

SQHS GIRLS TENNIS 2021

Welcome to the tennis family at Squalicum High. We are excited to work with both new and returning players in our program. This handout includes some hints about equipment to keep your athlete safe and healthy through our season. Tennis is a sport that requires a minimum level of equipment, but having the right shoes and racquet can make a noticeable difference. Please contact coaches with any questions you may have!

The Bellingham sports scene doesn't have a lot of focus on tennis, unfortunately, so there are not too many local retail options available for families. I did some preseason shopping at our local sporting goods stores, so will share what I found. It may be that you want to visit a sporting goods store to determine shoe sizes/brands and look for deals online.

Here are a few notes on equipment and some likely sources if you are looking to purchase.

SHOES: There would probably be a few options at either Dicks Sporting Goods or Big 5. If you are shopping for new shoes, look for those that are labeled specifically for tennis if you can find them. Tennis-specific shoes have soles designed for court use and support lateral movement. If you can't find tennis specific shoes, a cross-trainer would be the next best bet. You can ask staff when you try on shoes. *We have some high-quality donated shoes to distribute – if this would be helpful to you please contact coaches!*

Recommended vendors:

Dick's Sporting goods: in-store had six court-specific varieties to try on, ranging in price from \$54 – \$110 (some good sale deals currently)

Fairhaven runners: Carries ASICS court shoes and runners that may transfer well (be sure to say you are looking for shoes for tennis). Knowledgeable staff. Prices \$100 and up.

Bellingham Bay Running store: shop owner is a tennis player and can suggest appropriate shoes; some sale deals, but prices otherwise \$100 and up

TENNIS RACQUETS:

Beginners: We do have some loaners that can be used during practice, so if your player doesn't yet have one we suggest they try several of ours and play for a season before investing. The important consideration is the size of the racquet and the size of the grip (that is measured in inches and will appear on the handle of the racquet). I'll include a link here that explains the sizing-but again you may want to wait to purchase until your player has played a bit.

<http://protennistips.net/tennis-racquet-grip-size/>

Vendors:

Dick's Sporting Goods: beginner racquets start at \$25 up to \$190

Bellingham Training and Tennis Club: This is a great local resource for our competitive team players. They will carry many major brands and they have a demo program so you can try racquets out before purchasing. Racquet prices will be \$100 and up (they may have some demos that they sell, you can get some good deals that way)! Consult with coaches if you are playing at this level and are looking for new equipment.

Online, Tennis Specific Vendors: there are some great resources on the web – and they often have links that provide info on how to choose equipment. Having your girl do some research into this is great training for her! Here are some of the top retailers:

<https://www.tennis-warehouse.com/>

<https://www.tennis-warehouse.com/>

<https://www.holabirdsports.com/>

CLOTHING: Team uniforms will be provided for competitive league season. For practices we recommend wearing layers – afternoons can be quite cool and it is important to be warm during warm-up and play. Otherwise—tennis athletes move their bodies in all directions, so comfortable fit and stretchiness with good coverage are optimal considerations. It's really helpful to have pants or shorts with side pockets to hold balls as well.

We hope this is helpful information. Please feel free to reach out with any questions!