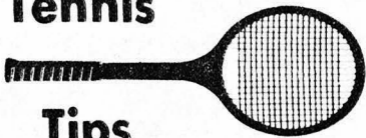


# Tennis



## Tips

This is one of a series of tennis tips from Denver-area teaching professionals.

Irwin Hoffman, head pro at HeatherRidge Racquet Club, Green Gables Country Club and Columbine Country Club, claims too tight a grip on the racket can hurt strokes and the player.



**Hoffman**

The tennis player who notices his grip involuntarily slipping on the handle after he hits the ball may be holding his racket too tightly in the ready position.

Most players grip the racket even tighter trying to cure the problem. The hand that is holding the racket too tightly experiences muscle spasms when the ball is hit, causing

the racket to turn in the hand.

Increased tightening of the grip also causes the arm muscles to become tense. Hitting the ball with tense muscles can cause injury to the arm.

Players should wait in the ready position with a relaxed grip and the non-hitting hand holding the racket. The hitting hand firms its grip on the racket as it hits the ball.

The hand then relaxes again in the ready position. A racket handle should be held like a bird you don't want to fly away and don't want to harm.