



Orindawoods Tennis News

November 2023

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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

Save the Date: December 10th!

Reindeer Games and Holiday Party

We are going to try something a bit different this year, combining a couple of awesome parties from the past. Of course, there is our beloved Reindeer Games, or as it is affectionately known, our Rain-oh-Deer Games (since it is rained out about 50% of the time). Not this year! We are combining this format with our Holiday Party, which we used to hold every winter at Woodhall.

Therefore, this year's event will have the **Reindeer Portion from 1 to 3**, (weather permitting as always) but have the indoor holiday gathering no matter what (maybe I don't want to challenge fate that much). The **Woodhall Portion** will follow the tennis from **3 to 6pm**.

The cost will be \$20 and will include heavy appetizers and some holiday beverages (bring your own wine if that is what you prefer).

To register, contact Keith (keith@orindawoodstennis.com).

Pool Closed

The Orindawoods Pool closed on Monday, October 30th for the winter season. It has been a great summer of consistent, warm pool temperatures (thanks to our heater room rebuild last winter) and the fine work of our pool contractors, Picture Perfect Pools.

Hope you had a great time splashing around this year, and we look forward to everyone diving back in starting in early May 2024. Until then, enjoy the skiing! :-)

Winter Junior Program

Erik's Orindawoods Junior Program had a great Fall season and is set to start the Winter Session the week of November 13th. It is already heavily enrolled with continuing students but check with Erik if you would like to get your junior started in tennis and our amazing program. The details are to be found on Page 6 of this newsletter, as well as online, on the junior page on the website.

The program is selling out each session. Erik has done an amazing job creating a fun program that everyone wants to be a part of. If you have a junior thinking of future enrollment, perhaps in the Spring, let Erik know now, and he can plan a member spot.

USPTA NorCal Convention and USTA Section Connection

USPTA. Executive Tennis Director Keith Wheeler attended the USPTA NorCal Convention on October 29th at Mission Hills Club in Freemont. What a lovely club, set in a bit of a redwood forest (but hey, Orindawoods is still the most beautiful club with our great vistas of the East Bay hills.). The Conference included talks on the mental game, junior development, practical, on-court application of mental skills and teaching doubles to 2.5-3.5 ladies. Good stuff.

The Highlight. Frank Giampaolo. Often you can come out of a point with your heart rate relatively high (155+bpm), basically in panic mode. You need to calm that down to where your brain works,

2023 Club Rates

Tennis Lessons with Keith & Erik:

1/2 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

Pickleball Playday

Weds Starting again in the Spring.

Ball Machine

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

- Ball Machine Club runs thru 3/30/24
- 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 picks up and drops off racquets early on Tuesday and Friday mornings. Put some zip back your game, get a restring!

Quotes of the Month:

"Go slowly, get there faster."

— Peter Senge

"Who looks outside, dreams; who looks inside, awakes." - Carl Jung

to plan, to visualize, to communicate (below 115 bpm) and then pump back up to a state you play best at (115-150 bpm). Remember, more of our time on the court is “not playing,” than “playing” so managing the 25 seconds between points is essential to playing the points well and giving yourself the best chance to succeed.

It's always fun to learn new things and get better. The game keeps evolving, and we want to keep up!

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USTA. On November 4-5 Keith attended the **USTA NorCal Section**

Connection, our NorCal Annual Meeting in Walnut Creek. There were all sorts of seminars on running USTA events, tournaments, teams, diversity, equity, and inclusion and growing the game. Great stuff!

The Highlight. Leon Bax, who spoke at the USPTA too, gave a great talk on mental routines to use between points to calm yourself, manage your heart rate activation, and the repetition required to make these routines automatic and habitual under pressure. In 25 seconds, you must get ready for the next point.

You need to 1) Realize (back to reality – look at your strings), 2) Relax (take a deep breath), 3) Reason (think, plan, communicate with partner), 4) Revise (change what went wrong), and 5) Refocus (get out of your head, feel your feet, your body, focus your eyes). Skip 3&4 if the previous point was successful.

Keith is starting his final year on the USTA NorCal board. It is amazing to see all the dedicated people working to grow the game of tennis and make it a better experience for us all. I went in with a pretty negative view of USTA and have come out with a lot of admiration, plus a greater understanding of the strengths and shortcomings of USTA. Perhaps a future article (I have some strong feelings about this ☺).

Orindawoods Junior Championship Results

On the weekend of October 20-22 Orindawoods hosted our Junior Championships, one stop on the Contra Costa County USPTA Junior Circuit. This introductory level tournament series is a great way for our juniors to enter the world of tournament play, in a friendly, bit less harsh way, than USTA or UTR tournaments. It's an opportunity to see if that activity might be right for them. For example, we always have a consolation draw for the first match losers, so everyone gets at least two matches. No “one and done.” It's all part of growing the game of tennis locally, and thus globally.

Remember, it's scary out there, and every player but the champion eventually loses their last match. (At Wimbledon, there are 128 players in the main draw, and 127 are losers, only one winner. That's harsh, unless you are ready for that). Learning to cope with losses, and grow, is a big challenge and an important skill for us, the elders of the tennis teen's world, to teach.

We had many Contra Costa juniors participate in this year's event, including several from our Orindawoods Junior Program. In the girls 10s, two of our players, Iris Knudson and Mirabel Peters played in the finals. A very close match, Iris winning 1-6, 6-1, 10-7 Congratulations girls for a great tournament! In the Girls 12s, Emery Yim rallied from 5-7, 2-4 down in the semis to win 5-7, 7-5, 10-

2, and get to the finals. She didn't win but made a good showing. Emery has been a finalist in her last couple of tournaments. Well done! In the Boys 16s, our Charlie Richtenburg won the tournament, 6-1, 6-2 in the finals. Charlie is now a staff member in our Junior Program. Win or lose, every match and playing situation is a learning opportunity, and each player is improving so quickly. Exciting to see! Congratulations to these four, and everyone one else who played the tournament. It was an exciting couple of days at OW. Both Keith and Erik were thrilled with the results.

And thank you to the Club, and the members, for allowing us to host this event each year. We are growing the future of the game of tennis. That benefits us all in the long run, the future of the Club and tennis. And a lot of kids are having fun in the process! Woo hoo!

Tennis Tip

Holding or Just Holding On

How do you hold the racquet? It's such a fundamental question, that we often completely overlook it, answering that question way back on the first day we picked up a racquet, and never looked back. We are unaware that simply the act of holding our racquet either empowers us, or limits us, in the game we love to play.

Grips. Of course, there are different grips. From the Western Forehand, where the pad at the base of your index finger is on the bottom bevel of your racquet grip (empowers you to go up better - topspin) to the Eastern forehand

grip, where that index pad is more behind (on the back bevel of the grip, empowering you to go more forward), to the index pad being on the bevel between the back and the top (Continental, good for slice, and low volleys) to the Eastern one-handed backhand grip, where the index pad is on the top bevel of the grip. Each of these grip changes where the contact point with the ball would be, in order to make the strings face over the net, towards the intended target. Moving more towards the Western grip means you are better on high balls (clay court players), but you must make contact more in front. The continental grip is great for low balls and contact farther back (volleys and playing on fast courts like grass where the ball doesn't bounce very high). But on a high forehand volley, the continental isn't so great. "Danger Will Robinson."

What's the best Grip? Should I switch? Do I switch?

Do I? Perhaps my grip that I use is situational. But a different grip requires a different kind of stroke, and how many of us can do that? Roger Federer, more than any player, was famous for how his grip kind of "wandered around," to adapt to what he was trying to do. Most players just try to adjust their body position so that they get the best advantage out of their grip. They use the same grip, no matter what the situation.

But all two-handed backhand players, in pro tennis, have had to learn how to let go of the second hand, and play a slice on low, wide balls, usually with a continental grip, just to survive.

What is the best grip for you? In some ways it is a personal choice. But answering question like, "Is the type of tennis I play usually have high bouncing balls, or low?" Or "Do I want to topspin or slice, or do I volley a lot". Not to mention, "What type of tennis do I envision playing in the future?" More high, more low, more net play, more baseline? The grip you chose can largely determine your future path, or certainly empower it, or limit it. The wrong grip is certainly a glass ceiling to how far you can improve and advance. There is the famous story of how Pete Sampras changed from two-handed backhand to one hand in his late teenage years, because he wanted to win Wimbledon one day. Guess that change was a success. (No guarantees on that one, I'm sorry).

Serve. And what is the best grip to serve with? Continental or even eastern backhand, but few people do, because it is tricky to learn (thus few people actually serve well - with spin as well as power - about 10% I would say). One of our members recently went to a tennis camp, and even though she is relatively new to tennis, when she went to serve for the first time, the teachers were taken aback and impressed, because continental grip and the resulting shoulder rotation show that she had a "real serve" - even if it was just in the developmental stages). It is a real dividing point among players. Do you throw the ball (release it), or push it (shove or "hit" it)? This question leads to the fundamental question that really divides the tennis world, and levels of play: Do you speed up to keep the ball in (apply spin), or slow down (so gravity can take hold of the ball easier, and pull the ball back to earth)?

Gripping. So how I grip the racquet, has so much to do with how we play, and our potential. But then there is, how do you grip the racquet?

I don't mean the position of your hand, on the grip, but how tight? On a scale of 0-10, how tight (if 10 is as tight as you can, and 0 is falling out of your hand). If you hold it tight, you are strong, stable, you can maintain the position of the racquet. One that I hear all the time, "If I grip it tight, the racquet grip won't twist in my hand." A lot of the teaching from the past was about having a firm grip and holding your wrist in the correct position. Maybe 5 to 7 on that 0-10 scale. This is where most people that play tennis are, 5-7 out of 10. These things all seem positive. Strong, stable, not twisting, knowing where the head of the racquet is.

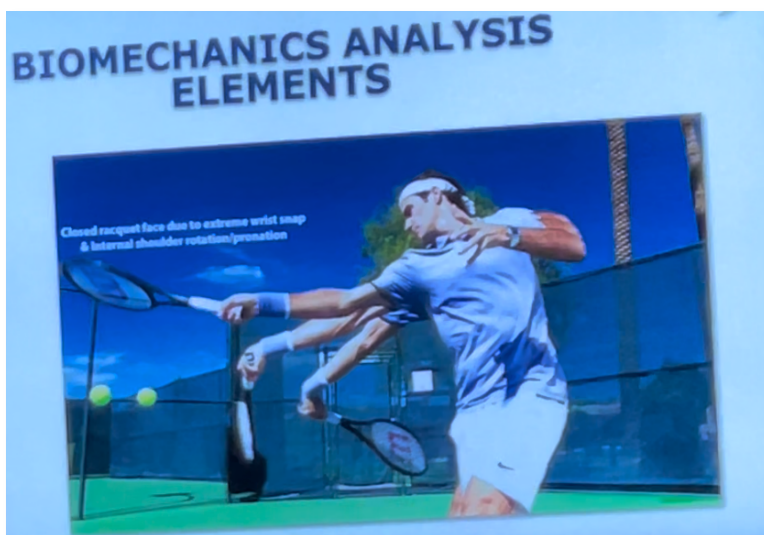
Hold on. Yet strong, stable, and firm all limit movement, energy, acceleration, speed. Force equals mass times

acceleration ($F=MA$). The good news is that you are strong and stable, the bad news is that you are strong and stable.

What if gripping the racquet involved gently holding it "in place," but allowing it to move as well. I used to think the goal was 3 on that scale of 0-10. Way ahead of my time. I'm somewhere around 1 out of 10 now. It's practically falling out of my hand. How's that work?

Federer (see picture, worth a 1,000 words). That's a loose grip! And that hand movement is passive (letting go, not "snapping"). And certainly not what I learned at Tennis America in 1973 from Dick Peters, Dennis Van der Meer & BJK ("firm wrist").

Of course, tennis has evolved in my 50+ years in the game from hitting to throwing. And throwing is primarily about being loose. Baseball pitchers are



told to hold the ball like it was an egg. Don't drop it (splat), but don't squeeze it (crunch). Football receivers and baseball infielders want to have "soft hands." We are told to "grip" our racquet, bat, club, paddle like it was a bird. Don't crush the bird, but don't let it fly away either. Takes some practice.

Receiving. When I catch a football, my hands are soft, and I let the incoming ball "shape my fingers" into the shape of the ball. I absorb the ball. My best friend in high school (later college and had a pro try out) was a quarterback, the ball came in fast, and contrary to instinct, you needed to stay soft, or the pass would bounce off, or jam your fingers, or both. Even blocking in volleyball was much better with soft hands.

So, what if you wrapped your hand around the racquet handle, like it did the ball, but just to find the shape of it, and to apply almost no pressure at all. Let the racquet handle just sit / rest in the shape you have provided. Your stroke guides, not forces the movement. You arrange, and release the forces of physics, not make the hit happen with your muscles.

When you moved your arm / hand, the racquet handle would come with it, and the head of the racquet would drop back and down, then trail the hand / handle until they stopped, and the head whips around. The handle balancing in the shape of your hand, rather than you are holding on to it. Or forcing it to move by contracting. Again, see the Federer picture, he lets the racquet head come forward when his hand stops moving forward (frames 2 & 3 in the pic).

Sounds scary, right? What if the racquet comes out of my hand?

Hmmm... I think you would go pick it up. That's what I would do. But it seldom does come out of your hand. My teacher, Doug, would say, "let the impact with the ball push the racquet back into your hand." Implying that I'm holding it so loose that if I missed the ball, the racquet would come out of my hand, but contact keeps it in my hand, much like receiving that football. My hand shapes to the grip, to the pressure of impact (just like catching).

And your wrist? Not stiff, like the old days, muscles bulging, forearms contracting (hello tennis elbow), but loose and floppy, moving with the flow of your movement, which is much more throwing or whip like, thus the acceleration (power) of the modern game. You might think snapping your wrist would help, but it is hard to time, slower than letting go, and you are subject to overuse injuries.

I'm only slightly joking when I say, "You're [elbow, wrist, arm, shoulder] won't hurt if you're not holding on to the racquet." You won't feel (in a bad way) the impact. But you'll feel the movement of the racquet much better when you hold it loosely. The #1 cure for tendinitis is to grip the handle much looser. But way, way better than that:

Who would have thought, power comes from being loose, from being "weak," from whip, and not from strength and stability.

Another grip issue: People ask me about the two-handed backhand all the time. "Should I use one-handed or two-handed?" I have a few tests to help them decide. But most people say, I feel stronger with two hands, more stable. It feels safer. And it is true. It is quite challenging to learn how to control the one-handed backhand. Most feel that the two-handed backhand is easier to learn, especially for kids. So, the good news is the two-hand backhand is stronger and more stable. And the bad news is the two-handed backhand is stronger and more stable.

Consider this about backhands: The player with the best two-handed backhand ever (Djokovic), in the history of the game, tries to hit 70% forehands. The player with the best one-handed backhand in the history of the game (Warinka), tries to hit 70% forehands. The physiology of the arm allows for better movement, on the forehand side. I would argue that the one-handed backhand has more potential for movement and acceleration, plus it is much better for the slice, but as noted, one-hand is tricky to control. But I would certainly debate that the two-handed backhand gives you more power. You may feel safer to go for it because of stability, but in terms of potential, not so much.

Again, as we have been discussing the past few months, there is a huge misunderstanding by most people who play tennis, of force. That is, where force comes from (the ability to accelerate, speed up, let go, release). Strength and stability block all that good stuff. They "hold it back." You may have more control, especially control over moving the racquet and perhaps aiming, but only to a certain degree. So, the elite two-handed player, is perhaps caressing two birds, not one. And because two-hands are naturally stronger and more stable, that elite player must "hold on" even lighter to be able to release the shot. Look how much flow and letting go there is in Djokovic's backhand. So beautiful. Hardly looks strong at all. Its rhythm and timing the release, not effort.

The Future. I often wonder what the next great change in tennis will be. Who knows? Certainly no one predicted all this weak, loose, "wrist" stuff when I was a kid. Tennis from that era looks like Tiddledywinks today. Beautiful, graceful, highly skilled, but so so slow. What if the next development (not for everyone, but for elite players) was two forehands? No backhands at all. Sounds crazy, but then, Nadal is right-handed, except for when he's not (tennis). So why not?

Holding on. I receive the ball better when I have soft hands, and I send the ball better when I'm loose and can "let it go." Of course, the big trick in tennis is how do I let go, without letting go (of the racquet). Can I hold on in a way that the ball still feels like I'm releasing it? Unlike baseball, the object we are sending, the ball, is not in our hands, it's out on the end of our racquet, but we need to move in such way that it is like we are throwing the ball with our hand. In fact, with a racquet in the hands of a tennis master, we can throw it much harder, because the racquet becomes an extension of our arm. Not primarily to reach farther, or because it is a spring-loaded trampoline, but to throw better. A

longer whip, and extra joint. Better physics, enhanced physiology. Woo hoo!!!! That is fun!!!! As mentioned above, let the contact with the ball keep the handle in your hand.

People don't realize, but a modern server, with his modern racquet, can fire a serve at 130 mph. Give him a wood racquet, the serve probably goes 127 or 128. Truly. Studies have measured this. It's the person holding on to the racquet, the skill, and not the stick, that makes the vast majority of the speed. This is amazingly good news because we can all learn how to serve better. To use better physics, to use our physiology to better effect.

Conclusion. So perhaps it is time to take a step back, look at something we took for granted, our grip, in its multiple manifestations, and reexamine what would be in our best interest going forward. Not only the position we hold it with, how many hands, but the very tension we use to hold it, how much we let it move, whether it spins in our hands. Because I tell you, if you miss hit the ball, and the grip doesn't spin your hands, you're holding it way, way, way too tight. You don't stop it spinning by holding it tighter, you stop it from spinning in your hand by balancing the forces, that is hitting it in the middle. You probably need to slow down to do that and hold it looser (you're more coordinated when loose). BTW, the handle spinning is an "equal and opposite" reaction to impact (Newton, see below), and therefore happens after contact. It doesn't make you miss the shot or aim poorly. The ball goes where the racquet was pointing originally before it spun in your hand. Admittedly, the grip spinning might not feel great, but it doesn't change your shot. The blame for the "miss" lies elsewhere.

Finally, do we hold it at all, or just shape it? Move it or guide it? Hold it or release it? All this, to have the most fun, and the best results for our tennis. Good luck out there!

A Tennis Parable

The Mouse and the Sledgehammer

A modern tennis fable to close out the day. There is a mouse, terrorizing your place, and you want to get rid of it. You are desperate. Frustrated. What do you do? You grab a sledgehammer, which will clearly, beyond a doubt, do the job, ... if, and that's a big "if", you can manage to hit the mouse. The problem is the mouse is darting all over the place and you are smashing holes in the floorboards, while missing the mouse despite your best efforts. You see, once the hammer starts to swing, to drop, it is governed by the laws of gravity, and momentum, and inertia (that darn Sir Isaac Newton guy), and it becomes very hard to alter its course when the mouse changes direction, sensing, as they say, "the hammer is going to fall." Sure, every once in a while, it all lines up, mostly by luck, or the mouse is sleeping, and splat, no more mouse. (graphic, I know). But the vast majority of the time, it is more like, holes in your floor (for more mice to come through – argh – things seem to be getting worse, not better).

What if you try a smaller hammer? Smaller holes. Maybe a few more hits. Still a lot of misses.

So, you get smart, sometimes later than sooner (I mean let's take an honest look in the mirror: confidence is great, except for when it isn't). You lean the sledgehammer up against the wall (while you still have one) and go to Orinda Hardware and get a mouse trap. Sure, there are some disadvantages to this approach. With the hammer, you could run around, chasing the mouse, screaming your bloody heart out. You know, "get your frustrations out / express your feelings," by getting more frustrated. Huh??? Wonky thinking. There is a bad spiral if there ever was one. And still, an often used "solution" that isn't really a solution at all. By the way, don't hit your toe.... It's far too late for the floor.

OK, admittedly, the trap must just sit there and wait for the mouse to come to it. It may take a while for the mouse to get interested in the cheese in the trap. Temptation, after all, is in the eyes of the beholder (Lactose intolerant mouse?). The trap isn't moving, it's waiting for the mouse. But you can place the trap in the most likely places the mouse might be. You also must set the trap, that is push the spring back and attach it, so that the trap isn't moving, but has tons of potential energy in the form of a loaded spring, ready to release when the mouse trips the release wire by nibbling on the food. Now, unlike the sledgehammer, the spring gets the mouse, before it even knows what caught it. Lighting quick. As powerful as the sledgehammer, no. More accurate, for sure. Powerful enough, darn right. Job done. More effective, yes! No more mouse running around, much more often, than the hammer approach.

Well, you know, in the heat of the moment, the sledgehammer "seemed like a good idea at the time."

Credits (house lights – your awareness – come up). Let's introduce the cast in our little story / play. The mouse is played by the tennis ball. The sledgehammer is a traditional, momentum-based tennis swing. Go big or go home. The mouse trap is a modern groundstroke. You must load the trap, preparation / coil, and wait for the ball to come into the trap, then you release the stored energy onto the ball, from muscles that are stretched and poised to strike - not contracted — but muscles not moving until the crucial moment, when the trap is sprung. Of course, placing the mouse trap in the best place, is footwork. "The heat of the moment", that's the pressure we feel when we play, and the desire to win. "A good idea at the time" illustrates our brain is not always online in the passion of "the heat of the moment." (check out the Leon Bax's 25 second rituals above). And the floor, in the end, is your ego and self-esteem (it's taken a beating playing the traditional way).

The End. (of the mouse and most of your frustration). Applause. See you on the courts soon!



Orindawoods Tennis Club - Winter 2023/24 Junior Tennis

650 Orindawoods Drive, Orinda, CA 94563

Winter '23/'24 junior tennis at Orindawoods Tennis Club (OTC) will operate from Monday, November 13, 2023, to Monday, February 12, 2024. If you are interested in participating please contact Erik Oehlschlager via email at erik@orindawoodstennis.com. Groups are formed based on player levels and the following grade school designations:

- Transition Kindergarteners and Kindergarteners (TK & K) - 5 years old by 2/12/2024
- First through Third Graders (1st - 3rd)
- Fourth and Fifth Graders (4th & 5th)
- Sixth through Tenth Graders (6th - 10th)

We use two player level categories for groupings: 1) developmental groups - those learning to develop service, groundstroking, and ball tracking skills that are necessary for playing points; and 2) playing groups - those that have demonstrated the ability to play points using service, return-of-service, and groundstroke rallying skills. Participation in the playing groups is by invitation only and limited to 4th through 10th graders.

The Winter '23/'24 costs and schedule of daily times for all groups are summarized below in Table 1.

TABLE 1. WINTER 2023/24 GROUPS AND COSTS SCHEDULE

TIMES	GROUPS, COSTS, AND SESSIONS			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:00 - 4:00 PM			1ST-3RD DEVELOPMENT MEMBERS \$250 NON-MEMBERS \$275	
3:15 - 4:00 PM	TK-K DEVELOPMENT MEMBERS \$185 NON-MEMBERS \$210	TK-K DEVELOPMENT MEMBERS \$185 NON-MEMBERS \$210		TK-K DEVELOPMENT MEMBERS \$185 NON-MEMBERS \$210
4:00 - 5:00 PM	1ST-3RD DEVELOPMENT MEMBERS \$250 NON-MEMBERS \$275	1ST-3RD DEVELOPMENT MEMBERS \$250 NON-MEMBERS \$275	4TH & 5TH DEVELOPMENT MEMBERS \$250 NON-MEMBERS \$275	4TH & 5TH PLAYERS MEMBERS \$250 NON-MEMBERS \$275
5:00 - 6:00 PM	6TH-10TH DEVELOPMENT MEMBERS \$250 NON-MEMBERS \$275	6TH-10TH PLAYERS MEMBERS \$250 NON-MEMBERS \$275	6TH-10TH DEVELOPMENT MEMBERS \$250 NON-MEMBERS \$275	6TH-10TH PLAYERS MEMBERS \$250 NON-MEMBERS \$275

The Winter '23/'24 schedule of dates and the planned schedule of dates for Spring '24, Summer '24, and Fall '24 are presented below in Table 2.

TABLE 2. 2023/24 DATE SCHEDULE

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						
NOV 23							FEB 24							MAY 24							AUG 24						
5	6	7	8	9	10	11	4	5	6	7	8	9	10	5	6	7	8	9	10	11	4	5	6	7	8	9	10
12	13	14	15	16	17	18	11	12	13	14	15	16	17	12	13	14	15	16	17	18	11	12	13	14	15	16	17
19	20	21	22	23	24	25	18	19	20	21	22	23	24	19	20	21	22	23	24	25	18	19	20	21	22	23	24
26	27	28	29	30	1	2	25	26	27	28	29	1	2	26	27	28	29	30	31	1	25	26	27	28	29	30	31
3	4	5	6	7	8	9	3	4	5	6	7	8	9	2	3	4	5	6	7	8	1	2	3	4	5	6	7
10	11	12	13	14	15	16	10	11	12	13	14	15	16	9	10	11	12	13	14	15	8	9	10	11	12	13	14
17	18	19	20	21	22	23	17	18	19	20	21	22	23	16	17	18	19	20	21	22	15	16	17	18	19	20	21
24	25	26	27	28	29	30	24	25	26	27	28	29	30	23	24	25	26	27	28	29	22	23	24	25	26	27	28
31	1	2	3	4	5	6	31	1	2	3	4	5	6	30	1	2	3	4	5	6	29	30	1	2	3	4	5
7	8	9	10	11	12	13	7	8	9	10	11	12	13	7	8	9	10	11	12	13	6	7	8	9	10	11	12
14	15	16	17	18	19	20	14	15	16	17	18	19	20	14	15	16	17	18	19	20	13	14	15	16	17	18	19
21	22	23	24	25	26	27	21	22	23	24	25	26	27	21	22	23	24	25	26	27	20	21	22	23	24	25	26
28	29	30	31				28	29	30					28	29	30	31				27	28	29	30	31		
WINTER '23/'24 DATES							SPRING '24 DATES							SUMMER '24 DATES							FALL '24 DATES						