



# TENNIS FOOTWEAR & CLOTHING

## Table of Contents

FOOTWEAR .....	2
KEY FACTORS TO CONSIDER WHEN BUYING FOOTWEAR FOR THE COURT: .....	2
WHAT'S YOUR FOOT TYPE? .....	2
ALL COURT TENNIS SHOE.....	2
GRASS COURT TENNIS SHOE.....	3
CLOTHING .....	4

## Footwear

At Hull YPI we have Astro Turf and Grass courts available to use. **Choosing the proper shoes when you're playing tennis is just as important as selecting the right tennis racquet.**

From beginners to pros, choosing the best shoes that fit the individual player is something every player needs to spend time researching. A lot of players opt to purchase shoes that either A) look the best aesthetically or B) cost the least. You're going to have to find a balance between looks (if you care about that) and functionality.

### Key Factors to Consider When Buying Footwear for the Court:

#### What's your foot type?



You can figure out what your foot type is by doing what's called the "wet test."

All you need to do is wet the soles of your foot and step onto a piece of construction paper (or the sidewalk, if you're into that sort of thing.)

Look between the ball of your foot and your heel. If you see a huge gap then you have what's called a high arch, meaning your feet are "supinated."

If you don't see a gap at all then you have flat feet, or overpronated feet.

If you're somewhere in between then you're neutral (that's where I am.)

**Supinated feet** will see the heel and toe of the shoes wear out faster.

**Overpronated feet** experience the most wear inside area of the front of the feet.

**Neutral feet** wear down evenly on all sides of the shoes (yay!)

#### All Court Tennis Shoe

- Herringbone thread for traction on a variety of surfaces.
- Outsole durability and added cushioning is extremely important.



### Grass Court Tennis Shoe

- Nubs, omni thread pattern for traction on slippery grass.
- Outsole durability and shoe cushioning.



***Notice yourself always dragging your toe on your serve and your trainers wearing quickly?***  
Ensure you have a wide thick tread on the front of the trainer (See below)



## Clothing

YPI are in partnership with iprosports, we offer a wide range of clothing and accessories that you can purchase from the comfort of your own home, with the option of personalising your product. Please visit <https://www.iprosports.co.uk> go on “club zone” find “Hull YPI tennis club”.



If you have any enquires or questions regarding tennis clothing and footwear, please do not hesitate to contact us or ask your coach for more guidance.

Hull YPI Tennis Club