



# Orindawoods Tennis News

September 2017 Volume 23, Issue 9

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 two more amazing Twilight Tennis BBQs coming up this season. They are on September 10th and October 15<sup>th</sup>. Both start at 4 p.m. with tennis, and dining will commence around 6:30 p.m. on the Club deck. With September and October often our best weather, these should be amazing events. To register contact Keith at [keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com) or when you are at the Club.

Our first two twilights have been great with 37 people coming in July and 33 in August. Everyone enjoyed fun tennis, great people, yummy food. Hope you can join us in September and October.

## LED Lighting

The Orindawoods Board has approved the replacing of our current Metal-halide lights on courts 2 & 3 with more energy efficient, brighter and more versatile LED lighting. LED lights use 40% of the energy, are brighter (our average foot candles will go up from 52 to 66, a 26% increase in light), require no maintenance (light bulbs won't be burning out every 7 years or so) and you can turn them on and off with no cool down / warm up period.

What this means for you is that the light will be better, and you will be turning the lights on when you need them, and off when you don't. We will be installing a switch that involves a timer in case you forget to shut them off when you leave (details to follow).

Instillation should take place in mid-September. I will announce the timing of the construction, and the important details via e-mail. Instillation will only take two days, with minimal down time. We are just replacing the light fixtures, and not the poles, wiring, etc...

"Let there be [clean, white, less-expensive and brighter] light!"

## MTT Results

We have had a wonderful 2017 Monday Team Tennis season. The final standings are:

Team	Captains	Wins	Losses	PCT	Games Back
Team One	Cindy & Denis	540	420	.563	CHAMPIONS
Team Two	Becky & John	496	464	.517	44
Team Four	Chris & Rich	480	480	.500	60
Team Three	Lysbeth & Mike	404	556	.421	136

Congratulations to the champions, and the "winners" of the loser's clinic. Thanks to our amazing captains, and everyone who participated this season. Well done!

More importantly, the weather standings are:

Temperature	Number of nights
Artic (no bare skin showing)	1
Cool / Windy / Fog	5
Nice	5
Smokin' Hot	2
TOTAL:	13

Only the last night was artic. All kidding aside, there have been

## 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 through October. The basic rules:

- Pool hours are dawn to dusk.
- Hot tub is open to 9 pm (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.

## Fall Junior Program

The Fall Junior Tennis Program led by Head Pro Patric Hermanson and accompanied by our wonderful staff will begin the week of August 28. See Page Four for complete details on how to register for this fun junior program.

many wonderful evenings of tennis. Our Grand Finale MTT party will be on August 28<sup>th</sup>, and our famous "Loser's Clinic" will be held in early September. Congratulations Losers (the team that finished not last, but merely fourth in a field of four).



## Orindawoods Tennis Club

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**Off-season Monday Night Tennis** will begin in September, with the amazing Denis Weil running the show. Contact Denis or Keith if you would like to be on the list to play.

### Tennis Tip:

## Stacking

*With the USTA Mixed, Fall and BALL seasons starting up, we thought we would take a look at modern doubles strategy in this issue.*

When we talk about the evolution of modern doubles, we are primarily brought into a discussion of stacking, or as we would say in basketball, double-teaming. Stacking is essentially lining up your players so that they are both covering the same ball and forcing the other team to hit into that space (or that double team). One opponent is basically forced to play against both of your players.

What we want to examine this month is a couple of the basic stacks that we see all the time in professional or advanced tennis matches. And thus, explain how you can employ the same basic strategy and tactics to improve your game.

Yes, it's a bit more complex strategy than most of us use, or default into using (your side, my side), but learning a bit of complexity makes playing (and winning) the game much easier. When stacking, you move from your basic starting position (Fig. 1) to a new, more effective positioning as the point develops favorably. We need to assuage our fear of slightly more complex ideas and move towards enjoying the fruits of their success.

**The most basic stack**, and the one used most often, is a powerful shot up the middle (serve, return, volley, overhead or groundstroke), and then having both players cover the middle (Fig. 2 shows the potential returns). The net player would be responsible for the front of the court, and the lower, driven balls, and the back player would be responsible for the back of the court, and the higher balls (and the softer balls that go on the angle that can elude the net person). As you can see (dotted lines) the player returning this ball is pretty limited to returning to the center of the court (the stronger the shot, is more likely the center return). As mentioned above, the net person covers the drive, and the back person the lob. The back person can come in (serve and volley, return and volley), but always moving in a way that they can cover the majority of the back court (Fig. 2 shows two possible positions – S -- for the back player). Notice that the ball that goes right down the middle (dark line, the most likely return) is covered by both players. Thus, a double-team. Keep sending the ball back to the same spot and the point remains 2 vs 1. You'll win most of those.

**Ad Court.** A strong serve or return wide in the ad court, sets up a similar situation (fig. 3). By forcing the right-handed player to return cross court (few players can take a cross court ball, especially with pace or spin, and play the return shot up the line with a backhand), we can again stack the formation so that we have two players basically bracketing the most likely return.

**Define Success.** Like any strategy, or tactic, will this work all the time? No. Enough to win the match, much more often yes than no.

**The other stacks**, involve hitting the ball to the forehand, and are used less often. They can be employed as a surprise, or a trick to keep the player honest from over preparing for the shot to the backhand. 1) Serving or returning wide in the deuce court (Fig. 4) is effective and necessary against the player that positions too close to the middle in order to protect their weak backhand. 2) The middle serve or return on the ad side can work quite well (fig. 5), because though forehands tend to be more powerful, and have a wider range of implementation, they are still pretty much forced by the position of the ball, to hit back up the middle (fig. 5). Down the middle is also a great place to hit a lob, a volley or overhead, forcing the forehand player to play the shot back up the middle.

**Left-handers.** If the deuce court player was a left-handed player, serving wide would be the preferred serve. And you would serve the middle in the ad court (Figs. 4 & 5). In other words, start with

playing the ball to their backhand. Don't forget the left-handed test in the warm up (i.e. look up, open your eyes, view your opponents. Are they left-handed? Amazing how often we forget this. I have).

**Where and When to Stack:** Another great thing about stacking is that you can just observe your team's shot goes in one of these strong positions, and adjust. You didn't have to plan to stack in advance. Basically, the ball is in the middle, cover the middle. The ball is on an angle, cover the angle. The only exception is a ball wide on the deuce side (Fig. 4), you have to make sure the shot is strong enough that they can't play the right-handed forehand up the line.

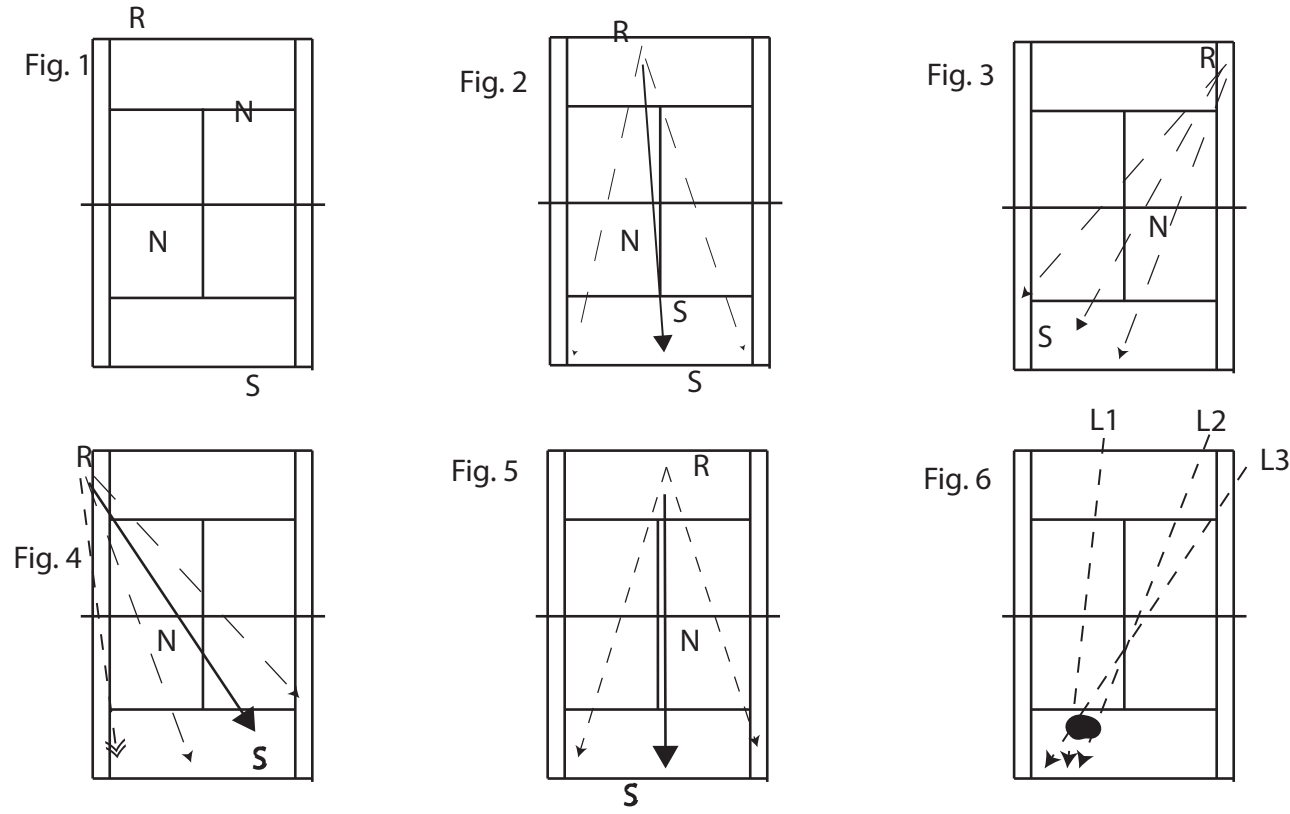
**Lobs.** The result of a good stacking strategy is often the lob. In fact, the result of good net play, is often the lob. Opponents get tired of watching the net person hit winners. So, since they are pretty much prevented by the placement of the shot to hit around the net person, they choose to hit over them instead. Scum sucking bottom feeders.

Therefore, dealing with the lob is the second part of playing the stack. The backcourt player can stay back, and return the lob with another lob. This is the safest (make the shot) way to play, but probably the least effective (win the point). A lob is very effective at neutralizing your strength (the superior-net-person positioning in the stack). If you lob back, you need to be able to lob well, placing the ball deep middle or to the backhand corner (Fig. 6).

**The other methods** involve a bit more offensive thinking. You can let the lob bounce and then hit a bounce overhead. Same target areas, deep middle or to the backhand, to keep the same pressure / stack on your opponent. The other method, which sounds hard, but really, with a little practice works quite well, is to come forward (to the magic spot: just behind the service line – black circle), and take the lob out of the air with either an overhead (if the ball is traveling over your head) or a swing volley (if the ball is lower and shorter). As I have talked about in previous newsletters, most lobs (The backhand from L1 in the deuce court, or the backhand from L2 or L3 in the add court) travel over the very same space (Fig. 6) and must come down ("what goes up, must come down"), so if you just wait there (the magic spot: black dot), you are not going to have to move that much to cover the back of the court. If you don't come forward you can still use the knowledge that most lobs end up in the backhand corner and move over there in anticipation. It's a false believe that "I have to cover the whole back of the court." Lobs land on the ad court side.

**Serve and Volley, Modern Style:** In the modern serve and volley, the formation is staggered, rather than side by side. One player is very close to the net, and the other is behind them, and slightly off-set, to cover the back of the court, from the midcourt. And you play shots that are hard to lob well: huge or short, low, angled.

**The key** to all of these methods is that the net person resists the temptation to "back up and help" and stays BLOCKING the easiest path: a groundstroke up the middle. In addition, any weak shots will float right through the middle too. This net positioning will feed the lob right to the back person (if they pay attention to the angles). In a stack, the back person could hit a lot more balls, but if positioned properly, this doesn't mean they will be running around a lot. (the main fear people have when staying back with their partner close to the net). It's all geometry, physiology and physics. A proper understanding puts you in the driver seat, running the stack. Good luck out there!



# Junior Clinic Schedule

## Fall 2017

### August 28<sup>th</sup> - December 8<sup>th</sup>

The 2017 Fall Junior Clinics begin the week of **August 28<sup>th</sup>**, and will continue thru the week of **December 4<sup>th</sup>**. 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>
<b>I</b>	<b><u>Lil' Ones</u></b>	<b>Tues/Thurs 3:15-4pm</b>	<b>\$165*</b>	<b>\$270*</b>
	<i>The <b>Lil' Ones class</b> 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>			
<b>II</b>	<b><u>Future Stars Group</u></b>	<b>Tuesdays 4-5:30pm</b>	<b>\$325*</b>	<b>N/A</b>
	<i>The <b>Future Stars Group</b> 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>			
<b>III</b>	<b><u>Tennis Development Group</u></b>	<b>Thursdays 4-5:30pm</b>	<b>\$325*</b>	<b>N/A</b>
	<i>In the <b>Tennis Development Group</b> 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>			
<b>IV</b>	<b><u>Tournament Training Group</u></b>	<b>Wednesdays 4:30-6:30pm</b>	<b>\$415*</b>	<b>N/A</b>
	<i>The <b>Tournament Training Group</b> 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](http://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](mailto:patric@orindawoodstennis.com).

## Join us!