



Orindawoods Tennis News

October 2017 Volume 23, Issue 10

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

October Twilight Tennis BBQ

We have one more amazing Twilight Tennis BBQs coming up on October 15th. The Twilight starts at 4 p.m. with tennis, and dining will commence around 6:15 p.m. on the Club deck. With great weather in October this should be an amazing event. To register contact Keith at keith@orindawoodstennis.com or when you are at the Club.

LED Lighting

After a delay due to import issues, the LED court lights are now scheduled to be installed in mid-October. We are sorry about the delay, but they should be in place by the time Daylight Savings Time ends.

LED lights use 40% of the energy, are brighter (our average foot candles will go up from 52 to 66, a 26% increase in light), require no maintenance (light bulbs won't be burning out every 7 years or so) and you can turn them on and off with no cool down / warm up period.

What this means for you is that the light will be better, and you will be turning the lights on when you need them, and off when you don't. We will be installing a switch that involves a timer in case you forget to shut them off when you leave (details to follow). Let there be LED light!

Guest Fees \$10

A quick reminder that the guest fee for playing at Orindawoods is \$10. A guest can come one time a week. The members of Orindawoods (not the guest) are responsible for making sure the guest fee gets paid. The guests may not know the rules (why would they, they are not members), so it is our responsibility to make sure our guest are behaving properly.

Of course, we would love our guests to join Orindawoods, but we realize that for reasons of their own, they are not able to at this time. Most guests belong to another club, and so are supporting the tennis industry. Perhaps their family needs a club with a swim team, or they play golf, or perhaps their spouse has poor taste. All these are possible.

The guest privilege is for the benefit of our members, who want to play with their friends. It is a privilege of membership. Allowing guests is not for the benefit of the guests, they are here because we want them. If you know of someone who abuses the guest policy, and they play with you, don't invite them back. If it is someone from another group, please discuss this with the hosting members, and the staff. For example, if you know someone is coming twice a week with two different groups, talk to the other group and figure out who gets the guest this week. Most guests are honored to be asked, and want to follow the club's rules.

As in any group or society, there are a few sociopaths. Those must be dealt with individually. However, we don't want to let their bad form and manners ruin the guest privilege for everyone else. The vast majority are well behaved. Guests want to good citizens and respect their hosts.

To pay a guest fee, please put the guest fee in the envelopes located just inside the front door of the club house (on top of the used ball drop) and then put the fee envelop in the slot just to the left of the pro shop door. It's our Club. Our actions make it a better place. Thank you!

Tennis Tip:

Workout Buddies

When we think of tennis as exercise, it really has a lot going for it. Look around the club, at your fellow players. Compare them with the

Orindawoods Jr. Champs

The Orindawoods Junior Championships will be held October 20-22 at the Club. The tournament will use all seven courts, so there will be no member play at the Club that weekend. Sorry for the inconvenience.

If you have a junior who would like to play in the tournament, you can register on topdogtennis.com by October 16th.

Weekly Lessons

Hit and Fit:

TRX workout (strength and stretching) & tennis drills on the 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 telling Keith you are attending.

Pool Scene

The lovely Orindawoods Tennis Club pool will be closing at the end of October. One more month to make a big splash! Enjoy!

Court Washing on Fridays

On the last Friday of the month (cts. 1-3), and the first Friday of the next month (cts. 4-7), we will be washing courts from 12-3 p.m. Sorry for the inconvenience, but we strive to keep the Club pristine for you.

Used Ball Drop

When you are done playing with your tennis balls, please donate them by dropping them in the Used Ball Drop just to the left of the Pro Shop door. Thanks!

Quote of the Month:

"Fairy tales do not tell children that dragons exist. Children already know that dragons exist. Fairy tales tell children that dragons can be killed."

– G. K. Chesterton

general population of the same age. Almost always, club members are in better physical shape than their peers.

Human bodies are designed to move, and even if we develop our own individual aches and pains as we age, we must always remember that moving is better than not moving. Healthy stress is what causes us to grow. Even unhealthy stress, like disease or loss, can help us to grow as well. In general, we try to avoid tragedy, though sometimes in retrospect we realize at least some value in having to cope with the unwanted trials and tribulations.



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Healthy stressing your muscles, your endurance, the limits of what you thought you could learn, or feel, or experience, is how we get stronger. Muscles only get stronger if we stress them, which causes that muscle to temporarily break down (get tired, sore). Then the muscle responds by rebuilding what is broken down, and actually the muscle builds back stronger than before in anticipation of a tougher future. The same is also true for the heart and lungs. If we push them, they respond with better endurance. Even a stiff, or sore back or muscle, needs to move. There may need to be short periods of rest, but most physical therapy today is centered around movement to get function back, not rest and hope the pain goes away. "Keep moving no matter how much it hurts," said the 110 yr. old when asked the secret for longevity.

Good stress is how playing better players improves your game as well. You respond to being pushed as a player, and your game steps up. Again, first you feel defeated, broken down, weak, but this causes you to work on your game and come back stronger, with better mental, emotional, physical skills.

Here is one of the knocks on the current system of tennis in the USTA, where everyone plays someone at their same level. 3.5s play against 3.5s. Sure, it gives you a "fairer" chance to win, but it doesn't push you very hard to be a better player. In some cases, people try to avoid moving up in order to keep winning. It's comparable to doing the same short jog every day. The run gets easier, but you are not getting stronger if you don't push yourself. Either longer distance, or faster time, or more uphill. Stress is how we grow. "We love (good) stress."

One of the great benefits of tennis is that we tend to be much more likely to exercise if we are doing that exercise with someone else. If we have made a commitment to be there and we don't want to let our mates down. We show up and work out (and feel a lot better when we are done), on days when left to our own devices, we might not play (exercise). How many times have you thought you could skip it today, and then after playing, were so glad that you did end up playing? Thousands and thousands of times for me.

One challenge we are fighting is our natural inclination towards rest. Conserving energy. Back in times of old, when the next cheeseburger was not right around the corner at In and Out, we had to conserve energy because we didn't know where the next meal was coming from. Now we have too many cheeseburgers, but we still have the instinct to be "lazy," to conserve energy. Fortunately, there is an instinct to want to move too. Which wins?

There is the Native American story where the grandfather tells his grandson, "We each have two wolves inside of us, one for good and one for evil. And they are in constant battle with each other."

The grandson thinks about this for a while, and then asks, "Which one wins?" The wise man smiles and says, "The one you feed."

Work out buddies is a way to overcome this inertia and get moving. To feed our instinct to exercise and to move. Our friends move us towards better health.

Of course, a lot of personal growth works this way. One of the powers of the whole twelve step movement is that you are accountable to other people, your sponsor, your group and then ultimately yourself and your higher power.

Grouping together gets us through the hard times, and solving tough problems.

So, our weekly foursome is a great way to commit to some exercise. And the great news is we are just playing a game. It's fun, and yet we are getting some of the moving we need to thrive as human beings. And friendships are built, which is an important part of our health (and heart) as well, as human beings are social beings, who do best when they live in groups.

There are modern technologies like the Fit Bit or the Apple Watch that can be your workout buddy and help challenge you to surpass or equal what you did the day before. And track your progress over time. I love completing those circles on

my watch, or getting to 10,000 steps. Yeah, t's a gimmick, and it works!

And tennis offers other ways to make a commitment to improving yourself, your health and your tennis. We have Fit and Hit exercise classes twice a week. A tennis lesson is like a personal trainer, both for working out, but also improving your game, having some "me-first" time. "The least expensive therapy I ever had," commented one student.

In fact, a club, our Club, is a group of people banding together to have fun, but also to pull each other off the couch, to put down that cheeseburger, to walk away from that pizza, and move together, play a game, feel the joy of movement, and have some fun!

The point is, if I have an appointment to be there, with someone, I'm much more likely to take care of myself, than if I just exercise when I'm in the mood. And of course, the benefits — "I'm so glad I played today, and I really didn't feel like it starting out" — are happier, healthier lives. And don't worry, if you work out, not only is it OK to have that cheeseburger, and it actually tastes better too! Good luck, and see you at the Club (and In and Out) soon!

Round Ball, Flat Racquet

It is so fundamental that we miss it. The reality is, that we are trying to hit a round ball with a flat racquet. That should be disturbing, but we just accept it as the truth and try to get on with it. But it is the classic square peg in a

round hole problem, and is just never going to work that well as long as we have a flat racquet, and a round ball.

Well, what choice do we have? All string beds of racquets are flat. And switching to a cube shaped ball seems like a bad idea, and totally unworkable. So, what's next? Accept the inherent dysfunction? (Fig. 1 & 2). Of course, other problems are that

the ball and the string bed are both really bouncy, and if they collide directly, the ball just goes flying. Collisions are very hard to control. And yet, this simplistic understanding of contact is exactly how most of us see tennis.

We need a racquet that shapes the ball, that catches the ball, and puts some spin on the returning shot, which allows us to control the power and direct the ball to a desirable location, at a desirable speed. And yet we still have that flat string bed. How can we get the racquet to blend with the ball better, and not mix like oil and water?

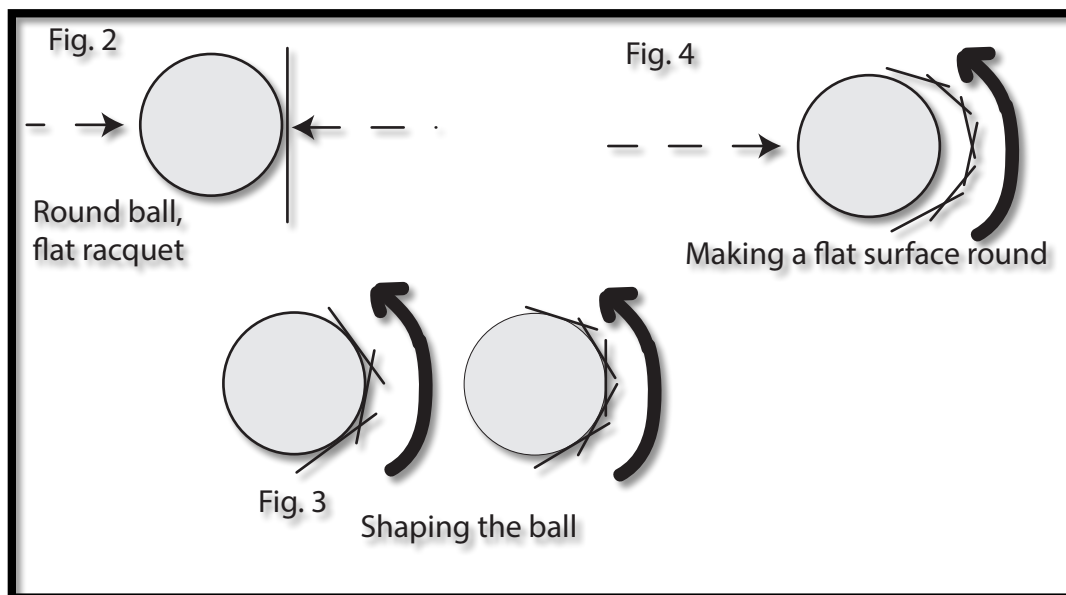
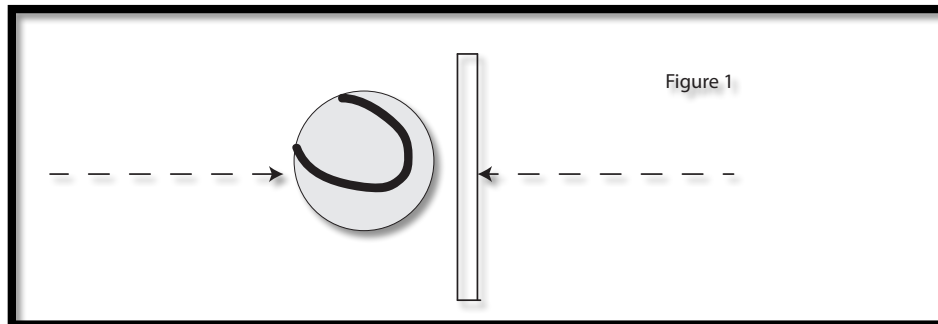
What if we changed the angle of the racquet as it contacted the ball (Fig. 3). If we made those positions a constant transition from one side of the ball to the other (progression from Fig. 3 to Fig. 4) we end up with a "racquet" that is shaped more like a tennis ball, round. Of course, this is a three-dimensional process, incorporating the height, width and depth of a sphere-like shape to blend with the sphere-shaped tennis ball (sorry, my limited drawing skills leaves us

with a two-dimensional drawing).

In this shape of stroke, the strings blend with the felt on the ball, gripping and turning the ball, rather than the collision and bounce of a direct hit (and subsequent loss of control). The way the racquet obits the ball (black arrow) is as important as the shape, and of course, is what creates the shape. Circle the circumference.

Is figure 4 an exaggeration? Of

course. The face can't turn that fast in the time the ball is on the strings, but moving in a way that creates spherical shape, touch, hold and release, rather than a direct collision (bounce). This spherical shaped stroke is going to vastly improve your results on the tennis court. Good luck out there.



Junior Clinic Schedule

Fall 2017

August 28th - December 8th

The 2017 Fall Junior Clinics began the week of **August 28th**, and will continue thru the week of **December 4th**. There are no classes the week of **November 20-24**. The 14-week program will be led by **Head Pro Patric Hermanson**. Some space is still available.

The Level I and II classes will be taught using aspects of the USTA 10 and Under Development Program.

| <u>Level</u> <u>Days</u> | <u>Class</u> | <u>Time(s)</u> | <u>One day/week</u> | <u>Two</u> |
|-----------------------------|---|-------------------------------|---------------------|---------------|
| I | <u>Lil' Ones</u> | Tues/Thurs 3:15-4pm | \$165* | \$270* |
| | <i>The Lil' Ones class is for the always adorable 4-6 year olds. We will be developing the coordination and balance of these young players as well as giving them an introduction to tennis using age appropriate balls and court size.</i> | | | |
| II | <u>Future Stars Group</u> | Tuesdays 4-5:30pm | \$325* | N/A |
| | <i>The Future Stars Group is for our 7 to 10 year old players. The players will be working with 10 and under balls on 36', 60' and full courts. Stroke instruction, tennis games, and match play are all part of the curriculum as we work our way up to green dot balls and full court.</i> | | | |
| III | <u>Tennis Development Group</u> | Thursdays 4-5:30pm | \$325* | N/A |
| | <i>In the Tennis Development Group we will work on refining technique, improving footwork and developing strategic awareness for successful match play. This class is for beginning through intermediate players ages 11 thru 14.</i> | | | |
| IV | <u>Tournament Training Group</u> | Wednesdays 4:30-6:30pm | \$415* | N/A |
| | <i>The Tournament Training Group is an <u>invitation only</u> class. Contact Patric about setting up a try-out.</i> | | | |

*Non-members should add \$25 (Lil' Ones, only \$15).

We have factored into the cost of the clinics, the potential of two weeks of missed classes due to rain, illness, vacations, etc.

Special Discount: 10% discount off the cost of second sibling. Discount taken off the lower of the two costs.

Inclement Weather: In case of questionable weather (rain), please call the Pro Shop for a court condition update or check orindawoodstennis.com and click on "live court conditions" at the top of the page.

Tennis shoes required (no black soled running shoes).

Cell phone use during class time is limited to emergencies or with consent of a coach.

For more information or to sign up, please check out the club website, call Keith or Patric at the Pro Shop, or you can also e-mail Patric at patric@orindawoodstennis.com.

Join us!