



Orindawoods Tennis News

April 2023

Vol: 29, Issue 4

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

Monday Club Social Tennis League

Monday Team Tennis

It's time for the big one: Monday Night Team Tennis!!!

The season will run from early May, through August, with matches and dinners on each and every Monday evening (not holidays). Of all the socials, in all the tennis clubs, in all the world, this is the best!

MTT is an in-club league (with a few guests), where we create 4 teams and they play each Monday evening, fighting for the title. We have been doing MTT successfully for well over 20 years. Good shots, lots of laughs, tasty food! Play runs from 6-8 p.m., followed by dinner on the deck. The weather is always perfect, with palm trees swaying to the gentle tropical breeze (OK, sometimes the breeze hails from the south coast of Alaska, but normally, it's lovely). MTT is the best way to spend a Monday evening, meet some like-minded players, and enjoy the finest Orindawoods tennis experience. Join us.

Register in April: The cost is \$50 per player for the season (\$75 for non-members) and includes the 14 or so weeks of play. You may have to contribute a side dish every 4 weeks or so, when your team hosts dinner. The main course will be reimbursed by the Club. And of course, everyone gets a prize at the end because if you are a member of Orindawoods, you are clearly a winner. It's great fun.

Contact Keith for info / to sign up! keith@orindawoodstennis.com.

Used Tennis Balls

If you have some used balls that are weighing down your tennis bag, or cluttering up your car trunk or hall closet, please donate them to the Club. 1) If the ball is in good shape, please put it in the tan-colored, wood box by the Pro Shop Door. Those go in the ball machine (it tears up a lot of balls – then we recycle). 2) If balls are ragged and are ready for recycle (no bounce, little fuzz), then put balls in the Recycle boxes (by the sink, or the new outside box).

Ball Machine Club

March is when we renew our Ball Machine Club memberships for the year. If the month slipped you by, no worries, we are still taking payments for the Ball Machine Club (pro-rated membership available later in the year). There are two ways to use the ball machine:

- 1) Pay hourly each time (using the pay station in the lobby, or with Keith or Erik, \$8/hr)
- 2) Pay \$110 for the year for unlimited use, when the court is available (that's only 14 hours of the whole year to make the ball machine club worthwhile, slightly more than once a month). Please pay by credit card (Keith or Erik).

The membership runs March 2023 to the end of March 2024.

You get a key, so you can access the machine at off hours. When you reserve Court 3, you are also reserving the ball machine. Court 3 is available for open play as well, but we ask if you have other court options, to please leave Court 3 open for ball machine use.

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

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 is continuing in his fine tradition of being our expert racquet stringer. Patric picks up and drops off racquets early on Tuesday and Friday mornings. Put some zip back your game, get a restring!

Quotes of the Month:

"Between what is said and not meant, and what is meant and not said, most of love is lost." – Khalil Gibran

"Perfection is attained not when no more can be added, but when no more can be removed." – Antoine de Saint-Exupery

Summer Junior Program

The information for the Summer Junior Program lead by Head Pro Erik Oehlschlager is out on the Orindawoods Tennis Club website and here on pages 6 & 7. Check it out! Join us!

Orindawoods Tennis Club

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Pool Scene

Next week (4/10-15) we plan to replace the pool and spa heaters, so that we get more consistent performance going forward. Our pool contractors over the years got every last ounce of useful life out of our old heaters, but it was time to move them along, to the big pool heater room in the sky. We are hoping to have a summer of consistent, efficient, and lovely pool heat. Woo hoo!!!!

The Tennis Club Pool should open in May, depending on when the work is completed. Parts have been ordered and we don't anticipate any difficulties in installing the new heaters, pipes and gas lines. It should be a great summer.

League Teams

Both our **USTA 4.0 and 4.5 40+** teams made the playoffs, and our 4.5 team is going on to sectionals. We are also having 4.0 and 4.5 teams in the upcoming 18+ season. Good luck ladies! These matches are played on the weekends, usually mid day, (FYI after prime time, for your court scheduling purposes).

Our **BALL teams** continue to play as well on some Mondays and Fridays, as there have been many rainouts. Matches start at 10 a.m. (by league rules).

Thank You Captains: Due to rainouts, it has been quite a challenge to be a captain so far this year, so many thanks to Kay, Deb, Malika, Helen, Pascale, Janet, Cindy and any and all who helped out. Good luck to our Ladies Teams!

We are also participating in the **Junior Spring Tennis League** here in LaMorinda. Head Pro Erik has put together a fun, entry level team, that should be getting their feet wet (hopefully not literally) in the competitive arena against kids of similar levels from OCC, MCC, MVP, SH and Meadow. Good luck!

Winter 2022-23

Drying Out???

What a wet winter this has been. It's easy to get discouraged with so many of our games, lessons, and clinics rained out. But "this too shall pass." The seasons are changing, and soon, we will have sunny days, and wonder when it will ever rain again. Last month we worried about floods, and trees blown down, and the next month it will be drought and water rationing. The cycles of life, you could say. A lesson in staying in the present moment. Thanks Mother Nature.

As Spring slowly starts to arrive, we look forward to a summer of tennis and club action. We are doing some much-needed repairs to the pool heating system. The schedule of the Summer Junior Program has been release (pages 5&7). Monday Team Tennis, our fun social tennis league and weekly dining experience will be starting in early May. That will be followed by our monthly social events in June, July, August, September and October. This Spring our

junior players are playing the Spring League against juniors from other clubs. We have had a wonderful turnout for our Spring junior tennis program. Tennis Season is on! "Dann the puddles, full speed ahead!"

Court washing takes place on the first two Fridays of the month, at 12 noon.

So, it's time to get the racquet off the shelf, out of the closet, dust off the rust, and start drying out again. What a winter it has been. But I can still think of many days, not as many as usual, where we got out there, and played. Some people proved they were "Real Tennis Players" by overcoming some of the elements, from temperature, wind, damp courts, fading light and every changing schedules to try to find the dry times, in-between the storms. I'm sure many of you fall into this category this winter, and congratulations on enjoying the game! Sometimes we feel a bit crazy, but it is great to get out there.

The Heart and Health of Tennis:

The Beauty of the Game

We can all think of a time when we moved for a ball, our opponent closed in, and then something magical happened, we simply played the best shot of our lives, right by them, and everyone kind of just stopped, and took it all in, perhaps in total awe and bliss. There are "wows" and "great shots," or perhaps the speechless silence of when awesome happens, or perhaps a cheer, or shout for joy when you get something that you couldn't imagine a moment before... And that one shot, that one golden moment, that one memory, can keep us playing for hours, days, weeks, even years. The chance that it could come again, and for that moment, truthfully, we were immortal, playing like the gods.

We all like different things about tennis. Some love the buzz they get from competition, from besting their foe, others it is being on the team, working together, or getting together with friends, getting some exercise, maybe the problem solving, learning something new, that they couldn't do yesterday, or that feeling when everything just comes together, perhaps after quite a long struggle. We are all different. And perhaps something different drives each of us.

For me, it is blending with the ball just smooth, the contact makes almost no sound, feels almost like no impact. To carry the ball, hold, turn, guide the ball on its way. Then to release the ball so that it just shoots off the racquet. Being in the flow with the shot, body, mind, spirit, each and every move ending up on the quality of the shot, tennis bliss.

And whatever your tennis bliss is, tennis seems to have the power to pull us back to the court. That the bliss may not be easy, maybe not often, but achievable. It is possible to reach such heights, to achieve such actions, on a relatively frequent basis. It keeps us intrigued. If the task is too hard (like golf) we often give up. Just not enough reward. And if the reward is too easy, it is fun for a while to be "so good," but then the reward loses its value, and has little meaning or pull to bring us back. Games that are so easy, are easily abandoned (at no great emotional loss). I used to play ____.

Tennis has the magic we all crave, doled out in doses that are not easy to achieve, but not so difficult we just give up. And this is why our game stays popular, with elite players, and weekend warriors, throughout the years. Tennis has grown in the past five years; the number of participants has increased. More good news:

Recent statistics show that tennis adds almost 10 years to your life, far more than almost every other sport. The combination of physical exercise, social interaction, mental challenges, leads to longevity.

Tennis	9.7 years
Badminton	6.3 years
Soccer	4.7 years
cycling	3.7 years
Jogging	3.2 years

*Data from the Mayo Clinic.

The number one magical power in tennis, and any other activity, is joy. Find the joy, the bliss.

If we chart energy and whether it is positive or negative, we find that joy is found where the energy is high, and that it is positive (Fig. 1). So, if you were +5 on the positive / negative axis, and +5 on the energy axis, you would be the most joyous possible. Anger is where the energy is high, but it is negative (so say, -2 / 2, some high energy, but somewhat negative). If the energy is low, but positive, we have a pleasant feeling (4/-2), like a sitting on our couch, but we are not getting anything thing done. And of course, if the energy is low, and negative, we would rather be anywhere else (-4/-3). All peak performances occur in the "joy quadrant," Energy is important for success, so if you are in the "anger" quadrant, you will have some success, but it will be inconsistent, due to the volatile nature of the negative energy. Mental toughness would be keeping the energy high, and positive most of the time. And when it is negative, or low, turning it into positive energy (frustration -2/2, shifting to determination, say 3/2). The alchemy of performance.

Thought the combination of exercise, social interaction, competition (motivation), education / improvement, tennis finds a way to often place you in joy, and that keeps us coming back, keeps us healthy, and feeling alive. Tennis is a sport for a lifetime, potentially a well-lived lifetime. Plus, tennis can be a platform for learning how to find our way into joy quadrant. If you can learn that skill, you can apply it in the rest of your life, and you will live longer and find much of that life to be joyful and worth living. And all you did, was pick you your racket bag, hop in the car, and drive over to the 'Woods, hit a few balls, and hang out with some great friends and cool people. Life ... it's an easy game. :-)

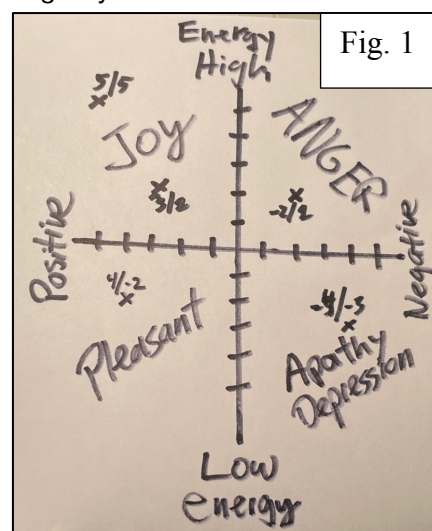
Tennis Tip:

The Net Player

When you are at the net, you hit volleys, or overheads. Maybe a half volley. A lot of people know how to hit volleys, some people are pretty good at overheads, but that is not the same as playing the net. The volleys and overheads, and half volleys are skills you use when you are a net player, but there is something more to playing the net.

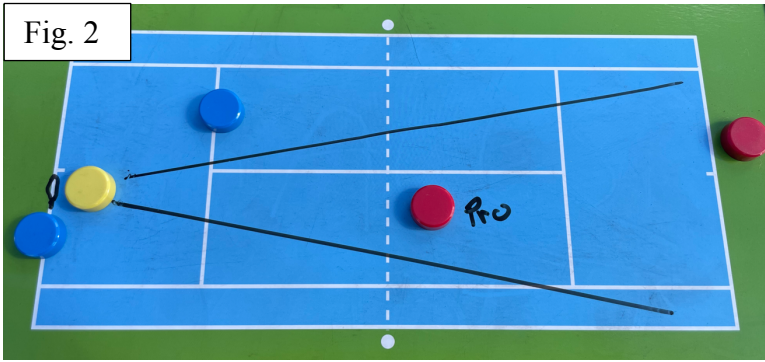
If you stand at the net, and I hit a ball to you to volley, most players are good at hitting a pretty good volley, probably hit a "winner" most of the time. But of course, playing the net is nothing like that. We don't know where the ball is going, and we have to cover the court to the best advantage (for our team, in doubles) or ourselves (in singles). We have to deal with the unexpected, and we don't have very much time to do it. And not only that, when we volley, or hit an overhead, we often feel the added pressure of thinking we should do something offensive with the ball. Hit a winner. But consider this...

The ball coming to us could be high, low, left, right, fast, slow, groundstroke, lob, lob on the forehand side, lob on the backhand side, topspin, underpin There is just no way we are going to have that scenario described above, where the ball comes right to us, where we are looking for it, we're ready, and we step in and knock it off. That's a ball machine feed, not tennis. It just doesn't happen that way, and when it does, it's just luck. So how do I play the net?



Pro Positioning vs Club Positioning. What are the differences, and why? Well, let's start with **the pros** (Fig. 2). The

Fig. 2



net player doesn't cover the line, and they don't cover the lob. In fact, they cover the middle of the net, if anything at all. The serves go to the middle, which makes it very hard to hit down the alley for the returner. The serve is fast enough that it is very hard to control the return enough to get the ball up over the net person (lob) and keep it in the court. Not to mention that the pro net player may be close to the net, but they go back better than the club player, with better overhands. Notice this position leaves the pro player more in the area where it is much easier to hit that ideal volley mentioned above.

The stated goal is to control / cover the middle of the court.

Different goal than the typical **Club player** (Fig. 3). Club players guard against the lob and guard the alley. And club-level serves often go out wide. Some of these "defensive tactics" are due to the athletic ability of the Club player, versus the pro player, but some is also due to the tactics and strategy themselves. And importantly, these "self-protection" tactics leaves the club "net" player, not really at the net at all. Far off the net, it is very hard to hit a good volley. Not only that, but the club player is not all the way back either, and finds themselves too close in, to hit a groundstroke. In other words, just on positioning alone, the same skilled player (pro or club player) would be a much better net player being in the pro position than in club position. Positioning matters. The club player positions where they do to guard against weakness, unintentionally becoming weak, not to enhance strength. (for why, see below).

How does the pro player defend and remain attacking in nature? The threat of the alley shot can be controlled by serving the ball more in the middle of the court. This takes away the angle for the alley shot. That is the easy part, often seen at the pro level, though not often employed at the club level. However, because the club net player is so far back, it does make it possible for the returner to hit the ball towards the alley, at the net player's feet, when in the pros, that shot is cut off (Fig. 4, shaded area) by the net person being close.

Here is the hard concept: When the club player takes up a deeper / weaker position, it is due to the belief in club tennis that the net player is exposed because he is standing in the wrong place (too offensive, too close to the net). While this may seem true from experience of being lobbed over, **he is exposed because the serve is so weak**, and it is easy to lob (the real problem).

So, when your server "yells" at you for not covering the alley, or not covering the lob, like the loss of the previous point was totally your fault for being a lousy net player, what they are really saying is, "Hey, my serve sucks, and I can't protect you the way I'm supposed to. Please back up so that my serve doesn't look like the stinker it truly is."

Most servers don't phrase it that way (even if they know it to be true). And moving back, their "sound" advice, doesn't make your team more likely to win points, just less likely to be lobbed. "Be careful what you wish for, it may come true."

The problem remains, however, that without a strong serve (combination of speed, placement, spin and deception ... don't just think speed here — that leads to overhitting and missing the first serve and then serving very weakly on the second just to get it in), the net person is a bit of a sitting duck, no matter where they stand.

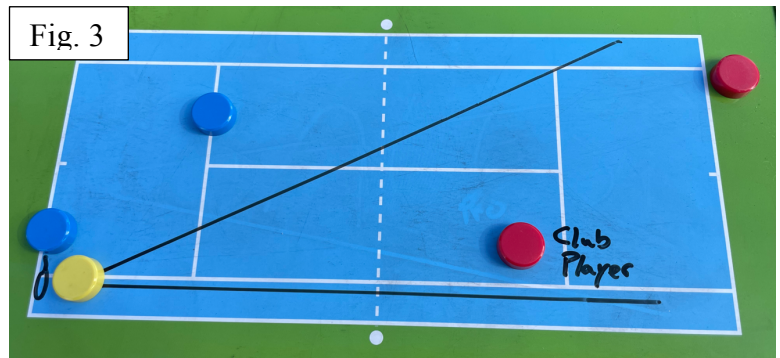
Of even more to the concern of the club-level server, is the server is a sitting duck too because that lob over the net person's head forces the server to have to run across the court, switch sides, and probably hit a difficult, high shot, often high on the backhand. Quite possibly, far beyond their physical and movement limitations, plus tennis skills.

The server and the net person each have a job. The server's job is to start the point in an advantageous way and cover the back of the court. The net person's job is to control the middle of the court, and most of the front. Two players, two jobs. When the server asks the net person to back up, they are basically using both players to cover the back, and no one is doing the net person's job. This is not a formula for winning. There is no offense.

It's much easier to blame your partner than to take responsibility. "Get off the net, you're leaving me on my own back here." Unfortunately, even if you do take responsibility (for the weakness of your serve), you're still left with a weak serve and an opponent who knows how to exploit it (lob over your partner to a vulnerable spot).

What to do? If you serve in the middle (Fig 4, red to yellow), the returner really has five options (other than: swing and miss, hit it wide, hit it long, or hit it in the net — yeah laugh, but one of these is often "selected"). Those five options are: 1) back up the middle (ground strokes, between the two red players), 2) at the red net person, 3) towards the alley

Fig. 3



(which is hard to make, and those shots are within the red net person's reach), 4) lob over the net person, or 5) aim for fool's gold (inside-out backhand – really hard shot to make, nearly impossible consistently if the serve is well placed, with speed, and spin. Try it, you'll dump a lot in the net -- "Error City" -- or way wide, having been late on the timing).

The only real choices you can make consistently are #1 (up the middle), #2 (at them) and #4 (lob). Right at them (#2) really only works on a weak serve, or a surprise (if you have a strong backhand – load it up, let it rip, cover the middle).

The key for the serving team in this Pro "I Formation" is, the net person is more in the middle (because the alley shot is harder from the middle), so they control the middle. If the returner lobs, the ball has to get it over the net person's head, and land inside the court, behind the net person.

Tough on a hard serve. In club tennis, you have almost limited the returner to the lob (because most club backhands aren't up to success towards #1 & #2). Plus, the lob return is tough on the server. We know this, it happens all day long at OW.

In response, most club servers tell the net person to move back. For every situation in life, there is an answer that is clear, simple and wrong. Why?

Lob Solutions: If you are the server, why not serve from closer to the middle (pro server position), place the serve in the middle and then move over to your left as soon as you think they are going to lob. That position covers the groundstroke up the middle (#2) as well as the lob (the two best, effective return options). This solution, doesn't make the net person move back so far that they aren't really even in the game, a self-inflicted wound: i.e. don't stand where you suck. Off the net, the net player isn't involved. The server is playing singles, all in order to just to stop one shot / problem: the lob.

With the net person in the club position, the club-level returner can go up the middle (much easier than hitting a lob over the net person and in the court). Much worse for the serving team in terms of your chances of winning the match. Here is a big clue in developing tactics: stand where the easiest shot is likely to go. The middle. Both players.

Notice: in the pro position (Fig. 2), you are covering (as a team), a much smaller part of the court, you have limited the size of the battlefield to your advantage (and control the middle). Compare this with the lines on the club positioning (Fig 3: server wide, serve wide, defense split, middle open, huge area to cover). **The classic question:** do pros play this way because they are pros, so good, or are they so good because they are doing something right?

Problem: What if, despite trying, I don't get the serve to the backhand corner and the returner hits a forehand? The red server needs to shift to the more club position (Fig. 3) and the red net person needs to move more towards the alley (not back, however). This serve can be a nice surprise to catch the receiving team off guard, but if they get it, you are in a much weaker position. I serve about 80% of my deuce servers up the middle in doubles. If I miss? Adjust.

Ponder this? As a team, do we even need to cover the lob (at least the really good lob – say over by the far, bottom alley)? It is a heart-of-the-matter question facing club players. In tennis, it is a proven fact that you are going to lose about 45% of the points, when you are winning. We might not like it, or even fight it, but it is true. An appropriate question might be, how do I want to lose those 45% of the points, so I can win 55%? I think if most players thought rationally about that, they would probably say, "When my opponent hits a really good shot, that I can't return."

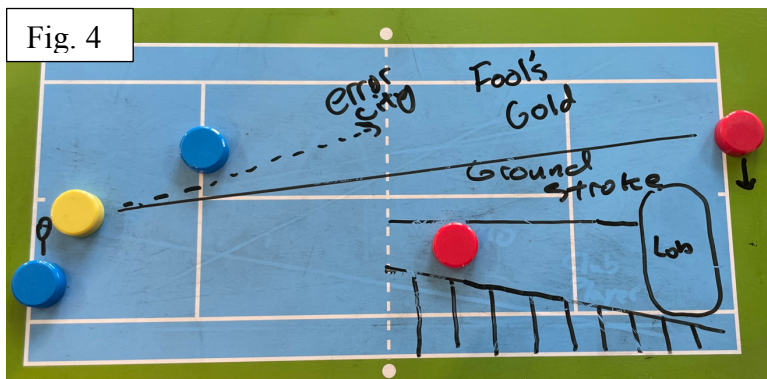
A ball lobbed over the net person, into the back corner, is a pretty darn good shot. Admittedly, it is even harder to do if the net person backs up or the serve is strong, effectively making that space even smaller, but at what cost? Maybe these lobs are the points to lose so I can control the middle and win the other 55%. And the match. The goal is to win.

Compromise. I'm not suggesting that the net person should stand where the pros stand, that would be crazy in club tennis (too easy to lob, plus you'd probably get hit with the serve fairly often – we don't bend as well as the pros). But I think a positioning more in the middle of the box (width and depth: in Fig. 4 a bit farther back and slightly towards the alley) would be a wise compromise. That keeps the net person in the play, and while it leaves a bit of room for the alley, and a bit of room for the lob, it would have to be a good shot to make either. Plus, move the server towards the center (when the serve goes in the middle). Lobs are played most often on slow, relatively high-bouncing, middle balls.

Perhaps the best response to dealing with the lob is to lob better: i.e. giving them the tougher lob to play back. See Fig. 4. When someone lobs over the red net person, the red server lobs back cross court, over blue net person, and the blue returner is going to have to switch farther than the server did and hit a high ball to the backhand that is going away from them towards the top, left corner, on the run. The blue net player is too far off the net to really hurt you on a consistent basis. Do this a couple of times, and they would rather take their chances with hitting a groundstroke, trust me. The returner, by being "so clever to lob," has hopped right out of the pan, straight into the fire.

In conclusion, solve the lob problem by using the modified pro position, serving to the middle, ignoring a potential backhand return to fool's gold (much harder than the lob, especially at club-level, to do with any consistency), and positioning myself more in the middle, and then lobbing back crosscourt into the big space at the back. If they hit a perfect lob in the corner, say "nice shot." Gracious? Yes, but encourage them to do something really difficult again.

Fig. 4



Skills: I need to be able to place my serve (middle), take a couple of steps to my left, and be able to hit a backhand lob cross court. Off to the practice courts, these are the shots you need to thrive in club tennis. If you do, you will!

Tough Stuff: Most players don't choose winning strategies based on percentages because they fear losing points if the opponent makes the "tough" shot. You shouldn't fear losing the occasional point, you should fear losing matches.

Final note, this is a strategy for the deuce court points. What about the **Ad Court points**? First of all, there tends to be less lobs on the Ad Side, especially if the serve goes wide. Most ad court players will return cross court (lobbing down the line with our backhand is even harder than "fool's gold" above), and the server's net player is less likely to be aggressive with his backhand volley in the middle. If you sever more in the middle in the ad side, most people can hit a good enough forehand to avoid the net person (or attack them) without trying to lob. If they do lob, it will be to the server's forehand, a much easier shot to return. In other words, the lob doesn't cause as much damage on the ad side, so most returners choose better options.

An Easy Game. No matter what the level, pro or club, a fundamental strategy in tennis is to attack the backhand. The easiest, most successful backhand defenses are to 1) hit a ground stroke across the body or 2) lob. The lob is the best club-level option on the deuce side, and the cross-court groundstroke on the ad side. Probably not a surprise. It happens every day at the Club. How good are you at it? Do you practice these skills? I would.

At the pro level, the best deuce court backhand return is hard up the middle, and on the ad side, hard up the middle as well, with a slight bit of angle. So, at the club level, if you have an easy return (most second serves), I suggest, at least from time to time, playing hard up the middle, like the pros. Play the strongest shot, split the defense, to a large / makeable target, over the lowest part of the net. Intimidating. Play the easy way!

Orindawoods Tennis Club Summer 2023 Junior Tennis Program

Afternoon Sessions Monday through Thursday, June 5th through July 27th

The Orindawoods Tennis Club's Summer 2023 Junior Tennis Program will run from Monday, June 5th through Thursday, July 27th and offers a variety of afternoon junior tennis clinics during weekly Monday through Thursday sessions. The program does not operate the week Independence Day is observed. Clinics are grouped by the following 2022/2023 grade school designations:

- Transitional Kindergarteners and Kindergarteners (TK & K);
- First and Second Graders (1st & 2nd);
- Third through Fifth Graders (3rd - 5th);
- Sixth through Eighth Graders (6th - 8th); and
- High School Tennis Team players.

Our program utilizes aspects of the USTA's Junior Development Program, which features Red, Orange, and Green tennis balls to promote stroke development and ball tracking skills. These tennis ball gradations allow players to more quickly ascend from learning basic strokes to rallying to point-play.

Our Summer 2023 program will also incorporate pickle-ball and table tennis (ping-pong) play Monday through Thursday for our 3rd through 5th graders and on select days for our 6th through 8th graders.

Summer 2023 weekly session clinic costs and times for all groups are summarized below in Table 1. Level descriptions of the clinics follows Table 2, which shows the daily operating schedule for the Summer 2023 program.

TABLE 1. SUMMER 2023 JR. TENNIS PROGRAM SESSIONS AND COSTS

CLINIC GROUPS AND TIMES	WEEKLY SESSIONS AND DATES						
	WEEK 1 6/5 - 6/8	WEEK 2 6/12 - 6/15	WEEK 3 6/19 - 6/22	WEEK 4 6/26 - 6/29	WEEK 5 7/10 - 7/13	WEEK 6 7/17 - 7/20	WEEK 7 7/24 - 7/27
TK & K 1:00 - 1:45 PM RED	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)
1ST & 2ND 1:45 - 3:00 PM ORANGE	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)
3RD - 5TH 1:00 - 4:00 PM ORANGE & GREEN	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)

6TH - 8TH 1:00 - 4:00 PM GREEN & YELLOW	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)
HIGH SCHOOL TEAM 4:00 - 5:30 PM YELLOW	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)

NMF = NON-MEMBER FEE

TABLE 2. ORINDAWOODS TENNIS CLUB JR. TENNIS PROGRAM SCHEDULE

JUNE							JULY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

CLINIC DESCRIPTIONS

TK & K Red Lil' Ones clinics develop hand-eye coordination and racquet control so that students can start contacting the ball using basic service and groundstroke mechanics.

1st & 2nd and 3rd - 5th Orange Future Stars clinics develop hand-eye coordination, racquet control, and basic service and groundstroke mechanics so that students can start trying to rally with other players.

3rd - 5th and 6th – 8th Green Tennis Development clinics teach and develop basic service and groundstroke mechanics while emphasizing tracking down balls with various trajectories and learning to keep the ball in play using full groundstrokes. 3rd through 5th grade Green players will have to demonstrate the ability to start points with serves and return-of-serves. Green Tennis Development clinics are the starting point for 6th through 8th grade players until they demonstrate the ability to play points at our 6th through 8th grade Yellow ball clinic level.

6th – 8th Yellow Match Play Training clinics are for players who have demonstrated the ability to start points with serves and return-of-serves, track down balls with various trajectories, and keep the ball in play. The goal of these clinics is to further develop stroke mechanics, rallying, and point-play skills in order to play tennis matches. These clinics will also introduce and develop net play (volleys and overheads) skills.

High School Team Yellow Match-Play Training ball clinic is for High School team players. The goal of this clinic is to provide off-season all-court training to players looking to move up the ladder on their high school tennis teams.

CLINIC REGISTRATION AND PAYMENT

E-mail erik@orindawoodstennis.com to inquire about appropriate clinic levels for your child(ren) and to register for clinics. The following information is required for registration:

- Parent(s)/Guardian(s) - First and Last Name(s), E-mail(s), and Mobile Phone Number(s)
- Child(ren) - First and Last Name(s), 2022/2023 Grade Level(s), and Age(s)
- Clinic(s) - Week(s) and Name(s) of Clinics you wish to register for (i.e. Week 1, 6th – 8th Yellow).
- Are you a member of Orindawoods Tennis Club?

Payment is due before the first clinic date to reserve your space in the clinic(s). Payment can be taken over the phone prior to the start of the program by e-mailing erik@orindawoodstennis.com to arrange a convenient time.

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