



Orindawoods Tennis News

February 2022 Vol: 28, Issue 2

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

The Orindawoods Way:

Living the Dream

Orindawoods Tennis Club is a community. A group of people that share the same interest of playing tennis, albeit for different reasons. Some may like the competitive nature of the sport, while others enjoy the social. It's a great activity to do with your friends at a time when getting together with groups of people has often been deemed dangerous. And tennis is exercise, disguised as a game. Our members are much more fit than the general population of the same age, and had fun getting there! When asked the secret to longevity, a one-hundred-plus-year-old woman replied, "Keep moving no matter how much it hurts."

Keeping this community vibrant and joyful is our #1 goal. And that grows the game of tennis. We have some rules here at the Club, to try to help these different tennis lovers get along, get the most out of the Club, support each other, keep moving, and all have a good time. February is the month of Luv, after all (6-0, 6-0).

Basically, the only rule you really need in 95% of the situations that come up at the Club is "treating other people the same way you would want to be treated." Friends, staff, members, guests, seniors, juniors... Everyone counts, gardeners and maintenance included.

Sarah Knight, in her amazing, funny, tongue-in-cheek, energy-management book, *The Life Changing Magic of Not Giving a F***, says it slightly differently: ask yourself this about your behavior, "Am I being an a**hole?" Her point is the enlightened people take care of themselves, say "yes", say "no", set boundaries, all without being a jerk. They combine being polite with being honest about their limits.

Examples of Living the Orindawoods Way or Living the Dream:

Getting Bumped. You have played for an hour and a half, and someone comes down to your court to tell you that your time is up, and that they have the court now. How would you want that interaction to take place? First, you want them to be on time, and not early, hovering outside the gate (please wait on the deck). Then you might suggest something reasonable, "Let me finish this game; we'll play no-add if it goes to deuce. Then we'll pick up our stuff on the bench, while you can start warming up, and we'll leave as quickly as is possible." So why not ask that way when you need to bump someone. It's how you would want to be treated and makes the exchange quick and painless. Works for both sides. A win / win.

Ball Machine. You are on the ball machine for an hour, and your time is almost up. You pick up all the balls before the other person arrives, so you don't cut into their hour with your ball pick up. Say they don't show up on time and you want to play a bit more? Maybe hit a few serves while you wait and see if they are coming. That way you could pick up 8-10 balls quickly if / when they arrive.

What about when it looks like no one is coming? After a court sits unclaimed for 15 minutes, it is safe to assume that the other person isn't coming, and you can play on that court (their reservation is now yours). If they suddenly showed up, it would be unfair to have to give up the court. They wouldn't want that, if it was the other way around. At some point (15 minutes), people are free to play.

2022 Club Rates

Keith & Patric Tennis Lessons:

½ hour private \$45
1 hour private \$80

Club Dues: \$140 / month

Guests: \$10 (1 visit / week). Pay Station located by the Pro Shop door.

Weekly Lessons

Ladies' clinic: Tues 9:30

Men's clinics: Thurs 9:30

Cost: \$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

Ball Machine

Ball Machine Club \$110 /year
Ball Machine / hour \$8

- Ball Machine Club runs thru 3/30/22
- Reserve Court 3 to use the machine.
- Reservations are for **1 hour**.
- Pay using Pay Station / credit card
- iPhone app: **Like My Drill**

Racquet Services

Head Pro Patric Hermanson restrings racquets and is a Babolat dealer to meet all your racquet & paddle needs. A new string job will often revive your racquet.

COVID, Masks, etc...

Currently masks are REQUIRED INDOORS at OWTC. Be safe, thank you!

Greystone Parking

The Club's overflow parking is on Greystone Terrace, across the street. This has worked out very well in the past, but it is **VERY IMPORTANT that we only park on the right-hand side of the street going up the hill**. We must not block the emergency vehicles. Thx!

Quote of the Month:

"You don't have to see the whole staircase to take the first step." – MLK

Unused Reservations: You are trying to play, somewhat at the last minute, and you look to see if any courts are available on the Court Scheduler. All the courts are booked, so you give up. Sadness. Little do you know, that one of the groups isn't coming, but they didn't bother to cancel their reservation. Argh! The court sits empty when people would have played. Please cancel reservations that you don't use. Someday, you are going to want that open court.

Plans do change, fair enough. Life is busy, unexpected things come up, or a member of your foursome drops out and can't find a sub. We all have to cancel from time to time but take care of your neighbor and cancel the reservation. Thx!

Guest Fees. We pay guest fees because we are all in this together. It's our club, and each person wants to do their part to support this wonderful community. Some of us love to play with our non-member friends (who have very good reasons why they can't be members -- most often, they are members somewhere else or live too far away). It is nice to have the ability to bring a guest. Guest can be a great way to fill a foursome, so three other members can play. Guests are for the members, they help the members to play even more fun tennis. However, guests are using the Club like the rest of us and should be paying to help support keeping Orindawoods the wonderful place we all love to play. I wouldn't go somewhere else and expect to play for free, and neither should anyone else. I want to cast my economic vote to support the things that I believe in and enjoy. Even if I'm a guest. "Thanks for letting me play with you all at your wonderful club! Let me help support it too." It's an honor and a privilege.

But it is not the guest's responsibility to make sure that they pay. That duty falls to the members inviting them. Please monitor your guests, in every way.

Back-to-Back Reservations. Orindawoods is a shared use facility. The courts are not our private courts. So, there are a lot of us that would love to play longer than 90 minutes (60 minutes on the ball machine), — yes, we know it is hard to play a 2-out-of-3-set match in 90 minutes — but then other members wouldn't be able to play at all. So, booking a court for 3 hours, with two different reservations (with people from the same group) is not allowed. But you already know that deep inside. Because you wouldn't want to be locked out of the courts because someone else took the court all morning or all evening. You would want a fair chance at being able to play too.

If you really don't want to be bumped, play at a less popular time. The later reservations in the morning can often play as long as they want. But if you want to play at the popular times, like 9 a.m., then be prepared to share (when the 10:30 group shows up). You expect others to share at those times as well.

Weekly Reservations: Just like everyone gets a fair shot at making a reservation, starting 169 hours in advance. No one court is someone's private domain, even if they usually play there every week. They have to reserve it each week. It's the fairest way. Everyone gets a chance.

Put things back the way you found them / leave the court ready for play. Use a squeegee, hang it back up on the fence. Put the ball machine away, or off to the side of the court when you are done (if another ball machine user isn't arriving when you are done). The next person might not be using the ball machine and they deserve a court that is ready for action. Same with the pickleball nets (roll them back to the side). Don't leave your used balls on the court. If you want to donate them (thank you!), we have a Ball Drop in the lobby. We all want a clean court, ready for play, when we arrive.

Courts One (pickleball after 12 noon) and Court 3 (ball machine) have special uses, in addition to tennis. They are multi-use facilities. So, we ask if you have a choice and want to play tennis, pick another court first (4-7) if they are available. If you wanted to use the ball machine, or play pickleball, you would appreciate others leaving those courts available for you if other options were available.

If no other court is available, then pick Courts One or Three. We realize that during prime time, court availability is limited, and you need to grab a court right away or run the risk of being shut out. No problem.

Ball Machine Use in the Evening. Here is a good example. We don't allow

advanced reservations for ball machine use in the evening. We would rather have four members playing on a court, or two members playing singles, rather than just one using the machine. That would be kind of "selfish," since we only



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:
Patric Hermanson
patric@orindawoodstennis.com

Newsletter Editor:
Keith Wheeler

Tennis Club Directory Online Version

On the website under "Membership Services" there is a page "[Tennis Directory](#)" that has a link to the tennis club address book. You need to sign-in to access this information.

Silvercreek HOA Management

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

have two lighted courts. But if no one is playing that night, I'd rather have one member playing than none, so ball machine use would be OK. You just have to wait and see if the court is free. A same-day reservation for the ball machine in the evening would be fine. That's combining thinking of others and taking care of yourself. Enlightenment.

One form of tennis isn't better than another. This one gets a bit touchy from time to time, but here goes: A league match is not more important than a hit and giggle. A 5.0 doesn't have more rights than a 2.5. Beginners are welcomed, but so are tennis elites. Juniors count, just like seniors. Lessons are as important as matches. We all want to be treated as if what we care about, the tennis we love, what our needs are, matter at our club.

That doesn't mean we don't set aside times for leagues, or social activities, or clinics, because those fun activities require a group of courts to be blocked off in order for people to enjoy their tennis in that way. But we strive for a balance, try to avoid the busiest times to hold matches and events, and find a way to fit in as much variety as possible.

Singles counts the same as doubles. Some clubs have shorter time limits for singles than doubles. The logic is fewer people are able to use the club with singles. But we feel that people that prefer singles should not be punished. When we had this rule 25 years ago, no one played singles, and now a sizable part of the membership enjoys singles and play regularly. If you were a singles player, you wouldn't want to be treated as a second-class citizen. Or pay for a second-class membership. Some clubs (not OW) say an adult can bump a junior at any time. Any guesses about how popular their junior or family tennis program is? It's not the OW way. Everyone matters. None more than others.

And a tough one: the ball that is "more out than in", is still "in" when playing the game of tennis. Ivan Lendl once said to an official when contesting a call, "a serve that is 99% out is 100% good". True. As a matter of fact, as tennis players, we are actually more aware of wanting to be treated fairly than most other groups in society. Because every time we play, we are at the mercy of another's line calls. Someone who has to put aside their desire to win, to do the right thing. Given enough pressure, it can be a tough ask. When making a call, give the benefit of the doubt, you would want the same. And it makes for a much more fun time, even in league matches.

And if all you care about is winning, then remember this, peak performance comes from a place of joy, of fulfillment, and never from anger or tension (which usually leads to peaks and valleys in performance). Playing your best is your best chance for success. Sure, you can try to disrupt things by being a jerk, but what if they dealt with arguments better than you? You are giving your power away. Maybe empowering them. (Never "give someone a reason to beat you", or "awake a sleeping lion"). Keep your power by playing and being your best. It is so in your long-term interest to come from a place of fun and respect. Even in matches you want so desperately, so badly to win and as a result teeter precariously on the edge of rampant self-interest and ultimately self-destruction. Stay true and positive.

Rules can be helpful to make some of these situations simpler, or clearer, but they are just tools to help us do what supports each and every one of us best. Don't make the mistake of getting too caught up in what the rule is or says. It's actually the spirit behind the rule that is important, not the rule itself. Focus on the intention, not the letter.

Sometimes people can use rules to get around doing things that are actually morally correct. Or they use the absence of a rule, to do something that they know isn't right, but because there is not a specific rule saying you can't do that. "There isn't a rule against ____, so I will do that."

Or maybe there is no one to catch them, so then they think it is OK. But would they want to be treated that way, if the tables were turned? No way! Most know when they are "gaming" the system, and not being "good neighbors."

We have a great website, and court scheduler app (Play Tennis Connect), but just because the program will let you do something that isn't right (like back-to-back reservations) doesn't mean it is OK to do so. It is impossible to have a perfect program, or tax code, for that matter. Honor lies within each person's ability to grasp, ... or fumble.

Enforcement. The same goes for enforcement. "I didn't get caught" doesn't mean I behaved well, or followed the rule, or the spirit of the rules. Don't kid yourself. It could even be argued that a club or society focusing on enforcement actually encourages the idea of skirting the rules, and the false logic, "If you don't get caught, it is OK, because we have officials calling the game, so you don't need to be honest." It is rationalized to be the fault of the "police," not you, that your behavior was "permitted". Not exactly personal responsibility or being a good member or citizen.

Plus, do you ever really get away with poor behavior? After a while, others notice. Your self-worth notices. There are mighty fine players that can't get a game because others simply don't want to be around their behaviors.

Tools. So Orindawoods offers some rules to try to help all of us understand how we would like to be treated, but really, most of us already know what the best behavior in a situation is. Would I want that done to me? Ask Sarah Knight's question, "Am I being an a**hole?"

Nobody's perfect. Hey, we all slip up from time to time or make poor choices. No judgement here. Just do better the next time. We all notice that too. Someone who reforms are well-loved in the end. Let's keep the Club a fun place.

One of the things that makes Orindawoods so fun, wonderful and attractive to so many players, is that the vast majority of the time, people are fun, respectful and functioning at their highest levels.

It isn't an accident Orindawoods is so great. Look at the junior tennis tournament scene (or league tennis). That's tennis too, with different values, and is often called a snake pit it can be so nasty. So many kids quit competing because it is so toxic. It's a group's behavior that makes tennis a great game. It's up to each of us, our own personal responsibility, to keep OW way it is by treating each other with respect, the way we would like to be treated.

Thanks for all you have done down through the years in creating and maintaining the Orindawoods Way!

Tennis Tip:

The Shape of Things

There are shapes in tennis, that only the educated player can see. There are moves, and positions, and strategies that are invisible to most, and clear as the light of day to those who know how to see them. There is a world behind the world. Can you lift the veil? Contrary to popular belief, these are not gifts from the heavens. These things are learned. It is true that some see more than others, but we can learn to see. And to not see something we could see, limits us.

It was said that Wayne Gretzky, The Great One, would see all the other players chasing the puck around the ice, and he would simply move to where the puck was likely to end up, and wait. He could see hockey in a way that few other professionals could see, and he had the courage to act on what he saw. That second part, courage, or faith, is huge.

What can you see? What can you learn to see, if the veil was removed? Would you act? Are you willing to look?

There is a fundamental problem in tennis, the ball is round, and the racquet face is flat. Round peg, square hole. We can correct this, and make contact be the blending of two curved shapes, by moving the racquet face in such a way that it becomes curved, no longer flat. Let's look at the three basic types of shots, and the shapes we make with the racquet to execute those shots to the highest level know to players at this time.

The Shapes: 1) Satellite dish — volley; 2) Bowl (on its side) — forehands and backhands; 3) Sphere — serve.

Don't forget, these shapes are three-dimensional, not just two-dimensional. They have width, height and depth.

The slower the ball, the larger the curve. When volleying, the ball is generally moving fast and wants to bounce off the strings faster, less time to capture it on the strings, so less of a curve (but not flat). On the ground strokes, the ball has bounced on the court and has slowed down (~50%), so we can shape the racquet more. On a serve, you just toss it in the air, and can circle around it a lot more. (The overhead is somewhere between the groundstrokes and serve).

Even though the ball is only on the strings for a small portion of the shape you are creating (your stroke), for only 3-4 thousandths of a second, the ball feels which way the racquet is moving, and responds accordingly. There is a huge difference if the racquet is going around, across and up or down, than if it is going forward (hitting the ball), brushing up or blocking the ball like a wall. Trust me, the ball knows, and responds very differently based on the shape, speed and acceleration of the racquet. (Of course, the racquet type and string tension matters as well – talk to Patric!).

The modern backhand is a tough one, because it is hard to produce the same, bowl-like shape seen on the forehand to the same degree. You are limited by physiology on that side (one-handed or two-handed, for slightly different reasons). So elite players, when given the choice, opt for the forehand (better, more flexible shape), even if they have “the best backhand in the world.” Remember, more turn, more racquet head speed, more acceleration, and better release equals bigger shots with more spin. A better catch, hold and release. Serve > Forehand > BH > Volley.

The history of groundstroke tennis in the Open Era, can be described in **four balls**:

Ball #1: First there was a swing and a hitting of the ball. The acceleration in the swing was before contact. 60s and 70s. Players tended to serve and volley for control, rather than hit. Newcombe, Smith, Rosewall, Ashe, McEnroe.

Ball #2: Then there was lifting or striking up on the ball. “Low to high,” a steep, upward swinging motion. Mid 70s to mid 80s. Topspin for control. Borg, Vilas, Austen, Jaeger, many, many clones. Long rallies, defensive in nature.

Ball #3: Then there was lifting and driving together. More power, more control. Still a bit of a striking nature to contact, but much less, more blending. Late 80s to about 2000 (with a couple of notable exceptions who won all the time in the 90s – see below). Lendl, Chang. Offence started to return to tennis, but from the baseline.

Ball #4: Finally, we have a grabbing, holding and throwing of the ball. (Starting early with Agassi, Graf, Seles, and perfected by Federer, Nadal, Djokovic). The power baseline game. Harder and more spin than ever before.

The first three of these balls involves some sort of strike of the ball. It is more direct on Ball 1 (hit through the ball), and more at an angle on Balls 2 & 3 (low to high), but it is a hit, or a brush of the ball that produces the action. But with Ball 4, the modern era, it is not as much a hit, but a blending with the ball, a receiving of the ball, a holding and then a releasing of the ball. The receiving of the ball is precise, and slow, while the sending (the follow through) is much quicker and dramatic. To the casual observer, it seems like the players are “hitting the ball” harder, because of these big follow-through's and the fact that the ball is going much faster than it used to do. But this is misleading. And mistaken. (“For every situation in life there is an answer that is clear, simple and wrong.”)

Something very fundamental has changed. The ball is being held, turned, slung, much like an elite serve has been for years and years. Preparation is earlier, slower, smaller with acceleration (and resulting release) after the ball is “caught,” producing spin and power. Slow and go, catch and throw. These elite strokes (Ball #4) feature curves, twist and turns, with very little in the way of linear movement.

Serves haven't changed much, there have been many great ones going back to the 40s with Kramer, Gonzales and many others. Great serving has always pushed players to the top: McEnroe, Becker, Edberg, Sampras, Ivanisevic, Roddick, Federer... Elite serving has long been based on throwing. Now the forehand is just an upside-down serve.

It's time to see you racquet differently. Not the way it sits in your hand, a flat-string surface, but the way the hands of a skilled practitioner can move it through the air, in curves, and spheres that shape the interaction with a round and very bouncy ball. An interaction that can produce not only more control, but more power than limiting yourself self to a flat racquet and flat thinking. The world is round, and we need to adapt our thinking to that reality. The veil removed.