



GOLF



SQUASH



THE SPORTS SHOP



TENNIS



CROQUET

In this newsletter:

1. **NEW ARRIVALS – Poivre Blanc now in store!**
2. **NEW ARRIVALS – Grass court shoes now in store!**
3. **RACKET FITTING WITH TILLY – Book your FREE Fitting today!**
4. **HIT WITH TILLY – Book a hitting session to practice your Tennis with Tilly**

### Head men's Sprint Pro 3.0 Grass Court Shoe

Sizes UK 8.5 - 11

Retail price: £105 | Loyalty Member's price: £94.50

As Head's lightest shoe, the Sprint Pro 3.0 is made for players who are looking for more speed on the court. The mesh material makes the shoe lightweight and extremely breathable, while the sock construction takes care of the out-of-the-box comfort you crave. And on top, the new Delta Straps and TPU heel counter keep your foot in place during slides and rallies on even the toughest court.



### K.Swiss men's and women's Defier RS Tennis Shoes

White/blue/red, sizes UK 7.5 - 14

White/sachet pink, sizes UK 3 - 8

Retail price: £110 | Loyalty Member's price: £99

Designed to withstand the most intense game, TecTuff high abrasion toe wrap creates a durable barrier between the court and foot for maximum protection. DragGuard is placed in the toe and heel, while the Defier RS outsole has a non-marking and clay-friendly herringbone tread pattern.



### Adidas women's Avacourt Tennis Shoes

Legacy Indio/Flash Orange, sizes UK 5 - 8

Retail price: £110 | Loyalty Member's price: £99

Engineered for female athletes. These women's adidas tennis shoes feature a lightweight and flexible mesh upper for no-distraction play. The Bounce Pro midsole adds stability and cushioning where you need it most. Underneath, a hard-court outsole and stabilising Torsion System work together so you stay in control of every sidestep and slide.



## Poivre Blanc Eco-Active-Light Skort

Available in women's and girl's - matching Eco-Active white tank top and t-shirt also available.  
Retail price: women's £45 or girl's £40 | Loyalty Member's price: women's £36 or girl's £32

Created to perform at the highest level. This tennis skort keeps you confident when everything's at stake. The wide waistband makes for a flattering fit, keeping you locked in and super-confident on court. Soft, 100% recycled polyester fabric gives you one less distraction when it's time to take your game higher.

- 100% recycled polyester.
- Quick-dry, anti-microbial, easy care.
- Elasticated waistband for comfortable fit.
- Flared skirt.
- Inner shorts.
- Silver metallic 3D Poivre Blanc logo.
- 100% Recycled post-consumer polyester.



## Poivre Blanc - Meryl Stretch Jersey Tank Top and Meryl Stretch Jersey Tee

Available in women's and girl's  
Retail price: women's £60 or girl's £50 | Loyalty member's price: women's £48 or girl's £40

A versatile v neck tennis tank top, a truly unique character piece by Poivre Blanc. Made from technical pique Meryl fabric, it has zero microfiber pollution.

- Meryl Stretch Jersey.
- Zero Microfiber Pollution, Anti-Microbial.
- Quick-Dry, Anti-UV, Easy Care.
- Picot Edge At Neckline & Armhole.
- Colour Accent At Side Body & Armhole.
- V-Neck.



## Poivre Blanc Women's Meryl Stretch Jersey Capri

Retail price: £65 | Loyalty Member's price: £52

Add some extra style to the traditional capri skirt with this flared design in cropped 3/4 leggings. The soft quality of the jersey Meryl ensures premium comfort and optimal freedom of movement.


- Meryl stretch jersey.
- Zero microfiber pollution, anti-microbial.
- Quick-dry, anti-uv, easy care.
- Flared skirt with 3/4 leggings.
- Tennis ball pocket at hip.
- Silver metallic 3D Poivre Blanc logo.
- Meryl: Zero Water Micro-plastic Pollution
- 100% recyclable



## FREE Racket Fitting with Tilly

Join Tilly on court to find the perfect racket for you in a FREE 30 minute demo hitting session. We have demo rackets available from Babolat, Head, and Technifibre across different price points and models available to try. Tilly will be on hand to give you her expert advice to find which racket is most suited for your game.


Tilly will go through four key areas to establish which racket is most suited for you:



### HOW HEAVY SHOULD MY TENNIS RACKET BE?

THE HEAVIEST RACKETS PROVIDE THE HIGHEST LEVEL OF FRAME STABILITY TO PLAYERS WHO HAVE A FULLY DEVELOPED AND/OR POWERFUL SWING MOTION.

LIGHTWEIGHT RACKETS (BELOW 280G), ARE FAR EASIER TO MANOEUVRE WHICH CAN BE ADVANTAGEOUS IN VARIOUS SITUATIONS FROM LINING UP A SERVE TO SWITCHING BETWEEN FOREHAND AND BACKHAND POSITIONS.



### WHAT IS THE BEST RACKET HEADSIZE?

SMALLER HEAD SIZES, WHICH WE CONSIDER TO BE BELOW 100 SQ INCHES, ARE RECOMMENDED FOR ADVANCED PLAYERS WHO CAN CONSISTENTLY HIT THE SWEET SPOT AND GENERATE A GREAT AMOUNT OF POWER FROM THEIR SWING ACTION.


ON LARGER HEAD SIZES (ABOVE 102 SQ INCHES), THE LARGER SWEET SPOT WILL ENABLE PLAYERS TO HIT WITH POWER MORE CONSISTENTLY. THIS IS IDEAL FOR PLAYERS WHO ARE UNABLE TO, OR HAVE YET TO MASTER A POWERFUL SWING.



### HOW DO I CHOOSE MY RACKET GRIP SIZE?

THE GRIP SIZE IS THE CIRCUMFERENCE OF THE HANDLE OF THE RACKET, AND THE SIZE YOU NEED WILL THEREFORE DEPEND ON THE SIZE OF YOUR HAND.

A ROUGH WAY OF FINDING OUT IS BY HOLDING A RACKET IN YOUR NORMAL FOREHAND GRIP. IF THE RACKET IS OF THE CORRECT GRIP SIZE, THE DISTANCE BETWEEN YOUR PALM AND LONGEST FINGER SHOULD APPROXIMATELY BE THE WIDTH OF A FINGER (PICTURED BELOW). IF THE GAP IS TOO SMALL IT MEANS YOU WILL NEED A LARGER GRIP SIZE, AND IF THE GAP IS TOO BIG YOU WILL NEED A SMALLER GRIP SIZE.



### WHICH BALANCE IS BEST FOR MY RACKET?

ON RACKETS WHICH ARE MORE HEAD-LIGHT, THE WEIGHT IS CLOSER TO THE HAND WHICH IMPROVES MANOEUVRABILITY ON GROUND STROKES AND VOLLEYS, AND IN GENERAL KEEPS THE PLAYER MORE IN CONTROL.

ON HEAD HEAVY RACKETS, THE WEIGHT IN THE HEAD WILL BUILD MOMENTUM ON SWINGS AND LEAD TO INCREASED POWER. IT DOES HOWEVER BECOME HARDER TO DIRECT SHOTS WITH ACCURACY.

Click below to book your FREE demo session:

<https://Roehamptonclub.as.me/?appointmentType=33376088>

Alternatively you can book by emailing [sportshop@roehamptonclub.co.uk](mailto:sportshop@roehamptonclub.co.uk) or calling the Sports Shop on 020 8480 4257, places are offered on a first come, first served basis.

## Hitting Service with Tilly

Tilly is also offering a hitting service available for Members. If you would like to practice what you are being taught in your lessons, or just want to get some exercise, you can book an hour's hitting session with Tilly via the online booking site with the link or QR code.

[Schedule Appointment with Roehampton Racquets \(as.me\)](https://Roehamptonclub.as.me/?appointmentType=33376088)



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