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## About this Newsletter

The main purpose of the newsletter is to provide a little information about various products. You can then look on the website for any further information. This saves you spending time in looking at several website pages.

You will find some items that do not at first appear to be related to racquet sports. There are though many people who are involved in more than one sport. Some people may be involved in running or fitness training in addition to their regular game of tennis. If this does not apply to you, perhaps you should try it out. You may find that an alternative activity provides you with a little more variety.

## Tennis Elbow

There are many players who suffer from tennis elbow and other arm problems. This can be improved in many cases by using a more suitable string. If the problem persists, an Epicondylitis Bandage is usually the next choice. This either eases the pain or absorbs some of the shock depending on the type that you use.



**ARCUS...**  
Epicondylitis Bandage

I always prefer a method that helps to remove the cause of the problem rather than treating the symptoms. The main reason for this is that there should be improvements seen over several weeks using this method. Treating the symptoms is never going to improve the condition.

## Tennis String Notes

The following strings have been recently tested. There is a selection of different types, which probably means that one of them should be of interest to most readers.

### Yonex Poly Tour Pro

This is a bright yellow monofilament string. It has more comfort than other strings of this type. The performance is excellent and is worth trying if you want to use this type of string. One warning is that the performance reduces after being used for a few times. This happens with many monofilament strings, but is worth taking into consideration.

### Prince Premier Softflex

This is one of the top performance strings from Prince. It is a good string, but in my opinion there are better alternatives. I would say that it should be considered more as an All-Round string rather than one for comfort or performance.

## Tennis String Guide

Many players need some help in selecting the type of string they should use. The "Tennis String Guide" was produced to help players select a suitable string and seems to be very popular by the number of copies downloaded from the website.

The guide uses a two stage process where you first select the type of string you need, and then look at a selection of possible choices. You may think this should be obvious, but there are many players who do not use the best type of string for their game.

You can download a copy from the website, and this has been very popular since the guide became available.

# The Racquet

[www.the-racquet.co.uk](http://www.the-racquet.co.uk)

## ITF Rule change

The ITF (International Tennis Federation) have made a change to the rules for 2014. This will allow the use of Player Analysis Technology (PAT) in equipment and probably shoes and clothing. Previously, it was not permitted to have any electronic equipment attached to a tennis racquet.

This would allow the recording of number of type of shots played to be analysed by downloading them to a computer. One of the first items to use this type of technology will probably be a new version of the Babolat Pure Drive racquet. This is currently being tested with players in the USA.

There will probably be many more similar devices introduced in the future. One obvious item that could be included is a device in tennis shoes. Each device needs to obtain ITF approval which will probably make it an expensive procedure.

## Clothing Notes

There is a simple rule about clothing and equipment. This is that if you feel comfortable with what you are wearing or using, you can concentrate on what you are doing or playing.

In addition to the performance, with clothing there is the appearance to take into consideration. This is more important to some people than others.

My opinion is that good quality clothing always represents the best value. A range of clothing from Rono-Innovations is currently being tested, and a limited range should be available for Spring 2014. It is primarily designed for runners, but the features make it also ideal for fitness, racquet sports and general use.

Please note that this range is an addition to the TAO Technical Clothing and Maier-Sports ranges.

## Compression Socks

Regular readers will know that several aspects of how using compression socks can help people have been covered in previous issues. These are preparation, competition, training and recovery.

The testing process continues, especially with runners who have specific problems. This is sometimes with customers, and sometimes with people using a test pair to see whether they are suitable for their requirements.



It is obvious from the testing that there are no serious problems resulting from wearing the socks. Some people find there are advantages in using them for sports, and others do not

report any particular advantages. This could be related to the length of time that the socks are used, as most benefits will only become apparent after one hour. However, the main factor is how you feel the following day. If you have no muscular pain, they have done their job effectively.

## Tennis Racquets

There will be some changes made to this section of the newsletter. There will mainly be a few notes about any interesting developments rather than review of individual racquet models. There are, of course, many reviews of racquets available from other sources. These cover various brands and models rather than the limited quantity that I can test each year.

Some information will also be shown on the website rather than in the newsletter.