



GOLF



SQUASH



THE SPORTS SHOP



TENNIS



CROQUET

In this newsletter...

1. Golf Clinics – Join us in September to improve your golf
2. Welcome Jamie Knowles – Our new racket retail specialist
3. Racket Fitting with Jamie – Book your free session today

Golf Clinics

We have an exciting offering of Golf Clinics for all abilities starting in September. During the clinics, our professionals will improve your technique and provide simple ways to practice to improve your game. These clinics are limited to just five people per group and priced at £20 per session. You are welcome to sign up to as many or as little as you like, this is an effective way to improve your golf in a more affordable fashion with like-minded people.

Seniors Clinics

The clinics will be held at 11am or 12pm Tuesdays and 11am or 12pm on Thursdays on the below dates covering the following topics:

- Tuesday 13th and Thursday 15th September – Putting
- Tuesday 20th and Thursday 22nd September – Chipping
- Tuesday 27th and Thursday 29th September – Bunkers
- Tuesday 4th and Tuesday 6th October – Pitching/Wedges
- Tuesday 11th and Thursday 13th October – Full Swing (Irons, Hybrids and Woods)
- Tuesday 18th and Thursday 20th October – Full Swing (Irons, Hybrids and Woods)

Please book your spaces by using the online link below, you simply choose the dates you would like to attend and fill out the details, payment is made in the Sports Shop on the day:

<https://Roehamptonclub.as.me/seniorsclinics>

Ladies with Handicaps

The clinics will be held on Monday 2pm, Friday 11am or Saturday 10am on the below dates covering the following topics:

- Monday 12th, Friday 16th and Saturday 17th September – Putting
- Monday 19th, Friday 23rd and Saturday 24th September – Chipping
- Monday 26th, Friday 31st and Saturday 1st October – Bunkers
- Monday 3rd, Friday 7th and Saturday 8th October – Pitching/Wedges
- Monday 10th, Friday 14th and Saturday 15th October – Full Swing (Irons, Hybrids and Woods)
- Monday 17th, Friday 21st and Saturday 22nd October – Full Swing (Irons, Hybrids and Woods)

Please book your spaces by using the online link below, you simply choose the dates you would like to attend and fill out the details, payment is made in the Sports Shop on the day:

<https://Roehamptonclub.as.me/handicapladies>

Ladies without Handicaps

The clinics will be held at 11am Mondays, 10am Tuesdays or 2pm Sundays on the below dates covering the following topics:

- Monday 12th, Tuesday 13th and Sunday 18th September – Putting
- Monday 19th, Tuesday 20th and Sunday 25th September – Chipping
- Monday 26th, Tuesday 27th and Sunday 2nd October – Bunkers
- Monday 3rd, Tuesday 4th and Sunday 9th October – Pitching/Wedges
- Monday 10th, Tuesday 11th and Sunday 16th October – Full Swing (Irons, Hybrids and Woods)
- Monday 17th, Tuesday 18th and Sunday 23rd October – Full Swing (Irons, Hybrids and Woods)

Please book your spaces by using the online link below, you simply choose the dates you would like to attend and fill out the details, payment is made in the Sports Shop on the day:

<https://Roehamptonclub.as.me/NLGRollupClinics>

Men without Handicaps

The clinics will be held at 2pm Wednesdays or 1pm Thursday on the below dates covering the following topics:

- Wednesday 14th and Thursday 15th September – Putting
- Wednesday 21st and Thursday 22nd September – Chipping
- Wednesday 28th and Thursday 29th September – Bunkers
- Wednesday 5th and Thursday 6th October – Pitching/Wedges
- Wednesday 12th and Thursday 13th October – Full Swing (Irons, Hybrids and Woods)
- Wednesday 19th and Thursday 20th October – Full Swing (Irons, Hybrids and Woods)

Please book your spaces by using the online link below, you simply choose the dates you would like to attend and fill out the details, payment is made in the Sports Shop on the day:

<https://Roehamptonclub.as.me/non-handicapmen>

Welcome Jamie Knowles – Racket Retail Specialist

We are pleased to welcome Jamie to our Sports Shop team who comes with a wealth of rackets retail experience having spent two years at Wimbledon Park Sports, formerly known as PWP.

Jamie has been restringing rackets for three years and has had the task of stringing rackets for Andy Murray, Novak Djokovic, and Ash Barty. Jamie will be on hand Tuesday-Saturday to offer specialist rackets advice to the Members as well as a 24-hour stringing service.


Racket Fitting with Jamie

Join Jamie on court to find the perfect racket for you in a FREE 30 minute demo hitting session. We have demo rackets available from Babolat, Head, and Technifibre across different price points and models available to try. Jamie will be on hand to give you his expert advice to find which racket is most suited for your game.



What is involved?

Jamie will go through four key areas to establish which racket is most suited for you:



HOW HEAVY SHOULD MY TENNIS RACKET BE?

THE HEAVIEST RACKETS PROVIDE THE HIGHEST LEVEL OF FRAME STABILITY TO PLAYERS WHO HAVE A FULLY DEVELOPED AND/OR POWERFUL SWING MOTION.


LIGHTWEIGHT RACKETS (BELOW 280G), ARE FAR EASIER TO MANOEUVRE WHICH CAN BE ADVANTAGEOUS IN VARIOUS SITUATIONS FROM LINING UP A SERVE TO SWITCHING BETWEEN FOREHAND AND BACKHAND POSITIONS.



WHICH BALANCE IS BEST FOR MY RACKET?

ON RACKETS WHICH ARE MORE HEAD-LIGHT, THE WEIGHT IS CLOSER TO THE HAND WHICH IMPROVES MANOEUVRABILITY ON GROUND STROKES AND VOLLEYS, AND IN GENERAL KEEPS THE PLAYER MORE IN CONTROL.


ON HEAD HEAVY RACKETS, THE WEIGHT IN THE HEAD WILL BUILD MOMENTUM ON SWINGS AND LEAD TO INCREASED POWER. IT DOES HOWEVER BECOME HARDER TO DIRECT SHOTS WITH ACCURACY.



HOW DO I CHOOSE MY RACKET GRIP SIZE?

THE GRIP SIZE IS THE CIRCUMFERENCE OF THE HANDLE OF THE RACKET, AND THE SIZE YOU NEED WILL THEREFORE DEPEND ON THE SIZE OF YOUR HAND.

A ROUGH WAY OF FINDING OUT IS BY HOLDING A RACKET IN YOUR NORMAL FOREHAND GRIP. IF THE RACKET IS OF THE CORRECT GRIP SIZE, THE DISTANCE BETWEEN YOUR PALM AND LONGEST FINGER SHOULD APPROXIMATELY BE THE WIDTH OF A FINGER (PICTURED BELOW). IF THE GAP IS TOO SMALL IT MEANS YOU WILL NEED A LARGER GRIP SIZE, AND IF THE GAP IS TOO BIG YOU WILL NEED A SMALLER GRIP SIZE.



WHAT IS THE BEST RACKET HEADSIZE?

SMALLER HEAD SIZES, WHICH WE CONSIDER TO BE BELOW 100 SQ INCHES, ARE RECOMMENDED FOR ADVANCED PLAYERS WHO CAN CONSISTENTLY HIT THE SWEET SPOT AND GENERATE A GREAT AMOUNT OF POWER FROM THEIR SWING ACTION.

ON LARGER HEAD SIZES (ABOVE 102 SQ INCHES), THE LARGER SWEET SPOT WILL ENABLE PLAYERS TO HIT WITH POWER MORE CONSISTENTLY. THIS IS IDEAL FOR PLAYERS WHO ARE UNABLE TO, OR HAVE YET TO MASTER A POWERFUL SWING.

Click below to book your **FREE** demo session:

<https://Roehamptonclub.as.me/racketfittingwithJamie>

Alternatively you can book by replying to this email or contacting the Sports Shop on 020 8480 4257, places are offered on a first-come, first-served basis.

Restringing Service

Jamie provides a professional restringing service for members and offers a fast reliable service, with most rackets being restrung within 24 hours. Jamie is able to offer his advice on what string is best suited for you and is also able to offer a service on squash rackets. Please see below the restringing price list and contact Jamie.knowles@roehamptonclub.co.uk for further information.

Tennis/Squash Restringing Price List

String	Price	Good for?
OWN STRING	£15	
Polyester String		Offer maximum spin and power along with long durability
Yonex Poly Tour Pro	£28	One of the softest poly strings which feels great and allows for good balance of power/control
Luxilon Alu Power	£32	A slightly softer poly, giving more comfort and feel while keeping max power
Babolat RPM Blast	£30	The worlds most popular string, created with spin in mind
Babolat RPM Blast Rough	£30	A textured string offers more surface area for string-ball contact, creating more spin
Babolat Pro Hurricane Tour	£28	Allows for a good overall balance of power/spin/feel/control
Babolat Pro Xtreme	£28	Allows a player to really work the ball around the court with precision
Multifilaments		The softest strings that give the best comfort and feel for the ball
Babolat XCEL	£32	Slightly more powerful than other multi strings while providing great feel
Wilson NXT	£32	Slightly softer than Sensation which allows more feel
Wilson Sensation	£30	The standard Wilson string provides a really comfortable experience with great control
Synthetic Gut		The middle string that covers all aspects to a good degree
Babolat SpiralTek	£25	A reliable string that gives good power with a nice feel and control
Babolat Syn Gut	£25	Babolats main Synthetic Gut string that is always reliable
Prince Duraflex	£25	A long lasting synthetic gut that gives good power
Natural Gut		The best of the best string which almost all pro players use
Babolat VS TEAM (Natural Gut)	£50	
Babolat VS TOUCH (Natural Gut)	£50	
Squash String		
Tecnifibre Squash (Green)	£25	
Tecnifibre Squash DNAMX	£25	