



Orindawoods Tennis News

August 2017 Volume 23, 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

Twilight Tennis BBQs

We have three more Twilight Tennis BBQs this summer. They are August 13th, September 10th and October 15th. The cost is \$20 for members, \$25 for non-members. Contact Keith to register.

Ace It! Grand Finale

This article was sent as an e-mail to the membership a couple weeks ago. In case you missed it, it's reprinted here.

Ace It! 2017 on June 24th was an amazing event, our 15th anniversary of promoting awareness about women's health and raising funds for the Carol Ann Read Breast Health Center at Alta Bates. We had more participants (110) than almost any other single year, and we raised more money (over \$25,000) that we have ever raised before. The energy at the Club that day was amazing, full of love, support, fun and excitement.

After 15 unbelievable years, the Ace It! committee has decided to retire. This incredible event that many of you have experienced more than once requires months of planning, tons of coordinated effort, and a joy and a passion for the cause. While our support for women's health has never been stronger, our collective ability to put on an event such as Ace It! is no longer possible.

It is with sadness that we exit the stage, but with much joy, pride and satisfaction as we remember fondly so many great June Saturdays over the years. Wow, amazing!

We can all say, to both the past and the present members of the committee, what an honor it has been to serve with such an incredible group of people. Blessings to you all.

We want to thank the pros who donated their time, enthusiasm and effort to teach our amazing morning clinics. And all other volunteers, husbands, children and helpers who would lend us a hand on Ace It! weekend. It takes a whole community, to support a community.

Most importantly, the Ace It! Committee wants to thank everyone who has participated over the years. Some by playing, some by donating auction and raffle items, and some for just being members of a club like Orindawoods which values and supports these kinds of community efforts.

Thank you from the bottom of our hearts, -- The Committee

Ace It! Results and Thanks:

Tournament Winners. Congratulations to:

Women's 3.5/4.0:

Alisa Riahi / Liv Milan Flight A
Asa Forman / Kris Hunter Flight B
Playoff Winner: Alisa Riahi / Liv Milan

Mixed Doubles 7.0-8.0

Emma & Mark LeHocky

Men's Doubles

Joe DeCredico / Burt Brown Flight A
Ray & Leo Cardoza Flight B

Hit and Fit

A Cone Must Fall

Come join us for our weekly Hit and Fit exercise classes.

Friday 10:30-11:30 a.m. \$15

Saturday 7:30-9 a.m. \$20

We spend about half our time hitting balls, and the other half working out on the TRX or Rip Trainer. It's a great workout, it's fun, and I really see results, both in player's tennis and fitness levels. And there is the great team spirit of supportive people working out together.

You can register on line by going to the club calendar in the "events" menu on the website, or e-mailing Keith and letting him know you are coming. Last minute drop-ins are usually OK. Join us!

Weekly Lessons

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.

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.

Staff Vacations

The staff will be taking some vacations in August. Patric will be gone 8/7-8/21. Keith will be away 8/19-8/26. There are a couple more days we will be away. Consult with your pro for the exact lesson schedule.

Women's 3.0 Doubles

Ginny Paulson / Julia White



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The Pros that Participated were:

Keith Wheeler	Orindawoods
Patric Hermanson	Orindawoods
Michael McCollom	Orindawoods & MHS Head Coach
Anna Marie Gamboa*	Moraga Country Club
Judy Newman*	Private Coach / Tour Coach / Top ranked senior player
Brad Reiser*	Moraga Valley Pool
Joy Marquez	JFK sports psychology
Drew Morgan	JFK sports psychology

* former OW staff ☺

Ace It! 2017 was one of our biggest turn outs, and our best in several years, with about 110 participants. We raised over \$25,000. These were all small, individual donations. We don't have corporate participation. Ace It! as much about the community love and support as it is about raising money.

It's great to see so many people come out to support women's health and the Carol Ann Reed Breast Center. We had tremendous support from the local small business community, with more than thirty-five local businesses and another fifteen individuals donating raffle gifts and auction prizes.

The amazing helpers: Sofia Gamboa, Emma Hermanson, Mel Siegel, Jim Signorella, Mike McNeill, Steve Lawrence.

And A Thanks to the Amazing Committee: Lysbeth McNeill, Tess Seigel, Danielle Signorella, Alisa Riahi, Lynda Lawrence, Barbara Britto-Tang, Corina Ninayahuar. & Keith Wheeler (and all of the past Ace It! committee members).

And all of you who participated, and contributed and gave up the use of your club for a magical day. You're the best!!!!

Tennis Tip:

Thoughts On "The Easy Game"

The amount of mental / emotional energy it takes to stay focused and just do it right is inversely proportional to the amount of physical energy it takes to just do it right.

Or in other words, it's an easy game. The hard part is playing it the easy way. As many students have expressed over the years, "when I do it right, it feels so easy." And yet that easy feeling, at least at first, seems to be so rare. So hard to come by, or accidentally trip over. "Look what I found!"

Something happens to most of us when the ball is an inch or two away from the racquet. In these last instants before the ball collides with the racquet, all good intentions, all plans, all thoughts of proper stroking can go out the window. The amount of focus, of concentration, of will, it takes, to stay the course in these last moments is intense. And of course the irony is that the physical effort you are trying to produce, especially in your hands and arms is actually quite minimal.

I can tell you how to stroke a ball, and you can understand the basics of that motion quite quickly. But the experienced student knows that it can be quite some time before you can do it at all, let alone in a pressure situation. The challenge and the joy of learning is to fight, struggle, and eventually triumph, being able to do a new skill in the heat of battle. Hard earned satisfaction.

Getting In The Grove. The battle for our soul starts with the first shot. Are we going to stick to our plan, our stroke, what we know intellectually will work, or are we going to sell out, giving in to either fear or ambition, and lose our shape, and chase the ball. The more often we stroke properly, the easier it is to repeat.

As we have noted, the mechanics break down often happens in the last instant of the ball's flight, right before it connects with the racquet. After, we stand there

shocked that our good intentions have somehow slipped away, in the blink of an eye. In an amount of time way too

small to feel like we can focus on or control. But we must see / feel these last moments, no matter how small. Feel the racquet, feel the ball, feel the target. So only move as quickly as you can still feel the racquet edges and face.

Lots of players report that they play best when they aren't thinking. When they just let it happen. And there is truth in that. We probably do perform best when we are not thinking. Unconscious competent is the highest performance state. In the zone, letting it happen. But what are we letting happen? What we are letting happen is the highest expression of our current ability. The best of our game.

But what if we want to play better than our current best? What if we want to improve? Then we are going to have to step out of the unconscious and think a bit about what we are doing. Control the racquet face despite all temptations.

A Tennis Koan

A koan is a nonsensical or paradoxical question to a student for which an answer is demanded, the stress of mediation on the question often being illuminated.

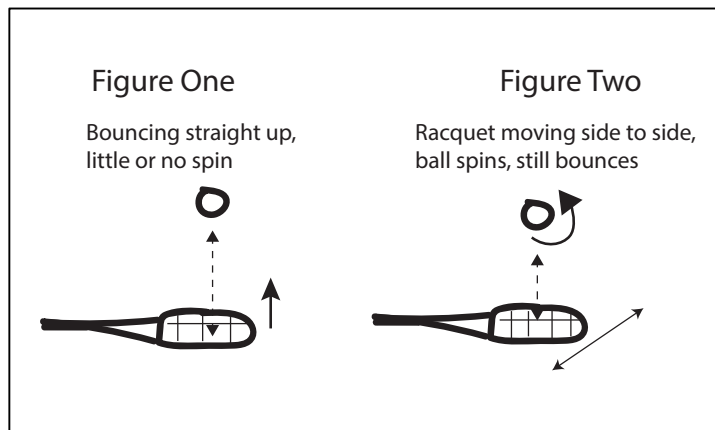
If you bounce a ball up and down on the strings (figure 1), it goes up and down. You move the racquet slightly up and down to facilitate this movement. The ball doesn't spin much. Simple enough. If instead, you try the same thing but move the racquet to the side, across the up and down flight of the ball, what happens? (figure 2).

Try it. The ball spins, for sure, but it also still bounces up and down.

As tennis players, we need to spend hours, days, months, even years contemplating this. It is one of the most fundamental elements of playing well, and we don't even realize it. We need to not just understand this intellectually, but feel it in our very soul:

The ball moves (bounces), away from the strings, even if I don't move the strings in that direction.

In fact, it moves better. Because a ball with spin cuts through the air better (more aerodynamic, stays truer to course) that a ball that is hit flat with little spin.



To play tennis to the best of our ability, we need to move the racquet across the ball, not forward into the ball. We need to roll the ball, not bounce it. How many people do that consistently? Few.

Why don't we do it? Some of the answer lies in ignorance, we just don't know. But a lot of it lies in our desire to make contact with the ball. If we move the racquet on line with the ball (ball is moving forward, we move in the opposite direction, towards it), we are more likely to make contact. We feel more coordinated. And this is true. The problem is, it's just not a very good way to play tennis. The result is the ball bounces too much. And often not the direction we intended or desire.

Remember, tennis isn't merely a game of contact, there

is so much more to playing the game we love: aiming, managing speed, spin, deception.

And finally, our desire to send the ball forward, often powerfully, leads us astray, because we just really don't understand the physics of how that works. And in the moment, we forget the downsides of going forward. Basically, we forget that the racquet face is a trampoline, the racquet frame flexes to add more power, and the ball is pressurized and rubber, thus very bouncy. All of these properties add up to the fact that I don't need to move forward (or very much) to get the ball to move forward. And I don't want to. Contemplate that. Good luck.

Orindawoods Tennis Club Summer 2017 Junior Program

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
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 ___	

Contact Patric to register. Make checks payable to **ORINDAWOODS**

Junior Clinic Schedule

Fall 2017

August 28th - December 8th

The 2017 Fall Junior Clinics begin the week of **August 28th**, and will continue thru the week of **December 4th**. There are no classes the week of **November 20-24**. The 14-week program will be led by **Head Pro Patric Hermanson**.

The Level I and II classes will be taught using aspects of the USTA 10 and Under Development Program.

<u>Level</u> <u>Days</u>	<u>Class</u>	<u>Time(s)</u>	<u>One day/week</u>	<u>Two</u>
I	<u>Lil' Ones</u>	Tues/Thurs 3:15-4pm	\$165*	\$270*
	<i>The Lil' Ones class is for the always adorable 4-6 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.</i>			
II	<u>Future Stars Group</u>	Tuesdays 4-5:30pm	\$325*	N/A
	<i>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.</i>			
III	<u>Tennis Development Group</u>	Thursdays 4-5:30pm	\$325*	N/A
	<i>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 intermediate players ages 11 thru 14.</i>			
IV	<u>Tournament Training Group</u>	Wednesdays 4:30-6:30pm	\$415*	N/A
	<i>The Tournament Training Group is an <u>invitation only</u> class. Contact Patric about setting up a try-out.</i>			

***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, illness, vacations, etc.

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 or check orindawoodstennis.com and click on "live court conditions" at the top of the page.

Tennis shoes required (no black soled running 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 Patric at the Pro Shop ,or you can also e-mail Patric at patric@orindawoodstennis.com.

Join us!