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Orindawoods Tennis News

Orindawoods Tennis Club / 925-254-1065; Office Hours: M-F 8:30 a.m.-6 p.m., Sat./Sun: 8:30 a.m.-1 p.m.

New Doors And Combinations

As you have no doubt noticed, we have new Clubhouse doors (sorry, no new clubhouse, just doors). The doors will remain unlocked during business hours (M-F 8:30 a.m.- 6 p.m., Sat/Sun 8 a.m.-1p.m.), and each member will have their own private combination for after hours use. If you are interested in a having a specific 4-digit combination, talk to Keith.

The change in doors was for two primary reasons. 1. Increased security in the evening and nighttime hours. Unauthorized use of the pool in the evenings has been a bit of a problem. 2. Safety. With the old locking system, people could actually be locked in the clubhouse or pool and have no way to get out. Now that the pool fence is much higher, people could be literally trapped inside forced to watch the late show on our aging TV while they waited for the cavalry to arrive in the morning. With our advanced heating system (that be none, or I suppose we could say "solar") and the building's great insulation (nonexistent or shall we say "paper thin"), it made for a rather unpleasant and unsafe experience.

The decision to go to automatic locking doors was a tough one, however. It is a challenge to keep the Club a friendly, welcoming place, and to maintain security at the same time. We look to you, the members, to help us in these two endeavors by continuing to be your normal friendly selves, and to keep an eye out for anything that looks a bit strange, or out of the ordinary. We ask that you please make sure the doors are shut in the evening hours. I will be working on everyone's individual pass code over the holidays, and it should be in place early in the new year. In the interim, the old combination, followed by the * key will open the doors.

www.orindawoodstennis.com
sign up for events
on the calendar page
just click on the event!

Dues Increase

Club dues will raise from \$81 to \$83 per month starting January. This 2.5% raise is to cover the ever-increasing costs of running a fine facility. We strive to keep costs down as well as provide you with the very best service we can, combining those two goals proves to be a challenge at times. One of the many ways we have done this in the past year is to introduce the Club's website, where you can check court conditions, make court reservations and sign up for events on a 24/7 basis from the comfort of your own home or office without having to wait for us to call you back.

Holiday Spectacular

We had a wonderful holiday weekend at the Club with the Holiday Party on December 9, followed by the Reindeer Games on Sunday, December 11. Over sixty Associate members and residents attended the Holiday Party, and forty members showed up to play tennis for the 5th Annual Reindeer Games, our biggest turn out in the event's history.

Many thanks to all those that came to these fun gatherings and participated. We look forward to seeing you all next year. Special thanks goes to Lysbeth McNeil, who was my co-host for the Reindeer Games. I also want to thank Patric, Alicja, Philip, and Kristie for helping me with the Holiday Party. You guys are the best!

As for the rest of the holidays, you are on your own. Party on! I hope everyone has a happy and safe holiday season!

Junior Program

Our excellent After-school Junior Program starts up again right away after the holidays. Join Patric, Philip, Chris, Wing Fai and Carl for all the tennis action starting the week of January 9. For more information, see page 4.

League Excitement

Our Women's 7.5 Combo team has qualified for the sectional playoffs in "stunningly beautiful" Fresno (Jan 13-15). Actually, it is our team that is stunningly beautiful... Fresno, well, just don't breathe the air. We've had a great season, good luck ladies, we will be rooting for you!

It looks like our Women's 3.5 Senior team is going to qualify for their league playoffs. We still have a match or two to play, but we are guaranteed to finish in the top 4, which means we will be in the playoff picture sometime in late January. Great work ladies!

Tennis Tip

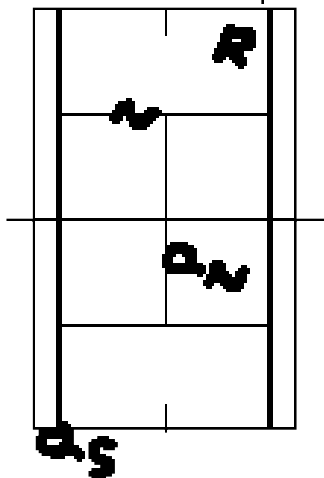
Australian Formation

In the world of topflight doubles we are seeing more and more use of the Australian, or I formation, especially in the ad court. There are a couple of very good reasons for using Australian formation. First of all, in the ad court, if you play the standard formation (fig. 1), and you are both right-handed, then your team will probably hit a backhand with your next shot after the serve. This is because your net person's backhand is the shot in the middle of the court, and the server's backhand is the shot on the outside. Since most returns in tennis are cross-court, it is most likely you will have to hit either a backhand volley or a backhand groundstroke. This puts you at a disadvantage, especially if your opponent is hitting a forehand.

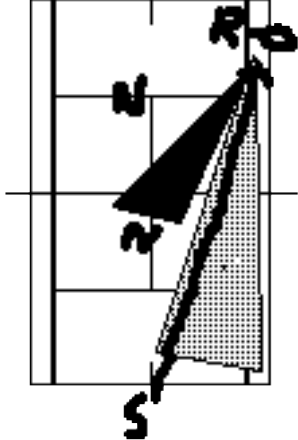
Second, if most people are used to hitting crosscourt returns, if you set up in a way that "forces" them to hit down the line (Australian, because you put the net person right where their crosscourt return would go – black area in fig. 2), they are going to have to do something they are not used to, have not practiced, and probably can't do as well. If you make them do this by serving to their backhand, this is doubly difficult as few hit the backhand down the line well.

Third, when you play Australian, it is most likely that your next shot is going to be a forehand (your net player's forehand is in the middle, the server's forehand is on the outside), which is the stronger shot for most people. Even people that have a very good backhand, usually can't direct the ball side to side as well as with their forehand, simply because of the physiology of the body.

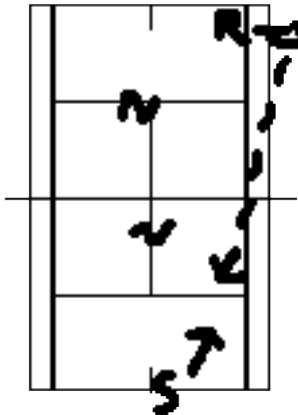
So how do you play Australian Formation. First of all, the server needs to stand very close to the middle to serve, much like they were playing singles. I would set up to serve within a foot of the



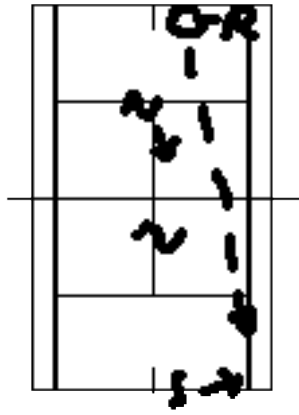
Regular Formation, backhands exposed



Serve and return responsibilities



Backhand return, server prepares to move forward



Forehand return, prepare for deep shot angling away

Quote of the Month

"There is a difference between 'tradition,' which is the living ideas of the dead, and 'traditionalism,' which is the dead ideas of the living" -- Ernesto Cortes, Jr.

center stripe (figure 2), because you are going to have to cover the other side of the court. The net person should bend low, and set up as close to the center line as you can (if the serve goes out wide, you are covering the entire cross court from the center, a fantastic position). The serve should generally be hit out wide to the backhand of right-handed

player. Most players have a very hard time hitting this shot down the line, and if they do, it will generally be short. After the serve, the net player should try to hit anything they can reach. The server should move slightly to the right of the center strip (if you move too far, you may end up with a backhand, which is what you were trying to avoid in the first place) If the serve does make it to the backhand, the server should look for the ball to be to their right and short (fig. 3). If the returner is able to hit a forehand, look for the ball deep and in the corner, so the server needs to move more to their right after the serve (fig. 4).

How to defend against Australian. If you are faced with someone "pulling Australian on you" there are a couple of things you can do. First, try to hit as many forehands as you can and hit them down the line, preferably deep into the corner. Run around any backhand you can. Second, if you do have to return a backhand, you can lob over the net person and make the server play a backhand deep in the court (servers, when you serve to the backhand, you can't start forward too soon, because you have deep "lob coverage" for your team). The trouble with lobbing is that it is often hard to lob off some servers (spin, angle, pace, depth), and if you are short with the lob, your partner is facing an overhead. Ouch! Third, if you get the return down the line, have your net person move across the center line and move towards the net (figure 4), because once you have gotten the ball past the net man, you have really "pulled the Australian" on them. The returner should hang back to defend the forehand down the line, or the lob.

When not to play Australian. When the ad court receiver is left handed. Just play regular and serve down the middle. Your opponents have already done most of the work for you by lining up in a vulnerable formation (as is right hander is in the deuce court with the backhand in the middle). A second time not to play Australian is if the ad court player can hit a backhand deep up the line. This is rare, especially if your serve is strong. As with all percentage plays (tennis is totally a percentage game), this doesn't mean they can't make this shot every once in a while, I mean repeatedly, on demand. If the server is left handed, you might not play Australian. Depends how well you serve wide vs. how weak your backhand is (great slice serve, serviceable backhand, I would give it a try). With a left handed net player, generally play regular formation.

The keys to making Australian work are really the same as regular doubles, you need to serve well (placement, mostly, and some spin or pace, or better, both) and the net person has to take charge. A shy, or miss-positioned net person almost always spells death against a well-tuned doubles partnership, no matter what formation you play.

I will tell you this, if I were out there playing tennis for money or titles, my partner and I would be playing Australian to the ad court most of the time, for sure. Have fun out there!

A Second Morsel***Food For Thought***

Do you ever catch yourself thinking that you would like to win all the time (undefeated!), or you would like your kids to always win or never suffer tough losses. Consider this:

"It is difficult to see how one could develop the positive character trait of persistence in the face of adversity without the adversity. It is hard to develop the ability to keep getting up if you're never knocked down." – Jim Thompson, Positive Coaching



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Orindawoods Junior Championships

The Orindawoods Junior Championships (December 2-4) were a huge success. With over seventy kids participating, it was a great event where young juniors could get out and test their game in battle. Congratulations to three kids from our lesson program that won their divisions: Anya Kaiser (Girls 14s), Taylor Feld (Boys 14s) and Matt Kolb (Boys 10s). We had several other kids participate, and all in all, everyone had a good time and learned a lot about competition.

Winter In Tennis Land

Yes, it is winter in tennis land, but have no fear, there is still plenty of tennis to be played. In my twenty-plus years in this industry (that "plus" is getting bigger all the time), I have calculated that I have only lost about 30% of my lessons due to rain, so that means that although it does rain, we can probably still get in about 70% of the tennis we want to play. Yes!

Not only that, but we have some very exciting league opportunities coming up in the near future, as we start to head towards Spring. USTA Adult league starts very soon, with teams being fielded in the 3.0, 3.5 and 4.0 levels for women, and at least one or two of those levels for men. There is also Spring League for women and BALL League marches on as well. The Wednesday Men's Informal Super Senior League also continues into the New Year, and our Senior Ladies 3.5 team is headed towards the playoffs.

As for battling the rain and puddles themselves, we have some wonderful new squeegees, and "rolling a court" is some of the best exercise around, believe me. I'd be happy to show you how.

We will continue to update our phone message machine, and the website with weather updates throughout the winter. And of course, you can see an actual view of the courts from our CourtCam on the website. Are you a puddle reader? Hopefully not a puddle maker.

Winter Junior Clinics

The 2006 Winter Junior Clinics begin the week of January 9th and will continue thru March 24th. Head Pro Patric Hermanson will again lead the 11-week session with the help of the very talented Philip Laubscher and our junior staff.

Level	Class	Time	One Day/ week	Two Day
I	Lil' Ones (ages 4-6)	Tu/Th 3:15-4pm	\$100/\$115 (mem/non)	\$190/\$205
II	Beginners (ages 7-10)	Tues. 4-5:30pm	\$200/\$225 (mem/non)	n/a
III	Inter. (ages 7-13)	Thurs. 4-5:30pm	\$200/\$225 (mem/non)	n/a
IV	Adv. (invitation only)	Friday 4:30-6pm	\$200/\$225 (mem/non)	n/a

We have factored into the cost of the clinics the potential of two weeks of missed classes due to rain, illness, vacations, etc. In case of questionable weather (rain), please call the Pro Shop for a court condition update. For more information or to sign up, contact Keith or Patric at the Pro Shop (254-1065), on line at www.orindawoodstennis.com or at patricTennis@yahoo.com. Tennis shoes are required. No marking black soled shoes.

Weekly Club Drop-in Events

Ladies' Clinic, every Tuesday morning 9:30-10:30 a.m. w/ Patric. Cost: \$5

Ladies' Playday, every Tuesday morning 10:30- 12 noon, Courts 1 and 3

Men's Clinic, every Thursday morning 9:30-10:30 a.m. w/ Patric. Cost \$5

Men's Day, every Thursday morning 10-12 noon, Courts 4-7, and Saturdays, 8-10:30 a.m. Courts. 4-5

**"I like this place,
and willingly
could waste my
time in it"**

**--William
Shakespeare**