



# Orindawoods Tennis News

July 2021

Vol: 27, Issue 7

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*

## Twilight Tennis

### CHANGE: Twilight Tennis BBQ July 18

We are pushing our first Twilight of the season back a week, to July 18<sup>th</sup>. We will be serving Kinder's meats, as usual, with all the fixin's. Don't miss it!

**The schedule** on July 18<sup>th</sup>: Tennis will be played from 5-7pm, followed by our traditional BBQ dinner on the deck at 7:30pm. (7:30-8:30pm). We can't wait to start to party again!

**For tennis**, we do our mix and match social doubles, where Keith mixes the various players each round, so everyone gets a nice variety of partners. This is a great way to meet new tennis players and become part of the group. We usually play 3 rounds of tennis (8 games each, 24 total).

**The cost** will be \$25 per person. Please bring your own beverage, all other food is provided. (Steak or chicken, salad, side, dessert).

**To register:** please contact [Keith \(e-mail\)](mailto:Keith@orindawoodstennis.com) and let him know 1) if you are playing tennis, and 2) if you want steak or chicken.

**Other Twilight Dates This Summer:** August 8<sup>th</sup> (tennis 5-7pm, dinner 7:30), September 12<sup>th</sup> (tennis 4-6pm, dinner 6:30), October 3<sup>rd</sup> (tennis 4-6pm, dinner 6:30)

## New Management Company

### Silvercreek Association Management

We have all been getting to know our new management company, Silvercreek. Silvercreek replaced Associa starting June 1<sup>st</sup> and we have been getting wonderful reviews about the new company!

For most of your interaction with Orindawoods concerning tennis matters, membership, and the operation of the Club, please contact Keith ([keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com)).

Your primary interaction with Silvercreek will be with the monthly payments, and billing questions. All other Club matters you will still interact with our Tennis Management Staff, Keith and Patric.

To contact Silvercreek, and our new manager, Julie Franklin, call 925-690-5332. For billing questions, you can contact [accounting@sc-manage.com](mailto:accounting@sc-manage.com). The customer service phone line is 916-877-7793.

## Men's and Women's Clinics

After over a year off from the great COVID break, we are happy to announce the return of the Men's and Women's Clinics for the second half of 2021. The Ladies Clinic will begin on August 17, the Men's Clinic is starting on August 19th.

After 25 years of the same price, we are going to give Patric a raise, we feel that he deserves it, every 25 years or so. The clinics will be \$10 / session.

<b>Ladies' Clinic</b>	Tuesdays	9:30-10:30	courts 2&3	\$10
<b>Men's Clinic</b>	Thursdays	9:30-10:30	courts 2&3	\$10

The format is still drop-in, come when you can.

**Prerequisite:** The clinics are 1) for members only, and 2) players that can rally and serve. This is not a clinic for beginners.

## 2021 Club Rates

### Keith & Patric tennis lessons:

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

**Club Dues:** \$140 / month

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

## Weekly Lessons

Ladies clinic:	Tues 9:30
Men's clinics:	Thurs 9:30

**Starting:** August 17<sup>th</sup> / 19<sup>th</sup> Cost: \$10

## Ball Machine

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

- Ball Machine Club runs through March 30, 2022.
- Reserve Court 3 to use the ball machine.
- Reservations are for 1 hour.
- Pay using Pay Station / credit card
- iPhone app: Like My Drill

## No Valuables in Cars

Please do not leave valuables in your car. There has been crime activity in the neighborhood. Please use care.

## Monday Team Tennis

We are off and running, the four teams competing, and the dining is excellent. Check out the MTT standings weekly on the [MTT website](http://MTT website) page.

## Court Washing

In order to keep the Club clean and in the best condition possible, we will wash the courts two Fridays a month from 12-3pm. Check the Court Scheduler to see which courts are being washed, on which Fridays.

## Quote of the Month:

*"No one died here,  
I just lost a tennis match."*

— Boris Becker responding to being grilled at a post-match press conference for why he didn't play better, try harder, why he didn't win.



## Orindawoods Tennis Club

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PlayTennisConnect

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## Summer Court Usage

**Junior Program:** The Junior Program uses five courts Monday through Thursday in the midday hours of 12-3 p.m (thru 7/30). Be sure to plan ahead if you want to play in this midday time. Courts 1 and 3 are still available for reservations.

**League Tennis:** We have a couple of USTA teams this summer, with the restart of league tennis in NorCal. We have a Women's 4.0 team, and a women's 4.5 team. The matches have been scheduled at times that are not busy at the club, so it should not impact most member play. The 4.0 team will play Fridays at 10:30 a.m, and the 4.5 team on the weekends. Good luck to our Orindawoods Ladies (OWLs).

**Monday Team Tennis:** Courts 2-7, Monday evenings through Labor Day, 6-9 p.m.. Court One is available for member play and reservations.

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### Guests at Orindawoods

Guests are allowed at Orindawoods Tennis Club. Members are responsible for making sure they pay for their guests, and that their guests follow all the Orindawoods rules.

Guests are allowed **one visit per week. Half the players on a court must be members** (one guest for singles, two guests for doubles).

**Guest Payments:** Guest payments will now be done by Square Payment, with your credit card. NO MORE CASH payments. There is a Pay Station in the lobby, available all hours, where you can pay for your guest. Guest fees are still \$10. To pay for a guest:

1. Tap the screen
2. Select item (guest, team guest fee, ball machine hour, etc...)
3. Click blue "Charge" button
4. Confirm and Pay
5. Insert or tap your card or Apple pay (option for receipt).
6. Enjoy your game. Thank you!

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### Tennis Tip:

## On Hurrying

"Whatever you are about to do next, don't hurry." — John Ortberg

It seems like so much of life is racing around, to the next thing, doing the next thing, worrying about the next thing, imagining the next thing, and all the other things had haven't been done yet, or should have been done yesterday. The world seems to move at such a fast pace. And yet, the voice of truth, moves slowly. Ideas and thoughts, wisdom and guidance, come slowly, in the spaces between all the rushing. And they come when they are ready.

When I'm playing in the zone, I listen for the shot to hit, and if I'm calm I can hear the answer. When I'm trying hard, rushing, I can't hear the voice. There is too much noise, static and chatter in my head, and I make poor decisions.

Davidji, meditation teacher and master, often refers to "in the gap," the moment between the out-breath, and the in-breath, the moment of total stillness. Miles Davis said music was in the space between the notes. Tim Galloway found the stillness in saying "bounce" when the ball bounced, and "hit" when you contacted the ball. Millions of players over the years have followed. It's a stillness found in the reality of what was happening (the ball moving through space and time), and not lost in what our mind was thinking. In fact, the great mystery is, we don't want to think at all.

I'm going to get a bit spiritual here. Please feel free to substitute your own words. Prayer is talking to God (or the universe or your soul, depending on your beliefs), meditation is listening. There is a balance in practicing both.

We find our balance not by going faster, or trying harder, but by slowing down. Speaking clearly and listening.

Back on the tennis court, warming up is about finding you. Yes, there is a physical warm up, loosening the muscles, practicing your stroke, but pre-match is much more a mental / emotional warm up. Finding your groove. Connecting to and manifesting your beliefs. The reason you play. Preparing to express yourself. Start slow, let your game come to you. (Note: in that context, can you think of anything worse than first one in? Hurrying to start, not "wasting time"?).

"When you experience something, you know it works. You trust it. People can't talk you out of your experience." — Paz

I heard something recently that I just knew was true: "God (or spirit, or the truth) moves at about 3 mph." If we move faster than that, if we hurry, we miss it. We miss the message that is there, the truth that is waiting for us. The message

is always there, we just often rush past it and never hear the answer that was there all the time. My teacher Doug used to say when you are playing poorly, “Play better.” He wasn’t joking. That’s the only thing to focus on.

When we play in the zone, everything seems to slow down, not speed up. Our shots may go faster, they may not, but we are so present to the moment, to reality, so tuned into the message, so in sync and appropriate, that everything thing seems quite slow, and we can see things we never saw before. Things that were right before our eyes. Waiting for us to be revealed, but only if we open our eyes and see.

In the movie *Ford vs. Ferrari*, race driver Ken Miles explains to his son, that in the moment, at 7,000 RPMs, everything expands, not contracts. You see more, not less. You see every little thing, every detail on the track, every crack in the pavement, everything slows down, even though you are seemingly going so fast.

The speed of our soul, is much different than the speed of the world around us. Even how fast we appear to be moving. Jimmy Connor would say the ball would slow down, and look as big as a grapefruit, when he was returning well. It’s a mystery, but slow and quick are somehow related, even the same. Quickness comes from slowness. From total focus and thus appropriateness.

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I was playing the other day, and I felt really good. I was trying to get to the zone, to just let it flow, let my body play the game, and just get my head out of the way. I didn’t feel like I was rushing, or not paying attention, I would move to the ball, and then just let go. But I was missing. Missing a lot. It was strange, because it felt good, I felt relaxed, right up to contact, but I continued to misfire. I even felt betrayal.

After a while, trying to be patient, an anxiety started creeping in, I felt the urge to speed up, to try harder. To doubt myself, my game, my ability.

My mind, my inner wisdom, knew this was a bad idea. I had reached a fork in the road, and was being tempted by a flawed path, and to hurry off down that path, because what I was trying up to now was not working.

I took a deep breath, and trying to hear the voice, to hear what was happening.

After several more shots, many of which I missed, merely observing, I realized that I would move calmly and smoothly into position, moving appropriately, and line everything up, and this is where I was feeling so good. So ready, so relaxed. Up to this moment, a couple of hundredths of a second before connection with the ball, I was great. Then an idea from my head for a shot would come to me, just as the ball was arriving, and I would rush, fire, and miss. Why?

For me, when the ball comes to me in a match, the temptation to play “this great shot”, or play “that tricky tactic”, is almost overwhelming, to try “fun” things, that I can do sometimes but often miss, that temptation is always there.

Every single shot. It never leaves me. Even when my decisions are based in the “right” shot or strategy, they are often just over done. An opponent may hit great angles, and so I angled back, but often I found myself trying “too good of angle” and missing wide. Trying to out angle their angle. Better their best.

This time, I listened for the answer. And it slowly came. At the last moment, I could feel, and see, that I was no longer present, that I was rushing. I was no longer going at 3 mph, the speed of wisdom. I was jumping out of the process, and ahead to the result that I wanted: the awesome shot. The mind-blowing, opponent-crushing, winner.

I had slipped out of the wisdom of the body, and into my head.

“Trying is in the ego, being is in the heart.” — Carolyn Ziel.

And so, I took it down another gear. My anxiety was screaming to try harder, and I slowed down. I downshifted, I slowed down. In the next 15 or 20 minutes, I only hit the simplest of shots, only the shots I could make, nothing fancy, and the speed that I could make them, at God’s speed. Three mph. It felt like I was playing at 50%, maybe 60%.

In some ways, I must admit, it felt like I was taking the fun out of it. I was taking the ego out of it. The risk, the challenge, the speed, the edge, the tension, the potential reward, was gone. The food of the ego, and the ego starved (and didn’t like it one bit, I might add). I stopped trying to control the outcome, the shot, the result.

I hardly missed a shot. The strange thing, is afterwards, my opponent said he felt overpowered. He couldn’t handle it. Power seemed to have nothing to do with my process, and yet it was there, but in an appropriate way.

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A week earlier, one of my students had shared ideas and lessons from a talk she had recently heard, which concluded with the statement, “Whatever you are about to do, don’t hurry.” That God (or the truth, wisdom), moves slowly. It is unstoppable, like a freight train, there is a real power to it, but there is no hurry. In hurry, we miss what is actually there. We miss the answers that are readily available if we just go slow enough to hear.

“The master does nothing, and leaves nothing undone.” – Lao Tzu.

Tennis is a metaphor for life, and many of life’s biggest lessons, I have learned on a tennis court. In truth, tennis is a great place to learn and practice. It is simpler than life, not as nuanced, more clear cut: you win, you lose, you make a shot, you miss a shot, there is a way to keep score. And yet, there is an inner scoreboard, just like life, that is much more accurate. How are you really doing? Getting better, or getting worse? Balanced, or lost? Living from empowerment, or living from fear? From desperation, driven by a frantic and terrified ego? We know the score.

## Junior Program

Summer Program runs through July 29<sup>th</sup>. Go to the [Junior Program page \(link\)](#) on the website for the schedule, and contact [Head Pro Patric Hermanson \(e-mail\)](#) to sign up. We have four more weeks of tennis planned; you can register for just the weeks that work for you. The clinics run each week M-Th 12-3 p.m..

The classes are filling up fast. Register today!!!

Or perhaps, “The world makes way for [a person] who knows where they are going.” – Ralph Waldo Emerson.

Living in a culture that highly values effort, and the trying and hurrying that naturally seems to follow, can we find the peace and balance that actually allows us to be who we are, on and off the court, bring out our talents, and enjoy our lives to the fullest? An interesting question. Certainly, one to ponder.

“In an age of speed, nothing could be more invigorating than going slow. In an age of distraction, nothing could feel more luxurious than paying attention. And in an age of constant movement, nothing is more urgent than sitting still.” – Pico Iyer: *The Art of Stillness, Adventures in Going Nowhere*

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## Physicsology and The GOAT

OK, I made up a new word. The combination of physics and physiology is the basis of tennis today. The history of tennis could be looked at as a progression of form or style. Form that has evolved to better match the way the body works, and the ultimate physics, to create the best players the world has ever seen. The GOAT (Greatest of All-Time).

It's not that the players that went before were not good, it was that they were using techniques and training methods that were not as far advanced as we are using today. If Rod Laver showed up as a young kid today, he would be trained in the modern methods, with the modern styles, and would produce incredible modern tennis.

But there is no way that Rod played a ball in 1970 as well as Federer, Nadal or Djokovic play it today (The Three GOATs?). Or thousands of other elite players. The game has evolved.

Without Tilden, Johnson, Budge, Kramer, Gonzales, Hoad, Laver, Rosewall, BJK, Evert, Connors, Borg, Martina N, Lendl, Graf, Agassi, Sampras, Seles, Martina H, we would have never gotten to this point. But their games were each bridges from a past to a present of excellence. (See my [“History of Tennis in Four Balls”, February 2021](#))

Above we talked at length about not hurrying, and yet the game has gotten so much faster. **What gives?**

**Physics and physiology.** Let's look at the shoulder joint. The arm sits in the shoulder joint, and it can swing, lift or rotate. Amazing physiology, and much of it, unique to humans. No other animal can rotate their arm like we can. So, no other animal can throw like we can potentially throw. An orangutan, much stronger, can't throw as hard as a 12-year-old little leaguer, 40 mph. A major league pitcher throws 95 mph, professional server, 130 mph.

We can move our arm forward and backwards very little but rotate it quickly to produce force. More force than if you swung or lifted it. Servers have been doing this for years, and the servers of yesteryear, were as good as the servers of today. Poncho Gonzales would still be a great server today, for example. But for groundstrokes (especially forehands, but also backhands), we saw very little of this rotation in the past (interestingly, our friend Rod Laver did more rotation than anyone of his era, maybe that's why he won the Slam twice — ahead of his time? Even a GOAT?).

**The problem** in tennis is that it is a four-dimensional game, height, width, depth and time. In other words, we have to be in the right place, at the right time. With the desired force.

**To coordinate** with the ball, it helps if we are moving slower. It also helps to be moving slow to aim the shot. The Deer Hunter took his time, one shot (If you could survive watching that movie that traumatized a generation).

For example, there are few quick movements when someone catches a ball. But then, right after, to throw it back, can be quite quick. How do we do a stroke where you move without moving? Or at least, you don't move very much, and then you speed up rapidly, in the same space, at the right time.

Well the physiology of the shoulder discussed above helps, because we can rotate our arm, without really moving it very far. So that is half of the problem. But we still need to be moving slowly to coordinate and aim, and yet speed up to send the ball back over the net.

**Physics.** Enter the improvement in the way that we use physics. In the past, tennis was based on swinging, and the primary force was momentum (“Take the racquet back, swing it forward”). There was also an era where lifting was used a lot (Borg, Vilas, Austen, Jaeger, Solomon, Dibbs).

If we look at the hub of a wheel, or gear, the hub is right in the center, where the drive shaft connects. When it turns, the edge of the wheel out on the circumference turns faster. So, a small turn in the middle, can create a lot of force out on the end edge of the wheel. Where the rubber meets the road, as they say. 7,000 RPM can = 200+ mph.

If we hold our racquet loosely, lightly, and rotate our arm slowly, letting the racquet rotate around the “hub” of our hand in a propeller motion, we can go from slow, to a lot of force, in a very short time. Slow to catch and aim, followed by turn that is quick out in the head of the racquet to send the ball. We time the turn, so that it takes place right when the ball is on the strings. This combination of physics and physiology in the basis of the modern game, and all the power, and control (from spin) that we are seeing. It is pretty exciting for us tennis / science geeks to see how we have learned to use the body better, and to utilize what we know about force, to create a very exciting era of tennis.

**So, the GOAT?** Laver vs Federer. It is not that the old way of playing was wrong, it just doesn't work as well.

Consider this: there is a way to play tennis that is easy to learn, but hard to play. And there is a way to play tennis that is harder to learn, but easier to play. In other words, it is easier to swing and hit a ball directly (cause it to bounce off the strings) than to brush it and have it roll. Especially if you learned to swing and “hit” first (like me). But if you can spin the ball, by rotating your arm, the game of tennis (playing matches, competing and being successful) is much easier. It might take time to master, but you can send the ball faster, with more control. In fact, you go quicker, to have more control. A truth that ironically Laver understood but had limited techniques to accomplish in an earlier era.