



We have been stringing rackets for over 25 years with literally hundreds of satisfied, regular customers. As England Squash qualified squash coaches and occasional tennis and badminton players, we are well qualified to advise on all aspects of racket sports. We use a Wilson Baiardo Lite electronic machine for all restrings and do contract stringing for other clubs/coaches in the county.

We will be providing stringing services at the club from October 2022. Please see list of options below but do contact us if you have specific requirements and we will do our best to help. We are often around the club either in the squash section or in the café, so feel free to come and have a chat! Services and prices are listed below. If you would like us to source a particular string for you, then please get in touch to discuss.

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**£3 FROM EVERY RESTRING IS DONATED TO THE CLUB – KEEP IT LOCAL!**

#### TENNIS STRING OPTIONS

When choosing your string/tension, consider what sort of a player you are and what you want from your restring. As a rough guide, better/team/advanced players will generally require a stiffer, polyester string designed to offer extra spin and control. Junior and recreational players generally need a little more power so should opt for a softer (multifilament or synthetic gut) string at a slightly lower tension. There are literally hundreds of options, but our stock strings should offer you a good choice of each type (plus a few other options in section three).

**REMEMBER THAT LOWER TENSIONS GIVE MORE POWER, COMFORT AND DURABILITY, WHILE HIGHER TENSIONS GIVE MORE CONTROL AND SPIN.**

Strings for advanced players:

Head Lynx 1.3 - £26 Lively polyester string with good touch and durability aimed at better players looking for spin/control

Head Lynx Tour 1.3 - £26 Slightly stiffer version of standard Lynx for extra spin/control. Aimed at hard hitters looking for lots of spin/control

Babolat RPM Blast 1.3 – £26 For better players offering heavy spin and maximum control (Nadal string)

Head Lynx Touch 1.3 - £26 More forgiving co-polyester string with a little more power than standard polyester

Strings for recreational/junior players:

Prince synthetic gut 1.35 - £23 Multifilament outer with solid core for greater playability. Easy on the arm!

Head Intellitour 1.3 - £28 Hybrid string with soft playable crosses and durable mains

Wilson Sensation 1.3 - £23 Multifilament string for power and comfort. Cheap alternative to natural gut

Wilson NXT Comfort 1.3 - £32 Maximum feel and comfort. Ideal for tennis elbow sufferers

Other string options:

Own string supplied - £17 Please leave your string at reception with your frame

Standard synthetic - £18 Basic, durable budget option

Karakal Kevlar 1.30 - £25 Highly durable string, ideal for heavy hitters who break strings easily!

Hybrid - £variable We can put in a durable main alongside softer crosses to give you the perfect blend. Price will depend on the choice of strings but typically will be in the /£20-25 range

Babolat VS Touch 1.3 – £55 Premium grade natural gut

#### SQUASH STRING OPTIONS

Own string supplied - £16 Please leave your string at reception with your frame

Standard sythnthetic - £17 Basic, durable budget option

Karakal Hot Zone 1.2 - £23 Our most popular multifilament squash string

Technifibre 305 1.2 – £28 Soft, classic string for great playability but with some durability sacrifice

Ashaway SuperNick XL 1.25 – £28 Offers great “bite” on the ball with good durability

Karakal Hot Zone Pro 1.25 - £25 Multifilament string with great feel and durability

Karakal Hot Zone Power 1.25 - £25 Looks, plays and feels like natural gut!

#### ADDITIONAL SERVICES

New grommet strips fitted - £10

Wilson pro overgrip fitted - £3

Wilson Micro-Dry Comfort replacement grip fitted - £10

Karakal PU replacement grip fitted - £4

Wilson shock shield dampener fitted - £10