



# Orindawoods Tennis News

February 2023 Vol: 29, Issue 2

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*

## February

### The Month of Luv

Wisdom teaches us "to love your neighbor as yourself", so this month, go out and win your matches 6-0. Spread the luv. :-)

Hmmm, ... perhaps this is an ever so slight misreading of the teaching. I hope you all have a great month, and continue to be the great members you are, working together, enjoying tennis, and having a great time at the Club. Spread a bit of love. Blessings.

### Cancel Unused Reservations

OK, most of us are not great at this, me included (true confessions), but we really need to up our game here. We have a full Club, and yet too often the courts are reserved but not used. People want to play, but it seems there are no courts. I'm sure this has happened to you, looking for a "last minute" opportunity to play. It would be great if the court scheduler reflected accurately the upcoming court usage, and not just people's plans ("no plan survives contact with the enemy [reality]" – old military adage). If you are not able to play, sadness. But please free up your court for someone else. Happiness.

**Technical Tip:** Here is the trick (isn't there always a "trick?"), you have to cancel the reservation before the scheduled start of play, or the court scheduler won't let you make the cancelation. Of course, we would want to do it as soon as we knew we wouldn't be able to play, to help other members find the court of their dreams. "If you build it, they will come." – Field of Dreams. Thank you!

### Spring Junior Program

After a good winter program (dodging the rain drops and puddles), our Spring Junior Program starts up the middle of February. Head Pro Erik Oehlschlager has put together a great program for the Spring. We are really excited about all the tennis opportunities for our juniors after school. One of the great new features of Erik's program is the opportunity to take tennis more than once a week (if that works for you – not required).

Look to Pages 5 and 6 for more info on all the junior classes, or you can always find the program info on the Junior Page of the Tennis Club Website. Join us!! (Summer info TBA in March).

### Tennis Tip, The Mental Game:

#### Moment of Decision

When do we decide which shot to hit? The shot we choose has a big impact on how a point goes, this moment of decision is a huge part of the outcome of the point. Perhaps not as important as playing the ball well, but right up there.

Often, we choose shots for strategic or tactical reasons, and they are shots that we can't even make. Or if we can make them, they turn out to be so weak, that we lose the point anyway, even though we tried what we understood to be the "optimum" shot. This has led me to give the following coaching advice, "Only hit shots you can make," or, "Not sure what to do, play the best shot you can make."

**The question is,** at what point do you know what shot you can make? And, how do you know that?

### 2023 Club Rates

#### Tennis Lessons with Keith & Erik:

½ hour private \$50  
1 hour private \$85

Semi-pvt (2) \$55ea  
Semi-pvt (3) \$37ea  
Semi-pvt (4) \$28ea  
45 min pvt \$65  
1.5-hour pvt \$125

Non-members add \$5

**Club Dues:** \$147 / month

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

#### Weekly Lessons

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

**by Patric Hermanson.**

Patric is continuing in his fine tradition of being our expert racquet stringer. Patric picks up and drops off racquets early on Tuesday and Friday mornings. Put some zip back your game, get a restring!

#### Quote of the Month:

*"What we achieve inwardly will change outer reality" – Plutarch*

I joke, "A lot of people decide what shot to hit before the other player even serves, or even, when they got out of bed this morning." Like most comedy, it is funny because it has a ring of truth to it. We all think "I would like to try this shot", or "I need to hit the ball there." The problem is, we don't really have most of the information we need to make a successful decision.

Now, we do have some of the information. Like say in doubles, the opposing net person has been playing and controlling the middle of the court. It makes sense to try a shot down the alley, or perhaps avoid them by playing a lob. The trouble is, when the ball comes to you, it might not be a ball that you can play either of those shots. For example, the shot may come to you in the middle of the court, and it is very hard to hit a shot down the alley from there (with a high chance of success). I mean, how can you go "down" the alley, when your shot is more going "across" the alley (inside to outside)? Or perhaps the ball is low and short, a tough ball to lob (and get over the net person and still keep it in).

Those would be situations where it might be easy to discern with our conscious mind that it is not the time for an alley shot. But even having that "alley thought" and desire in advance, might cloud our thinking and perception a bit, maybe trying the shot anyway in a low percentage situation. Perhaps our emotion overrides our better judgement. Never happens to me. :-)

Sometimes we get locked into the idea, "I have to get it by them," and we do, but it goes 3 feet long, or wide. We actually had the wrong goal. The goal is to win the point, not get it by them. Emotion hijacks us again.

**Consider this:** What if you didn't decide what shot to hit? Would you just let the ball go by? Not even try? Just let a ball go? Of course not. At some point, you would choose a shot. You won't forget to play the ball. So, the relevant question is, what part does intention have in the process of shot selection?

I was talking to a student about the aiming the other day (aiming is important in learning the technical skills of playing shots - how to hit cross court, how to hit down the line, how to lob, how to drop shot, etc...), and I just decided to be honest, and I said, "When I'm playing really well, when I'm in the zone, I don't aim, I just play."

Now of course I am "aiming" (the balls aren't going backwards or over the fence, in fact they are often going in the most effective places, with fewer unforced errors), but the point is, how conscious is it? Not very, when I'm really playing in the moment. It feels as if the ball tells me what to play, or my opponent tells me what to play, by their movement, position, a tell or clue.

It is more like my conscious voice or ego screams "hit it down the line," and I let that desperate thought go (float on by, like a little dark cloud on a clear, blue sky) and wait. Witness. My body starts to play the ball, a quiet, calm second voice reveals the answer as I play the shot.

Often that answer is not something obvious (sometimes even feels foolish), like placing the ball just at the edge of the net person's reach. Why? I sensed they were covering the line. My foe, in desperation (feeling that he "should" play

that ball so close to him, even though he is committed to defend the alley), reaches and fluffs the volley. That intuition that there was an opening is not the stuff the conscious mind can often do. It's a different level of intelligence or enlightenment. I "sensed it", I didn't "know it." There was no evidence, just intuition. Wisdom. Truth. It's a superpower.

**The Bounce.** One thing to consider in this discussion is the flight of the ball. Spin, speed, wind, ... they all affect the ball coming towards us, plus the position of the sun. Yet, the most significant thing that happens to the ball in its flight before we play the shot is the bounce. So, to make a decision about our intent before the ball bounces is really making a decision without some of the most important information we need to know if the shot is going to be successful. What if the ball skids, or kicks up, or hooks one way or the other, all these things could drastically affect the way you can play the shot.

The problem is, if we wait until the ball bounces, there isn't enough time for the conscious mind (that board room in our head full of gremlins that debate each option's merits and "make decisions") to figure out what shot to hit. I have to let go of all that noise to be appropriate. Deciding before the bounce is one of the main sources of unforced errors. And, one of the main reasons that the technique of swinging at the ball (try to time contact with a moving ball that is about to change direction when it hits the ground), rather than catching it and shooting it (receiving and sending) is flawed and no longer utilized by the game's top players.

**So why do we decide too early?** We want to know the answer! We HAVE to know the answer!!! The result! Will it work!!! Will we win!!!! We are anxious. We HAVE TO do something, anything, to release the tension. The STRESS.

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## Silvercreek HOA Management

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Even if it is totally inappropriate – Really??? This is wonky thinking! In the immortal words of Bob Newhart, “Stop it!”

**Trust.** The answer is trust, not guess. Every single guess is wrong. Sure, it might be a forehand like you guessed, but where? High, low, jamming, out wide, slow, fast, spin, flat... guesses are always wrong, never the way we imagined it.

We need to both 1) realize not only that we won't forget to hit the ball, AND 2) that we will actually make appropriate decisions, even if they are not conscious.

This is a real tough situation for the ego, and the conscious mind, who wants to win, to be successful, to perform (all good things), but also wants to be in control, and tell the body what to do (problematic at best, and never results in peak performance). We need to clear these thoughts, tune into reality, find the zone. Play instinctively.

**How do we get in the zone?** There are different methods, to be sure. The “classic” comes from The Inner Game of Tennis, where you occupy your conscious mind by saying (to yourself) “bounce” when the ball bounces, and “hit” when you make contact. Following your breath is the more general, classic meditation method. Or even having a song in your head can work (make it a joyful one). Joy (positive energy) is the most powerful thing in performance, so have fun, find a way to enjoy. Having curiosity about what you are doing (Beginner's Mind) is a way to get there. Believe it or not, “showing off,” playing your best, as the focus, can work too. As a teenager, I used to play very well when a certain girl would pass by the high school courts. Did she even know (or care about) her impact on my tennis?

My mentor Doug used to say when you were not playing well, “Play better.” It's tempting to reply, “Well, duh!” but do we? That is, focus on playing the shots, and not the situation or the strategy. Hit the best shot you can, over and over, until they tell you the match is over. That is truly focused on “winning,” and you never think of the outcome, even once, just the moment, just the process. Make this shot the best I can. Just play well. How many of you can do that? (i.e. “How many of you can focus on ‘winning’ – doing what it takes to perform -- for an entire match?” – Allen Fox).

**How good of player** do we have to be to let go, to trust and play in the zone? Anyone can do this, and they will play better. This is the secret to beginner's luck; they have nothing to lose, they just play. Trouble is, even if we are very good, we can always have doubts about our shot making (“my forehand sucks!”), and think too much, and get in our own way. So, at some point, we just need to let go, trust we know how to play (at least to the best of our ability on that day), that we are good enough (our best, win or lose. “You can't win if you can't accept losing”), and trust that we will make the best decisions possible given the circumstances. It's an easy game. The hard part is playing it the easy way.

**Alternative scoring.** Tennis is difficult, because even when you are playing well, even when you are dominant, you are only going to be winning about 50% of the points (the #1 player in the world wins about 54% of the points each year). Surely there are days when you are winning 60% of the points, but let's remember, that the mind looks for patterns to feel confident about making predictions, and that threshold is somewhere about 2/3s, 67% or higher. For example, if you hit 3 balls in a row to someone's right, it is actually impossible for them to not be looking for the ball to their right (i.e., they are not ready for the ball to their left), but if you are mixing it up, they stay ready for everything, because they have not sensed the pattern. Unless the pattern is predictably alternating sides. That means that it is difficult to have faith in your strategy, tactics or strokes, if it is only “succeeding” about 50% of the time. Who wins the point is a tough way to evaluate what you are doing, how you are playing, and develop trust and confidence.

**What if,** instead, you picked something that had a much higher chance of success? Say the way you played the ball. Or your shot selection. How often you let go and trust. It might not always work, but you picked the best shot. Keeping the unforced errors down, playing smart, getting a high percentage of serves or returns in. Discounting the errors that they forced you into making, or the winners they hit. Not your fault, they played well. It's OK if they play well, win their points. How are you doing on “your points,” the ones when you are in-charge. (Probably winning a lot higher percentage of those, even enough to feel trust and confidence and become empowered to succeed).

**The Other “What if?”** Ok, this is one of the worst things you mind can start to ask, what if [this], or what if [that?] Of course, bad things can happen, and often do, you're going to lose between 40- 50% of the points on a GOOD day, but that isn't what should determine your ability to perform, to let go, to trust. To have confidence. You could be down a set, and two breaks in the second, and still win, if you can “find” your game. A lot easier to do, if you are not beating up on yourself. Your opponent is already doing a good enough job of that. Monkey mind, chasing our own tail, considering lots of disasters, none of which are real — they are just phantoms, fears. Remember, nothing will happen the way you have imagined. Nothing. (See guessing above). Yeah, you may lose, but 6-2, 6-7, 7-6, instead of 2 & 1.

**The Whole Person.** We are physical tennis players, but we also have a mental, emotional, spiritual (beliefs) side that we can connect to at any time. There is tremendous wisdom in this more spiritual side, but it is not just the knowledge or “truths”. Truths like, “The highest percentage play is to hit approach shots up the line.” This may be statistically true, but what about this moment???? What is the best shot right now? Heck with Cardinal Rules????

“I never paint Blue Dog purple, except for when I do.” - George Rodrigue.

There is a vast wisdom of the universe that is specific to each moment, and that moment alone. We seek to bottle this wisdom into rules, commandments, quotes, “post its” on our computer screen, key words on our racquet frame, that will solve all our problems (“one size fits all”) for all time – We attempt to freeze wisdom, store it, put a lid on it, remove its magic from the time / space continuum. As if, all the amazing and scary experiences of life can somehow be controlled by a formula (Love Potion #9 – perhaps Luv Potion #9). We actually we need to trust and listen to our inner voice in each moment. Let it respond appropriately to whatever is required right now. “The challenge is, we must

go beyond our mind to find the answers...The best thing to do with your brain, is put it in a drawer and take it out when you need it... I love my brain, it does amazing things, but guide me on my path, it's just not it's job." -- Katrina Bos.

Rules, stats, to-do lists, quotes and great sayings help us, are part of us, are synthesized into who we are, but so is the call of Spirit, the Divine, in the moment. Our muse, communicating something we can't plan or anticipate.

**Ego.** This is unbelievably scary, actually having the ego let go of the steering wheel. That steering wheel we are desperately clutching to try to control our journey, -- and it isn't even connected to the tires on the road. Driving the bus of life is far, far above our pay grade anyway. Trust and let go. Live. And it is the only real choice we have, whether we admit to it, and embrace the now. "In life there are possibilities we never could imagine. We take a step, in faith and now find ourselves in an unknown land." -- Katrina Bos.

Many want to know the future, just look at weather reports, court cams and all the rest we invest in to attempt to know what can't be known: the future. ("Will the courts be dry when I want to play?" -- no one knows, nobody!).

Trust you'll make the best call, when and only when, the call is needed. This requires a letting go of all you know, so you can know (We actually become clairvoyant at times, but not in the way we imagined, not to control -- how did we know that shot would work? -- We didn't, but we did). Be appropriate. Ask, "What is best, here and now?"

Breathe, watch the ball, let that anxious first voice go, and wait for the second voice, that comes from someplace other than your conscious mind or ego, i.e., the answer. "What if" no answer comes? That's the answer. We have to let the white-noise, mind-chatter, settle even further. Stop trying. Life is an adventure, step in, be surprised, amazed.

**A Story.** So, I was teaching this to a 4.0 student recently, and she played a shot absolutely great, appropriate, right on the money. It was a 5.5 or even pro level shot. Unbelievable! A shot where we both stop and went, "Wow!"

And she reflected for a moment, contemplated continuing to play after THAT! And wishfully dreaming, desiring in her heart of hearts, to be able to do it again. A moment passed, then she smiled, that Mona Lisa smile of enlightenment, "Now let me try harder ... and f-- it up."

We laughed so hard, because there it is, that's what holds us back, far below our potential. Maybe the hardest shot in tennis is the shot right after we hit a great one. Because what we think caused the greatest, is never the whole story. We lose the flow focusing on a few elements of success. We try, and we miss. We need to let go. Just play. The moment of that epic shot has passed. But further, unforeseen greatness awaits. Trust, let go, live, encompass it all!

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## Skiing and Tennis

I have recently gone on a ski trip to Whistler, BC, and after several pandemic years where I didn't ski, I can remember so much why I love it. It's not the après ski, though the food is amazing, the beverages refreshing (so many different ways to make a Negroni), but it is the fact that skiing totally absorbs my attention.

Because we can fall, and potentially hurt ourselves, we pay very close attention when we are skiing. The conditions are always different, and the snow can be quite different from one turn to the next, let alone one part of the mountain to another, or earlier or later in the day. Powder, or Sierra cement? And the terrain is always different: the pitch, the lighting, popsicle bumps or groomed, cut up pow or scrapped-off ice. We really need to be present to the mountain and the snow conditions, plus the weather conditions, and to our body's condition, a lot to take in. Basically, we have to surrender to reality, and let it guide us down the mountain, using our skill to adjust to the changing conditions. The mountain is in charge, not us. We surrender to the reality --don't give up -- use reality to coach us how to respond.

In a sense, the more dangerous a sport, the greater our focus tends to be naturally. The more we pay attention, and let the moment tell us what to do. Of course, skiing is nothing to rock climbing, for example, or many other activities, but the risks are enough, that the benefits can be tremendous. Nothing I do on a regular basis engages me and relaxes me as much as skiing. After a full day of "meditation" on the slopes: wow, what renewal! Time for après ski. ☺

So how is tennis different? Not as much as you might think, though the consequences of making a mistake are nowhere near as damaging, most of the time, and so our focus can drift, or wander, in a way that we don't do skiing (or rock climbing, parachuting, etc...). Each ball in tennis is different, just not enough for us to pay attention and notice.

I grew up in a family of pilots. My mom was a WASP, in the Army Air Corp in WWII. Great adventurers, great courage, but an attention to detail, and always aware of a way out, a place to force land, if necessary, and they don't do silly, stupid things, even though they are letting go, having the time of their life, and loving living. I'd never get in a plane with a pilot that didn't have this trait. Courage and detail. Brave but not foolish. To have that as a tennis player!

In general, even a cautious player takes more risks in tennis than they would on the slopes, and there are many more crashes as well. About 1/3 of the points end in an unforced error (a shot within our ability to make) and another 1/3 end in an error that was forced on us by our opponent's good shot. I talk a lot about only taking shots you can make, but most players break this rule all the time. They go for something that is more fun, but too difficult. Or something that would help tactically, if only they could make it, but they can't. Not often enough ("Seemed like a good idea at the time.") They bask in the glory of making it once, one out of ten, as if that is success. They "beat" the odds, one time ("the lottery is for people that are bad at math"), when the odds actually beat them nine times. Ouch! We take risks.

But not so much skiing, people tend to ski within their abilities. In fact, one of the challenges in skiing can be pushing yourself enough to get better ("point 'em down, let them run, don't force the turns, don't push the tails around, stay forward on your skis, keep facing down the hill, reach downhill," etc...), especially as an adult. Children can feel they are indestructible, no fear, which has its pluses and minuses. And, of course, they bounce better.

Anyway, if we can play with better focus, then tennis becomes a meditation as well. See how the ball comes slightly different each time. Why do you think there are such strict restrictions on noise during a point, or talking to your opponent or doing or making distractions, etc... As we discussed last month, it is bad etiquette for pros to even talk to each other, or almost even acknowledge the opposing player, other than playing the game with them.

So, we can get into that meditative state, as discussed above (see “Moment of Decision”) and play tennis with the same focus as we ski, as long as we can accept the mistakes, learn, and let go. Tennis is a game of errors, and yet, if we meditate the experience, we will have more fun, with better results. Let go of errors. Why do we hold errors in our mind, like a treasure or prized possession? Tim Galloway wrote, “You will make mistakes; there is no reason to make mistakes.” Our focus may wander, but it doesn’t have to. Shunryu Suzuki said to his disciples, “You are all perfect; and each of you could use a little work.” We are free to stay present, perhaps make errors, then we chose to learn, and we won’t make very many. It’s counter intuitive, like many things in tennis, but great wisdom often is. Wisdom is rare, because it is often not obvious. Stay present in the very next moment, avoid guessing (always wrong) about an unknown future, and just be a tennis player. That is enough. Be who you are. No more, no less. Good luck out there.

## Spring 2023 Junior Tennis Program

### After-school Sessions Monday through Thursday, February 21st through May 18<sup>th</sup>

The Orindawoods Tennis Club’s Spring 2023 Junior Tennis Program runs from Tuesday, February 21st through Thursday, May 18th and offers a variety of after-school junior tennis clinics during Monday, Tuesday, Wednesday, and Thursday sessions, all of which are led by **Head Pro Erik Oehlschlager**. Clinics are grouped by the following grade school designations:

- Transitional Kindergarteners and Kindergarteners (TK & K);
- First and Second Graders (1st & 2nd);
- Third through Fifth Graders (3rd - 5th);
- Sixth through Ninth Graders (6th - 9th); and
- High School Tennis Team players.

Our program utilizes the USTA’s Junior Development Program, which uses Red, Orange, and Green tennis balls to promote quicker stroke development and ball tracking skills, allowing players to ascend from learning basic strokes to rallying to point-play.

Spring 2023 clinic costs and times for all groups are summarized below in Table 1. Level descriptions of the clinics follows in Table 2, which shows the daily schedule for the Spring 2023 programs.

<b>TABLE 1. SPRING 2023 JR. TENNIS PROGRAM AFTERSCHOOL SESSIONS AND COSTS</b>					
CLINIC GROUPS AND TIMES	CLINIC DAYS AND COSTS				
	MONDAYS	TEUSDAYS	WEDNESDAYS	THURSDAYS	MON,TUE,THU
<b>TK &amp; K</b> 2:30 - 3:15 PM	RED \$150 (\$15 NMF) 4 SPACES	RED \$180 (\$15 NMF) 4 SPACES	RED \$180 (\$15 NMF) 4 SPACES	RED \$180 (\$15 NMF) 4 SPACES	
<b>1ST &amp; 2ND</b> 3:15 - 4:00 PM	ORANGE \$150 (\$15 NMF) 6 SPACES	ORANGE \$180 (\$15 NMF) 6 SPACES	ORANGE \$180 (\$15 NMF) 6 SPACES	ORANGE \$180 (\$15 NMF) 6 SPACES	
<b>3RD - 5TH</b> 4:00 - 5:00 PM	ORANGE \$200 (\$15 NMF) 8 SPACES	ORANGE \$240 (\$15 NMF) 8 SPACES		ORANGE \$240 (\$15 NMF) 8 SPACES	
	GREEN \$200 (\$15 NMF) BY INVITATION	GREEN \$240 (\$15 NMF) BY INVITATION		GREEN \$240 (\$15 NMF) BY INVITATION	GREEN \$510 (\$30 NMF) BY INVITATION
<b>6TH - 9TH</b> 5:00 - 6:00 PM	GREEN \$200 (\$15 NMF) (8 SPACES)	GREEN \$240 (\$15 NMF) 8 SPACES		GREEN \$240 (\$15 NMF) 8 SPACES	
	YELLOW \$200 (\$15 NMF) BY INVITATION	YELLOW \$240 (\$15 NMF) BY INVITATION		YELLOW \$240 (\$15 NMF) BY INVITATION	YELLOW \$510 (\$30 NMF) BY INVITATION
<b>HIGH SCHOOL TEAM</b> 4:00 - 6:00 PM			YELLOW \$360 (\$30 NMF) 8 SPACES		

NMF = NON-MEMBER FEE

**TABLE 2. SPRING 2023 JR. TENNIS PROGRAM SCHEDULE**

FEBRUARY							MARCH							APRIL							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4				1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
														30													

**CLINIC DESCRIPTIONS**

**TK & K Lil' Ones Red** ball clinics are for all levels. The goal of these clinics is to develop hand-eye coordination and racquet control so that students can start contacting the ball using basic service and groundstroke mechanics.

**1st & 2nd / 3rd - 5th Future Stars Orange** and **6th - 9th Tennis Development Green** ball clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination, racquet control, and basic service and groundstroke mechanics so that students can rally with other players.

**3rd - 5th Match-Play Training Green** and **6th - 8th Match-Play Training Yellow** ball clinics are for players who have demonstrated the ability to start points with serves and return-of-serves, track down balls with various trajectories, and keep the ball in play. The goal of these clinics is to further develop stroke mechanics, rallying, and point-play skills in order to play tennis matches.

**High School Match-Play Training Yellow** ball clinic is for High School team players or others that have gained similar match-play experience through alternative competitions. The goal of this clinic is to provide off-season all-court training to players looking to move up the ladder on their tennis teams.

**CLINIC REGISTRATION AND PAYMENT**

E-mail [erik@orindawoodstennis.com](mailto:erik@orindawoodstennis.com) to inquire about appropriate clinic levels for your child(ren) and to register for clinics. The following information is required for registration:

- Parents/Guardians - First and Last Name, E-mail, and Mobile Phone Number
- Child(ren) - First and Last Name(s), Grade Level, and Age
- Clinic(s) - Day(s) and Name(s) of Clinics you wish to register for (i.e. Mon, Wed, 1<sup>st</sup> & 2<sup>nd</sup> Future Stars Orange).

Payment is due on or before the first clinic date. Payment can be taken over the phone prior to the start of the program by e-mailing [erik@orindawoodstennis.com](mailto:erik@orindawoodstennis.com) to arrange a convenient time.

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