



GRSA INTERNATIONAL ATW MAGAZINE

RAFA

KING OF CLAY

112/115



Ruud Reigns in Geneva

Sustainability in Tennis



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**THE WAIT
IS OVER!**



Wilson.

CONTENT

Section 1 - Tennis

A delve into recent activities in Geneva, Paris and Berlin. Rafa Triumphant at Roland Garros, Djokovic in Rome, Casper Ruud in Geneva and much more.

Section 2 - Wheelchair Tennis

We look at the world of wheelchair tennis with the rules, regulations, BNP PARIBAS WORLD CUP, plus an interview with Ben Bartram Junior World N°2

Section 3 - GRSA INTERNATIONAL

New managers to join the GRSA family, The Tournament Experience, recent certifications, GRSA's insights to whites.

Section 4 - Squash & Racquetball

Nick Down takes the stand and shares some helpful tips, Jon Sharpe takes a close look at the comparison of tournament stringing.

Section 5 - Beach Tennis

What is Beach Tennis? Who is HEAD Brazil and what do they offer?

Section 6 - Pickleball

Pickleball news and views, Is Pickleball suitable for Clay?

Section 7 - Mind & Body

Looking at mental health in any sport is important, racket sports requires the same dedication and commitment.

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

GENEVA OPEN

THE START OF SOMETHING SPECIAL

The GRSA INTERNATIONAL STRINGING TEAM, in conjunction with PRS (Premium Racket Service), were on duty as official stringers at the ATP 250 Gonet Geneva Open in May. This was the first GRSA INTERNATIONAL / PRS event, a fantastic week of work with 400 rackets strung, visits from some very special people & in particular, Fred Beers the creator of the ERT 300. If you didn't see the news, this fantastic and much awaited tool has been improved & is being re-launched in July of this year.



The news of the re-launch has spread fast with people all over the world wanting to know how they can get their hands on the new **ERT 300** and we've been keeping our members informed about the when and how, more to come soon with special deals for **GRSA MEMBERS!**



With so many people at the event interested in the ins and outs of stringing, it was a great opportunity for them to get up close and personal with the team to see & hear first hand what goes on behind the scenes at a tournament. An opportunity not many people get to experience. From showing some of the techniques to increase speed, the equipment needed to sharing ways in which more and more people can be involved in learning about this unique craft. Some budding stringers were happy to share their questions and showed real interest in learning more as they enquired about ways in which they could improve. Additional tournaments are on the way so keep a look out for the next one!



There was also a chance to present some very special certifications too, with the most noted being that of Alexander Ludwig, taking and passing his **GRSA Certified Tour Stringer** Certification at the tournament and having it presented in person by **GRSA INTERNATIONAL** President, Richard Parnell.



Recent Winners of the Geneva Open



- 2021 - Casper Ruud - NORWAY (8)



2019 - Alexander Zverev - GERMANY (3) -



- 2018 - Marton Fucsovics - HUNGARY (57)



2017 - Stan Wawrinka - SWITZERLAND (264) -



It wasn't an easy task but, Casper Ruud successfully retained his Gonet Geneva Open last month, battling against Portugal's Joao Sousa 7-6(3), 4-6, 7-6(1) to ensure his eighth ATP Tour trophy.

The Norwegian fought back from a break down at 4-5 in the third set as he displayed his fighting spirit by drawing on some great depth in the crucial moments to become the first player since Stan Wawrinka back in 2016 & 2017 to take multiple Geneva titles. During the hard-fought final, the second seed fired 11 aces, managed to find consistent depth on his backhand, really hitting the ball with power and accuracy with his forehand, securing victory on his fourth match point just after the 3 hour mark.

"It was one of the craziest matches that I have ever played," Ruud said in his on-court interview. "It was a lot of up and down. Sousa was close to winning and then suddenly everything turns around and this is tennis. It is always tough for the player who is not winning."

SUSTAINABILITY

2022



The clay may be red but this year, Roland Garros is taking a big step towards being greener

ENGIE and the French Tennis Federation (FFT) have teamed up for a more sustainable tournament.

Since 2014, the group has supported the French Open in its efforts to reduce its carbon footprint and improve the energy efficiency of their facilities.



It guarantees that the Stadium, the Porte Molitor National Training Centre and Jean-Bouin Stadium are supplied with 100% renewable energy, mainly from hydro and solar generation.

In 2022, ENGIE is rolling out their flexible solar panels, which will supply sustainable electricity to different areas of the stadium complex, with the aim of being used more widely across the complex in the future.

This technology makes it possible to install next-generation solar films on buildings with roofs that are not suitable for traditional solar panels or on very light structures made out of textile, etc.

There will also be over 40 charging terminals and charging disks available from the Information Desks.

Over 33,000 smartphones can be charged using this ENGIE service, making it the 2nd most used service by fans after the toilets.

In addition to the partnership with ENGIE, the Roland Garros Grand Slam has announced a new five-year partnership with French car manufacturer Renault ahead of the 2022 Tournament.

During this years French Open, Renault will showcase its electric and hybrid range, promoting the company's drive to become fully electric in Europe by 2030.

“It's an ambitious partnership and we're both committed to shaking things up and achieving our sustainable mobility goals in the very near future. Renault is also planning to extend the partnership beyond Roland Garros, which gives us great cause for satisfaction.”



There are plenty of other ways Roland Garros are keeping the green message going with recycle depots strategically placed throughout the various different public and private areas. This also includes educational images showing how and why finding a more sustainable way to life is so important and implementing that way of life into sports.



27 June / 10 July

THE CHAMPIONSHIPS



In the next issue, we'll look at the measures implemented by The Championships at Wimbledon and their overall commitment to achieve a very important milestone in the clubs history and legacy.

DLD - Brazil

DLD of Brazil talk about the fact that sustainable business is part of a new business model that includes, among other requirements, the design of products and services based on the integration of social, economic and environmental aspects.

Keeping this in mind, **DLD** has been carrying out strategies and actions that take the business in the full direction of sustainability, also including its core values, totally focused on offering the best solutions and experiences in sporting products to their customers, with quality, technology and excellent service.

Realizing that current patterns of production and consumption are unsustainable and that to maintain its growth the company will have to integrate environmental components to their business strategies, **DLD** built a head office fully focused on sustainability, in which most of its resources are renewable and recyclable, increasing their productivity and minimizing any negative environmental impacts.



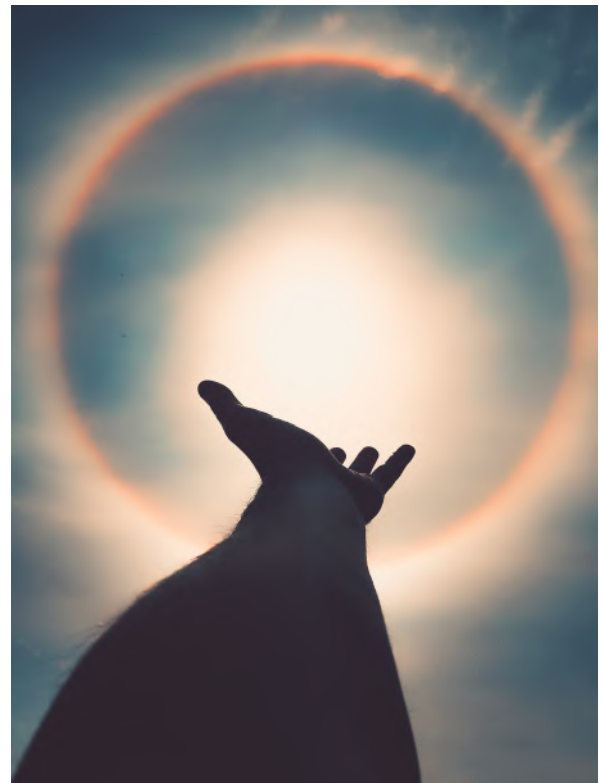
In the headquarters, a building comprised of 5,000m², with 3,000m² of built area in the city of Lagoa Santa - state of Minas Gerais, Brazil - they have planted more than 50 trees as a form of reforestation. There is a vegetable garden to source the company restaurant, one that offers balanced food for all employees, a reservoir with storage capacity of 30.000 litres of rainwater to reuse in activities that do not require drinking water. There is even an artisan well for drinking water supply!

There is a selective garbage collection for recycling; composting of organic waste to produce fertilizer used in DLD's own green area, and an incredible production of photovoltaic energy, capable of generating enough power to supply the entire headquarters. (pictured above)

In addition, DLD understands that sustainable development contributes to improving the quality of life, the relationship with people and generating value to society. In this sense, they offer a structure with a tennis court, beach tennis courts, a pickleball court, a space with games such as table tennis and foosball, a leisure area with a barbecue grill and a hammock among the trees for better rest.

According to the Brazilian Ministry of the Environment, sustainable business is part of a new business model, in which products and services seek to incorporate social, economic and environmental aspects in an integrated format. A model in which strategies must go beyond technology, encompassing the entire product life cycle, from raw material to disposal.

We are very proud of all these actions and intend to always expand them, understanding that sustainability does not mean stopping the economic development process, but rather developing actions that satisfy the present without compromising the ability of future generations to meet their own needs. Increasing the growth and return of the business in a planned, orderly, and harmonious way with all spheres of our society.



VISIT THEIR WEBSITE



In the Room

STRINGING ROOM TIPS - WITH RICHARD PARNELL



The Wilson International Stringing Team has been using this machine exclusively for more than a decade at AO, USO and RG



Designed with a laser focus on best-in-class ergonomics to accommodate the demanding needs of professional stringers, the Wilson Baiardo Stringing Machine pairs a clean, sleek look with a number of features that revolutionize comfort and convenience during the stringing process. Biomechanically Efficient Stringing Technology features three separate motors to create optimal angles for different phases of the stringing process, reducing the need to bend and twist.

These tilt and height positions are determined by formulas based on the user's height, but can be customized and recalled for up to six different users through a multilingual touch screen display.

This machine also features a six-point mounting system, as would be expected, with 360-degree rotation, and a self-guiding tension head that requires just one motion to lock the string and pull tension with the flick of a finger. Having used the Baiardo in both my own workshop as well as in WTA & ATP events, I noticed that after a long day of stringing my back bothered me less. Once I was used to stringing at different heights and angles, it became natural and not an issue. A great solid machine that can handle anything that is thrown at it.

It has a unique calibration feature which allows the user to re-set factory calibration, or, calibrate to the same tensions as any previously used machine. You can easily set the Baiardo using any calibration device and adjust the reference tension to match any other machine you may have been previously using.

THE COMPARISON

BAIARDO Vs BAIARDO L

Wilson		
BAIARDO		BAIARDO L
56KG/124lbs	Weight	44KG/96lbs
7 Degrees	Stand Angle	7 Degrees
52in/132cm	Max. Height	51.3in/130.4cm
41in/106cm	Min. Height	39.5in/100.4cm
Automatic	Height & Tilt Adjustment	Manual
4 Fingers	Clamps	5 Fingers
Anti-Gravity	Clamp Bases	Twist Locking
Multiple	Puller Speed	3
Multiple	Pre-Stretch	2
Multitple	Knot Pull	1
No	Reel Rack	Yes
No	Adjustable Posts	Yes
Yes	Touch Screen	No
Yes	User Profiles	No

The Baiardo L builds upon the architecture and design of the award-winning Wilson Baiardo machine with a commitment to lightweight efficiency and practicality. Weighing 20% lighter than the original Baiardo, this machine maintains a sleek look with a few new features: manual up-down tilt for ideal ergonomic design, five-teeth clamps to minimize string interference, mounting posts that adjust inward to better fit badminton racquets, and a reel rack on the floor stand that holds string reels for added convenience.

Users can easily toggle between KG and LBS, select from three pulling speeds, adjust the machine pre-stretch up to 20%, and tie off knots with 10% extra tension. Additional settings on the display include calibration, touch button sensitivity, and ability to view the number of rackets strung.

The machine comes with all necessary assembly tools and a quick set-up sheet to guide users. The machine must be assembled with at least two people. By creating this lightweight version of the Baiardo, mobility is no longer an issue and this machine is definitely one to consider if you are looking for a new, quality, professional stringing machine.

This is a great option for stringers who want the best features of the original Baiardo, but not all the other tournament level features, at a lower price.



See [Wilson.com](https://www.wilson.com) for pricing and details

DID YOU KNOW?

As a **GRSA** member, you can be one of the first to have access, with a discount, to the **NEW** and **IMPROVED** **ERT300**.



The eagerly awaited return of this essential part of your tool bag is already proving popular so contact your country manager or our head office and we'll make sure you're on the list, but hurry, you wouldn't want to miss out.....would you?

grsa-international.com

NEW ERT300

AVAILABLE JULY 2022

INFO@ERT300.COM

ERT⁺300
PERFECT STRING PERFORMANCE



FUN FACTS



Tennis is a perfect combination of violent action taking place in an atmosphere of total tranquillity.



Billie Jean King

1

Rufus – a Harris Hawk – is stationed at Wimbledon to keep its sky clear of local pigeons. Would you believe that this hawk has more than 10000 followers on Twitter?

2

The shortest tennis match lasted a mere 20 minutes. It was played between Susan Tutt and Marion Boundy in 1969 at Wimbledon.

3

The loudest grunt, which reached 105 decibels, came from Maria Sharapova in 2009 during Wimbledon.

4

Originally, two types of tiebreakers were introduced in the game by Van Alen. The one that would end after a maximum of 9 points was called the “sudden-death tiebreaker,” while the one with 12 points was called the “lingering death” tiebreak. The 12-points tiebreak continues until one player or team wins by a margin of at least two points and with a minimum of 7 points.

GRSA INTERNATIONAL

Featured Club



Director Nicolas Trentin shares some insight to the popular Belgian club.

"The club was born more than 30 years ago when my grandparents created it. The name of the club comes from the emblematic tennis player Bjorn Borg. It is located in Farciennes in Belgium, more precisely in the Charleroi region"

"7 years ago I embarked on the adventure with them, with a view to taking over the club, which I am currently doing today with my wife. My grandmother stayed on in the clubhouse so we could offer lunch and dinner. We have carried out major renovations and are currently offering 7 tennis courts, 4 outdoor and 3 indoor and 2 padel courts, 1 indoor and 1 outdoor".





"In order to develop the club as much as possible, I trained as a tennis instructor to create my tennis school, this helps organize lessons and internships. I also trained to become a stringer to be able to offer a quality service."

The club mainly works with Wilson and Luxilon, the latter being a Belgian brand.

"We are committed to providing an optimum quality of service so that our customers can play in the best possible conditions".

Every year they organize a test day with Wilson rackets, this also includes string tests with Luxilon, a great opportunity for members and clients alike.

"If you're a visiting player, we look forward to welcoming you to our very special club and sharing our history, knowledge and atmosphere with you."

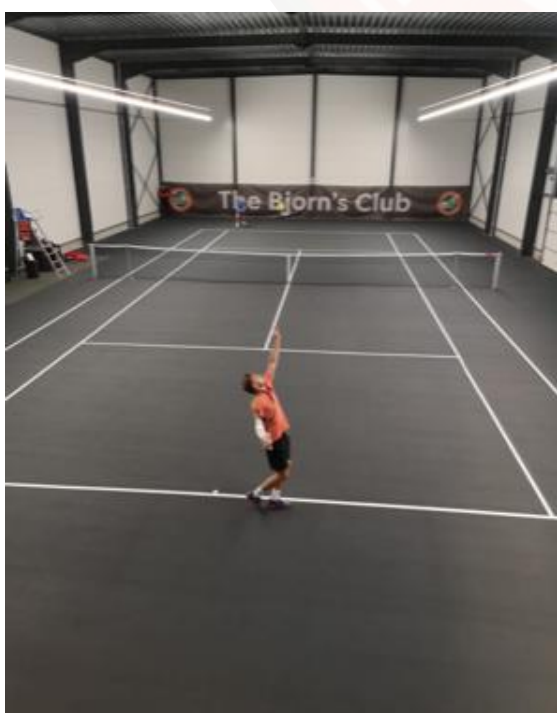
Address:

Rue Albert 1er 185 6240, Farciennes, Belgium

Tel: (+32) 71 40 40 73



Nicolas.trentin@icloud.com



That's the May to go! Novak Djokovic

World Number 1 Novak Djokovic didn't drop a set on his way to claim his 38th ATP Masters 1000 at the Internazionali BNL d'Italia, overcoming Stefanos Tsitsipas 6-0, 7-6 (5) in the final match.



The Serb achieved his first title of the year and was feeling great after the victory: "I could not ask for a better lead-up to Roland Garros," said Djokovic.

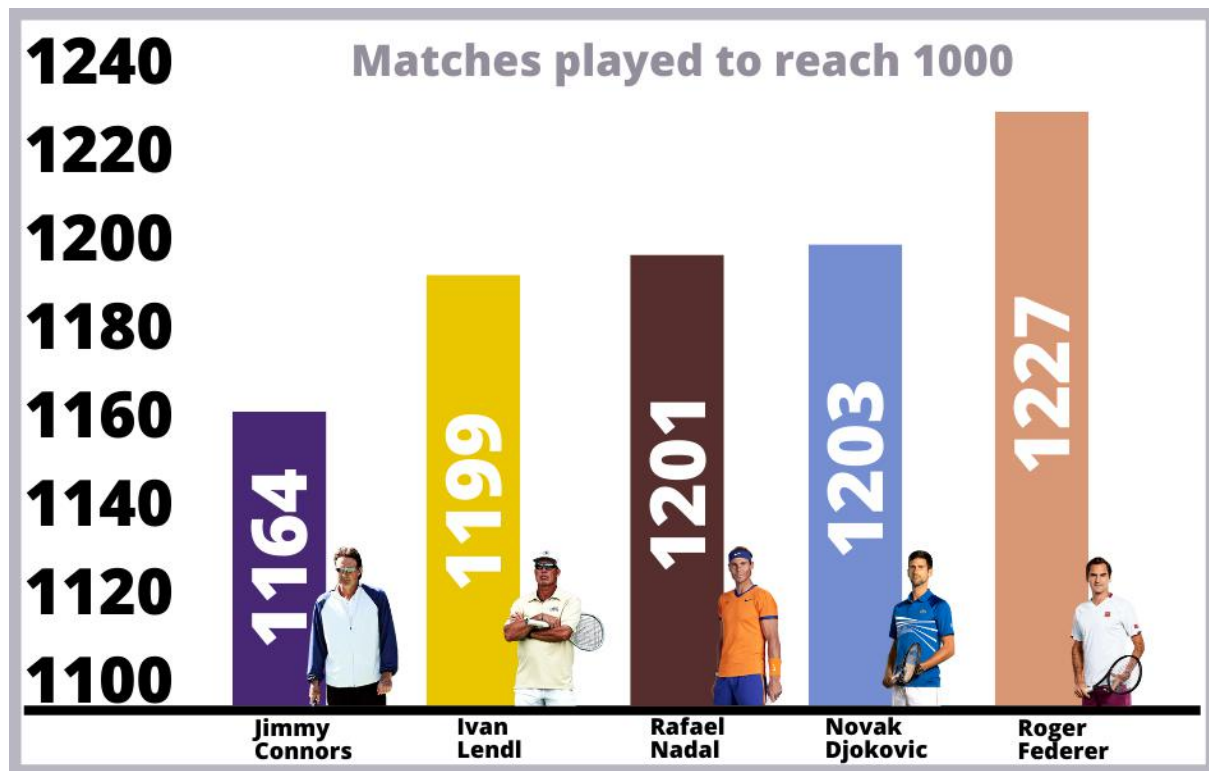
"I'm going to Paris with confidence and good feelings about my chances there."

The Serbian became the fifth man in the Open-Era to earn 1000 match wins after his semi-final success, before completing the job in the final. He has now lifted the trophy in the Italian capital six times, the first one back in 2008.

In front of an amazing crowd on centre court, Djokovic overworked the Greek in the first set, going on to showcase his noticeable winning mentality in the second set, fighting from 2-5 to be deemed the oldest Rome champion at 34 years, 11 months and 23 days.

"I pleasantly surprised myself I can say. I had a clear game plan and I knew what to expect, so I knew what I had to do, but I did play a perfect first set," Djokovic said in his on-court interview. "After that it was a little tighter. At this level, one or two points can turn a match and he was then back in the game at 4-1 up."

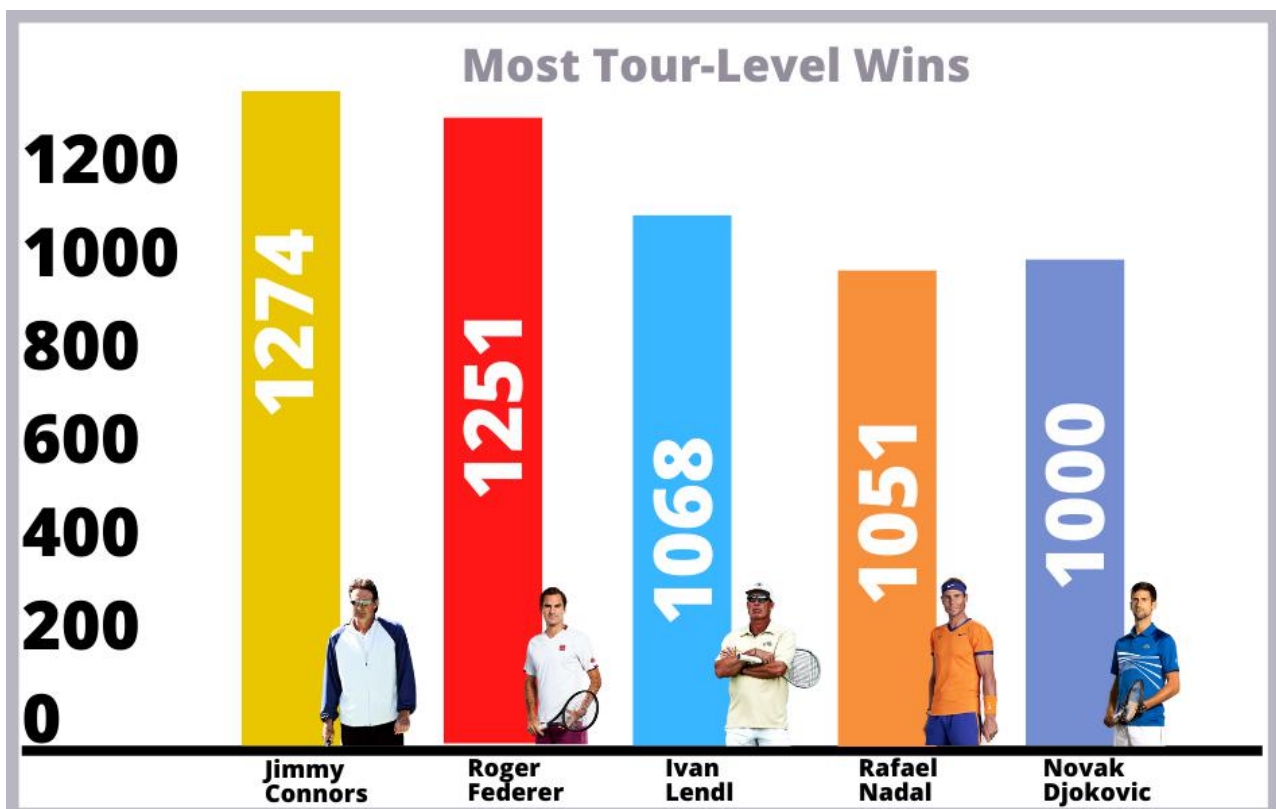
"The match could easily have gone to a third set but I managed to find the right shots at the right time to come back into the match. The tie-break I was maybe an inch better, but it was a tight, tight tie-break for both of us."



Stats provided by: ATP

So who's still the most successful player of all time?

Let's not confuse success with greatness, we're well aware that the achievements of each individual puts them in a very different place, it's not just how many they have won, it's how they won them! Back to backs, head to heads, the modern game against the older, they all contribute to one of the hardest questions; who's the best tennis player that ever lived?





THE KING OF CLAY in Paris



Nadal's achievements are extremely impressive considering physical issues that have hounded him in recent times.

Towards the end of last year this former world N°1 had fears of retiring because of a chronic foot problem, a condition that really bit hard at the Italian Open in May.

A stress fracture of the rib contributed to him missing two months of the season not long after his 21st major win at the Australian Open.

"It takes a lot of energy to keep going. I want to say 'merci, merci beaucoup,'" Nadal's words after raising the Coupe des Mousquetaires.

"I don't know what will happen in the future but I will keep fighting to keep going."

Once again claiming his crown as the king of the French Open, his 14th title came after beating Norway's Casper Ruud in straight sets.

Nadal, 36, won 6-3 6-3 6-0 beating eighth seed Ruud, this also extended his number of Grand Slam singles titles to 22.

He has now moved two ahead of great rivals Roger Federer and Novak Djokovic.

Despite losing to Djokovic in the semi-finals last year, he has now won 112 of his 115 matches on the Paris clay which is a phenomenal display of talent.

It's at this point as well that Nadal has claimed back-to-back major titles for the first time since 2010, that's when he took the French Open, Wimbledon and US Open in a row.

Two days after his 36th birthday, Nadal became the most senior French Open men's singles champion and overtook fellow Spaniard Andres Gimeno, who was 34 when he won back in 1972.

The left-hander, in real Rafa style, dropped his racket in amazement after wining his second match point to claim the crown in just 2 hours and 18 minutes.

Ruud, 23, was making his debut in a Grand Slam final and facing Nadal (his idol) for the first time in a professional match. While Rafa was far from his best, he had enough fight and quality to clinically see off his young but promising opponent.

Ruud seemed to misfire during the first points of the match, perhaps showing his nerves, but there was little he could do to stop Nadal taking his serve for a 2-0 lead, his powerful forehand proving to be key.

Being broken in the next game, the double fault was most certainly a sign of Nadal feeling some discomfort, but he re-established his lead in the fourth game when Ruud's consistency really failed him.

The opening set was won in just 48 mins, Nadal targeting Ruud's backhand and forcing him into mistakes on his forehand.

Rafa has won 100 of the 101 previous matches at Roland Garros when winning the opening set. The only exception? Last year's semi-final against Djokovic.

Even in defeat this time, Ruud, who will rise to a career-high world number six on Monday, has enjoyed more success on clay than other surfaces and is in the lead on the ATP Tour for total wins (66), titles (7) and finals (8) on clay since 2020.

Although they have trained together many times, the real thing proved as difficult as Ruud knew it would be.

In his runner-up speech he said with a smile: "We know you're a great champion and I got to feel what it is like to play against you in a final. I am not the first victim."



GRSA INTERNATIONAL

Featured Shop



NOT YOUR ORDINARY SHOP!



RacketBob

Stefan Bayer
Pomonaweg 4
93055 Regensburg
GERMANY

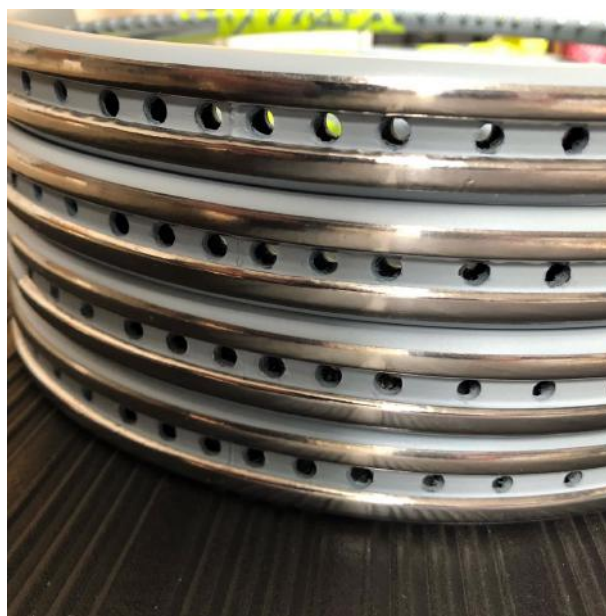


Web: <https://www.racketbob.com>

Email: info@racketbob.com

Instagram: [racket.bob](https://www.instagram.com/racket.bob)

Phone: +49 941 6309867



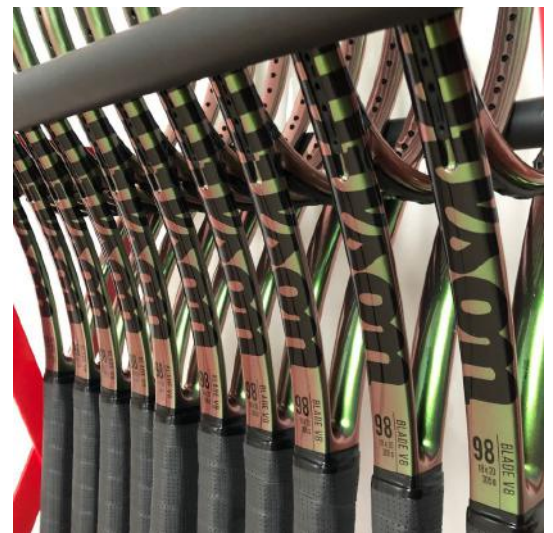
RacketBob was founded in September 2015 by Stefan Bayer in Regensburg, Germany. The company is divided into two business units: an online tennis shop (offering tennis rackets, tennis strings and tennis accessories) and a professional stringing, plus tennis racket customization service.

Stefan has been stringing for almost 40 years. In addition to his earlier job as a tennis Pro, he initially strung as a club stringer and at local and Challenger tournaments. Stefan states: "Usually customers who come to me have a problem: broken strings, un-matched rackets, broken grommets or wrong grip sizes. With precise, conscientious and fast workmanship, I solve these problems to their satisfaction."

Stefan is a GRSA Certified Pro Master and Certified Tour Stringer. From 2016 to 2018, he was head stringer for the three-time German Team Champion of the Women's Bundesliga "Eckert Tennis Team Regensburg". During this time Stefan strung for the best women players in the world such as Grand Slam winner Barbora Krejčíková or Karolína Plíšková.

For the past 6 years **RacketBob** has been working with WTA coach and BeTennis Base Academy director Michael Geserer. Well-known WTA players like **Jenny Brady**, **Julia Görges**, **Petra Martić** and next generation players like **Jule Niemeier** or **Mara Guth** trust in the professional stringing and customization service. Last year Stefan strung close to 1300 rackets on a Wilson Baiardo stringing machine. Approximately 200 Tennis rackets are customized professionally each year. Once a year **RacketBob** organizes a "try before you buy" Tennis racket demo day with the leading racket brands. This gives an amazing opportunity to test products and make the right choice before buying!

RacketBob is an authorized dealer for major brands like Yonex, HEAD, Babolat and Wilson. Main brands in strings are: Solinco, Luxilon, Yonex and Babolat.

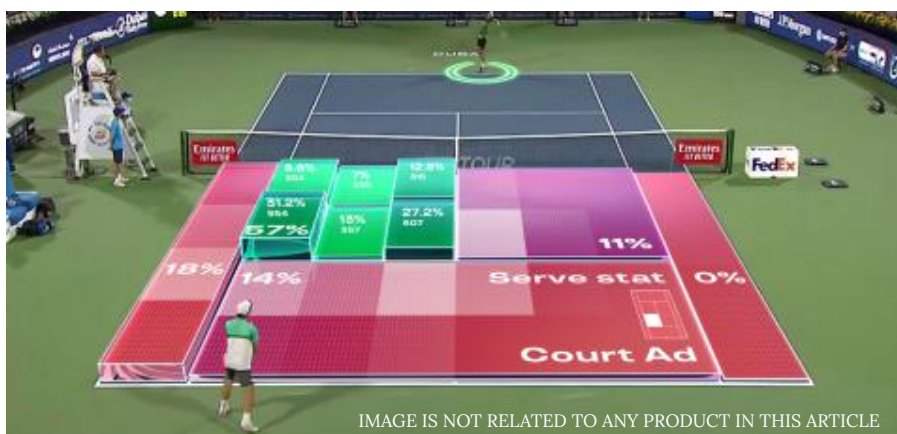




Data analytics and AI/ML models are revolutionising the sports industry.

Data analytics has been around a long time in sport. Perhaps the best known in reference of its use is back in 2002, the Oakland Athletics baseball team implemented statistical analysis to choose their squad, instead of the wisdom of coaches and scouts, and their trusty metrics.

Coaches now have artificial intelligence (AI), where sophisticated software is fed, or trained, with unimaginable amounts of data. The resulting AI can spot patterns that a human would never be able to see.



Use cases of data analytics and AI in racket sports.

- Enhancing the performance of players
- Creating probabilities and predictions for future games
- Real-time graphic overlays during streaming
- Creation of gamification zones for amateurs

From the player's point of view it means they can analyse a match with more precision. They can see the exact placement of key shots, such as winners, errors and serves.

In fact, there are certain rackets that come with built-in sensors, such as accelerometers to calculate the direction of the racket, gyroscopes to measure rotation. A piezoelectric sensor can inform about the sweet spot of the racket by analyzing the vibration.

Many coaches incorporate the use of video replay to educate their students. Often, a developing player is encouraged to emulate a professional player with similar style, height and weight.

It's possible to accelerate the training process by providing precise information and showing the student exactly where they differ from the professional, by having accurate measurements of the differences. Variations in power output can often be dependent on just a few degrees of arm or shoulder rotation.

Future of sports analytics

At the moment, most data analytics platforms are using high-speed cameras, which is a constraint for the market. When you require to scale up or you need scalability, you have to be financially viable as well being easy-to-use for people.

The next upcoming thing in sports analytics is the use of mobile and low-end devices. This will bring scalability for a wider audience or audience at the grassroots level.

As technology is constantly improving, athletes have the opportunity to train smarter and, at the highest levels of competition, an athlete must pursue every single advantage possible, mentally and physically.

As Venus Williams once said:

"Sports is mostly mental. You win or lose the match before you even go out there."



SWING
VISION



"On tour, we had to pay thousands of dollars to achieve our potential on the court. Now, thanks to SwingVision, professional-grade technology is available in a handy app for tennis players of every level".

Andy Roddick
Former ATP World #1
US Open Champion

MORE INFO

Wheelchair Tennis

One of the fastest growing wheelchair sports in the world



Wheelchair tennis is played the same way as able-bodied tennis, with the only exception being that two bounces of the ball are allowed.

Wheelchair tennis has been part of the Paralympic Games since 1992 and has been played at all four Grand Slams Since 2007, while the BNP Paribas World Team Cup is the sport's flagship international team competition.

Wheelchair tennis has its own professional tour, the UNIQLO Wheelchair Tennis Tour.

The **BNP Paribas World Cup** took place in Portugal from the 2nd to 8th of May. It's the equivalent of the Davis Cup and Billie Jean King Cup and is held annually, with a different nation hosting each year.

There are divisions for women, men, quads and a junior event supported by the Cruyff Foundation.

44 teams from 22 nations took part in this year's event, as follows:

Men: Netherlands, Spain, Argentina, France, Japan, Sri Lanka, USA, Poland, Korea,, Brazil, Portugal (WC), Great Britain (Q), Malaysia (Q), South Africa (Q), Chile (Q), Israel (WC)

Women: Netherlands, Japan, USA, Great Britain, Colombia, Germany, Brazil, France (Q), Switzerland (Q), Thailand (Q), South Africa (Q), Argentina (WC)

Quad: Netherlands, USA, South Africa, Japan, Brazil, Great Britain, Israel (Q), Turkey (Q)
Juniors: Japan, Great Britain, Netherlands, Brazil, France (WC), Australia (WC), USA (WC), Argentina (WC)

2022 CHAMPIONS - BNP PARIBAS WORLD CUP

Second seeds Japan won the women's World Group for the first time, beating top seeds and 32-time champions Netherlands 2-0 in the final.

Netherlands retained the men's World Group and quad World Group titles, winning the men's title for the eighth time after defeating Spain 2-0 and winning the quad title for the third time after beating first-time finalists South Africa 2-0.

The junior World Group title was won for the second time by Australia, who repeated their 2019 success by beating Great Britain 2-1 in the final.

The Dutch showcase their prowess once again at the BNP Paribas World Team Cup in Vilamoura, Portugal.

Outside of the team game, Diede de Groot, a 26-time Grand Slam Champion across singles and doubles has enjoyed a stunning campaign in recent times.

The quad section can also count on the talented Sam Schroder, who was crowned US Champion in 2020.

This success in wheelchair tennis is surely not to go unnoticed by the Dutch and they will, undoubtedly continue to improve and increase their dominance in this rapidly rising sport, in all capacities.

For more information about upcoming events in wheelchair tennis, check out the official tour website at: <https://www.itftennis.com/en/itf-tours/uniqlo-wheelchair-tennis-tour/>



Images courtesy of:

10 Things to Know about Wheelchair Tennis

1

The Sport originated in California in 1976 after Brad Parks, a former acrobatic skier, was paralyzed in a skiing accident. He went on to join forces with physical therapist Jeff Minnebraker to develop and promote the sport in the USA.

2

Wheelchair tennis requires no adaptations to regular tennis, except for the use of the wheelchair, which optimizes stability and manoeuvrability

3

The only rule change is that the wheelchair player is allowed two bounces of the ball.

4

There are two classes in wheelchair tennis: The Open Division and the Quad Division

5

The Wheelchair Tennis Tour began in 1992 and has grown to feature more than 160 tournaments in over 40 countries, with Grand Slams and ITF Masters Series Tournaments at top level.

6

The BNP Paribas World Team Cup is the annual team event.

7

Wheelchair tennis became a full medal sport in the Barcelona 1992 Paralympics. Since then, there have been six wheelchair tennis medal events at subsequent Paralympics.

8

Wheelchair tennis event has been a part of all four Grand Slams – Australian Open, Roland Garros, Wimbledon and the US Open – since 2007. Only two players have held all four Grand Slams singles titles at the same time, Diede de Groot and Dylan Alcott.

9

Esther Vergeer is arguably the most famous wheelchair tennis player of all time. She retired in 2013, unbeaten as world number 1 in the women's singles world rankings for over 10 years.

10

Shingo Kunieda of Japan is the most successful men's wheelchair tennis player of all time. He has currently won over 45 career Grand Slam titles in singles and doubles.

MEETING JUNIOR WORLD N°2



**Ben
Bartram**
With Daniel Efford



At just 16, this young star is really leading the way and making not only a name for himself, but influencing younger players!

Q. We know that last year would have been a roller coaster of emotions for you, getting to that number one spot, what was it like, what did it feel like?

A. It was definitely an amazing feeling, all the hard work at that point, it was a relief to get to that point, it was like pressure off the shoulders.

Q. The build up to it must have been rather special, the preparation, the training, anything key at that time that would stick in your mind?

A. Yeah, it's just sort of going to tournaments and not trying to think about it too much, focusing on my performances and if I play well and get good results, then the ranking will speak for itself, which it did.

Q. Currently number two in a singles ranking, how do you see yourself finishing the end of the season?

A. Well, at the moment, my current focus is set on my men's rankings, but yeah, I'd like to see my junior ranking go back up to number one, but I'm focusing on my men's ranking, trying to get inside the top 30 and go from there.

BEN BARTRAM



Q. Wheelchair Tennis at Wimbledon, the seniors have got their tournament, would you like to see the juniors have their own tournament at Wimbledon at some point?

A. Yeah, I think it would be really good for the sport, just getting the wheelchair tennis on the main stage, getting the exposure would just be great for the sport all around. I'm sure that me and other juniors would love to experience the Slam environment and just being around all the top guys, always a great experience being around them.

Q. You play for Great Britain as well, I've seen the pictures, you've done extremely well, it must be a very special experience, is there anything to share, something that really stands out as one of the top experiences you've had in that area?

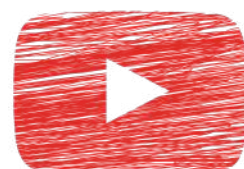
A. Getting the call up is always an amazing feeling, picking up the phone from the national coach and being told, that's a very good feeling. Result wise, I'd say getting silver in 2019, going in there as a number seven seed, I think Wow; We were seven seed going in and we got silver and that was just amazing.

Q. We've had a look at your win rate, It seems to favour a hardcourt but which is your favourite playing surface?

A. I enjoy hardcourt, I enjoy the consistency of it but I think that my game suits clay and I'd like to think that I'll have a lot of success on clay throughout my career.

We certainly wish Ben all the success!

SEE THE FULL INTERVIEW



This year started with a win...

Ben won his first Cruyff Foundation Junior Masters boys' singles title in Tarbes, France, back in January.

He's the latest player from Great Britain to add his name to the Junior Masters rolls of honour, by winning the event's first ever all-British boys' singles final when he outlasted Dahnon Ward 4-6 6-1 6-4.

Both 16-year-old Brits progressed through their respective four-player round-robin pools with straight sets wins before Bartram defeated Austria's Maximilian Taucher 6-3 6-1 and Ward beat fellow Brit Andrew Penney 6-0 6-2.

At that time, No.2 on the Cruyff Foundation Junior Wheelchair Tennis Ranking, Ben took a commanding 5-0 lead on his way to claiming the second set, while world No. 3 Ward battled back from 3-1 down to level the final set.

After joining fellow Brits Hewett and Reid on the Junior Masters singles roll of honour, Ben went on to say:

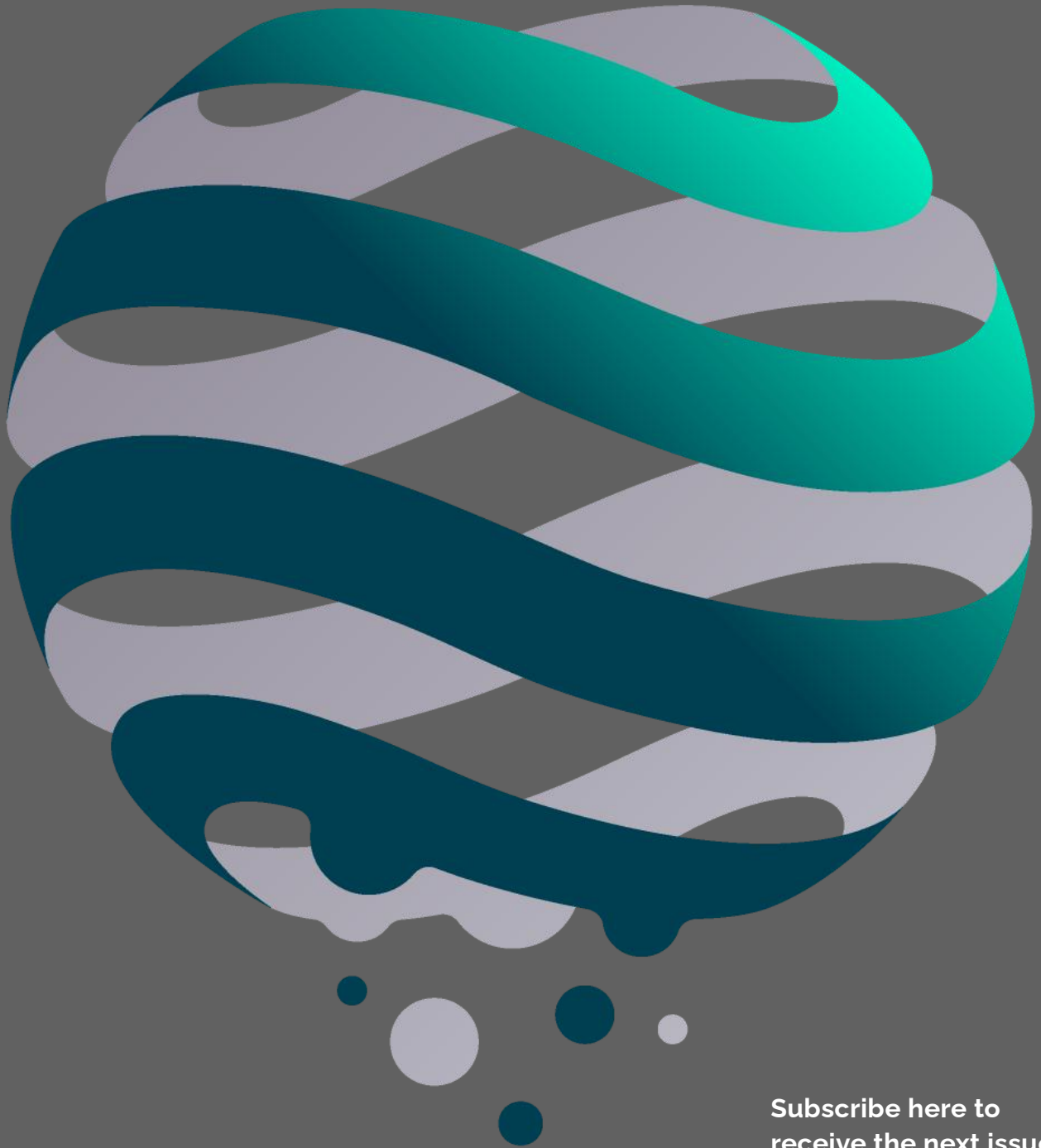
"It feels great. I played very good today in the second and third sets and I'm happy with my overall performance. In the first set I wasn't really thinking about how I was playing and for the next two sets I used my brain a bit more, was a bit more tactical and had more of a structured game plan on every point."

Wheelchair tennis appeared at Les Petits back in 1983, when an exhibition match took place in Tarbes and the sport continued to be a regular fixture through to the mid-1990s, contested firstly by senior players and then by a mixture of senior and junior players.

Since 1998, the wheelchair tennis event in Tarbes has been reserved exclusively for juniors selected by the ITF. The ITF's Junior Wheelchair Tennis Programme Partner, the Johan Cruyff Foundation, became the title sponsor of the event in 2004. Since then it has been known as the Cruyff Foundation Junior Masters.

The 2022 edition of the Cruyff Foundation Junior Masters once again demonstrated that there is an extremely bright future for the sport's younger players as they continue on a proven development and performance pathway through to senior level competition, which includes annual regional Cruyff Foundation Junior Wheelchair Tennis Camps.

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3

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As **GRSA INTERNATIONAL** grows as an association, the team grows with it, with new managers joining from all over the world helping reach more people and provide a more localised and personal relationship with members.



Noel Dodds



Country Manager

team.au@grsa-international.com

Noel Dodds is the GRSA Country Manager for Australia and lives in Berkeley Vale, New South Wales. Noel has been stringing since he was 13 and is currently a GRSA Certified Pro Master Stringer and Tour Master Stringer, having strung at numerous tournaments throughout the years.

You may not know that Noel received his first stringing machine as a gift on his 13th birthday and soon discovered that he was a better stringer than tennis player! However, he did play junior tennis to a high state and national level in Australia!

Noel's fascination with everything technical in relation to tennis, as well as his stringing experience and knowledge make him a fantastic addition to the GRSA Team, both for his team mates and for the members.

Richard Musters



Country Manager

team.nl@grsa-international.com
team.be@grsa-international.com



Richard Musters is the GRSA Country Manager for Benelux, he lives in Ugchelen and started stringing when he was 16 years old. He has been a professional tournament stringer since 2014, he is also a tennis coach and shop owner.

He is a member of the International Tecnifibre Stringing Team and has been stringing in his own shop for 33 years.

Richard has participated in many tournaments throughout the years and is a busy man in his day-to-day life! His knowledge as a stringer & coach and his entrepreneurial spirit are a great asset to the GRSA team and community!

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



Power Vs Control

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

Tension Maintenance

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

Life Span

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

Topspin

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

Tension Maintenance

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

Topspin

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

Life Span

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

Power VS Control

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



Comfort

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

GRSA's INSIGHT TO WHITES

In recent years tennis attire has become something of a fashion statement both in colour scheme and original design, but many clubs – including Wimbledon – still require tennis whites to be worn. But where did this rule originate?



The sport, originally referred to as lawn tennis, dates back to the 12th century with a version played by French monks. By the 16th century tennis had become an elitist sport being played by royalty and the nobility, primarily indoors. By the early 1800s outdoor lawn tennis had become popular in England and its appeal was growing rapidly throughout Europe and the Americas. However, tennis still remained the privilege of the wealthy with the wearing of white clothing becoming a symbol of status in those days – that one was clean of dirt and therefore removed from the lowly stigma of having to work. Whilst expensive to keep clean, the practical benefit of the dress code meant that the white colour reflected light thus not absorbing much heat, which allowed the player to be more comfortable when playing in full-length attire.



The first Wimbledon tournament was played in 1877 and by 1890 The All England Croquet and Lawn Tennis Club had officially adopted the all-white rule with tennis continuing to be the domain of the upper class. To this day the Wimbledon handbook reads “Players’ clothing on court, including shoes, for all competitions and for practice on the championship courts must be almost entirely white”. Nevertheless, even whilst being limited to wearing white, the fashion statement made by some players is often powerful and always eagerly awaited (if not occasionally outlandish and bizarre). Other Grand Slam tournaments – The U.S, French, and Australian Open – have relaxed their dress codes and now permit colourful attire but Wimbledon, which is the last of the private tennis clubs to still host a Grand Slam competition, doggedly continues to side with tradition.

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GRE



GETTING TO KNOW OUR PARTNERS

To introduce yourself to the GRSA community, let us know who you are and what your path has been in the industry.

Mauro: My name is Mauro Pinaffo, I'm Italian and I'm back at **HEAD** now as Global Senior Product Manager for Balls and Accessories. I'm a Mechanical Engineer and I have been working in the tennis industry since 2003, when I joined the Prince R&D Team as a Design Engineer, I was in charge of designing and testing tennis rackets. Over the years, together with the team, we developed several methodologies and machines to test our products in the lab and on the court with different types of players. It was during this time that I met Dennis, who was also working for Prince and we shared many ideas about how to improve our products. In 2013 I joined **HEAD** for the first time as the Product Manager of accessories, with the task of re-organizing the strings portfolio and to increase the awareness of **HEAD** as a professional brand also in the strings business, developing strings such as Hawk Touch or Velocity MLT. In 2017 I went back to Italy to widen my experience working in a different field. After 5 years, I'm back to take over and continue what Dennis has built, to continue to establish **HEAD** as a brand of high performing strings.

Dennis: My name is Dennis Fabian, I am from Germany. Today I am the Global Business Manager Tennis Rackets, Bags, Accessoires & Pickleball. I have been working at **Head** since January 2017 when I joined as the Global Business Manager for accessories. My task was to continue the work Mauro and the team had started. I am very excited that Mauro is now back at **Head**, it puts us in a great position and the world of tennis can be really excited about what we have been working on and what we have coming up in the next few years....

Before my time at **Head**, I had worked in various positions at Prince. Before I left Prince I lived and worked in the US as the Global Director of Product Marketing & Athlete Management.

Tennis has been a part of my life since I was 5 years old, having been a Junior Player, Coach and shop owner/stringer/customizer before switching sides into the corporate world of the sporting industry.

What is the latest you are working on in strings?

Mauro: We are currently finalizing the development of our first ever "MADE IN US" co-polyester strings! I'm talking about **Hawk Power**, **Sonic Pro Tour** and **Sonic Pro Power**. With these strings we are not only providing a wider choice in terms of performance and benefits in our monofilaments portfolio, we are also taking into consideration the sustainability of our packaging, which in fact is made 100% of recycled paper and with environmental friendly printing colors. This new forward thinking green approach is part of the **HEAD Re-Think** program, which extends to all our products.

HEAD

Can you tell us more about those "Made in US" strings, who are you targeting as players?

Mauro: Well, **Hawk Power** is a co-polyester string targeted towards the needs of high-performance players. From its unique and fashionable color, to the playability, increased sweet-spot, impressive impact feel and sound, to a new defined ball trajectory. It goes without saying that you won't need to give up any control. You really should try it!

Will there be seeding sets available this year?

Mauro: Sure, and we want to give you the chance to be part of something completely new as the first in the world to get your hands on it, plus getting your rackets strung with it. We will provide GRSA with enough seeding for all of its community. We are very excited to receive your feedback!

We are curious to test it. What about the other 2 options Made in US, who are they made for?

Mauro: We are going to complete the Sonic Pro family with two strings that maintain the great comfort and impact feel that Sonic Pro has, with the addition of a great explosivity given by Sonic Pro Power and with an extra spin potential given by the flower shape of Sonic Pro Tour. All these strings are made for those players that crave a great performing and comfortable string.

Great! Sounds like you are working on a lot of fronts, is there any news in regards to machines?

Dennis: There is some good news related to machines. We just introduced our 2nd generation stringing machine where we tried to incorporate as much feedback from stringers as possible, while maintaining an attractive price point.

Furthermore, we have showcased our latest development for customization in Indian Wells this year. The 4in1 machine, which will allow users to measure and customize all kinds of racketsport rackets/paddles. The machine will be able to measure static weight, balance (digitally measured), swingweight and twistweight. Together with our R&D, we are in the final stages of the development to include a newly designed and engineered clamp to hold the racquet for swing and twistweight in one.

Last but not least, I am happy to announce the agreed partnership between HEAD and Parnell Knot. You will see the world's first collab as we will present the first limited Edition HEAD x PK stringing machine soon....stay tuned, there is much more to come and we are proud of this partnership.

Amazing... We can't wait for what's coming there, is there anything else you would like the community to know?

Mauro & Dennis: We both believe it is important that the community out there knows that we try to listen to all suggestions and ideas. That said, we also ask for understanding that not every proposal can end in production and become a product, but that shouldn't stop the creative feedback!

We want the community to understand that we see ourselves as partners, we want to be the consultant and supplier for all passionate stringers/customizers out there and we want to thank everyone who already believes in us. The success we are seeing has been a team effort on multiple fronts and we are proud to say that what we started will continue and we will see more in the future.

Stringer Solutions



An easy tip on how to pass the string through a tight space between the frame and the clamp.

Once you have strung all the center strings going through the bridge, the string starts coming through the grommet at an angle.

When you get to this point just bend the tip slightly so that it isn't straight, this means that when it comes through the grommet and hits the machine clamp, it will just slide and not get stuck against the clamp. Saves a few seconds every time and makes the whole process more fluid.



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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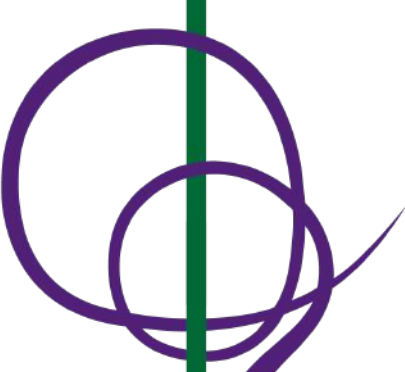
Several players on the Tennis Tour are now playing with the Toalson HD Aster Poly string.

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Facts about Racquetball - things you may not know



#Fact 1 Beginning of the sport of Racquetball

Racquetball was created by tennis and handball player Joseph Sobek. His goal was to create a simple, fast-paced sport that was simple enough for anyone to play. Sobek developed the game in a YMCA in Connecticut. He designed the rules, paddles, and balls that racquetball is played with. The game was played in handball courts in YMCAs.

#Fact 2 Which spelling is correct? Racquetball or racketball?

If you have heard of racquetball, then you have probably heard of racketball as well. racketball is a similar game with different rules and regulations, it was developed by Ian D.W. Wright when racquetball started gaining popularity. The game of racketball was inspired by racquetball.

#Fact 3 Different rules exist in racquetball

Different countries have different rules and regulations in place.

The floor, ceiling, and walls of the court all count as legal playing surfaces but once again, this tends to depend on the region/country in which the game is being played.

#Fact 4 Who gave racquetball its name?

Although it was Joseph G. Sobek that invented racquetball, he was not the one that named it so.

Racquetball was not always called "racquetball". Originally, Sobek named it "Paddle Racquet" and then founded the National Paddle Rackets Association (NPRA) in 1952. In 1969, Robert Kendler founded the International Racquetball Association. This officially changed the name of the sport to "Racquetball."

#Fact 5 Squash 57 has helped distinguish racketball from Racquetball.

In 2016, racketball was renamed "Squash 57". This was done to separate it from racquetball since the two were often confused. The name refers to the similarities between the game of squash and the diameter of the ball – 57.

#Fact 6 There is a racquetball hall of fame.

With its national and international popularity, racquetball now has an official hall of fame. One player, Earl Acuff, has earned over thirty medals at national and international events. Twenty of his medals have been gold. Acuff and many others have competed for medals and titles since the creation of racquetball.

#Fact 7 The International Olympic Committee has recognized Racquetball.

In 1989, the International Olympic Committee officially recognized Racquetball as a Pan American Games Sport. Since then, racquetball has been a part of the Olympic Festival. The sport is one of the youngest games to be recognized by the committee.

#Fact 8 Racquetball can help you burn around 500 calories per hour.

Racquetball is a high-intensity sport. Players run back and forth across the court, chasing the ball to defeat their opponents. Because of this, on average, racquetball can help you burn about 500 calories per hour. It is a great workout that can burn calories in a fun and fast way!

#Fact 9 Different colors of the ball in Racquetball mean different things

The different colors indicate the playing performance of the balls.

The most commonly used ball is the blue one, and this is because it is the most neutral one, offering average speed and accuracy of contact.

A black ball is designed to move slower, hence making it suitable for use in tournaments for senior players.



The red ball is the fastest, therefore, allowing for a quicker paced match.

#Fact 10 Racquetball can be played with one, two, three, or four players.

This game is most often played with two or four players. This type of game is often called singles or doubles, depending on the number of players. racquetball can also be practiced alone. A more challenging version of the game exists in which three players compete.

A three-person game of racquetball is sometimes called “cut-throat.” Players take turns serving the ball against the other two, who play against the serving player. This variation of the game can be modified to the players’ preferences.



NICK TAKES THE STAND

Nick Down
GRSA Global Director - SQUASH

One of the hardest accessories to find, as a stringer, is a racket stand. Either purpose-built or by utilising something else that is intended for another use. I have three different types; one that folds flat, made by Gamma, that is purpose-made but really only successfully holds tennis rackets. Other rackets, with the possible exception of racketball, are too thin and rest on the floor.

The portability, which is great, lends itself to travel and, therefore, tournament use. The Gamma racket stand comes with two small hooks to hang a piece of cardboard advertising, of which the Gamma version is included. It is easy and cheap to get more logos printed depending upon which brand you are working for. Below are some examples so you can get the idea.

The other two types that I have, have been repurposed; one is an item of storage from IKEA and the other, a guitar stand that I got from Amazon. I cannot claim any credit for these ideas, as I saw both them on a stringer's group on social media.



The first example is available from IKEA. It is a frame called JONAXEL. It can be fitted with a set of two castors and two small leg extensions to keep it level. It is originally intended to provide storage by holding some baskets that slide into it from one end. I've adapted it by taking one metre of pipe insulation (15mm) and cutting it in half. I have put one basket only in the very lowest position to assist with storage, usually the customer's string, but the addition of the basket is not necessary, nor is purchasing a castor kit.



The second adaptation that I have made is from a guitar rack that holds 9 guitars. Smaller ones can also be bought. They will hold tennis rackets out of the box but with a small adjustment will hold all rackets from tennis, squash and badminton. Racketball rackets are too short but will fit in the IKEA rack.

Being predominantly a squash and tennis guy, I made the small adjustment; it involved shortening the two side arms at the bottom by about 2 inches (5cm), then re-drilling holes as per the original fitment, to ensure it went back together!

I used a hacksaw and mitre box to ensure a perfectly straight cut. It also folds flat, so would be ideal for travelling to tournaments.

Here both a tennis racket and a squash racket sit side by side in the rack. This rack will hold between 1 and approximately 30 rackets.



"I was very keen on squash. My father used to go to sleep in the afternoon. Normally, in Pakistan, everybody goes to sleep in the afternoon, because it's really hot. I'd go and play without telling anybody."
- Author: Jahangir Khan (6 time world & 10 time British Open Champion)

Squash Tournament Stringing Vs Tennis Tournament Stringing, WHAT IS THE DIFFERENCE?

By
Jon Sharpe

As somebody who played both sports at a reasonable level, and is still an avid fan and stringer in both, I take great interest in the intricacies and differences between the two sports. So, are there similarities in the stringing practices at tournaments? Not so much.

I recently attended the European Junior Squash Championships in Eindhoven, Holland, which was held at the amazing SquashTime club. 14 courts with around 300 - 400 players playing in the U15 and U17 categories over the course of a week. Many of these players will be entering the pro ranks in the next 12 months or so and will go on to be world beaters. How many rackets were strung throughout the week? According to the club manager... 6, maybe 7! Wow! However, there are very good explanations for this, which I will explore.

Firstly, I should add that in squash, multifilament is king. The gauges are almost identical to tennis multis, the string bed's are denser and the balls being hit are smaller, smoother and lighter, so less work being put through the strings, even though a squash ball is hit harder than in tennis - around 25 - 50 mph harder on power shots.

Why only 6 or 7 rackets strung over the week though? There are many reasons for this, mostly focusing on the huge difference in variables between tennis and squash. From experience, and especially since the Covid pandemic, most squash players will have 4 or more rackets freshly strung a few days before the tournament rather than taking well used strings into battle. Pre Covid players would use stringers more frequently but the multitude of restrictions meant that players were having to prepare differently before tournaments, assuming that stringing services were minimal.

Squash players don't need to worry about outside temperatures, court surfaces and humidity affecting strings. Yes, there are some factors that may come into play, but generally most squash courts are indoors and are built the same. Squash courts are pretty warm, especially at tournaments, so it's fairly easy to prepare for conditions, whereas in tennis the conditions can vary significantly, meaning that string setup is super important.

Natural gut is very rarely used in squash and poly is never used, so tension loss and inconsistent wear is not such an issue. Multifilament strings are used almost exclusively in squash, as mentioned. In tennis, tension loss is a huge issue especially with the majority of players using poly or poly/gut hybrids which will lose tension far quicker than multis will in squash. The head size of a tennis racket compared to a squash racket also means that a slight drop in tension is felt far more than a slight drop in tension will be felt on a squash racket.

There is also far greater consistency in stringing practices in tennis with qualified stringers and it's getting better all the time, especially with the introduction of GRSA which aims to provide the platinum standard of stringing to the industry. This means that a player can go to a tennis tournament, hand their racket to a tournament stringer and know that they will get the results they desire. Squash, on the other hand, can have wildly inconsistent practices and often substandard equipment being used. This, we aim to change!

Squash players are also fiercely loyal to their stringers, it's a very personal thing. So most players will only have a racket restrung at a tournament if a string breaks - though normally having 5 or 6 rackets in a pros bag will see them through the tournament without too much trouble. That being said, there are some squash players who are capable of keeping up with their tennis counterparts in the string breakage department. I recently strung at a pro (PSA) tournament where an international player gave me 8 rackets to restring, all which he'd broken the strings in at a tournament the previous week - in 4 days! I ended up working with the player to find a solution to the excessive string breakage. A change in string, string pattern and (I'd like to think) quality of stringing resulted in him winning the tournament and only breaking 2 sets of strings.

So you might ask the question "is there a need for tournament stringers at squash tournaments?" Put simply, the answer is yes. Squash tournament stringers are essential in providing a service for when the need arises and occasionally you'll have one of those weeks where players just end up breaking lots of strings. Racket breakages are also more common in squash due to hitting the ball off the wall frequently, which may also mean brand new frames having to be strung.

A big thing at squash tournaments, which you won't often see in tennis, is the spectators bringing their rackets to the stringing desk for a restring. It's very common for me, and other tournament stringers to be contacted prior to events and book in rackets from the paying public who want a quality string job. I'll often string 20 - 40 rackets per day at a tournament from casual players and spectators alone. This is partly due to a lack of local, quality stringers where they may live. They also like seeing a friendly face, the squash community is very close-knit.

Numbers wise, squash players do have their rackets strung frequently, it's just that they prepare a bit differently, as they don't have to worry about the multitude of issues and variables that affect tennis players and their equipment.

You will never see 4,000+ rackets being strung by 20 or more stringers at a squash tournament but you will see a smaller number of stringers, often in pairs, stringing 20 - 40 rackets per day. It's just that this number will be a mix of the pros and the fans. When I'm stringing for pros before tournaments I'll often give them my availability before tournaments so that they can plan when to send rackets to me.



HEAD BRAZIL & BEACH TENNIS

Beach Tennis was established in 1987 in the province of Ravenna, Italy. In 1996 the sport began to become professional and is currently known as a sport that mixes traditional tennis, beach volleyball and badminton. According to the ITF (International Tennis Federation), more than 500,000 people spread across all continents, regardless of gender and age have taken up the sport.

It arrived in Brazil in 2008, in the state of Rio de Janeiro. Since then, Beach Tennis has been growing rapidly for other Brazilian coastal cities and has gained popularity, including in non-beach towns such as Belo Horizonte, Brasília, São Paulo and Araraquara. In noble regions of São Paulo, the average is one arena every two kilometers.

The import of Beach Tennis rackets in the Brazilian market has grown more than 10,000 times. In 2020, 38,000 rackets were imported, while the forecast for 2022 is 400,000. According to the agency MKT Esportivo, in 2022 the growth of the sector reaches the level of 200%.

HEAD Brasil is the company licensed by HEAD International for the development, manufacturing, dissemination and marketing of all brand products related to Beach Tennis since 2013. Among the main products are rackets, beach tennis-specific balls, undergrips, overgrips, rackets, towels, slippers and court equipment.

HEAD Beach Tennis rackets are developed with the best inputs available on the market and with the latest technology. We use materials such as extreme carbon, carbon3K, EVA Pro, EVA Tech, fiberglass, 3D surface technology, application of Italian varnish, among other materials available to adapt each racket to the style of play of different practitioners of the sport.

In addition to rackets, which are the main stars in our product mix, we have a complete line of accessories for beach tennis players, ranging from features to improve on-court performance, to support items such as rackets, slippers and towels.

The official HEAD Beach Tennis ball has the ITF seal of approval, confirming the high standard of quality required by HEAD International in manufacturing its products. Used in the best Beach Tennis tournaments in the world, our balls have greater durability, with better visibility felt and high quality finishes, providing excellent performance on the court.

HEAD overgrips apply to all sports, including Beach Tennis. Developed with state-of-the-art technology, they provide a dry feel, with more comfort and grip, so the player has more security in their game.

HEAD has developed exclusive racket bags for beach tennis practical and durable, they are spacious and have a thermal compartment to store the rackets without damaging them. In the other pockets the player can keep all of their equipment, including shoes. We brought a range of innovative color rackets to this product line, which really connects with the beach tennis world, options that will no doubt appeal to everyone.

In addition, **HEAD** Beach Tennis has a complete line of products that meet all the requirements and styles of the sport, ensuring its players perform at their best on the court and in style, at all times.



FEATURED < TOURNAMENT

Playa de las Canteras - Gran Canarias



Playa de Las Canteras (Playa Grande),
Las Palmas de Gran Canaria, 35008, Spain

32 Men / 32 Women Total
Prize Money = \$35,000



Our Congratulations this month are for:

Giulia Gasparri & Ninny Valentini (1) who proved to be on top form again as they overcame the strong pairing of Flaminia Daina & Rafaella Miiller to win 6-3, 6-3.

Mattia Spoto & Nicolas Gianotti (1) flew through their final with a 6-0, 6-3 win over Michele Cappelletti & Antonio Miguel Ramos Viera (2), a similar performance to their previous encounter in the final.

**** NEXT TOURNAMENT ****

SAND SERIES BRASILIA CLASSIC

Brasilia - Brazil

16 Jun - 18 Jun 2022

PICKLEBALL NEWS

There are many sports that undergo the scrutiny of their governing bodies, Formula 1 with all the specs of the car, golf with the characteristics of balls and clubs, in an attempt to make it fair for everyone taking part. Then there's racket sports...

In recent reports, some Pickleball paddles had their "APPROVED" status removed for not complying with the specifications required for tournament play. This ruling was by USA Pickleball and the CRBN rackets are now being re-thought and checked to rectify the issue. These commercially available paddles are allowed for playing recreationally, but do not meet the standards set by the USA Pickleball governing body, as discovered in a recent field test. Once the test had shown signs of irregularities, these suspicions were later confirmed at the lab. CRBN have taken the ruling well and are looking into the situation in order to find a solution.

Between August 12th and 15th, the first ever 'pickleball England' Nationals Tournament will be held at the Bolton Arena on 28 newly taped-out pickleball courts.

Hundreds of players are set to descend on Bolton for the tournament. Elaine Shallcross, who you might well remember from her badminton days for the town, is now Pickleball England's North West Regional Director.

Elaine said: "Not everyone will have heard of Pickleball but it is a sport that almost anyone can play, at any age and level of ability."

"It's particularly popular with seniors but attracts youngsters as well."

Don't say you didn't know about it, we're giving you plenty of notice!

The Junior PPA Masters is taking place in December, yes December, in La Quinta, CA. (USA) So if you're between the ages of 7 to 18 and you're a pickleball promise, this is a chance for you to shine. You have to be registered by October 25th, juniors will be grouped by age and ability, juniors may play in adult tournament but if they are still playing in the adults when the juniors start, they will be dropped from the juniors. Juniors generally start play at 3pm or 4pm for each event.

A great opportunity for the younger generation to have their centre stage time and limelight. The event promises to be a very social gathering, for more information visit: www.pickleballtournaments.com



The European Pickleball Open was postponed back in May due to the ongoing Covid restrictions but was finally confirmed to take place from July 6th till the 10th in Spain. Prague was still not a viable option so Rota on the coast of Cadiz, Spain, is now the destination.

Registration closing date was the 18th of June, but that doesn't mean to say that you can't go and visit them if you're in Spain, it's a beautiful part of the country.



For the first time in pickleball history, the sport will be part of the EuroGames in Nijmegen. The EuroGames is an inclusive sporting event with around 15 varied sports and close to 2.000 participants of all levels. The games will take place from July 27 – 30 in Nijmegen, Holland.

Rainbow City Nijmegen is a city full of culture, nature and sports. A healthy city that believes that participation is more important than winning. EuroGames is licensed by the European Gay & Lesbian Sports Federation.

Pickleball will be played on Thursday July 28 and Friday July 29 2022. Doubles (all combinations possible) in the morning and teams in the afternoon.

PickleBall & Clay Courts?



The recent rise of Pickleball worldwide has lead club owners and fans looking to find ways to continue to grow and improve the sport.

One of the aspects that is being tinkered with is the court surface. Now, as we know, pickleball courts take up considerably less space than tennis courts, so modifications should, in theory, be doable.

However, it's the very nature of the game, which will define the possibility and/or the need to change the court surface.

For example, there would be no reason to attempt to play pickleball on a grass or sandy surface, as the idea of this particular racket sport is to allow the ball to bounce in the way that it is supposed to.



A clay court, if compact enough, could be a viable option for pickleball. In fact, Jarrett Chirico, the Director of Rackets at Baltimore Country Club, discovered this by repurposing a clay tennis court into a pickleball one by adding new lines to it.

Additionally, it's interesting that the USA Clay Court Pickleball Championships was held in 2018 on clay as well. Not the typical red clay found at tennis tournaments, but on specialized Har Tru surface.



So, why has pickleball on clay courts found favour among players?

Lesser Strain

Clay courts work well for those who don't want to put excessive strain on their knees and joints. This also enables more senior players to enjoy the sport.

Helps Longer Rallies

For those players looking to get the most of the exercise that they do by playing pickleball, clay courts could make for longer rallies and become a factor in getting a great work out.

Lower Cost of Courts

A clay court, arguably, could cost less to construct and maintain. Inevitably, cost would always be a factor to consider for any Racket Sport Club.

It's Different

Pickleball players and fans are embracing whatever new and exciting changes come their way and clay courts certainly offer a different and unique experience regarding this rapidly growing sport.

So, the next time that you fancy a game of pickleball, be sure to see if you have a local club or place with a clay court. Adding a new dimension to your favourite sport will surely be exciting!



Ying & Yang

MIND & BODY

An athlete taking the right time to recover from a physical injury such as a sprained ankle or

a broken wrist is not only understandable, but also completely encouraged.

However, what about when athletes need to tend to their mental health needs and step away from the shining lights and pressures of their day to day?

While sport psychology is gaining in traction, the stigma attached to mental illness is predominant in the athlete world due to the emphasis on appearing physically and mentally fit. The latter can perpetuate silent suffering and self-isolation.

Mental stress, depression and anxiety can be every bit as debilitating as a physical injury. As famous, rich or successful as we might see sports-people, they are people that wrestle with the same complex issues as the rest of us and are not immune to the stresses of life.

The aggressive and competitive environment surrounding athletes in addition to the perfectionist mindset of many competitors, can drive athletes to feel unsatisfied no matter the quality of their performance and also prey on any perception of weakness.

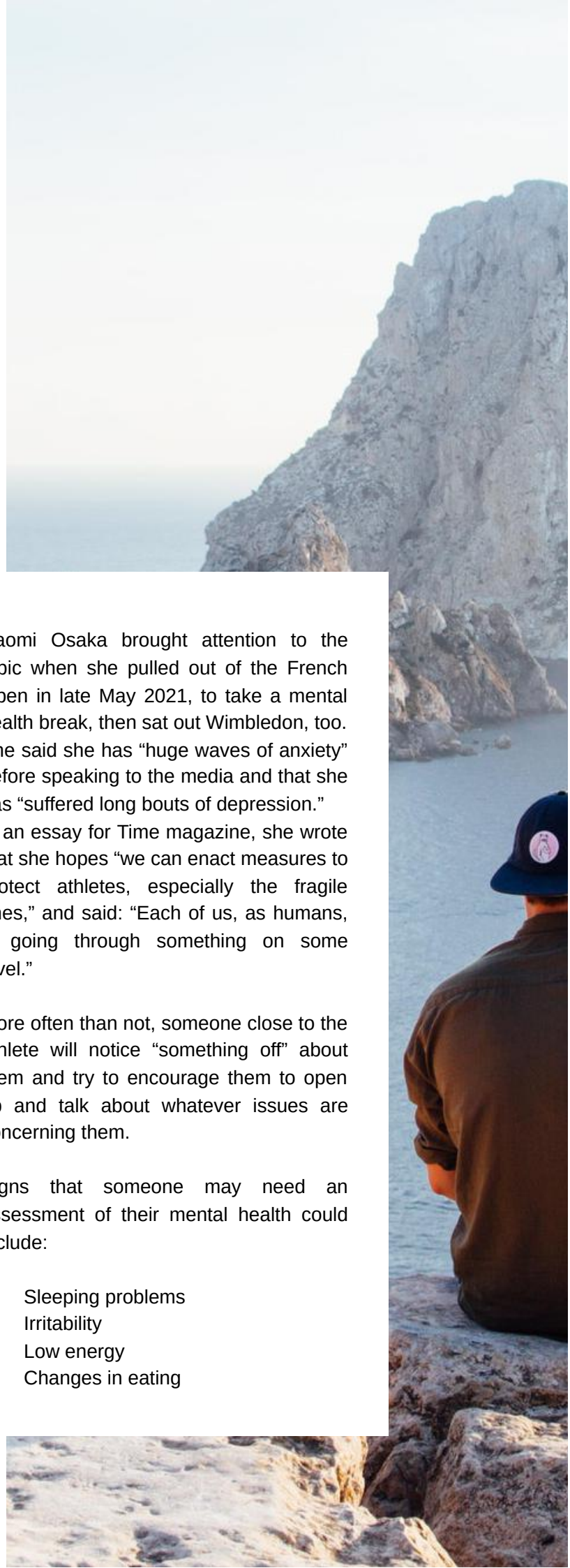
Naomi Osaka brought attention to the topic when she pulled out of the French Open in late May 2021, to take a mental health break, then sat out Wimbledon, too. She said she has “huge waves of anxiety” before speaking to the media and that she has “suffered long bouts of depression.”

In an essay for Time magazine, she wrote that she hopes “we can enact measures to protect athletes, especially the fragile ones,” and said: “Each of us, as humans, is going through something on some level.”

More often than not, someone close to the athlete will notice “something off” about them and try to encourage them to open up and talk about whatever issues are concerning them.

Signs that someone may need an assessment of their mental health could include:

- Sleeping problems
- Irritability
- Low energy
- Changes in eating





"I'm sure there's quite a few people struggling. More than we know," said U.S. Davis Cup captain Mardy Fish, who pulled out of the 2012 U.S. Open when he had a panic attack before he was supposed to face Roger Federer. "There have been plenty of players that have had some mental health issues, whether you know it or not. I have spoken to many players over the last eight or nine years that you've heard of — some up-and-coming players; some college players; male and female — that have struggled with that type of stuff. It is prevalent in sports and certainly prevalent in such an individual sport."

Needless to say that any type of mental health issue would start as a distraction, which can grow as the competition and the pressure intensifies.

Prominent athletes are opening up more and more and sharing their experiences to the public in order to make mental health a priority for any sports-person. They understand that their struggle can be transformed into a way to lead by example and encourage others to work on their own mental well-being.

Tips for coping with stress

Resilience is very important in the work of sport as athletes need to use a variety of psychological skills and strategies to manage the daily stressors and pressures they go through.

Let's look at some tips and strategies to help alleviate stress, which may not just be confined to the world of sports.

- Introduce variety or change into what we are doing, in order to reduce boredom and burnout, helping maintain excitement. Examples could include a change in schedules or venues for training

- Be flexible with expectations and goals, revising when needed to better adapt to changes and challenges that might occur. Alleviate the constant high pressure of winning and instead, focus on enjoying the process and the moment

- Take time off to rest and relax

- Have fun and enjoy yourself

- Develop confidence in yourself. Recognize that your own strength and resourcefulness helps increase your self-confidence and ability to problem solve

- Recognize your hard work and strengths regardless of the outcome to maintain a healthy view of yourself

- Build healthy and supportive relationships, in particular among teammates

- Accept circumstances that cannot be changed, and focus more on the situations you have control over

- Develop realistic goals. We can move towards our goals by taking gradual steps and appreciating each step taken

- Take care of yourself by paying attention to your needs and feelings

In addition to these recommendations, the most important one could be to realize that you're never on your own regarding your mental health concerns and that your surrounding friends, family and community are there to offer you a helping hand, should you need it.

Seeking help is a sign of strength, courage and resilience.



Music in Sport



Music can be considered an important part of preparation process for sport performance. The ongoing appearance of athletes wearing headphones in warm-up areas and arrival to venues before competition is more and more common. When you hear club anthems being played as teams come out to play, the proposed performance-enhancing effect is that crowd noise and crowd singing also helps enhance the energy levels and help reduce tension.

Sport psychology researchers worked to move away from anecdotal to scientific knowledge in this area for many reasons. The process of creating a scientific evidence base showing the effects of music and motivational videos requires appropriately controlled studies that look to control a number of factors that could affect the results.

The scientific base for the new ideas is emerging with encouraging results from the first tests and has gained momentum quite significantly.

The latest research to investigate the deep effects of music on psychological states is fronted by former Brunel University Dr, Dr Costas Karageorghis. Karageorghis suggests that music could elicit a number of psycho-physiological responses that show strong signs of enhancing performance.

There are four main aspects in which music may benefit performance:

1. Listening to music may centre the attention of the performer, and consequently divert the performer's attention from feelings of tiredness and fatigue;
2. Music also has an influence on arousal states, this equates to, in pre-competition situations, a stimulation or calming of the performer;
3. Music has innate rhythmical qualities most individuals respond to which can make performing less testing by allowing for the synchronisation and emulation of movement to the music;
4. Depending on the level of concentration, listening to music could increase positive mood or contribute to negative mood.

There have been a series of studies that have proven that listening to motivational music before performance can result in increased strength. It was also found that listening to music is associated with enhanced mood states, with listeners perceiving exercise to be less exhausting. Music plays a huge part in our everyday activities & for many reasons!

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