



Orindawoods Tennis News

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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

Summer Social Tennis:

Twilight Tennis Summer Season

One of our great traditions here at Orindawoods Tennis Club is our Twilight Social Tennis BBQs. Each summer we have several of these relaxing, fun, tennis evenings. This year we added the "Just Because... Tennis Party" in June, and we had a 4th of July party as well. If you missed them, don't fret, there is great fun ahead as we kick in to the heart of tennis party season: The Twilights!!!!

Our first Twilight Tennis BBQ is Sunday, July 29th, with tennis from 5-7 p.m., followed by a BBQ on the club deck.

A Twilight is an awesome way to spend a Sunday evening, with friends and tennis partners. These are great for meeting other club members and people to play tennis with. And the food ain't bad either. Non-players are also welcomed for dinner. (No non-players for tennis, please. ☺)

There will be four Twilight Tennis parties this summer. The dates are:

July 29	Sunday	5-9 p.m.	\$20
August 19	Sunday	5-9 p.m.	\$20
Sept/ 23	Sunday	4-8 p.m.	\$20
October 7	Sunday	4-8 p.m.	\$20

A Twilight is two hours of mix-and-match tennis, followed by BBQ on the Club deck. We serve a choice of filet mignon or chicken breast, with salad, baked beans, dessert and all the fixin's. Bring your own beverage.

To register, contact Keith. keith@orindawoodstennis.com. Cost: \$20.

A Tennis Conundrum

If the reservation rules say that you can't make a reservation more than 169 hours in advance, but somehow you could do it, would you?

In other words, is the rule the rule, or the ability of the computer to prevent other activity? It's an interesting question in the modern world of computers. And of course, a huge challenge for programmers, who have to deal with our assumptions that the computer is always right.

Taking it deeper, is morality based on what is moral, or what you can get away with? And what is moral? Morality? Who decides? The skill of the person coding the program? Is that the new god? (God is dead?)

Does the pool close at 9 p.m., or when I am no longer able to get in (depending on whether the door is open, and my ability to scale a fence)? Where is the line? What rules matter, and which ones don't? Speed limit? Illegal fireworks? Is compliance based on the odds of getting caught? An interesting, perplexing, modern, first-world problem.

Reservation Etiquette

If you have a reservation, please plan on being ready to leave at the end of your reservation time. Cleaning up the court should be on your time, not the next person's reservation time. If no one comes, feel free to continue playing.

For example, if you have the ball machine for an hour, the balls should not be all over the court when the next person shows up, and you use 5-10 minutes of their hour, picking up the balls. If you are playing a match when the next reservation shows up, you can finish the game you are playing, but play no ad (and no tie-breakers). And when you arrive for your reservation and need to bump players, let the people know you are there, but please wait outside the gate, quiet and respectful. Thanks.

Off Season Monday Night Tennis.

With the conclusion of Monday Team Tennis at the end of August, we will be once again hosting our Monday Night Tennis social play for those who register. If you are interested in getting in the rotation, let Keith know. Once again, superstar Denis Weil will organize our off-season tennis social night. Thanks Denis!

The Pool Scene

To get the pool gate code, you can go to the Swimming page on the website. You need to log in to get this "member only" information. Or ask the staff.

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 (14 & under): \$1, adults \$5
- * No Marco Polo (keep your staff sane)

Court Washing

We doing court washing on the last and first Fridays of the month beginning. Court washing not only keeps the courts clean, but protects the surface. We also blow the courts off twice a week, on Mondays and Friday before 8 a.m.. We are sorry for any inconvenience.

Used Ball Drop

Please support our tennis ball reuse and recycling program by placing your old balls in the used ball drop by the Pro Shop door. Thank you!

Quote of the Month:

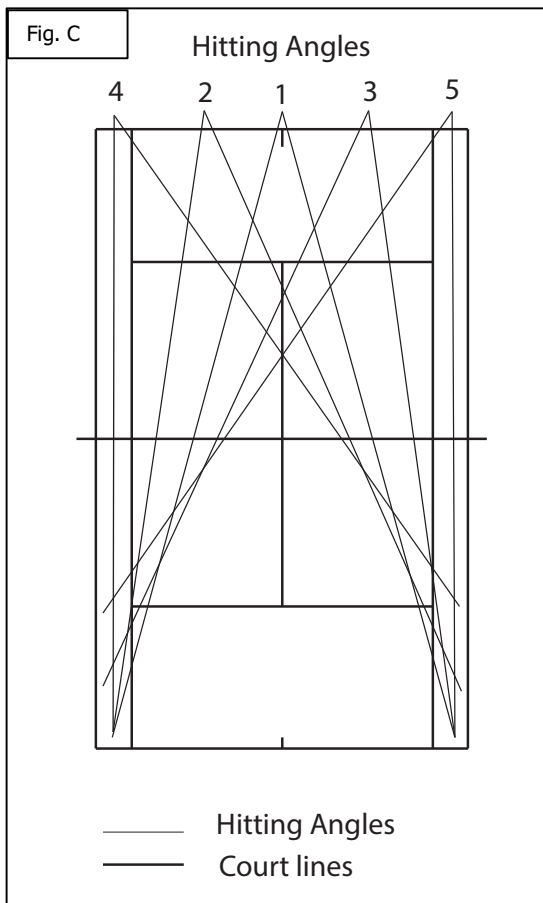
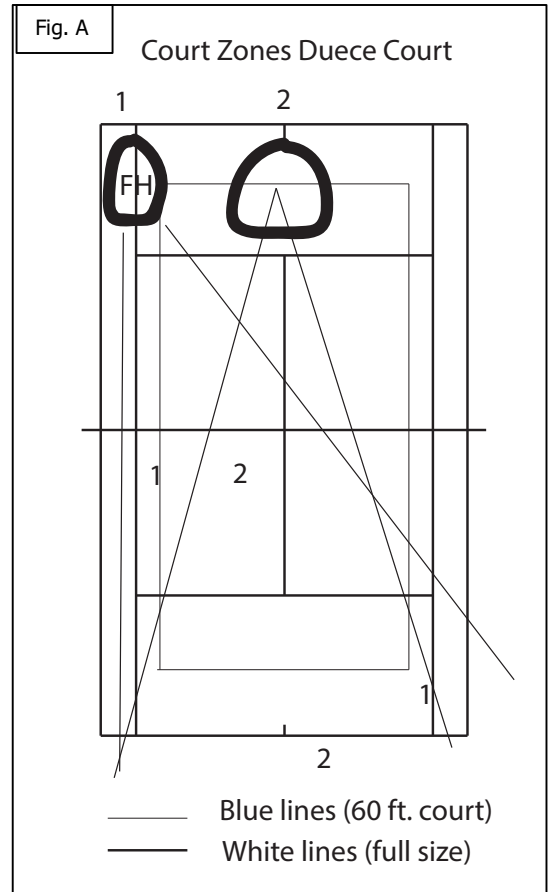
"The trouble with irony is that some people don't get it. They think you are serious."

– Ray Wylie Hubbard introducing his song, "Screw You, We're From Texas"

Map of the Court

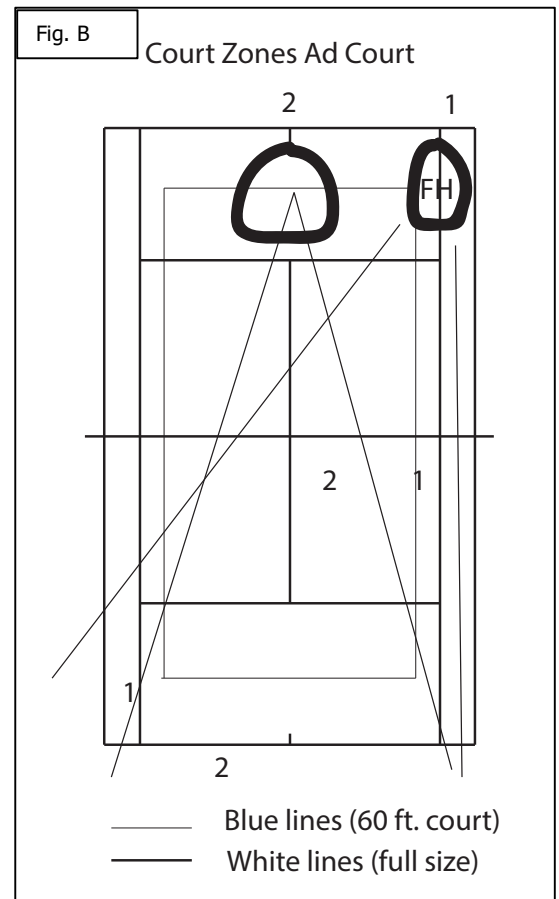
If we look at a tennis court, and what shots are possible, that tells us a great deal about the tactics and strategies that we want to use playing doubles to be successful. As we discussed in last month's article about the junior lines, if you are hitting a forehand from outside the junior lines (Fig A or B, FH position 1) then you can play the ball down the alley. Most other places on the court are very difficult to hit down the alley from with any degree of success (position 2 on Figs A & B). So, in building a doubles strategy, a good place to start would be to a) hit as few balls to your opponents in those wide (1) areas (especially to their forehand) as you can, and b) try to hit as many forehands from that area as you can.

If we look at where they can play the ball (see "Hitting Angles" Fig. C) from certain parts of the court, there are a few interesting things to notice. First of all, you have to defend a lot more court if they are playing the ball from the sides (4 & 5). Second, most balls cross the net in the middle section of the net. Third, the lines get farther apart the farther away from the net you are. Fourth, the more you play in the middle, the more likely it is to come back in the middle, and the more likely it will be that they will make mistakes if they play the ball to the side. And finally, positioning. Look at Figs. A & B again. Notice that if the ball is coming from the wide positions (1), look at the corresponding defensive positions (1). You have to stand much farther apart (1) than if you play to (2). So, if you can play the ball to the middle, you can stack your team (2). Whereas if you hit to (1), you should split. Pay close attention to the difference in where the net person can play. If the goal is to control the middle, then hitting the ball to the side (1) and having to move (1) to cover, leaves the middle wide open. Not a good plan ("L" is for loser).



Warning: these diagrams pretty much show the geometry, but there is also physics and physiology involved in making a shot. So just because the geometry is favorable, doesn't mean you can make a shot.

For example, there is a huge difference between hitting a forehand from 1 and a backhand from 1 (Ad side, Fig. B). Few people can hit a backhand from 1 down the line on the ad side, unless it is a very easy ball, and they have exceptional form, footwork and technique. "Just say no" Nancy Reagan.



Give 'em A Boat Load of Really Bad Physics

And so, the physics. When I'm playing, and I can't really attack a ball, I just try to put the ball in a place where my opponents have a lot of really bad physics to overcome to beat me (generally, to hit the ball past me to the sides / alleys). I play the ball in the center (#1 on "Hitting Angles" above). You can see how hard it is to get the ball to the alleys. You have about 65' to the sideline (as opposed to 78' straight down the middle), or the ball will go wide, and even then, the ball must cross the net not that far from the middle. When I do hit angle, use a combination of angle, speed and spin that makes it quite challenging to go up the line. This is especially the case if I go out wide to their backhand (right-hander's backhand in the ad court, left-hander's backhand in the deuce court). Spin, speed and angle can make it very difficult to make an angle ball go straight up the line.

When you are serving, you can pretty much pound the middle, especially on the deuce side, and it is very difficult (bad physics) to hit the ball back anywhere but back to you, up the middle. On the ad side, you can pound the middle, or pound out wide to their backhand (right handed) and they will also be forced to play the ball back through the middle.

On both sides, I tell my partner to cover the middle, and if it goes to the alley, either 1) they hit a very lucky shot, or I made a mistake and gave them a weak ball (not enough physics) that they could hit up the line (it's my fault). The only thing the net person can do wrong here, is not cover the middle. OK, missing easy volleys in the middle isn't great either, but at least they are playing the shot. And oh yeah, aim those middle volleys up the middle. Stay in control.

Returns: if you can hit the ball hard up the middle, that is a tough (tough physics) ball to angle, and if you need to go wide, use a lot of spin, or keep it low, so those down-the-line shots are difficult. **Middle to Middle:** you can return a ball about 78 feet into the biggest part of the court. The net is 36" high. **Angle:** it's about 65 feet from the middle to the sideline. If I hit it farther away from the net person, the distance quickly reduces (50' or less), the net gets higher (38-40"). Impossible. You need to "catch" them not looking for alley shot from the middle. You can't hit it out of their reach. Even if you fool them, it is still difficult to make.



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Keepin' It On The Road

If we drove our cars the way we play tennis there would be wreck about ever mile or so. We all tend to be going much faster than we can control the ball, or the stroke. Or keep a car on the road. So, one of the best things that you can do when playing, is just slow down. I mean, calm down. Or "calm the _____ down," as I have muttered to myself. Meditate the movement; feel every twist and turn.

I was recently working on my serve, and asked a friend to video me after I hit several great ones. I felt like I was in groove. The video camera started, and miss. Then another miss. A third and a fourth, all captured beautifully on hi-def video. I decide to try one more, because none of the ones I missed were bad, just over cooked. I chose to go super slow, and just get it in, at least. Save some face, after all. Of course, not only did I go slow, and get it in, but it was one of the biggest serves I can hit. Effortless, and huge. Just - Calm - Down.

When you are going slow, especially approaching the ball slowly, you sense when you can go for it (make the curve) and when you need to just be mellow. You don't even have to think, you just accelerate in a natural, easy, efficient manner. It all feels effortless.

Another story. Sometimes my arm is really sore, and I'm not even sure if I can play. On those occasions, I try to just do

perfect form, and go really easy, about 60-70%. And I hold the racquet very lightly, like 2 or 3 on a scale of 0-10. I'm barely touching the ball. And the

Weekly Lessons

Hit and Fit:

TRX workout (strength and stretching) & tennis drills using the Playmate 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 e-mailing Keith you are attending.

funniest thing happens. The ball just doesn't come back that often. And people comment on how hard I'm hitting. What the heck?!?!?! Irony of ironies. It seems that the ball goes a lot better, and "in" a lot more often, when we have good form, and we hit the ball in the middle of the strings, with a light touch. How about that? Where does that leave my ego? And our national pastime, "trying hard?"

Power isn't about strength, or speed. Going fast doesn't lead to clean connections. It is light, quick contacts, done with precise movements. "More isn't better, better is better."

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

Clinic Sessions:

Session 7	July 23-26
Session 8	July 30-Aug 2

Instruction Block

Ages 7-16
Monday – Thursday 12 to 2 p.m.
Cost \$140 members / \$155 non-members

To Register For Classes: Contact Patric Hermanson:

patric@orindawoodstennis.com

• Checks are made out to **Orindawoods**

Match Play Block

Ages 7-16
Monday – Thursday 2:15 to 3:45 p.m.
Cost \$115 members / \$130 non-members

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 ration is 6:1 or better.

Lil' Ones Clinic
Ages 4-6
Monday and Wednesday 11:00-11:45 a.m.
Cost: \$45 members / \$50 non-members

Fall Junior Program 2018

The 2018 Fall Junior Clinics begin the week of **August 27th**, and will continue thru the week of **December 10th**. There are no classes the week of **November 19-23**. The 15-week program will be led by **Head Pro Patric Hermanson**.

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

<u>Level</u>	<u>Class</u>	<u>Time(s)</u>	<u>One day/week</u>	<u>Two Days</u>
I	<u>Lil' Ones</u>	Tues/Thurs 3:15-4pm	\$175*	\$275*
	<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	\$345*	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	\$345*	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	\$435*	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.