



Orindawoods Tennis News

July 2018

Volume 24, Issue 7

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

Summer Social Tennis

The Just Because... Tennis Party

Keith and John are hosting a "Just Because ____ (Fill in the blank: it's summer, we like to party, we like hanging out with you guys, we love tennis, we're cool, etc...) Tennis Party on **Sunday, June 24th** at the Tennis Club. We will play tennis from 5-7 p.m., followed by dinner on the deck.

We will provide the main course, and participants will bring the sides, and their own beverages. The cost for this event is \$10 per person. To register, contact Keith (keith@orindawoodstennis.com) or John Bockman.

Twilight Tennis Summer Season

There will be four Twilight Tennis parties this summer. The dates are:

| | | | |
|------------------|---------------|-----------------|-------------|
| July 29 | Sunday | 5-9 p.m. | \$20 |
| August 19 | Sunday | 5-9 p.m. | \$20 |
| Sept/ 23 | Sunday | 4-8 p.m. | \$20 |
| October 7 | Sunday | 4-8 p.m. | \$20 |

A Twilight is two hours of mix and match tennis, followed by BBQ on the Club deck. We serve a choice of filet mignon or chicken breast, with salad, baked beans, dessert and all the fixin's. Bring your own beverage.

To register, contact Keith. keith@orindawoodstennis.com. Cost: \$20.

Guests

Just a couple of reminders about guests here at Orindawoods. First of all, **guests are for the members.** It's not a cheap membership (to benefit the guest), it is a way for members to play with their friends. Most guests belong to another club, and for one of a multiple set of reasons, are not able to join Orindawoods, but still want to play with their friends. I would much rather have three members playing with a guest, than three members having no one to play with, sitting at home, watching TV, getting fat and depressed. Wouldn't you? (Though ice cream is tasty).

Guest fees are \$10. (pool guest fees differ -- See Pool Scene).

Collecting the fee is the responsibility of the member. Often the guest pays their fee, but it is the member who is having the player here as their guest. Members need to police their guests, and make sure they are fulfilling their responsibility. Thanks! It's your club, after all.

In any society, there are a few people that "forget" to follow the rules, or worse, "cheat and brag about it". This, of course, says way more about them than the people they are supposedly cheating. My guess is these folks tend to call the lines "a bit tight" too.

But before we get to upset at these offenders, let's remember, they would only be at the Club if we were inviting them. Don't like someone's behavior? Stop inviting them. Easy-peasy, problem solved.

Some people need to "be told" each time that they are a guest, and that there are certain requirements for being a guest at our wonderful Club. Good or bad? Right or wrong? You get to decide if they are worth it.

Hit and Fit

Hit and Fit, our magical, fun and demanding exercise class meets on Fridays at 10:30-11:30 (\$15) and Saturday morning, 7:30-9:00 (\$20). Hit and Fit is a great workout, and a great way to practice your tennis. Players who do Hit and Fit clearly improve on all the basics: forehands, backhands, volleys, overheads, as well as improve their fitness and muscle tone.

OW Junior Tennis Program

Our excellent Junior Tennis program is under way, led by Head Pro Patric Hermanson, and assisted by MHS Head Coach Michael McCollom and our excellent junior staff. Check out **Page 4** of the newsletter to get all the details. Enroll your future junior star today!

The Pool Scene

To get the pool gate code, you can go to the Swimming page on the website. You need to log in to get this "member only" information. Or ask the staff.

Pool Rules

- Hours: dawn to dusk, spa until 9 pm.
- Children under 14 must be accompanied by an adult
- No Lifeguard (best to have a swim buddy and not swim alone)
- No running
- No diving
- No glass in the pool area
- No pets in the pool area (sorry Rover)
- The gas BBQ is for Club Events only, but there is a charcoal BBQ for your use. Bring your own charcoal.
- Guest kids (14 & under): \$1, adults \$5
- * No Marco Polo (keep your staff sane)

Court Washing

We will resume court washing on the last and first Fridays of the month beginning on June 29 / July 6th. Court washing not only keeps the courts clean, but protects the surface. We also blow the courts off twice a week, on Mondays and Friday before 8 a.m.. We are sorry for any inconvenience. "Cleanliness is next to godliness."

Used Ball Drop

Please support our tennis ball reuse and recycling program by placing your old balls in the used ball drop by the Pro Shop door. Thank you!

Quote of the Month:

"If you are not double faulting twice a set, you are playing too safe."

– Billie Jean King

Note: Yeah, doubles faults are painful, but if you're not attacking your second serve, your opponent will be.

Tennis Tip:

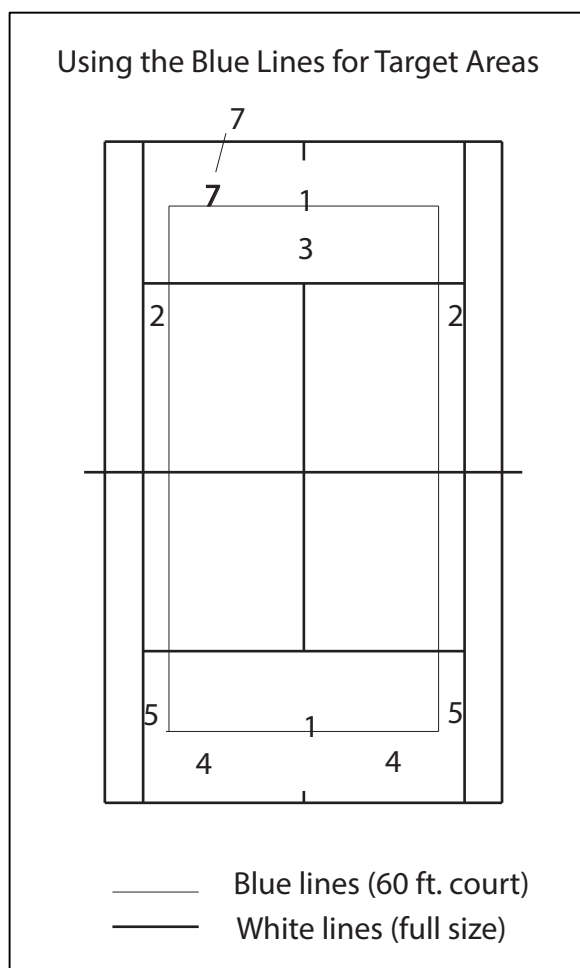
Targets and the Junior Lines

Many of the courts here at Orindawoods have the 60-foot junior tennis court lines in light blue, on top of the blue court surface.

The Orindawoods Junior Program uses the 60-foot lines for matches. The 7-9-year-old kids use a lighter, lower bouncing ball, on a smaller court, to bring the game down to their size (pick on someone your own size). Instead of 78 feet long, the court is 60 feet long. The orange and green balls bounce about 70% of the height, and have about 70% of the power of the regular adult balls. This makes the game of tennis possible for kids who would really struggle with the harder, higher bouncing balls on a court that is too big for them to cover. Orindawoods is proud to have these appropriate courts for our smaller members. They are the future of tennis, and our Club.

As for the rest of us, the blue lines just might be useful too. Those of us who have played team sports, multiple lines on courts or football fields are common these days and you learn to just see the lines you are interested in. But before you "erase" the blue lines from your visual image of the court, consider a few things. The 60 foot junior lines divide the full-sized court in a way that makes for great targets and target areas for full-size, adult players. Here are some ways that you can use the 60 foot lines to help your game:

1. **The rally ball.** If you want to hit a consistent groundstroke, that is safe, yet hard to attack, aim for the blue line (the base line on the 60-foot court). In other words, 9 feet inside the baseline, the line that crosses the court. It's the perfect target for depth. If you play the shot right to the middle (1), the ball will almost always come back between the extension of the blue side lines (middle of the court). If you play the ball wide (5), then the alleys and the wide shot (2) is possible. So only play wide if you hurt them. (See below, "The Same Shot" for more tactics on shots down the middle and how well it works).
2. **Service Targets.** For the wide serve, the light blue sidelines mark off a perfect target area for serving the wide serve. Aim for (2), but only if it is a strong serve and they can't go up the line (5).
3. **In singles**, if you find yourself on the defensive, play a "safe" shot inside the 60-foot lines to (3).
4. **In singles**, if you find yourself with an easy ball that you want to attack, aim outside of the blue lines (4).
5. **Doubles.** In doubles, one of the problems with hitting down the alley is that we try to aim too close to the side line, and miss. Aim just outside of the blue lines (5). In other words, make the alley a bit wider, a bigger target to hit. Now you have the space between the blue lines, and the outside of the alley, instead of just the alley. More margin for error (remember, most matches are lost – you make an error – not won, you hit a winner).
6. **Attack or Defend:** if your opponent's ball lands beyond the blue lines (4), it is probably best to play defense (aim inside of the blue lines on the return -- 3). And if your opponent's shot lands inside of the blue lines (3), it is time to attack (aim outside of the blue lines -- 4). Of course, there are other factors involved in whether you should attack or defend, and how to follow up on your shot, but this is a good place to start.
7. **The Blue Line.** Often the hardest shot to play in tennis is the short ball. Moving up to a ball in front of us and hitting it well is a challenge for almost everyone. Many top pros call this the most difficult shot: slow ball, no pace, in front of you. "The 3.5. sitter." And yet there are expectations to "put it away." There are times when it makes no sense to stand at the baseline waiting for a ball. We should be farther up the court, at the blue line (the base line for the 60-foot court). So, move from your starting position (7) outside the baseline, to the blue line (7). Often to return a second serve, we should be standing up closer (start at the closer 7). Or after we hit a strong shot that our opponent is struggling with, move up to 7. We don't want to run up to the net (and expose ourselves to a lob), but we want to move in to better handle the short ball. If they lob (high and slow), we can always back up (to the deeper 7). When we serve in doubles, most returns are cross court, and somewhat short (angled away from our net player), so we should move a bit in then too, towards the blue line. The blue line is a great reference point for dealing with the short ball and having superior positioning. Hopefully these ideas "open your eyes" to the use of the blue lines, and target areas in general. Love the blue lines!



Improvement. Being able to execute four things make you a better player: a) better skills, b) better targets, c) better shot selection and d) better positioning. Let the blue lines help with b, c & d, through the practicing of better skills (a). Good luck out there!

Tactics of Placement in Tennis:

The Same Shot

I was playing in a lesson with my students a couple of weeks ago, and unknown to them, I was hitting the same shot, over and over again. Some were backhands, some were forehands, some were volleys, some were serves, some were returns, but the location, speed and target area was almost always the same. In other words, I just hit the ball up the middle, repeatedly. Target (1) on the drawing above. No one really noticed or caught on and moved there and hit it. I made a concerted effort, in this case, to play the ball as close to the same as possible.

Limit Options. When the ball is placed in the center, the opponent's options are quite limited. They must be in very strong position to play the ball to the sides. Almost always, the ball will be returned up the middle, where you are waiting for it. It is true that it will be hard for you to hit angles as well, but if you are good with not missing, and making it hard for them to hit winners (and tempting them to try), you will do quite well. Tennis is not as complicated as it appears.

The Threat. There was often the threat that I could place the ball somewhere else, but in fact, I almost never did. It is the threat of being able to play the ball to other parts of the court that makes you strong, not the actual placing the ball there. It is always better to hit the safest part of the court, the largest part of the court, the shot that is the easiest to make, and the hardest to miss. A good opponent tries to convince you to try harder shots, more spectacular shots, more difficult shots, but the wise player just keeps playing shots they can make. And shots that make it hard for their opponent to "put the ball away."

I was recently watching a Giants game, and the pitcher started a hitter off with a slow, low breaking ball. Which wasn't even a strike. The next four pitches were all high fast balls, but the hitter never could time them, because always, in the back of his mind, he was thinking the next one could be a slow breaking ball. Tennis is the same, just the threat of hitting the ball to the side, gives the opponent enough pause that we hardly ever even have to hit the ball to the side. Just set up so you could hit to the side, and then play the ball in the middle. Occasionally, you may have to "educate them" or "remind them" with a ball down the alley, but you won't have to do this more than a couple of times. And only on easy, makeable balls.

And what if they do cover the middle? Well, what of it? Does that mean you should start making lots of mistakes (hitting to the sides). No!!!! Keep hitting shots you can make. The ball played in the middle is very hard to angle off and put away. Keep giving them difficult shots to put away, and hope that they start to try (and make all the errors on their side of the net). Get an easy shot? Down the line.

Misunderstanding Tennis

Most people, if you asked them, would say that tennis requires a lot of coordination. True. There is a lot of coordination involved in playing tennis. The coordination of your stroke (form), footwork, and timing of your stroke. Putting all those moving parts together so that the stroke drops the ball right in the proper part of your opponent's court, at the optimum speed, with the perfect amount of spin.

But that isn't what we usually mean when we say someone is coordinated. Most people mean you can hit a moving ball with a moving racquet. Contrary to popular belief, connecting the ball and the racquet is not the fundamental problem in tennis.

If I am teaching a beginner, and I toss them a ball, and tell them to hit it over the fence, most can do it in a couple of tries. But if I tell them to hit the ball hard in the right corner of the court, within five feet of the baseline and sideline... no way that is going to happen (other than luck). It can take years of practice to be able to play that hard shot in the corner, especially off a variety of ways the ball could come to us.



Orindawoods Tennis Club

650 Orindawoods Dr.
Orinda, CA 94563

Phone:
925-254-1065

Fax:
925-254-1380

Website:
orindawoodstennis.com

Smart Phone Reservation App:
PlayTennisConnect

Twitter:
@orindawoodstc

Facebook:
Orindawoods Tennis Club

Executive Tennis Director:
Keith Wheeler
keith@orindawoodstennis.com

Head Pro:
Patric Hermanson
patric@orindawoodstennis.com

Tennis Staff:
Michael McCollom
Nathan Sharafian
Alan Zhou
Katie Reaves
Jeremy O'Neill
Sydney Bell

Weekend Staff:
Nathan Sharafian

Newsletter Editor:
Keith Wheeler

The fundamental problem in tennis is aiming, not hitting the ball, or power. We seldom swing and miss the ball, but we often miss the court.

We need to move the racquet in such a way, that if the ball were to hit the stroke, the ball would rebound into the court to the desired spot, with the desired speed, spin and deception. With our stroke, we must find the court (aim), with our feet and timing, we then find the ball. The better we can do this, the better the player. Hitting the ball is easy, hitting it in, is hard (with power, spin, placement and deception).

The main mistake that virtually every player makes, is to reduce the game from placing the ball in the opponent's court with speed, spin and location, to just hit the ball. In our desire to make contact, we simply, completely, and totally – often at the very last second -- forget to aim. If the ball is challenging enough, or not, we're just hoping to make contact.

And often, the rest of it -- the take back, the wind up, the taking the racquet out of alignment, and bringing it back to square, holding the ball, holding the target, adding spin, power, placement, deception -- it all seems so complicated. We just give in to swing and hit. We can do that. The problem is, swing and hit just doesn't work very well, especially against someone who has a better plan, better skills, better execution.

Dumbing Down / Pushing: Sometimes we make the swing smaller to try to simplify the whole thing, in other words, we remember to aim, but we make it so simple (we push) that then we lose power, or spin, hold, control, some element. It's true, the optimum stroke is complicated, but if that is what our worthy opponent can do, then to compete, we must keep up, and do those complex, yet makeable, strokes.

Start with aiming, add movement for power and spin, but never in a way that makes us lose our ability to aim.

Weekly Lessons

Hit and Fit:

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

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

Tuesday Ladies' Clinic:

Tuesdays at 9:30 \$5

Thursday Men's Clinic:

Thursdays at 9:30 \$5

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

Summer Junior Program

Welcome to the Orindawoods Summer Junior program lead by Head Pro Patric Hermanson and assisted by MHS Head Coach Michael McCollom and our excellent, experienced Junior Tennis Staff. Join us for a great summer of tennis fun!

Full Afternoon Clinic

Ages 7-16

Monday-Thursday 12 to 3:45 p.m.

Cost: \$220 member / \$245 non-member

Instruction Block

Ages 7-16

Monday – Thursday 12 to 2 p.m.

Cost \$140 members / \$155 non-members

Match Play Block

Ages 7-16

Monday – Thursday 2:15 to 3:45 p.m.

Cost \$115 members / \$130 non-members

Lil' Ones Clinic

Ages 4-6

Monday and Wednesday 11:00-11:45 a.m.

Cost: \$45 members / \$50 non-members

Clinic Sessions:

| | |
|-----------|-----------------|
| Session 1 | June 11-14 |
| Session 2 | June 18-21 |
| Session 3 | June 25-28 |
| Session 4 | July 2, 3 and 5 |
| Session 5 | July 9-12 |
| Session 6 | July 16-19 |
| Session 7 | July 23-26 |
| Session 8 | July 30-Aug 2 |

Our Story, Our Philosophy

Here at the Orindawoods Tennis Club we look forward to providing your child with an exciting and challenging tennis experience. We are experts in fun! We pride ourselves on our positive and nurturing tennis learning environment. Whether you are a beginner or an experienced player looking to improve your strokes, strategy and footwork, our Instruction Block Clinic is the class for you. If you want to improve your ability to compete and manage your competition points, sign up for our Match Play Block. Want to get that all-around experience? The sign up for the Full Afternoon Clinic and get both of the above blocks at a great price. Our Lil' Ones Clinic, for the 4-6 year old has new days and times. Classes are Monday and Wednesdays at 11 a.m..

To Register For Classes: Contact Patric Hermanson:

Patric@orindawoodstennis.com

- Checks are made out to **Orindawoods**

Discount: 10% off of the second child's registration in the same week. The discount is taken off the smaller of the two clinic costs.

Rules and Policies:

- No black soled shoes (shoes that mark the court)
- No make ups or refunds for missed classes
- Tennis attire or shorts and t-shirts required
- Student to teacher ration is 6:1 or better.

Join us for a fun, educational summer!

