

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)



Badminton



Tennis



Squash



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

RACKET RESTRINGING SERVICE



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

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 restringing 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

Racket Type:

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

| Tennis | Squash | Badminton |
|--------|--------|-----------|
| £22 | £18 | £30 |

Racket Brand:

String tension:

| High | Medium | Low |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If other, please specify here: lbs

| OPTIONAL EXTRAS: | Price | Tick |
|--|--------|--------------------------|
| Karakal Super re-grip (fitted) | +£6.00 | <input type="checkbox"/> |
| Supply your own string | -£5.00 | <input type="checkbox"/> |
| Squash Only - Upgrade to Technifibre Dynamix, black string | +£2.00 | <input type="checkbox"/> |

Payment is due in advance, thank you.

| | |
|-------------------|---|
| Total Paid | £ |
|-------------------|---|

Please turn over and complete your contact details

Office Use

Receipt No.:

Date Submitted:

Collection Date:

Staff Initials:

Remarks: