



# MATT OWENS

## TENNIS SCHOOL

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## TENNIS RACQUETS

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### Why Every Player Needs Their Own Tennis Racquet

Having your own tennis racquet is essential for developing skills and building confidence in tennis.

Just like learning a language or playing an instrument, regular practice is the key to progress. If you only spoke a new language or played an instrument once a week, it would take much longer to improve, and tennis is no different.

Owning a racquet means players can practice between lessons — bouncing the ball on the racquet, hitting against a wall, or playing with family and friends. The more balls you hit, the quicker your skills will grow.

We're happy to lend a racquet for a first lesson and help assess the correct size and fit for your child.

It's especially important that young children use a junior racquet suited to their height and strength. Using the wrong size or a racquet that's too heavy can affect technique and enjoyment.

It is not necessary to spend a lot on a racquet at this stage. As children grow, they'll need to size up, so starting with a basic, appropriate junior racquet is perfectly fine.

**Junior Tennis Racquet Size Guide** *Note: These are general guidelines, factors like arm strength and playing experience also play a role.*

Racquet Size	Suggested Player Height	Age Range (approx.)
19"	Under 100 cm (3'3")	2–4 years
21"	100–115 cm (3'3"–3'9")	4–6 years
23"	115–125 cm (3'9"–4'1")	6–8 years
25"	125–135 cm (4'1"–4'5")	8–10 years
26"	135–145 cm (4'5"–4'9")	10–12 years
27"	145 cm and up (4'9"+)	12+ or adult size

Finally, having individual racquets also helps us limit the sharing of equipment and reduce the risk of spreading viruses, such as COVID-19. Keeping gear personal is a simple and effective way to keep everyone safe and healthy.