



Orindawoods Tennis News

May 2019

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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

2019 Season

Monday Team Tennis

It's time once again for Monday Night Team Tennis (MTT). I know you have suffered through a long, wet winter, wondering if we will ever get back to our love, Monday Team Tennis. Ah, those warm summer nights, sitting on the deck after two hours of great tennis fun, eating fine food and sipping excellent wine. Well, the time has come to return to the joys of summer tennis at Orindawoods. Weather permitting. (ha ha).

MTT will begin the first week of May, on May 6th. We'll play every Monday of the summer, except for when we don't (Memorial and Labor days). The cost will remain the same, \$50 for members, \$75 for non-members for the entire summer. You will, as always, be commissioned to bring side dishes on the nights when your team is in charge of dinner. And as always, bring your own beverage of choice.

If you would like to play MTT, contact Keith at the club, either in person or by email (keith@orindawoodstennis.com).

Summer Schedule

Twilight Tennis BBQs

It has been such a wet winter, but we are starting to see the joys of warmer, clear weather (most of the time). And so, it is time to start planning for the summer weather and fun times ahead. Fun tennis times, I can't wait!

We are planning, in addition to our weekly MTT, five summer tennis twilight parties (plus the Just Because ... Tennis Social). The Twilights cost \$20 per person, and feature BBQed steak and chicken from Kinder's Meats, as well as all the sides. Everyone should bring their own beverage, as tastes vary. We will play tennis for a couple of hours, followed by dinner on the deck. Fun, tasty and entertaining. (Just Because... is pot luck).

The dates for this summer's tennis socials are:

May 19 th	Just Because...	Sunday	Tennis 4-6pm	Dinner 6:15pm
June 30 th		Sunday	Tennis 5-7pm	Dinner 7:15pm
July 21 st		Sunday	Tennis 5-7pm	Dinner 7:15pm
August 11 th		Sunday	Tennis 5-7pm	Dinner 7:15pm
September 15 th		Sunday	Tennis 4-6pm	Dinner 6:15pm
October TBA		Sunday	Tennis 4-6pm	Dinner 6:15pm

To register, contact Keith (keith@orindawoodstennis.com).

I'm looking forward to a dry summer of much tennis fun! Join us!

Tennis: A Game for a Lifetime

Tough Challenges

You've got game. Strokes are solid. You feel that you are at least the equal of your opponents. Why are your results still mixed?

When all else is relatively equal, it's the little things that make the difference between playing well and not. Here's a **BIG** little thing:

Be ready even when you don't know if the ball is coming to you.

This is one of the small details ("the devil is in the details") that can make you twice as good a player. Just being ready. Really ready. Seems

Just Because... Tennis Party

We are holding our annual Just Because ... Tennis Party on May 19th. Tennis from 4-6, pot-luck dinner starting at 6:15.

Contact John Bockman or Keith to sign up

Ball Machine Club 2019

Never Too Late

You can still join the Ball Machine Club for the 2019 season (April '19-March '20). The cost is \$110 for the year for unlimited use, when the court is available. You will receive a shed key that gives you access to the ball machine during "off" hours.

Pool Opens May 4th

The Orindawoods Tennis Club pool opens on Saturday, May 4th. The pool season will run through October. If you don't remember the pool gate code, you can get it on the Swimming page on the website. You need to log in to get this "member only" information. Or ask us.

Pool Rules

- Hours: dawn to dusk, spa until 9 pm.
- Children under 14 must be accompanied by an adult
- No Lifeguard (best to have a swim buddy and not swim alone)
- No running
- No diving
- No glass in the pool area
- No pets in the pool area (sorry Rover)
- The gas BBQ is for Club Events only, but there is a charcoal BBQ for your use. Bring your own charcoal.
- Guest kids are \$1, adults \$5
- In order to preserve staff sanity, the game of Marco Polo is forbidden. ☺

Many Thanks Denis!

Many thanks to Denis Weil for leading Monday Night Tennis each Monday evening during the MTT Off Season. Always well organized, exquisite cuisine, fine wine. Denis, you make these evenings possible. You are the best!

Quote of the Month:

"It's not about you winning your serve, it's about us winning the serve."

– Coach McCollom

easy. It isn't. The mind wanders. And even if you are focused, getting the timing and position correct, the body poised and ready to move, when you don't even know if the ball is going to come to you, is far harder than we could have imagined.

The question to ask yourself is: Can I move right when I see the shot? Or do I have to shift my weight and get prepared before I move? You won't get the timing right every time. That's OK. Get the next one! Perseverance, not perfection.

One of the tricks to being "ready" is to slow down. Often our mind is way ahead of present and, therefore, is not really seeing what is going on right now. Plus, the unknown is scary. We don't like it, and so we make predictions on what is going to happen that often are incorrect. We often move too soon. **Just wait, balance, prepare, and see** what happens.



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Quickness

"Be quick but don't hurry" – John Wooden.

In tennis, you don't want to move fast. But you need to be quick. I like to think that: **quick is going slow well.**

What is the difference between fast and quick? Perhaps it is a just a game with words and definitions but, to me, fast seems to have an element of being out of control or being on the edge. In a sport where a one-degree change in the angle of the racquet face will make the ball land six feet farther, being out of control is not a good plan. On the other hand, power in tennis generally comes from racquet head speed (when connecting with the ball properly, see "What's Forgotten").

How do we get speed without losing control? Well, we don't move very much, and we forget about strength or going against the ball. All the ball notices is which direction the racquet is moving, how much speed it has, and whether it is speeding up or slowing down. Small, light, quick movements, with the racquet accelerating, is the way to play tennis. Rather than big, strong, fast movements.

Why? Timing. And aiming. The more you move, the harder it is to time. The ball is already moving, sometimes quite fast. If you are not moving very much but have the ability to move quickly and aim the strings, you are going to be more successful. Slow down. "Quick is moving on a court appropriately, fast is just running around."

Experience vs. Reality

Through the many years we have spent playing tennis, we have observed how the ball usually bounces. The more we have played, the more exact our predictions of where the ball will travel. How the ball flies, how it will respond to hitting the ground, how high it will bounce, what spin will do to its flight, etc. This is experience. And it is invaluable for playing tennis successfully.

If we have hit a lot of balls, we really start to rely on this experience, and here in lies a potential problem. First of all, every ball comes at least slightly differently. But they all start to look the same because the difference is not great enough to catch our eye. But plenty different enough to cause us to miss the shot.

Secondly, there are conditions that can really change the flight of the ball. Wind, for example. Or hot or cold weather. In hot weather, the ball bounces higher, lower in cold weather. Spin can change the flight of the ball as well, sometimes radically.

And so reality is also important in hitting the ball. What is actually happening, as opposed to what has happened the last 10,000 times the ball has come to me.

I need both experience and reality. If I had to figure out from scratch each time where the ball was going to end up, I would be lost. It is far too complicated. But if I didn't observe each ball's nuance of flight, I'm also lost.

In practical terms, relying too heavily on experience causes me to make decisions too soon and too rigidly. I commit to a certain shot before I really have all the information that I need. Often, we don't yet know where the ball is going to bounce, what shots are even possible to play based on where this ball is going to come to me. Yet we are already choosing our stroke path, target, and tactics. In addition, the later we decide what to hit, the more information we have about our opponents.

When the stimulus (flight of the ball) looks familiar, we start to numb to reality. We don't pick up how each ball is different. The nuance of flight. Our feet get heavy and move to where the ball should be, based on experience, instead of remaining light and flexible, ready to adjust to where the ball is. Keep dancing!

Know Your Club

Which direction to the courts face when you look towards 4-7 from the deck? See p.4

What's Forgotten

The ball comes towards us, our strongest instinct is to just hit it. However, form is equally as important as hitting the ball. Maybe this is obvious, and yet we forget this all the time when playing tennis. Of course, we must contact the ball or nothing happens. But nothing good happens if we don't aim, either. Form is how we aim. Plus, form is how we add or subtract spin and speed. It's how we make our shot deceptive as well.

When we over emphasize contact at the expense of form, we hit the ball but miss the shot. If we miss, who really cares that we hit the ball? Well, apparently, we care. Because we do it all the time, we chase the ball at the expense of playing better. We have to chase the ball, but with our feet and not with our arms. Arms, and the form our arms move, is how we aim. Don't mess with aiming.

As a teaching pro, I know someone is really becoming a player when they move for a difficult ball, and they stroke with perfect form, and they miss the ball completely. Whiff it. The form has become more important than contact, and that is the gateway to success. Sure, you lose that point, but that point was lost anyway if you couldn't get into position to hit it with good form. Forget that point, and keep stroking and moving.

The question to ask yourself is, "If I had hit the ball, would it have gone in?" If you are more advanced, same question but add "with the spin, speed, placement and deception I want?"

Weekly Lessons

Hit and Fit:

TRX workout (strength and stretching) & tennis drills using the Playmate ball machine.

Friday 10:30-12 noon \$20
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 e-mailing Keith you are attending.

Positioning in Doubles:

Receiver's Partner

Playing the receiver's partner is the toughest position on the court in doubles. But if you do it well, it can make a huge difference in the outcome of the match. There are really two scenarios that we must deal with. They come down to this question: Is the server's partner (Figure A, player N) a threat to hit the ball?

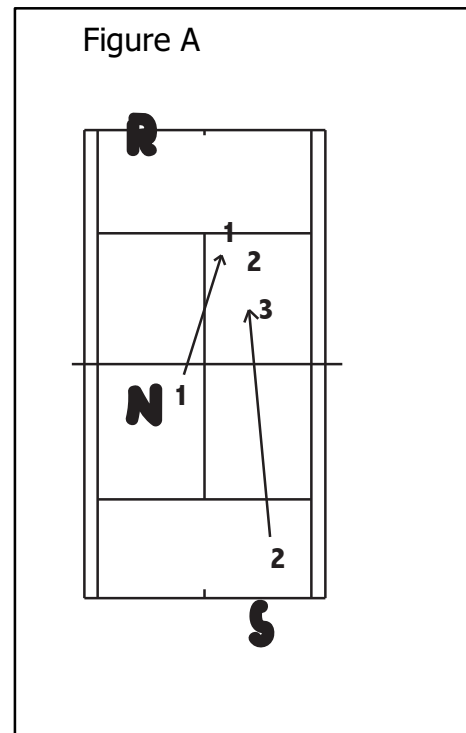
Each match and each opponent varies, as well as the ability of your partner. But, in general, the opposing net person (N -- the server's partner) is a threat to hit the ball on the first serve, and not as much on the second serve. So, our positioning should take that into account.

First Serve. The server is trying to force you into a weak return by either power, placement, spin and/or deception. They often aim for the corners, and the returner's primary goal should be to get the ball back in play. The opposing net person is a threat, so the receiver's partner needs to stand back and make some attempt to cut off the angle through the middle of the court. If the serve is very good, or your partner is not very good at returns, it may be best to stand all the way back on the baseline. We see this configuration a lot in men's pro tennis on the first serve. If you are choosing to play up, players usually stand at the service line (Fig. A, 1), facing the server's partner (N). If the return does go past the net player (N) to the server (S), then you would want to move forward into a more positive, flexible net position (Fig. A, 2).

Second Serve. Things are different. The server is feeling the pressure to get the ball in play. They tend to hit easier serves, and much more in the center of the box. There is a good chance the returner will be able to hit a forehand return (they should adjust to favor the forehand side on a second serve), and a stronger shot. Because the server is not as aggressive, the server's partner (N) needs to be thinking more defensively and more about covering the alley. This means there is a very good chance that the returner can get the ball in play and keep the server's net person out of it. Often hit the return right up the middle. If this is the case, then the receiver's partner should start out closer to the net (Fig. A, 2), at least 2-3 steps inside the service line so that, if the return does get back to the server, the returner's partner can get into an offensive net position (3) with a few quick steps before the server (S) hits the ball. You still must wait to see the return passes the net person (Options: N1: defend the middle; or S2: move forward from 2 to 3).

Remember, if the server's partner (N) is no threat at all (shy, way off the net, covering the alley, lousy, etc...), start the receiver's partner all the way up at the net (3). A serving team that plays two back (some teams do this with a strong returner and a weak second serve), start all the way up (3). And return the ball in the middle, between the two players.

So, on a first serve, the returner's partner is primarily a defensive player (1), who can shift to neutral (2) and then offense (3) if everything goes great. On the second



serve, the returner's partner is much more positioned towards being an offensive player (starting in neutral 2 and moving forward to offensive 3). Playing this way, allows you to do the best you can on the first serves, maybe steal a couple of points, and puts you in very strong position on the second serve to win points. Your position is in relation to where the ball/threat is coming from (N1 hitting to 1; S2 hitting to 2 or 3).

From the Server's Point of View. Turn this around, take the perspective of the serving team, and you can see that it is very important to get first serves in when you are playing a receiving team that understands how to return, and to use the returner's partner effectively. On the first serve, the serving team has the upper hand, and the receiver's partner is vulnerable (1 or 2). On the second serve, that is much less so (2 or 3). In fact, if the receiver's partner moves in (3), the serving team becomes on the defensive.

Know the Odds. We can see this in the percentages. Get the first serve in, and the serving team usually wins about 70% of the points. 30% for the receiving team is doing quite well, 35% exceptional. But on the second serve, who wins the point is much more a 50%/50% proposition. A good returning team can be over 50%, especially in women's tennis. Whether you hold serve or break serve often can be narrowed down to the percentage of first serves in play.

Other things to look for: Getting a lot of returns in play, even if they are not very good returns, really increases the receiving team's chances, and the percentages go up. You need 4 points to win a game. If you're only making 4 of 7 returns in a game, you'll have to win every one of those points. Highly unlikely, even on second serves. Making your volleys and easy groundstrokes is huge as well. The receiving team makes relatively few winners, maybe one a game, sometimes none so, if the serving team doesn't make mistakes, it is very hard for the receiving team to break serve. What's this mean to you when you are at the net (N or 3)? Think, "Make the shot," not, "I have to hit a winner." Going for winners often causes errors, and errors is why you lose, not a lack of winners. Make the shot, winners will take care of themselves.

Know how to play the receiver's partner's position, and then you'll have good luck out there!

Court Washing

First and last Fridays of the month 12-3 p.m.
Check court schedule for which courts will be closed for washing. Thx!

Summer Junior Program

Welcome to the Orindawoods Summer Junior program lead by Head Pro Patric Hermanson and assisted by MHS Head Coach Michael McCollom and our excellent, experienced Junior Tennis Staff. Join us for a great summer of tennis fun.

Full Afternoon Clinic

Ages 7-16

Monday-Thursday 12 to 3:45 p.m.

Cost: \$220 member / \$245 non-member

Instruction Block

Ages 7-16

Monday – Thursday 12 to 2 p.m.

Cost \$140 members / \$155 non-members

Match Play Block

Ages 7-16

Monday – Thursday 2:15 to 3:45 p.m.

Cost \$115 members / \$130 non-members

Lil' Ones Clinic

Ages 4-6

Monday and Wednesday 11:00-11:45 a.m.

Cost: \$45 members / \$50 non-members

Our Story, Our Philosophy

Here at the Orindawoods Tennis Club we look forward to providing your child with an exciting and challenging tennis experience. We are experts in fun! We pride ourselves on our positive and nurturing tennis learning environment. Whether you are a beginner or an experienced player looking to improve your strokes, strategy and footwork, our Instruction Block Clinic is the class for you. If you want to improve your ability to compete and manage your competition points, sign up for our Match Play Block. Want to get that all-around experience? The sign up for the Full Afternoon Clinic and get both of the above blocks at a great price. Our Lil' Ones Clinic, for the 4-6 year old has new days and times. Classes are Monday and Wednesdays at 11 a.m.

To Register For Classes: Contact Patric Hermanson:
Patric@orindawoodstennis.com

- Checks are made out to **Orindawoods**

Discount: 10% off of the second child's registration in the same week. The discount is taken off the smaller of the two clinic costs.

Rules and Policies:

- No black soled shoes (shoes that mark the court)
- No make ups or refunds for missed classes
- Tennis attire or shorts and t-shirts required
- Student to teacher ratio is 6:1 or better.

Clinic Sessions:

Session 1	June 10-13
Session 2	June 17-20
Session 3	June 24-27
Session 4	July 1, 2 and 3
Session 5	July 8-11
Session 6	July 15-18
Session 7	July 22-25
Session 8	July 29-Aug 1

Quiz Answer: The courts face SSW, 200 degrees