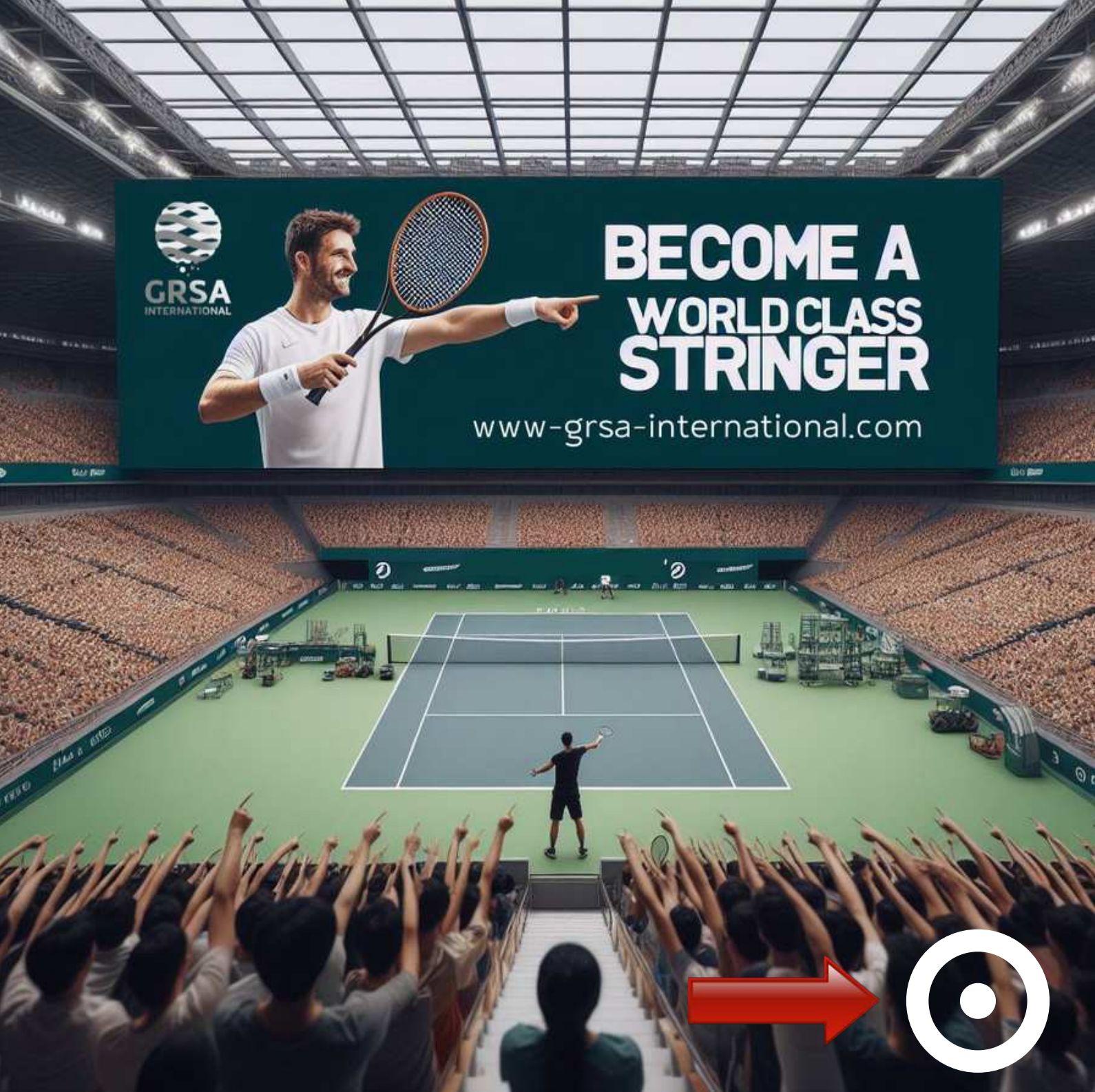
Who Is Most Affected?

The study found that women, especially those aged 65 and older, were more likely than men to experience a fracture while playing pickleball. Most of these fractures occurred in upper-body bones, such as those in the forearms and hands. Osteoporosis or other bone-thinning conditions may contribute to this vulnerability.

Risk and Preparedness

While pickleball offers numerous health benefits and social enjoyment, it's essential to acknowledge the inherent risks. The lead author of the study, Yasmine Ghattas, emphasizes that informed participation is crucial. Players should be aware of the potential for falls and fractures and take necessary precautions. Whether you're a seasoned player or a newcomer, consider the following:

- 1. Proper Warm-Up: Prepare your muscles and joints before hitting the court.**
- 2. Footwear: Invest in supportive shoes to prevent slips and falls.**
- 3. Balance and Agility Training: Strengthen your core and improve stability.**
- 4. Know Your Limits: Don't push yourself beyond what feels comfortable.**
- 5. Seek Professional Guidance: Consult with a sports medicine specialist or physical therapist.**



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Major League Pickleball and PPA Tour Complete Merger: A New Era for Professional Pickleball

In a groundbreaking move, the Major League Pickleball (MLP) and the Professional Pickleball Association (PPA) Tour have officially merged, creating a unified force that promises to reshape the landscape of professional pickleball. After months of intense negotiations, drama, and anticipation, the two largest pickleball organizations have come together, infusing new capital into the sport and setting the stage for exciting developments.

The Merger Unveiled

The merger agreement, announced on February 29, 2024, marks a historic moment for pickleball enthusiasts worldwide. While the new company's name remains undisclosed, the consolidation brings together the best of both worlds: the PPA Tour's individual bracket-style format and MLP's team-based approach. The distinct brands and formats of each league will be retained, ensuring a vibrant and competitive pickleball ecosystem.

\$75 Million Investment

The merger isn't just about joining forces—it's about securing the future of professional pickleball. A consortium of investors, including private equity firm SC Holdings, D.C. Pickleball Team owner Al Tylis, PPA Tour owners Tom Dundon, and the Pardoe Family, has injected a whopping \$75 million into the sport. This infusion of capital will fuel growth, enhance player experiences, and elevate pickleball's status on the global sports scene.

Players at the Heart of the Merger

150 professional pickleball players, including some of the world's top-ranked athletes, are now part of this unified organisation. As part of the deal, players have signed new multiyear contracts, committing to an expanded calendar that seamlessly integrates PPA Tour and MLP events throughout the year. The combined payouts are projected to increase by nearly 250% compared to last year, signalling a bright future for pickleball professionals.

Challenges and Optimism

While the merger brings immense promise, it's not without challenges. Some players have expressed concerns about past tournament payments, emphasizing that they'll believe it when they see it. However, Zane Navratil, a player with MLP, remains hopeful, encouraged by recent progress. The pickleball community eagerly awaits the unfolding of this new chapter, where passion, competition, and financial stability intersect.



“Jonatan Christie Triumphs in Thrilling All-Indonesian Final at 2024 All England Championships”

In a nail-biting showdown, Jonatan Christie emerged victorious against Lakshya Sen in a three-game thriller at the 2024 All England Championships. The Indonesian shuttler's relentless performance sets up an All-Indonesian men's final against Anthony Ginting. Read more about this intense battle and the prospects for an Indonesian title sweep at the prestigious tournament.

“Lakshya Sen's Resurgence: From First-Round Exits to All-England Semifinals”

Lakshya Sen's remarkable comeback journey continues! Just two months after a string of seven consecutive first-round exits, the Indian sensation stunned the badminton world by reaching back-to-back semifinals at the BWF Tour. His secret? A return to basics. Dive into the details of his inspiring resurgence and newfound form.

“Sat-Chi and Sindhu: India's Hope to End Title Drought at All England Championship”

Satwiksairaj Rankireddy and Chirag Shetty, affectionately known as Sat-Chi, clinched their first BWF title of the year at the French Open. Now, they aim to break India's long-standing wait for an All England title. Meanwhile, PV Sindhu's encouraging performance in Paris hints at a positive comeback trail on her path to the Olympics. Explore the Indian contingent's quest for glory.

“Perfect in Paris: Satwik-Chirag's Statement Win at the Olympic Venue”

Satwik-Chirag's dynamic duo made a resounding statement at the French Open, securing their first BWF title of 2024. Their victory over Lee Jhe-Huei and Yang Po-Hsuan showcased their prowess and set the stage for Olympic aspirations. Dive into the thrilling match highlights and witness their dominance on the court.

“Anmol Kharb: The Rising Star Who Guided India to Glory”

Remember the name Anmol Kharb! Ranked 472nd, Kharb delivered a stunning performance, defeating Pornpicha Choeikeewong (WR 45) in the deciding match of the final. His heroics secured India's triumph, emphasizing the significance of a women's team title in Indian badminton. Learn more about this rising star and his pivotal role in shaping the sport's future.

FRENCH OPEN: AXELSEN SEARCHES FOR ANSWERS AFTER EARLY LOSS

Viktor Axelsen struggled to articulate the exact reasons for his disappointing performance, which led to his exit from the YONEX French Open 2024.

His adversary, Wang Tzu Wei, whom he had previously defeated in all six encounters, emerged victorious. Axelsen's game seemed off right from the start, as evidenced by his early deficit of 10-1. The usual sharpness and precision were lacking, resulting in numerous errors. Nevertheless, credit must be given to Wang for maintaining relentless pressure throughout the match. Despite Axelsen's efforts to recover from a significant deficit in the second game, Wang capitalized on his opportunities with composure.

Wang commented, "As the world No.1, he's incredibly strong, and I've never managed to defeat him before. So, I approached the match with a relaxed mindset and gave it my all on the court. I'm pleased with my performance today. Axelsen made some mistakes, and I seized the opportunity. I ensured he never felt comfortable."

Reflecting on his defeat, Axelsen expressed frustration and uncertainty regarding the factors contributing to his subpar display. "I'm at a loss for words; my performance was far below par," admitted the world No.1. "Credit to Tzu Wei for his outstanding play; he truly earned the victory. Honestly, I'm disappointed with my own performance. It wasn't what I had hoped for, especially after returning from a lengthy hiatus due to injuries."

He continued, "I made numerous errors, and my opponent outperformed me. It's incredibly disappointing given the amount of preparation I've put in. I've trained rigorously, but for some reason, I couldn't find my rhythm today. My performance should have been better, considering the extensive training I've undergone. It's been a while since I've dedicated so much time to training, and it's disheartening that it didn't translate into success today. But I suppose that's just how life goes."



Indian Masters National Badminton Championships: Back-to-Back Titles for Jaipur Shuttler Himani Punia

In a thrilling showdown at the Yonex-Sunrise 46th Indian Masters National Badminton Championships, Himani Punia secured back-to-back national badminton titles. Defeating Aditi Rode, she clinched the 40-plus women's singles title, retaining her crown after a tough competition.

Himani's journey to victory was no walk in the park. She survived a big scare in the quarter-finals and semi-finals, making history by winning consecutive national badminton veteran titles. In the well-contested summit clash, Himani kept her nerves intact to stun Maharashtra's Aditi 21-19, 21-18 in just 27 minutes.

Last year in Goa, Himani claimed her maiden title by beating Manisha Singh of Chhattisgarh. Compared to the last Nationals, this time the road was tougher for her. She had to battle through two close matches before sealing her place in the final. Himani saved a match point in the quarter-final, demonstrating her resilience.

In the women's 40-plus doubles, Himani and her partner Neelam Panda faced a tough quarter-final match against qualifiers Deepa Mathur and Aditi Rode. Despite their efforts, they couldn't clear that last-eight encounter. Nevertheless, Himani's singles victory stands as a testament to her skill and determination.

This remarkable achievement proves that age is no barrier when it comes to excelling in sports. Himani Punia's back-to-back titles showcase her passion, grit, and unwavering commitment to the game.



2024 National Volunteer & Coach Awards

Winners Celebrated

The 2024 National Volunteer & Coach Awards winners were celebrated during the YONEX All England Open Championships semi-finals day in Birmingham on Saturday, March 16th. These prestigious awards recognize the outstanding contributions of volunteers and coaches to the sport of badminton.

The awards presented annually by Badminton England include:

Volunteer of the Year Award (sponsored by YONEX): This award acknowledges volunteers who have demonstrated exceptional passion, commitment, and dedication to badminton over the past year. The winner of the 2024 Volunteer of the Year Award was Thomas Feilding, Club Secretary at Bristol Swifts Badminton Club. Under his leadership, the club has experienced substantial growth, managing a waiting list of over 250 players. Tom's efforts have transformed the club into a welcoming and safe space for members of the LGBT+ community, fostering inclusivity and promoting play.

Geoff Rofe Young Volunteer of the Year Award (sponsored by YONEX): This award recognizes young volunteers who have made a significant impact. The 2024 recipient was Sophie Girgis, who volunteered consistently at Affinity Badminton Academy in Buckinghamshire. Sophie organized a successful 24-hour Badminton and Games Marathon, raising over £2,750 for Booker Park School and engaging more than 150 participants.

Grassroots Coach Award (sponsored by YONEX): Introduced in 2022, this award celebrates coaches working tirelessly in their communities. These coaches provide positive experiences for numerous players, driving badminton participation across the country.

These awards honour those who have not only excelled in their roles but have also positively influenced others' experiences within the sport. Their dedication contributes significantly to the growth and vibrancy of badminton in the UK



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