

# BIG NC TENNIS OFFICIAL STRINGING GUIDE

## Advanced Juniors

### Competitive Teens 14–18 / 3.5+ Adults

(Varsity, tournaments, heavy spin and power, UTR 4+)

Welcome to the string menu we use every single day at BIGNC Tennis. This isn't a 50-page catalog of every string on the planet, it's the distilled, battle-tested short list that covers 98% of our players, from first-day adults to nationally ranked juniors.


We proudly feature Diadem as our house brand because it consistently delivers the best combination of performance, arm comfort, and value we've found in 15+ years of stringing thousands of racquets.


When a player needs something a little different, we keep a select few Solinco options and a classic synthetic gut on hand. Every recommendation you see here has been personally made by our coaching staff and high-performance players.

The tensions, hybrid combinations, and "hours until dead" numbers are real-world data from our courts not manufacturer marketing copy. Our goal is simple: get you in the string that makes the ball feel heavier, your arm feels happier, and your game improve faster — all while keeping the process quick, transparent, and affordable.

Pick your category, choose your weapon, and let's get you dialed in.

Recommendation	Why we love it for you	Tension	How long it stays fresh	Big NC Cost / non-Member Cost
Full Poly Diadem Solstice Power (Black or Teal)	A 6-pointed star shaped co-poly that gives you massive spin through insane snapback, but unlike older shaped polys it's surprisingly soft and lively you get real power and pocketing	50-56 lbs	17G: 10 – 18 Hours 16L: 12 – 22 Hours  (Playable longer but spin and crispness drop off)	\$25 / \$35

	<p>instead of the usual “boardy” dead feel.</p>		<p>after these windows)</p>	
<p>Solinco Hyper G</p>	<p>Hyper-G is the #1 selling poly in college and pro tennis for a reason. The square/rectangle profile bites the felt harder than anything else on the market, yet it somehow stays medium-firm instead of harsh. Snapback is insane, tension holds great, and the bright green color looks sick in every frame.</p>	<p>52-58 lbs</p>	<p>17G: 8–14 hours 16G: 10–16 hours 16G: 12–20 hours</p>	<p>\$30 / \$45</p>
<p><b>Solinco Confidential</b></p>	<p>For players who hit hard, flat(ish), and demand total control above everything else. It's a shaped co-poly (subtle 4-sided profile), but it plays firmer and more muted than Hyper-G better tension maintenance and durability. Spin is still very good,</p>	<p>50 – 58 lbs</p>	<p>25 – 35 hours</p>	<p>\$30 / \$45</p>

	but the focus is predictable response and pinpoint accuracy.			
<b>Diadem Flash (Durable option)</b> 	<p>Diadem Flash is the string we pull out when someone says “I snap everything in 6–10 hours.”</p> <p>It’s a slick, round co-polyester that’s noticeably tougher than most shaped polys like Solstice Power or Hyper-G, yet it still gives you solid control, decent spin, and a crisp, powerful response.</p>	48 – 56 lbs	18L – 30 hours 16G – 25 – 40+	\$25 / \$35