



Orindawoods Tennis News

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Orindawoods Tennis Club: 925-254-1065; www.orindawoodstennis.com

"I like this place, and willingly could waste my time in it" – Celia, *As You Like It, Act II, Scene IV*

Happy New Year!

"Keith, Patric and the rest of the Orindawoods staff and contractors wish you and your family, friends and loved ones, a Happy New Year!"

Holiday Schedule

December 25 Christmas Pro Shop **Closed**
Dec 26 – Jan 1 Limited Hours, Holiday vacations

Winter Social

Reindeer Games 2018

The Reindeer Games (Rain – 'O – Dear Games) were held on Sunday, December 9th. Thirty hearty souls showed up to celebrate the season and enjoy this year's reedition, The Fog—O—Dear Games. It was a wonderful time, though a bit on the chilly side. Thanks to all who participated!

Prices for 2019

There are some price changes for 2019. Please note the price list to the right. There will be adjustments in dues and lessons for 2019.

Dues: Dues for Orindawoods Tennis Club will be \$135/month for 2019. **IMPORTANT:** If you have an auto payment set up, be sure to adjust the amount to 2019 rates. We can't control what is taken out of your account.

Lessons: There is an increase in lesson fees for the first time in three years. Keith and Patric are dedicated professionals with vast teaching experience who regularly attend continuing education. It is time that they get a bit of a raise (Not to mention cost of living). Some of the price raise will offset the convenience of being able to pay by credit cards in 2019. With greater convenience, comes some fees associated with the benefit. Thanks for your support and understanding as we continue to make Orindawoods the best club we can, and to teach the best lessons.

Looking back at 2018 / Looking Forward to 2019

It's been a great year here at Orindawoods. The Orindawoods Association has continued their tradition of good stewardship over the Tennis Club, investing money and resources in keeping the Club in top shape. The Club is a joy and a wonder in the Lamorinda community.

Looking Back: Of course, the main improvement this year was the resurfacing of six of our seven courts (the other court was done in 2017). Orindawoods does have a wonderful playing surface, which I tend to take a bit for granted until I go and play somewhere else. Oh my, these are great courts! And every time a ball goes somewhat askew, I thank our founding members for enclosing each court in its own fence. Awesome!

While we installed the new LED Lighting in November of 2017, this was first full year in use, and boy did we enjoy them in 2018. Night play has never been better. I know this lighting really helped my night vision, which like most of us, isn't what it used to be. Hope you had the same wonderful experience.

This November we replaced our old ball machine shed with a brand-new Tuff Shed. What a difference, and what an improvement for our ball storage. The sharp looking building also fits in well with our beautiful property. We are replacing the front door awning this month.

2019 Club Fees

	2019
Initiation Fee:	\$100
Reinstatement Fee:	\$300
Monthly Dues	\$135
Membership on hold	\$25/mo

Guest Fees

Prime time	\$10
Non-prime time	\$10
Team Guest Fee	\$50

Pool Guest Fees

Family	\$5
Individual	\$3

Lesson Fees

Member Drop-in Clinics	\$5
Hit and Fit (one hour)	\$15
Hit and Fit (1.5 hours)	\$20

Keith & Patric's Member Lesson Rates

1/2 hour	\$45
1 hour	\$80

Non-members add \$5

Group hour (4 people)	\$22 ea
Group hour (3 people)	\$30 ea
Group hour (2 people)	\$41 ea

Ball Machine

Ball Machine Club (3/19-4/20)	\$110/yr
1 hour Ball Machine	\$8

New Babolat Racquets

The pro shop has the full line of Babolat racquets for you to try out, including the new Pure Aero, "ultimate spin". Check one out today!

Quote of the Month:

"I never suspected that I would have to learn how to live –that there were specific disciplines and ways of seeing the world I had to master before I could awaken to a simple happy, uncomplicated life."

– Dan Millman

Thanks to Brightview (formerly Cleary Bros) for all they do. The landscaping on the deck and patio was refreshed this past spring. The new plantings really give the deck a much more cared for, and attractive look. Our landscape contractors did an excellent job, as they do each week, cleaning the grounds, blowing off the courts, and maintaining the plantings.

Looking Forward: Our big upcoming change for 2019 is that we will start taking credit card payments in January. I know, it's hard to believe that Orindawoods will enter the 21st century in this area, but why not? It's time.

And of course, we will continue with all the great programs, lessons, junior tennis, leagues, newsletter articles and events that make Orindawoods such a special place. Thank you for being members, and we hope you have a wonderful 2019.

Starting January 1st

Cash in 2019 at Orindawoods

For Tennis Lessons: In 2019 we are looking to reduce the amount of cash here at Orindawoods. In addition, we would like to make it easier for people to pay for services. We are opening the option to pay with your credit or debit card courtside, as well as pay with checks. We have a check reading machine that speeds up check deposits.

Important: We ask those people who have been paying for tennis lessons with cash, to transition to one of the other methods: check or card. Thank you!

Guest fees will continue to be paid in check or cash, but we will also take credit cards if we are in the office and not out on the court teaching.

- Please don't interrupt a fellow member's lesson to pay a guest fee.

Tennis Events such as the Ladies and Men's clinics, Hit and Fit, Twilights and other parties will still accept cash payments, but also have a credit/debit option for your convenience. The credit/debit option will be available starting in January 2019

Ball Machine Users:

Winter-time Ball Machine Reminders

It's winter. You may have noticed. Tennis doesn't really have an off season, but this is as close to an off season as we get, and that means that it is a great time to upgrade your game, while the competition sits on their couch getting fat eating left-over, holiday snacks.

There are a couple of things to watch out for as a winter-time ball machine user, however. Here are some friendly reminders to keep us all happy, the machine running great, and our backhand getting better than our couch-sitting, eggnog-sipping friends.

1. Wet balls jam the machine. It only takes one wet ball to jam up everything ("One bad apple ruins the whole barrel"), so be sure you don't put wet balls in the machine. Be aware of balls sitting on the court when you arrive, they may be soggy, and could ruin your good time. Put them on the bench to dry before you start.
2. If the court is damp on one end (south end), put the machine on the north end, so the balls you hit don't sit on the wet court (they will jam the machine).
3. Put the machine away if there is any chance of rain (don't "trust" later reservations to show up – they may lose heart and stay on the ol' couch).
4. Lock on the Shed: we will be putting the lock back on the shed. Don't toss out your key, and keep it handy. New keys are available in the pro shop.
5. Pick up all the balls when you are done, and put them back in the machine. Leaving a ball on the court, which can get wet, end up back in the machine, and cause a jam isn't very nice. Be nice, pick up all the balls. (Plus, if two balls are lost per hour, that's 10 balls per day, 70 balls per week, 280 per month=empty machine).
6. This rule isn't specific to winter, but please pick up the balls by the time your reservation is over. Don't cut into someone else's time, which is limited. As I'm sure you know, showing up and having all the balls all over the court isn't fun.
7. Another year-round request: If you're not using court 3, please erase your reservations. Lots of people want to use the machine. Reservation spots are limited, so free up your spot if you choose not to play. Thank you!

The ball machine is great, and the time slots are in high demand. We're glad so many people are committed to practicing their tennis and wanting to improve. A ball machine workout is also great for conditioning (we use it in our Hit and Fit class). Well played Orindawoods!



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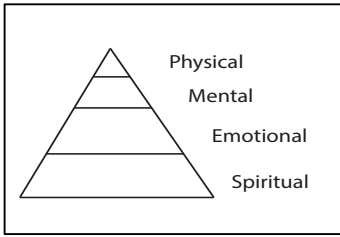
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Tennis Tip

The Performance Triangle

When we look at the performance, we must examine the relationship between our physical play, our mental focus, our emotions, and our beliefs (spiritual). Basically, our physical performance is based on what lies below it on the triangle, with each level being bigger, and more important. The level below trumps the level above, so no matter how rational you attempt to be (mental), a strong emotion is going to overpower that. Our emotional reactions are based on our beliefs. This relationship between beliefs and emotions is the crucial understanding here. Negative emotions derail performance. Control beliefs, control emotions.



Example: If you believe that people should call lines fairly, then you are likely to be outraged by a bad call. The emotion follows the belief. If your view is everyone is a cheater and is out for themselves, that society is a sham, and it's just a jungle out there (Thomas Hobbs), then a bad call might not bother you at all. You'll just give another one in return. That doesn't make you a very nice person, and you probably won't have any friends, and taken to an extreme, you may end up in jail or fined heavily by the IRS, but you won't be upset by a bad line call.

Performance is largely about energy. The proper allocation of energy. High positive energy (joy) is the best, and leads to the peak results. Negative emotions mess up the performance (though negative energy is better than no energy at all). Anger, frustration, anxiety, fear, boredom, apathy all get in the way of peak performance. Positive emotions fuel peak performance. And emotions are based on your beliefs. So, it is ultimately at the beliefs level that we need to grow, change, evolve to become a great performer (see Dan Millman's thoughts in "quote of the month").

Performance practice: It takes a long time to change beliefs. Start practicing. Start repeating to yourself the things you want to believe. This isn't about intellectual understanding (that is the mental, and gets derailed by the emotional). We need to build beliefs. Then live your beliefs, even if it's a bit forced at first.

Example: As children, we are taught to be fair, and often that the world should be fair, and this belief is setting many of us up for a great deal of pain and suffering. And yet fairness is something to strive for, a worthy goal, but not to expect. That is the difference. Refine your beliefs to make them more in line with reality, and therefore more helpful with performance and happiness. "When I argue with reality I lose, but only 100% of the time." – Byron Katie.

Just like learning a forehand, you need to practice. There is a reason that teachers repeat phrases repeatedly, because we need to reach the belief level, and that takes time and repetition. Of course, we all want change right now, and we think understanding something is enough (cult of the intellect – modern society is so addicted to it), but that isn't how belief or emotional control works. We must go deeper here.

Example: We take a tennis lesson. We understand what the teacher says, and we think that is it. There is a huge difference between knowing and doing. Just look at your backhand. Lots of people know what to do, but that doesn't mean they do it. Knowing is the first 10%, then the real work starts. Someone who takes one lessons seldom improves much, but if they continue to work on the change, then something wonderful can happen.

Change, real change, real improvement takes time, and takes effort and commitment. Start today. Start getting better. Start working on the beliefs that empower you, and erase the ones that hold you back. A journey of a 1,000 miles begins with a single step. The future is now.

The Golden Bubble. We need to build a place, a mental/emotional/spiritual space, a bubble that surrounds us, where we are safe as people, and as competitors. A place where we can maintain high positive energy, no matter what storm rages outside. Sometimes the bubble is permeable, and lets good energy in and allows positive relationships. Other times it is strong, and keeps out the bad stuff that can damage ourselves and our performance. It stops anything that can sidetrack us from success. This bubble is built with our beliefs, one belief at a time, and our connection to our inner most selves, and the divine (if you are so inclined). No one, no incident, can break inside your golden bubble uninvited.

Helpful Match Performance Tips

Of course, we would all like to perform better, to play better tennis, when "it really matters" (you might want to check that belief at the door too, but we'll leave that for another time. Hint: it all matters, and none of it matters).

In addition to working on your beliefs (see above), there are practical tools that we can work on / use to improve performance. They take practice too, but since they largely deal with the conscious mind, and not the subconscious, we apply them in our match play right now. Next time you play, try picking one of these helpful skills to work on, and develop.

16 second cure. Sports psychologist Jim Loehr many years ago developed a system for what you should do between points to enhance your chances for peak performance. If you look at the time you spend on a court, much less time is actual hitting the ball, and much more is the time between points. This is not dead time, and how you spend it largely effects what

Weekly Lessons

Hit and Fit:
TRX workout (strength and stretching) & tennis drills using the Playmate ball machine.

Friday 10:30-11:30 a.m.	\$15
Saturday 7:30-9 a.m.	\$20

Tuesday Ladies' Clinic:
Tuesdays at 9:30 \$5

Thursday Men's Clinic:
Thursdays at 9:30 \$5

The men's and women's clinics are drop-in. Register for Hit and Fit by e-mailing Keith you are attending.

happens when you are competing in each point. It's an easy fix, but it is also essential to peak performance. Most people really don't do productive things between points, and it is time to change that. Here's how to manage those 16 seconds:

Positive Physical Response: (3-5 seconds) Conclude the previous point. Celebrate a win (smile, fist pump, nod approvingly), turn away from a loss. Then let both go.

Relaxation Response: (6-15 sec) Calm, get your energy right. Breathes, Heart rate back down. Positive energy.

Preparation Response: (3-5 sec). Step up to the line, look strong and confident; think strategy for the next point. Tell yourself (or visualize, mimic) key reminders. (Example: "elbows up", "move your feet", "soft grip", "eye on contact.").

Automatic Ritual Response: (3-5 sec) Triggers for performance: Rituals, bounce the ball, get into your ready position. Any little gimmick that gets you ready to play. Sharapova straightens her hair... McEnroe wiped his brow. Djokovic bounces the ball 57 times. Clijsters wiggled her butt, Nadal....

Only think thoughts that help. We need to control our thoughts so that we are thinking thoughts that get us ready to compete the best we can on the next point. The past is gone, and the future is but a dream. Right after a point, I'd rather assume my opponent did something that fooled me, than think that I suck for fluffing "an easy one." Use your brain to engage your positive beliefs and overcome or quiet your negative beliefs (and thus emotions).

Shot litmus test: Not all points are created the same. When it gets crazy, stick with the percentages. Can I make it? The answer is based on how ball comes to me, my skills, the match situation, my mental/emotional state.

Example: You're feeling great, confident, your forehand is rocking, the alley is open, the serve is in the right place, your inner voice says, "Go for it". By all means, play the alley shot. Same serve comes to you, but you're down match point, you feel tight, you've missed some forehands, including three of the last four, your confidence is a bit shaken.... DON'T DO IT!

Joy: Joy, or high positive energy is the most important thing in performance. All peak performances are when you are having fun. "I had fun because I played well" has it backwards. You play well because you are having fun.

There is a belief to repeat over and over again until it is in your DNA. It sounds simple, but competitive tennis changed radically for me when I went out to have fun, instead of to win. And I went out to have fun, because I wanted to win. Someone who wants to win, to really win, is going to do whatever gives them an edge, within the rules of the game. That's a truly competitive person, not someone who blabs about how this is "must win situation." That's nonsense, unproductive and not even true. Performance is about walking the walk, not talking the talk.

Hit the ball back the way it came: The easiest, safest way to return a shot is to hit it back the way it comes to you. A shot has certain properties: speed, spin, angle and height. The more you change, the harder it is to make the shot. So you would only change several shot properties if the shot was really easy. Under intense pressure, don't change any, tough shot, change maybe one.

Example: If your opponent hits a really strong crosscourt, return it back crosscourt. "Angle gets an angle". Hard shot up the middle, return it up the middle. "Middle to middle". Keeping the ball away from your opponent is secondary to being able to make the shot. If you are forced to hit towards your opponent, try a lob over their head. But only if you can keep it in.

Winter Junior Program 2019

The 2019 Winter Junior Clinics begins the week of **January 7th**, and will continue thru the week of **March 4th**. The 9-week program will be led by **Head Pro Patric Hermanson**.

<u>Level</u>	<u>Class</u>	<u>Time(s)</u>	<u>One day/week</u>	<u>Two Days</u>
I	<u>Lil' Ones</u>	Tues/Thurs 3:15-4pm	\$125*	\$200*
	<i>The Lil' Ones class is for the always adorable 4-6 year olds. We will be developing the coordination and balance of these young players as well as giving them an introduction to tennis using age appropriate balls and court size.</i>			
II	<u>Future Stars Group</u>	Tuesdays 4-5:30pm	\$235*	N/A
	<i>The Future Stars Group is for our 7 to 10 year old players. The players will be working with 10 and under balls on 36', 60' and full courts. Stroke instruction, tennis games, and match play are all part of the curriculum as we work our way up to green dot balls and full court.</i>			
III	<u>Tennis Development Group</u>	Thursdays 4-5:30pm	\$235*	N/A
	<i>In the Tennis Development Group we will work on refining technique, improving footwork and developing strategic awareness for successful match play. This class is for beginning through intermediate players ages 11 thru 14.</i>			
IV	<u>Tournament Training Group</u>	Wednesdays 4:30-6:30pm	\$300*	N/A
	<i>The Tournament Training Group is an <u>invitation only</u> class. Contact Patric about setting up a try-out. Non-members: add \$25 (\$15 for Lil' Ones).</i>			