



Orindawoods Tennis News

July 2017

Volume 23, 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

Monday Team Tennis

Monday Team Tennis is in full swing. Over sixty players are participating in this year's MTT. Check the schedule and up-to-date standings on orindawoodstennis.com, in the Events menu.

Tennis Tip:

Controlling Time

"It is not what is happening that is important, rather our relationship to what's happening."

"We try to accept simple answers to complex questions because the full magnitude of the problem frightens us." – David Schnarch

Time happens. It just keeps coming at us. And when time is combined with a ball coming at us, often very fast, there doesn't seem to be enough time to do all the things we need to do. In fact, we often simplify what we need to do, because of this lack of time.

On the other hand, we have all had the experience when a ball comes to us painfully slow, and we have "too much time," think too much, and make a total mess of the shot. We are no longer automatic, we over think, and an opportunity goes passing by. Slowly. Painfully. Embarrassingly. Even shamefully.

Then there are other situations where we appear to have plenty of time, and then all of a sudden, things seem to speed up, and time vanishes. We panic, and swat at the ball.

All of these scenarios leave us feeling like we are a victim of time. "Time marches on," as the saying goes.

And time does march on, there is truth to that, but do we just leave it at that? Accept there is nothing we can do?

It is our relationship with time that really matters. There is the reality of time moving forward, but there is also the "reality" of our attitude towards that fact. Our actually seeing what is happening in "real time," rather than our interpretations of what is happening (in "panic time" or "nap time.").

The Variable: Sometimes you can be playing, a ball comes to you at 65 mph, and you "take your time" and hit back a beautiful shot. Other times, the ball comes to you at 65 mph, and you rush the shot and miss it. Same ball, same amount of time, what was different was you. You were the variable. What you think, how you act, what you do.

Who's Business? What you do, what you think, how you react, is your business. Your business is things that you have control over. How the ball comes to you, is not your business. You can't control that. That is your opponent's business, perhaps mixed in a bit with god's business (wind, bounce, court surface, gravity, etc...). It is easy to simplify this problem, and just say, "I have no control over how the ball comes, shit happens, I'm the victim here, I lose again. Where's the bottle of bourbon?"

And like all good lies, there is some truth to that story. We don't control other people's business, or god's business, but there

Ace It! June 24th

Our 15th Year!

Ace It!, our breast cancer awareness day will be held on Saturday, June 24th. Ace It! is a fund raiser to support the Breast Center at Alta Bates hospital. This is our fifteenth year of holding Ace It! In that time, we have raised nearly \$200k. Amazing. Thanks so much!

Court Alert: Ace It! will use all the courts at Orindawoods on Saturday, June 24th from 8 to 4 p.m.. Thanks for supporting Ace It!

Weekly Lessons

Tuesday Ladies' Clinic

Tuesdays at 9:30 \$5

Thursday Men's Clinic

Thursdays at 9:30 \$5

Hit and Fit Friday (1 hour)

Fridays 10:30-11:30 \$15

Hit and Fit Saturday (1.5 hours)

Saturdays 7:30-9 \$20

The men's and women's clinics are drop-in. Register for Hit and Fit on the Club Calendar. Click on the class to register or contact Keith.

Pool Scene

The lovely Orindawoods Tennis Club pool is open. The basic rules:

- Pool hours are dawn to dusk.
- Hot tub is open to 9pm (heater shuts off).
- Children under the age of 14 must be accompanied by an adult.
- There is no lifeguard, so swim at your own risk, and it is best not to swim alone.

The complete pool rules are listed on the website. Enjoy and swim safe!

Court Washing on Fridays

On the last Friday of the month (cts. 1-3), and the first Friday of the next month (cts. 4-7), we will be washing courts from 12-3 p.m. Sorry for the inconvenience, but we strive to keep the Club pristine for you.

Net Height:

The height of the net in the game of tennis is 36". It's a good idea to have a tape measure in your tennis bag. Racquets vary in length and are not an accurate measure. Someone keeps adjusting the nets to 35". Argh!

36"

is still our business to contend with. That is where we can make a difference, controlling the things that we have control over. Letting the rest go. Knowing the difference between the two.



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The question is, is time god's business, even our opponent's business (how hard or soft they hit the ball), or is time our business? Probably all three.

In fear, in panic, in rushing, we have forgotten that how we deal with time is our business. Someone can hit a ball harder than you can get on your very best day, but that still doesn't mean you have to panic, break your stroke down, abandon all hope, give into inevitable defeat. In *Man's Search for Meaning*, Victor Frankl wrote that we always have a choice, how we behave, our attitude, even when we are in Auschwitz. The movie *Life Is Beautiful* made the same point.

We crave answers, we want the world to make sense. It gives us great comfort. We need clarity, and we are willing to accept it, even if the answer is a complete falsehood. As David Schnarch writes, "We try to accept simple answers to complex questions because the full magnitude of the problem frightens us."

"Racket back, watch the ball, follow through." This is such an oversimplification that it is more than worthless, it's harmful to our game. Yet many of us think that this is all we have time to think about. Or we will focus on what's happening in just one part of the stroke, what we think is the crucial moment, again thinking this is all we could possibly have time to think about. We overdo one element, and leave the rest to luck, fate, and the stars.

"The fault, dear Brutus, is not in our stars, But in ourselves, that we are underlings." – *Cassius, Julius Caesar, (I, ii, 140-141)*.

Sequencing the Moves. If we are a bit more advanced, we look at the stroke as a sequence of moves. The danger is, when we do this, our mind gets ahead of the action, what is going on right now. Thinking, "What is next?"

One solution is more thoughts, more moves, not less. The more details we look at, the better we focus, and the less likely our mind will drift ahead to the next move (i.e. thinking about the follow-through when we should be focused on contact). Or the obsession with what part we struggle with.

The more details we can see in the stroke, the more time seems to slow down. If we can stay present to what the racquet is doing right now, we are much more aware of how fast or slow time is moving, rather than how fast it seems to be moving. In our focused perception, the action seems to slow down, and a situation where you didn't think there was enough time, suddenly seems like you have plenty of time.

The Process: No matter how the ball comes, you force yourself to do the stroke properly. If you are off a bit, then you adjust footwork and timing for the next one. There are no mistakes, only lessons. But the lessons are only clear, if you consistently do the stroke properly. The stroke, how you move your hand, how you use your hand, is the constant. That is the reference point.

Once we have something to concentrate on, our routine / our stroking pattern, then we can start to see how the flight of the ball, our footwork and timing relate to that. We control the movement of the stroke, and our attention to that. The speed of the ball stops controlling our actions, and we act with a plan, with rehearsed movements, with calmness and skill. Rather than ball-induced panic.

Can we control time? Yes and no. We are certainly not victims of time, at least in an absolute sense. Time happens, but we have a say in how we participate in that happening. That is our business, that is what we have control over. We need to stop accepting simple answers like "I don't have enough time" to complex problems and situations. Good luck out there.

Line Calling – It's A Perspective Thing

Who should make the calls? *The Code, The Player's Guide To Fair Play And The Unwritten Rules of Tennis*, is the rules of tennis for an un-officiated match (virtually all of your matches). In the section on making calls, in several places it

stresses the importance of making accurate calls. Paraphrasing:

If in doubt, the ball is good. If partner's disagree, the ball is good. If your partner calls the ball out, and you see it was good, it is your duty to speak up, and award the point to your opponent. A ball that is 99% out is 100% good. If you hit a ball that you can see went out (besides a first serve) it is your duty to call your own shot out.

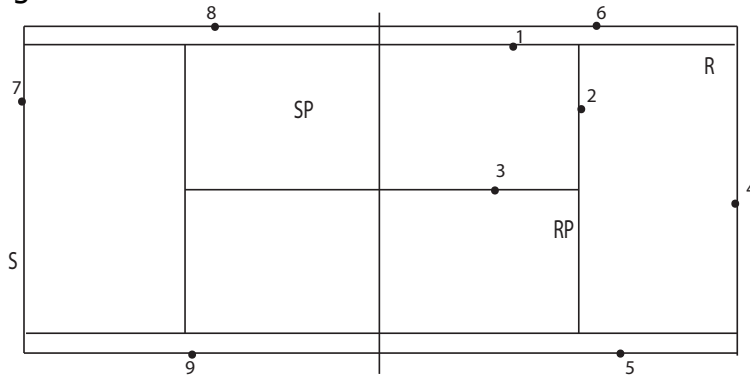
In other words, accuracy is the most important thing. So, what happens in doubles? The Code states:

"Either partner may make calls in doubles. Although either doubles partner may make a call, the call of a player looking down a line is more likely to be accurate than that of a player looking across a line."

So, the player looking down the line should make the call most of the time. There are instances when that player can't see it, and may defer to their partner who had a better view. Say you were ducking from an overhead being hit at you, and you didn't see the ball bounce. Your partner could see it was clearly wide (a foot out), even though they were on the other side of the court (looking across the line).

Examples: So let's look at some calls (Fig. 1), and see who should make the call in normal situations (both players can see the ball). A serve landing at 1 should be called by the returner (R). A serve landing at 2 should be called by the Returner's Partner (RP). A serve landing at 3 should be called by the Returner (R). A ball landing at 4 should be called by the Returner (R). A ball landing at 5 should be called by the Returner's partner (RP). A ball landing at 6 should be called by the Returner (R). A ball landing at 7 should be called by the Server (S). A ball landing at 8 should be called by the server's partner (SP). A ball landing at 9 should be called by the Server (S).

Fig. 1



Why? Perspective. A ball landing at 5 is going to look out to the Returner (R), but may very well be on the line, which the Returner's partner (RP) is much better positioned to see (as well as the server, who can't make the call unless the receiving team asks for help). It is not a question that the Returner (R) is not honest, they honestly see the ball that is on the line as being out. Honesty is not the problem. They just don't understand what perspective does to their vision. Accept that your eyes may be playing tricks on you, and defer to your better positioned partner, or even opponents.

Look where the linesmen are positioned in a professional match. They are responsible for the line they are looking down, not across. Follow this little tip, and your team will make much better calls, and have many fewer arguments with your opponents.

Those People: Some players (even friends) are control freaks, and insist on making calls from bad positions. All we can do is discuss perspective and appeal to their higher nature. If you act with integrity in making calls, in the long run, over time, most others get on board and do so too. Peer influence and pressure is huge in determining behavior. For good or for evil. "That was out in USTA" tells you all you need to know about peer pressure. Sadly. You can also choose not to play with those players, participate in such cultures, or put up and shut up. That's our business (see above).

Cutting Through the Air

Those of us that ski know that skiing is about edging. "I edge, therefore I am" said the old Sugar Bowl t-shirt depicting an advanced skier on the edge of a cliff. If you don't edge, you can't ski.

Tennis is about edging too, but few people understand that. And you can play tennis without edging, or even thinking of edging, you just can't play very well without edging.

Most people look at a tennis racquet more like it is a paddle. You try to hit the ball with the flat side. Makes sense, those are the strings. But how the strings, or the flat side, gets to the ball, makes all the difference in the world.

Row, Row, Row Your Boat: Even paddling in a boat is not as straight forward as it seems. Sure, the paddle has a big flat side, like the face of a racquet. Paddle holds the water with that flat side, and that flat side allows you to pull against the water, propelling the boat forward. But the paddle also has a very thin edge on the top, the bottom and the end (like a racquet). The most efficient way to paddle, is to slice the edge into the water and move the paddle edge first, until you get to the place that you can pull from, and then turn the paddle so that the flat side holds the water, and you can pull against it, to propel you and the boat forward. As you bring the paddle out of the water, once again you turn it on its side, so it slices out of the water and through the air, to return to the front, where you can insert the paddle's edge once more into the water, and start the process again. The paddle moves best on edge, holds best when it is flat against the water.

Now air is a lot more fluid than water, but the racquet still moves through the air best (less resistance) on edge, and holds best flat. Want further proof, look at the wing of a plane. The edge is for going forward through the air (specially shaped, just like Babolat racquets), the flat bottom for maintaining lift (holding the plane in the air).

The ineffective and simplistic way of looking at tennis is that we are paddling the ball. Or smacking or blocking it with the flat side. If we want to play well, we need to lose this image forever. The paddle theory is not helpful to playing good tennis.

Edging: To play tennis well, you move the edges, not the face. The wind up is to place the racquet in a position where the edges are up and down, and the tip is pointed to the side. Then we thrust the tip through the air to the side (almost like stabbing with a sword). As the arm extends, the arm and racquet naturally lift (the arm is attached to the shoulder and must lift as we go out). So the tip is cutting through the air to the side, and the top edge is cutting through the air in an upwards arc. This sideways movement places the flat side, the strings, right in the path of the incoming ball. Thus, with that flat side, we are aiming towards our target over the net, on the other side. As the ball meets the racquet (which is not a paddle, but in fact, a trampoline) the racquet continues to be thrust to the side and up. You don't need to pull up, a common mistake, just push to the side, your arm will come up because it is attached at the shoulder, just as your racquet and arm will also follow through when your arm goes as far as you can reach. The ball, impacting the flat side of the racquet, will feel the thrust of the motion that is up and to the side, plus the bounce for the trampoline, and reflect, spinning, back over the net, towards the target.

What Can Go Wrong? If instead, the racquet is moving forward too much, like a paddle, then the ball will bounce too much, with little spin, and your shots will tend to sail. You will feel that you can't control your shots, that the court is not long enough. In other words, the paddle model is too strong in contact, and inefficient on the ball. The ball is moving very fast, the ball is unstable, and quite bouncy. We actually want to try to hold the ball on the strings and minimizing the bounce. Moving across the ball still allows us the inherent power of the racquet, but causes less of a bounce effect, and produces more spin for control.

Through edging, we control the ball by moving quicker (better connection, more spin, less bounce), while if you are paddling, you have to control the bounce by going slower. This is why elite players hit "harder" (thrust faster) for more control, and less skilled players slow down. Not really a fair fight, eh? Good luck out there.

Orindawoods Tennis Club Summer 2017 Junior Program

Here at 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. If you want to learn or improve your strokes, strategy and footwork then sign up for our Instruction Block Clinic. If you want to improve your ability to compete and manage your points, sign up for our Match Play Block. Want to get the all-around experience? Then sign up for the Full Afternoon Clinic and get both of the above blocks at a great price! For the 4-6 year olds, we have the Little ones Clinics on Tuesdays and Thursdays. – Patric.

Clinic Schedule:

Orindawoods Clinics	Ages	Days	Time	Cost Per Week Member / Nonmember
Full Clinic				
Afternoon Clinic	Ages 7-16	Monday-Thursday	12noon-3:45pm	\$220 / \$245
Half Clinics				
Instruction Block	Ages 7-16	Monday -Thursday	12noon-2pm	\$140/ \$155
Match Play Block	Ages 7-16	Monday-Thursday	2:15-3:45pm	\$115/ \$130
Lil' Ones Clinic	Ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$45 / \$50

2017 Enrollment Form

Last Name _____ E-mail _____
 Child's Name (1) _____ Age _____ Child's Name (2) _____ Age _____
 Address _____ City _____ Zip _____ Phone _____
 EMERGENCY CONTACT: _____ Phone _____

Session 3	June 26- 29	Full Clinic ____	Half Clinic: Instruction block ____	Match Play Block ____	Lil' Ones ____
Session 4	July 3, 5 & 6*	Full Clinic ____	Half Clinic: Instruction block ____	Match Play Block ____	Lil' Ones ____
Session 5	July 10-13	Full Clinic ____	Half Clinic: Instruction block ____	Match Play Block ____	Lil' Ones ____
Session 6	July 17-20	Full Clinic ____	Half Clinic: Instruction block ____	Match Play Block ____	Lil' Ones ____
Session 7	July 24-27	Full Clinic ____	Half Clinic: Instruction block ____	Match Play Block ____	Lil' Ones ____
Session 8	July 31-Aug. 3	Full Clinic ____	Half Clinic: Instruction block ____	Match Play Block ____	Lil' Ones ____

* Three days only. No class on Tuesday, July 4th

Total Clinic Costs:

Child (1) cost: _____ + Child (2) cost: _____ - Discount for Child (2) _____ = _____

Make checks payable to **ORINDAWOODS**

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