

# Pro tells what to look for in a tennis racquet

By DEAN SNYDER

(Dean Snyder is tennis director and head pro at the Grand Slam Tennis Club of the Livonia Family Y.)

The dilemma of selecting a tennis racquet has become increasingly complex in the past few years. The steady growth of the game has produced an abundance of tennis manufacturers explaining the virtues of their products.

When I began playing the game, selecting a racquet was a much simpler procedure. There were about five manufacturers of quality frames. Today, more than 30 manufacturers are vying for your business.

Fifteen years ago, racquets were only made of wood. About 10 years ago, fiberglass and metal racquets began appearing on the market. These two types added lightness and flex to the racquet.

About five years ago, we began seeing graphite and boron in the racquets. These cost a fortune.

In the tennis classes I teach, I explain to my students how to purchase a racquet suited to them. Things such as grip, size, weight, balance, flex, frame composition and string type must be considered by the serious player for proper fit.

**GRIP SIZE**  
The size of the racquet varies from

four inches to 4 3/4 inches for adults. This is the circumference of the handle.

The most accurate way to measure your grip size is to place a ruler on the palm of your hand and measure from the tip of your ring finger to the second line down your palm.

This measurement will be your grip size. However, most players can play with more than one grip size. Personal preference plays a major role here.

**WEIGHT**  
Better tennis racquets come in various weights as well as grip sizes. A light racquet generally weighs between 11-12 ounces and is used by most women and some men. It enables

a player to move the racquet through the air faster, but with less power.

A medium weight racquet weighs between 12-12 1/2 ounces. It is usually stronger in the head and produces a harder hit.

A heavy racquet weighs between 12 3/4 and 13 ounces. Very few heavy racquets are sold today. A general rule to follow in selecting the proper weight is the bigger and stronger you are, the heavier the racquet should be.

**BALANCE**  
Most pro shops have equipment to check the balance of a racquet frame. A frame that is light in the head is good for net play and moving the racket quicker. A racquet that is heavier

in the head results in better ground strokes.

**FLEXIBILITY**  
Flex, the amount of bend in a racquet as it moves through the air, is important in determining ball control and power. The more flexible the racquet, the more power it delivers. The stiffer the racquet, the more control.

**MATERIAL**  
METAL, WOOD OR COMPOSITION  
Your best bet here depends on your skill and your budget. Wood is cheaper and preferred by most tournament players.

Metal racquets are lighter and easier to move through the air. Good metal racquets are more expensive

than wood frames.

Composition racquets—graphite, boron, fiberglass combined with wood and metal—appear to be equipment of the future. Except for their price tag, composition racquets offer everything a player could ask for.

**STRINGING YOUR RACQUET**  
Generally, pros will recommend that you purchase a frame unstrung. This allows the freedom to select the string and tension that best suits your style of play.

The two basic types of string are lamb or beef gut and nylon. Most tournament players prefer gut because of its resiliency and feel.

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# the BOB HARMON FOOTBALL FORECAST

Sunday and Monday, September 17 and 18

**MIAMI.....26 BUFFALO.....20**  
Both clubs lost openers two weeks ago. Bills, as expected, Dolphins unexpected... Miami whipped Buffalo in first time after two home games... future for other team not too bright at moment.

**CHICAGO.....17 DETROIT.....10**  
Lions meeting third straight NFC Central foe... Bears beat Detroit twice in '77... victories here and against Vikings next week would give Bears great boost for '78 season.

**CLEVELAND.....23 ATLANTA.....20**  
 Browns on the road for first time after two home games... should know better than to pick Falcons to lose at home... however, Falcons favored by three in east zone contest.

**DALLAS.....24 LOS ANGELES.....10**  
 Rams almost tumbled on their faces in opener against Eagles... Cowboys belted Colts... good showdown between NFC East and West champs... both favored to repeat titles in '78.

**KANSAS CITY.....20 N. Y. GIANTS.....17**  
 Rams almost tumbled on their faces in opener against Eagles... Cowboys belted Colts... good showdown between NFC East and West champs... both favored to repeat titles in '78.

**OKLAHOMA.....20 GREEN BAY.....6**  
 In rough way to start season, Raiders on road for third straight week... Oakland nipped GB by only four in '76... no meetings last year... Raiders defense just too tough for Packers.

**PHILADELPHIA.....27 NEW ORLEANS.....20**  
 NFC West enters NFC East... renewal of last year's inter-division contest... Eagles bombed Saints 29-7 in that one, but favored by shaky seven here... N.O. upset issue.

**PITTSBURGH.....22 CINCINNATI.....20**  
 Bengals finished just one game back of Steelers in final AFC Central standings last fall... in two meetings in '77, each won at home... Cincy GB problem favors Pitt by four.

**DENVER.....30 SAN DIEGO.....20**  
 High-powered Broncos meant to score only 17 points each time they beat Chargers last fall... SD can be real spoiler (or challenger) in AFC West... Denver by ten at home.

**HOUSTON.....23 SAN FRANCISCO.....13**  
 Oilers, at home for first time, entertain O.J. and 49ers... both teams were beaten in openers, Oilers by Falcons, 49ers by Browns... "hilly support" pick favors Houston by 10.

**NEW YORK JETS.....27 SEATTLE.....23**  
 Should be high-scoring crowd-pleaser between these two offense-minded teams... Jets shocked Dolphins in opener, Seahawks lightened Chargers... Hawks zipped NY 17-0 in '77.

**MINNESOTA.....17 TAMPA BAY.....13**  
 This one's somewhat of a puzzle... Buccaneers strong point in defense... Vikings' defense like sieve vs Saints in opening loss... Vikings offense should put it out... 13 down by four.

**WASHINGTON.....20 ST. LOUIS.....13**  
 Both these NFC East teams beaten in season openers two weeks ago... Redskins whipped Cards two last fall and finished two games ahead of them in final standings. Redskins!

**NEW ENGLAND.....20 BALTIMORE.....16**  
 Injured Colts, decimated by Cowboys two Monday nights ago, face another tough Monday night vs Patriots... in head-to-head last fall, each won at home... N.E. by ten.

Spacing of season opener! We picked 7 right, shocked by 7, spent Labor Day in hiberna!

**The Bob Harmon Forecast**

Saturday, Sept. 16 - Major Colleges

Alabama	21	Missouri	9
Arizona	22	North Carolina	10
Arkansas	23	Ohio State	11
California	24	Oregon	12
Colorado	25	Penn State	13
Florida	26	Texas	14
Georgia	27	UCLA	15
Illinois	28	Washington	16
Iowa	29	Wisconsin	17
Kentucky	30	BYU	18
Michigan	31	Stanford	19
Minnesota	32	Nebraska	20
Mississippi	33	Arizona State	21
Missouri	34	Utah	22
North Carolina	35	Colorado State	23
Ohio State	36	Idaho	24
Oregon	37	Wyoming	25
Penn State	38	South Carolina	26
Texas	39	Georgia Tech	27
UCLA	40	Florida State	28
Washington	41	Wake Forest	29
Wisconsin	42	Duke	30
BYU	43	Virginia Tech	31
Stanford	44	NC State	32
Nebraska	45	Arkansas State	33
Arizona State	46	Louisiana State	34
Utah	47	Arkansas	35
Colorado State	48	Alabama	36
Idaho	49	Georgia	37
Wyoming	50	Florida	38
South Carolina	51	Michigan	39
Georgia Tech	52	Illinois	40
Florida State	53	Iowa	41
Wake Forest	54	Kentucky	42
Duke	55	Michigan State	43
Virginia Tech	56	Minnesota	44
NC State	57	Mississippi	45
Arkansas State	58	North Carolina	46
Louisiana State	59	Ohio State	47
Arkansas	60	Oregon	48
Alabama	61	Penn State	49
Georgia	62	Texas	50
Florida	63	UCLA	51
Michigan	64	Washington	52
Illinois	65	Wisconsin	53
Iowa	66	BYU	54
Kentucky	67	Stanford	55
Michigan State	68	Nebraska	56
Minnesota	69	Arizona State	57
Mississippi	70	Utah	58
North Carolina	71	Colorado State	59
Ohio State	72	Idaho	60
Oregon	73	Wyoming	61
Penn State	74	South Carolina	62
Texas	75	Georgia Tech	63
UCLA	76	Florida State	64
Washington	77	Wake Forest	65
Wisconsin	78	Duke	66
BYU	79	Virginia Tech	67
Stanford	80	NC State	68
Nebraska	81	Arkansas State	69
Arizona State	82	Louisiana State	70
Utah	83	Arkansas	71
Colorado State	84	Alabama	72
Idaho	85	Georgia	73
Wyoming	86	Florida	74
South Carolina	87	Michigan	75
Georgia Tech	88	Illinois	76
Florida State	89	Iowa	77
Wake Forest	90	Kentucky	78
Duke	91	Michigan State	79
Virginia Tech	92	Minnesota	80
NC State	93	Mississippi	81
Arkansas State	94	North Carolina	82
Louisiana State	95	Ohio State	83
Arkansas	96	Oregon	84
Alabama	97	Penn State	85
Georgia	98	Texas	86
Florida	99	UCLA	87
Michigan	100	Washington	88
Illinois	101	Wisconsin	89
Iowa	102	BYU	90
Kentucky	103	Stanford	91
Michigan State	104	Nebraska	92
Minnesota	105	Arizona State	93
Mississippi	106	Utah	94
North Carolina	107	Colorado State	95
Ohio State	108	Idaho	96
Oregon	109	Wyoming	97
Penn State	110	South Carolina	98
Texas	111	Georgia Tech	99
UCLA	112	Florida State	100
Washington	113	Wake Forest	101
Wisconsin	114	Duke	102
BYU	115	Virginia Tech	103
Stanford	116	NC State	104
Nebraska	117	Arkansas State	105
Arizona State	118	Louisiana State	106
Utah	119	Arkansas	107
Colorado State	120	Alabama	108
Idaho	121	Georgia	109
Wyoming	122	Florida	110
South Carolina	123	Michigan	111
Georgia Tech	124	Illinois	112
Florida State	125	Iowa	113
Wake Forest	126	Kentucky	114
Duke	127	Michigan State	115
Virginia Tech	128	Minnesota	116
NC State	129	Mississippi	117
Arkansas State	130	North Carolina	118
Louisiana State	131	Ohio State	119
Arkansas	132	Oregon	120
Alabama	133	Penn State	121
Georgia	134	Texas	122
Florida	135	UCLA	123
Michigan	136	Washington	124
Illinois	137	Wisconsin	125
Iowa	138	BYU	126
Kentucky	139	Stanford	127
Michigan State	140	Nebraska	128
Minnesota	141	Arizona State	129
Mississippi	142	Utah	130
North Carolina	143	Colorado State	131
Ohio State	144	Idaho	132
Oregon	145	Wyoming	133
Penn State	146	South Carolina	134
Texas	147	Georgia Tech	135
UCLA	148	Florida State	136
Washington	149	Wake Forest	137
Wisconsin	150	Duke	138
BYU	151	Virginia Tech	139
Stanford	152	NC State	140
Nebraska	153	Arkansas State	141
Arizona State	154	Louisiana State	142
Utah	155	Arkansas	143
Colorado State	156	Alabama	144
Idaho	157	Georgia	145
Wyoming	158	Florida	146
South Carolina	159	Michigan	147
Georgia Tech	160	Illinois	148
Florida State	161	Iowa	149
Wake Forest	162	Kentucky	150
Duke	163	Michigan State	151
Virginia Tech	164	Minnesota	152
NC State	165	Mississippi	153
Arkansas State	166	North Carolina	154
Louisiana State	167	Ohio State	155
Arkansas	168	Oregon	156
Alabama	169	Penn State	157
Georgia	170	Texas	158
Florida	171	UCLA	159
Michigan	172	Washington	160
Illinois	173	Wisconsin	161
Iowa	174	BYU	162
Kentucky	175	Stanford	163
Michigan State	176	Nebraska	164
Minnesota	177	Arizona State	165
Mississippi	178	Utah	166
North Carolina	179	Colorado State	167
Ohio State	180	Idaho	168
Oregon	181	Wyoming	169
Penn State	182	South Carolina	170
Texas	183	Georgia Tech	171
UCLA	184	Florida State	172
Washington	185	Wake Forest	173
Wisconsin	186	Duke	174
BYU	187	Virginia Tech	175
Stanford	188	NC State	176
Nebraska	189	Arkansas State	177
Arizona State	190	Louisiana State	178
Utah	191	Arkansas	179
Colorado State	192	Alabama	180
Idaho	193	Georgia	181
Wyoming	194	Florida	182
South Carolina	195	Michigan	183
Georgia Tech	196	Illinois	184
Florida State	197	Iowa	185
Wake Forest	198	Kentucky	186
Duke	199	Michigan State	187
Virginia Tech	200	Minnesota	188
NC State	201	Mississippi	189
Arkansas State	202	North Carolina	190
Louisiana State	203	Ohio State	191
Arkansas	204	Oregon	192
Alabama	205	Penn State	193
Georgia	206	Texas	194
Florida	207	UCLA	195
Michigan	208	Washington	196
Illinois	209	Wisconsin	197
Iowa	210	BYU	198
Kentucky	211	Stanford	199
Michigan State	212	Nebraska	200
Minnesota	213	Arizona State	201
Mississippi	214	Utah	202
North Carolina	215	Colorado State	203
Ohio State	216	Idaho	204
Oregon	217	Wyoming	205
Penn State	218	South Carolina	206
Texas	219	Georgia Tech	207
UCLA	220	Florida State	208
Washington	221	Wake Forest	209
Wisconsin	222	Duke	210
BYU	223	Virginia Tech	211
Stanford	224	NC State	212
Nebraska	225	Arkansas State	213
Arizona State	226	Louisiana State	214
Utah	227	Arkansas	215
Colorado State	228	Alabama	216
Idaho	229	Georgia	217
Wyoming	230	Florida	218
South Carolina	231	Michigan	219
Georgia Tech	232	Illinois	220
Florida State	233	Iowa	221
Wake Forest	234	Kentucky	222
Duke	235	Michigan State	223
Virginia Tech	236	Minnesota	224
NC State	237	Mississippi	225
Arkansas State	238	North Carolina	226
Louisiana State	239	Ohio State	227
Arkansas	240	Oregon	228
Alabama	241	Penn State	229
Georgia	242	Texas	230
Florida	243	UCLA	231
Michigan	244	Washington	232
Illinois	245	Wisconsin	233
Iowa	246	BYU	234
Kentucky	247	Stanford	235
Michigan State	248	Nebraska	236
Minnesota	249	Arizona State	237
Mississippi	250	Utah	238
North Carolina	251	Colorado State	239
Ohio State	252	Idaho	240
Oregon	253	Wyoming	241
Penn State	254	South Carolina	242
Texas	255	Georgia Tech	243
UCLA	256	Florida State	244
Washington	257	Wake Forest	245
Wisconsin	258	Duke	246
BYU	259	Virginia Tech	247
Stanford	260	NC State	248
Nebraska	261	Arkansas State	249
Arizona State	262	Louisiana State	250
Utah	263	Arkansas	251
Colorado State	264	Alabama	252
Idaho	265	Georgia	253
Wyoming	266	Florida	254
South Carolina	267	Michigan	255
Georgia Tech	268	Illinois	256
Florida State	269	Iowa	257
Wake Forest	270	Kentucky	258
Duke	271	Michigan State	259
Virginia Tech	272	Minnesota	260
NC State	273	Mississippi	261
Arkansas State	274	North Carolina	262
Louisiana State	275	Ohio State	263
Arkansas	276	Oregon	264
Alabama	277	Penn State	265
Georgia	278	Texas	266
Florida	279	UCLA	267
Michigan	280	Washington	268
Illinois	281	Wisconsin	269
Iowa	282	BYU	270
Kentucky	283	Stanford	271
Michigan State	284	Nebraska	272
Minnesota	285	Arizona State	273
Mississippi	286	Utah	274
North Carolina	287	Colorado State	275
Ohio State	288	Idaho	276