

MARCH 2024

RACQUET

GUIDE

UNDERSTANDING RACQUET COMPONENTS

ONE



HEAD SIZE

Relates to the size of the racquet face. A larger head size offers more power and a bigger sweet spot, making it ideal for beginners. Advanced players may prefer a smaller head for better control.

TWO



WEIGHT

Heavier racquets provide more power and are stable against bigger hits, while lighter racquets offer more maneuverability and speed.

THREE



BALANCE

Balance is how the weight of the racquet is distributed. Head-heavy racquets enhance power in lighter frames, while head-light racquets provide better control and are easier to maneuver.

WHAT HEAD SIZE SHOULD MY RACQUET BE?



Tennis Racquet Head Size Chart

Spec	Mid	Mid-Plus	Oversized
Inches ²	85 – 97	98 – 104	105+
Centimeters ²	548 – 626	632 – 671	677+
Power	Low	Medium	High
Control	Medium	Medium	Medium
Sweet Spot	High	Medium	Low

Beginner

- Higher end of Mid-Plus to Oversize (100 - 111)
- Generally, I wouldn't recommend anything above 115 because you'll quickly want to upgrade to match your improved skill level after a few rounds of tennis lessons

Intermediate

- Mid-Plus
- Majority of tennis players will fall into this category
- A great balance that offers a mix of power and control

Advanced

- Mid to Mid-Plus
- At this level, players are able to reliably provide power through great technique and prefer a racquet that offers more control

HOW HEAVY SHOULD MY RACQUET BE?



Beginner

- 9.0 to 10.5 ounces
- Lighter racquets are easier to maneuver and can help beginners generate swing speed
- Light racquets also reduce the risk of arm strain

Intermediate

- 10.5 to 11.5 ounces
- Intermediate players often benefit from a racquet that offers a balance between power and control
- This weight size offers stability while still being able to crush the ball

Advanced

- 11.5 ounces +
- Heavier racquets provide stability and control during fast swings and against powerful shots
- Heavier racquets can absorb more shock, reducing the impact on the arm

WHAT “BALANCE” SHOULD MY RACQUET BE?

ONE



HEAD LIGHT

Most of the weight is located in the handle or the bottom of the racquet. Provides less power but more control. Intermediates/Advance players gravitate to these racquets.

TWO



HEAD HEAVY

Most of the weight is located in the head of the racquet. These racquets provide more power but less manoeuvrability. Beginners usually like these.

THREE



BALANCED

The weight is balanced halfway up the racquet from the butt typically. The most common type of tennis racket and the most versatile.

Pro - tip: You can always add weight to a racquet through the use of “lead tape”. On the other hand, reducing the weight of a racquet is almost impossible and can be pricey

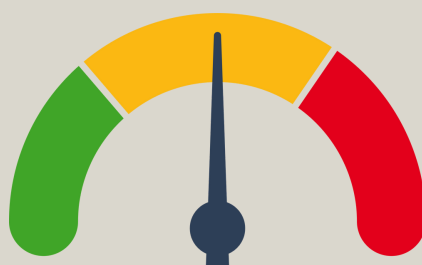
TOO MUCH READING! WHAT RACQUET SHOULD I GET?

Short answer is look below

Slightly longer answer is to read again and select a racquet that best suits your needs



BEGINNER



INTERMEDIATE



ADVANCED

\$

- Head Titanium Ti.S6
- Prince Warrior 107
- Babolat Boost Drive 2021
- Prince Warrior 107
- Babolat Evoke 102

- Babolat Pure Strike 103
- Prince Warrior 100
- Prince Ripstick 100
- Babolat Pure Strike
- Wilson Blade
- Volkyl V-Cell 5

- Head Boom MP
- Babolat Pure Strike 100
- Prince Warrior 100
- Head Graphene XT

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- Babolat Boost Rafa
- Head Instinct PWR 110
- Yonex EZONE 110
- Wilson Class 108

- Wilson Clash 100
- Babolat Pure Strike 100
- Wilson Blade
- Technifibre TF X1

- Wilson Pro Staff 97
- Wilson Pro Staff X
- Babolat Pure Aero 98
- Head Extreme Tour

Pro - tip: You can demo some of these racquets at Tennis Zone Plus in DC or any online tennis retailer like Tennis Warehouse or Tennis Express

QUICK TIPS

**1**

BUY USED!

2

TRY BEFORE
YOU BUY

7

It's just a
tool - get
your
skills up
FIRST!

**3**

STRING PATTERNS

16x18(19) = spin and power

18x20 = control and
durability

4

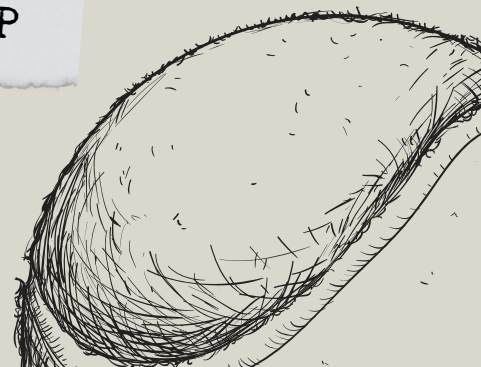
DEMO A RACQUET PLS
(aka try before you buy)

6

BE HONEST WITH
YOUR ABILITIES
(don't buy Roger's
racquet)

5

REGULARLY REPLACE
YOUR OVERGRIP



DC OPEN

Game, set, match – that concludes our third edition of The DC Open!

As always, if you need any clarification or you have a question about anything please feel free to contact me at **tadael.asfaha2@dc.gov**

Again, thank you to our readers!

DC OPEN was made possible by contributions to our community from readers like you ;)

Thank you!

- **Tadael Asfaha**

DPR Citywide Tennis & Pickleball Coordinator

