



The Physics and Technology of Tennis

Howard Brody, Rod Cross, Crawford Lindsey

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Helping coaches and players streamline their learning systems, improve their performance, and further their understanding and enjoyment of the game, this book provides an entertaining and enlightening look at the physics behind how to use a racquet to change the speed and direction of a tennis ball. Distinguishing the science from the folklore and myth, it makes the physics of tennis understandable to players of all skill levels. Important issues such as the role of string tension, the meaning of power, the importance of swing weight, and the relevance of the various sweet spots are addressed. Athletes are shown how to play better tennis by obeying the laws of the universe, optimizing equipment for ultimate performance, and understanding the dynamics of tennis events. From speed-to-spin ratios and shock vibration scales to choosing string on a moist day, this guide covers it all.

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He is the author of *Tennis Science for Tennis Players*. He lives in Philadelphia, Pennsylvania. Rod Cross is an associate professor in physics at the University of Sydney, Australia. Using the principles of the physics, of the mechanics, more specifically, they explain with considerable depth, all the movements of the racquets, strings and balls and the technologies involved. The book is wonderful, and perfect for who has already a basic knowledge of physics. For who does not have, the book "Technical Tennis", of the same authors, is a posterior version, much more simplified for this purpose, more adequate for these readers. Read more. Helpful. Comment Report abuse. bob. 5.0 out of 5 stars great book for tennis players to dismiss some of the myths of the game. Se

He is the author of *Tennis Science for Tennis Players*. He lives in Philadelphia, Pennsylvania. Rod Cross is an associate professor in physics at the University of Sydney, Australia. His paper in the *American Journal of Physics* on the sweet spots of a baseball bat was voted as one of the top 75 papers in physics in the United States. Crawford Lindsey is the publisher and managing editor of *Racquet Tech* magazine and *The Stringer's Digest* and the author of *Book of Squash*. He lives in San Diego, California. This is an excellent book that dismisses many myths regarding tennis equipment. The three coauthors include two physicists and one tennis pro. They are all avid tennis players. They also have incredibly investigative minds.