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# Peter Fryer/Jordan Rowe Interview

I recently had the opportunity to interview Jordan Rowe and we discussed the sport of Frescotennis, created and developed on Bainbridge Island in the United States by Jordan Rowe and Clint Roerig; the former being the President of the International Frescotennis League. ([www.frescotennis.com](http://www.frescotennis.com))

**Peter Fryer:** *Tell me a little about Frescotennis, how does it differ from other racquet sports?*

**Jordan Rowe:** We usually tell people that the sport of Frescotennis is the fully balanced trifecta combination of Tennis, Racquetball and Brazilian Frescobol. FT plays with highly developed and tested 50mm hybrid rubber hollow game balls and string-less paddles that are handmade in Brazil and the United States. The paddles are varied in material for personal choice and feel and consist of solid carbon fiber, fiberglass shell and exotic wood. The match service process has been greatly simplified and there are two bounces allowed during a live ball – only the first bounce has to land in-bounds. It's played on any full tennis hard court and can accommodate 2-6 players (1v1, 2v1, 2v2, 3v3). With these foundational rules, the ease of game play allows a lot of older tennis players to continue “getting their fix” with full court action.

**Peter Fryer:** *Any experience necessary?*

**Jordan Rowe:** Just a couple minimal physical abilities are required - no experience necessary. We have had 8-year-olds and 80-year-olds with no previous tennis experience try FT and play very well. If you can walk, slowly swing your arm and have basic hand-eye coordination you can play.

**Peter Fryer:** *Is Frescotennis about fitness or gameplay? Is greater emphasis put on the workout?*

**Jordan Rowe:** This is an interesting question. When FT players are playing serious matches there is a default intense core body workout. Personally, when I play my emphasis is on competitive matches and the fitness aspect is the side benefit. Players who love the non-match “Rally Play” format don't primarily play for competitive purposes and usually are more interested with the core workout, cardio and flexibility benefits.

**Peter Fryer:** *Do you need to be fit to play or do you get fit from playing?*

**Jordan Rowe:** This sport is unique because you can literally have a 6'4" male athlete in perfect physical

conditioning be beaten by a 5'2" woman in her 60's (I've seen it!). Strategic mental application is paramount to winning matches. With the permanent opening of the doubles boxes (even for singles) and the two bounce rule, there are wide ranging ball trajectories that can be winners. A power player can be shut down quickly by a strategic player who works the right angles. Most any body type can play and you will most likely experience notable health benefits the more you play.

**Peter Fryer:** *Where can I find a little more about Frescotennis in my local area?*

**Jordan Rowe:** We would recommend contacting us via our website ([www.frescotennis.com](http://www.frescotennis.com)) for information on where to play or for assistance on starting your own local group. Since our balls are not affected by light-medium rain we have a wide range of players throughout varied international climates.

**Peter Fryer:** *In terms of equipment, what do you need to play? Is it an expensive game to play?*

**Jordan Rowe:** A couple of positives about our equipment: our 50mm rubber balls never go more than 10% flat and the paddles never have to be restrung. Just don't damage your paddle and it will literally last a lifetime. We would recommend one paddle ([www.frescobol.com](http://www.frescobol.com)) and 12-20 balls (<https://fresco.tennis/50mm>). This is the only required equipment to play – an estimated \$120 USD for lifetime equipment. Find a full hard court and you're in business.

**Peter Fryer:** *Are there many teaching pros to improve your game?*

**Jordan Rowe:** We have professional IFL accredited instructors available for private lessons in the Seattle and Miami metro areas. They are also available to travel internationally.

[www.frescotennis.com](http://www.frescotennis.com)

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