



Orindawoods Tennis News

August 2022

Vol: 28, Issue 8

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

Step Into the Fall

Believe it or not, Fall is upon us. Not official Fall, that doesn't start until September 23rd, the equinox and all that. You know, fall: leaves changing, leaves falling, cooler temperatures, and around these parts, Indian Summer and all that. The nicest time of the year, generally. But with school starting now, family summer vacations over, everyone back in the "joy of commuting" ... it sure feels like Fall is on the way, or arrived. The days are already getting shorter, if not cooler, and what used to be the Dog Days of Summer, have somehow now become "the beginning of the school year."

I'd like to go back to a time when summer was summer, and fall was fall, but as I often quote Byron Katie, "When you argue with reality you lose, but only 100% of the time."

Or perhaps Woody Allen: "Reality sucks, but it is the only place you can get a good cheeseburger." Anyway, enjoy "fall!" ☺

New Head Pro:

Welcome Erik Oehlschlager

Orindawoods Tennis Club has a new Head Pro, Erik Oehlschlager. Eric will start on August 23rd and will assume all the duties of the Head Tennis Pro, including leading our amazing Junior Program and teaching private and group lessons to members and nonmembers.

Erik has a great background in tennis, with a playing career that goes back to USTA NorCal Junior tennis, UCSC College Tennis (1991 Div. III All-American, member of the 1990 Div. III National Champions) and teaching at Modesto Racquet Club, Crow Canyon CC, Sleepy Hollow, Bentley School and now, Orindawoods Tennis Club. Erik has spent the last 13 years as a geologist. He is eager to return to the courts and his love of teaching tennis.

If you would like to set up a lesson with Erik, contact him at erik@orindawoodstennis.com. Erik will begin teaching August 23rd!

Junior Tennis Program:

Fall Junior Tennis Program

It is time for the Fall Junior Tennis Program, led by our new Head Pro, Erik Oehlschlager. Classes begin the week of August 22. Go to **Page Five** for all the information, and contact Keith (keith@orindawoodstennis.com) to register and sign up!

August 21st

Twilight Tennis BBQ

The next monthly Twilight Tennis BBQ is on Sunday, August 21st from 5-9 p.m., with tennis (our famous mix and match round robin) being played 5-7 p.m. and dinner to follow, featuring Kinder's steaks and chicken, plus all the fixin's (salad, roll, beans, ice cream). Remember to bring your own beverage.

The cost is \$25 / person. Register with Keith at keith@orindawoodstennis.com. It's gonna be a lot of fun, come join

2022 Club Rates

Tennis Lessons with Keith & Erik:

| | |
|----------------|------|
| 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 | \$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 an expert racquet stringer. Patric picks up and drops off racquets on Tuesdays and Fridays. Put some zip back your game, get a resting!

Pickleball Playdays

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

[Club Calendar](#) (under "courts" menu)

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:

"Never confuse movement with action."
— Ernest Hemingway

us! The next two Twilights are September 11 and October 2. (Starting at 4 p.m. in September and October due to lighting conditions).

Monday Team Tennis Concludes

Orindawoods Tennis Club's Monday Team Tennis finished the official season on August 8th, with the last round of match play. There will be the Grand Finale party on August 15th, followed by the world famous "loser's clinic" on August 22nd.

It has been a wonderful season, with the usual race to the finish line (first or last), this year between teams 2 & 3, for all the glory and honor that is winning MTT. And 1 & 4 for the coveted "Loser's Clinic." Here are the final standings:

| Team | Captain | W | L | PCT | GB | Position |
|-------------------|-----------------------|-----|-----|------|-----|------------------|
| Team Two | John Bockman | 499 | 365 | .578 | 0 | CHAMPIONS |
| Team Three | Becky Reese | 460 | 404 | .532 | 39 | 2 nd |
| Team One | Cindy Barber | 413 | 451 | .478 | 86 | 3 rd |
| Team Four | Rich and Chris | 356 | 508 | .412 | 143 | 4 th |

And of course, the all-important Weather Standings (twelve great weeks), showing that it was a very good year for sitting out on the deck, enjoying a nice meal, and a wonderful glass of wine:

| | |
|---|---|
| Artic Night (frozen body parts, frostbite, ice man cometh, etc) | 1 |
| Cool / Wind / Fog (wouldn't be here if you had a choice) | 2 |
| Perfection Achieved (why we play MTT, a lovely evening, deck side) | 9 |
| Smokin' Hot! ("Like A Heat Wave, Burnin' in my heart") | 0 |

Tennis Tip:

The Same Shot

Perhaps it is an oversimplification, but I often tell people that I almost always hit the same shot in doubles. It doesn't matter if it is a serve, or a forehand, or a backhand, wide, in the middle, high or low, or a volley. Maybe it is an overhead, or even a lob, but I hit the same shot. I play the ball down the middle of the court, into the middle of the court, over the middle of the net. (see Fig. A)

If your opponent receives the ball in the middle of the court (Fig. D), where can they play the ball effectively? When

you defend a shot from the middle (Fig. D) you can remain in your relatively strong balanced defense. As opposed to where they can play the ball if they receive the ball on the outside (Fig. C). Notice that you have to cover more court when they are playing the ball from the edges of the courts, 1) in order to get the wide ball, and 2) your partner cover the alley. You have to split your formation (R & N moving apart). This leaves you and your partner far apart (Fig. C), and the defensive formation out of balance if you give them a shot from the middle (at the net). It seems you are pretty much forced to return angle with angle, or be exposed.

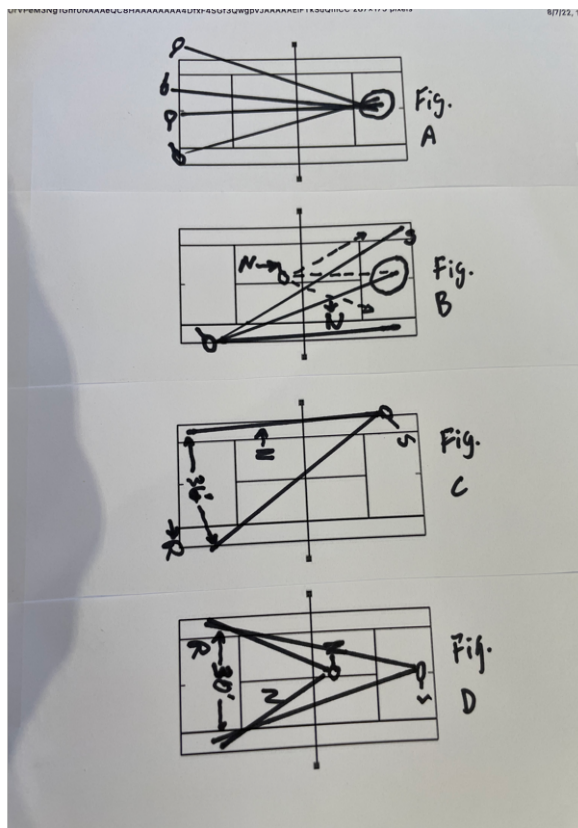
What about hitting the middle from wide? There is this big gap in the middle of the court, that can be exploited by hitting to the center from a wide ball (see Fig. B) provided they get it to the player that is off the net. Most players are tempted to go up the alley or play "angle to angle" in this situation.

If your opponent covers the alley (most do), then a middle shot can work. More than likely this middle shot will force a ball to be returned back up the middle, where the wide player's partner is waiting for a volley and a lot of open court to hit into (Fig. B).

In general, the tennis rule is "angle to angle", "middle to middle", but we can see from Fig. B, that angle to middle can be an effective play (the server, S, plays the serve wide, and the returner plays the ball in the middle, the area vacated by the server's partner (N on the right side), who is covering the alley. This forces a ball up the middle from the server, S, to the receiver's partner, N, who is closing in).

Wide to middle can work, while "middle to angel" is dangerous. It gives them the ball on the outside, and that makes your job much

harder in covering / defending the court. The area to cover is wider, your formation is split, and you are vulnerable to middle attacks. (Fig C vs. Fig D). Basically, you should only go middle to angle if you are pretty sure the shot will be a winner, force an error or weak shot, because if they get it, it will split your defense (Fig. C), and you did it to yourself.



Exceptions: George Rodrigue wrote a wonderful cartoon book, *Why Is Blue Dog Blue?, A Tale of Colors*. And in it there is a real treasure, he says, "I never paint Blue Dog purple (except for when I do)."



Orindawoods Tennis Club

650 Orindawoods Dr.
Orinda, CA 94563

Phone:
925-254-1065

Website:
orindawoodstennis.com

Smart Phone Reservation App:
PlayTennisConnect

Facebook:
Orindawoods Tennis Club

Executive Tennis Director:
Keith Wheeler
keith@orindawoodstennis.com

Head Pro:
Erik Oehlschlager
erik@orindawoodstennis.com

Racquet Stringing:
Patric Hermanson
patric@orindawoodstennis.com

Newsletter Editor:
Keith Wheeler

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

So, when do you "break a rule?" When you do.

But why? When is it a good idea to do so?

I often joke that you get a ball, and you are going to hit the ball in the middle, like always (ha ha), and then the clouds part, herald trumpets sound, the angel choir sings a few halleluiahs, and a deep, fatherly voice says, "Hit down the line, my [child]."

Really Important Tip: always listen to this voice. And there is no mistaking it, because when you do as instructed, and "hit down the line," it always works. The truth is the truth. You just know. But you have to take action on faith.

How often does this voice show up? When it does.

Some days it shows up more than others, depends how well you can listen (are you listening, or is your ego just way too loud). Are you so nervous, pissed off, pumped up, over hyped, tired, annoyed, distracted, etc... to listen?

I call this voice "the second voice." It isn't very loud, or insistent, demanding or rude, but it is true and doesn't waiver. It's what we desire: to know.

This voice can feel outside of your body, certainly outside of your ego, mind, strategy, it just is... The Truth. When we hear the truth, we know. It comes to us. We don't go finding it, it finds us. Again, how often? When it happens. Really depends on how calm you are, your energy tuned just right (calmness with energy), your essence in beginner's mind. It speaks all the time.

So, if you are not sure, if you don't hear that calling, play the ball in the middle.

"But it is right to them," you scream (yeah, a lot of the time). "They are waiting for it" (maybe, do you know that for certain?). "They will kill it" (you really don't know that - remember, they could fluff it - ever done that yourself?).

Byron Katie has a wonderful system she calls The Work. (See her book, *Loving What Is*). It all about really seeing, really seeing reality. You ask yourself four questions:

1. Is it true (yes or no, if no, go to question #3)?
2. Can you absolutely know that it's true (yes or no)?
3. How do you react, what happens when you believe that thought?
4. Who or what would you be without that thought?

Then you turn the statement around. What seems more true? Is the turnaround true, or truer than the last statement? Ask the four questions.

So, "If I just hit in the middle all the time, they will just kill it". Is that true? (Question #1) Sure seems like it, based on my experience. But really, do I absolutely know that is true? (Question #2). Well, actually, no. A lot of time they just hit it back, and actually, quite often, people miss "easy" shots, (at least I do, seems like my opponent never does, but I know that isn't true - ha ha).

How do I react, what happens when I believe they will kill it every time I just hit it up the middle? (Question #3) I get scared, I try to avoid the net person, I play from a place of fear, and defensiveness, and in avoiding the net person, to be honest, I miss a lot of shots avoiding the killer net man. (Factoid: 30% of the returns in tennis are missed! That's almost 1/3 of the points just given away).

Who or what would I be without that thought? (Question #4). I'm free, I'm empowered. I would be free to just play the best shot. My best shot, or the shot that is best for the situation. Perhaps the ball I received was weak, and I could attack the net person in that middle area. Or on the defensive, if I hit it to them, they have no angle to play, and it is safe, or safer than trying to avoid them and missing or hitting a weak shot. (What if I only missed 15-20% of the returns?)

Turn arounds: "When I hit in the middle, it is my kill shot." "They don't kill the ball when I put it in the middle." "If I hit the middle all the time, they won't just kill it." "When I hit the middle all the time, I will kill it." "When I play the middle, when I just hit the same shot over and over again, I win more often." Etc... which seems truer, ask the four questions.

Another thought is "they are waiting for the middle shot." Is that true (yes, or no? sometimes is no). Are you absolutely sure they are waiting for the middle

shot? (Well, no, a lot of people cover their alley, in fact most “coaching” says cover your alley). What does believing they are waiting for the middle shot do to me? (Makes me afraid to hit the easiest, and the strongest shot I can hit. Makes me try to hard when I do hit it there, all leading to errors) Who would I be without the thought that they are waiting for it? (I would be free, not afraid, much more calm and able to listen for the voice that tells me the best shot to take. I’m not limited by my fears.

Turnaround: “They are not waiting for the middle shot”. “They don’t know where I’m going to hit it.” Etc...

This is another way of saying the popular wisdom, “Don’t assume. When you ass-u-me, you make an ass out of u and me.”

One of the turning points of my life is that I had to do a negotiation, and I wasn’t prepared, and I didn’t really know the material, at least not nearly as well as my opponent or the mediator (a professional, a lawyer). Rather than freak out (which I was on the verge of), for some reason - probably the sheer hopelessness of the situation (and a power, a wisdom far beyond me, far beyond my ego, my intelligence), I realized this freed me, not knowing / not being prepared, and that I could let go, and just trust my instincts, follow my heart, listen to my truth, and just play. A far more powerful place to be than fumbling around for knowledge, rules and laws that I didn’t know, and had no way of learning on the spot. I rocked that negotiation, I didn’t give my power away to those more informed, better trained, and better prepared, because none of that is anything compared to a person who just knows. Knows Their Truth.

“The world gets out of the way of a person who knows where they are going.” – Ralph Waldo Emerson.

So, I play the middle. Deal with it.

Need more to be convinced? Too many bad memories of your opponent slamming your weak middle shots away?

OK, if you play a match where you are trying to play the “easy” shots, the makable shots (lowest part of the net, biggest part of the court), and they are trying the hard shots, the shots more likely to miss (highest part of the net, small areas like the alleys), who will win? Let’s go farther than that, if you are playing the shots you hit best, strongest (speed, placement, spin, deception) and they are trying shots they are not as good at, who wins?

OK, that’s logic. Here’s the problem: under stress, the first part of our brain that goes offline is our intelligence, our prefrontal cortex. So, logic is great, but not so helpful under enough stress. What about experience?

How about just playing a match where all you do is play the middle shot. For the whole match. I guarantee you will lose a bunch of points. They may even look brilliant (“I made them look brilliant by hitting it right to them”), but keep going, keep playing the middle. No doubt at some point, you’ll tell yourself, “This is stupid”, or “Surely, I should play the alley now”, or “This is the dumbest thing I have ever done,” or “Keith has finally lost his marbles on this one,” ... etc... Other times, when you win points, “Hey, maybe this really works.” “Maybe Keith isn’t crazier than a loon.”

Life is fickle, results are fickle. And if you draw conclusions from a “small sample size”, you can deduce pretty much anything (or the last result, positive or negative). Therefore, trusting your memory and basing your strategy on “what seems to be working” is a really poor way to play your match. Better to use a strategy based on a large number of data points, and years of experience. And playing the middle stands the test of time.

Take a deep breath. Just keep doing that middle shot. Especially as the match draws to a close. No time for risk!

I can’t predict what will happen here, but if your experience is like mine (all I can offer, plus years of learning about tennis, strategy and tactics, and teaching tennis) you will be amazed, but you actually do better hitting the middle, rather than when you are constantly trying to “out think” life, your opponent, reality, etc... (basically trying a lot of shots you can’t make, or ones that leave you in a poor tactical position, even when you make them).

Yeah, they win lots of points when I hit the middle. “Danger Will Robinson,” we’re getting lost here, folks. They win points, so what. That’s not the point, or the objective. Guess what, they win lots of points any way you play.

In fact, if you are open to change (reading this article), you are probably already losing, or not winning as much as you’d like (who is?). The nature of the game is everyone wins points. You can lose 6-0, 6-0 and still win about 40% of the points. Everyone hits winners, everyone makes mistakes. They hit a lot of winners, yeah, but who is winning, who has a higher ranking over time, who is playing well?

Winners are for losers. At Wimbledon, Kyrgos hit more winners than Djokovic, Djokovic made fewer mistakes. Djokovic holds the trophy. Kyrgos says nice things about Djokovic being a “tennis god.” That’s the way it works, except for when it doesn’t.

Off the top of my head, I can think of Five things that keep the ball away from your opponent and are worse than hitting it right to your opponent: 1) swing and miss, 2) Hit the ball in the net, 3) hit the ball wide left, 4) hit the ball wide right, 5) Hit the ball long. And each one of those “keeps the ball away from your opponent.” Be very careful about what your goals and objectives are, those objectives will often determine your fate, perhaps not in the way you intended.

“I meant keep it away from my opponent and get the ball in.” Not always so easy to do, especially since good opponents stand where it is easiest for you to make the shot, not where they are scared it could go if you hit a shot you rarely make, but looks “open.” (Bonus Tip: It’s only “open” if you can make the shot – a lot of time the “open court” is actually “closed” to the situation or your reasonable ability).

So next time you play a practice match, or a social game, just hit the ball in the middle, see what happens. But will I tell you, this works even better in a “competitive” match. A match everyone is invested in winning. Because every shot gets a lot harder when there is “pressure,” and if you are afraid they are going to hit winners on your middle shot, remember, pressure makes those shots a lot harder. So, 2-2 in the first set, they may look pretty good, and put some

of your middle shots away. But at 4-5, 30-40 in the third, match on the line, it is amazing how tough those “easy” shots become (when everyone is so nervous, they can’t hold their racquet without it shaking). So as the match goes along, and the stakes are raised, hitting the middle works even better. I rarely take risks in tiebreakers; it just doesn’t pay off. But you’ll only find that out by having the courage to try. Having courage is hard, except for when you do. Good luck!



ORINDAWOODS TENNIS CLUB

Junior Clinic Schedule

Fall 2022

August 23th -December 8th

The 2022 Fall, 15-week, Junior Clinics will be led by our Head Pro Eric Oehlschlager and run from the week of August 23th thru the week of December 5th. There are no classes during the Thanksgiving Break, **November 21–25**. The Level I and II classes will be taught using aspects of the USTA 10 and under Development Program.

| <u>Level</u> | <u>Class</u> | <u>Time(s)</u> | <u>One day/week</u> | <u>Two Days</u> |
|---------------------|-------------------------|--------------------------------------|----------------------------|------------------------|
| <u>I</u> | <u>Lil’ Ones</u> | <u>Tues or Thurs 3:15-4pm</u> | <u>\$200*</u> | <u>N/A</u> |

The **Lil’ Ones** class is for the always adorable 5 and 6 year olds. We will be developing the coordination and balance of these young players as well as giving them an introduction to tennis using age appropriate balls and court size.

| | | | | |
|------------------|----------------------------------|---------------------------------|----------------------|-------------------|
| <u>II</u> | <u>Future Stars Group</u> | <u>Tuesdays 4-5:30pm</u> | <u>\$390*</u> | <u>N/A</u> |
|------------------|----------------------------------|---------------------------------|----------------------|-------------------|

The **Future Stars Group** is for our 7 to 10 year old players. The players will be working with 10 and under balls on 36’, 60’ and full courts. Stroke instruction, tennis games, and match play are all part of the curriculum as we work our way up to green dot balls and full court.

| | | | | |
|-------------------|--|----------------------------------|----------------------|-------------------|
| <u>III</u> | <u>Tennis Development Group</u> | <u>Thursdays 4-5:30pm</u> | <u>\$390*</u> | <u>N/A</u> |
|-------------------|--|----------------------------------|----------------------|-------------------|

In the **Tennis Development Group** we will work on refining technique, improving footwork and developing strategic awareness for successful match play. This class is for beginning through advanced-intermediate players ages 11 thru 15

| | | | | |
|------------------|---|--------------------------------------|----------------------|-------------------|
| <u>IV</u> | <u>Tournament Training Group</u> | <u>Wednesdays 4:30-6:30pm</u> | <u>\$475*</u> | <u>N/A</u> |
|------------------|---|--------------------------------------|----------------------|-------------------|

The **Tournament Training Group** is an invitation only class.

***Non-members** should add \$25 (Lil’ Ones, only \$15).

We have factored into the cost of the clinics, the potential of two weeks of missed classes due to rain, smoke and other environmental disturbances.

Special Discount: 10% discount off the cost of second sibling. Discount taken off the lower of the two costs.

Inclement Weather: In case of questionable weather (rain), please call the Pro Shop for a court condition update.

Tennis shoes required (no black soled shoes).

Cell phone use during class time is limited to emergencies or with consent of a coach.

For more information or to sign up, please check out the club website, call Keith or Eric at the Pro Shop, or you can also e-mail Keith at keith@orindawoodstennis.com.