



# Orindawoods Tennis News

November 2022 Vol: 28, Issue 11

Orindawoods Tennis Club: 925-254-1065; [www.orindawoodstennis.com](http://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 Tennis Social

### Rain-oh-Deer Games 2022

It's time to start planning for our Holiday Club party. For many years, Lysbeth McNeil (her idea) and I have hosted the Reindeer Games. This has been a tradition for well over 20 years. Since Lysbeth's passing, we have tried continuing that holiday ritual, but sometimes the rain steps in (not the deers, they ain't the problem), "No way, it's wet today." That happened last year, but we are coming back determined to pick a date where the skies behave.

Consulting my Ouija board, we will be holding the Reindeer Games on Saturday, **December 3rd from 1:30-3:30 p.m.** We promise that the courts will dry, they sky sunny and warm, about 75 degrees, with the palm trees swaying in the tropical sea breeze (no, we are not flying everyone to Hawaii).

Back to reality, and appropriate Christmas weather, we will play some round robin tennis, to be followed by drinks and snacks on the Club deck. It's a great chance to say "Happy Holidays" to your Orindawoods friends and tennis partners. Contact Keith to sign up, and please bring your own beverages (tastes and budgets do vary – and we so want all to be happy). The Club will provide snacks.

Register with Keith [keith@orindawoodstennis.com](mailto:keith@orindawoodstennis.com). No charge.

### 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.

**Erik** started at OW in August and has led a successful Fall Junior Program (with the able help of Michael McCollom and our junior staff) as he has learned about Orindawoods, our junior students and the possibilities for tennis here in LaMorinda. Taking all that information in, plus his experience, he has developed a program for 2023 that is exciting and well-rounded, to give our juniors a chance to fully develop as players and young people.

**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.**

### 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 does take some time off.

#### We will be off on:

Thanksgiving Day	11/24 (perhaps Friday 11/25)
Christmas Eve	12/24
Christmas Day	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 call...

### 2022 Club Rates

#### Tennis Lessons with Keith & Erik:

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

<b>Ladies' clinic:</b>	Tues 9:30	\$10
<b>Men's clinics:</b>	Thurs 9:30	\$10

#### Hit and Fit

<b>Wednesday 11:30-1</b>	1.5 hours
<b>Friday 11:30-1</b>	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 an 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!

#### Pickleball Playdays

We are working on a new playday, now that we are back to Pacific Standard Time, and Thursday evenings no longer are light enough to play.

#### Greystone Parking

The Club's overflow parking is on Greystone Terrace, across the street. It is **VERY IMPORTANT** that we park on just one side (right side going up) and do not block the emergency vehicles. Thx!

#### Quote of the Month:

*"The more we run from a problem, the more we're actually running into it."*

Pico Iyer

## Weekly Club Clinics

We have some great tennis and exercise clinic options to expand your tennis opportunities at the Club. Plus, staying shape despite the fine holiday food baring down on our waistlines like a freight train in the not-so-distant holidays.

**Ladies' Clinic:** Every Tuesday at 9:30, for members, Keith offers the Ladies' Drop-in Clinic. The cost is \$10, and participants need to be able to serve, and keep a basic rally going for a few shots. It is NOT a beginner, learn-to-play tennis clinic, but a way for players to enhance their tennis fun and strategic awareness. Join us!

**Men's Clinic:** like the Ladies' Clinic, the Men's Clinic is a chance to improve your game. Thursdays at 9:30 is the weekly drop-in time, with the cost being \$10 per person. Come join Keith and fellow men players, to work on the fine points of the game. Prerequisite is that you need to be able to serve and rally. Again, these are not for beginners.

**Hit and Fit:** Every Wednesday and Friday, 11:30-1 p.m. Keith offers our famous tennis exercise class, with plenty of hitting, moving and TRX for strength training and flexibility. It's an hour and a half of fast-paced action designed to get you in the best tennis shape. It's a fun, supportive group. Join us! Cost is \$20 / class, per person.

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### Help Thy Neighbor to Tennis Paradise:

## Reservations

I'm seeing a lot of unused reservations at the Club these days. This is a trend we really want to get rid of, because it hurts all of us and our beloved Club. We certainly don't want: "That place is so busy, no one goes there anymore."

I understand that if you wanted to play tennis, and something came up, we consider our game "canceled." We may be in a rush but please follow through (just like your backhand) and cancel your reservation.

I know for a fact that there are people that want to get on, but they think the Club is full, when in actual fact, it is not. This is especially true with the popular ball machine time slots, and courts during prime time (9am-12noon, evenings).

Therefore, **please cancel your reservations** if you are not going to use them. Your fellow members will thank you. And you will thank them when you go to get a last-second court that was not available earlier in the week!

**Note:** if you don't cancel before the start time of the reservation, you won't be able to cancel.

**Being a member is a team sport**, after all, and Orindawoods is a shared-use facility. And so fun!

[In life] "you experience an '*it*,' but you have a relationship with a '*thou*.'" Behind that reservation (an "*it*") is a person (a "*thou*"). Think of that reservation as one of your friends wanting / needed a court. Help them! Many blessings.

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## Guest Fees

Please remember to pay your Guest Fees (Pay Station is in the lobby, by the Pro Shop door). In the late summer, the internet was down much of the time, and the Pay Station wasn't working, but it is working now, thank goodness. Guest fees support your Club (income equivalent of 5-7 memberships), and therefore keep member dues down. It is the member's responsibility to make sure that your guest has paid. Guests are a privilege of membership (guests are for the members to help you play). They allow you to include a friend or fill out a foursome. The Guest Fee is still \$10.

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## Orindawoods Junior Championships.

Orindawoods hosted the **Orindawoods Junior Championships** on October 21-23 at the Club. Juniors from all over Contra Costa and beyond traveled to play at our wonderful club. There was non-stop action (Sat / Sun) from 8 a.m. to well past 5 p.m., with lots of great matches. Our tournament is part of a Contra Costa Junior USPTA Tour, which is an introductory-level circuit for kids just taking up tournament tennis.

**Our Goal:** The step up from learning the strokes, then clinics and club play to tournament play can be brutal (so many kids have the, "I drove 3 hours, played the #1 seed, got crushed 6-0, 6-0 and drove home with my parents coaching me the whole way back" experience). By being local, and a bit lower key, we're hoping to ease players into competitive tennis. Every player, win or lose, gets at least two matches and valued experience.

**Big Picture:** Of course, no matter how good you get, when you get in a match that "matters" to you, tennis is a different game. A large part of becoming a competitor is dealing with a situation where you could feel pressure, and instead, to take the opportunity to learn to feel challenge and motivation instead. Maybe even joy. This challenging situation could be your first club social tournament, or it could be a young pro's first Wimbledon final. No matter how accomplished and successful we become, we are all human, and we want to teach our young people how to handle these situations. We are happy to report that almost every kid returned to the tournament desk with at least a hint of a smile on their face. Great news! (Perhaps it was the Johnny's Donuts – we have our ways ;-)).

**The tournament** offered play in the 10 and under, 12 and under, 14 and under and 16 and under, with both boys and girl's divisions. **Phoebe Wood** from our junior program won the Girls 14 Consolation, 4-6, 6-4, 10-7. Well done!

**Thanks, and a Pat on the Back!** We want to thank the Club members for being supportive of the OW hosting this tournament and helping us to grow the game of tennis with the future generations. It's a good thing that we do!

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### Tactics Tip

## Better Stroking + More Consistent = Longer Rallies???

Makes sense, doesn't it? If the techniques have improved over the past 30 years and players are more consistently hitting the ball in the court, it would make sense that the rallies in tennis would be longer, because players are making fewer mistakes. **But it isn't true. Points are getting shorter.**

The average point is about 3 shots. 30% of the serves are not even returned. Over 60% of the points are over in 3 shots or less. In the recent US Open Nadal / Tiafoe match, there were 143 points that were 3 shots or less, and 73 points 4 shots or more, late in the final set. This is Nadal, the King of Rally! Only 10% of the points in a typical tennis match go 10 shots or more. That is, only 10% are the traditional rally that we are all practicing (that should open your eyes about practice, lessons and training, even the very nature of tennis! – I'd start learning / practicing serves, returns and serve +1 and return +1 – the first four shots – that's tennis, like it or not).



## Orindawoods Tennis Club

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### Tennis Club Directory Online Version

On the website under "Membership Services" there is a page "[Tennis Directory](#)" that has a link to the tennis club address book. You need to sign-in to access this information.

### Silvercreek HOA Management

Accounting and billing questions, contact:  
916-877-7793 or  
[accounting@sc-manage.com](mailto:accounting@sc-manage.com)

Thus, the rise of big hitters like Tiafoe, Kyrgios, Alcaraz, and recently this fall, Auger-Aliassime and Rune, more first strike players.

**Shorter Points, What's Going On?** It seems that when your strokes are better, and you can control the ball better, you go for what used to be "tougher" shots, because you can make them without making a lot of errors. Or you make few enough errors, and you cause enough problems for your opponent (weak shots, forced errors and you hit winners) that it swings the whole competitive balance of tennis. Tennis is becoming more and more like Ping Pong every day, which is a very offensive game. Over and over again, Nadal would hit a good shot, putting Tiafoe under pressure, and Tiafoe would go for, and make, a "tough" shot for a winner. Makes for great viewing, and a lot more fun than a push and pray contest.

Thus, the rise of big hitters like Tiafoe, Kyrgios, Alcaraz, and recently this fall, Auger-Aliassime and Rune, more first strike players.

**There is a logic to this**, after all. Everything makes sense at the level of understanding. If about 1/3 of the points end in unforced errors, then just fixing that part of your game (being more consistent) doesn't get you to victory. About 1/3 of the points end in winners and 1/3 in forcing errors, so that newfound accuracy you have developed (see below for the technical side of this) makes sense to use that skill to enhance my attack (which is how 2/3s of the points end, with an attacking action), not just avoid errors and let them attack.

So yes, technique has taken play to new heights, and consistency has improved, and we want to use these new resources to attack more. Woo hoo!

### Technique Tip

### Spring Tennis

We are heading into winter, but when I watch the Tennis Channel (on view in the lobby of the Club daily), I'm seeing a lot of spring tennis. By spring, I mean a stroke that is based on spring instead of swing mechanics / physics / physiology.

If we think about it, the tennis racquet is really a spring. It has a trampoline: the string bed, and the racquet itself flexes when the ball hits it, first bending back and then springing back forward. These two features makes a tennis racquet "spring loaded" for power, and therefore much more powerful than just a piece of wood (for example baseball bat or pickleball paddle). But that isn't all, as the way our arm works, we can create a third spring, by stretching the muscles so they want to spring back (biomechanics: the stretch-shorten cycle), to combine with the other two racquet springs to shoot the ball over the net.

**Try this:** watch a tennis match, observe how the players are hitting the ball back and forth, often quite hard. This is how we usually "see" tennis. We are in awe of the power. It looks like they are hitting so hard. Look at those follow throughs! The way the ball goes! Just explodes! Impressive and intoxicating.

**But what if** you looked at the same rally, and said to yourself instead, "Look at those two players throwing the ball back and forth." Can you see it? Does it look like throwing? Imagine they are grabbing the ball and throwing it, like with a lacrosse stick, only quicker. Very slow approaching the ball (the catch), and then quick on the release / follow-through (the throw). Watch closely. See it now?

**Now** think of shooting a basketball. Shooting a ball. Watch the tennis again. Can you see them shooting it? Again, slow to load the spring, with a quick release. It's all there, if you have eyes to see. We just need to adjust the "prescription" of our "glasses," i.e. how we watch the action.

**Physics.** Hit a ball, it bounces away. Hold a ball and throw it, you have more grip, more hold, more contact, for longer, so more control. Shoot it, perhaps even more as it sits in your hand like a basketball or a shot put. You can really aim.

I watched tennis a long time before I could see it. But it's there. The ball is being carried on the strings, not slapped away. "You will ever be hearing, but never understanding; be ever seeing but never perceiving."

The problem is, the contact only lasts 3 one-thousandths of second, so how can we even begin to see that: the difference between hitting and catching & throwing? We can't, but we can look for clues, big clues, that are right there in front of us, if we are willing to look, to remove the veil of our own self-deception, of what we thought we know.

**Rhythm** is a big clue. Watch any top player, they move the racquet quite slowly right before impact even if they have a "big" backswing (it's like they don't want to hit it, and have it bounce away, because they don't want to hit it and have it bounce away). Then contact occurs, almost a still point (the ball pushes the strings, racquet frame, arm back before rebounding), and then racquet leaves the contact quite quickly. Releasing. If you were hitting, you wouldn't do this. You would start to swing at the ball, often with great speed and force, well before the ball arrived.

Another clue is that they turn the ball, roll it, make it spin. Spin comes from the racquet strings going across and around the ball, brushing it, and not hitting through it. A direct contact (hit) sees the ball bounce away, with little spin. In fact, playing a tennis ball looks far more like shooting a bow and arrow, than chopping wood. Draw the bow string back, feel the tension, release. Not that different than coil, and uncoil; wind, hold, release the ball.

Rather than a bounce, you are carrying the ball, turning the ball, rolling the ball, then shooting the ball.

Of course, you can swing and hit a ball, millions of people have been doing it for years, and still do. It's just a lot harder to control (and therefore attack – see above) than catch and throw, wind and unwind, coil and spring.

**Traps: the ideas that fool us or sucker us in.** If you swing and hit it, you can get more power. True, ... if you can hit it at full power. That is, if you can accurately hit through the ball because it is right where you thought it was when you started your swing. But how often does that happen, and besides, how hard can you hit it? Without spin, you can't hit it very hard. The court is only 78 feet long, after all. Racquets get more powerful, court and net remain the same.

To control a "hit", and keep it in, the only real option is to slow down, to "push" the ball. i.e. minimize the bounce.

My teacher Doug King used to say, "There is an easy way to learn, that is hard to play (swinging and hitting - easy to do, hard to control). And a hard way to learn, that is easy to play. (Catching and releasing, easy to control the ball)"

And there it is, swing or spring. Play spring tennis, in the winter. ☺

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### **Sports Psychology Tip:**

## **Problem Solving**

In the category of "Things I Wish I Knew When I Was Younger [and Playing Tournaments]" must go the following concept: Tennis is Problem Solving.

Of course, there is another problem there (ha ha). When we are teenagers, we are not always in a place to listen. That said, let me tell you this, if you don't arrive at the court ready to solve problems then you are going to have problems. :-) And potentially, a very tough, and unpleasant time. (And we want OW to be the happiest place on earth).

I used to practice a great deal, very serious, very determined to weed out any issues in my game, and I would show up to a match and expect everything to work. After all, I had put in thousands of hours preparing. What followed was often a tough time. Sports psychologist Jim Loehr says, "When everything goes right, you're not good, you're lucky."

I know, from the distance, looking through the wisdom of the years, approaching matches the way I prepared, and the idea that everything would work, seems really foolish (and terribly young and inexperienced).

**Consider this**, by the way a lot of us respond when something goes wrong (get pissed off, frustrated, annoyed, dejected, fatalistic), in any activity, not just tennis, at some level, we are not expecting that "trouble or challenge" to happen. For example, everyone misses shots, even easy shots from time to time, but by our reactions, you would think it should never happen. At least to us. But there is a ton of evidence called life, to the contrary, that it does. Denial?

**Try Harder:** my teenage solution was to try harder, practice harder, try to be more perfect so I wouldn't miss that shot, when the "real" solution involved something a bit different. I had doubled down on an answer that didn't solve the problem. The definition of a fanatic is "someone who when they lose sight of their goals, they redouble their effort."

**Or**, contrast this "nothing will go wrong" attitude with that of highly ranked and former OW Pro Judy Newman, who goes into a match knowing "something will go wrong" or at least be "unexpected." She just isn't sure what it will be. Like bad line calls, or your backhand being off, or the wind in your eyes, or the sun in your hair (ha ha or other excuses). She isn't being negative or pessimistic, just preparing for the real game, which is adjusting to reality.

Remember the old army adage, "No plan survives contact with the enemy [reality]." A problem would come along, and she would have a small, half smile and say, "There you are, I have been waiting for you." A lot better attitude to deal with issues – skip all the drama – and go right towards the solution. You may not want to wind to blow, but it is blowing. "When you argue with reality, you lose. But only 100% of the time." – Byron Katie

**Drama.** The irony of all this, is that when I was playing junior tennis, and college tennis, and getting so upset at "the slings and arrows of outrageous fortune," I was actually really good at problem solving. I just hated it. You see, in the end, I wanted to win more than I wanted to get upset, but it was just barely, and it was all terribly unpleasant. And post-match, I would always feel badly about my game because I had to compromise and "out-rally a pusher", because I had a better game, than just "blow them away" with my total (and imaginary) awesomeness (the strategy I used while losing the first set, before reverting to "smarts" for sets 2 & 3 and hating every minute of it. – It is the problem with wanting to be a pure idealist, but actually being very practical in my solutions. Kind of the story of growing up).

So, let's cut the drama, be prepared for the unexpected but inevitable, and just deal with it. "Just deal." 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 RED 2:30 TO 3:15 PM	\$75 RED 2:30 TO 3:15 PM		\$75 RED 2:30 TO 3:15 PM	\$20	\$30
1ST & 2ND	\$60 ORANGE 3:15 TO 4:00 PM	\$75 ORANGE 3:15 TO 4:00 PM		\$75 ORANGE 3:15 TO 4:00 PM	\$20	\$30
3RD - 5TH	\$80 ORANGE 4:00 TO 5:00 PM	\$100 GREEN 4:00 TO 5:00 PM	\$120 ORANGE 3:00 TO 4:00 PM	\$100 GREEN 4:00 TO 5:00 PM	\$20	\$30
6TH - 8TH	\$80 GREEN 5:00 TO 6:00 PM	\$100 YELLOW 5:00 TO 6:00 PM	\$120 GREEN 4:00 TO 5:00 PM	\$100 YELLOW 5:00 TO 6:00 PM	\$20	\$30
HIGH SCHOOL			\$180 YELLOW 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.

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