



Orindawoods Tennis News

December 2023

Vol: 29, Issue 12

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

Happy Holidays

Welcome to the holiday season! Starting with Thanksgiving last month, what a great time of year!

Keith, Erik, the Orindawoods Board, and the rest of the staff at Orindawoods want to wish all of you a very happy holiday season.

It's such a special time for families, and I'm sure we will be seeing some family tennis down on the courts this month. And for your Orindawoods Family, we are having a rain or shine party this holiday season, on December 10th. Hope you can join us!

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 3pm**, (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**.

Parking for Woodhall is along Kite Hill Terrace once the parking spaces are full. Tennis and non-tennis players are all welcomed.

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).

Court Resurfacing

We are looking forward to resurfacing courts 4-7 -- the next phase of our Club refinishing project -- next summer. The details are still being worked out, but this is our current plan. Courts 1, 2 & 3 have been resurfaced in the past couple of years, plus we did the pool heater upgrade, are all part of our ongoing commitment to OW!

Wintertime:

Ball Machine Care

Please remember to **put the ball machine away** in the winter months if someone doesn't come to use it right after you. Don't assume that someone that has a reservation after you is going to show up. People tend to cancel, a lot, when the weather is "not nice." And as a reminder, **please cancel your unused ball machine reservations on the app**, because the machine is very popular, and chances are, someone would like to use your spot. Thank you!

Court Cam

One of the goals this winter is to get the court cam working again. It has been a long process, but we are getting closer to making it happen. We have purchased new cameras and a new system, and we are hoping to have it up and running by December 11th.

2023 Club Rates

Tennis Lessons with Keith & Erik:

½ 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 5:30-7 begins in 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!

Quote of the Month:

"Trust in your deepest strength of all: to be present, to be wakeful."

— Jon Kabot-Zinn

Orindawoods Tennis Club

650 Orindawoods Dr.
Orinda, CA 94563

Phone:
925-254-1065

Website:
orindawoodstennis.com

Smart Phone Reservation App:
PlayTennisConnect

Facebook:
Orindawoods Tennis Club

Executive Tennis Director:
Keith Wheeler
keith@orindawoodstennis.com

Head Pro:
Erik Oehlschlager
erik@orindawoodstennis.com

Racquet Stringing:
Patric Hermanson
patric.owtc@yahoo.com

Newsletter Editor:
Keith Wheeler

Silvercreek HOA Management

Accounting and billing
questions, contact:
916-877-7793 or
accounting@sc-manage.com

Tennis Tip:

Dealing with Tennis Arm Pain

“It doesn’t hurt if you don’t hold on.” — It came to me in a vision, while I was teaching a lesson, with someone who was suffering from tennis elbow. Her strokes were amazingly good, but a bit overdone, and causing her pain. What if she just didn’t hold on or use muscles (more her problem, honestly) to propel the racquet forward. I asked, “What if you don’t hold on?”

Of course, people have followed this advice, in a form: my arm hurts = I stop playing. I take some time off. Let my arm heal. But what if you could take “some time off” and keep playing? Wouldn’t that be more fun?

But only if your arm didn’t hurt. The problem with taking a break from playing, that few people realize, is that yes, if you take some time off your arm might heal some, but as soon as you come back, you’ll injure it again if you are playing the same way that caused the injury. Not only that, but in the time that you took off, yes, your arm healed, but it also got a lot weaker. We lose strength very quickly when we don’t use our muscles. The “stress” of exercise is what maintains and builds our strength. When asked the secret to her longevity, a 110-year-old woman said, “Keep moving, no matter how much it hurts.” Physical therapy has changed so much in my lifetime, from rest and immobility to active recovery. Some movement, just not more load that the injured body part can handle.

So, your arm hurts, a clear sign that something needs to change. Pain is a lesson, what does it have to teach? Take a deep breath, don’t overreact (quit). Examine when you feel the pain. The hurt often happens when we use the muscles that are injured. Makes sense. What if we didn’t use them, and still were able to play? Then it wouldn’t hurt. That is the idea, the theory, and it pretty much works in practice.

For years when my arm has bothered me (generally from overuse - a common problem with tennis pros teaching 7 hours a day), I have just held the racquet handle looser, and the pain tends to go away. In addition, during these times, when I’m just playing a match, and not trying to control or feed the ball perfectly to my students, my arm tends to hurt less as well. I would just stroke the ball as best I could. It goes where it goes, subconsciously or intuitively (in the zone) and I wouldn’t worry about what my head thought was the perfect shot or placement. (In fact, my head is often wrong, and the intuitive shot, the perfect answer). It is holding on, guiding, controlling the racquet that can lead to tennis elbow and shoulder pain.

Why me? Why pain? Why injuries? The problem is that these muscles are not designed for more than the force exerted by the arm. In other words, our arms are

not designed for tennis, the way most people play it. When you put a long stick in your hand and have impact from a ball way out on the end of it, and you try to control that impact by using these small muscles in your forearms or shoulders, you are going to over work them (tendinitis) or have traumas: tears and pulls. They just aren’t designed for such impact and resistance. They can handle most of the stress of what happens in your hand, but not 2 feet farther out on the end of a racquet.

Is there that much more force? Well, consider this, an elite baseball pitcher can throw a ball up to about 100 mph releasing the ball from their fingertips, and elite server can serve a ball at about 140 mph, using a “longer arm”. And that is 140 mph trying to get it in. Pure power, with no thought of control, probably much faster than 140 mph. Because you need spin to get the serve in (over the net and down into the service box hidden behind the net), a server is basically “throwing” curveballs or sliders, where a pitcher can throw the ball straight, a fastball (the batter and strike zone are straight ahead – no barrier). So yeah, there is a lot more force out on the end of the racquet. And the result of that force is felt back in those small muscles that are designed to move only our wrist or fingers if you are holding on at impact or trying to guide the follow-through.

So if we change our method (our stroke), so that we use our fine-motor-skill muscles (the small muscles that are in the forearm and shoulder) to position the racquet, to wind up, to prepare, to line it up, to stretch to shorten, and then just release all of that, when we go to play the ball, so that we are not really even holding on to the racquet at impact, then there is nothing in that impact to hurt us. Much less stress on our arms, tendons, muscles, bones.

Of course, there is a psychological component here to overcome, as we are holding on emotionally (fearing making a mistake) just as much as we are holding on too tightly with our hands. Or we equate power with doing more, swinging faster, being stronger. So, we grab on. The fear or the ambition to control the outcome is the real cause of the physical pain because those fears or desires lead to our physical actions (holding too tight), and thus our physical injuries.

Won't the racquet just fly out of my hand? You would think so, and perhaps sometimes it does, but what happens almost always is that the contact with the ball forces the racquet back into your hand. Like when you catch a ball, you should have soft hands, and let the ball (racquet grip in this case) coming into you hand, shape your hands, and cause you to hold on to it, to catch, to grip, not over grip. A football player who doesn't catch well is said to have "stone hands," everything bounces off. In tennis, long after contact, when the racquet goes forward to the extension of your reach, you simply choose not to let go. Up until this point, there should be little difference in your grip between letting go and holding on loosely. Like you were holding a bird or an egg. Don't crush it, don't drop it, but hold it gently and lovely. After all, that racquet is going to make you famous.

A Test: A real good test is what if you mishit the ball? The handle should spin harmlessly in your hand, dissipating all that energy, rather than hold it tightly and all that torque goes into the muscles and joints that already hurt. By the way, you are far more coordinated and less likely to mishit the ball when you hold the racquet loosely. Gripping to prevent the racquet from spinning in your hand will pretty much guarantee you will mis hit more often and add to the injury.

Something new. Admittedly when you first try to play this way, letting go, releasing, holding on loosely, you are going to feel terribly out of control, it's natural. And in a sense, you are out of control of the racquet. But if you line it up properly and release in the proper way, and stick with it, you will be playing in a much more effective, quicker way, that will unleash great power, and control (through spin). As noted above, playing in the zone requires a certain amount to letting go of intention (trying) and letting it happen.

Remember, if hitting a ball feels the way it used to feel, you are doing it the way you used to play and continuing to hurt yourself. Something new should feel different, and even strange. (The definition of insanity is doing something the same and expecting a different result). Enjoy the change, even the strange, to stop hurting yourself and keep playing.

In the long run, for the price of a little pain, and the need to change, you will have discovered the secret to elite tennis and will play much more like the pros. So, less pain, and better play: stop holding on.

Tennis Tip:

The Overhead

When we think of the most important shots in tennis, they are in order (for doubles): serve, return, the sever +1 (which is most often a volley, or a wide — often short — forehand or backhand), then return +1 (a volley further off the net, or a forehand or a backhand). If you follow your serve into the net, which is the traditional style, but not often emulated at the Club level (and less and less at the pro level), then the third and fourth shots are a low volley, or half volley as the server or returning moves in. Most points, about 75% or even higher, end somewhere in these first four shots, making them by far the most important, and in descending order. 5-7% of the points begin and end with a double fault. 30% of the serves in tennis are not returned. If the server is trying to get to 51% of the points to win a game, they are more than halfway there with an effective serve, or the returner is in a lot of trouble if they don't have an effective return. If you return the serve, another 21% of the points end right there. Either a winner, or more often, the third shot (serve +1) is missed. So, the importance of getting serve +1 in play (and effective) is clear. Another 18% die in return +1, so we are up to around 70-80% of the points are over after 4 shots. Exchanges of 5-9 shots are 20% of the points. Just to comment on "rallies," a rally over 9 shots is unbelievably rare (less than 2%), yet the points that are often most remembered, along with a crushing winner. Just getting the ball in, the most commonly used "strategy", can get you a very long way in Club tennis or any tennis ("hit the ball in, they are about to miss" - Vic Braden).

Until you play someone who can put the ball away or force you into making an error. The situation (first serve, second serve, returning first serve, returning second serve) changes the odds a bit, but very roughly, how points end is divided in three fairly equal ways between unforced errors, forced errors and winners. With higher numbers in winners and forced errors in doubles rather than singles. (41% winners, 38% force errors, 21% unforced errors compared to singles 32%/42%/27%). This is because you can choose to position a player in the more offensive position: the net. A net player takes time away from their opponent, as well as has great angles to hit their shots (and without making too many errors). Above the beginner level, playing it safe, and waiting for errors, in doubles doesn't make sense (21%).

Clearly, if you want to get better at playing doubles, you need to spend most of your time on what happens in these first 4 shots (serve, return, the third shot, the fourth shot). But when most people practice, they rally. Rallies are very rare in tennis, especially doubles, but in singles too (a different article, points lasting over 9 shots only about 10% of the time – even on clay!!!). One of the popular ways to practice "rallying" is to hit on the ball machine. In other words, hitting groundstrokes, repeatedly, trying not to miss.

It should be noted that playing a return of serve, looks a lot like a groundstroke, but looks can be deceiving. The serve generally bounces higher, and there is a lot of variances in depth due to the ball landing short in the court and

the impacts of speed and spin. Rallying (or ball machine work can help with technique) but you really should practice at least some by returning serves. Can be a great part of warm up or practice with your partner (see below).

Short of that, developing good return techniques involves shorter backswings, foot work (get in position and minimize the effects of timing in the shot). How important is the return? In the lessons I teach, from beginners forward, I teach the forehand and the backhand as returns (the technique for returning). Most people swing when they hit a groundstroke, and that introduces a major timing problem. Timing is the hardest problem within our control in tennis. It's much better to think of catching and throwing, not swinging and hitting, but I have written that article many, many times. (You're either on board, don't have time and energy to change at this point, or sick of me saying it).

As mentioned above, the third and fourth shots (serve +1 and return +1) often involve a volley. Or a short, wide forehand or backhand, which again, like the return, requires solving depth / timing problems and taking shorter strokes. By the third, fourth or fifth shot, one team or the other has normally gains some sort of tactical advantage. In other words, one side is ahead or "most likely to win" the point. Either it is a strong serve and a weak return, or perhaps a weak serve and a strong return, or a strong serve +1 shot, or a strong return +1 shot. Winning a match really comes down to "finishing" the points you are winning (winner or forcing errors) and trying to steal a couple from your opponent's "should be winning" category. Again, looking at winning (we all love winning, the trick is in how to get there), you are going to get a lot more points from "closing out your advantage" than "stealing from theirs," so practice the "finishing shots", more than the defensive shots (see below).

Once one team has an advantage, what happens is the next two (perhaps three) most important shots come into play. They are, in order, the lob, then the overhead or returning the high, deep, bouncing ball. So how many of you practice those shots? Because if you like tennis, and you like winning tennis matches, and you play club tennis, and are not regularly practicing hitting lobs, or returning lobs (overheads included), you are handicapping yourself. Massively. Most people figure they get to "practice" these shots when they play, and that is true, but you could up the odds of doing well, if you spent a bit of time working on these shots on the practice court, outside of match play.

Rallying. I just want to say here, that a lot of people, me included, love to rally. It is really fun and satisfying to keep the ball going. And yes, you are practicing a certain kind of tennis, and tennis stroke, and that is fun too. Again, this is a lot of what ball machine practice can be. And rallying builds confidence, you can keep the ball going. When we all started out, we couldn't keep the ball going, and now we can, the sense of accomplishment is huge, and we shouldn't ignore that. Knowing you are stronger, fitter, more consistent than your opponent, can stay out there for hours, is confidence building, to be sure. Plus, rallying works on ball tracking and footwork, important skills in our development. Not to mention aiming. But rallying itself is not how the vast majority of points are played.

Rallying isn't tennis, the game of tennis, competitive tennis. It's rallying, certain worthwhile in its own right, and there are a large number of players that want to spend their court time rallying. No judgment here. I love doing that too. Just know you are rallying, that's all. Don't think you are practicing the way most tennis matches are played.

On the other hand, there are a lot of really good players that don't rally very well. By their third shot, they want to "make something happen." That can sound like a weakness (especially if you are stuck in the "rallying, consistency" paradigm, as your only understanding of tennis, but the third shot would be the 5th or 6th shot in a point, and well over 80% of the points are over by then. And of course, that doesn't mean they are missing their third shot, they could be hitting a winner or forcing you to make an error on your third or fourth shot. Their typical point is hit a strong [serve or return] to destabilize your opponent, hit the next shot into the open court (or behind the player who is scrambling the other way to cover the open court), and then finish the weak return (if they even get it back). Quick strike tennis. Again, far more points are played this way, then a long rally. These players get their confidence from strong serves or returns and finishing weak returns. Not "keeping it going."

Practice. So, what would an effective practice look like? 1) Short court warm up, generally cross court. You're working on angles and placement, touch, and movement, plus your positioning after the shot, without much swing, while loosening your body up. (10 minutes). 2) One side hits groundstroke, the other side volleys. (5 minutes). 3) Volley to volley rallies, generally cross court (5 minutes). This could be the third and fourth shots of a rally. 4) Serve warm up and technique (5 minutes). It is important to work on your serve without someone returning it. The return can be distracting until you find your shot (don't even get me started on "first one in" – OK, it's a hustle by people who would be at a disadvantage if you got warmed up). Then you need that ability to serve and then play serve +1. 5) Practice serve and return with your partner. (30 minutes). Focus on serves, and particularly returns, up the middle. 6) This should evolve to playing cross court points, where you are working on serve +1 and return +1 shots. Because the return is either defensive (most first serve returns) or offensive (most second serve returns), these third and fourth shots are very different than the ball coming right to you (rallying). Be clear and specific if it is a first serve or a second serve. Defensive first serve returns are often short, angled, high, deep, and have an "accidental" or "unexpected" element to them. Second serve returns are often putting the server under some kind of pressure. And serve +1 shots are always played after you have taken a relatively big and unbalancing service motion, and then you must recover, move to the ball, and play an effective shot in very short time. Fun variations would be, a) keeping score, b) allowing

only second serves, c) playing point situations, like each “game starts at 15-40, or 40-30 and you score two games if you manage to win from the disadvantage. There are hundreds of variations to spice this up and add competition / fun.

The point is, if you are not practicing serve and return exchanges, good luck doing it in a game. Again, most people say, “Well, when I play, I’m working on this every time.” True, but if you are playing someone who is training this way, and good at it, well, ... you can always find another game “at your level.” 7) So you have 5-10 minutes left in your practice hour. Not a lot of time, but an important 5-10 minutes, because you are not done yet. Lobs, overheads, returning high bouncing balls, and even a bit of returning overheads completes your preparation for success. Either the ball machine or a partner can be helpful in practicing these shots (but if you have the basics down, a live ball with a partner is always better – we need to factor in the “random” because that is the reality of match play with humans).

The Overhead. So, we are two pages in, and we finally get to the overhead. The overhead is certainly one of the most misunderstood shots. The overhead is more likely to produce a winner than any other shot. But if you think of it that way (I did), that is, as an offensive, power shot, you are in trouble. “Cursed” isn’t too strong a word. The overhead is all about movement, positioning, and simple, not wild, technique that leads to consistent results.

Here is an often-overlooked fact, it is very hard to return an overhead, and especially returning it well (leaving the defender with much of a chance of winning the point or getting out of trouble). That is, if you get an overhead in, there is a very good chance you will win the point. So, an overhead is often how you win points, i.e., the last shot, and so that perhaps makes it more important than the lob or returning a lob.

Another helpful point, the overhead is like a serve, but with a very bad toss. You must move around and make it a good toss.

A lot of us in our senior years, don’t move as well as we used to, and certainly not looking up and moving backwards. And even worse, going backwards while we are reaching up. Be very careful here.

Testimonial. I’m good at overheads, and yet, within the last year, I fell going backwards and hit my head, and had a minor concussion. Perhaps I caught my foot (new shoes, sticky new, unfamiliar court), or I’m not as young as I used to be. But looking back on it, (fortunately no memory loss of the incident), I became over focused on reaching for the ball, and backpedaled, rather than turning sideways and sidestepping back. A fundamental error, but also a testament to how seductive “I have to get the ball” can be, that a very seasoned professional can make such a basic error. Then my heel did catch, actually three successive steps, and I went backwards. A nightmare, in slow motion.

Looking back, on the somewhat humorous side from the safe distance of hindsight, when my head snapped back, I hit the ground with my man bun first, cushioning the blow. Of course, that led to a lot of jokes, once I was determined to be safe, that the man bun saved me. Well... what can I say? “I’ll have another piece of that humility / humble pie.”

Another way to critique that embarrassing moment, is that I became too focused on reaching the ball, and not on moving my feet. Like all shots, we should move to the ball, and then see if we can hit it. You don’t have to hit the ball (a shocking statement to accept for some of us), especially if it is deep (more below). You can even lose the point, it’s OK (what????? – that’s un-American – I only slightly jest – see the speech at the beginning of *Patton*).

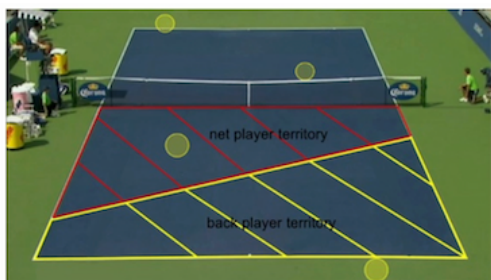
I didn’t always have a good overhead, but I went from a poor overhead to a good one, even a great one (someone once said it was my best shot) in about 10 minutes of the first and only lesson I took specifically on the overhead. It just took quite a while in my career for those 10 minutes to happen. Previously, my partner in college after watching me whiff another overhead trying to “hit it hard”, “make a statement”, “prove my manliness”, “intimidate my opponents”, blah, blah, blah ... said, “You need professional help” (not sure he meant a tennis pro).

Eventually, I did seek help from a tennis teacher, and Doug told me two things, get sideways, and reach up and touch the ball. That’s it. I had to stay sideways and move to where I could reach up and touch the ball. These are the things we forget. You don’t need to remember to “hit the ball”, no one forgets that (you can swing and miss, but that is much different from forgetting to hit). We should forget thinking about hitting, hitting is a given. Get in position and make contact. As soon as I changed my focus to that, I had a very good overhead, and my confidence soon followed. I looked for lobs with in a very short time, rather than dreading them. My goal became to force my opponents to lob.

But truth be told, every time a ball goes up, and I have an overhead, a little voice tells me, stay sideways and reach up and touch the ball (except once). If you want to do bit more than that, you can, at impact, tilt your body forward a bit, right shoulder over left, like a cartwheel, for a right hander. That is very much, reaching up to touch the ball, just stay sideways. It is how we reach for a glass on the very top shelf, almost out of reach in a kitchen cabinet.

It is reasonable for most of us to be able to take a couple of controlled sidesteps backwards. That is, in time the ball goes up in the air and travels to us, moving relatively slowly as tennis shots go, we should be able to take a few steps back, in a safe, controlled way.

Whether we remember to do that, is another story. Panic and desire are powerful foes, and trust me, that is the foe here, not the person who thoughtlessly lobbed. That means, from a net position in the middle of the service box, we can reach a lob that lands 5-6 feet behind the service line, there is 18 feet between the service line and the baseline, and so if a ball lands in the back 12 feet, it is your partner’s. How we cover the court with our partner is a different article, but ideal court coverage in doubles, looks a bit like this diagram from Craig O’Shannessy (below).



The (doubles) power of the trapezium. □

Please stop thinking, “your side”, “my side”. Of course, it is natural to think this way as only one person can return serve at a time, and that alternates each point, but after the designated server and returner play the first two shots, we should play like the diagram above. And start thinking “I’m front, you’re back”, or “I’m back, you’re front”. Watching pro doubles, notice how often they try to get into an “I formation.” They often start with it when serving.

In conclusion, overheads are for controlling the front of the court, the net, and how you deal with “short lobs,” that is, the lobs your opponent doesn’t hit very well. It’s an important skill, because, as

mentioned above, the outcome is usually you are winning the point, if you don’t miss (or ending the point in a negative way, if you do miss). This is also true of volleys, another shot that is often over hit and unnecessarily missed.

The problem with solving a deep lob is much more about the ball you gave them to hit (too easy, too deep, too high, too easy to hit away from you), than positioning and movement. Keep your shots low and / or short, and the deep lobs go away. And if you are forced to give them a ball they can lob deep, stand in the middle. Good luck out there!



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	TK-K DEVELOPMENT MEMBERS \$185 NON-MEMBERS \$210
3:15 - 4:00 PM	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						