Tip: Today's Tennis
True, tennis history is amazing. However, today's tennis has never been more exciting! Men and women touring professionals bring a very exciting brand of power and finesse tennis to the delight of millions of fans worldwide!

Tip: Who is Owen Davidson
Owen Davidson is an important figure in the history of tennis. An Australian born tennis pro, he was a mixed doubles player who completed the Mixed Doubles Grand Slam in 1967 with Billie Jean King. He won ten major mixed doubles championships in all including the 1967 Australian open; 1967 French Open (Roland Garros); Wimbledon Championships in 1967, 1971, 1973-74; and the US Open in 1966, 1967, 1971, 1973. Davidson also won an additional two men's doubles championships, the 1972 Australian Open and the 1973 US Open. His career spanned 15 years during which he was a member of Australia's Davis Cup team from 1962 to 1967 and he acted as the Head Pro at the All England Lawn Tennis Club from 1967 through 1971.

Tip: Outfit yourself with outfits
Clay, HARD-TRU and grass are great surfaces to play on. They are easy on your knees and feet. Plus, they can really do wonders for your drop shot. However, the one negative is they do a number on tennis clothes. One dive on red clay and your pristine men's or women's tennis outfit has met its match. Obviously, you should expect to get down and dirty when you play. Though, if you are playing everyday you might want to have more than one tshirt, skirt or shorts. Also, if the place you play at a place that doesn't require tennis whites you might want to think of another color to wear. Clay, HARD-TRU and grass are pretty hard to get out of plain white clothes. Tennis clothes makers like Adidas, Wilson or Prince are good places to start.

Tip: Sensible before Sleeveless
For those scorching hot days on the court nothing keeps you cooler than tennis clothes a tank top and a muscle shirt. Just beware of the sun. A good two hours of match time can do a real number on your shoulders. So before you hit the courts, hit the drugstore
for some sun block. You might also want to throw on a hat as well.

Category: Tennis Equipment

Subcategory: Tennis Supply

Tip: The racket about tennis elbow
Sometimes too much tennis can be a bad thing. Injuries can occur. One of the top injuries is known as tennis elbow. This is basically a strain on the arm that causes pain around the elbow. To fight this affliction tennis celebrities have state of the art therapy equipment and doctors at their disposal. However, the most basic remedy deals with your main piece of tennis equipment &ndash; the racket. Sometimes if it is designed to be too long, too light weight, or too stiff it could cause problems. The best thing to do is switch rackets. Though, before you run out and plunk down $200 do some research. Look in magazines. Surf the net. Talk to a doctor.

Category: Tennis for Beginners

Subcategory: Tennis Lessons

Tip: Play 21!
Now it's time to complete the sandwich! 21 is a great tennis lesson that'll "groove the groundstrokes." Both players begin on the baseline, with one person hitting (not a serve) to the other. After 3 balls, the point is "live." The entire singles court is good. Be patient. This will make your groundstrokes great!

Tip: The Two Bounce Drill
Here's a little "zest" for your tennis sandwich! Would you like to learn CONTROL from the baseline quickly? The "two bounce drill" is simple, it works and should be used in every tennis lesson. Both players hit from the baseline, striking the ball with a short swing, and targeting the opposite service boxes. Go for 10 in a row, then play first to 11! Have fun!

Tip: Two Important Strokes in Match Play
Whether your taking a tennis lesson or reading a tennis for beginners book, one of the first things you'll learn about are the two most important shots in tennis. The serve and the return. If you're interested in playing competitively, you must have a solid and consistent serve and return. Why? At the intermediate level and below, most shots don't
last beyond 4 or 5 shots!

**Tip: Video Lessons Don't Lie!**
Would you like a very quick way to improve your overall game? Try booking video tennis lessons. The pro will likely have you hitting balls against a ball machine, while he/she videotapes your strokes. Later, you'll analyze your strokes, and you'll see exactly what you're doing incorrectly, and exactly how to improve your stroke flaws.

**Category: Tennis Injuries**

**Subcategory: Tennis Elbow**

**Tip: Racquet and Tennis Elbow**
There is no conclusive evidence that one type of racquet is better than another for reducing elbow stress and tennis elbow. However, the lighter, medium-flex, evenly-balanced racquets are probably best. Oversized racquets are useful for increasing the "sweet spot," thus making the ball less likely to hit the frame and producing less elbow stress.

**Category: Tennis Rackets**

**Subcategory: Tennis Racquets**

**Tip: Heavy Frame Advantages**
A heavier tennis racket frame generates more power. A heavier frame also vibrates less and has a larger sweetspot. Your local pro-shop should have a variety of frames on display for you to try. Quality brands like Wilson are your best bet.

**Tip: Racket Rattles**
A rattle in your tennis racket may be caused by some loose graphite, this is not normally a cause for concern. Check the butt cap for a trap door. Remove the trap door, using a small-pointed hard object, and tap lightly on a hard surface to release the loose graphite. Watch for this problem when buying a used tennis racquet.

**Tip: Sweet-spot**
The Sweet-Spot is the central position on the tennis racket face for producing the perfect shot. Wilson, Head and Prince produce tennis racquets that give you the biggest
Category: Tennis Rules

Subcategory: Rules of Tennis

**Tip: What is the Golden Rule**
Your mom and dad taught you the Golden Rule, didn't they? Why? Because it condenses appropriate behavior into one sentence. "Treat others the way you wish to be treated." The same holds true for an opponent and a questionable call. There's nothing wrong with challenging the call, but once a call is made, accept it, and proceed with the next point. Call it the golden rule of tennis.

Category: Tennis Shoes

Subcategory: Tennis Sneakers

**Tip: Break In New Shoes**
Wear new tennis shoes around and outside the house for a few days before you play in them. This will scuff the outer soles and help to break in the uppers.

**Tip: That Toe-Dragging Habit**
A lot of players drag their toes when they hit their strokes, and especially during a serve. With a lot of hard court play, you can wear through the toe of your shoe in the course of a single match. A toe cap is an extra piece of rubber added to some shoes to increase the durability of the shoe. You can find this durable cap on New Balance tennis shoes.

Category: Tennis String

Subcategory: Tennis Racket String

**Tip: High Tension Not as Sweet**
Basically, higher tensions decrease the size of the sweetspot and reduce the power (thus increasing control a bit). The higher the tension, the more boardlike the feel. Some people like this. Desired tension is pretty much a matter of personal taste, and as you improve the level of your game, you are apt to notice small fluctuations in tennis string racquet tensions.
Tip: More Spin
Thinner tennis strings tend to produce more spin by biting the ball more.

Tip: String Gauges (String Thicknesses)
Tennis racquet strings come in various thicknesses, called "gauges." You have 15, 15L, 16, 16L, and 17. Larger numbers mean thinner strings. "L" means light and can be thought of as half as size (so 15L can be considered 15 1/2). Thick strings have less resilience and feel than thin strings but last longer.

Tip: Where can I restring my racket?
Proper stringing is very important to your racket's playability. Stringing should only be done by an experienced stringer, preferably a Certified Racket Technician (CRT). Plus, make sure they own a quality tennis string machine to prevent tennis stringing problems.

Category: Tennis Terms

Subcategory: Tennis Terminology

Tip: 'Shake hands'
"Shake Hands" refers to the basic Eastern Forehand Drive grip. You shake hands with the racket and keep that grip.

Tip: All-rounder
A player with the ability to play well both offensively and defensively.

Tip: Approach shot
A groundstroke played just before you approach the net to volley. A shot played with the aim of winning a point quickly, often hit from mid-court deep into the corner of the opponent's court. The attacking player normally goes to the net to intercept any return with a volley.

Tip: Backcourt
Tactically, the area behind and up to the baseline from which the baseliner plays.
Tip: Backhand
For right-handed players this is a stroke played on the left hand side of the body, with the back of the hand towards the net.

Tip: Baseline
The line at each end of the court that runs parallel to the net and marks the boundaries lengthwise of the playing area. The line at each end of the court that runs parallel to the net and marks the boundaries lengthwise of the playing area.

Tip: Clay court
A court with a surface made of crushed shale, stone or brick. Its top surface requires regular maintenance. Plays slow.

Tip: Continental grip
Name of the service grip that originated in Britain. Method of holding the racquet for playing powerful backhands, serves, volleys and smashes. The most common grip for forehand and backhand strokes.

Tip: Deuce
A tie at 40 is called deuce. Because a game must be won by two points, play continues from deuce until one player leads by a margin of two points.

Tip: Follow through
Refers to the continuing travel of the racket after the ball has been struck. The follow-through affects the length, direction and speed of the ball.

Tip: Grass court
Grass courts are becoming less and less common because of the time and money needed to maintain them. They are dependent on good drainage. Fast-playing surface.

Tip: Kick serve
A serve with heavy spin, causing it to change direction or bounce unexpectedly when it lands in the service court. Also known as a twist serve.

Tip: Left court
The area to the left of the centre line from the net to the baseline.

**Tip: No man's land**
The area between the service line and the baseline also known as a taboo zone.

**Tip: Second flight**
The flight of the ball after it has bounced.

**Tip: Second serve**
When serving, players have two chances to hit the ball in the opponent's service court. If the first attempt fails, they receive a "second serve."

**Tip: Sidespin**
The way that a ball rotates. When one side of the ball rotates against the air resistance, it is forced to swerve to the opposite side; e.g. a ball approaching with left hand spin will swerve from right to left.

**Tip: Sideways-on**
Applies to being parallel to the approaching ball's flight.

**Tip: Sport Physiology**
Periodization; training to prevent injuries and develop power and strength; circuit training; flexibility training; and aerobic vs. anaerobic activity.

**Tip: Taboo zone**
The area between the service line and the baseline also known as "no man's land".

**Tip: Tennis Court**
A 78 ft (23.8 m) long area, divided into two equal sides by a net standing 3 ft (0.9 m) high at the center of the court. For singles the court is 27 ft (8.2 m) wide. For doubles the addition of alleys 4.5 ft (1.4 m) wide along the two longer sides increases the width to 36 ft (11 m). Courts may be of grass, clay, asphalt, concrete, wood, artificial grass, or other synthetic materials.

**Tip: Tie-break**
This is a point scoring system designed to shorten the length of a set. It is usually brought into operation when the set score reaches six games all. During tie-breaks players are awarded points numerically. The first player with 7 points wins the set, provided he or she has a lead of 2 points, e.g. 7-5. If not, play continues until this two-point advantage lead has been established, e.g. 10-8. The score for the set is then recorded as 7-6, i.e. seven games to six.

**Tip: Topspin**
The way that a ball rotates. When a player strikes the ball so that it spins from low to high as it travels forward. The top of the ball spins forwards against air resistance, forcing the ball down. When you play topspin shots aim higher over the net than for a basic drive. The top of the ball spins forwards against air resistance, forcing the ball down. When you play topspin shots aim higher over the net than for a basic drive. Topspin enables a player to strike the ball with more power, because the added spin helps to bring the ball down and keep it in play.

**Tip: Tramlines**
The area of the court between the singles and doubles sidelines, also known as the 'alley'. The area of the court between the singles and doubles sidelines, also known as the 'alley'.

**Tip: USRSA**
United States Racquet Stringers Association.

**Tip: Volley**
Occurs when a player strikes the ball before it bounces. The volley is most often employed when a player is playing close to the net. The half volley is a low return of the ball just after it has bounced.

**Tip: Warm-up**
A period in which players can loosen up and practice strokes before the actual match begins.

**Tip: Western**
An American type of grip that finds the palm of the hand more underneath the handle than behind it.
Tip: Wide-body
These are rackets that have a very broad side-on dimension.

Category: Tennis Uniforms

Subcategory: Tennis Team Uniforms

Tip: Men's Apparel
Light, loose-fitting tennis apparel is best for playing tennis. When it comes to shorts, you might want to consider an elastic waistband or drawstrings over buttons and zippers. And keep in mind, many tennis teams require that you wear their uniforms.