



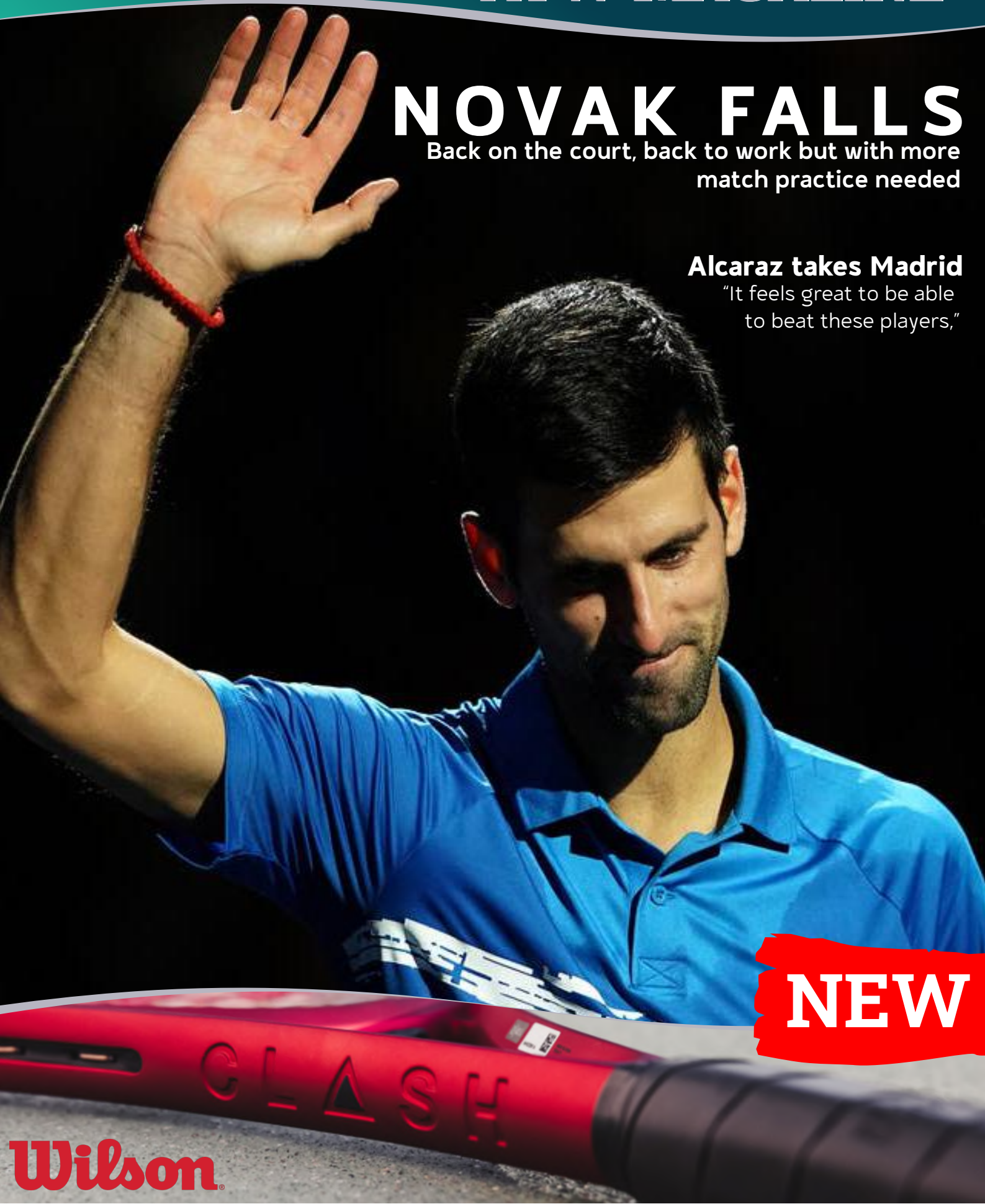
GRSA INTERNATIONAL ATW MAGAZINE

NOVAK FALLS

Back on the court, back to work but with more
match practice needed

Alcaraz takes Madrid

"It feels great to be able
to beat these players,"



NEW

Wilson

A MESSAGE FROM

the President of GRSA International



It gives me immense pleasure to welcome you to **GRSA International**, your Global Racket Stringing & Racket Sports Association.

GRSA International was born from the need to create a globally structured answer to both stringers' and racket sports enthusiasts' needs and demands. By creating a truly global association, a structured approach can be implemented with the stringer's craft and the racket enthusiast's enjoyment of their sport as the focal point.

For the stringers among you, I take the responsibility of my position very seriously and in doing so, hope to represent stringers within the industry to the best of my ability. There have been many issues over the years, that have failed to be addressed and a solution found. By having major partners and their representatives behind this great project, which is GRSA International, change can be introduced & achieved.

For the racket sports lovers, I realise how much technology there is out there that needs presenting in a way that helps you, the racket sports enthusiast, understand and get the most out of your equipment as well as help you make an informed choice.

As this is your association, I welcome you to interact with us, offer creative criticism on where we can improve and represent you in a manner you deserve. For the racket sports enthusiasts, we have the ear of the major brands, let us know how they can help you and we will ensure your voice is heard. For the stringers, we believe that we have covered all the angles, however, if you find that this craft, that we all love, needs more from us, please let the **GRSA Team** know your suggestions. As I like saying, "We've Got You Covered!!"

As I have been stringing since I was a little boy, my life has been touched by all aspects of stringing and racket sports. I invite you to join me on this path that we have chosen. Let's make the future for players & stringers a better place, full of much needed information, respect and recognition.

From one stringer to another, one racket sport enthusiast to another, I welcome you to our / your home.
Best regards,

If you're not already a member of GRSA, check out our website to find out why you should be!

CONTENT

Section 1 - Tennis

We look at recent news stories you might have missed, **In the room** - Machine selection, **History of the tennis ball**, Fun facts, **Featured Club**, Tennis Nerd, **Swiatek's new racket** and more!

Section 2 - Padel

The latest countries to embrace this highly popular format, new product and a look into the life of Teresa Navarro

Section 3 - GRSA INTERNATIONAL

An introduction to the professionals that have joined GRSA, the current GRSA team and their experience, stringing tips, String information.

Section 4 - Squash

Industry leading Squash stringer Nick Down shares his insight about about GRSA Courses and Squash racket specifics.

Section 5 - Beach Tennis

A look in to the world of Beach Tennis, it's origins and some of the latest news.

Section 6 - PICKLEBALL

The sport that is taking over in the states, a sport that has even got the attention of the Williams family!

20 Years and a New Star!

MUTUA MADRID OPEN

2022

This year's Mutua Madrid Open will mark the 20th anniversary of the event on the ATP Tour. The clay-court event is classified as an ATP Tour Masters 1000 and WTA 1000.

Since 2009, the Madrid Open has been held at La Caja Mágica, designed by Dominique Perrault. Players bring their A game to an impressive, modern tennis complex that houses three courts with retractable roofs.



2022 - Mens: CARLOS ALCARAZ
 2021 - Mens: ALEXANDER ZVEREV
 2020 - CANCELLED COVID-19
 2019 - Mens: NOVAK DJOKOVIC
 2018 - Mens: ALEXANDER ZVEREV
 2017 - Mens: RAFAEL NADAL

Womens: ONS JABEUR
 Womens: ARYNA SABALENKA
 Womens: KIKI BERTENS
 Womens: PETRA KVITOVA
 Womens: SIMONA HALEP

In this star-studded table of winners, one of the biggest surprises has been the recent surge and success of 19-year-old Spaniard Carlos Alcaraz at this year's Madrid Open.

The Spanish teenager will find it hard to forget the weekend of the Madrid Open, during which he beat his personal hero Rafael Nadal on the Friday, World Number One Novak Djokovic on the Saturday and finally defeating the 2021 Madrid Open Defending Champion Alexander Zverev on the Sunday, by a commanding 6-3,6-1.

What did Carlos have to say?

“It feels great to be able to beat these players,” said the 19-year-old. “To beat two of the best players in history and then Zverev, the world No 3. He is a great player. I would say this is the best week of my life.”

“Last year I was going through these experiences for the first time, playing against the best players, playing in the Masters 1000, and I learned a lot,”

“Now it’s different. I go onto the court knowing that I can win, with the confidence that I can win at any moment”



He outplayed the German, whose semifinal match against Stefanos Tsitsipas didn't finish until after 01:00am the night before.



At 19 years and three days of age, the Murcia native is the youngest champion in twenty editions of the Madrid tournament.

Gracious in defeat – Alexander Zverev

“Carlos, right now, you’re the best player in the world, even though you’re 19 years old, you’re still beating us all,” Zverev said to the new champion after the final. “It’s great for tennis that we have someone who is going to win many Grand Slams, be world No 1 and win this tournament many times”.

Carlos Alcaraz earned his fourth title of the year and his second Masters 1000 after Miami last month. He is set to rise to sixth in the world before the French Open later in May.

He continues his dominance on clay this season, increasing his record to 16 wins and one defeat, in his opener in Monte Carlo. This translates to a 94% win rate, the highest on the tour for this surface.

Overall, his win-loss record for the season now stands at 28-3.

He is surely to be considered as one of the favorites for the upcoming French Open.

ALEXANDR DOLGOPOLOV CHECKS-IN AFTER DECISION TO ENLIST IN UKRAINIAN ARMY

“You just live hour by hour and minute by minute,” comments from the former Top 20 player in his exclusive interview with Jon Wertheim.

Alexandr Dolgopoloov was once lauded for having some of the best hands in the game, but even at a career-high ranking of world No. 13, those racquet skills didn't lend themselves to heavy artillery.

“Once, the husband of my sister took me shooting, and I was terrible,” he told Jon Wertheim this recently. “I couldn't put one bullet in the bottles we were shooting at. I said it's not my thing and that I'm a peaceful person.”

Dolgopoloov has since polished up on his marksmanship skills but not for reasons he'd ever dreamed: a year removed from announcing his retirement, the 33-year-old Ukraine national enlisted in the army to defend his homeland against a Russian invasion.

“I just felt I had to do it,” he explained from his undisclosed location in Kyiv, Ukraine's embattled capital. “I couldn't watch on TV. In the first days, I was watching something like 23 hours of news and sleeping one hour a day. I almost wasn't eating for a few days. For the people here—obviously some left, but many are still in the country—why shouldn't I be, as well? I'm young, sporty, and I have weight in Ukrainian society as a famous person. I can send messages, speak to the press, gather money. If I need to fight, I'll fight, but there's many useful things I can do here.”

Former Australian Open quarterfinalist, Dolgopoloov won three ATP singles titles and joined Xavier Malisse to defeat Roger Federer and

Stan Wawrinka to win the BNP Paribas Open in doubles, he admits the life of a pro athlete doesn't entirely differ from that of an armed soldier.

“You're strong if you were on the highest level of a sport like this. You need to give up many normal-life things to be at the top, so I think any tennis player on the elite level is strong. You're just changing the thing you do and are just concentrating on different things, on being safe, on surviving. Your mind twists and it's like you just live hour by hour and minute by minute. It's like the world has stopped here and it's just fighting and surviving.”

Dolgopoloov, who is getting most of his news from a vast network of Telegram channels, believes the conflict will ultimately come down to the Russian people and their own ability to stand up to an increasingly aggressive government.





The growing list of professionals to enlist wasn't short of big names, but then "The Dog" joined the cause.

Having won over 7m in prize money and reaching the top 20, this 5'11 bottle of energy juggled boxing classes, with staying at home with this girlfriend and globetrotting tournaments until a change was to arise, a change that would put his name in the press for a very different reason, some say, his biggest yet!

Financial & Celebrity Status made him exempt,

but in his words, "It was a hard decision as in 'dangerous,' but not hard as in 'difficult.'" he went on to say "We traded a racket and strings for a gun and bullets," and then, he enlisted.

One of the major challenges was returning home, the continuous attention and increased talk of war, Turkey was the first port of call to make sure his family members were safe, then, he liaised with what he said was "an ex-military person". After undergoing some private training, his serve aim was converted into a weapons-ready tool that would aid him in his quest to help defend his country.

Shortly after he left Turkey for Croatia, he met up with friends, they loaded military gear and supplies and drove north to meet with his father, have a brief conversation and then head on to Kyiv.



IMAGE SOURCE: ATPTOUR.COM

COMING
soon



STRING
CLUB.

string-club.com

In the Room

WORKSHOP TIPS - WITH RICHARD PARNELL

Which machine is best when you need to change!



Making a sound investment in your tools is by far one of the most important decisions you're going to make. From the basics like an awl, snippers, needle nosed or curved pliers, to the biggest investment of them all, the machine. Quality equals longevity, for this reason we always recommend spending wisely. You don't want to put too much strain on your wallet or bank account, that said, investing wisely once is always better than having to keep buying something cheap and with a limited shelf life.

There is no hard and fast rule of when to change your stringing machine. Often the market will dictate when the time is right, maybe a competitor has upped their game and has upgraded to a professional machine, leaving you as the poor cousin. I believe that if you are offering a professional stringing service, every part of it needs to be professional, starting with the machine.

WHEN, HOW & WHY

How to gauge if you're ready to change!

A stringer will normally start on a basic machine and work upwards towards the top end professional machines. Some stringers are really lucky and start on a professional machine straight away. By looking at the acquisition of a machine as an investment, the choices become very clear.

Obviously, budget is the first consideration. If we are stringing 1 racket per day and charge 10€ labour, this would mean that the income generated by your work is 50€ per working week, multiplied by 4 = 200€ per month, multiplied by 12 which would equate to a yearly income of 2,400€. If we consider the machine an investment and we are prepared to invest 2 years of our labour then we would have a budget of 4,800€ which should be enough to buy a professional machine. Loans can be organized either through a business or privately and the monthly labour charges cover these. This means that the profit from the string sales is still being received and creates some income during this time. This budget can be adjusted to include your weekly stringing numbers and labour charge. I am very aware of the difference between stringing in Vietnam with a \$1 labour charge and in New York with a \$20 plus charge, the budget will change accordingly.

By having a professional machine, we are going to acquire new clients who value a quality professional restring performed on a top end machine. By using the correct marketing and social media, awareness of the upgrade can lead to a much-improved client base who value quality over price.

The machine should always be the best one we can afford. Upgrading can be done by buying and selling and even buying secondhand machines to get to the next level. One thing that is important to know about a secondhand machine is its history. If a machine is being retired from a high-volume stringing shop, then it usually means that it has a lot of wear and tear on the parts and definitely to be avoided.



HEAD TE-3300



A great machine, that's been used at multiple ATP events around the world, including Indian Wells, Paris, Rio and Madrid. A versatile machine that is easy to transport and can be used on its raisable stand or as a tabletop if needed. Featuring a mechanical raised tension head, double action clamps & the possibility of 20% prestretch, this machine is very comfortable to use. The machine comes complete with tools and ready to be used.



Wilson Baiardo



A really solid machine, that is currently used at the US Open and Roland Garros as well as many other tour events. A machine that is made with stringer comfort in mind with its ergonomic features that change depending on the actions of the stringer. Lowering the turntable for ease of frame fixing, raising the height for mains installation, and tilting the turntable for ease of cross string installation all mean that the stringer's back suffers less after a long day of stringing.



YONEX Precision 5.0



A comfortable machine to use, with all the features needed on a professional machine. The machine as a whole is light to use, using the double action clamps is easy, the unique disk brake system offers great stability, the control panel for the machine is intuitive and makes the stringing process seamless.

Babolat

PURE AERO - THE BEST RACKET EVER?



FEW RACKETS HAVE STOOD THE SAME TEST OF TIME

It doesn't seem that long ago when Rafa was swinging the Pure Drive around showing the team at Babolat that the raw potential was there, he needed something special to bring it all together. This got the creative juices going at the R&D department and work began on developing the Aero Pro Drive which has now become the most popular racket in the world. The concept behind it was to find a dynamic solution that would help achieve even more topspin, every aspect of the already popular racket was scrutinised with significant modifications being made, more visibly on the curved beam, more aerodynamic, sleeker and a perfect addition to the success records.

The performance of this racket is simply remarkable, a racket that through innovation, has kept the key values of the design but progressed to be one of the most famous rackets in the world. The recent success of Carlos Alcaráz in Madrid yet again shows the commitment by Babolat to keep a winning formula going without trying to re-invent the wheel, the end result: the Pure Aero VS!



THE TIMELINE

AeroPro Drive Original - 2004

Update

AeroPro Drive Original - 2007

it wasn't the best reaction from players

Update

AeroPro Drive - 2010

Slightly Stabler, more feel

Update

AeroPro Drive - 2013

Active Cortex & most popular in the series

Update

Pure Aero- 2016

Re-named - more inline with other models

Update

Pure Aero - 2019

The emblematic colours returned



FUN

FACTS

“Whoever said, “It's not whether you win or lose that counts,” probably lost!”

Martina Navratilova

1 The term “Love” used in the scoring system of tennis is said to have originated from the French word for “egg,” l’oeuf, because a zero on a scoreboard resembles an egg. However, these claims are unsubstantiated.

2 At Wimbledon, the grass is cut to a height of exactly 8 mm during the event and more than 54,250 balls can be used in each tournament.

3 A player is said to have won a Career Grand Slam if they win all four majors at any time during their career; a Non calendar-Year Grand Slam if they win the four majors consecutively, but not in the same year, and a Grand Slam if they win all four majors in a single year.

4 The year 1968 marked the beginning of the open era in professional tennis. The French Open was the first “Grand Slam” event to go open.

Martin Mann

Premium Racket Service



RACKET TEST MAY 2022

Head Speed MP 2022 (Auxetic)

Head Size: 100 in² / 645.16 cm²

Length: 27in / 68.58cm

String pattern: 16×19

Beam Width: 23mm / 23mm / 23mm

Composition: Graphene 360+/Graphite/Auxetic

Unstrung Weight: 10.58 oz / 300 g

Balance: 32 cm / 6 pts HL

Swing weight: 294

Stiffness (Static): 62RA



In the 2022 version of the Head Speed MP, Head combined the standard spin friendly string pattern with the material composites Graphene 360+ and Graphene 360 as well as Spiral Fibers in the lower head for a clean feel and impact.

Head introduces the Auxetic construction in the yoke for improved feedback. The racket features controllable power and great feel with enormous spin. Its power level is low-medium at a medium full swing style. Players with a medium fast swing speed will benefit most from this racket.

The racket is ideal for baseline players who are searching to dominate rallies with power and spin. It provides amazing comfort during longer rallies but also allows you to finish off points easily due to its power level. The feeling and feedback at the net, playing volleys and smashes, is as solid as the benefits it offers when serving.

OVERALL RATING

Power: **8/10** - Comfort: **8/10** - Dampening: **8/10** - Playability: **8/10**

STRING TEST MAY 2022

HEAD Lynx Tour

Gauge: 17/1.25mm

Length: 40ft/12m

Composition: Co-polyester

Monofilament

Color: Champagne (Gold), Grey,
Orange

Tested in a **HEAD Speed MP 2022**
(Auxetic)

String tension: 23/23

DT after Stringing: 37

DT 2h after stringing: 36

DT after 1h of play: 34

This co-polyester monofilament-based string offers great control even in a 16x19 spin friendly string pattern. It offers extra spin and bite due to its six-sided shaped profile. It has above average tension maintenance for a polyester monofilament string.

This string is made for advanced players as it feels relatively stiff and therefore the snap back effect is not as easy to generate as on the standard HEAD Lynx string.



Overall Rating

Power: **6/10**

Spin: **8/10**

Comfort: **6/10**

String maintenance: **7/10**

Dampening: **6/10**

Send your test suggestions to:
media@grsa-international.com

THE HISTORY OF THE TENNIS BALL

It's something unfathomable, tennis without balls! Tennis balls have been on such an incredible journey. a journey that stretches over 700 years plus.

Before the game of tennis as we know it, there was a game called Real Tennis, it is documented that is was the original racket sport that sparked the evolution into the modern game we know today. Real Tennis was coined the "Sport of Kings" and is to have originally had its beginnings in England during the 1400s.



The original game was played within on an oval court with solid balls, odd shaped rackets, a scoring system and set of rules that would befuddle any dedicated student of the game.

Commonly made of cork, the ball was then covered with a tightly wound fabric, it was then covered with a hand-sewn layer of heavy woven woolen cloth. Since there were no uniform balls in Europe, these balls could have been made of absolutely anything as long as it could fit inside the covering, this even included animal intestines in some cases.

Real Tennis is thought to have evolved from a 12th century game in France thought to have been called tenez, which means "take hold."

The first significant modifications in the tennis ball came along during the 1870s in England, this is when lawn tennis began to replace the old real tennis as the game. A gentleman by the name of Walter Clopton Wingfield, a Welsh inventor, was one of the pioneers of lawn tennis as well as Augurio Perera and Harry Gem. He began to import rubber balls from Germany as they had been successful in developing vulcanized air-filled balls.

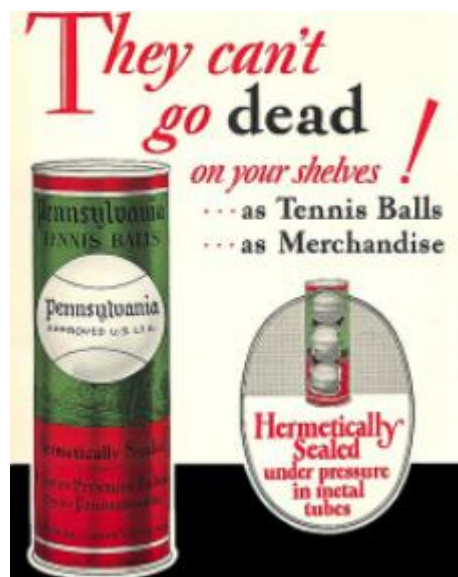
Light and grey or red in color with no covering, but then John Moyer Heathcote, an English barrister and real tennis player, suggested a flannel covering and by 1882 Mr Wingfield began advertising his balls as clad in stout cloth. This was undoubtedly the birthplace of the tennis balls we know today.

Soon after the bombing of Pearl Harbor, the whole tennis market was dramatically affected. As 90% of the rubber being produced was going to war priorities, this meant a stop was put to the manufacturing of tennis balls. This subsequently led to a buying frenzy because of the fear that there would be no balls on the market.

If you have a piece of history, send us a picture of it and we'll share it with the globally connected community of GRSA.



info@grsa-international.com





Davidovich Shines - Novak Falls Flat



Alejandro Davidovich Fokina made quite the statement in his recent encounter at the Monte Carlo Masters beating Novak Djokovic 6-3 6-7 (5) 6-1 in just under three hours. Playing for the first time since February, Novak fell flat on his return and seemed to need a fair bit more match practice after he faced 20 break points with more than 9 being conceded to the 46 ranked player. The recovery in the second set being the most dominant performance and hard worked victory of his career.

You don't just turn up to a tournament and take for granted that you're going through, even if you have won 20 Grand Slams or Monte Carlo on two occasions and Novak didn't seem complacent but shall we say, a little rusty! Taking nothing away from Alejandro, his determination and narrow escape from injury in the 7th game in the second set allowed him to emerge victorious in an emotional performance.

The best week so far as a professional for the Spaniard did not end with a title but, with the convincing desire to perform he has shown that he can compete equally with anyone. The title ended up in the hands of the Greek Stefanos Tsitsipas, who successfully defended what he had achieved back in 2021.

At 6-3 and 7-6 (3), it was a well fought match, the world No. 5 in no way overwhelmed the Spaniard who arrived in Monaco ranked 46th in the ATP ranking. The victory against Novak Djokovic filled him with hope and motivated him to later beat David Goffin, Taylor Fritz and Grigor Dimitrov.

Even though the title evaded Alejandro this time, his journey through this highly entertaining and never disappointing tournament has been simply magical. From 46 in the world to "HERE I AM" on the main stage and boy did he shout it loud! Well done Stefanos, but a very big OLÉ to Alejandro!

Defending Champ reigns!



GRSA INTERNATIONAL

Featured Club

The Lew Hoad Tennis and Padel Club is located in the heart of the Costa del Sol, cleverly placed between Fuengirola and Mijas and just 20 minutes from Malaga and Marbella.

Tennis Resort Online ranks it among the 75 best Tennis Clubs in the world and Tennis World Magazine as "probably the most beautiful Club in the world"

Offering a variety of spaces such as; tennis and padel courts, a beautiful garden that shares a romantic pond which has witnessed the most emotive ceremonies, a luminous glass pergola that at night, is transformed into a modern space in the purest chill out styles. You also have the choice to simply relax on the terraces by the pool area... All of them help you enjoy different experiences with the comfort of being in one place.

LEW HOAD, founder of this Tennis and Padel Club, was a renowned Australian tennis player in the 1950s and 1960s. He was a multiple-time winner of Grand Slam tournaments such as Wimbledon, the US Open and the Australian Open. After discovering the Costa del Sol on one of his family trips and living a large part of his life in Australia, he decided to settle in Mijas and create an emblematic tennis club in an old Andalusian farmhouse that would bear his name.

Personalities from all walks of life have visited this Club throughout its history, being fascinated by its spectacular facilities and magnificent surroundings.

"I'd like to take the opportunity to personally say hello and share that we would be delighted to welcome you to a very special club.

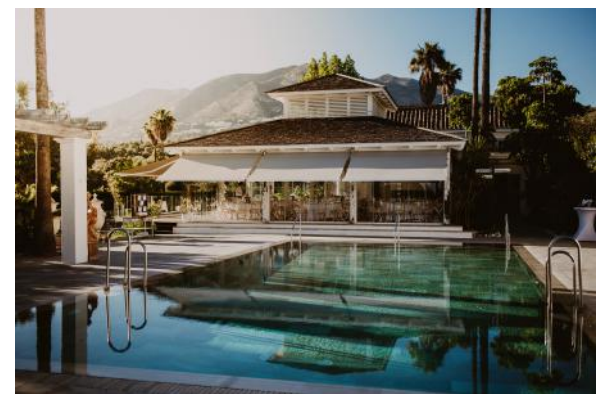
LEW HOAD is a Club where we always maintain a social, family and international spirit, a place where you can rest, have fun and enjoy sports in the best environment.
You are all invited!"



Daniel Rios
General Manager

(+34) 952 47 48 58

www.lew-hoad.com | info@lew-hoad.com



Lew Hoad is considered one of the best sports complexes by professional players from the ATP and WTA, who choose it to carry out pre-season and training sessions at the highest level. Alejandro Davidovich, Corentin Moutet, Feliciano López, Jaume Munar and Paula Badosa are some of the tennis players who have spent the last year at our facilities. In the case of Davidovich, it is his Club of reference for training throughout the year.

They offer you the possibility of practicing tennis on its 7 plexicushion courts. You can opt for individual tennis classes or in groups with bilingual teachers and for all ages. They also offer mix – ins, tournaments and competition schools.

The club boasts 6 fantastic state-of-the-art glass paddle tennis courts, well lit and with artificial grass flooring. Surrounded by an amphitheater, they are the ideal place to hold tournaments or to enjoy a game while having a snack.



As a complement to a day of outdoor sports, the Lew Hoad Tennis and Padel Club offers you different complementary services that you can benefit from throughout the year without the need to be a member of the club: Fitness Center, Salt water pool and well equipped sports boutique.

tennis nerd



Babolat - As played by Carlos Moyá



Bancroft - As played by Björn Borg

FOLLOW THE GAME - FOLLOW THE MAN

Are you lost in the jungle of rackets and strings?



Ten years ago, tennis enthusiast (and former journalist) Jonas Eriksson started a journey to learn as much as possible about tennis equipment. He has helped thousands of players through consultations and the content he creates on Tennisnerd.net, his YouTube channel, and other social media accounts.

Tennisnerd offers in-depth racket, and string reviews, insight into how to maximize your equipment, what racket and string might suit a specific player, what rackets the pro players use, and much more.

All for the love of tennis!



LOST IN JUNGLE OF RACKETS AND STRINGS?



Get the most out of your equipment on tennisnerd.net

GRSA INTERNATIONAL

Featured Shop

Year opened: 2021

Shop size: 25 Sq M

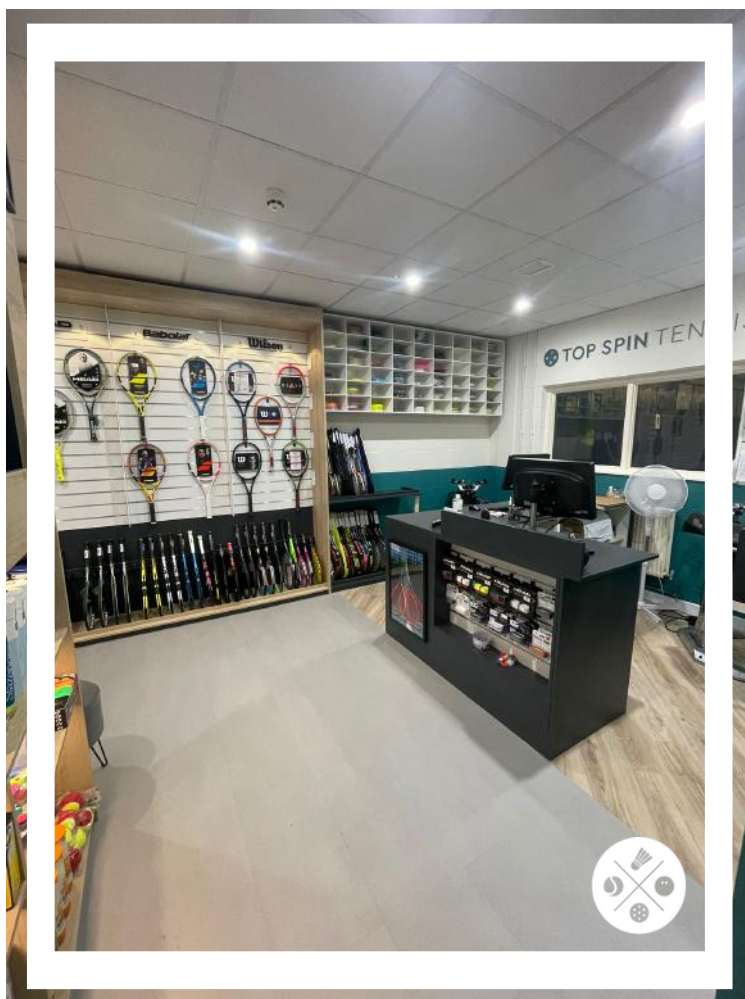
Address: Top Spin Tennis,
Hills Rd Tennis & Sports Centre, Purbeck
Road, Cambridge, England, CB2 8PF

Contact Number: +44 (0)1223 241956

Email: Cambridge@topspintennis.co.uk



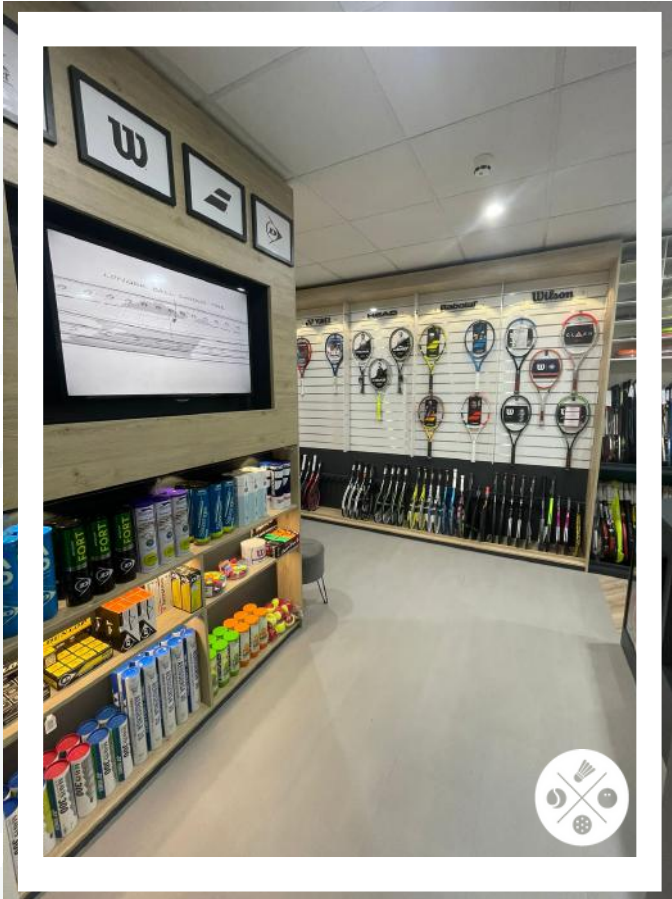
TOP SPIN TENNIS



Top Spin Tennis, a UK racket sports specialist with five pro-shops in England, has developed a state-of-the-art pro-shop in central Cambridge. The mission was clear, offer an un-paralleled in-store pro-shop experience that supported brands in the presentation of their product, and consumers in making the rackets world less complex.

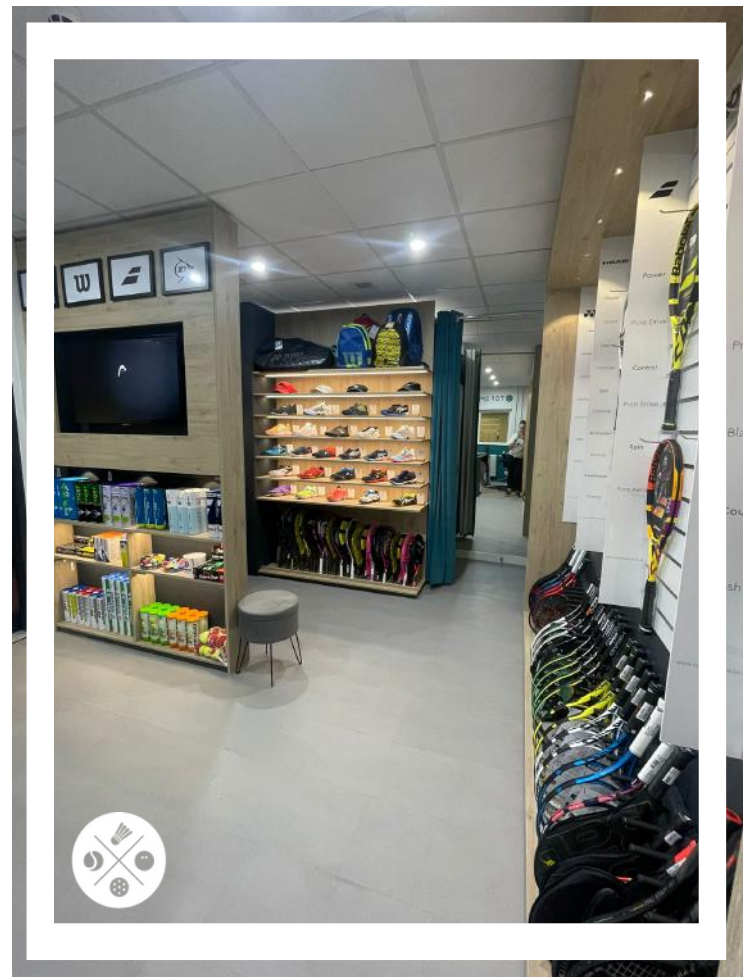
The space was designed by an interior designer to ensure a professional flowing feel throughout, with the aim of housing a variety of products for tennis, badminton and squash, an eye-catching window display, as well as creating a technical area for two state-of-the-art stringing machines, namely a Wilson Baiardo and Yonex ES9 Deluxe. This supports Top Spin Tennis's overall vision of becoming 'THE' UK racket sport specialist, which is the reason why Top Spin Tennis work closely with the Global Racket Stringers Association (GRSA).

topspintennis.co.uk



Top Spin Tennis have become the first major retail partner in the UK to certify their stringers with GRSA. This teaming up supports the need for players to use certified stringers to ensure accurate advice and good quality jobs using recognised techniques. Top Spin Tennis stock most major brands, and are considered the highest tier account for Wilson and Babolat.

Fun facts: Top Spin Tennis string 10,000 rackets per year and work with some of the UK's best upcoming players to ensure their equipment meets their needs. Furthermore, four members of their team are/have been part of the Wimbledon stringing team.





Is This Your Perfect Home?

Mint Properties have more than 30 years experience finding the perfect home for their clients, clients with a passion for quality living!

With access to the most exclusive properties throughout Southern Spain, finding a suitable space for their diverse clientele is a commitment and guarantee for this team of dedicated professionals.

If you're looking for a mountain retreat or luxurious beach hugging hideaway, Mint Real Estate Group have made sure that the company and staff are there for their clients from start to finish. A bespoke service that can provide a personal assistant that will not only help you find your dream home, but help you furnish it, find staff to maintain it and the right companies to keep it safe at all times.



info@mintrealestategroup.com

☎ +44 (0) 207 118 7888 / +34 951 12 07 02

Tecnifibre reveals Swiatek's 2022 Tempo 298 Iga tennis racket

The 298 Iga has a new look but keeps the specifications of the original model. Created to meet the needs of demanding women tennis players, this racket specializes in speed, spin, and power.



The Tecnifibre Tempo 298 Iga features Swiatek's signature on the frame. Growing up, the Pole looked up to Rafael Nadal for having personalized gear and now it is a dream come true to have her name written on a tennis racquet.

In the Tennis Warehouse video, the world No.4 Swiatek notes that she uses Tecnifibre Razor Code Strings in white. She also explains the importance of adjusting strings to different conditions and how often you should ideally restring your racquet.

The 2020 French Open champion explains why she feels good playing with it:

"I really love how the racquet gives me a lot of power, but on the other hand a lot of control, so I can attack really precisely. Sometimes I can play a lot of winners, go forward and be more aggressive. That is also my goal this season".



PADEL - HISTORY IN THE MAKING



The origins

Padel-Tennis, equally known as Padel or Paddle, documents its origins on a less popular variant of enclosed Tennis originally named Platform Tennis.

In 1969, Enrique Corcuera decided to adapt his Squash court at his home in Acapulco (Mexico) with certain elements of Platform Tennis creating what he called, "Paddle Corcuera". He is credited with being the inventor of Padel.

Enrique's Spanish friend Alfonso of Hohenlohe-Langenburg experienced this new invention at Enrique's home and simply fell in love. Immediately after, at a tennis club in Spain (Marbella) he built the first two Padel courts, it this was 1974.

Nevertheless, Alfonso introduced a few modifications from Enrique's original design to make it more competitive,, being this the first of many improvements that Padel will undergo in the following 20 years in Spain.

In the meantime in 1975, Julio Menditeguy, an Argentinian member of Alfonso's Tennis club in Marbella, felt the same passion and decided to set off and take Padel to Argentina.

Since the first courts in Spain, Padel took close to 25 years to expand throughout the rest of the country. Finally in the early 2000s, more than 500 Padel clubs were built and many Spanish hotels already included this sport activity and offered Padel courts.

In 2005 Padel was already well-established in Spain with more than 1000 Clubs. It is at this time when a selection of the most important Padel Associations jointly decided to establish an International Championship that would be played fully in Spain. This was the birth of Padel Pro Tour, which lasted until 2012.

TERESA NAVARRO:

Her Love for Padel

Her Move to Dunlop

Her Journey!

From an early age, her love for padel came after playing with her siblings once a week, where her father soon saw that the bug was there. More classes ensued and with it, a fever to spend more and more time on the court. The instant attraction to a feel good environment meant that Teresa felt at home on the court, she felt the need to continuously grow in experience, learn more and more about a sport that had obviously managed to show her a clear path forwards. She knew from then on it's where she wanted to be and how she wanted to spend her professional life.



NEW 2022 COLLECTION



MY BEST SO FAR

"My favorite tournament is undoubtedly the Master Finals, I consider myself lucky to have been able to take part in it twice and enjoy the experience".

"My greatest achievement was reaching the semifinals in the Master Finals in 2017. That second half of the year was undoubtedly my best moment, since I was a pair 7 and I managed to reach the quarterfinals in almost all tournaments".



DAY IN DAY OUT

"My routine depends on the time of year. In pre-season I do a double session of padel and a session of physical training, we rest from playing at the weekend and only concentrate on physical training. During the rest of the year, the normal programme is padel sessions and a physical training session, also physiotherapy and nutrition sessions".

"I am a very organized person, and I have everything written down on my phone so I don't miss anything. As soon as the calendar is published, or as events are announced, I write down the dates to know exactly what free time I have. My best advice would be that you have to fight for what you want.

"Things don't fall on your lap, you have to go out and look for them and give your all to get them. Where there's a will there's a way!"



@terenavarrolb

RACKET SPORTS WARM UP AND INJURY PREVENTION



It's worth remembering that professional racket players are amongst the fittest sportspeople around, and playing the game is a lot harder than simply watching it.

Spark positive change.

The twisting and shearing forces generated on the court, can put extreme pressure on joints throughout your body. Without proper strengthening, knees, elbows, shoulders and ankles can really take a pounding. Most injuries are often little niggles that, if left for too long, can develop into more complicated problems.

Common injuries

Pretty much every part of you is at risk of injury when playing tennis (or other racket sports), as it is a sport which uses the whole body.

The most common upper body injury sites are the shoulder, elbow and wrist, all of which can be irritated by overuse as tendons repeatedly pass over the joints, causing pain and inflammation. This is also the cause of the infamous tennis elbow condition, which occurs when the muscles attached to the elbow and used to straighten the wrist are overused, causing swelling of the tendons and pain in the elbow and arm. On the opposite side of the arm, overusing the tendons that connect the elbow and forearm can result in golfer's elbow.

On the lower body, the knee and ankle are the most prone to racket sport-related injury. With players needing to constantly twist, turn and change speed, both the patella tendon below the kneecap and the medial ligament inside it can be easily damaged, while pain in the Achilles tendon is common as a result of repeated jumping.

The good news is that injuries can be avoided by ensuring your body is properly prepared.

Before playing racket sports

If you're returning to the court after a period of inactivity, in addition to warming up properly, you should also try and gradually increase the amount of time you spend playing over several weeks.

Initially you should play for no more than 30 minutes at a time once or twice a week, leaving at least two or three days between sessions to allow your body to recover. Increase your playing time by 10-15 minutes a week until you're comfortable playing for two hours at a time. This will help you bridge the gap between the exercise level you are used to and that required to play a full match.

Playing against an opponent of a similar skill level is also advisable; running non-stop around the court chasing shadows is not.

So what else should I be doing?

Before a match, it's important to eat sensibly, especially if you are playing soon after breakfast. A bowl of porridge with honey is perfect as it is high in carbohydrates to give you the energy required. Avoid eating anything heavy - such as a cooked breakfast - as this is likely to give you a stitch, and remember to drink plenty of water as it is easy to become quickly dehydrated during a game. Having a sugary energy drink before the match begins will also help you go the distance.

The best way to avoid injury is a proper warm up to prepare your muscles for the demands of the game and reduce the risk of injury by increasing blood flow.

Racket Sports: 5 Warm-up Exercises

Racket sports are fast paced sports and present many lateral displacements, which demand good mobility at the shoulders and hips. A good dynamic warm-up will help you perform better and stay injury-free.

1. Stand tall with your back straight and shoulders back. Keep arms straight and lift one arm upwards in the air and the other one back in the opposite direction. Alternate. Repeat slowly. 20 to 30 repetitions.
2. From the same position, wrap arms in front of you, then open arms, squeezing shoulder blades together. 20 to 30 repetitions.
3. Stand with arms extended on each side at shoulder height, flex the hip and bring your knee towards your elbow. 20 repetitions.
4. Keep your hips low and facing forward. Sideskip to your left keeping your feet wide apart. Travel the width of the court, then sideskip to the right.
5. Hold racket in front with both hands. Perform a walking lunge and slowly rotate on the same side of the forward leg. Travel the width of the court alternating legs.

During a Game

Staying hydrated is essential for success on the tennis court because loss of fluids causes your blood volume to decrease, impairing your stamina, speed, concentration levels and reaction times. In extreme cases, dehydration can even cause nausea and vomiting. As you can expect to lose between 0.5 and three litres of fluid for every hour you play, keeping drinks to hand is imperative.

Similarly, it's a good idea to have some food to hand throughout a match, just in case. Soft fruits, such as bananas or oranges, are ideal as they contain the right combination of vitamins and minerals to help players stay energetic and alert. Glucose-based soft sweets are also helpful as they provide sugar to boost energy levels and improve concentration. Only eat if necessary though.

After Playing

Once the game is over you should do a simple warm down as it helps your breathing and heart rate return to normal levels, as well as helping your muscles relax. It also helps remove lactic acid from your muscles, reducing the risk of post-exercise soreness.

Begin by taking a few minutes to relax and catch your breath, then walk gently for five minutes. Finish by repeating the stretches carried out during your warm up, drinking plenty of water to help nourish your muscles and have something to eat to help replace the energy you've burned off.

To sum up, the best fun is the safest fun! Take care of your body and enjoy your favorite racket sport!



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Help others stay safe ✓

Kirschbaum

kirschbaum-strings.de

Comfort

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



Power Vs Control

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

Tension Maintenance

Monofilament strings are known to lose more tension than a multifilament string. The Kirschbaum brand pre-tightened 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.

Kirschbaum

Tension Maintenance

The monofilament strings are known to not keep tension as well as multifilament strings. The Kirschbaum brand pre-tense 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.

3

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TENNIS CLUB DE GENÈVE



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ON THE ROAD



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&

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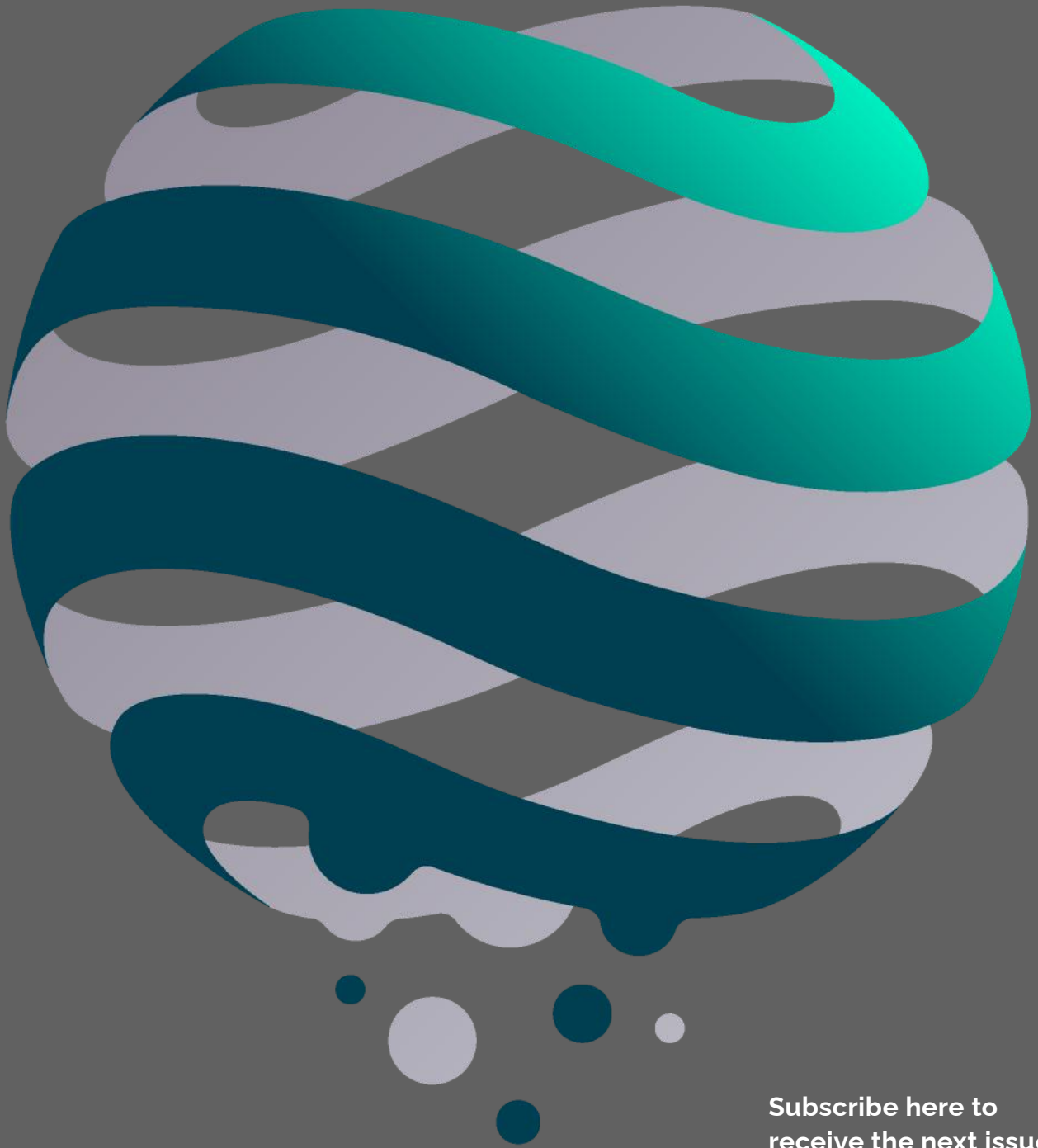


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INDUSTRY LEADERS

WHO MAKES GRSA TICK?



Nick Down



GLOBAL DIRECTOR - SQUASH

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Nick is the GRSA Global Director of Squash and a GRSA Grand Master - Squash. His stringing journey began in 1987 and has been stringing on the professional tour since 2007, you may also know him as "The Squash Guru".

What you may not know about Nick is that he served for 30 years in the London Metropolitan Police and spent the last 10 years as a Firearms instructor in the Force Firearms Unit before retiring in 2012. It's not every day you can say you had a workshop with an ex-firearms instructor!

Nick has worked in countless tournaments and strung for most of the best squash players, as well as stringing for the leading Squash brands in the world. We are immensely proud and honoured to have him as GRSA's Global Director of Squash.

Martin Mann



Country Manager

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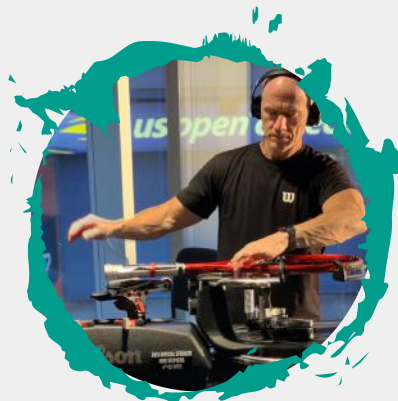
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Martin Mann is the GRSA Country Manager for Austria, Germany and Switzerland. Stringing at his first tournament as a professional stringer in 2000, working with Head and Yonex stringing teams worldwide for the past five years and running the P.R.S. stringing team, have given him a keen eye for detail in his craft.

What you might not know is that Martin has vast experience in the printed circuit materials and flexographic printing industry!

Martin is also a coach and entrepreneur. Now he is a full-time stringer and entrepreneur, being the director of his company, P.R.S. Premium Racket Services, that provides first-class racket stringing and customising services as well as organising the stringing service for tennis tournaments.



Mike Stephens



Country Manager

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Mike is the GRSA Country Manager for the USA and lives in Chattanooga, Tennessee. He is a professional racket technician and a member of the Wilson, Head, Yonex and Dunlop stringing teams!

A little fact that will surprise most of you is that Mike had a very different job before committing to stringing 100%. For over 30 years Mike was in the nuclear engineering world and spent 22 years working underwater in nuclear submarines before starting his own stringing company a few years ago and never looking back!

Mike has an amazing positive attitude which transpires into his thirst for learning and improving his skills, he always gives 110%. He's a great team player and fantastic professional, having strung his first grand slam only four years after his first stringing lesson!

Dimas Mendez



Country Manager

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Dimas is the GRSA Country Manager for Puerto Rico and Panama, but he lives in The City that Never Sleeps, New York City!

Dimas started stringing when he was 19 to help his brother, but what neither of them knew was that it would be the beginning of a new career for him. Dimas became a professional stringer in 2017 and is also a tennis coach with dreams of travelling with a player on tour. Becoming a stringer has helped him get closer to his dream.

Dimas's ambition and dynamic attitude have helped him achieve amazing things in a very short space of time, having been stringing at tournaments for the past 5 years with the most important stringing teams worldwide, we know his amazing trajectory is only just starting!



Roger Henry



Country Manager

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Roger is the GRSA Country Manager for Ireland, he lives in Ballymena (Northern Ireland), he started stringing in 2005 and has been a professional tournament stringer since 2007.

Roger was a member of the Babolat UK Stringing Team and has worked closely with Wilson, Luxilon, Babolat and several other key brands as a string ambassador over the years. Aside from stringing, Roger also works for Tennis-Point (global online retailer) as the Grassroots & Promotions Manager for Ireland.

One of Roger's best qualities is his desire to share knowledge and help others, he has used his experience and knowledge gained working with a lot of players and fellow professional stringers (including some of the best in the world) to teach and help others take the first steps on their stringing journey as well as stringers who wish to improve their skills.

Jon Sharpe



Country Manager - SQUASH

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Jon Sharpe is the GRSA Squash Country Manager for the UK. He began his stringing journey at the age of 18 whilst at university in Cardiff, Wales, studying Sports Development & Coaching and has now been stringing in volume for over ten years. Jon is also a level 2 qualified squash coach and has coached for nearly 25 years, bringing great knowledge and expertise to all GRSA members and teammates.

You may be surprised to find out that, as well as a squash coach and stringer, Jon is also the head of recruitment for Virgin Atlantic's operational areas!

Jon has strong ties to major squash and racketball brands, assisting with the testing and development of rackets, strings, stringing patterns, grips etc. These companies include: Tecnifibre, Karakal and Unsquashable. In addition, Jon offers workshops and his main aim is to always teach stringers to be consistent and use best practice techniques regardless of racket type.



George Pahiakos



Country Manager

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George is the GRSA Country Manager for Greece and Cyprus. He started stringing in 1990 and has now strung more than 140.000 rackets! An impressive number of rackets that just highlights his experience!

An interesting fact is that before going into stringing full-time, George studied economics and as well as to be an electronic technician.

George owns an exclusive tennis store in Glyfada, a suburb of Athens. He has strung for almost all the Greek champions and is now the personal stringer for Rafael Pagonis, a very promising Greek junior player.

His passion for stringing and honing his craft, but also for encouraging and helping up and coming junior players are admirable.

Huw Phillips



Country Manager

team.uk@grsa-international.com



Huw Phillips is the GRSA Country Manager for the UK, he lives in Buckinghamshire and has been stringing on both the ATP and WTA Tours for the last 10 years. He is also a professional Racket Customiser and provides services for many professional Tour players, including the odd Grand Slam Champion!

You may not know that before focusing on stringing, Huw worked at a large FMCG (Fast-Moving Consumer Goods) company in print, design, and procurement. After some time, he decided to set up his own business, Racketspec, to provide both stringing and customisation services.

Huw is a true entrepreneur and teacher at heart, having worked as a stringing tutor for the best part of the last decade. A fantastic addition to the GRSA Team and to the members!



Jaehi Choi



Country Manager

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Jaehi is the GRSA Country Manager for Korea, he's a stringer but also a music director and composer who loves to play tennis and string!

Jaehi majored in Song Writing from Berklee College of Music but has followed his passion for stringing and is currently working with Team HEAD and ASICS Tennis in Korea as an influencer, as well as the Korean Branch Manager for RTP (Road To Pro), a company that produces tennis products to prevent injuries.

Jaehi is also a stringer at Lee Jina Tennis Academy in Osan, he provides stringing and customization services for both junior and pro tennis players. Jaehi is very implicated in and passionate about helping young and aspiring players improve their game by helping them with their frames.

Dimitri Kaijser



Country Manager

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Dimitri is the GRSA Country Manager for Benelux, he has been stringing since he was 8 years old and a professional tournament stringer since 2016. From 1989 he has been stringing at his tennis, squash and badminton centre and has been stringing full-time since opening his own shop and stringing service in 2016.

Dimitri's whole life has revolved around racket sports, having worked as a tennis and squash coach and also playing tennis, squash and padel himself.

His dedication to his craft is second to none!



Richard Parnell

  **Country Manager**

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Richard is GRSA's President and Country Manager for Spain and France. He has been stringing from the age of 9 and a professional tournament stringer since 1992, as well as being an avid entrepreneur.

Some of you might be surprised at the fact that Richard also has a language academy and a language services company with his daughter, he is no stranger to being called in as a substitute English teacher when needed!

Richard's passion is very clearly stringing and everything racket sports related, work never feels like it to him when he's doing what he loves. He truly enjoys imparting and sharing his knowledge with others, helping in any way he can. It really is true what they say, "If you do what you love, you'll never work a day in your life".

Daniel Efford



**Operations Manager
Head Office**

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Throughout the years, Daniel has been involved with the sports industry on both the retail and operational side. With a keen eye for detail and experience in a wide range of fields including, marketing, management, training, product development, quality control and customer service. If you need anything from GRSA, if GRSA needs to be made aware of something or you'd simply like to touch base with us and share your opinion, knowledge or collaborate in any way, he's the man to talk to!

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SPECIAL MENTION TO:

Dirk Welrich (DE)

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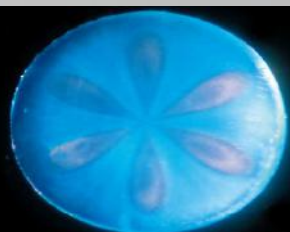
Stringer Solutions



An easy tip on how to center a racket when fixing it in the machine turntable.

When fixing a frame in the machine, start at the throat/bridge part. The bridge normally only has 3 or 4 pairs of grommets, which makes it very easy to find the center point and tighten the supports at the 6 O'clock part of the frame. Once the throat has been secured, the head (12 O'clock) will automatically be in place and make counting between the grommets redundant. Just an easy way to get the frame mounted in the shortest possible time and be able to start stringing.

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**
EMAIL: media@grsa-international.com



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THE SQUASH GURU'S WORDS

Nick Down - GRSA

Global Director - SQUASH

GRSA have gone into great detail with every single aspect of their online courses, this includes the online squash courses. There are a number of certifications to be awarded by stringing squash rackets, these are:-

- **Certified Pro Stringer – Squash**
- **Certified Pro Master Stringer – Squash**
- **Certified Tour Stringer – Squash**
- **Certified Tour Master Stringer – Squash**
- **Grand Master Stringer – Squash**

Additionally, there are three online courses specifically for stringing Squash rackets, which have been prepared in English, Spanish and French. Other languages are on the way.

The online courses are an excellent alternative to face to face workshops, which, due to various reasons, are often not an option because of distance, work schedules etc..

The more advanced Squash Stringing Courses feature rackets from the list of Non-Standard Rackets. These are more challenging to string due to a variety of features found in their patterns which are not seen in the racket patterns of other racket sports.

Standard Rackets can be

Open Throat or Closed Throat



DID YOU

KNOW

Squash balls stand out as one of the most truly unique components in the worldwide realm of sport. At room temperature a professional-grade squash ball barely bounces, but once warmed, whether through mechanical or physical means, they bounce a lot – over twice as much as in their original state!

I was recently asked by a highly qualified stringer about some of the rackets on the list of non-standard rackets. His question was about how current the list was. He mentioned that one or two of the rackets were now discontinued by manufacturers. He had done his homework and he was correct, however, it is most likely that racket types will always remain on the list and very occasionally, it will be added to and get bigger. There are reasons for this:-

Often, although manufacture has ceased, a type of racket is still for sale (new), by third party sellers. Manufacturers sometimes re-use patterns for new rackets. This has happened frequently over the last few years.

Manufacturers, sometimes, re-release a particular model because it was popular. This can be for a limited run several years after discontinuation. Often, in the past, this has been requested by a big seller, sometimes with exclusivity.

It is often the case that a stringer will gain benefit from dealing with such a pattern for their future endeavours; a frequent comment has been that a stringers all-round ability has been improved by tackling the more challenging squash patterns. That all means that it can be good for your stringing.

Going forward, it's unlikely that the list will grow at a rapid rate. It is likely that additions to the list will be few and far between. All of these patterns were originally put on the list for very good reasons that are self-evident. It is important to remember that the rackets made the list because of the pattern and not because of the brand or model.

Often there are many models sharing the same string pattern and from different manufacturers, where a specific model is not listed, but does share a pattern with a listed model, then that racket will be considered to form part of this list and would be considered for use during certification. In case of doubt or uncertainty please contact the Global Squash Manager. The most recent list looks like this :

Prince Triple Threat (TT) Powering – at least 12 with this pattern ie Sovereign, Airstick etc
 Prince O3 Black (Powering) – at least 4 with this pattern
 Prince O3 Speedport Black (Powering) – at least 4 with this pattern
 Prince EXO3 Rebel (Powering) – at least 4 with this pattern
 Prince Powerbite Beast 750/Shark 650 (2014 on) (Powering) – at least 4 with this pattern
 It should be noted that many of the 2016 Prince models utilise the patterns from all listed models above.
 Prince Powerfan (non Powering) – at least 20 with this pattern

Generic 14 or 16 main fan pattern racket – numerous models
Side by side throat grommets and fan pattern – Dunlop Black Max Titanium and several other brands

Eye Rackets – full range (not suitable for Bumper replacement)
 Pro Kennex Twister and booster. (wrap around Bridge)
 Wilson Whip range – at least 4 variants
 Tecnifibre Dynergy range with Arch Power. – 3 models.
 Karakal F series – Wrap around bridge. 3 models
 Karakal Core series with Nexgen Core Bridge.
 Unsquashable Syntec Pro,
 Prince Nitro Pro



Squash players are highly educated; 98% are college graduates and 57% have graduate degrees

Over 20 million squash players play regularly world-wide

in April

The Commonwealth Games Federation (CGF) confirmed that the 2026 Commonwealth Games will be hosted by the State of Victoria in Australia, it also stated that squash will be included in the initial 16 sports programmed.

The announcement follows successful talks between the CGF, Commonwealth Games Australia (CGAus) and Victoria, after the very exciting proposal to stage the major multi-sport competition across the State was accepted.

The proposal capitalises on the 2026/30 Strategic Roadmap, which provides renewed flexibility to be innovative and creative in delivering the Games.

Egypt's World N°8 Rowan Elaraby overcame the challenge of Malaysia's Sivasangari Subramaniam on the 24th of April in Brooklyn, securing the PSA World Tour Bronze level title, the biggest of her professional career to date.

The 21-year-old Egyptian started strong in the Carol Weymuller Open and found her rhythm early, stopping Subramaniam from playing her normally fluid attacking game. That turned around in the second as the Malaysian fought back, using better length to the back of the court and by pushing up in front of Elaraby she levelled the match at one game apiece. The third was hard fought but Rowan took the lead she needed heading into the fourth game and on to victory.

[1] Rowan Elaraby (EGY) bt [6] Sivasangari Subramaniam (MAS) 3-1: 11-7, 6-11, 11-9, 11-6 (46m)

in May

Belgium's Tinne Gilis bake back into the top 20 of the PSA Women's World Rankings for the first time since August, 2021 when she rose 11 spots to reach her best ranking yet of No.13.

Gilis made the first PSA Platinum quarter final of her career at the British Open and picked up titles at the Anancy Rose Open and the Cannon Kirk Irish Squash Open, where she beat her older sister, Nele, in the final of the former.



The Archi Factory Open Lorient came to its conclusion on the 7th of May, with India's Abhay Singh winning in five games for the third successive day to claim his first Tour title.

Singh entered the Challenger 5 level tournament unseeded, but started the week with a victory over the top seed Ivan Perez. He then went on to defeat England's Ben Smith in his first five-game encounter for the week, holding off a comeback from his opponent before claiming the deciding game...



Abhay Singh (IND) bt [5] Robin Gadola (SUI)
3-2: 11-6, 14-16, 9-11, 11-9, 16-14 (95m)

...His semi-final encounter also went to five, when he squared off with Switzerland's Yannick Wilhelmi for a place in the final. He was behind after the third game, but then got into the fight and won both the fourth and fifth games to take the win, setting up a meeting with another Swiss in the final.

In the final, Singh faced Switzerland's Robin Gadola for the title, a mammoth match that lasted a whopping 95 minutes. The Indian took the first game, before dropping the second on a lengthy tie-break 16-14. After going behind for the first time, his push back gave him the win the fourth, before both men had match balls in the deciding game, with Singh eventually coming out on top in another 16-14 score line to lam his maiden Tour title.

After a week of unstoppable action at the stunning Grand Central Terminal in New York City, Egypt's Nouran Gohar and Ali Farag secured the J.P. Morgan Tournament of Champions titles, after beating USA's Amanda Sobhy and Peru's Diego Elias respectively, in the finals.

The women's final pitched World No.1 Nouran Gohar against World No.4 Amanda Sobhy, the second meeting of the pair in as many months, as they came up against each other in the semis of the Allam British Open in April.

The American started strong, taking five of the first six points, but it was then when 'the Terminator', who at that time, had six titles to her name in the 2021-2022 season, pushed back, playing at a slightly slower pace and disrupting the game somewhat to take the first 11-7.

World No.4 Sobhy had to dig in once again in the second, but Gohar proved too much to handle, she showed off some of her best squash of the week so far to double her advantage before comfortably converting the third, 11-3. She has an impressive seven titles this season, including a first J.P. Morgan Tournament of Champions crown.

"It sounds awesome [to be champion], you guys [the crowd] are really fair!" Gohar said after the final.





Beach Tennis

The New Trend!

It's not easy to hide the fact that Beach Tennis is the sport of the moment! Created in Italy in the 80s, a mix of tennis, beach volleyball and badminton, this sport is gaining new players every day! it's vibrant, engaging and fast-paced!

The sport began as a recreational activity, aiming to create social unity and quality of life for those taking part. However, with the increase in the number of enthusiasts, 1996 saw the first draft of standardized rules by the **ITF (International Tennis Federation)** and beach tennis was then turned into a professional sport. Beach Tennis is relatively easy and simple to play, the best thing is that it's for everybody and every level. A place where kids/teenagers can practice and play with adults encouraging families to play together, improving communication and interaction amongst the family unit. It is a fun sport where even those who have never played a racket sport can enjoy it. In addition, it is an excellent option for those who simply want to take care of their health and create new friendships in the process. For those reasons, beach tennis has become extremely popular in many countries around the globe. Some Beach Tennis rules are similar to tennis, but there are some important differences. Beach tennis courts, as a rule, are 16 meters long and 8 meters wide and the net is 1.7 meters from the ground (on the professional level, the height for the net is 1.8 meters).

Vibrant, engaging and fast-paced

The score on the beach follows the 15/30/40 scale and game. Unlike tennis though, there is no advantage if players tie at 40 all (deuce). In beach tennis, whoever scores the next point wins the game! Depending on the tournament, matches are played to 6 games, 8 games and the best of 3 sets (in the last one, usually only for professional level, the third set is a super tie breaker). **HEAD Brazil** has developed a complete product line for the sport. Rackets, balls, bags, courts accessories, sand socks, towels and more! Access their website to learn more about these products www.headbeach.com.br

Try Beach Tennis, you'll simply fall in love with it!

FEATURED

TOURNAMENT

Balneário Camboriú Beach North

 Av. Atlantida 300, Balneário Camboriu, Brazil

Tournament Director: Bruno Ferreira **Tournament Director Email:** bruno.ferreira@zenithmkt.com.br

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



Our Congratulations go out to:

Ninny Valentini (4) & Giulia Gaspari (1) for what seemed like an easy victory over Flaminia Daina (6) & Rafaella Miller (2) in two straight sets.

And to Nicolas Gianotti (7) & Mattia Spoto (3) and who emerged victorious from the hard fought battle against the resilient team of Michele Cappelletti (6) & Antonio Miguel Ramos Viera (4)

**** NEXT TOURNAMENT ****
SAND SERIES GRAN CANARIA CLASSIC

 Playa de Las Canteras (Playa Grande),
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20 May - 22 May 2022



Fuel like a winner

Racket

Sports &

Nutrition

Playing any racket sport requires stamina, speed, agility and skill.

These sports can be very demanding, they force us to work on our flexibility, coordination, fitness, strength and mental concentration.

Each person, obviously, knows what their current capacities are, whether it's playing recreationally or in a competition. However, while we might think that training and skill are the most important things, there is a very important behind-the-scenes component to our success in any racket sport: Nutrition.


Good nutrition, a healthy diet and body, is an essential tool to help a player perform at their best.

Food is the source of nutrients and, in order to get all of the range of nutrients that a healthy body needs, we require a varied and well-balanced diet. There are six types of nutrients: Water, vitamins, minerals, fats, proteins and carbohydrates.

Are you a sports nutritionist?

Would you like to collaborate with GRSA?

EMAIL: info@grsa-international.com

A top-down view of a breakfast table. In the center is a plate with waffles, blueberries, and peach slices. To the left is a small cup of coffee. Below the plate is a white plate with sliced kiwi and orange. In the bottom left corner is a white mug filled with coffee. The background is a light, neutral color.

For the purpose of this article, we'll divide eating requirements or recommendations into 3 blocks: Before a game, during a game and after a game.

Before a game:

It's important to begin your match well-fueled and hydrated. Your meal should be mainly a source of carbohydrates, protein and low fat. You should always hydrate well before any physical activity. If before the game, you feel like you need a snack, it should also be a source of carbohydrates and low fat.

During a game:

As the game goes on, we “burn” the energy that our body has built up, and we need to replenish our energy source (glycogen) by consuming a source of carbohydrates. Most commonly, we'll go to energy bars, bananas and sports drinks.

However, at this stage, hydration is equally important during a racket sport game. If possible, we should try to drink every 15-20 minutes to replenish the water and electrolytes that we lose when we sweat.

If you are playing at a high-competitive level, you could benefit from working with a sports nutritionist or dietician to see which food and drink would work best for you.

Some players don't eat during a match, as they get the feeling that the food “sits” in their stomach. If this is the case for you, using sports drinks or gels could be a good alternative to solid foods.

Recovery after a game:

To effectively replenish the nutrients and energy lost during the match, a high protein and carbohydrate meal should be eaten, normally, within 2 hours after the match.

Plenty of fluids and electrolytes to replace sweat losses as well as eating plenty of vegetables to complete nutrition recovery and support gut and immune health.

Look after your body and it will look after you!

LET'S TALK PICKLEBALL

Pickleball is one of the fastest growing sports in the world. But what is it? Where did it come from? What are the basics?

So, what is Pickleball?

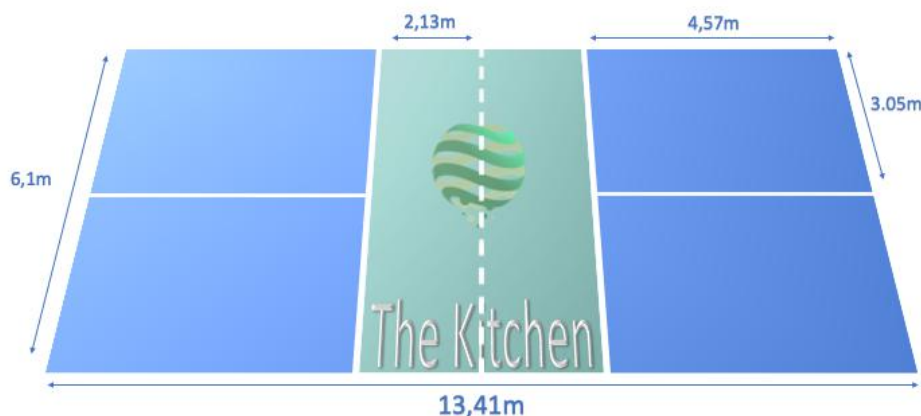
Pickleball is a paddle sport played using a perforated, plastic ball over a tennis-type net on a badminton-sized court. The game can be played in a singles or doubles format. The rules are simple and the game is easy for beginners to learn!

Pickleball is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. The sport is inexpensive, social and healthy, and has been widely accepted in school gyms, fire stations, community centers, local parks, athletic clubs and thousands of backyard sports courts. In some ways it's a combination of tennis and badminton, and along with sports such as table tennis and racquetball, pickleball has exploded in popularity. Thousands of pickleball courts have been built in recent years, especially in senior communities.

How Pickleball came to be

Pickleball is a game for the whole family. So it's only fitting that it was invented by a family, too.

Pickleball was born in 1965. After playing golf during the summer, Joel Pritchard, a congressman from Washington, and Bill Bell, a successful businessman, returned to Pritchard's home on Bainbridge Island, Washington. With bored children at home, they sought to play badminton on their badminton court but couldn't find the proper equipment. They improvised and played with table tennis paddles and a perforated plastic ball. They began with the net at a badminton net height (60 inches high) and volleyed the ball back and forth over the net. Eventually as play progressed during the weekend, they found the ball bounced well on the asphalt surface and they would eventually lower the net to 36 inches high. The following weekend, Barney McCallum joined and began playing and the three men created the rules for Pickleball. The men remembered the original purpose of creating the game was for a game the whole family could play when they were bored. **The final court dimensions are shown below.**





**PICKLEBALL IS THE
FASTEST GROWING SPORT**
2 Years in a Row!

39.3%
GROWTH
IN 2 YEARS

4.8M
PLAYERS IN THE U.S.

*Source: SFIA 2022 Sports, Fitness & Leisure Activities Topline Participation Report.

How did Pickleball get its name?

There is some debate on how the name was originated. There are two different accounts. The first account is according to Joan Pritchard, Joel Pritchard, she started calling the game Pickleball because the combination of different sports reminded her of the pickle boat in crew where oarsmen were chosen from the leftovers of the other boats.

The second account from Barney McCallum says Pickleball was named after Pritchard's dog Pickles, who would chase the ball and run with it. Some believe Pickles was named after the game because he didn't join the family until a couple of years after the game was created.

The Basics

To begin play, the ball is served diagonally crosscourt in an underhand motion without bouncing the ball in the server's court. Points are scored by the serving side only and occur when the opponent faults (fails to return the ball, hits ball out of bounds, etc.). The server continues to serve, alternating service courts, until the serving side faults. The first side to score 11 points and leading by at least a 2-point margin wins. If both sides are tied, then play continues until one side wins by 2 points.

Pickleball is an inclusive, accessible, non-elitist sport that transcends social and economic barriers. Playing styles vary widely, even at the highest levels. Many top players have no past racket or paddle sport experience and have limited athletic abilities. Pickleball is easy to begin but difficult to master. Grab a paddle and give it a try!

In following issues, we will dive deeper into the rules, gameplay and facts about this great and rapidly growing sport.

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