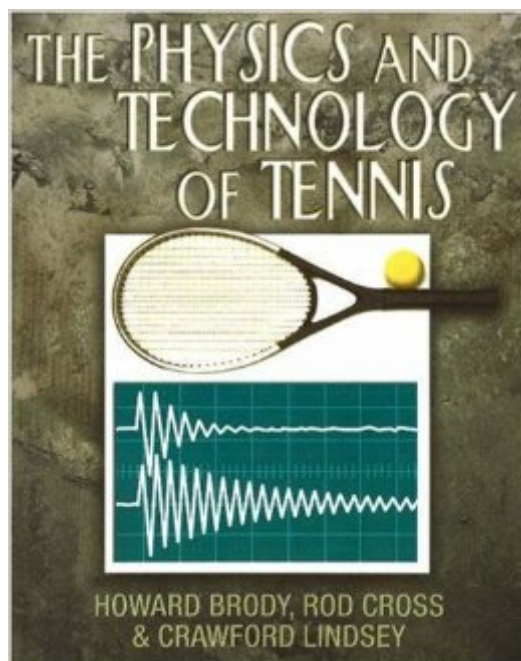


The book was found

The Physics And Technology Of Tennis



Synopsis

Helping coaches and players streamline their learning systems, improve their performance, and further their understanding and enjoyment of the game, this book provides an entertaining and enlightening look at the physics behind how to use a racquet to change the speed and direction of a tennis ball. Distinguishing the science from the folklore and myth, it makes the physics of tennis understandable to players of all skill levels. Important issues such as the role of string tension, the meaning of power, the importance of swing weight, and the relevance of the various sweet spots are addressed. Athletes are shown how to play better tennis by obeying the laws of the universe, optimizing equipment for ultimate performance, and understanding the dynamics of tennis events. From speed-to-spin ratios and shock vibration scales to choosing string on a moist day, this guide covers it all.

Book Information

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Customer Reviews

This is an excellent book that dismisses many myths regarding tennis equipment. The three coauthors include two physicists and one tennis pro. They are all avid tennis players. They also have incredibly investigative minds. The book consists of about 40 different articles covering many different technical subjects regarding stroke mechanics, ball bounce, racquets, and strings. All these articles represent serious investigation and research from a physicist standpoint. These articles stand on their own independently. As a result, you do not need to read them in sequential order. You also don't need to read them all to extract the information you care about. For my part, I skipped some of the articles on the physics of ball bounce, but was very interested on all the articles

regarding strings and racquets properties. Depending on your own personal interest, you may read or focus on different sets of articles. Given the rather dry subject, the writing style of the authors make the information easy to digest. Contrary to what players believe, racquets have very similar power. Strings, regardless of tension and type have also very similar power. But, different strings can feel very different based on their respective stiffness. Gut and high quality nylon strings feel soft because they are relatively flexible. Kevlar does not feel so good, because they are the stiffest strings. According to the authors, the pros don't use any of the high-tech latest models, including oversize, and widebody frames. They use older models customized with lead tape to add swingweight. Oversize racquets are not maneuverable enough at their playing speed. The authors state throughout the book that racquets that are stiff strung at low tension feel better. A stiff racquet vibrates less.

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