



# Orindawoods Tennis News

April 2022

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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*

## OW Summer Social Tennis League:

### Monday Team Tennis

Monday Team Tennis (MTT) is our weekly social tennis league in the summer. Every Monday night we use the entire club starting at 6 pm for social matches between 4-5 evenly balanced teams, each consisting of about 10-12 members per team. It's a great way to play tennis, meet some people, socialize with friends, and enjoy some great food and good cheer.

The season will start at the beginning of May (Monday 5/2) and run through basically Labor Day. You don't need to play every week to participate. Sign-ups start now, in the month of April.

The cost is \$50 for the summer season. We play from 6-8 p.m. and have dinner together afterwards on the deck. BYOB.

If you are interested in signing up, or getting more info, contact Keith and he'll put you on a team. [keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com).

### Pickleball Social

We are going to have our first Pickleball party on April 24 at 3-6 pm. Contact Keith to sign up. [keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com)

**The cost is \$10 per person**, and we'll play pickleball for 2 hours and then have a BBQ on the deck. Bring your own beverages (BYOB) as tastes vary. We'll supply the sausages, salad, dessert.

#### Pickleball Playdays:

We have a pickleball play list. To get on the list, contact Keith. After the social, we will set up playdays based on player's requests.

### Junior Summer Program

The Orindawoods Summer Junior Program is now taking registrations for all 8 summer sessions (week-long classes).

Go to the [Junior Page on the website](#), to see the whole schedule, options and fees for classes and how to sign up.

**Registration** will be limited to "Club members only" through April 10, and then opened up to the general public. Get your spot today!

### Ball Machine Club

If you have a Ball Machine Club Membership and have not yet renewed for 2022 (March 2022 to March 2023), please see Keith or Patric to do so. If you want to sign up for the first time, that is available too. Unlimited ball machine use for a year (when the court is available) for \$110. When you reserve court 3, you are also reserving the ball machine (if you want to use it).

#### Save the Date

### Tulip Tournament

Our spring social the Tulip Tournament, will be held on Sunday, May 15<sup>th</sup>, from 4-8 p.m. The cost will be \$10, bring your own beverage and side. Contact Keith for information and to register.

### Reservations: Courts 1 and 3

**Courts One and Three** have special uses at the Club.

**Court Three** is home to the very popular ball machine. Since it is the only court where the ball machine can be used, and it's hard to

### 2022 Club Rates

#### Keith & Patric Tennis Lessons:

1/2 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 3/30/23
- 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 NOT REQUIRED INDOORS at OWTC. Be safe, thank you!

#### Greystone Parking

The Club's overflow parking is on Greystone Terrace, across the street. It is **VERY IMPORTANT** that we park on just one side (right side going up) and do not block the emergency vehicles. Thx!

#### Quote of the Month:

"To know holds no power, to be is evolutionary.... we must be the truth, to be your truth takes action, and action takes courage.... You are allowing your true self to rise from the ashes of the lies we have burned away." — Carie Suwal

get on the machine at popular times, the Club and the ball machine users would appreciate that if you are not using the machine, please reserve another court. That way reservations for Court 3 can be for 60 minutes, and we can fit more people in the busy day, more getting to use the machine. Of course, at busy times (9 – 10:30 am, during junior tennis in the afternoons), and in the evenings, Court 3 may be the only court available, so please go ahead and play (full 90 minutes, singles or dubs)

The same can be said for **Court One** after 12 noon as it pertains to pickleball. Pickleball is allowed on court one after 12 noon each day. Let's try to keep the space at that time available for pickleball unless all other options are reserved.

#### Keith in Orlando

## USTA Annual Meeting

Keith attended the USTA Annual Meeting in Orlando, Florida, March 16-21. Yes, he went to Disney World. Woohoo! Keith is the USTA Delegate representing NorCal, and cast the vote on a rule change, as well as attended all the executive council workshops and many informative sessions about the state of tennis, growing the game, and technology and innovation in the management of the sport. 850 members of the national tennis community attended.

**Tennis Health.** Some interesting facts, tennis has grown a great deal during the pandemic. There was a 7.4% increase in people playing. A 2.5 million increase in occasional / casual players. There are 11.7 million core players (as you all are, people that play at least once a month), highest number ever. Racquet sales were up, string sales were up, and even ball sales were up (despite some supply chain problems).

**Pickleball.** And there was discussion about pickleball, and a lot of work towards partnering with that great new sport. The head of USA pickleball is a tennis guy and has great connections with USTA. And while it is shown in the media that pickleball is such a huge deal, it is important to understand that there are 22.6 million tennis players, 4.8 million pickleball players and that tennis grew by 5 million since 2019, more than all the pickleball players, total. There are 67k tennis sites, and 9k pickleball sites in the US. That is not to say that pickleball will not continue to grow, and who knows, may even pass tennis one day, but right now, it's more than five to one tennis in terms of popularity.

**At OW,** we're in for growing both! There is no way that they have to be mutually exclusive. One of the great things about both sports, is you can play both, they have similar skills, courts and even rules, in the basic sense (have to hit over a net, has to land in the court, and you play with a racquet/paddle and a ball). That's why we want to share the courts, and not have one game be at the expense of another. We're living the dream at Orindawoods.

**WTN.** There was a lot of talk about the World Tennis Number (WTN), that will be used a lot in junior and pro satellite / ITF tournament play at first, and then eventually in adult tennis. It is a much more accurate rating system than NTRP (3.0, 3.5, 4.0, etc), with the idea that we want to find people more equal games to play, and more fun partners to play. League play continues to be a place where you can play other people and have a relatively close match, one of the great achievements – often forgotten or hidden behind competitive nonsense -- of USTA over the years. The layered system leads to even competition.

**Juniors.** Of course, there is always a lot of talk about juniors and junior development. We are really pushing for more level-based play (similar levels playing each other – WTN is all about that) and keeping it fun. It is best summed up by a comment Stanford's Dick Gould once made, "Children love to compete, parents love to compare."

Ponder that for a while, and we can see a lot of the problems in youth sports. Not only there, but in our own development as players. We start out just having fun and playing a game, like kids or beginners, and we turn it into something

that "means something." A ranking, a rating, going to Nationals, a title. It all seemed like a good idea at the time, but we can lose the joy in the process. We step out of what brought us in the first place – it such a fun game -- and we slip out of "beginner's mind."

And there was great advice to parents, "Your job is to love you kids; the coach's job is to coach."



## Orindawoods Tennis Club

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### 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](mailto:accounting@sc-manage.com)

**Diversity and inclusion** continues to be a major focus of USTA, trying to make this game available to more and more of our diverse American population, the modern United States. It's great to see the game grow in all directions, and to welcome new faces to the sport, and new opportunities for all.

**Health of Our Country.** And sports like tennis that you can play for a lifetime are so important for the health of America. Our next generation continues to be the first generation in American history where their life expectancy is less than their parents. Obesity, and addictions to refined sugar and high processed flour continue to cause our bodies to function far below optimum levels, and to slip over time, into dis-ease. The average American ate 1 lb. of sugar a year early in the last century and 120 lbs. today. That is crazy. Exercise helps to mitigate some of these poisons to some degree. And while our evolutionary development as a species allows us to roam all day (hunting and gathering — and out-last any other animal in this regard — a real evolutionary advantage). We need to move to stay healthy. Most people sit at a desk and function far below the optimum range. Movement is essential to our wellbeing. In 2012, a Department of Defense study said only 10% of the kids coming out of high school were fit enough to serve in the military... a nation's youth out of shape. There has been some improvement since then, but we have a major crisis on our hands. Tennis, even doubles, which most of us play, gets all of us, young and old, out there and moving around.

Finally, there are a lot of amazing people working and volunteering for tennis in the United States, and while I often wonder how their work and dedication ever floats down to our little club, the general health of the game is good, and that is good for all of us, whether you play on court one, or court 5, or at the US Open. I'm proud to serve tennis.

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## Catch a Wave

*"Energy is the most important thing in performance. Performance is primarily managing energy." — Jim Loehr*

**Waves.** Think of a wave in the ocean. See how a set of waves glides across the ocean, mere rolling hills and valleys in a seemingly flat, endless water landscape. Each wave builds slowly as it approaches the shore, transforming from a hill to a mountain, slowly rising up until it crests, and the top portion, moving faster than the base, curls over and returns, crashing down in an explosion of spray and force.

Now if you are one of those brave souls "that ride mountains", you know that you have to "catch" that wave just right. Too far in front and it will come crashing down on you, too far back, and you'll slip off and end up left behind. Position too high on the wave, and you'll be slammed down towards the ocean floor.

The skilled rider sits right in the optimum part of the wave, on the lower half of the face, near the back, as it starts to curl up into the sky, and where the water seems to push up out of the depths, lifting and propel them along the shore. The surfer maneuvers trying to hold this optimum position as the wave rolls along.

**The wave is the wave**, it follows the laws of physics, and makes no adjustments for the surfer. It's up to the surfer, with timing and position, to catch and harness the energy of the wave. Never to change it, that attempt would be pure folly.



**Power.** The most powerful part of the wave, the water turning, and crashing down, lands in front of the wave's face. If the conditions are right, and the wave big enough, the surfer can ride in the green room, or tube, with the base of the face of the wave pushing him forward while the top is circling over him. Even in front of him relative to the shore as he moves basically parallel to the beach in his own, private world, surrounded by power but safe in the middle.

**To catch** the wave just right, the surfer positions himself, so the wave basically misses him, or goes around him, over him. The surfer uses the part of the wave that maximizes the usable energy and stays away from the part that is not useful (no energy) or too powerful and would cause a "wipeout."

**Energy** tends to move in waves. When it is in the ocean, it is easy to see, to study, to learn from. Hurricanes and tornadoes are other examples of visible energy moving basically in curves or circles. Radio, and TV waves are invisible, but the message is hitched to that wave. Light and sound travel in waves as well.

Much as a surfer catches a wave, a tennis player wants to catch the ball in the wave of their stroke. That wave often forms a figure 8 shape, played towards the side at 45 degrees, wrapping around the contact point. (San Diego pro Jack Brody has done amazing work on this).

And much like that wave on the ocean, to get maximum usable energy, the wave should be the wave, to follow the path it moves the best (in harmony with physiology, physics and the way the body rolls), and not deviate its course to find the ball. That changes the force and thus the physics. Focus on the flow, the energy, and not on contact.

Much like the surfer, it is the job of the player to position themselves optimally in space and time to get the best ride out of the wave. The player can "see" the wave he creates, adjusts his positioning and timing, to use that wave / force.

**The trick** for the tennis player is that in a sense, they are both the wave and the surfer. Yet the wave is relatively unchanging in its essential elements, while the surfer / player always adjusts for the optimum ride / contact. And the wave, the stoke, needs to mostly miss, or pass around the ball. If you hit the ball directly, you get the tennis version of

the wipeout, the ball blasted into the net or fence. Not good, often frustrating, and clearly not fun. (Ok, it can be fun at impact, just not when the ball comes back to earth in undesired ways and locations).

**The skilled player** positions the ball such that the wave of the stroke wraps around the ball, very much in all three dimensions, to catch, hold and roll the ball forward. The main force of the stroke passes beyond the ball, missing it, but catching the ball in enough of the wave to propel it forward in a way we can control and enjoy the ride (hit it in, in the best possible way). "The biggest problem we must master in tennis is power. Too much power. It's much easier to hit the ball over the fence than in the court with pace." - Doug King.

That's right, for most of us, there is too much potential power in tennis. Not too much to connect with the ball, but too much to control. Just like wave to the surfer, there are parts of the wave that are way too much! We want to ride the part that is optimal power, and not more than we can handle or manage. "More is not better, better is better." We have to learn you to use the best of the wave to gain both our best power and control.

**In tennis**, the optimum stroke accelerates around the ball. Like the wave going up and around, and beyond the surfer, the skilled player hooks the racquet around the ball. On a forehand, that wave motion lays on its side.

On the topspin forehand your start with the racquet head on the low, inside of the ball, and wrap backwards and around the back of the ball and accelerate beyond the high outside of the ball, eventually, like that tubular wave, in front of the contact point (surfer) as the stroke wraps around back towards the body. "Tubular, man"

Imagine you are hugging the contact point. Get your arms around it! Around contact. Around mastery. Around joy.

**The fasted point** on the stroke is a moment slightly outside of the ball, slightly above it, and slightly in front of where the contact took place, right where the racquet turns to wrap back around towards the body. (in front of the contact)

Same idea on the serve. The racquet wraps over the ball, and comes down in front of the contact, not swinging out towards the court. We want the racquet to look like it is speeding up after the ball is released, which is the truth, because receiving the ball does momentarily slow the racquet head down, pushing it back into your hand, as the arm continues to accelerate around the ball. The ball is released, and all that is left... whoosh!

**Both power and control** come from release, the way you let go of the ball. To move too much toward the court, would be to "hold on" too long. To push, or use primarily leverage, which is slow. Or hit directly, which is too powerful. There is a moment where we receive the ball, then hold / drive the ball, and then release the ball, slinging and rolling it away, for power and control. Much like playing catch, if we don't catch, we can't throw. We stress receiving first. Catching gets us in the game, with holding / storing energy, but then we must progress to releasing, releasing energy to master the game.

**Transitions.** Tennis is a game of very fast transitions, and what was best mere fractions of a second before, no longer is ideal when we get to the next phase. On average, the ball stays on the racquet strings for 3-4 thousandths of a second. In that time, there are all three phases of contact: receive/catch, hold / drive and release. If we begin (footwork, preparation) with the end in mind (contact / release), we can line the shot up to catch, drive and release the ball all in what seems to be one motion: in, out and around.

**It marvels me** that humans can play this game – I stand in awe of us all -- so much to do in so little time, and yet we can, and as a sport, we get better at it with each passing year. The game changes, adjusts, grows and transcends past methods that no longer serve optimum play.

I grew up in a primarily swing / hit based system (1970s), the game was primarily played in the depth dimension. That is, forward. The contact point was between you and the net. Our arm swung forward. That transitioned to a bushing and lifting system (1980s), primarily in the vertical dimension. The ball was still in front, but we were swinging or lifting up, brushing for topspin. We played in the height dimension, low to high, our arm lifting. Now we catch and throw (2000s and on). The playing of the ball takes place much more in the width dimension, inside out. The play is to the side (actually about a 45-degree angle) and the ball is positioned much more to the side, more in the width field, between you and the side fence, so you can play more across, around, forward and up. It's a three-dimensional stroke, but it feels to the side.

**Go to a professional event**, and you will be amazed at how curvy the strokes are, the twisting and turning. Doesn't look like anything back home. It is easy to assume it is very wristy, but the rotation actually comes from the shoulder joint. A stroke today has much more width, and it is so much more three dimensional. Watch old videos, the game was so slow, because when you hit, you can't hit hard. When you throw, you can really let it go, because letting go produces spin, and spin helps you keep it in. Exciting stuff.

**Traps.** Hitting is easy to learn, and actually very hard to play. Most players, especially at the club level, still try to hit the ball, with inconsistent results and often great frustration (and occasional ecstasy and success). Contrary to popular belief, coordination is not the big problem in tennis, it's actually power (managing energy). Catching and throwing is harder to learn (especially if you are transitioning from hitting), but easier to play. All elite players are doing some form of catching and throwing the ball. You catch the wave and harness its power. Avoid the dangers and enjoy an effortless ride, the wave does the work!