



ETCH-Swing Speed Study

The University of West Florida & the Athletes' Performance Center at The Andrews Institute conducted an independent study earlier this year of the effect of training with the ETCH-Swing on players' forehand, backhand and service speed.

GROUPINGS: The novice groups in this study were comprised of beginning and intermediate level players. The **Novice-etch Group** was the experimental group and trained with an ETCH-Swing, while the **Novice-Racquet Group** acted as a control group, utilizing the same training regimen with the exception of the ETCH-Swing.

FINDINGS: In addition to **improved biomechanics**, the players who used the ETCH-Swing as part of their training regimen realized a ...

- **15.9% increase** in forehand speed
- **23.9% increase** in backhand speed
- **10.2% increase** in serve speed

Players in a similar **Elite Group** demonstrated less of a gain, but the sample was too small to draw any conclusions. The university plans on conducting an even larger study in 2010.