

ORDER FORM

Name: Mr / Mrs / Ms	
Address	
Postcode	Membership No.
Phone No. / Mobile No.	
Email Address	

PLEASE TURN OVER AND COMPLETE YOUR ORDER DETAILS

Thank you for using the restringing service.
Your racket will normally be restrung and available
for collection from Reception **within 3 working days**
(i.e. Monday to Friday)



Tennis



Squash



DULWICH COLLEGE SPORTS CLUB
London, SE21 7LD
Telephone: 020 8299 9292
Email: sportsclub@dulwich.org.uk
Web: www.dcsportsclub.co.uk

DULWICH COLLEGE
THE SPORTS CLUB
get fit, have fun, meet people

RACKET RESTRINGING SERVICE



WHY RESTRING?

It's the strings not the racket which actually hit the ball, so there's no point in having an expensive racket with old or worn strings!

Did you know that every time you use your racket, the tension and string quality will reduce?



How often should I restring?

The common rule of thumb is to restring as often **per year** as you play **per week**, but at least **twice per year**. This is just a rough guideline. Some types of restring lose tension faster than others, heavy spin hitters wear strings out much faster than flat hitters, and some players seem quite happy to wait for strings to break during an important match. Consider having your racket regripped too.



CHOOSING STRING / TENSION

The manufacturer's recommended tension is often shown on the racket body. Tennis usually ranges from 50-65lbs, Squash 20-30lbs, and Badminton 15-25lbs.

As a rule, lower string tension generates more power and higher string tension generates more ball control. Ability level and other priorities also influence the choice.

Beginners are advised to opt for lower tension which is more forgiving due to a larger "sweet spot" & provides more power.

Intermediate players can gain power and control from a medium tension.

Advanced players will benefit from the enhanced control and spin generation of tighter strings.

Top quality, synthetic string supplied by Wilson, Prince, Dunlop etc. are used for all restringing.

Criteria	Lower Tension	Higher Tension
Power	More	Less
Ball Control	Less	More
Sweet Spot	Bigger	Smaller
Shock to Arm	Less	More
Muscle Fatigue	Less	More
String Life	Longer	Shorter

ORDER FORM

Please tick one option only. Please use a separate form for each racket.

Tennis	Squash
£21	£16

String tension:

High	Medium	Low

If other, please specify here: lbs

OPTIONAL EXTRAS:

Karakal Super re-grip (fitted) @ £3.00 ☐

Supply your own string (deduct £5.00) ☐

Payment is due in advance, thank you.

Total Paid	£
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Please turn over and complete your contact details.

Office Use	
Receipt No.:	
Date Submitted:	
Collection Date:	
Staff Initials:	
Remarks:	