



Orindawoods Tennis News

June 2019

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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

2019 Season

Monday Team Tennis

Monday Team Tennis season is underway! We have four teams and over 55 participants this summer. Every Monday night, MTT uses all the courts from 6-8:30 p.m. The MTT format is 3 rounds of tennis and then a great dinner. And as always, the weather is "fantastic" (and completely out of our control). The standings are posted each week in the glass case, as well as on line. We will play for 16 weeks. So much fun!

Summer Schedule

Twilight Tennis BBQs

The first summer Twilight Tennis BBQ is June 30th! We are planning five summer tennis twilight parties. The Twilights cost \$20 per person, and feature BBQed steak and chicken from Kinder's Meats, as well as all the sides. Everyone should bring their own beverage, as tastes vary. We will play tennis for a couple of hours, followed by dinner on the deck. Fun, tasty and entertaining. It's a winner!

The dates for this summer's tennis socials are:

June 30 th	Sunday	Tennis 5-7pm	Dinner 7:15pm
July 21 st	Sunday	Tennis 5-7pm	Dinner 7:15pm
August 11 th	Sunday	Tennis 5-7pm	Dinner 7:15pm
September 15 th	Sunday	Tennis 4-6pm	Dinner 6:15pm
October TBA	Sunday	Tennis 4-6pm	Dinner 6:15pm

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

I'm looking forward to a dry summer of much tennis fun! Join us!

What Makes Tennis Fun?

A couple of sobering facts: Half the people that played today lost. In a large tournament with 128 entries (like the Grand Slams or top junior tournaments) only one player is not going to lose. 3% of the kids that play junior tennis can play college tennis, and only a handful of all those college players play on the tour. A tiny percentage of the kids that apply to Stanford, Cal, UCLA etc get accepted. Many jobs have hundreds of applicants, for one position.

If winning is how you define fun, life is going to be a tough go for you. Yet we play to win. So, one of the questions in competition is, how do we play to win, but not let winning define us or our experience?

There are many other things that make tennis fun. Being with our friends, getting exercise, the challenge of improving at something that is not easy, the joy of just playing a ball, or running around, strategizing, the social events, etc. Maybe it is playing with your kids, watching your kids play the game, love the game, grow up, improve. Perhaps it is learning to sense the pressure, to take on the opportunity to choke, and choose to perform instead. To transform pressure into opportunity, to relax when everyone else is nervous. To keep your cool, maintain composure. To resist the temptation to do anything to win, so your core values remain stronger than your need to succeed. "Your shot was on the line" vs "Too bad, just out."

Redemption: And finally, to fail at any or all of these, and know that the next day, you can start over again and succeed!

Tennis Tip:

3.5 vs 4.5 Thinking

We all have certain physical strokes and abilities. A combination of coordination (talent) we're born with, and skills we have learned and trained. We have beliefs that help us, or limit us. And we each have a level of emotional control. Some can stay calm better, while others can empower themselves to new heights. We possess a mental understanding of the game, our strategy, our tactics, the way we organize our approach to competing.

Pool Is Open!

The Orindawoods Tennis Club pool open. The pool season will run through October. If you don't remember the pool gate code, you can get it on the Swimming page on the website. You need to log in to get this "member only" information. Or ask Keith or Patric.

Pool Rules

- Hours: dawn to dusk, spa until 9 pm.
- Children under 14 must be accompanied by an adult
- No Lifeguard (best to have a swim buddy and not swim alone)
- No running
- No diving
- No glass in the pool area
- No pets in the pool area (sorry Rover)
- The gas BBQ is for Club Events only, but there is a charcoal BBQ for your use. Bring your own charcoal.
- Guest kids are \$1, adults \$5
- In order to preserve staff sanity, the game of Marco Polo is forbidden. ☺

Quote of the Month:

"Another morning comes, it always does. Time always moves at the same rate, only feelings have different speeds." – Fredrik Backman, *Beartown*.

Court Washing

First and last Fridays of the month 12-3 p.m. Check court schedule for which courts will be closed for washing. Thx!



Orindawoods Tennis Club

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We may be a 3.0 or 3.5 player in physical ability, but there is no reason why I can't have a higher (or lower) level mentally, emotionally, spiritually. I can learn from the 4.5s and adopt their non-physical skills. These 4.5 skills would greatly enhance my play, and show up in my on-court playing level. I may not be a 4.5, but I can be a much better 3.5 without changing my strokes much at all. If I'm a 4.0, maybe just adjusting to thinking like a 4.5 is all I need to make the jump up to 4.5. In other words, I can use what talents I possess much better with a stronger mental game.

We have all witnessed senior players who while their physical abilities have declined over the years they can still compete with much younger players who do not possess their "wisdom." If you are older, you may not be able to run faster, but you can learn better positioning, strategy, tactics and empowering thoughts which all greatly enhance your game. And your enjoyment of tennis.

Today I want to look at the mental part of the game. 4.5 thinking, vs 3.0 or 3.5 thinking. A 3.0's strategy is pretty much, get the ball in. Once you can start to aim, you start to have 3.5 thinking. "Where can I hit the ball to make it difficult for my opponent."

Many players get to this 3.5 level of tennis. It's fun, challenging, and feels like a chess match. It engages the brain, and demands certain physical skills. However, you don't have to stop your development here. And many do get stuck here. All the mental planning and plotting, the feeling that you are in control. I can "out think" my opponent. Trick them. Really gives the ego a boost. 3.5 thinking is addictive.

Sometimes we have evolved past 3.5 thinking, but lapse back into it under strain or pressure of a close, or meaningful match. While all the plotting in 3.5 thinking is intellectually challenging in some ways, it can also be the mental "easy way out."

"They are not covering the line, I'm going to go there." The first part of that statement can be absolutely true. But it's a bit lazy, really. As a player, I seldom cover the line. If you were playing me, it would be tempting to play the alley shot. But I'm leaving the alley open on balls you can't hit there (very successfully). Which is most of the time. It takes intense mental work to adjust to circumstances -- what is possible right now, what is not possible -- but it pays off. This is 4.5 thinking. 4.5 thinking is appropriate to this individual moment in time. It's situational.

If someone plays you a ball that is not too difficult, you often have four choices. The shot you can make the best (1), the second best (2), a shot that is difficult, but if you make it, it is often a winner (3), and a shot you should never try (4). Under intense pressure, you might only be able to make your best shot (1), and in rare circumstances, their shot is so poor, you can make all 4. But 1&2 are still stronger.

In a sense, 4.5 thinking takes the best of 3.0 thinking (just get the ball in) and 3.5 thinking (where can I hurt them) and adds a lot of humility, wisdom and self-care to a physically stronger 4.5 skill set. What do I mean?

Some 4.5 thinking:

- Only hit shots you can make. (very simple rule, broken all the time).
- Play your strongest shots more often. More shots 1&2, less 3, never 4. Especially on big points.
- Think "playing catch with my opponent" more than "keep away."
- Play shots that have deception and don't telegraph your intentions. Ask, "Can I play a ball down the line, or cross court, off the same footwork and positioning?"
- Can you out rally the other person? It's a combination of 1) not making errors, 2) forcing errors.
- 3.5s play "your side / my side" (court is divided right and left, add and deuce). 4.5s play up and back. One player is responsible for the back, even if they come forward, and the other is responsible for the front, the net, particularly the middle.
- The team that controls the middle controls the match.
- Double team your opponent. Play 2 vs 1, by how you place the ball, and set up

your defense.

- Stop trying to win all the points. Don't cover areas of the court where they can't / don't hit the ball very often (3&4). Cover areas where the ball goes the most often (1&2).

- Only think thoughts that help you. Let go of mistakes and lost points. Learn the lesson, move on. Mistakes are how we learn.

- Percentages, wait for them. The chickens always come home to roost. They may be making "all the shot, even the low percentage ones (3)," but just wait, the larger the sample size (longer the match), the more the percentages even out. Don't get tricked by a few good shots, to cover stuff you shouldn't be covering.

The Contact Challenge

"There is an easy way to learn, that is difficult to play, and there is a difficult way to learn that is easy to play." – Doug King.

When we contemplate contact in tennis, it is easy to do it the easy way. Ball is coming towards us, we swing in the opposite direction toward the ball. A head-on collision, and you are pretty much guaranteed to hit the ball every time. Or at least this is your best chance to contact the ball. There are several points along the path of the ball where the racquet and ball will collide. (Fig. 1&2).

Because the racquet is held by your hand, which is attached to your arm, which is attached to your shoulder, when you swing the racquet, it tends to move in arcs. So here is the first problem with swinging towards the ball. You may be able to contact it in several places along its flight (Fig. 1), but each of those places the racquet is pointing (aiming) somewhere different. (Fig. 2). Swinging forward may "guarantee" contact, but makes directional control difficult. There is often a variance in the height as well. If you're late the ball goes in the ground, early the ball goes up and long.

The next problem is the nature of contact. When the ball and the racquet collide, the ball tends to bounce. Power isn't a problem, the bounce of the ball off the racquet is power, but it is very hard to control the ball this way. You can swing slower, or faster, or block the ball, but these are very rudimentary styles to control the speed, distance and direction of the ball, and there is not a lot of nuance.

No top player uses this collision model, even though it is the easiest way to contact the ball. So, what do they do? And why do they do it?

Weekly Lessons

Hit and Fit:

TRX workout (strength and stretching) & tennis drills using the Playmate ball machine.

Friday 10:30-12 noon \$20

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

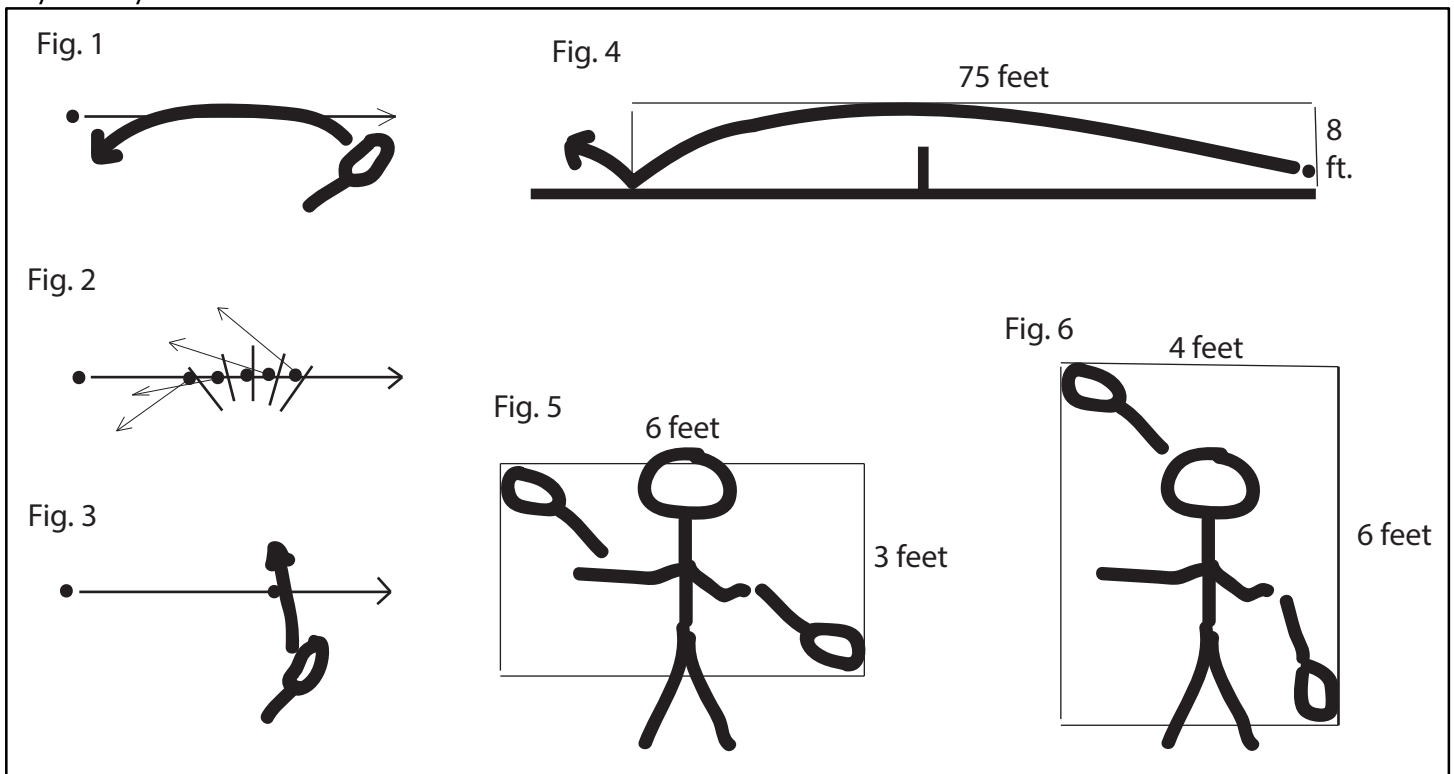
Tuesday Ladies' Clinic:

Tuesdays at 9:30 \$5

Thursday Men's Clinic:

Thursdays at 9:30 \$5

The men's and women's clinics are drop-in. **Register** for Hit and Fit by e-mailing Keith you are attending.



First, in any model of contact, there is some collision and some bounce. And that is where a lot of the power in the shot comes from. But in the more advanced, more difficult to learn model, there are other things going on as well, and those other things are what makes it easier to play, once you have gone through a tough learning period.

Contact, Not Power. Power isn't the primary problem to solve in tennis. It's easier to hit it over the fence than to hit the ball hard in the court.

Tennis is a game of control. If you hit the ball in more than your opponent, you win. Now they may be missing because your shots are so good they can't get them back, but you are still hitting more balls in than they are. You're "playing better." To control the ball, we need better ways to manage the collision at contact. Better ways to manage the

power inherent in the game. So, the advanced player brushes, or rolls the ball. To do that, the racquet needs to be largely moving in a perpendicular direction to the flight of the ball (Fig. 3). So unlike the easy to learn model, there is a single contact point, not a contact zone where the line of the ball and the stroke intersect. Obviously, this is harder to do.

However, when you can do it, the ball spins, and spin is the best way to control the ball. And get it in! Easier to play.

So, our focus becomes on ways to make it easier to contact the ball in one place, rather than how to make the contact zone bigger, but not as effective. **Hint:** slower, smaller strokes with more turns to generate speed rather than moving greater distance. When done well, there are three phases of contact, catch, drive, release, rather than one big bounce.

Geometric Shapes. If we look at the flight of a tennis ball on a ground stroke, it goes about 75' or so forward, and rises 6-8 feet. It travels inside a long rectangular shape over the net, to where it lands in the court (fig. 4). So, we would assume that the stroke to produce that shape would be similar, long and not particularly high (backswing to follow through; six feet of length, only 3 ft. of lift). This is how many of us learned in "the old days" (Fig. 5). But if we look at how the strokes are done today, they are much taller, and much less backward and forward than the shape of the shot they produce (Fig. 6). The tip of the racquet often moves vertically about 6 ft., while only going 4 ft. forward, sometimes less. How does a stroke that is primarily vertical produce a shot that is primarily horizontal (Fig. 4)? This is one of the most misunderstood concepts in tennis, and leads to many of the errors we see in the game, and most of the mediocre play.

Here it is: Much of the horizon energy is from the bounce of the strings, the bounce of the ball off the strings, and the flex of the racquets (When was the last time your restrung your racquet? Got a new racquet?). We don't need to move forward much, to get the ball to go forward a lot. It's counter intuitive, and it's physics (physics is life). We need to free ourselves of the self-defeating mental poison that to make the ball go forward (go fast) we need to go forward with our swing. In fact, we don't want to swing at all, we want to stroke. We want to roll the ball (see above), not bounce it. We don't want direct hits, we want indirect contact that produces spin, or roll. We move across the flight of the incoming ball, not through it. We stroke up, more than to swing forward. Good luck out there!

Summer Junior Program

Welcome to the Orindawoods Summer Junior program lead by Head Pro Patric Hermanson and assisted by MHS Head Coach Michael McCollom and our excellent, experienced Junior Tennis Staff. Join us for a great summer of tennis fun.

Full Afternoon Clinic

Ages 7-16

Monday-Thursday 12 to 3:45 p.m.

Cost: \$220 member / \$245 non-member

Instruction Block

Ages 7-16

Monday – Thursday 12 to 2 p.m.

Cost \$140 members / \$155 non-members

Match Play Block

Ages 7-16

Monday – Thursday 2:15 to 3:45 p.m.

Cost \$115 members / \$130 non-members

Lil' Ones Clinic

Ages 4-6

Monday and Wednesday 11:00-11:45 a.m.

Cost: \$45 members / \$50 non-members

Our Story, Our Philosophy

Here at the 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. Whether you are a beginner or an experienced player looking to improve your strokes, strategy and footwork, our Instruction Block Clinic is the class for you. If you want to improve your ability to compete and manage your competition points, sign up for our Match Play Block. Want to get that all-around experience? The sign up for the Full Afternoon Clinic and get both of the above blocks at a great price. Our Lil' Ones Clinic, for the 4-6 year old has new days and times. Classes are Monday and Wednesdays at 11 a.m.

To Register For Classes: Contact Patric Hermanson:

Patric@orindawoodstennis.com

- Checks are made out to **Orindawoods**

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

Rules and Policies:

- No black soled shoes (shoes that mark the court)
- No make ups or refunds for missed classes
- Tennis attire or shorts and t-shirts required
- Student to teacher ratio is 6:1 or better.

Clinic Sessions:

Session 1	June 10-13
Session 2	June 17-20
Session 3	June 24-27
Session 4	July 1, 2 and 3
Session 5	July 8-11
Session 6	July 15-18
Session 7	July 22-25
Session 8	July 29-Aug 1