



Orindawoods Tennis News

May 2022

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

Head Pro:

Patric Hermanson to Leave Orindawoods

Head Pro Patric Hermanson, after 19 years of wonderful service, has decided, with a heavy heart, to leave Orindawoods later this month. It is time for him to take on new challenges, and change career course away from tennis, and pursue other opportunities (he'd be happy to share the details). Patric's last day will be **Tuesday, May 24**. (Be sure to read Patric's comments below).

Keith and Patric have known each other for over 30 years, first working together at Tiburon Peninsula Club, and then the last 19 years at Orindawoods. It's a deep friendship. Both feel it is one of the best things in life to be able to work with one of your best friends. We have been there in good times and bad. And we worked with joy and dedication to make Orindawoods the very best that it can be. That friendship / connection will never be broken.

Pro Shop and Stringing

There is some great news: Patric will remain on staff as our Babolat representative and stringer. He will continue to provide all racquet services with the same prompt turnaround time, and expertise he has provided all these years. Patric is excited to continue in this role. **Patric will pick up / drop off racquets on:**

Tuesdays and Fridays

He will retain his library with all your stringing info so we all will get the same amazing stringing service. The Club will continue to sell Babolat products and meet your racquet needs. Both Patric and Keith will continue to be Babolat representatives and help you find the right racquet for you. Patric Hermanson, OW Chief Racquet Engineer. Has a nice ring to it!

In Patric's Own Words:

A Fond Farewell

Nineteen years ago, I set foot, for the first time, on the grounds of the Orindawoods Tennis Club, and I instantly fell in love. Walking out on to the patio and looking over the facility; the courts, the redwoods, the oaks, the hillsides rising in the distance, I thought how lucky I would be if I could make this my home. For nineteen years, this has been my home. This oasis of tennis, this place of joy. But the true beauty of this place is not the place itself, but the people who inhabit it and give it its heart. The people who come out with racket in hand and a smile on their face. I am more lucky, more blessed, because for nineteen years I have been able to call you my family and friends. I hope that relationship will continue even though I have to announce that regretfully I am going to say goodbye to coaching tennis and step away from my position as Head Pro at the Orindawoods Tennis Club.

There are several reasons driving this decision, the most decisive one being that the physical demands of the job have taken their toll on me. In the future I hope to get back to playing tennis again, take long hikes with my wife and daughter, putting in a few miles in my kayak, and maybe even play soccer again, but for now I'll settle for getting through the week pain free. I am so grateful to the members

2022 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

Ladies' clinic: Tues 9:30
Men's clinics: Thurs 9:30
Cost: \$10

Hit and Fit

Wednesday 11:30-1 1.5 hours

Friday 11:30-1 1.5 hours

The cost is \$20 / class for tennis and TRX

Ball Machine

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

- Ball Machine Club runs thru 3/30/23
- Reserve Court 3 to use the machine.
- Reservations are for **1 hour**.
- Pay using Pay Station / credit card
- iPhone app: **Like My Drill**

Racquet Services

Patric Hermanson restrings racquets and is a Babolat dealer to meet all your racquet & paddle needs. A new string job will often revive your racquet and game.

Pickleball Playdays

We play Pickleball on Thursdays at 5:30 on court one. Register to play, and see who is playing, on Doodle:

[Thursday Pickleball sign up](#)

Greystone Parking

The Club's overflow parking is on Greystone Terrace, across the street. It is **VERY IMPORTANT** that we park on just one side (right side going up) and do not block the emergency vehicles. Thx!

Quote of the Month:

"We see things the way we are, not the way they are." — Anais Nin

"Fear is useless, trust is paramount." — Sarah Blondin

and non-members who I've known in my nearly two decades at the club. I have learned so much from you all. You have helped me grow as a coach, as a player and as a human being. You have embraced me, and you have embraced my family. I thank you.

I also want to thank all the board members who have served over these years. You have made this club a great place to work at, and the support you have given me is greatly appreciated. I will never forget the joy in having a beautiful bouquet of flowers from the Board of Directors, delivered to my door after my emergency appendectomy. So thoughtful.



Orindawoods Tennis Club

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Tennis Club Directory Online Version

On the website under "Membership Services" there is a page "[Tennis Directory](#)" that has a link to the tennis club address book. You need to sign-in to access this information.

Silvercreek HOA Management

Accounting and billing questions, contact:
916-877-7793 or
accounting@sc-manage.com

Finally, it may be a cliché, but I do not have the words to adequately thank, my mentor, my friend, my brother, Keith Wheeler. We started our journey together thirty-three years ago, when Keith gave me my first full-time coaching job at a club in Marin County. Coaching was only going to be a temporary thing for me, something to keep me busy, until I got a "real job". Keith showed me that there is no job more "real", no purpose more important than to have a positive effect on someone's life. That is what I have tried to do every day as a tennis coach. Keith has led this club so fantastically and made this club the Tennis Paradise that it is! I am in awe of what he has done, his love of this club and his tireless energy. He has taught me so much, steered me in the right direction when I have been lost, and has allowed me to interpret Orindawoods in my own way. I am eternally grateful!

In late May I begin my new journey. I am super excited to see what adventures await me and my family! I won't bore you with the details now, but I'd be happy to talk to you about it when I see you guys around the club. In the meantime, please keep in mind that you are not entirely rid of me, as I will still service all your racket needs with racket stringing and tennis racket and pickleball paddle sales.

In the course of the next few weeks, I will be saying my goodbyes as Orindawoods' Head Pro. If I don't have a chance to speak with you before I leave, please know that I am so thankful to have known you, worked with you and that I will carry you all in my heart forever.

With love, — Patric

Celebration and Thank You.

Patric, our wonderful Patric, is a private, shy, reserved man. He would prefer, instead of a big going away party, that he speaks to each of you individually, personally, privately. He cares for all of you deeply. Hope you all can come out and say your goodbyes and best wishes over the next three weeks. It's Patric's way, a way I know, love and respect. It's who he is. Best wishes Patric!

The Future at Orindawoods.

In the immediate future, the Junior Program is set for the Summer, and will continue with the same high standards of excellence in teaching, life lessons, sportsmanship and joy it has always delivered to the community. The experienced staff is in place and Tennis Director Keith Wheeler, along with former MHS Head Coach Michael McCollom (who has assisted Patric in the past), will oversee and run the program. Many clinics are already near capacity.

Keith Wheeler, the TAC and Board, are looking to fill the Head Pro position, and this work has been in progress for a couple of months. We have recruited a couple of potential candidates, but so far, we have not filled the position.

While we are not able to announce a new Head Pro at this time, we are determined to find the right person for this position. Orindawoods deserves the best Head Pro we can find. Turns out, there is quite a shortage of pros in tennis.

Executive Tennis Director Keith Wheeler, who has, himself been at Orindawoods 27 years, plans to continue doing the job that he absolutely loves for several more years. Keith says, he has never felt better, as a pro, manager and a leader of Orindawoods. Perhaps OW is a fountain of youth?

Women's and Men's clinics will continue, (Tuesday 9:30 & Thursday 9:30) Keith stepping in for the time being after Patric leaves.

Club Focus: We will do our best to keep things rolling and find the best Head Pro for the future that we can. We realize that there may be a shortage of private lesson spots until that position is filled, and we just ask that you hang with us during this transition. It's important that we continue the group events

like Men's and Women's clinic, Hit and Fit, the Junior Program and all the social events, league teams, etc... that serve so many of you. Therefore, we may not be able to offer all the private lessons people may request, but this is only a temporary situation, soon to be remedied. Thanks for hanging in there with us!

Pool Scene:

Orindawoods Tennis Club Pool Opening

The Orindawoods Tennis Club pool **opened on Saturday, April 30th**. We have a new pool contractor, Picture Perfect Pools, who has spent the winter getting the pool into fine shape. We've added some additional pieces of furniture for your pool-side lounging pleasure, and it should be a great summer by the pool. Join us for a splash!

Pool Rules: (pool rules are also posted on a sign in the pool area).

- Hours: dawn to 9:00 p.m. (spa heater goes off at 9 p.m., video camera turns on)
- Guests: adults \$5, children under 14 \$1. Use the pay station by the Pro Shop door to pay guest fees. (Credit card, debit card, ApplePay accepted).
- No Lifeguard, swim at your own risk. We highly recommend swimming with a buddy and not alone.
- No running
- No diving
- No pets in the pool area (sorry Rover, we love you, but...).
- Children under the age of 14 must be accompanied by an adult.
- No glass in the pool area please (broken glass – we all have accidents -- is invisible in water)
- Keep the pool gate closed (and locked) to protect our younger, non-swimming members.
- Pool temperature is 82 degrees, spa 102. But it is a body of water, and outside air conditions (hot or cold) does affect the temperature. Physics happens (I used to tell my kids), but we do our best to keep the temperature just right for you. Please report if it seems that the temperature is way off. And keep in mind, it takes several hours for the pool temperature to change even 2-3 degrees – sorry, physics happens, ... blah, blah, blah...
- Children under the age of 5 should limit their time in the spa, as their young bodies cannot regulate internal body temperature. This is a serious health issue for our younger members, so parents, please be careful. Thx!!!
- Be respectful of other people in the pool area (i.e., no loud music, loud conversations, dominating the entire pool area, etc.). While at times it may seem like a private pool, it is a shared use facility. Please share.
- Spa Emergency Switch (Red Button) is located on the wall next to the timer. This is NOT the “off” switch. Please only push it in the case of an emergency because it shuts off the whole system, heater and filter included, and the spa will soon be cold. Cold for you, and for everyone else the rest of the day, or longer.
- In order to preserve staff sanity, the game of Marco Polo is strictly forbidden. :-)

Remember, at night, the pool and clubhouse are under video surveillance.

On the Court:

Summer Orindawoods Tennis Club Events:

Monday Team Tennis

MTT is starting off with a bang on May 2nd with a meet and greet. Every Monday night we will have our social tennis league in action. FYI: all seven courts are used for this event, so Monday nights are a fun, action-packed time at the Club. There are still spots available in MTT if you want to join the fun. Contact Keith (keith@orindawoodstennis.com).

Junior Tennis Program

The summer junior Tennis Program will begin June 6th and run for 8 weeks. All the class information is available on the website, orindawoodstennis.com, under lessons / junior page. To register, contact, patric@orindawoodstennis.com. Patric will continue to do the registering for the program this summer. (or Keith)

June Tennis Social:

Just Because June Tennis Event

Why should we have a tennis party?... Well, obviously, ... Just Because! Our “Just Because” summer tennis social will be on Sunday, June 19th at 5-9 p.m., \$15/ea. We will play mix-and-match doubles from 5-7, and then enjoy dinner on the deck from 7-9. Please plan to bring a side dish (appetizer, dessert, salad, etc) and we will make the main course: grilled sausages. Bring Your Own Beverage (BYOB), as tastes vary in this highly important area of cuisine.

Summer Social Tennis Series:

Twilight Tennis

We are planning to have Twilight Tennis parties in July, August, September and most likely October. The dates are: July 24 (5-9 p.m.), August 21 (5-9 p.m.), September 11 (4-8 p.m.) and October 2 (4-8 p.m.).

Twilights are two hours of mix and match tennis, followed by a steak and chicken BBQ on the deck. Great social tennis, tasty vitals. We serve Kinder's filet minion and full chicken breasts. The cost is \$25/ person. BYOB.

Pickleball At Orindawoods

Pickleball Playdays

We held our first Pickleball Playday on Sunday, April 24th. About 25 pickleball enthusiasts came out to play on our four pickleball courts, and then enjoyed a nice BBQ on the deck. Many thanks to Linda Winter and John Bockman for helping to organize this fun event. We will have other Pickleball Playdays and BBQs throughout the summer.

Pickleball Drop-ins

- We are setting up regular pickleball drop-in times:
- Thursday, 5:30-7:30 p.m. on Court One, The OW Pickleball Center.
- Let us know you are coming by registering on the OW Doodle:

[Thursday Pickleball sign up](#)

Pickleball Court Rules of Play:

Remember, you can play pickleball after 12 noon on court 1. Just make a reservation on the court scheduler. You should be able to indicate soon that you are playing pickleball, so that other people can play too (we have 4 courts, after all). We have asked tennis players to use other courts in the afternoon, unless court one is the only one available.

Pickleball playlist:

We have a pickleball playlist of members who enjoy playing. If you want your name on it, and to get e-mails about pickleball events, let Keith know, and we'll sign you up. We will also post this list on the Member Only part of the website (have to sign-in to access), to assist you with finding partners. Go to the Membership Page and click the link to pickleball players.

Pickleball Lessons:

ETD Keith Wheeler will be doing a USPTA pickleball teacher training on June 12th, so he can teach beginning pickleball lessons and clinics. Look for more information on upcoming pickleball clinics later this summer if you want to get into the game.

We'd love to get more people out playing! It's easier to learn than tennis, and fun to play with friends and family who might not be at your same tennis level.

Tennis Tip:

The Warmup

Tennis, when played well, is a highly technical game, based on rhythm and movement. Finding our strokes, rhythm and movement is the primary purpose of the warmup. Plus, the obvious, loosening up the muscles, which should not be overlooked, as quick movements early in the match could lead to injury if you were not warmed up properly. While it is tempting to say something like, "We only have 90 minutes to play, let's get started," or "I'll warm up in the first few games," I think it is wise to take a proper warm up, for several reasons, even if it is only 5 minutes.

Short Court: I love a bit of short court rallying to start out, but it really should be done properly. That is, as a smaller version of your regular strokes on a smaller court, rather than just pushing or bunting the ball back and forth.

Technique: You do this by eliminating the backswing entirely, just met the ball and follow through, that way you can keep the ball short, while still stroking it. My coaches made me do this for hours, as I do my students.

"Start slow, then taper off." This was advice given to "back-of-the-pack marathon runners", offered truthfully but somewhat in jest, but I loved it. At the start of a race, match or game, we often start way too pumped up (especially if it is a league match or tournament). It's natural, we're excited, and it is not helpful. We need to go slow and build into our rhythm, rather than rush in with all kinds of energy and never find it, blasting the ball all over the place, or so tight we can't even move.

When I was a high school player is used to listen to very fast-paced, amped-up rock and roll before I played. I mean, I was 16-18 years old, boys are already amped up to the max at that age, adrenaline / testosterone jacked, practically crazy (that is why football is so appealing for boys this age — run around slamming into other players) I really should have been listening to Vivaldi (*The Four Seasons*) to calm down, and not Doobie Brothers, *China Grove*. Oh well, lessons learned (School of Hard Knocks, or in this case, School of Missed Shots – and opportunities).

And strangely, as we back up from short court, and the ball starts coming to us faster, we actually do need to do LESS, but MORE precisely. There is more energy in the system of tennis at full court, we don't need to generate energy (except on the serve), just manage it. Tennis is largely managing energy, absorbing it, and redistributing it. It's a game of precise moves, and we need to find our rhythm and tools to do that effectively, or the sheer power of the game will cause the ball to bounce wildly all over the place (too much power is the biggest problem in tennis). Some shots in the court, most out. The definition of inconsistency.

Timing. A lot of people look at the warmup as a way to find your timing, and that is an interesting one. By timing, most people think of connecting their swing with the ball, two moving objects (racquet and the ball). This is highly difficult, and I could see why you would need a warmup to do that (and many, many years of training — more than we have). But when played well, tennis is less of swinging and more of catching and releasing. There is less timing in terms of finding the ball (receiving / catching — you are just waiting for it to arrive), but a great deal of timing in the releasing of the shot back towards your opponent. The timing is much more, when to I release the energy and uncoil

around the ball (answer: when it touches your strings, like the mouse triggers the mouse trap, the trap doesn't chase the mouse. Or, "The arrow releases itself" – *Zen and the Art of Archery*). So, the warmup should be about calming down, and waiting for the ball to get to us, rather than reaching out impatiently and struggling to find the ball. Let the ball come to us. Tennis is not a ball chase, at least with our hands. Again, a good reason for Vivaldi and not *China Grove*. Oy vey.

Calmness with energy is a tough act to pull off, and you need to set up that energy in the green room (the warmup) before you go out on stage (the match). When I played my best, after the wild roller coaster of the *China Grove* days, I would go into the locker room by myself, and meditate before I would play. Practice feeling the feelings that help me.

Of course, calmness with energy is tricky in tennis, because unlike baseball where the pitch must come to us, or golf where the ball is sitting there, we must move to the ball so we can use our stroke. So, in a sense, we cultivate a split personality on the tennis court, calm in the hands, and active in the legs. Just getting this working properly takes time and focus in the warmup. One of my most basic rules in warmup is that I will NEVER chase after an errant ball from my opponent. Did I say never? I'm setting up calmness with energy (doesn't come by accident), and not practicing panic (the fight, flight, freeze response) before I even begin. I know very successful players that don't chase balls (lost causes) during the match play as well. Better to lose one point to a great shot, that to lose your composure for the match (or large, significant parts of it). This attitude all starts and must be cultivated in the warmup. Set boundaries.

Control. Our attitude, behavior, techniques, and energy are all things that we largely have control over, and we need to start out on the proper, most effective course, if we want to get to our destination in the most appropriate and efficient way.

We don't have control over "the slings and arrows of outrageous fortune", so while they happen, that would be a foolish place to put my attention. Best to focus on what I can control, and get in the best state of spiritual, emotional, mental, and physical preparedness to deal with what happens. Something bad will happen in a match. To respond appropriately, rather than to react wildly, is the job of ultimate tennis warrior. The warmup, and hours before, really are how we do this most effectively. Get in the right space to respond.

When does the warmup start? Truthfully, probably with getting in good shape, developing your game, tactic, strategy, getting a good night's sleep, eating well, hydrating, all things before you get to the courts.

I used to rue the fact that before our OW home matches, the away team would always get here first, get a good warm up, get the feel of the courts, the ball, their bodies, while much of the OW team would come racing in, often at the last second, their car doing a four-wheel drift in to a parking place, having just stopped at a supermarket to pick up snacks at the last possible second (after dropping the kids at carpool). Sprinting across the deck, dropping said snacks (oh what a mess – pick them up -- five second rule), with a racquet bag over your shoulder, which may or may not have their racquet in it (not to mention their lucky socks).... Not the best way to prepare. Fortunately, our teams mostly prepare better these days.

The Goal. If we think about tennis, what are we trying to accomplish? Win, have fun, exercise? All of the above? We all like to win -- only half of us do, every single day, every single match. We want to increase our odds of ending up on the positive side. So, it's important to understand the very nature of the game we play. Tennis is one of the few games where you must be playing better than your opponent at the end, or you don't win. You have to win the last point, the last game, the last set. So, the goal should be to build my game, piece by piece, as the match goes along, ideally playing better with each progressive game. It is like the idea of negative splits in running. Each mile or lap should be a bit faster than the one before, so that you finish strong, passing other runners. I don't want to start too fast, jump ahead, never find my rhythm and see everything kind of blow apart as the pressure ramps up and the other players pass me by. I want a good foundation (the warmup, pre-match preparations) to build my play on. "I want to begin with the end in mind," to quote Stephen Covey (*Seven Habits of Highly Effective People*). How do I want to finish, each stroke, the point, the game, the set, the match, the league season??? This is how we "play better," which should always be the goal. Just play better. It's an easy game.

We are an anxious species. Genetically, we are the ancestors of the people that ran or fought the best. Survivors. The cool people got eaten, the lazy starved. How to turn this genetic wiring into calmness with energy, from *China Grove* to *The Four Seasons*, to play a game of intense precision and fine motor skill, while having to run around a court chasing a ball? It is no mean trick. Establishing the most appropriate mental / emotional / spiritual / physical balance and keeping it, no matter what your opponent (or the future) throws at you takes full focus. To hold onto your "mental game" when it means even losing points, because you are aiming for the finish line, and not individual points, can take years of perspective and training to cultivate. To win the war, and not get lost in individual battles, takes preparation, each-and-every day we are out there, and that begins with the warmup, and a clear vision of where you are going.

What shots do you warm up? Hopefully all of them, but certainly the important ones, and the ones you are going to use the most (hint: the first three in every point). Plus, I know most people are lousy and feeding lobs for overhead warm up, but do you really want your first overhead to be on a big point during the match? And then there is serving...

So next time your good friends say, "First one in," (it's not a question, but a statement) say, "Nah, I want to take some practice serves. We'll have a better match if we are all ready to go." It can be tough to buck the trend, not fit in

with the “A dogs”, or the social norm, but hey, if you do what everyone else is doing, that is the definition of average. 50/50, if you are lucky. That’s fine, but if you want to win more than the next guy, be exceptional. Take exception.

I never play without taking about 16 practice serves (about half the 5-minute warmup). Extreme, perhaps, but no matter how many you take, the first several should be just for rhythm, don’t even care where they go. Once you find the rhythm, if you find the rhythm (and not before), then you can start “aiming” a bit, and then you are ready to play. Don’t forget your second serve. You don’t want your very first second serve to be on 30-40, break point. Let’s stop setting ourselves up to fail. Thank you very much.

Even if you don’t have a great serve, it is the most important shot in tennis. It’s how every single point begins. Players like Chris Evert, Jimmy Connors, Andre Agassi, who didn’t have great serves compared to their peers, needed to start the point with a shot that at the very least, didn’t put them at a huge disadvantage, hopefully at an advantage, setting up their stronger shots. A serve that allows you to hit your best shot on the third shot is a good serve.

The second most important shot is the return of serve. OK, there’s a warmup problem, because it even says in The Code of Tennis, the rules for un-officiated matches, it is rude to attack your opponent’s practice serves during the 5-minute warm up (I admit, it is a bit unnerving to try to find your rhythm on your serve and your opponent is hammering them back). Plus, you need to practice serves, too. So how do we warm up this really important shot? Get out there early with your partner or a friend and practice serving and returning to each other. Doesn’t have to be a lot, but couple of minutes will do wonders. Remember, returns look similar, but different than groundstrokes. The timing and the bounce are so different. Don’t start the match cold. Next time you practice with a friend, start every rally with a serve and a return. It’s amazing how much “playing points” will help (don’t have to keep score, just play the shots you need). Take turns, just like you start a regular practice rally.

Then there is the third shot. A bit less predictable, but often a volley in doubles, or a short forehand in singles or doubles. Better be ready to play a few of those. The short court warmup helped there.

Hey, take a few moments to get warmed up. You’ll love the way you play better! And playing better almost always leads to fun. Make your tennis more productive, fun, and successful by getting a good warm up.

You “win the warmup”, not by hitting winners, but by being ready to perform when you start keeping score. Good luck warming up out there!