

DPR TENNIS

NEWSLETTER



DPR

DC DEPARTMENT OF PARKS AND RECREATION

TENNIS FUN FACTS

- The net used to be lower in the middle by accident. The sag became part of the game, and now the center strap keeps it exactly 3 feet high.
- The Australian Open used to be played on grass. It switched to hard courts in 1988, because even Grand Slams go through eras.
- Tennis balls are covered in felt for control. Without the fuzz, they would fly way faster and behave like tiny chaos rockets.
- The Davis Cup started from a college student's idea. Dwight Davis helped create the international team competition in 1900 and donated the trophy himself.
- Tennis strings used to be made from animal intestine. It was called "natural gut".

BEST TENNIS SHOE GUIDE

Not sure what tennis shoes to buy? Our updated DPR Tennis Shoe Guide breaks down the basics of court shoes, support, durability, traction, and how tennis shoes differ from running shoes. It also includes simple tips on choosing shoes for hard courts, protecting your ankles and knees, knowing when to replace worn-out soles, and avoiding the classic mistake of playing tennis in shoes that were not built for side-to-side movement.

TENNIS IN THE SUMMER

DC tennis is heating up as summer gets closer, and there are plenty of ways to get on court. From beginner-friendly programs and social play to competitive match opportunities and community events, players across the city will have more chances to practice, meet new hitting partners, and stay active.

Keep an eye out for upcoming DPR tennis updates, including summer camps, adult programs, special events, and more ways to get on court across the city.

IMPORTANT ITEMS & DATES

- **Keep an eye out for Tennis Summer Camp at Takoma!**
- **Summer Tennis Programming starts June 22, 2026**
- **Programs with available slots online!**

June 27, 2026 - DPR Citywide Annual Tennis Festival

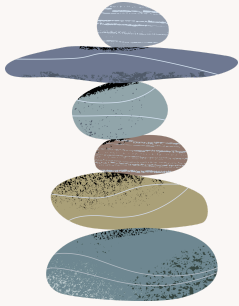
July 18, 2026 - Clti Open inspired amateur tennis tournament - open to everyone!



TENNIS SHOES

GUIDE
(simplified)

SHOE TERMS



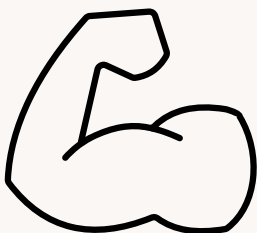
Stability & Traction

Tennis involves quick stops, side-to-side movement, pivots, and direction changes. A good tennis shoe should keep your foot secure while also helping you grip the court safely. The goal is to feel supported without feeling stuck, so you can move, stop, and recover with control.



Shock Absorption & Speed

Tennis can be tough on your feet, knees, hips, and back because of the constant running, stopping, and jumping. Shoes with good shock absorption help reduce impact, while lighter speed-focused shoes can help players move quicker and feel more connected to the court. Some shoes focus more on cushioning, while others prioritize quick movement.



Durability, Fit, and Comfort

Tennis shoes take a beating from toe dragging, sliding, stopping, and regular court contact. A durable shoe should have a strong outsole and reinforced high-wear areas. Fit matters just as much: your heel should feel secure, your midfoot should feel supported, and your toes should have a little room to move.

STABILITY AND TRACTION



ASICS GEL RESOLUTION X

**BEST FOR PLAYERS WHO WANT STRONG
SUPPORT, GRIP, AND CONFIDENCE DURING
SIDE-TO-SIDE MOVEMENT**

OTHER RECOMMENDATIONS:

- ADIDAS BARRICADE 13
- ASICS COURT FF 3

SHOCK ABSORPTION AND SPEED



ASICS SOLUTION SPEED FF 3

**BEST FOR PLAYERS WHO WANT EITHER MORE
CUSHIONING, FASTER MOVEMENT, OR A
BALANCE OF BOTH**

OTHER RECOMMENDATIONS:

- NEW BALANCE FRESH FOAM X CT-RALLY V2
- NIKE GP CHALLENGE PRO

DURABILITY, FIT, AND COMFORT



WILSON RUSH PRO ACE

BEST FOR PLAYERS WHO WANT A RELIABLE SHOE THAT LASTS, FEELS SECURE, AND WORKS WELL FOR REGULAR PLAY.

OTHER RECOMMENDATIONS:

- ASICS GEL CHALLENGER 15
- K-SWISS HYPERCOURT EXPRESS 2

DC OPEN

Game, set, match – that wraps up our fourth edition of the **DC OPEN** for the year.

If you have any questions or need clarification about anything you've read, feel free to reach out at tadael.asfaha2@dc.gov.

DC OPEN was made possible by contributions to our community from readers like you.

Thank you!

Tadael Asfaha

Citywide Tennis & Pickleball Coordinator
Competitive Sports & Leisure Activities

