



# 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*

## USPTA Junior Tournament

### **Orindawoods Junior Championships**

Our annual OW Junior Championships will be held **October 22-24, using all the courts at the Club that weekend.** This is our yearly chance as a club to give back to the game and help the next generation of tennis players grow and develop in the game for a lifetime.

**The schedule:** The tournament will begin on Friday afternoon and run through Sunday. We may be done early enough on Sunday afternoon for some open Member play. Check with Keith or Patric.

**To register:** please go to [norcaluspta.topdoglive.com](http://norcaluspta.topdoglive.com). Patric would be happy to answer any of your questions as well. **Deadline:** 10/17.

We hope to see lots of our Orindawoods juniors in action that weekend, along with players from all over Contra Costa County.

## Grand Opening:

### **Pickleball Success!**

On Saturday, September 18th, Orindawoods hosted our Pickleball Grand Opening event. Over 40 people came out, which we divided into roughly two equal groups. A local pickleball instructor, Marcia, was brought in to coach and teach us the basics of the game.

It was a fun event, and a great way to introduce pickleball to Orindawoods. Many thanks to Keith, Patric, TAC Chair Linda Winter and pickleball advocates Tina and John for making this happen. Great fun.

**Pickleball From Here:** going forward, we would like to establish some pickleball playdays, where people can just come out and play some. Regular times each week where you know that if you come, you can get in a game. Unfortunately, vacations and illness have slowed our planning of these events but look for upcoming e-mails for dates and times. We would also like to host another beginner's clinic or two.

**Court One Usage:** Since Court One is the only court we can use for pickleball, we request that you use another court first for tennis in the afternoons. This is not a requirement (we're not here to take your favorite court away), but a request. If another court is open, and suits you, please play there. But if Court One is for you, your happy place, everyone has got an equal chance to reserve it, so please play there.

## **Pickleball Court Rules**

- Pickleball is restricted to Court One only.
- Court One can still be reserved for tennis during pickleball hours. First come, first serve.
- **Pickleball can be played after 12 noon** (and not during events and clinics that take up most of the Club).
- Pickleball may be reserved on Court One between the hours of 9-12 a.m. **if the court is empty, i.e. not reserved, 48 hours or less prior to the time of start of play.**
- Club attire and court shoe rules still apply.
- Guest fees and rules apply, pay guest fees at the square payment station in the Club house. \$10.

## **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**

|                |            |
|----------------|------------|
| Ladies clinic: | Tues 9:30  |
| Men's clinics: | Thurs 9:30 |

**Cost:** \$10

## **Ball Machine**

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

- Ball Machine Club runs thru 3/30/22
- 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**

Head Pro Patric Hermanson restrings racquets and is a Babolat dealer to meet all your racquet & paddle needs.

## **COVID, Masks, etc...**

Currently masks are REQUIRED INDOORS at OWTC.

## **Greystone Parking**

The Club's overflow parking is on Greystone Terrace, across the street. This has worked out very well in the past, but it is **VERY IMPORTANT that we only park on the right-hand side of the street going up the hill.** We must not block the emergency vehicles.

## **Keith's Vacation**

Keith will be on vacation from October 1-October 18. Please contact Patric for any questions you have about the Club during this time. Thanks!

## **Quote of the Month:**

*"Every day is a new day"*

- Court One is for tennis and pickleball only, not other activities (dog run, skateboarding, bike riding, roller blades, etc...just like all the other courts).
- When making a reservation, in the box that says asks for “singles” or “doubles,” enter “pickleball.” This will allow other people to come at that time to play pickleball as well, as there are four pickleball courts, and up to 16 people can play at a time. A pickleball party! ☺
- To reduce noise, pickleball players are asked to use Green Zone low noise paddles.
- When you are done, please roll the pickleball nets to the side, just like the ball machine on court 3.

## Joy of Tennis

Having spent the last week in bed, looking up from the dregs of COVID toward the beautiful horizons of the joy of tennis, I can say that I would much rather be out on the court. And I can say that I am grateful, as I come out of this nightmare, that I had the vaccine. Grateful both that one was available, and that I chose to get it. Only a relatively short time ago, there was not a vaccine, and this could have been much worse. Seems strange to be grateful, to experience gratitude at a time like this, for I have only been this ill once before in my life. But I am grateful. I'm grateful for the researchers, doctor's, companies, governments that supported this effort to keep us all well. We know it hasn't always been perfect because humans are not perfect, governments are not perfect, and human progress certainly isn't perfect, and not always even progress, but for this effort of humankind, of the world, I'm grateful.

And I look forward to coming back to the courts when my period of isolation is over. Isolation, there is another topic. I remember sharing through the musings when the pandemic started, that the isolation from other people was going to have a major impact on our lives and mental health. A disease that takes us away from our loved ones in our time of need, has been one of the rougher psychological, emotional effects of this pandemic.

In this past week my life has gone from 180 mph and so many people, to stopped, and no people. Right now, it is still so odd and novel, that it remains just strange. Fortunately, I'm on the mend now (I wouldn't have never even considered writing something last week, all I wanted to do was sleep). So, my isolation will be relatively short. Thank goodness, because we all need each other.

And so many have been in contact with me, sending good wishes, and so that is not isolation at all. Physical distancing, yes, but not social distancing. So much support, from so many. Thank you, thank you, thank you.

I know a lot of us, “us” being people over 60, or maybe even 50, look down at the internet and social media as a poor substitute for “real” interaction. And while there is some truth to that, I'm so grateful in these COVID times, that we have these other ways to connect than just in person. Perhaps a positive (silver lining) of COVID is that we have to reevaluate some of our judgments.

I have done so many zoom meetings in the past year, I have lost track, and I have to say, I really enjoy them. The texts and e-mails that I have gotten from students, staff, family and friends in the past 10 days have really kept me going, in a time when I needed to physically isolate and be alone. The internet has resulted in much less isolation, and physical distancing much more tolerable than it would have been 30 years ago.

As for COVID, most people ask, “Where did you get it?” And I think the answer is probably pretty much always, for the vast majority of people, “I don't know.” No one I know was sick. There is a lot of luck, or I guess, bad luck, involved in the spreading of disease. It's true, prior to catching COVID, I didn't stay locked up in my house, but I took the normal precautions recommended by government, the CDC and the law. I wore masks indoors (when I was not alone), and in crowded places.

Life is learning lessons. The lesson that seems to keep coming up is that we are not in control. We can do things that affect outcomes (like vaccinations), but we really don't have control over many of the things that happen to us, good or bad. We have some choice over how we respond, but our upbringing,



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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](mailto:accounting@sc-manage.com)

experience and personality puts limits on that as well. So, we do our best, try to make the best choices we can, and try to take advantages of the joys that life brings to us.

And tennis is a joy, a gift, a thing that we get to do with our discretionary time. A fun thing, that we choose, when there are many other things to choose from. And so many choices are made for us. So, if you are sitting there, wondering if you should play today, I highly recommend it, if you are able. It's gift in our lives, and there may be days when we don't have the choice to be able to play. Blessings – Keith 9/27/21

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## **Tennis Tip**

### **Finding the Balance, Walking the Line, Riding the Wave**

Tennis is a very interesting game to play competitively. There are challenging, ongoing and ever-changing problems for us to solve. And every game is a game. Even your Monday morning "social" group. Embrace the problem solving.

Do we attack? Do we defend? Drive straight ahead, feint, bluff, lure them in, set a trap, try to hold on, fight a rear-guard action while we retreat? So many strategic and tactical options. And of course, the circumstances are always changing. Up 3-1, then down 3-5, back to 5-5, then serving for the set at 6-5, only to find yourself in the tie-break, 6-6.

I think this challenging aspect of the game — a game constantly changing — is one of the reasons tennis has endured and remained popular through the various fads, and ups and downs of sports participation.

Much like a surfer, riding a wave, or a skier coming down a mountain, there are always subtle changes in balance required, a little more here, a little less there, weight on this foot, edge with that foot, or the wave throws you into the drink, or the mountain onto your tail. Some of these moves become second nature, others require some pondering.

And yet the court doesn't move, like the wave, or doesn't change shape, texture and terrain like the snow-covered mountain. But the ball changes. Not in its size, or shape, make up or texture, but in the manner it comes to you, the way it bounces, the way it spins and the way the wind, heat, cold and air pressure affect its properties of flight.

In fact, the ball comes different ever time, which is so difficult, because to the untrained, unaware or bored eye, it kind of all looks the same. How could you ever be bored by tennis, it's always different? And yet boredom happens.

This brings us to an interesting balancing act between a couple of key concepts that every successful player must navigate (on the pro tour, or down on court seven at Orindawoods). Let me introduce this with a personal story:

I was playing an open-level, NorCal outdoors coed doubles volleyball tournament once (think mixed doubles) in my thirties. I had an incredible jump serve, with several delivery options. A real weapon. I was in the semi-finals with my partner, and we were clearly underdogs, but playing great and actually winning. After early leads, it got very tight at the end, and it was my serve at 14-13 (it was first to 15, win by 2). "Match point," we would say in tennis. This was our chance for a big upset, and to play in the finals. In volleyball, it is tricky, because you only get one serve. If you miss, you can't score, so you don't want to miss (kind of like a second serve in tennis). But, if it is too easy, they will easily side out (win the rally, get the serve). We had gotten a lot of our 14 points up to that point from my serve (several aces or serves that threw them off their rhythm and we could win the rally). And in this case, with their guy serving next (the best player in the tournament), we may never get the ball again (in those days you only scored when you were serving).

So here is the balance we walk in tennis all the time, just like that volleyball game:

**#1 Only hit shots you can make** (consistency)

**#2 Hit the best shot you can make** (force errors).

That is one heck of a balance, and a tough line to walk. Kind of like walking on the knife edge of a ridge on Everest.

Basically, if you don't get enough balls in, you don't give yourself enough opportunities to score points. In the roughest, oversimplified of examples, if you win 80% of the shots you make, but only get 50% of them in, you are losing (only winning 40% of the points). We need to hit enough shots we can make.

Of course, it is hard to know in advance, in the heat of battle, "what shots you can make" are sometimes, but as we practice, and compete, we start to learn our strengths and weaknesses, and if we happen to be blessed with some humility, to go along with some self-confidence, we can start to make good shot-selection choices: What is a reasonable risk? You calculate. Your gut knows. Only hit shots you can make.

That's consistency, fair enough. But what about this, there are countless matches where a player makes 100% of their second serves (yeah!), but only wins 20% of the second serve points (argh!!! – terrible / disaster!). Clearly, that is not the goal either. The goal is to win the most points you can, not get the ball in. (So many players get lost here).

Clearly "hitting the best shot you can make" is important too. Of course, this is an estimate as well, as we do not know if the ball will go in before we hit it. But again, with enough match play and practice, plus a feel for "what shots are 'on' today", we can make reasonable shot-selection choices that led to our success. Most players, have some sense between when they are hitting a shot they expect to make, and when they are wishing and fishing.

Tennis is a fine balance of managing our errors, verses hitting winners and forcing errors. Most of the time we make more errors than we hit winners, or more errors than we force errors. But if you combine winners and forced errors, that can be a bigger number than our own errors. The balance. The line. Risk vs. reward. Winning.

Back to my volleyball jump serve. I knew this was our chance. Going for an out and out winner, an ace, was high risk. A tricky, spinny, change up, was out of the question (**never, ever hit a touch shot on a big point** - an iron-clad cardinal rule - you'll choke, or give away the initiative - I knew that much), I went for a strong, dipping serve down the middle (like tennis, hitting between the partners in doubles volleyball is a great play, and causes confusion). Split 'em. It was safe, but aggressive. I was trying to force an error.

It didn't work. We lost. My sever was in, but not my best. After the match, my best friend, mentor, in reality -- my coach -- was thrilled, and also said with that look in his eye, "You played it a bit safe on the last serve."

Darn. It was a one-shot match. A lot of them are. They come down to one shot. Happens in tennis all the time.

The best shot you can make. I'd hit a lot of aces, maybe I should have believed and just aired it out. Roll the dice, win or lose. Nothing to lose. Go all OK Corral / Doc Holiday. The classic movie Western gun slinger. Very romantic. Aim for the lines, I'd already bounced quite a few (in outdoor volleyball the lines are made of rope, and they move when you hit them - there is no question of in our out - too bad we don't have that in tennis).

But I don't think that was it, I think that I played the right shot, safe but aggressive, but I didn't play it as well as I could. Was it subconscious, did I hold back, let up, want to make sure I didn't miss it? Maybe.

Which brings up another point, and the final piece in our competitive decision process:

### **#3 Who are you playing?** (Hint: It's a trick question, it's always changing)

If it's a 2.5, 3.0 or maybe a 3.5 match, getting it in may be enough. Vic Braden used to say, "Make your shot, they are about to miss." I loved Vic. And it is funny, and true. The statistics point that out at every level, all the way up to the pros. Rallies are short, more points are lost than won, people are about to miss. But as the levels rise, the shot that you have to make, for them to miss, needs to be better. Perhaps, at the top level, the best shot you can make.

Right now, on this point you are about to play, does it take the best shot you can make, if you are playing this player, at this time?

In my example, I was playing the best team in the tournament (like a 5.0, or 5.5 players in tennis, 10.0 or 11.0 level in mixed doubles lingo), they were "on," my serve needed to be the best shot I could make. And maybe, hats off to them, it was a good serve, and they were the better team. No disgrace in that.

**As competitors**, we balance these things. 1) What shots can I make? 2) What is the best shot I can make? 3) How strong is my opponent right now? (Are they zoning or choking?). Trust your intuition.

Just like the ball is never the same, the situation is in flux as well. Most people are more comfortable with labeling a situation and assuming it will stay the same. "This guy is a bum." "She's a pusher." "It's windy today." "I suck."

It may be emotionally comfortable to behave this way, but clearly not helpful (She may only push when she is nervous - is she nervous? -- Does calling her "a pusher" make you play better or worse?). Reading the game, moment to moment, this is a large part of the fun of playing. Don't check out mentally with "easy", rigid answers.

We look at stats, or ratings, and try to estimate who is going to win a match, like everyone is a machine. It's a bit more complicated than that. Djokovic won the first 27 grand slam matches this year. You're invincible until you're not.

**Pitfalls:** Some of us overestimate our abilities, some underestimate. Some degrade our opponents in our minds, others, build them up too much. Generally, we all do this to protect our ego and reduce pain. Even these tendencies or character flaws are not fatal, if you know yourself, and know which way you tend to error, and counter adjust.

For example, most of us think we have to hit a better shot than we do in most situations. In other words, we have rated our opponent better than they are. We decide on a shot based on that mis-analysis (usually their best play, not average play) and try that shot. But it very well may be a shot we can't reasonable make (breaking rule #1: only hit shots you can make). A lot of the time in tennis, we don't need to be nearly as good as we think we do to win.

Or we see that our opponent's backhand is in trouble, but we worry we can't make that serve to the backhand, so we aim for the middle of the box instead, not hitting the best shot we can make. The opponent hits an easy forehand and is off the hook when a backhand would have been really difficult for them to deal with right now, mid choke.

Or finally, we don't notice that the deuce court receiver is choking, and a slight breeze would blow them over. We try for a big serve, miss and end up pushing in a second server that even this player can handle. Now we switch over to the ad side, nervous ourselves now down break point, and try to just get this ball in, when this ad player has been crushing weak serves all day long. The ad player isn't nervous, he needs a real serve for any chance for our success.

**Thinking Game.** Many of us are afraid to think when we play. We're scared of over-thinking it. And it is true, you want to let your mechanics be the mechanics that you have learned, and you want to trust your inner voice for shot selection, and not get too much in your own head / ego. But if you can keep your head, not discard it, and look and listen for little clues, you can navigate matches much more successfully, and have much more fun. It is not that we are not to think in match play, it is that we are to think thoughts that help us and stay away from ones that don't.

How do we know the difference? We play, we observe, we learn. Each and every day out on the courts. Because every day is a new day. And every ball is a new ball. Observe the nuance of it all and make appropriate choices. Find the balance, and if you miss balance on this attempt, there is always a new ball coming. It's only when you absolutely have to have the "right answer", that you're really in trouble, left with no options and little awareness. Be playful when you play. Call it joy. Open to your surroundings and always adjusting your balance. Riding the wave. Hang ten!