



# Orindawoods Tennis News

December 2022 Vol: 28, Issue 12

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*

## Holiday Season at OW

### Happy Holidays

From all of us at Orindawoods, to all of you (who are Orindawoods), blessings and happiness during this holiday season. Let's be grateful for the things we have, generous and inclusive in sharing it with others, and joyful in our approach to all our days.

Many blessings and happy holidays. – Keith & Erik

## 2023 Tennis Club Pricing

**IMPORTANT: Auto payments: If you have your account set up on an auto payment, be sure to change the payment amount to the 2023 pricing (\$147). We don't want you to incur any late fees because you automatically paid the old amount and then suffer any hassle fixing it.**

**The Real World.** As I'm sure you are aware of from news reports, the cost of doing pretty much everything has gone up. Combining that with no Club price increases for the past three years during the pandemic, and we have a situation where the Tennis Club needs to put in place some moderate price increases for 2023 in order to maintain the level of service and enjoyment that you have experienced over the years.

There is important work planned for the courts and pool in the next couple of years to maintain the facility to our high standards. We also want to bring the court cam back, and that process now involves a monthly service fee.

Orindawoods seems merely a tennis club and homeowners association, but it is actually a large, beautiful park, with homes and courts within it. Orindawoods Association has found it necessary to protect the property from fire danger by doing a lot of fire mitigation and dead tree removal to protect this wonderful community. Once beautiful, open grass and wooded hilltops are a threat to all. These costs have been far above what was budgeted, as the fire crisis has grown. Tennis members do not pay directly for this, but it impacts everything, especially upcoming repairs and enhancements.

**Club Dues: \$147/month.** Through the excellent work of our staff, Board members and volunteers, we have kept these dues increases to the required minimum, given the fact that there has been no increase in the past three years. So, we have a 5% increase in dues, which if spread out over those 3 years, is really only a 1.67% increase annually. \$7 per month comes out to \$84 for the year. Most Bay Area clubs are raising in more the 5-10% range. The pros have also experienced higher costs. It is time for a \$5 increase there as well, to attempt to somewhat keep up with inflation. Thanks to all for working together on this unfortunate reality.

## 2022 Looking Back, Looking Forward

2022 was a year of returning to normal in the wake of the pandemic, and a transition from the Patric Years to the Erik Years for our Head Pro and Junior program. Keith kept it all going, as we made it through a very busy summer and welcomed Erik this fall. It was sad to see Patric's 19 years of tremendous and friendly service come to an end, but his body signaled that it was time to move on, and he is enjoying his new career opportunities, while still stringing

## 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 3/30/23
- Reserve Court 3 to use the machine.
- Reservations are for **1 hour**.
- Pay using Pay Station / credit card
- iPhone app: **Like My Drill**

## Racquet 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 resting!

## Quote of the Month:

*"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending."*

■ James R. Sherman

racquets here for the Club members. Erik has run our most successful (in terms of numbers) junior program ever this fall. He evaluated our past class offerings and has now designed an entirely new **junior after-school program** for the upcoming year to better fit the needs of the members and the changing times. We are very excited about the expanded opportunities this new program gives our juniors to learn the game of tennis. We will be offering most juniors multiple times a week to work on their games, enjoy playing tennis and to best fit their busy after-school hours.

Our **adult social programs** were a big hit in 2022, with our monthly social events in the summer months, and Monday Team Tennis. Much fun was had by all who participated. Thanks to all, a fun year of social tennis.

We added **pickleball** to our offerings here at the Club, with a weekly playday and lots of afternoon reservation play. We can see a real increase in pickleball participation in the past few months and look for that to continue to expand in 2023. Pickleball is a fun activity that compliments tennis here at the Club, as long as it doesn't take courts away from member play. Many thanks to John Bockman for partnering with Keith and Linda Winter to make pickleball happen in a cooperative way with our Pickleball Center down on Court One. BTW, Keith is certified to teach beginning pickleball.

We had several **ladies league teams** this year, for members who enjoy the more competitive tennis experience. Great to see the high-level play! Our weekly, **drop-in clinics** continued for exercise & instruction 4 days a week.

Most members enjoy a foursome with friends as their tennis enjoyment and experience, and we continue to **prioritize court time for reservations and individual play**, with group events (leagues, socials, juniors, pickleball, etc) normally taking place outside of primetime, where possible.

The **ball machine** and ball machine club are very popular, as people enjoy working on their game with our Playmate ball machine. Much fun, learning and experience gained in those practice hours on Court 3. It's great exercise too!

This monthly **newsletter** keeps everyone informed and includes a free lesson (s) for everyone, over a wide range of tennis topics, hopefully something that intrigues you, and helps you to improve your game. As my mentor Cathleen often said, "You're either getting better or getting worse, staying the same is just falling behind."

The **membership** has been full since March, and there is a waiting list, but people have been getting in a steady rate this fall. It is nice to see the club active, and so many people enjoying tennis. Tennis has grown through the United States the last several years, as has pickleball. It is great so many people are getting out and exercising, visiting with friends, and having fun. It really is all about the friendship and connection, in the long run, and to live healthy lives.

Mainly, it has been so nice to get back to a more "normal" life in the last year or so, after the shutdowns, and all the attempts to control the pandemic, and make it more survivable. We are indebted to everyone in society who helped us get through these very rough years, that at times, seemed like they would never end. And we mourn those we lost.

As noted above, there have been some expenses incurred in getting us through this time, and returning to normal involves some costs, which we have attempted through very hard work and introspection, to keep at a minimum.

Thank you for a wonderful year! We are looking forward to an exciting 2023, with new programs and crucial repairs.

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## Junior Tennis 2023

### New, Expanded Winter Junior Program

**Head Pro Erik Oehlschlager** has developed a new, expanded Junior Program for the start of the new year. We are very excited about the new class offerings and expanded schedule.

**Our goals** were to create more playing and learning opportunities for our students, with a built-in flexibility to create the program that works best for each student. I'm excited to see how the program develops going forward from here with Erik's new focus and leadership. **See Pages 5&6 for the 2023 Winter schedule, or on the OW Tennis website.**

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### Holiday Staff Schedule

We are coming up quickly on the holidays, can you believe it? Of course, the Club is open every day of the year, but the pros and Pro Shop do take some time off.

**We will be off on:** Christmas Eve 12/24, Christmas 12/25, New Year's Eve 12/31, New Year's Day 1/1

There may be a couple of other get-a-ways for some of the staff during the rainy season. You know when the powder falls, the ski slopes calls...

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### Squeegees and Drying Courts

**Please hang the squeegees back up** on the fence when you are done with them. When they dry, sitting on the ground, they lose their round shape, and no longer function well, even if you get them wet again. Sadness.

**How Courts Dry.** Sometimes slowly, sometimes quickly. ☺ But courts dry from sun, wind, and ambient air temperature, plus ground temperature.... I.e. evaporation. One of the reasons the back of courts 2&3, and behind the windscreens on the other courts don't dry fast, is that they are not in the sun, the wind is also largely blocked, and in December, January and February, it tends to be cold (and thus the ground -- frozen tundra-- never really warms up).

**The Truth:** This is a long way of saying squeegees don't dry courts, they move water. The thinner the water on the court, the faster it dries. Spread some water around today! ☺

**Techniques:** So, to get a court dry as fast as possible, squeegee the puddles and the rivers, and then let Mother Nature do her thing. Trying to suck up water with a squeegee requires you to "ring it out" every 30 or 40 feet, and only saves you 5-10 minutes for about an hour's work. If the entire court is soaked and you want to move as much water

off of it as effectively as possible, do the “circle-dry method”. Start in the middle of one side and start making circles, spiraling out from the middle, overlapping the previous circle, wider and wider each time. This can get the water off the main playing surface (the blue) pretty fast, but the edges are harder. Ever notice the edges dry slower? Why????

## Tennis Tip

### **In the Way**

**Shopping Cart.** Next time you find yourself pushing a shopping cart at the local market, notice something. For the most part, your arms aren’t doing much work. They sort of hold or guide the cart, and you walk forward, and the muscles from your legs, using leverage, apply force to the handle of the cart, and the wheels (very little fiction) allow it to roll forward. You could probably push the cart with just one finger on the handle. You can even have quite a few items in the cart, and it is still relatively easy to move. Thank goodness, we all love to shop (and fill our carts).

Now if you stand to the side of the cart, even with the handle, and try to move the cart, this is much harder, you are still walking forward, but your arms are also having to pull the cart along. This would be true if you were in front of the cart as well. You would have to work much harder, and you can feel the strain in your arms and chest, from pulling.

Now you could stand about halfway between being behind the cart, and to the side, at about a 45-degree angle, and still get the effects of pushing and leverage, but if you moved out to the side more, and forward, you would lose leverage strength, and have to start to pull right away. **Try this**, move from the back to the side, while moving the cart, and notice at what point, and how much, your arms and chest muscles become engaged. Basically, we transition from pushing to pulling, and our arms and chest feel the difference. So much of learning a sport is body awareness.

**Tennis.** The same applies to playing a tennis ball. If your arms are in front of you (between your body and the ball), you are in the leverage position, and you can drive the ball, using your core and leg strength, whereas if the ball is out to the side too much, you must start pulling the ball, which is, basically, in tennis, swinging.

You can also think in terms of football. If a player tries to tackle a running back by reaching out to the side with their arms (an arm tackle), the ball carrier can power right through the tackle, whereas if the linebacker gets their body in the way, and wraps their arms around the ball carrier, they can bring them down.

We are just not very structurally strong when our arms are out to the side. We try to compensate for this weakness by swinging, and in tennis, we can get a lot of force, but we end up losing control, because the racquet moves in an arc when our arms are out away from us. When the racquet arcs, it points in many different directions, meaning that we must time contact just right to get the ball to go where we want. Not only that, but when we swing, the racquet and ball collide, producing a bounce, when we really want to turn / roll the ball for spin and control.

**Pushing?** So far, this discussion seems to be an argument for pushing, rather than swinging and hitting. Many tennis players feel that “pushing” is the lowest form to tennis existence, the “bottom feeders” of the tennis world. Not actually true, but I understand the feeling. But I’m not encouraging players to be a pusher, though a pusher has a lot of things right, and has just left a couple of things out. That is why at the 3.0, and even 3.5 level and below, those pushers win a lot of matches and drive everyone crazy (thus the bad rep and secret envy). The problem for pushers is, they lack power. At the higher levels, they get overwhelmed by better shot making (power, spin, control, deception).

Therefore, I’m not suggesting using leverage (pushing) as the primary force to play the ball in the modern style, but I need leverage as an anchor point to twist against to create spring. In other words, I need to anchor part of the body, to stretch and then shorten the muscles and fascia against, to fire the shots.

Think of a bow and arrow here, or a sling shot, pulling the bow string, or bungee cord back, creates the force that shoots the arrow, or ball, but I must pull that back while the other side (the left hand if you are right-handed) anchors the bow or handle out in front, I need something strong, to stretch away from. That strong side can’t be moving much, or if it is moving, it is away from (opposite direction) the other hand to create more tension.

This is what putting your arms in the strong, out-in-front position does for you in tennis. It is the leverage anchor, that I can stretch or wind up against, and then spring back into a resting position. We are going to stretch the muscles and fascia to the point where they spring back, and that springing back is what we will use to “throw” or “shoot” the ball.

**Try this:** hold your right index finger up in front of you, pointed toward the sky. Take your other index finger, put the tips together, and then stretch the right index finger back by pushing it back using pressure from the left index finger. At some point, it will stretch so much, that it will slip free, and spring back past the original starting position. Watch your finger closely, it is moving so fast you can’t even see it return. That is stretch / shorten power, the power of modern tennis. (Note: the same thing happens with the strings and the racquet frame, they get stretched back to the point that they spring back - can’t help themselves. Again, way too fast for the human eye to see. So, if I use my body this way too, I actually have a triple spring to launch the tennis ball back at my poor, unsuspecting opponent).

At the moment of maximum stretch, the butt handle of the racquet is forward (arms forward in front - leverage position – like the bow), and the tip of the racquet head is back, often at 120 degrees or more (back, plus down and in, three dimensions), a real twist of the arm. The more you twist -- the closer to the end range -- the more you spring.

**Power Plant.** In other words, modern tennis is not powered by a conscious contracting of the muscles (like pulling the shopping cart, or swinging a racquet forward), but a stretching the muscles and fascia to a point that they spring back. Remember that bow and arrow? Pull the bow string back to the point where “the arrow releases itself,” i.e. there is so much stress from stretching that the string is pulled out of your fingertips. In tennis, the racquet springs forward.

**Fear of Letting Go.** This can feel a bit like you are out of control, as you are not making the conscious choice to contract, but when you do it this way, the balls tend to go in, and fast. And that, ultimately, is control; isn't it? Whether we will it or not. Admittedly, a bit rough on the ego, who likes to run the show, but the ego never gets tired of winning.

## Orindawoods Tennis Club

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**Out of the Way.** For most of my life as a tennis player, when the ball came towards me, my first instinct was to back up and get "out of the way." That is, to put myself in a position where I could swing and hit the ball back over the net. A lot like getting to the side of the shopping cart. This was how tennis was played, from 1870 to the 1990s. Swinging and hitting. The timing was hard, and there was a limit to how hard you could swing and maintain control.

Then at the elite level, slowly at first, and then a total conversion, players moved more in behind the ball. Tennis became more like catching and throwing, or shooting a ball (think basketball, or shot put), rather than swinging and hitting it. Better contact, more stable, much easier to aim, and a different way to exert force, without the bad side effects of swinging (problems with timing and aiming, plus the ball bouncing away, i.e., lack of control).

**In the Way.** So now, in the modern game, when the ball comes over the net, the player tries to get "in the way" of the ball, at least to some degree.

The trick is, that in order to get the racquet strings to point over the net, on the shots where we are using primarily our back arm (forehand, two-handed backhand), we can't have the ball right in front of us, because we can't get the racquet face to point forward (especially "down the line"). So, we must off-set a bit. As we see above with the shopping cart, we can off set up to 45 degrees and still have leverage and drive. Forty-five degrees is the key.

**At the USPTA conference** in New Orleans in September, all the footwork sessions talked about getting the right leg behind the ball (for a right-handed forehand), especially if the ball was hit wide to the forehand side. We need to get to that leverage position, to control the shot. This is particularly true on the return of serve, the second most important shot. Get behind the ball!

On the one-handed backhand, and the backhand volley (one-handed), you can stand much more directly in the way of the ball. The forehand volley, on the other hand, is so tricky. We need to keep the racquet right on that line of 45 degrees, where I can aim the ball where I want, but not descend into swinging. Difficult. Many say this is the hardest shot in tennis to do well. And where the most embarrassing misses occur. I have a scary "highlight" reel in my head — I'm sure we all do — of missed, embarrassingly "easy" forehand volleys.

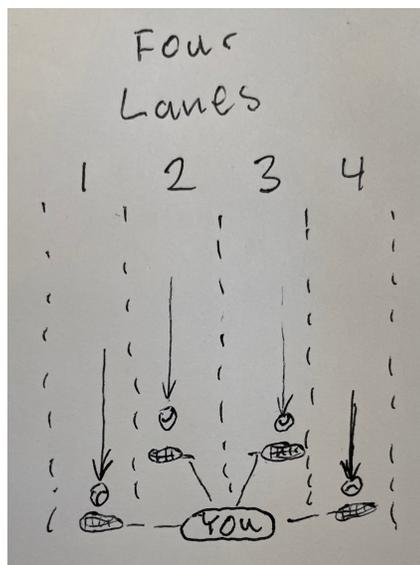
**Four Lanes of Traffic.** If you think of the ball coming to you in one of four lanes (see napkin drawing), two more directly at you, and two more at the edge of your reach, you can see how we set up either to drive or to swing. Lanes 1 & 4 have the ball to the side, and we need to reach and will swing in an arch, hard to time and control. When the ball is more at us, lanes 2&3, we will position our arms more forward, better leverage, more drive. Then we can spring, or shoot.

**Jammed.** Notice that our arms have a certain length, and if we don't want to get jammed, we need to play to the ball more at arm's length. Right at us (lanes 2&3), the contact needs to be more in front (better leverage for spring: stretch and shorten), and if the ball is more to the side (lanes 1&4), we reach out (better for swinging, movement, momentum). I recommend in front. ☺

**Try This: "Body, Not Ball".** It is subtle, but if I think of getting my body, my back foot, in position behind the flight of the ball (in the way), rather than "hit the ball" [thinking of just connecting the ball and my racquet, by move out of the way, reaching and swinging], I have much better footwork. "Body" allows me to drive the ball (with the resulting spring) rather than reach for the ball (thinking of just where contact will be) and thus swinging too much (ball too much to the side, at the edge of my reach). In other words, I'm always attempting to have the ball in lanes 2&3, and not settle, or even desire, for the ball to be in lanes 1 or 4.

Orient the ball to my body, not my body to the ball. Who's in charge here???

**Footwork.** Mark Kovacs (at the New Orleans USPTA Conference) said the biggest problem people have in footwork is having to correct for mistakes they make (by moving too soon, and then having to adjust). I never liked the footwork tip, "keep your feet moving" or "keep dancing". Always felt slightly misguided to



me. The point is not to move, it is to get in the best place possible. Take YOUR time (it's your time, after all), wait a split second longer, to split step, see where you are going, and go there, rather than leave early, guess, and be wrong, and have to take time you don't have, to correct. I was taught to take small steps, logic being, it was easier to adjust. True. What is different, is we don't want to have to adjust. The quickest player moves appropriately, not fast or early.

Remember, guessing is always wrong, because even if you guess forehand and it is a forehand, there are about a million different places the ball can be on just the forehand side alone. In the vast majority of cases, there is plenty of time — though it doesn't seem so — if you wait to move appropriately and don't have to correct for a ton of mistakes.

**Shot Selection:** So, if I can get the ball in lanes 2&3, I can shoot the ball aggressively using stretch and shorten, while if I am forced (their good shot, not my lousy footwork) to play the ball in lanes 1 or 4, I should think play the ball more safely, less risky movement, with a slice or a block, or a lob, a more defensive shot. Good luck out there!

## Orindawoods Tennis Club Winter 2023 Junior Tennis Program

### After-school Sessions Monday through Thursday, January 4th through February 15th

The Orindawoods Tennis Club's Winter 2023 Junior Tennis Program runs from Wednesday, January 4th through Wednesday, February 15th and offers a variety of after-school junior tennis clinics during Monday, Tuesday, Wednesday, and Thursday sessions. Clinics are grouped by the following 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 Students. All clinics will be instructed by Erik Oehlschlager.

Our program utilizes aspects of USTA's Junior Development Program which uses Red, Orange, and Green tennis balls to promote quicker stroke development and ball tracking skills in order for players to ascend from learning basic strokes to rallying to point-play. Red balls are the least reactive coming off the court and the racquet while Green balls are the most reactive of the three development tennis balls we use before transitioning to fully pressurized regulation Yellow tennis balls.

Winter 2023 clinic costs and times for all groups are summarized below in Table 1. Level descriptions of the various clinics follows Table 2, which shows the daily schedule for the Winter 2023 and the planned Spring 2023 programs.

**TABLE 1. WINTER 2023 JR. TENNIS PROGRAM AFTER-SCHOOL CLINICS AND COSTS**

| GROUPS      | CLINIC COSTS AND TIMES            |                                    |                                    |                                    | NON-MEMBER FEES |            |
|-------------|-----------------------------------|------------------------------------|------------------------------------|------------------------------------|-----------------|------------|
|             | MONDAYS                           | TUESDAY                            | WEDNESDAY                          | THURSDAY                           | 1 CLINIC        | 2+ CLINICS |
| TK & K      | \$60<br>RED<br>2:30 TO 3:15 PM    | \$75<br>RED<br>2:30 TO 3:15 PM     |                                    | \$75<br>RED<br>2:30 TO 3:15 PM     | \$20            | \$30       |
| 1ST & 2ND   | \$60<br>ORANGE<br>3:15 TO 4:00 PM | \$75<br>ORANGE<br>3:15 TO 4:00 PM  |                                    | \$75<br>ORANGE<br>3:15 TO 4:00 PM  | \$20            | \$30       |
| 3RD - 5TH   | \$80<br>ORANGE<br>4:00 TO 5:00 PM | \$100<br>GREEN<br>4:00 TO 5:00 PM  | \$120<br>ORANGE<br>3:00 TO 4:00 PM | \$100<br>GREEN<br>4:00 TO 5:00 PM  | \$20            | \$30       |
| 6TH - 8TH   | \$80<br>GREEN<br>5:00 TO 6:00 PM  | \$100<br>YELLOW<br>5:00 TO 6:00 PM | \$120<br>GREEN<br>4:00 TO 5:00 PM  | \$100<br>YELLOW<br>5:00 TO 6:00 PM | \$20            | \$30       |
| HIGH SCHOOL |                                   |                                    | \$180<br>YELLOW<br>5:00 TO 6:30 PM |                                    | \$20            |            |

**NOTES:** CLINIC COSTS FACTORS IN UP TO TWO POTENTIAL CANCELLATION DAYS DUE TO WEATHER. ADDITIONAL CANCELLATIONS CAN BE CREDITED TO OTHER CLINICS OR PRIVATE LESSONS WITH ERIK OEHLISCHLAGER AT A RATE OF \$20 PER HOUR.

**TABLE 2. WINTER (BLUE) AND SPRING (GREEN) 2023 JR. TENNIS PROGRAM SCHEDULE**

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

### CLINIC DESCRIPTIONS

**TK & K Lil' Ones Red** ball clinics are offered **Monday, Tuesday, and Thursday** and are 45-minutes long, starting at 2:30 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination and racquet control so that students can start contacting the ball using basic service and groundstroke mechanics.

**1st & 2nd Future Stars Orange** ball clinics are offered **Mondays, Tuesdays, and Thursdays** and are 45-minutes long, starting at 3:15 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination, racquet control, and basic service and groundstroke mechanics so that students can start to rally and play points on a 60-foot tennis court.

**3rd - 5th Future Stars Orange** ball clinics are offered **Mondays and Wednesdays** and are 1-hour long. Monday clinics start at 4:00 PM and Wednesday clinics start at 3:00 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination, racquet control, and basic service and groundstroke mechanics so that students can start to rally and play points on a 60-foot tennis court.

**3rd - 5th Match-Play Training Green** ball clinics are offered **Tuesdays and Thursdays** and are 1-hour long, starting at 4:00 PM. Students in these clinics will have demonstrated the ability to get serves in from the baseline on a regulation size tennis court, retrieve a variety of shots, and play their groundstrokes in the court using basic stroke mechanics. The goal of these clinics is to further develop stroke mechanics, rallying, and point-play skills to establish a foundation for match-play with Green balls.

**6th - 8th Tennis Development Green** ball clinics are offered **Mondays and Wednesdays** and are 1-hour long. Monday clinics start at 5:00 PM and Wednesday clinics start at 4:00 PM. These clinics are open to all levels. The goal of these clinics is to develop hand-eye coordination, racquet control, stroke mechanics, rallying, and point-play skills to establish a foundation for match-play on regulation tennis courts with Green balls.

**6th - 8th Match-Play Training Yellow** ball clinics are offered **Tuesdays and Thursdays** and are 1-hour long, starting at 5:00 PM. Students in these clinics will have demonstrated the ability to get serves in from the baseline on a regulation size tennis court, retrieve a variety of shots, and play their groundstrokes in the court using basic stroke mechanics. The goal of these clinics is to further develop stroke mechanics, rallying, and point-play skills for participation in match-play with Yellow balls.

**High School Match-Play Training Yellow** ball clinic is offered **Wednesdays** and is 1.5-hours long, starting at 5:00 PM. This clinic is designed for High School team players or others that have gained similar match-play experience through alternative competitions. The goal of this clinic is to provide off-season all-court training to players looking to move up the ladder on their tennis teams.

**CLINIC REGISTRATION AND PAYMENT**

E-mail [erik@orindawoodstennis.com](mailto: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:

- Parents/Guardians - First and Last Name, E-mail, and Mobile Phone Number
- Child(ren) - First and Last Name(s), Grade Level, and Age
- Clinic(s) - Day(s) and Name(s) of Clinics you wish to register for (i.e. Mon, Wed, 3rd-5th Future Stars Orange).

Payment is due on or before the first clinic date. Payment can be taken over the phone prior to the start of the program by e-mailing [erik@orindawoodstennis.com](mailto:erik@orindawoodstennis.com) to arrange a convenient time.

**MATCH-PLAY OPPORTUNITIES**

USPTA Pros at nine Contra Costa tennis clubs have formed a local junior tennis tournament circuit for junior tennis players new to tournaments. You can learn more about the NorCal USPTA Jr. Tennis Tournament Circuit here: [https://norcaluspta.topdoglive.com/pages/club\\_information.asp?orgid=409](https://norcaluspta.topdoglive.com/pages/club_information.asp?orgid=409). Additionally, Orindawoods Head Pro Erik Oehlschlager will be scheduling match-play days on one or two select Saturdays during the Spring 2023 Program and be looking for players with similar abilities from the Orindawoods Jr. Tennis Program and other local tennis clubs to participate in intraclub and interclub match-play.

**PRIVATE LESSONS WITH ERIK**

Head Pro Erik Oehlschlager is available for junior private lessons most Saturdays during the months March through mid-December. Private lesson rates are provided in Table 3 below.

**TABLE 3. ORINDAWOODS TENNIS CLUB PRIVATE LESSON RATES**

| LESSONS                  | 1-HOUR    | 45-MINUTES | 30-MINUTES |
|--------------------------|-----------|------------|------------|
| INDIVIDUAL PRIVATE       | \$85      | \$65       | \$50       |
| SEMI-PRIVATE (2 PEOPLE)  | \$55/EACH | \$42/EACH  |            |
| GROUP PRIVATE (3 PEOPLE) | \$37/EACH | \$28/EACH  |            |
| GROUP PRIVATE (4 PEOPLE) | \$28/EACH | \$21/EACH  |            |

NOTES: NON-MEMBER FEE IS \$5 PER PERSON FOR EACH LESSON.

**Keith Wheeler, Executive Tennis Director:** [keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com)  
**Erik Oehlschlager, Head Tennis Professional:** [erik@orindawoodstennis.com](mailto:erik@orindawoodstennis.com)