

6 Helpful Tips for Cold Weather Tennis



AIR-SUPPORTED STRUCTURES

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Tennis as a winter sport? It's possible. With the right gear and a fiery spirit, you can continue to sharpen your tennis skills throughout the winter months! Here are some practical tips for playing tennis in cold weather, with or without an air-supported dome.



1. Warm-Up

It takes a bit longer to loosen up in low temperatures. Give your body a chance to warm up with a [10-minute stretching routine](#) before you begin playing. Your muscles will thank you the next day!

2. Stay Hydrated

Just because it's cold doesn't mean you can cut back your water intake. You [won't feel as thirsty](#) playing in the winter, but your body still needs water to stay strong, fast and healthy. Drink plenty of water before you go outside and bring a bottle of water with you. If freezing is a problem, use a [wide-mouthed bottle](#) and store it upside-down.

3. Wear Shades

Sunglasses are a [touchy topic in the world of tennis](#), but one thing is clear: the winter sun hangs lower in the sky, and the snow makes its glare even worse. If you have a personal rule against wearing sunglasses, you might make an exception for winter tennis.

4. Switch to Softer Strings

The lower the temperature, the stiffer racquet strings become. High-tension strings are prone to break in the cold. Softer string compositions, like multifilament or natural gut, perform better in the winter.

5. Adjust Your Play Style

Frigid weather has an interesting effect on tennis balls. The rubber hardens, and the air pressure inside the ball drops. The result? The ball feels softer in hand, but much harder on impact – which makes for a very different kind of tennis.

Since the ball has far less bounce, and the racquets are less elastic, you must aim deeper and hit harder to get the ball over the net. Topspins lose their edge; drop shots, slices, and flat serves are deadly. Winter tennis demands even more movement than summer tennis, with players travelling deeper in the court to catch the low ball.

It's practically a whole new game!

6. Protect Yourself

Are you brave enough to venture out in freezing weather? Your dedication to the sport is admirable. But without proper preparation, exercising in sub-zero temperatures can be hazardous to your health. Any exposed skin can be at risk of freezing, which [leads to frostbite](#), and wearing sweat-soaked clothing can increase the risk of hypothermia.

Proper winter tennis attire consists of a lightweight, moisture-wicking base beneath layers of insulating fabrics. Be sure that the outer layer is water-repellent. Gloves are important, even if they hinder your grip. Finally, don't forget to wear a hat — you lose about 50% of body heat from your head.

Too Cold for Tennis? Use an Air-Supported Dome

Snow and ice add a cool twist to tennis, but cold-weather tennis is not for everyone. That's why sports domes were invented! An air-supported dome structure provides shelter from the snow and a comfortable playing temperature all throughout the winter. We have [the pictures to prove it!](#)

Throughout the process, The Farley Group is here to help along the way. You can research at your own pace in our [digital resource library](#), and when you're ready, reach out to us to discuss how to make your unique dome vision a reality.