

Strings:

Brand	String Name	Weight/ Color	Type of Sting	Power	Control/ Feel	Spin	Durability	Comfort
Tourna	Big Hitter Black	16 or 17 Black	Smooth Multifilament Co-Polyether	Medium	Great	Good	Great	Good
Tourna	Big Hitter Blue	16 Blue	Monofilament Co-Polyether	Medium	Great	Good	Great	Good
Tourna	Big Hitter Blue Rough	16 Blue	Same as Blue but in a twist pattern for spin.	Medium	Great	Great	Good	Good
Tourna	Synthetic Gut Armor	16 Black	Synthetic gut wrapped in co-poly	Good	Good	Good	Good	Good
Prince	Lighting synthetic Gut	16 Silver	Synthetic gut	Great	Great	Good	Medium	Great
Wilson	Spin Cycle	16 White	Soft, co-poly twisted and shaped for extreme spin	Medium	Great	Great	Good	Good

Where to Begin?

Despite the multitude of tennis strings available to consumers, it all really comes down to the balance between two concepts: playability and durability. No matter what material, thickness, or tennis racquet string tension you are looking for, you are likely sacrificing one for the other. Thinner strings provide greater spin potential but are prone to wear and breakage. Thicker strings will last longer but have a reduced feel. For many players, it makes sense to value either playability or durability over the other, but many look for the right combination of the two. So where to begin? Let's take a look at tennis string gauges to start.

Tennis String Gauges

String thickness -- or gauge -- is registered on a scale of 15 (about 1.41 - 1.49 mm) to 19 (1.00 - 1.10 mm), thickest to thinnest. Half gauges are noted with the letter "L." In general, thinner strings will provide greater playability and spin while thicker strings offer durability. Newer players may not have the skills necessary to notice much of a difference between tennis string gauges.

Tennis Racquet Stringing Materials

From cow guts to nylon, there's no shortage of tennis string materials available. Some have fallen out of popularity with modern advancements, while others have stood the test of time. Here's what we're working with:

- **Natural Gut Strings:** Like the name implies, natural gut strings are usually made from cow intestines. Before you skip ahead in disgust, know that there's a reason this seemingly unorthodox material is still in use -- it's simply the best string for playability and feel. While more fragile and prone to breakage and moisture damage, natural gut has long been the first choice for advanced players and professionals due to its excellent feel and unsurpassed resiliency. Before hybrid strings became popular, natural gut was widely used by ATP and WTA players. Downside? Natural gut strings are expensive and far from durable. We would only recommend them for advanced players who don't mind dropping extra dough for the competitive edge of bringing the best tennis strings to the court.
- **Nylon Strings:** Nylon tennis strings are a great all-around alternative to natural gut and are the best tennis strings for the majority of non-professional players. Nylon provides an ideal combination of playability and is also one of the most affordable string materials available.
- **Polyester Strings:** For advanced players who are free of arm injuries and more prone to breaking strings, polyester is a material you may want to consider. While lacking the power and feel of nylon or natural gut, polyester will hold up better, offer a firm feeling string bed and can meet the needs of strong players who swing hard and fast.
- **Kevlar Strings:** The heavy-duty string. Kevlar is an aramid material used in bulletproof vests and is the strongest tennis string you can buy, but is usually combined with more flexible materials in hybrid models. While Kevlar won't win any awards for feel and comfort, this is about as durable as you can go.

Tennis String Construction

A tennis string's material is just half the story -- the way it is constructed is another important factor to consider. Let's go over the various types of tennis string construction:

- **Multifilament:** These tennis racquet strings are engineered with multiple filaments (hence the name) wrapped into a single string. Typically crafted with nylon or polyurethane, these strings are a poor man's natural gut and are designed to imitate gut's superior playability, power, and control at a slightly lower price point.
- **Monofilament:** Formed of a just a single filament, Monofilament strings trade superior power, feel, and comfort for greater durability. Commonly made from polyester, these tennis strings are ideal for experienced players with fast swings. You'll most often see find monofilament strings as part of a hybrid set.
- **Solid Core with Outer Wrap:** This is the most popular construction for nylon tennis racquet strings. It provides a light, crisp feel and durability that is largely dependent on the quality of materials used and the number of layers of outer wrap.
- **Textured:** For players looking for tennis strings with improved spin, textured strings are a good choice. These are engineered with additional outer layers that help provide more texture and greater spin potential.
- **Composites:** These are made from a variety of materials combined together to bring out the best features. Most are crafted with a single core and outer wrap layers.

Stringing Options:

1. Full Bed – choose 1 type of string for the entire racket.
2. Hybrid – choose the primary string type for the main strings and a second type for the crosses.
Standard Hybrid: Co-Poly in the mains, Synthetic Gut on the crosses.
Reverse Hybrid: Synthetic Gut on the mains, Co-Poly on the crosses.

****Look up common string configurations used by the pros****

Tennis String Tension

Most tennis racquets on the market come with a recommended tennis string tension range, and this is a good place to start. In general :

- **higher tension** provides greater control and durability
- **lower tension** provides more power, feel, and comfort

As a less advanced player, it's best to work at mid-tension and adjust as needed once you have a better feel for your game and individual needs. More advanced players are more likely to appreciate the control provided by tighter tensions. Whatever your choice, you generally should be restringing your tennis racquet strings as many times in a year that you play per week, on average. At minimum once per year, as tennis string tension is reduced over time.

Other Things to Consider

There are a few more important factors to consider for tennis racquet stringing:

- *Your skills:* Are you just starting to play? Don't worry about playability and spin -- you'll pick up these skills later on, so dropping your hard-earned money for natural gut or some other superior string material is not wise. It would be best to pick up some durable and affordable synthetic strings to start.
- *Your injuries:* If your play is affected by an arm injury, you'll want to invest in a multifilament or hybrid multifilament that will reduce stress on your arm and help keep you on the court.