



## **BALANCE & SWINGWEIGHT OF RACQUETS**

### **Balance Definition:**

The distribution of weight along the length of a racquet, usually called head heavy, head light, or even. The degree of head-heaviness or head-lightness is often specified as the distance between the midpoint of the racquet's length and the actual point at which it balances, be that balance point toward the head (head heavy) or the butt (head light). Balancing the racquet on your finger at the throat of the racquet is not the correct method to find out whether a racquet is head heavy or head light as that is normally not the halfway point of the racquet. By using the *Prince Precision Tuning Centre* the balance can be accurately measured.

### **Swing weight Definition:**

Swing weight describes how heavy a racquet feels when it is swung. Swing weight increases as the racquet's weight is distributed more toward the head, so head-heavy and extra-long racquets have a high swing weight in relation to their stationary weight. A high swing weight results in low maneuverability, but generally more groundstroke power. By using the *Prince Precision Tuning Centre* the swing weight can be accurately measured.

### **Head Light Definition:**

A racquet is head light if it has more weight in the half of the racquet's length that is closer to the butt. Such racquets are intended to be more maneuverable and are generally preferred by most advanced players, especially those who venture off the baseline.

### **Head Heavy Definition:**

A racquet is head heavy if it has more weight in the half of the racquet's length that is closer to the head. Such racquets are intended to deliver more power to the ball per overall racquet weight, but they are also less maneuverable.

*Using the Prince Precision Tuning Centre, the swing weight and balance of your racquet can be checked and adjusted, see Customising Your Racquet.*

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