



# Orindawoods Tennis News

June 2021

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Orindawoods Tennis Club: 925-254-1065; [www.orindawoodstennis.com](http://www.orindawoodstennis.com)

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

## The Big One

### Monday Team Tennis

Our summer social tennis league is beginning on Monday, June 7th. Each Monday for 12 weeks, we will play tennis from 6-8:15 p.m., followed by dinner on the deck (dinner will not be served the first two weeks due to COVID restrictions). The participants are divided into four teams, and matches are played each Monday evening. Men's Doubles, Women's Doubles and Mixed Doubles will be played.

**The Fee** is \$50 for the summer. You will be asked every four weeks or so to bring a side dish for dinner. Please bring your own beverages each night, as tastes vary greatly.

**To register**, contact [Keith \(keith@orindawoodstennis.com\)](mailto:keith@orindawoodstennis.com).

## Twilight Tennis

### Sunday, July 11th

Our first Twilight Tennis Party is scheduled for July 11th. Tennis will be played from 5-7pm, followed by our traditional BBQ dinner on the deck at 7:30pm. (7:30-8:30pm). We can't wait to start to party again!

For tennis, we do our mix and match social doubles, where Keith mixes the various players each round, so everyone gets a nice variety of partners. This is a great way to meet new tennis players and become part of the group. We usually play 3 rounds of tennis.

The cost will be \$25 per person. Please bring your own beverage, all other food is provided. (Steak or chicken, salad, side, dessert). To register: please contact [Keith \(e-mail\)](mailto:keith@orindawoodstennis.com) and let him know 1) if you are playing tennis, and 2) if you want steak or chicken.

## New Management Company

### Silvercreek Association Management

We are happy to announce and welcome our new management company, Silvercreek. Silvercreek will be replacing Associa going forward starting June 1<sup>st</sup>.

Most of you have already received a letter of introduction to Silvercreek for your upcoming billing. The Orindawoods Homeowners are getting the same letter, so please disregard the part that refers to the homeowners. If you have not gotten this letter, please contact Keith ([keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com))

Your primary interaction with Silvercreek will be with the monthly statements, and billing questions. All other club matters, including all tennis matters, joining and quitting, you will still interact with our Tennis Management Staff, Keith and Patric.

To contact Silvercreek, and our new manager, Julie Franklin, call 925-690-5332. For billing questions, you can contact [accounting@sc-manage.com](mailto:accounting@sc-manage.com). The customer service phone line is 916-877-7793.

## COVID Rules

### June 15<sup>th</sup>, What Does It Mean?

The Tier system in California is scheduled to end on June 15<sup>th</sup>. We will have further updates on and around the 15th of June as to the latest adjustments in Club Rules. We will e-mail the changes to all, and post info on [the website](http://www.orindawoodstennis.com).

**Right now**, through June 15th, masks are required inside of the clubhouse. No masks are required outside. The pool use is still by reservation, one household at a time. There is no sharing of picnic tables at this time. We will put the furniture back out as soon as these rules change, hopefully on the 15th. In addition to this, we hope to resume parties and outdoor dining. We are also looking into restarting group clinics and classes.

## 2021 Club Rates

### Keith & Patric tennis lessons:

½ hour private \$45  
1 hour private \$80

**Club Dues:** \$140 / month

**Guests:** \$10 (1 visit / week). Pay Station located by the Pro Shop door.

## Weekly Lessons

### Hit and Fit, Ladies, Men's clinics:

*Canceled due to COVID-19.*

We are considering restarting these programs, but it still feels a bit soon.

## Ball Machine

Ball Machine Club \$110 /year  
Ball Machine / hour \$8

- Ball Machine Club runs through March 30, 2022.
- Reserve Court 3 to use the ball machine.
- Reservations are for 1 hour.
- Pay using Pay Station / credit card

## No Valuables in Cars

Please do not leave valuables in your car. There has been crime activity in the neighborhood. Please use care.

## Court Washing

In order to keep the Club clean and in the best condition possible, we will wash the courts two Fridays a month from 12-3pm. Check the Court Scheduler to see which courts are being washed, on which Fridays.

## Quote of the Month:

*"Trying is in the ego,  
Being is in the heart."  
-- Carolyn Ziel*

## Summer Court Usage

**Junior Program:** The Junior Program uses five courts Monday through Thursday in the quiet, midday hours of 12-3 p.m. Be sure to plan ahead if you want to play in this midday time. Courts 1 and 3 are still available for reservations.

**League Tennis:** We have a couple of USTA teams this summer, with the restart of league tennis in NorCal. We have a Women's 4.0 team, and a women's 4.5 team. The matches have been scheduled at times that are not busy at the club, so it should not impact most member play. The 4.0 team will play Fridays at 10:30 a.m, and the 4.5 team on the weekends. Good luck to our Orindawoods Ladies (OWLs).

**Monday Team Tennis:** All courts, Monday evenings through Labor Day, 6-9 p.m..

### Guests at Orindawoods

Guests are now allowed at Orindawoods Tennis Club. Members are responsible for making sure they pay for their guests, and that their guests follow all the Orindawoods rules, including the current Club COVID rules.

Guests are allowed **one visit per week. Half the players on a court must be members** (one guest for singles, two guests for doubles).

**Guest Payments:** Guest payments will now be done by Square Payment, with your credit card. NO MORE CASH payments. There is a Pay Station in the lobby, available all hours, where you can pay for your guest. Guest fees are still \$10. To pay for a guest:

1. Tap the screen
2. Select item (guest, team guest fee, ball machine hour, etc...)
3. Click blue "Charge" button
4. Confirm and Pay
5. Insert or tap your card or Apple pay (option for receipt).
6. Enjoy your game. Thank you!

### Tennis Tips:

#### June's Tennis Tips

This month we will offer a few short tips, hoping that one or more are useful for you in your pursuit of tennis excellence, and / or tennis fun and enjoyment.

#### The Tach Line

My car has a gauge that shows the power boost from the turbo charger. A line remains after the needle goes back down, marking the "high point" of the boost. I have seen the same feature on sound equipment, marking the peak in music output, how high it is in decibels.

Last week I was working with a student on the sports psychology side of performance, and it struck me that our minds, ego and expectations have that same line. We know what our best performance is. We mark it, remember it, treasure it.

The problem is that not only do we remember that peak, we compare everything else to it. In a sense, we expect to play at that peak level all the time, even though, like the gauge, the peaks are only reached for a brief moment. Life is full of ups and downs, and we have expectations, and a lot of the key to happiness and success is managing those expectations. In fact, to use the music analogy, if the sound was the same all the time, that wouldn't be music, just noise. Loud, continuous noise. If we can accept our peaks for what they are, brilliant, exciting, highlights, and still be able to function in the more average, "real world," even in the valleys, we will be much happier, and set the stage for reaching those peaks more often.

**Performance and Expectation.** Have you ever noticed that when you haven't played for a while, the first time back is usually pretty good. I have seen this thousands of times with my students. You see, their expectations are quite low ("I'm out of practice") but their focus is quite high ("Better watch the ball closely, I could miss"). These are almost perfect conditions for performance. On the other hand, what if you are playing the big match and you are the favorite to win? Your expectations are pretty high, you are a few hours away from being champion, but your focus is actually not so great, you are focused on the prize, and not the ball and all the individual details required to get you there. High expectations, and low focus is a recipe for disaster. Could be a rough afternoon out there on the courts.

**Letting Go vs Giving Up.** Managing our expectations, or our goals, is one of the key components in performance. One strange phenomenon is the difference between letting go (of our expectations, goals, results, fears) and giving up. On the outside, they can look quite similar. But the motivation and the destination is quite different.

I played a guy in high school several times over three years. He had never beaten me, but we had had some tough battles. In the final match of our high school careers, I was playing great and up 6-2, 5-1. I had never beaten him this convincingly. His name was Craig. He was a big talker, a trash talker, way ahead of his time. Down 1-5 in the second, he announced to the world that he was "done with this" and "giving up." The problem is, he didn't stop playing. He

### Junior Program

Summer Program starts June 7th. Go to the [Junior Program page \(link\)](#) on the website for the schedule, and contact [Head Pro Patric Hermanson \(e-mail\)](#) to sign up. We have eight great weeks of tennis planned; you can register for just the weeks that work for you. The clinics run each week M-Th 12-3 p.m, with a shorter class option available.

It's great to see our Junior players back out on the court in force. Our short May program was a great success and summer classes are filling up fast. Register today!!!

just started going for everything and making it! He gave up caring if he missed, or if he lost. Before I knew it, it was 5-5. He was even so kind as to point out, "I'm not even trying and I'm beating you." I was able to maintain my level, but he had doubled his, and was playing better than me. I was seriously concerned. At 5-5 the strangest thing happened. For the first time all day, he realized he could win this match. I won the next two games easily. Match over, 6-2, 7-5.

It's all expectations. He hadn't really let go; he had given up. As soon as he cared again, he couldn't play as well. Letting go is about caring, but not trying to control the outcome. It's playing from the heart, not from the ego.

"Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." — Reinhold Niebuhr.



## Orindawoods Tennis Club

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### Of Time and the Lob

I won't write as lyrically as Thomas Wolfe (*Of Time and The River*), but I will borrow his title. Much of playing the game of tennis is about time management. And the rest might be about space management. Time and space. How much time do we have? And how much space do we have to cover? These are crucial elements in deciding our tactics, strategy and court positioning. This couldn't be more crucial than in considering the use of one of our favorite tools: the lob.

**Court Positioning for Lobbing.** Let's say you are playing a point and your opponent hits the ball deep in the court. You are back behind the baseline, and at least one of them is at the net. It is at least 40-45 feet to hit the ball by them. Even if you hit the ball very hard, or far away from them, there is a lot of time for the net person to move to volley your groundstroke. Let's even consider the ball you are hitting has bounced high, or you are backing up, further limiting your ability to drive the ball past them. This would be a very good time to neutralize their dominate net position by lifting up a lob. The net person can cover the space across the court quite well, but it is a bit more difficult for them to cover the space behind them. Most players struggle with backing up.

Let's say, on the other hand, your opponent hits the ball short and you are able to play your shot somewhere around the "blue line" (9 feet inside the baseline). Now the net person has much less time to react to your groundstroke. It is much more likely that you can get it by them, or even overpower them on this short ball. A lob would be much more difficult to play because the court is so much shorter to go up over their head and still get the ball to come back down in the court in time, before it sails long.

When the ball is played by our opponent out wide, it is much easier for us to avoid the net person by playing the groundstroke cross court. We have an angle to hit into, and the ball will be "going away" from the net person if they try to reach it. No real need to lob here. But on the other hand, if we are playing the ball from the middle of the court, it is much more difficult to avoid the net person with an angle (big angles will go "out" wide of the side line). So, we should consider lobbing much more when we are in the middle of the court, especially deep, and on our backhand side.

**Defending the Lob.** If you are the player defending the lob, take these same things into consideration. If you hit deep balls, particularly in the middle, don't be surprised if they lob (not a good time for both you and your partner to charge the net). Short balls, be more prepared for hard balls at you, or angled balls away from you. And if you team pulls your opponent off the court, look for those wide angles coming back, or the occasional shot up the alley if the opponent is under control (not running frantically to the side towards the side fence).

So much of playing the net has to do with managing time and space. We are naturally drawn to wanting more time, but more space to defend is probably a greater problem. If you have very little time, but you are pretty sure where the ball is going, that is much better than having a lot of time, and yet, a lot of space to cover (the ball could go anywhere). This is why a goalie in soccer or hockey comes out to meet the attacking player on a breakaway. Or a net player moves towards the net to defend a big shot in tennis. They have a much better chance giving the opponent less space, at the cost to themselves of less time. In that circumstance, it's a good deal to make.

My golden rule for net position is to play as close to the net as they will let you. Of course, what they can do changes with every ball, so keep adjusting, but error on the side of less time, and less space, than more time, and more space.

### How Muscles Work, And How They Help and Hurt Your Tennis?

How you use your muscles on the court largely determines how you play, and how well you will play. We often equate doing physical work with using our muscles, but is this really the best way to play tennis?

**How do muscles work?** When we let go of something, our muscles relax, they release. When releasing, the muscles lengthen. We feel loose, weak actually. This is the opposite when we use muscles, like when we grab or hold on to something. In this case, the muscles tighten, contract, or shorten. We feel strong. When you curl a weight with your arm, the biceps contract, when I throw a ball, the arm extends and the same biceps relax and release, as an example.

We use the contractions of various muscles to start parts our body moving (a triceps contraction may start the arm extension when we throw), but do we still want to be contracting when we contact the ball? Most of the time, the answer is no.

A tennis stroke should be much more like throwing, which is releasing or letting go, then hitting or grabbing, which is much more tightening, contracting and holding on. Weak rather than strong. After all, we want to send the ball over the net, let it go, release it, with speed and spin. Not grab it and keep it on our side of the net.

**Contact.** Of course, the trick is that we don't actually hold onto the ball with our hands, or our muscles. It is being "held" by the strings in our racquet. When we look at contact, there are three phases, the catch, the drive, and the release. When the ball first hits the racquet, it pushes both the stings and the racquet back, and there is a recoil that we feel in our hands, wrist, arms. After that, then the racquet continues forward, with the ball on the strings for a few thousandths of a second, we drive the ball. This is followed by the ball leaving the strings, often with spin, as we release the ball. The racquet slips off the ball, the ball slips off the strings in an ideal release. We catch it and throw it.

**Force.** If we look at force, Force = Mass (weight of the racquet, our arm) x Acceleration (speeding up).  $F=MA$ . Mass doesn't vary much, but acceleration or deceleration changes everything. It's not strength per se that makes the ball go fast, it is speeding up. We may use some strength (muscles) to get the racquet moving, but if we want to be accelerating, we can't be gripping strongly or holding on, that will slow the racquet down. If we mimic the throwing motion as we do this drive and release, it works much better. Of course, we do not let go of the racquet, but it is best to move it as if we were going to let go. It is sort of like remembering to hold on to the racquet at the last moment, after the ball is gone. In fact, impact with the ball can push the racquet handle back into your hand so you don't let go and the racquet goes flying.

**Ten Ounces.** A racquet weights somewhere around 10 ounces strung. We should move it like it weights ten ounces, and not ten pounds. Of course, it "feels" heavier at impact with the ball, but don't let that fool you. All the ball knows is the weight of the racquet, did you make contact, which way are the strings pointed, which way is it moving, is it accelerating or decelerating. This is what determines the fate of our shot. The ball doesn't care how hard you're trying.

**Plus, Physics Happens:** a slow turn of your hand (thus the racquet handle) in a propeller motion translates to a quick turn out on the end of the racquet (lever arm) where the strings contact the ball. Our grip on the racquet should always be light. 2-3 on a scale of 0-10 (where 0 is letting go, and 10 is choking the poor grip to death).

**Light, smooth, slow turns.** Let the racquet do its job, playing the ball. Acceleration is the key component in power. While muscles may initiate moves on the court, we want them to be largely turned off, extending and releasing when we contact the ball so the racquet head can accelerate. Let [energy] go, let [energy] flow.

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### **Focus: How Tough Is That?**

When we miss a shot, we often admonish ourselves to focus better. Maybe our stroke broke down, or we took our eye off the ball, didn't move our feet enough, or some other transgression. Tennis is a tough game when it comes to focus. There is a lot going on, and we have to watch the ball, move our feet, play the proper stroke, and hundreds of other things.

I have found that at about 90% focus we can play pretty well. In fact, we can be half "out to lunch" (50% focus) and still hit the ball. But we can only play really well at 100% focus, or presence.

The problem is, as the famous adage goes, "Good is the enemy of great." If we are comfortable in good, and don't want to risk losing the good we have found, we never move on towards great.

**Being OK**, or even good at 90% creates a very tough challenge for humans. It is very hard to do more than what seems necessary: just hitting the ball. But playing well is so much more than just hitting the ball. It takes a lot of concentration to make contact with the ball. You have to be dialed in, but to play the ball really well, it takes even more.

After all, the goal in tennis is not to hit the ball. It's not even to get it in. These are pretty low standards when it comes to playing well. We want to hit the ball, over the net, into the court, to a certain place, with a certain amount of speed and spin, and the requirements for what is the ideal shot are constantly changing with each and every situation we find ourselves in on the court. At one moment a lob might be the best play (see above) while at another, we want to drive the ball, or play a drop shot.

We really have to be completely tuned in when we play tennis and avoid distracting thoughts. And the challenging thing is, a lot of the distractions to our focus are tennis related. In other words, wanting to win can be a distraction. A stray ball sitting on the court can be a distraction. Trying to get the ball by the net person can be a distraction. Not to mention all the other distractions in life, like "Did I leave the stove on?" Or "I have a lot of homework tonight."

Get back to now! Focus is staying present to what I need to be doing right now that is in my long-term best interest.

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### **Conclusion:**

To pull this all together this month, we need to let go of expectations, of trying, let our knowledge and inner voice select the proper shot and court positioning, and catch and throw the ball over the net. These are tough things to pull off in even the best of circumstances, and the circumstances are often not the best, so we want to settle for nothing less than 100% presence, 100% focus. Tennis is a game of problem solving, in the very best meaning of the term. Perhaps better stated as: rising to the challenge. Focus can be tough, but that is where you are going to find the peace, joy and excellence anyway, and that is where we all want to be. Might as well take the journey. Good luck out there!