



Orindawoods Tennis News

May 2021

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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

Club Rules:

OW Tennis Rules & COVID Rules

The latest [Club Rules](#) and [Pool Rules](#) are available on the website. Basic summary:

- We require masks on the Club property. Fully vaccinated people may follow CDC guidance regarding wearing masks on the premises.
- You may remove your masks to play singles and doubles.
- Please maintain physical distancing when playing, and especially between points, games and entering and leaving the court. Physical distancing remains our best tool (along with having a vaccine) for fighting COVID.

Guests at Orindawoods

Guests are now allowed at Orindawoods Tennis Club. Members are responsible for making sure they pay for their guests, and that their guests follow all the Orindawoods rules, including the current Club COVID rules.

Guests are allowed **one visit per week. Half the players on a court must be members** (one guest for singles, two guests for doubles).

Guest Payments: Guest payments will now be done by Square Payment, with your credit card. NO MORE CASH payments. There is a Pay Station in the lobby, available all hours, where you can pay for your guest. Guest fees are still \$10. To pay for a guest:

1. Tap the screen
2. Select item (guest, ball machine hour, etc...)
3. Click blue "Charge" button
4. Confirm and Pay
5. Insert or tap your card or Apple pay (option for receipt).
6. Enjoy your game.

Junior Program Restart

Orindawoods Junior Tennis program is restarting this May (Wed & Thurs 4-5:30pm) with a brief 4-week session. There will be a full Summer Junior Program. For all the latest on Junior Tennis, the classes, the program, the fees and registration, go to orindawoodstennis.com or go directly to the [Junior Page](#).

Summer Socials

The next stage of reopening the Club will be centered around social activities. Tables and chairs on the deck, Monday Team Tennis, Twilights and parties. Obviously, the concern here is eating, drinking and gathering in groups. Tennis is not a problem from a safety point of view (I can't speak for your backhand). We are looking into ways we can restart summer social programs and will restart these as soon as Contra Costa Health allow us to. Currently picnic tables are limited to same household, which kind of kills the whole party thing. Stay tuned for announcements.

The Pool Scene:

Pool Opening

The Orindawoods Tennis Club Pool is opening May 1, on a restricted basis due to COVID-19. Please read and follow the Pool Rules, so we can all continue to enjoy the pool this summer. Thank you.

2021 Club Rates

Keith & Patric tennis lessons:

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

Hit and Fit, Ladies, Men's clinics:

Canceled due to COVID-19.

We are considering restarting these programs, but it still feels a bit soon.

Ball Machine

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

- Ball Machine Club runs through March 30, 2022.
- Reserve Court 3 to use the ball machine.
- Reservations are for 1 hour.
- Pay using Pay Station / credit card

No Valuables in Cars

Please do not leave valuables in your car. There has been crime activity in the neighborhood. Please use care.

Court Washing

In order to keep the Club clean and in the best condition possible, we will wash the courts the first and last Friday of the month from 12-3pm. Check the Court Scheduler to see which courts are being washed.

Quote of the Month:

"Expectations are resentments under construction."

-- Skip Jennings

ORINDAWOODS

Emergency Pool Rules 2021 – COVID -19 Guidelines

Adopted 4/07/2021

These rules are effective immediately. Remember that while the Association is taking proactive steps to protect you, you are using the pool facility at your own risk.

These guidelines are subject to change as Contra Costa County and other governmental agencies continue to update their shelter-in-place guidelines, which may include re-closing the pool. **NOTE: Fully vaccinated residents / members may follow the current CDC guidance regarding wearing of masks on the premises.**

1. A reservation is required to use the pool. Members and residents can sign up for one hour time slots. **Both residents and members must sign up online to use the tennis club pool. Reservations are made on the court scheduler.** **NOTE:** You must be an approved Orindawoods Tennis Club website member to use the Court Scheduler. To register, go to the website and click “Register” in the upper right-hand corner. Staff will then approve your on-line membership.
2. Members and residents may **not** make consecutive back-to-back reservations; however, you may continue to use a pool for additional consecutive periods if no one has made a reservation.
3. Prior to entering a pool area, every member and resident must self-administer a Covid-19 Symptom check. A list of potential symptoms is posted at each pool. Persons having or have had any of the following symptoms associated with COVID-19 in the previous 14 days – fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea may not enter the pool area. Persons with any other symptoms that would have previously prevented them from entering a pool – such as a communicable disease, open sores or skin infections – may not enter the pool area.
4. Occupancy of the pool is limited to members of the same household per swim period, with a maximum of 12.
5. Pool hours are 8:00 AM to 10:00 PM, daily, subject to reservation only.
6. Swimmers must exit the pool area promptly at the end of their reserved session.
7. Masks are to be worn at all times in the pool area except when in the pool or spa or children under 2 years of age.
8. Sneeze and cough into your elbow and promptly use hand sanitizer afterwards.
9. Hand sanitizer is to be used after touching any hard service such as gate doors, and hand railings. These hard surfaces will be cleaned at the end of the day after daily pool use.
10. The spa/hot tub is now open pursuant to the Contra Costa County health order. Please check signage for protocols for who should or shouldn’t use spas/hot tubs.
11. Pool furniture, if used, as well as hand railings, latches, and other commonly touched items must be disinfected by each household before leaving the pool area. Supplies are provided at each pool. Residents’ personal belongings are not to be left at the pool.
12. No gatherings, such as pool parties and other social events, that involve different households may take place in or around the pool area.
13. Failure to comply with these rules may result in pool closure and/or disciplinary action.

Tennis Tip:

Knowing - Doing - Believing - Being

When we look at learning an activity, like tennis, there are many levels the student must go through to become a master. Since our culture is very centered around the brain, and intellectual power, we often feel that to know something, is what is important. If we “understand” it, we have “learned” it. Of course, this is silly. You could read all the books you can find on martial arts, or being a quarterback, and as soon as you got out on the mat with a black belt or had an NFL defensive line running towards you on a football field, you would just get crushed.

Yet knowledge is important. I often say that it is the first 10% of learning. Knowing what to do doesn’t mean you can do it, but not knowing what to do would mean you could probably never do it. In a sense, it is the road map, or the goals, but you still have to make the journey to get anywhere.

So, after knowing, comes doing. Practice, lots of practice. Some trial and error, and learning from our mistakes, and successes. Learning a skill, a skill that can be performed under pressure, takes time, and involves not just physical, but mental, emotional and spiritual skills. As I quipped last month, a “natural” is someone who has practiced a lot.

After you have the skills, we often still don’t use them if there is enough perceived pressure. We have to get to the point that we believe in our skills, no matter what. No matter how good of shot they hit, how bad I want to win, or how much is on the line, I believe in my skills, and I can perform them under all circumstances. In a sense, there is still 1) your skills, and 2) you, but you can blend them together with belief. When you get to the point where your skills are you, that is Being. The highest level of performance. You play well because that is who you are. And what you do. End of story.

The very best players look like naturals. They move naturally. Yet a natural is someone who has practiced a lot (see [April newsletter](#)). The current popular formula is to get to this level in most activities takes 10,000 hours.

How far are we on the road to mastery? Perhaps it is something like this. 10% - 75% - 90% - 100%. The first 10% is knowing. There is learning to do what we know, perhaps 10%-75%. From there, it is really about belief, and doing it under pressure (75% to 90%). Actually, the better you get, the more it is about belief (under pressure). This is where we often hear the phrase, “[sport] is 95% mental / emotional.” Then something else happens, we no longer have to believe, we just are (90-100%). We don’t have to believe we are a good player; we just are a good player.



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Thinking vs the Zone. In the first three, to a decreasing degree, there is some thinking. Some conscious understanding, some duality, you and the skill. Some directing from the brain. In the Being stage, there is just you. You are the player; the player is you. It is your natural state. The shots choose themselves.

The four stages of learning. Another way to describe this process that I like is the four stages of learning: Unconscious incompetence, conscious incompetence, conscious competence, unconscious competence.

In the fourth stage, we reach the state of Satori - one with what you are doing. One description is that you “Can’t tell the Dancer from the Dance.” – Stephen Mitchell. They are one.

In the Tao, it is said, “Master does nothing, and leaves nothing undone”. Every action is appropriate, there is no unnatural movements or wasted energy.

As we progress from knowledge to Being, we move from “dreaming to live,” to “living the dream.”

“Tennis is easy, it is learning how to play it the easy way that is hard.”

This is knowing, doing, believing, being at the spiritual level. One of my teachers describes it as YES.

“YES: You Expressing Spirit” – Skip Jennings

Letting your inner tennis player come out. None of us reach this state all the time, or even often, but when we do, it is magical. I’m sure we can all think of time when playing was almost easy, and we couldn’t miss. Every decision seemed correct, as if we could read everyone else’s mind.

I remember the movie *Chariots of Fire*, when the great runner Eric Liddell has to make a choice between his missionary work and running in the 1924 Olympics. His sister and family were pushing strongly for the missionary work, for serious, righteous God work, but Eric Liddell understood something they couldn’t quite get, or access:

“When I run, I feel His pleasure” - Eric Liddell

We know we are doing what we are meant to be. It feels like a calling. We want to do things that connect with our heart and soul. And that is a pretty cool thing. Even for just a moment, or a morning out on the court where you couldn’t miss a shot, and weren’t afraid to try ridiculous shots because hey, they’re easy, and you couldn’t miss. Living the dream.

Tennis Tip:

The Ego and the Forehand Volley

“Lessons are repeated until learned.” – Dan Milman, Rules for Being Human

When you get a forehand volley in at the net, do you look at it as an opportunity or a threat? I have to admit, I’ve seen it both ways over my many tennis years (in contrast to my backhand volley, which almost always looks like an opportunity). For so many of us, a lot can go right when we get a forehand volley, and a lot can go wrong.

Hardest shot. Many of the best players in the history of tennis say the forehand volley is the hardest shot. I remember as kid my idol Rod Laver saying this very thing. Perhaps I got this [disease] from him.

Here’s what it is: There is really only one way to do the FH volley, that consistently works, and delivers the vast majority of the time, but often we don’t want to do it that way.

Why? It takes effort, concentration, focus, discipline, attention to detail, vigilance, strict adherence to form and structure, no winging it or freelancing. Add to that, especially in doubles, the vast majority of the time, the ball doesn’t even come to you, so it feels like “wasted effort” to be that ready, that prepared.

And yet, if we don’t, we fluff easy volleys and drive ourselves crazy. Missing an “easy” shot can throw off our entire game. And still our ego doesn’t give in to “just doing it right.” Again, why?

When Serena first hit the big time, she was winning everything, doing acting, fashion design, public appliances, living the celebrity life, activist, basically, way too much. When asked about it, and the danger of burning out, she said, "Those are concerns for normal people. I'm Serena."

Of course, she completely crashed soon after that, and her tennis went into a "winter" for a few years. These were the words of a younger person, who had not experienced the ups and downs of life. It was the ego, and pride, saying, "I'm different. I don't have to follow The Rules." Pride proceeds the fall, as they say.

The forehand volley, what to do? How to fix it? How to avoid those great highs followed by those terrible lows.

The solution is almost as simple as the ready position. All that follows steams from hands up, racquet head up, arms out in front and away from the body. A good ready position.

And that should be before they hit the ball. It is very hard to have that discipline, because you can't really see any reason to do it... yet. It's seductive: "Why be ready? There is nothing to do. They haven't even hit the ball yet?"

We don't tend to like to do things we don't think are necessary.

And yet, if your hands are not up, your racquet head not up, you are not truly ready. Much like a boxer, if you don't have your hands up, by the time you realize they are not up, it is too late, and you are looking up from the mat and seeing stars. In tennis, if your hands are not up, you are chasing the ball with rapid arm movements, and swinging.

Swinging is death on the volley. The volley is all about steady and stable. Are you swinging? If yes, then errors and embarrassing misses are to follow.

Physiology: It's a lot easier to move your arm on the forehand side than on the backhand side. It's physiology, the way the arm attached to the shoulder, the way it bends at the elbow and wrist. And all that extra mobility makes it easier to swing, and that may help on other shots, especially the forehand and the serve, but not on the volley. On the volley, all that mobility is most often a curse.

The Problem. The problem is there is a very small space where you have what is absolutely essential on the volley. And you can't just wing this (make it up as you go). You need: 1) leverage and 2) the racquet face pointed over the net towards the target. Getting in that position takes planning and foresight and should not be attempted in the heat of the moment, or on a whim.

Force, or physics and physiology, in play. You have three sources of force (mass x acceleration) available to you:

- Drive - pushing, shoving, i.e., leverage
- Torque - turning
- Momentum - swing

We want to use primarily leverage on the volley. With leverage, it is much easier to control the shot in the short amount of time and space you have when you are volleying.

In order to use leverage, you have to get your racquet in the right position in relation to your body. This arm position is the arms lifted up, elbows away from the body, and "out in front" at about a 45-degree angle forward and to the side. Wrist laid slightly back.

To find this position, you have to turn when the ball comes, weight on your back foot. Unfortunately, overturning is just as bad as under turning. If the racquet is father forward than this ideal position, you are stronger, but the racquet will point down, and the ball goes in the net. If the racquet is farther back than this ideal position, you are too weak (little leverage) and leads to swinging to create force, or that is, make up for the force you feel you are missing by not being in the leverage position. Basically, you need to hold the racquet, relatively lightly, in the correct position, wait for the ball and move your weight forward as the ball arrives. Pretty easy.

And so, the ego thinks ... "This all seems too simple for someone as talented as me. I want to power the ball past my opponent. I want to crush my volley. I want to put the ball away. Dominate! Terminate!"

The ego just doesn't want to be constrained the way the nature of the forehand volley seems to be telling us. So, we cut corners. We don't quite get in the ready position, or nearly soon enough. We are playing catch up to the ball all the time and kidding ourselves that we are coordinated enough to pull it off.

And there is the real problem, we are coordinated to pull it off ... some of the time. Not enough of the time. This is temptation. A little success baits the ego, pulls us into a trap of our own making. And we miss shots we should never miss if our ego just calmed down, and we did it right. "Just do it right." – Tom Stowe

Going to The Bank. I remember Vic Braden saying how boring Chris Evert was. How she hit the same boring shot over and over again. And every Monday morning, she went to the bank and made a nice deposit.

Of all the shots, the forehand volley is a very bad place for flair, and style, creativity and individuality. All good volleyers look pretty much the same. There is a lot of individuality on the forehand, the backhand, the serve, especially in the wind up, and the follow through, but all good volleyers look about the same: boring – good – win a lot.

In summary, the volley is primarily drive with a little bit of torque (to add mostly spin). Any momentum would be from the body moving, never the arm swinging

The forehand volley is a very precise shot, where doing very little is what looks good and works well, but it has to be just the right "very little", done in exactly the proper way. When done right, it is the epidemy of "The master does nothing and leaves nothing undone." – Lao Tzu, *Tao Te Ching*. Good luck out there!