

Stringing Solutions

I am happy to be back at Ajax Tennis Club this summer. I am a GRSA certified Master Stringer, and I have strung for some of the world's best tennis players at several Masters 1000 events, including Indian Wells and the National Bank Open. I am looking forward to stringing for the ATC membership and answering any questions they might have about equipment and stringing.

How Often Should I String My Racquet?

The general rule for re-stringing is however many times you play in a week is how many times you should string in a year. In other words, if you play three times a week you should re-string your racquet 3 times within the year.

More advanced players will often need to re-string their racquets more often due to string breakage or to have the same string bed stiffness throughout the playing season. Just because your strings are not broken it does not mean they aren't "dead". Overtime strings lose their elasticity, some strings will lose all elasticity before they break. Playing with strings that have totally lost their elasticity often leads to issues with the arm and wrist. It's best to re-string at least once at the beginning of every playing season (indoor/outdoor).

Feel free to contact me at stringsolutions@gmail.com for any questions about your stringing needs!

Zsastynne Torne
Master Stringer