

I. How to Choose a Tennis Racquet

A.) FRAME DESIGN

The length of a racquet, the thickness of a racquet and the size and shape of the racquet head all make a big difference on how the racquet performs and in who should use it.

1. Head Size & Shape

Racquet head size influences the racquet's overall performance by affecting the size of the sweet spot or power zone. As a rule, larger head sizes generate more power. Different shaped heads tend to move, enlarge or reduce a racquet's sweet spot.

2. Cross Section

The thickness of a racquet frame is referred to as the cross section or the side view of the tennis racquet. The cross section shape of each frame has a strong influence on overall racquet stiffness. Increasing the width of the cross section is the most efficient way to increase the frame's power. For this reason, wide body racquets are very prevalent in the market today.

3. Length

Tennis racquets are generally made between 21" long and 29" long. 21" to 25" racquets are referred to as GLM or graduated length method racquets and are used by age groups 3-9 to learn the game. In general, the smaller and younger the player, the shorter racquet they use. The GLM term refers to the gradual increase in length of the racquets that the young person uses as they develop. (See Chart)

26 " Racquets	Referred to as Junior racquets and are recommended for ages 9-12
27" Racquets	Considered an adult length
28" & 29" Racquets	Referred to as long body racquets and are

B.) GRIP SIZES

Just as there are different length racquets for different age groups, there are also different grip sizes that reflect the sizes of the user's hands.

GLM Racquets	Generally 3 5/8" around to 3 7/8"
Junior Racquets	Have a 4" grip size
Adult Racquets	Have a grip size range of 4 1/8" to 4 5/8" and increase in 1/8" intervals

USER	AGE	LENGTH	GRIP SIZE	BENEFITS
Child	3-6	21"	3 7/8"	- Smaller & Lighter = easier to swing - GLM Method provides gradual steps as the young player grows and becomes stronger
	5-7	23"		
	6-9	25"		
Junior	9-12	26"	4"	- Lighter and easier to use than adult racquets
Adult	12 & Up	27"	4 1/8"- 4 5/8" (1/8" increments)	- Full size to fit an adult

II. How to Choose a Squash Racquet

1. Identify the type of play

- Shorter strokes/faster swing– speed–lighter racquets are ideal for these player types who are seeking more maneuverability, control, and fast–action power.
- Longer strokes/slower swing– speed–heavier racquets with a stiffer frame and larger sweet spot are beneficial for more power and precise shot making
- Power levels are the higher numbers on the scale

2. Type and gauge of string

- A. Squash racquets will usually be unstrung with 17 gauge string. This string is a smaller gauge than the standard tennis string, allowing for more touch and feel.
- B. Ask about granulated, or textured string for more ball control.
(Normal string tensions vary approx 21–22 pounds for softball.)

3. Balls

There are several types of squash balls. In general the slower moving ball is suitable for the more advanced player. Currently the (double dot) yellow is the official ball.

4. Protective Eyewear is mandatory for all playing levels

5. Gym Soles or non–marking soled footwear is recommended

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