

Morningside Tennis – Restrunging Service

Type	Description	Gauge	Price
SYNTHETIC – Suits all players			
HEAD Syn Gut	Multifilament – high elasticity, lively feel	1.34	\$37.50
Toalson Syn Gut	Nylon – increased durability, soft feel	1.34	\$37.50
POLYESTER – Suits players with topspin			
HEAD Sonic Pro	Extra durability, power, spin, control	1.25	\$45.00
HEAD Ultra Tour	As above	1.20	\$45.00
Volkl Cyclone Black	10-edged string enhances spin & durability	1.25	\$45.00
HYBRID – Suits heavy topspin players			
Volkl Catapult F.I.R.E.	Polyester mains & synthetic crosses provide comfort, feel, durability	1.25	\$50.00
HEAD Sonic Pro/ Syn Gut	A solid performance polyester for the mains & a softer feel string for the crosses	1.25/1.34	\$45.00
HEAD Ultra Tour/ Syn Gut	As above	1.20	\$45.00
OWN STRING			\$22.00
SQUASH RACQUET			\$30.00

All members receive a 10% discount on presentation of their membership card

Which string is right for me?

General Guide: Most racquets need to be restrung at least twice a year, and strings don't have to be broken to need replacing!

There is always a trade-off: The more playable the string, the faster it breaks. The more durable the string, the less playability (feel).

String Type:

Synthetic – When you need extra power (same string for the mains and crosses)

Polyester – When you can generate the power but need extra control (same string for mains and crosses)

Hybrid – When you want the durability and control of polyester for the mains and the power and feel of synthetic for the crosses



Nylon
Beg/Inter



Multifilament
Inter/Senior



Hybrid
Inter/Adv



Polyester
Adv

Tension:

Lower – more power, durability, feel and comfort

Higher – more control

Gauge:

Thinner string – more power, elasticity, spin, feel and comfort

Thicker string – more durability

Comfort: The level of protection of your arm from shock or vibration

Elasticity: The ability of a string to return to its original position after ball contact

Feel: Whether contact between the racquet and ball feels springy, soft, stiff, etc.