



# Orindawoods Tennis News

June 2018

Volume 24, Issue 6

Orindawoods Tennis Club: 925-254-1065; [www.orindawoodstennis.com](http://www.orindawoodstennis.com)

*"I like this place, and willingly could waste my time in it" – Celia, As You Like It, Act II, Scene IV*

## May 21-June 1

### Court Resurfacing

Our five-year court resurfacing work is being done the week of May 21<sup>st</sup> (courts 4-7), and the week of May 28<sup>th</sup> (courts 2&3). Court One was resurfaced a couple of years ago and doesn't need the work at this time.

Obviously, there will be limitations on play during construction. The work includes patching cracks in the courts, leveling some troubling areas (court 2), and putting a new top surface on the courts. The top surface is a couple of layers of paint, which is mixed with sand, to control the speed of the court, and to protect the asphalt subsurface below.

Orindawoods HOA saves money to resurface the courts, and to replace courts at the end of their useful life cycle. It is our commitment to keep the Orindawoods Tennis Club as nice as possible.

Thanks for your patience during the court construction. It's a pain for a couple of weeks, but our reward is "brand new courts!" Totally worth it!

### New Courts = Old Shoes

Newly resurfaced courts are very sticky. When we paint the courts, sand is added to "slow the court down". This sand makes the courts play slower and gives you better footing. But it is a big difference. You need to pick your feet up, and it is actually helpful if you have shoes that are a bit on the worn side. New shoes and new courts are going to give you excellent traction, perhaps better than you are ready for. So, consider a more worn pair of shoes until you get used to the newly painted courts. Enjoy!

### Summer Social Tennis

#### The Just Because... Tennis Party

Keith and John are hosting a "Just Because \_\_\_\_ (Fill in the blank: It's summer, we like to party, we like hanging out with you guys, we love tennis, we're cool, etc...) Tennis Party on **Sunday, June 24<sup>th</sup>** at the Tennis Club. We will play tennis from 5-7 p.m., followed by dinner on the deck.

We will provide the main course, and participants will bring the sides, and their own beverages. The cost for this event is \$10 per person. To register, contact Keith ([keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com)) or John.

### Twilight Tennis Summer Season

There will be four Twilight Tennis parties this summer. The dates are:

<b>July 29,</b>	<b>Sunday,</b>	<b>5-9 p.m.</b>
<b>August 19,</b>	<b>Sunday,</b>	<b>5-9 p.m.</b>
<b>Sept/ 23,</b>	<b>Sunday,</b>	<b>4-8 p.m.</b>
<b>October 7,</b>	<b>Sunday,</b>	<b>4-8 p.m.</b>

A Twilight is two hours of mix and match tennis, followed by BBQ on the Club deck. We serve a choice of filet mignon or chicken breast, with salad, baked beans, dessert and all the fixin's. Bring your own beverage.

The cost is \$20 per person. To register, contact Keith. [keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com). You don't have to play tennis to join in!

### Patric's Corner

#### "Yellow is the new green"

There is a movement picking up steam in American tennis. A "Green Wave" if you will. And, Orindawoods is going to be a part of this. It is movement to recycle tennis balls. 125 million tennis balls are sold in the U.S. annually, and while some used tennis balls get donated to schools and hospitals, to be put under chairs and walkers, and some are donated to

### The Pool Scene

To get the pool gate code, you can go to the Swimming page on the website. You need to log in to get this "member only" information. Or ask the staff.

#### 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 (14 & under): \$1, adults \$5
- \* No Marco Polo (keep your staff sane)

### Mondays and Fridays

Since there are no weekday ladies' leagues in the summer time, there is now open court times on Mondays and Fridays. If you have been looking for a time to play, think about Mondays and Fridays this summer! Enjoy!

### Court Washing

We will resume court washing on the last and first Fridays of the month beginning on June 29 / July 6<sup>th</sup>. Court washing not only keeps the courts clean, but protects the surface. We also blow the courts off twice a week, on Mondays and Friday before 8 a.m.. We are sorry for any inconvenience. "Cleanliness is next to godliness."

### Used Ball Drop

Please support our tennis ball reuse and recycling program by placing your old balls in the used ball drop by the Pro Shop door. Thank you!

### Quote of the Month:

"Relationships aren't that difficult. As soon as you stop trying to change the other person so that you can feel better about yourself, relationships just aren't that hard." -- Cathleen Cox

**Hint:** this applies to doubles partners

dog parks, for the recreational enjoyment of our furry friends, most get disposed of in landfills. It is estimated that a tennis ball takes 450 years to fully decompose, all the while producing the greenhouse gas, methane. Here at Orindawoods, we want to do our part. So, we are joining hundreds of tennis clubs and public parks, and partnering with an organization called Recycle Balls, out of Vermont, to take as many tennis balls as possible out of the landfill disposal stream. Later this month you will see the green tennis ball recycle boxes around the club. As soon as we fill each of these boxes, we will send them off to Recycle Balls, who grind up the balls, separating the felt from the rubber, and with a process that they have developed, they produce a 99% pure tennis crumb rubber product they call "RB Green Gold". This RB Green Gold is then used in a number of different ways, the most common use is as an ingredient in sports surfaces, such as tennis courts. But, they are working on other products, such as clothing, to be made out of our recycled tennis balls. Just imagine, what better way to involve yourself with this wonderful sport of ours then to go out and hit tennis balls on a court made out of tennis balls, wearing clothing made out of tennis balls. So, please come ride the wave with us and help make this planet a cleaner and healthier place to live and play tennis. -- Patric



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### Tennis Tip

### Timing and Contact

When playing a tennis ball in the optimum way, we need to contact the ball at the proper time. Timing is one of three essential part of playing a good shot (form, footwork, timing). You need proper alignment to the ball in order to aim, and to produce the desired spin and transfer of energy. This alignment must happen at just the right moment, when the ball arrives at the contact point. If you were early, there is no chance of being on time. The ball has not reached the contact point. If you happen to be late, at least the ball passed the contact point. You may not have played it on time, but at least you had the opportunity to do so. When you are early, you never had a chance to make great contact.

**To have a chance** of being on time, you must be willing to be late. Again, if you were early, there is no chance of being on time. Hitting late feels miserable, but in reality, you are much closer to making a good shot when you are late, than if you were early.

I remember watching Willie Mays as a young kid. Mays was near the end of his career. When a pitcher "threw a fastball by Mays" I thought he was just too old to "catch up to it." But he would often hit the next one. "He didn't get that one by him," the announcer would exclaim! I would think that he got lucky, guessed, swung early, and made contact. But what Mays was doing is actually timing the pitch. The batter who is late is actually still playing. The one who is guessing and swinging early never has a chance to hit the ball well.

**Positioning.** The same can be said for positioning. The ball has to be able to pass you for you to have any chance of ideal contact. If you are early, the ball never got to you. If you are late, the ball actually crossed the ideal contact point, and you had a chance at ideal contact. So it is far better to move too much, to overrun the ball, than to move too little, and never have the ball in the right place.

When you are putting in golf, if you don't stroke the ball hard enough that if you miss the hole, it rolls slightly by it, then you never had a chance to make the shot. Of course you don't want to play it too hard, and way over shoot the hole, but if it doesn't roll at least as far as the hole, it has no chance to go in.

**Fear.** What is in play here is one of our great fears in tennis, the ball getting by us, i.e. swinging and missing. But in terms of timing the hit, and having a positive contact, we have to overcome this fear, and be willing to let the ball come back to the contact point. This means we may be late some of the time. Half our timing errors should be early, half late, to find perfect timing. Nirvana.

Being on time means that right before contact, the instant before contact, we are in a position of being late. It is only as the ball arrives that we move those last few millimeters into alignment, and the strings grab the ball (not hit).

If we are early, if we align to contact but the ball isn't quite there yet, we will continue moving, and be out of alignment by the time the ball arrives. Alignment only lasts for an instant, and the ball is only at the contact point for an instant.

Our fear of being late makes us want to be sure we get to the contact point, but we often arrive too soon, disregarding the timing element. We're early.

**Super Stars.** It is only the player, like Mays, who was willing to risk being late, and looking old and foolish to the uneducated observer, that really had a chance to succeed. Everyone else is in prayer mode, flailing, and hoping to luck into contact. Wishing and fishing.

**Wonky thinking.** We are worried about being late, of running out of time, of the ball getting by us, so we go early. Hun? Early, going forward, starting sooner, gives us even less time. If we were to wait, or move back, we would have more time, but we get scared and do something illogical that contributes to the very problem we are afraid of: not having enough time. That's wonky thinking, and clear evidence we have lost our minds. Temporary insanity.

**Racquet Control and Timing.** Considering the nature of contact is another way to help with timing, and alignment. If I swing the racquet at the ball, I'm having to time the collision of two moving objects. And the racquet, being swung through the air, is propelled by momentum. The energy is in the head of the racquet and it is flying through the air of its own accord. You grasp the handle so the racquet doesn't fly out of your hand. There is little control or adjustment possible, all the speed is in the head of the racquet. You're just holding on for dear life. Contrast this to a drive. Instead of throwing the racquet towards the ball and hoping it collides in a way that 1) I transfer energy to the ball, and 2) the ball goes where I want, I precisely move the racquet into position, low and inside the ball right before contact, and I push into the ball (drive) as I feel it connect with the strings. Instead of the racquet head flying with momentum, which I have little control over, I can move the handle, and thus the racquet appropriately into the best position, and apply force at the exact moment I need it, in the exact direction I wish it to go. The racquet still feels my legs (pushing against the ground), my core, my arm, my hands, because when I push with these body parts it moves the racquet. This is contrasted with a swinging racquet, which has speed of its own (momentum) and is going faster than the body, and therefore can't "feel" anything happening farther down the power chain. In tennis, for optimum timing and transfer of energy, I want to move the racquet (move the handle) with the body, not swing the racquet (swing the head).

**Blacking Out.** There is a moment in the stroke when we often lose consciousness and just swing at the ball. We "black out." This is when timing breaks down, and we switch from driving to swinging, much to our detriment. Basically, we have an emotional reaction to the situation, and we just can't wait anymore. We lash out at the ball and lose most of what we have been trying to do: time the contact, aim and transfer energy. Over and over again, we know what we want to do before we play a shot, and we know what we wanted to do after we play a shot, but we didn't do it while we were playing the shot. We black out. Lose conscious contact with our movements and thus compromise contact.

I once saw an excellent talk given by Rick Macci, long-time elite teaching pro. He was saying that in teaching our students, we have to find out what was the cause of the error, and not just try to change the effect. If someone is early, is it because they are trying to be early (don't understand the contact point and how to get there -- unlikely), or is it because they are scared, or ambitious, and just flail at the last moment, throwing out all good intentions?

The perplexing question is, once we have good form, why don't we use it? Errors in tennis are often emotional in nature. Or as I like to say, after thousands of hours practicing, and paying lots of money for lessons, why, when a ball comes to us on match point, do we try something new, something that we have never practiced? Just make it all up, in fact. "Seemed like a good idea at the time," is our only true (and sad) response.

**How do we stay calm?** We focus on the moment, on what we are doing right now. In fact, if you have more things to think about, in a progression of moves, there is a more likely chance of staying calm. If what we are thinking about is inside of that time when we normally black out and swing, and we are able to stay present and move properly, we are reducing the size of that blackout moment, and are more likely to drive the ball, rather than hit or slap it.

"I don't have time to think about all that," is a clear indication that we are losing it. The brain is much faster than the ball, but we dumb down and think that it is slower. We also tend to hold on to, or get stuck on certain moments in the stroke, rather than working through the progression from one moment to the next. Just like the ball doesn't stay still, neither does time, or should our thoughts. Enjoy the whole shot, every part of the move, not just key moments like contract, or ready position, or follow through. Don't disregard all the places and moments in between.

## Weekly Lessons

### Hit and Fit:

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

Friday 10:30-11:30 a.m.     \$15  
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.

## The Natural

Sitting on the deck, watching some other people play, a friend will often point towards a player below, and say, "That player is such a natural."

Everyone nods in agreement. Clearly, a natural. They make the game look so easy, every movement fluid. Sometimes we are referring to a particular stroke. "She has such a natural backhand motion."

Here's a working definition: A natural is someone who has practiced a hell of a lot.

There are no naturals. No one is born with a great backhand. There are people that have a bit more (or less) genetics in their favor, but everyone had to learn the skills of tennis.

One of my friends was playing in a tournament one time, and he was sitting next to a great player. They were talking about the game, and my friend said, "Well, actually I'm self-taught."

The super star looked over and said, "Yes, obviously."

OK, not everyone is that big of a jerk, or so full of themselves, but you don't get great strokes, without practice. Or as Shunryu Suzuki said, "right practice." "Beginner's mind."

In other words, it's not how many balls you hit that makes you better, it's how many your hit well. It's better to go slower and have perfect form, then break down because the task is too difficult. With time, you were naturally increase your speed, and the ability to handle harder and harder shots.

**Big clue:** Watch batting practice or infield practice in baseball. All practice is done at about 75% of full speed. Right practice. Just do it right. If all you know is correct form, then when a crisis appears, there is a good chance you will stay with your good habits in adversity. If you practice panicking, you'll be good at it.

And of course, there is the story of the tourist in New York City, fumbling over a bus map and schedule. A native New Yorker walks up and asks if he can be of assistance. The frustrated tourist, visibly relieved to have a local's assistance blurts out, "How do you get to Carnegie Hall?"

The man looks down, nods knowingly, then raises his head to make eye contact, placing his arm on the stranger's shoulder and says, "Practice, my son, practice."

Often when we say someone is a natural, what we really mean is not that they were born with the skill, but that they move with a natural, efficient movement. A person with a natural motion is also someone who has no doubt practiced a lot. This practice / lessons have taught them how to move their body in a very efficient way, a way that makes the game look easy. What is rarely easy, is learning how to move your body this way. This usually requires instruction and hours of practice. Tennis is an easy game; the hard part is learning how to do it the easy way. And the only way to get there is to start today. "The journey of a thousand miles begins with a single step." Good luck out there!

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## 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

### **Clinic Sessions:**

Session 1	June 11-14
Session 2	June 18-21
Session 3	June 25-28
Session 4	July 2, 3 and 5
Session 5	July 9-12
Session 6	July 16-19
Session 7	July 23-26
Session 8	July 30-Aug 2

### **Our Story, Our Philosophy**

Here at the Orindwoods 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](mailto: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 ration is 6:1 or better.