

Sports Shop Newsletter – 18th May

Freddie Powell – Racquet Retail Specialist and Tennis Coach

We are delighted to welcome Freddie to the team, he is a fantastic tennis player and level two tennis coach and will be offering lessons to the members. Freddie is currently ranked number 5 in Europe for Pickleball so we are fortunate to have two of the top five players in Europe at Roehampton Club with Louis Laville and Freddie, they recently won the Porto Open Doubles!

Freddie is our racquets specialist and will be on hand to help you find the best racquet most suited for your game. He will be offering free demo sessions for Members to try out the latest racquets from Babolat, Head, Technifibre and Wilson.

Freddie is also a keen golfer and will be taking advantage of working with the golf professionals for a few tips!

Freddie is in the Sports Shop Wednesday – Sunday.

freddie.powell@roehamptonclub.co.uk



Racquet Fitting with Freddie

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

Click below to book your hitting session:

[Schedule Appointment with Roehampton Racquets \(as.me\)](https://as.me)

What is involved?

Freddie will go through four key areas to establish which racquet is most suited for you:



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 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.



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.



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.

Click below to book your free demo session:

Alternatively you can book by contacting the Sports Shop on 020 8480 4257, places are offered on a first come, first served basis.

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

Restringing Service

Freddie provides a professional restringing service for members and can offer a fast reliable service, with most rackets being restrung within 24 hours. Freddie can offer his advice on what string is best suited for you and is also able to offer a service on squash racquets.

Please see below the restringing price list and contact freddie.powell@roehamptonclub.co.uk for further information.

Sports Shop



Tennis / Squash racquet restringing price list

String	Price
OWN STRING	£15
Yonex Poly Tour Pro	£30
Luxilon Alu Power	£35
Wilson NXT	£35
Wilson Sensation	£32
Babolat Synthetic Gut	£30
Babolat XCEL	£35
Babolat RPM Blas	£32
Babolat RPM Rough	£30
Babolat Pro Hurricane Tour	£30
Babolat Pro Xtreme	£30
Babolat Spiral Tek	£30
Babolat VS TEAM (Natural Gut)	£50
Babolat VS TOUCH (Natural Gut)	£50
Tecnifibre Squash (green)	£35
Tecnifibre Squash DNAMX	£32

New in store – Varley tennis range for ladies

Varley's range of tennis clothing presents a fashion-first take on courtside dressing with versatile silhouettes that transition seamlessly from the court to your everyday life. Discover classic tennis dresses as well as elevated knit polos and functional yet contemporary skorts, perfect for your backhand or the bistro.

