



Orindawoods Tennis News

June 2023 Vol: 29, Issue 6

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

Sunday Social Tennis

Just Because Tournament

Our first summer social of the year (thank Mother Nature for the late start) will be our Annual Just Because [I love to play tennis] tournament on Sunday, June 25th. We will play tennis from 5-7 p.m., followed by dinner on the deck.

Our summer socials are a great way to play some tennis, meet some people, hang out with friends, and have a good meal. Hope you can join us. I mix the matchups, and everyone gets a good game, playing with different people. The cost is \$____. To register, contact Keith keith@orindawoodstennis.com.

League Tennis

USTA 40AW4.5 Going to Nationals

Our Orindawoods 4.5 Women's 40+ team recently won NorCal Sectionals and are going to be representing NorCal at Nationals in Arizona in October. It is a great achievement, and congratulations to our ladies for their amazing success! Woo hoo! Well done and good luck!

Junior Tennis Program

The Summer Junior Program, led by Head Pro Erik Oehlschlager, is starting June 5, with weekly clinics each week of the summer, June 5-July 28, taking a week off for July 4th. If you have a junior interested in learning tennis, and having a fun time this summer, contact Erik and he will get you set up. See pages 6 & 7 for all the details! The turnout is quite good so far, but there are still some spots available. No doubt there will be repeats, so don't wait too long to register. Erik has a great staff lined up to help him this summer, as well. Big Fun at Orindawoods!

Pool Scene

Tennis Club Pool

The pool opened on May 24th, and I have to tell you, it is fantastic! Our new heating system really keeps the temperature consistent. And we have decided to keep the pool at 82 and the hot tub at 103. On the warmer side. With the way this summer is starting out, so cool, we are going to need it. ☺

The pool is open from dawn to 10 p.m. (front door locks at 10 p.m.). I think you are really going to enjoy the pool this summer. Come on down and have a great splash at OW!

Pickleball Playday

We are starting a Pickleball Play Day on Wednesday mornings from 10:30-12 noon (Beginning June the courts are very busy in the mornings, and pickle ball is not normally allowed 9 a.m. to noon, but we are making this one exception, as this time generally seems to be available and we know there are people that would love to play some pickle ball in the morning. Contact Keith if you would like to play. Linda Winter will be hosting this weekly event this summer. We have room for 16 players, playing at one time, more than enough spaces, so come on down. All levels are welcomed.

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

Pickleball Payday

Tuesday 10:30-12	no cost
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Ball Machine

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

- Ball Machine Club runs thru 3/30/24
- 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 restring!

Quote of the Month:

"Be still. The quieter you become, the more you can hear."

■ Ram Das

Court Resurfacing

The rebuilding of courts 2&3 is scheduled for July 31st and will probably be 10 days to 2 weeks. This will be between the summer program and the start of school, a traditionally slower period at the Club. More details on the court allocations during that period to come as we get closer to that date. It will be so great to have two new courts, and we have plans for working on 4-7 in the next year or two. It's been almost 25 years, and it's time for a rebuild!

Used Tennis Balls

If you have some used balls that are weighing down your tennis bag, or cluttering up your car trunk or hall closet, please donate them to the Club.

- 1) If the ball is in good shape, please put it in the tan-colored, wood box by the Pro Shop Door. Those go in the ball machine (then we recycle).
- 2) If balls are ragged and are ready for recycle (no bounce, little fuzz), then put balls in the Recycle boxes (by the sink, or the outside box, top of the steps).

Thank you so much for recycling. The recycling program has kept 25,150 balls out of landfills. Amazing!

Tennis Tip

Four Square

Did you ever play foursquare when you were in elementary school? I did and loved it. Many hours playing on the playground, having fun. Being a kid. Simpler times, life divided into four squares. Just try to get to the top square, protect your friends' squares... what has changed?

Tennis is a bit like foursquare, in that you can visualize the court as four squares. Actually, they are rectangles, but it is a useful image. Two halves on your side, two on the other (see Fig. A – Fig. A also includes the easiest shots).

Most shots in tennis are predictable. If the ball is in one square on your side, it will go to go to another square on the other, opposite side. Which one? It depends on which side of your square you are hitting the ball, with which shot (forehand or backhand). But once this is taken into consideration, for the vast majority of players, the direction of the next shot is quite predictable. Not only the direction, but also how well it is hit.

For example, if a right-hander is hitting a forehand in the deuce court, it is far more likely that the ball is going to go to the deuce court on the other side, than down the line. The down the line shots are memorable, and can be effective, mostly because they are the exception (unexpected), and not the rule. It would be hard to do it all the time (fighting the laws of physics) and it would be much less effective if the opponent knew it was coming.

And yes, there are plenty of exceptions in tennis, that must be stated and understood. But if you can only really cover one part, do you cover the part where 70% of the shots go, or 30%? Of course, we do our best to cover each,

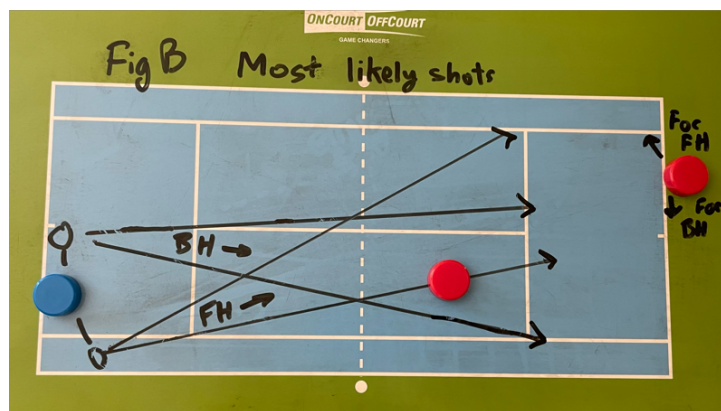
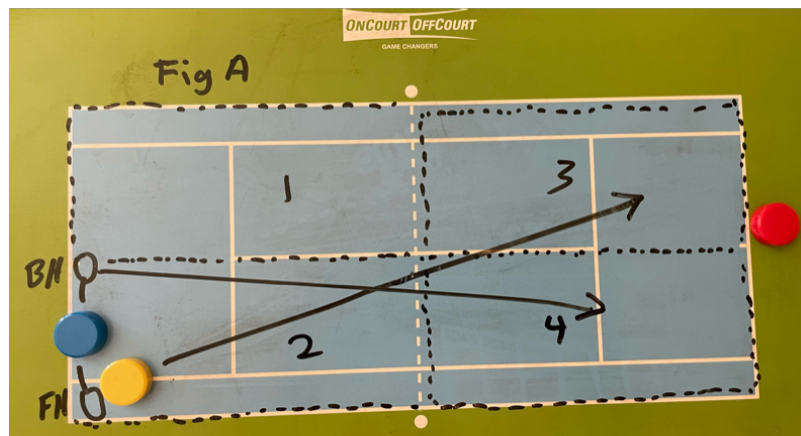
but compromises must be made, and it is best to shade towards the 70% side. Thus, letting the edges be the winners. It doubles we have two players to cover these likely outcomes.

If that same right-handed player is hitting a backhand on the deuce side of the court, it is far easier for them to hit to the ad side of the opponent's court (same side, down the line – Fig. A), then to go crosscourt (inside out) to the deuce side. But of course, for tactical reasons, they may want to try that (and often do, making this the best deuce court serve, to the middle, because it leaves the returner with a really challenging shot, they often can't make – bit of tactics there for you).

So, if they do hit a backhand from the deuce side to

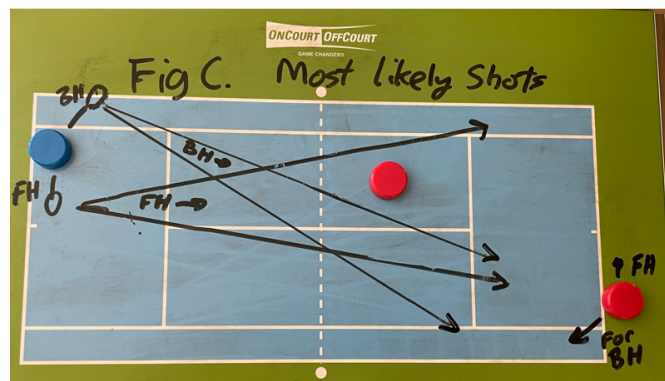
the opposite deuce side, it is much more likely that ball will land in the middle half of the deuce side, rather than the outside half. (Fig. B)

From time to time, I will watch points form up on the deck, and no matter what the level of play, these patterns hold true the vast majority of the time. (Fig. B).



On the ad side, a right-hander's backhand almost always goes cross court, and a forehand goes through the middle or down the line, with inside out forehand being the harder, less likely shot. So, if you were playing the net, you would cover the middle on the returner's backhands (out wide) and not so much on the returner's forehands, which can be pulled down the line quite effectively (actually, most righthanded player's best alley shot). (Fig. C)

Physics and Physiology. There is a second component to this game of four square. The place where the ball is likely to go, is almost always the place where the ball can be hit the best. So that same forehand in the deuce court



may be able to be hit cross court at 50 mph by a club player, but for that player to go down the line, they might only be able to manage 40 mph. Or put another way, if you are a 3.5 player, you might be able to hit a 4.0-level forehand cross court, but only a 3.0-level forehand down the line. Plus, you might make the cross court shot 80% of the time, but the down the line shot only 50% of the time. Hey, this doesn't mean never, just pick your spots.

Lobs. This brings us to the lob. If you are returning on the deuce side of the court, and the server put the ball in the middle, to a right-hander's backhand, it is far easier to hit it down the line, than inside out. But the net person is standing right there. So, a solution we see in club tennis is, go ahead and hit it down the line, but go over the net person with a lob.

If you are serving and you are serving down the middle (very good strategy on the deuce side), then you should stand close to the middle to receive the return, because it will often be a lob over your partner, and very seldom out wide (where you would expect a ball to be returned if you served out wide to the forehand).

Based on your serve, where it goes and which shot the receiver chooses to hit (forehand or backhand), you should adjust your position. (Figs. B & C, red player in the back court).

Shot selection becomes hugely important in your success on the court. 1) Are you hitting the easiest shots to make? 2) And on defense, are you defending the shots that are easiest for your opponent to make? Success is all interconnected with the dance between those two realities.

The time-tested adage "angle to angle, middle to middle" is far righter than wrong. And you can add, "short to short, deep to deep, high to high, low to low, fast to fast, slow to slow." Making changes causes errors, so if you are going to make a change, I suggest only making one. To attempt to hit a lob down the line, on a hard crosscourt (change the speed, height, direction) would be foolish, for example, no matter how open the court is at your intended target.

"It's Tennis, What Can I Say?"

It seems more than often, when I'm teaching, I go to explain some aspect of playing, and it is the opposite of what any normal person would intuitively think. After years of teaching, "counterintuitive" became my favorite word. And if we do what is the obvious answer, we never really get near to our tennis potential. It makes getting good at tennis, or even improving much, very challenging. "If you do what you have always done, you will always get what you got." Slight changes, and practicing more, don't lead to significant improvement. I remember the story that Tiger Woods reworked his entire swing, when he was #1 in the world, so he could take it to the next level. Meet the next challenge of incoming players. Which he did. "When you are done learning, you're done."

I guess this is why there are guides in life, parents, teachers, ministers, rabbis, priests, wise elders, gurus, shaman, who can teach us the secrets that are there, but not obvious to see. They remove the veil, that clouded the way, and let us see the path to where it is that we want to go. On a tennis court, I'm privileged to play that role, for those who ask.

I thought this month it might be kind of fun to look at some of the mysteries of tennis and things that are not what someone with common sense would think. There are so many, so which ones, and where to start?

#1. One of the places that people really get lost is the misunderstanding of force, at least in tennis. $F=MA$. That is, Force equals mass (weight) multiplied times acceleration. I don't see anything in there that says anything about strength, or even speed. Being strong keeps the racquet steady, in one place, very little acceleration. Swinging hard is not the answer. Or being strong. The weight of the racquet (and our arm, perhaps our body) multiplied times acceleration.

Look at the way most people do a stroke, one speed from beginning to end. They swing forward, hope to hit the ball (an even bigger challenge, trying to connect two moving objects), and follow-through. Constant speed is not acceleration. In actual fact, in most cases, they start forward fast (wanting to hit hard), and then slow down to coordinate with the ball. That's deceleration, folks, you're losing power by slowing down.

The counter intuitive way to stroke, is to start slow, often very slow, and then speed up as you are making contact. That makes it easier to coordinate, and aim (going slow, knowing / feeling what you are doing), and then accelerating to add force. And boy are the pros accurate, and they add force, but with control, because they started slowly and aimed. They receive the ball before they throw it. The ball compresses into the strings (the ball is caught so it can grip

the ball - strings and felt of the ball), while the racquet head starts to accelerate. The acceleration adds spin as well as speed, the ball is turned. They don't really "hit," not in the way most people think of tennis and hitting a ball (baseball batters and golfers don't "hit" the ball either, btw, they coil and release). That's another counter intuitive aspect of tennis, a different paradigm, elite players don't "hit" the ball, they catch and throw it. Grip loosely. Think reach (slow to receive) and release (let go / accelerate). Acceleration is the main component of force. Mass is largely unchanged.

That's force. Another?

#2. "The top competitive people focus on winning." Another common belief that is not true, but often practiced by people that desire success. League player's conversations are dominated by "winning" (wanting, needing, having to, etc...). Winning is more a thought for the fans not the players. That's why the fans are more nervous than the players. To the fan, it's about the outcome, to the player, they have a job to do. The most successful people focus on the details, and those details add up to performance. And the person who performs the best, tends to win the most. There are always odd circumstances that we can't control. We must let go of the things we can't control and focus on doing the ones we can. "God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference."

Our best chance is to play our best. Thinking about winning is a distraction, and a huge one, at times. You can completely freeze up, because you care so much. Or as Kenny Rogers (The Gambler) sang, "Never count your money when you are sitting at the table, there will be time enough of counting when the dealing is done." The truly most competitive people don't let themselves get distracted by the prize. They stay in the process. The joy and the sense of accomplishment comes from avoiding the distractions and sticking to being their best. When it is time to celebrate, they do whole-hearted, just like they did everything else. All in, fully committed. Seldom distracted, but "winning" distracts the common person, the one that claims to be "competitive."

Another? ☺

#3. "Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." — Victor Frankl.

When someone hits us a ball, especially a tough shot, we think we must move right away (hands and feet), or we won't "have time", the ball will get by us. But this isn't the best, most efficient way to deal with the situation. It is better to wait and see where to move, before we start. What makes us slower on the court, and causes errors, is that we move too soon, before we know where we are exactly going, and we make mistakes in our position and preparation, and then we must correct. Correcting takes a lot of time, and that is why the ball gets by us, or overpowers us. No ball is going too fast to respond to, within reason (the shots we are supposed to return - and there are many more of those than we realize).

Think of it. Their shot (say a serve) must travel 78 feet, more or less to get to us, and we have to move our hand about two or three feet forward, sometimes less, sometimes more, to get to the contact point. The ball must go 78 feet, our hand, 3 feet. There is no ball that is going that fast, that we can't do that. No way.

When I was a baseball player, my coach said, "No pitcher can actually throw it by you." In tennis, the only way a shot "overpowers us" is that we move to the wrong place, too soon, and start the chain of corrections, and mis-corrections,

that leave us basically chasing our tail, lost, panicking and defeated. We're not waiting for the essential information about the ball's course, speed and depth, and then going directly to the best contact point. Without a fuss.

We're scared, and we react, often based on what we have seen before. Look at the word! We re-act (act over again), we act in a way we have acted before. That is not appropriate to the present circumstances. No wonder we get it wrong, we are not "paying attention." We are not "watching the ball!" This ball, this present reality. And we are not waiting until we know where it is going. All other actions are futile, and worse, counterproductive. We're guessing. You may think, well it's either on the forehand or backhand side, 50/50. But where? There are millions of different locations on each side. No two balls have ever come to you in the exact same way. None. Our response needs to be specific to this moment in time. And while all our movements should culminate in the best possible contact with the ball, none of those movements (including contact) is more important than where you are in the process right now. Contact is merely the culmination of everything you did before, including waiting to see where it is going to be. Not guessing, dreaming.

#4. Getting better is often about doing less, not adding more. Most people add something, and try harder. But it must be the best less, not just less. "It should be simple, but not too simple" - Albert Einstein. We are often trapped by

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easy answers, that are half-truths, but they take us away for wisdom, enlightenment, and our best tennis. The best stroke includes everything you need, and nothing more. No wasted energy or movement. Pros make it look easy. It is easy. Doing it the easy way, that can be hard [to learn].

#5. The worst tennis advice ever was “get your racquet back.” Makes sense, doesn’t work very well. But you hear that all the time. It causes a “hit” and not a “throw”, and you are doomed to a lot of random “hit and miss,” and will never get to greatness. Just too inconsistent, no matter how much you practice. What they mean to say, is “get prepared,” but even preparing that too soon, isn’t helpful. Everything needs to flow with the sequence of life, as the ball comes towards you. It’s tennis, it might not be obvious, and don’t just react, but respond in a way that works.

“For every situation there is an answer that is clear, simple and wrong.” When teaching, and I suggest something counterintuitive, and the student says, “that’s not what I thought,” I feel like saying, “It’s tennis,” nothing is what it seems on the surface. Look deeper, for the hidden truths. Much wisdom is behind the veil of our present understanding. And so often, it is the opposite of what you thought, of all the suggestions your friends say.

In every situation there are levels of understand. There are the obvious answers, not always true. There are often deeper meanings and understandings. Hidden gems that can unlock further understanding, joy and performance. Who knows how many levels of understanding there are, only God has that view, but each time I take it to a higher level, I think I’m at the top. The joke is on me, as there is always more to learn. Always another level. And all we can do is live at the level we understand and keep exploring and be open to higher understanding.

I have always wanted to know these secrets, as many as I’m allowed to see. It has been a life-long pursuit, and a life-long study. As I junior, I remember feeling like I had good strokes, but the best players were doing something different. They were playing a different game, had a different, higher, more efficient understanding. Where did they get it? I spent my career in pursuit of these answers, and then sharing that information with other “normal” people like me. Lessons from the tennis gods. The information is out there, but you must look, and shift through the chaff. Many claim to have the answers, but often it is just different levels of understanding. Much of it, it pretty superficial and ineffective.

A Quick Fix, Sort Of...

Why Do We Make Mistakes?

When working with a student the other day, we came upon the question, “why do we make errors?” Why do we miss “easy” shots (no shots are easy, because we can always “take our eye off the ball”, off the task at hand, and staying focused is hard, no matter how “easy” the shot). Both the easy shot, and the difficult shot, cause us to lose focus, for our mind to wander, perhaps for opposite reasons (ambition for the easy shot, fear for the difficult shot), but we don’t stay present.

Upon contemplation, my student and I came up with four reasons for the vast majority of the physical / technical errors on the court:

- 1) **Poor positioning.** Before my opponent hits the ball, I want to position myself on the court where their shot is most likely to go (see “Four Square”). If I’m not in position, the more I must move to chase the ball. The more I move, the more likely it is that I will get something wrong and miss. Tennis gets complicated on the move.
- 2) **Guessing / Re-acting / Moving too soon.** So, if we are in the right position, or not, and we still miss, it is often because we don’t respond appropriately to the incoming ball. We re-act, we move that we always have when we “hit a forehand” instead of moving specifically to THIS forehand. We remember an easy, or difficult shot from before, and move that way, instead of moving to this ball. And how do we know where this ball is going? We must wait and see. The ball must travel at least halfway to us, before we know where it is going. Most errors are from moving too soon, and then having to correct, and then correct again, and we “run out of time”, when, we had plenty of time, but we moved inappropriately. This is so counter intuitive (see above) that it is very hard to correct, but to be “quicker”, and “hit harder”, we must slow down, and see what is happening, and not replaying (re-acting) our fantasy or nightmare scenarios.
- 3) **Over Hitting.** This is a big one (ha ha). We try too hard. We swing, we try to add too much force. This is especially true for men, but women don’t get a free pass here either. It is an over emphasis on sending, often before we receive the ball. (“We have to receive?” — sadly news to a lot of people that play tennis poorly) It is thinking, insipid in our culture, that “more is better,” when actually, “better is better.” But only if you like being successful. Even in our culture (you can’t count on everyone else being an over-hitting idiot too).
- 4) **We Make Too Many Changes to the Ball.** Generally, the easiest way to make a shot, is to hit it back the way it came. If the ball comes crosscourt, high, deep and slow, that would be the easiest way to send it back. To try to take that shot and go down the line, low, deep and fast (i.e., hit an alley shot off a lob) would be three (out of four) changes, and almost always an error. If you must make a change, for tactical reasons, do one at a time. It is very hard to hit a slow ball hard, let alone change its direction too. Or to hit a hard, low ball slow and high (why there are much fewer lobs in higher level tennis). The easiest change, described in “Four Square” above, is to hit across your body. Say you are right-handed, and playing on the deuce side, and the person serves to you (to go in, the serve travels cross court to the opposite service box). So, if a serve comes cross court, to your forehand, you would hit it back cross court (no changes), but if it came marginally cross court (more in the middle) to your backhand, then you could go up the line (one change) fairly competently.

If you can avoid these four errors, or at least most of them, most of the time, you will make far fewer errors, hit stronger shots, and thus, make more winners, and force more errors from your opponent.

Example: Here is a short example from Craig O'Shannessy on the first two rounds of the French Open this year, all matches, men's and women's singles. His question: Does the server have an advantage, and what is the server's advantage? 30% of the service returns were missed (that is consistent in all levels of play, believe it or not). So, if the return was made, who won the point? In men's, it was 52% server, 48% returner, all points. The women were 47% for the server if the serve was returned. If you count the return errors (30%), Men win 68% of first serve points, 48% of second serve points; Women win 62% of first serve points, 43% of second serve points ("A hammering" – Craig).

In other words, the server's advantage is the returner doesn't get 30% of the balls back. What if you cut down on your return errors by eliminating some return mistakes? The server would have less advantage. Vic Braden said is so well many years ago, "Get the ball back, the other person is about to miss." This doesn't mean push it back, or just block it, but make your shots. The server hits an ace, fair enough, but the rest of the time, stop making errors.

Of course, no one "wants to make errors," and yet we still do, but don't make unnecessary errors by doing silly things (the four things listed above). To just reduce that 30% to 20% would be massive in your match results.

Solutions: One of the best ways to solve these four problems, is to get out of your head, and just watch the ball. Be present. Be one with the ball. Not with glazed over eyes, like I've seen this tennis ball a million times, but with fresh eyes, that recognize that ball coming to you is unique. No ball has ever come to you in this way before. And if we do that, we wait to see where it is going (#2), we don't over hit (#3), and we don't try to do crazy things (#4), because we respect the ball. And when we stroke it back to our opponent, we notice how they position for that ball, and we cover the most likely targets for them to return the ball (#1). Those actions do eliminate many of those four types of errors.

Finally, the immortal words of Tim Galloway, "There is no reason to make errors. And you will make errors." That's the way it is, be gentle with yourself, and make the next shot. Blessings.

Orindawoods Tennis Club Summer 2023 Junior Tennis Program

Afternoon Sessions Monday through Thursday, June 5th through July 27th

The Orindawoods Tennis Club's Summer 2023 Junior Tennis Program will run from Monday, June 5th through Thursday, July 27th and offers a variety of afternoon junior tennis clinics during weekly Monday through Thursday sessions. The program does not operate the week Independence Day is observed. Clinics are grouped by the following 2022/2023 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 Tennis Team players.

Our program utilizes aspects of the USTA's Junior Development Program, which features Red, Orange, and Green tennis balls to promote stroke development and ball tracking skills. These tennis ball gradations allow players to more quickly ascend from learning basic strokes to rallying to point-play.

Our Summer 2023 program will also incorporate pickle-ball and table tennis (ping-pong) play Monday through Thursday for our 3rd through 5th graders and on select days for our 6th through 8th graders.

Summer 2023 weekly session clinic costs and times for all groups are summarized below in Table 1. Level descriptions of the clinics follows Table 2, which shows the daily operating schedule for the Summer 2023 program.

TABLE 1. SUMMER 2023 JR. TENNIS PROGRAM SESSIONS AND COSTS

CLINIC GROUPS AND TIMES	WEEKLY SESSIONS AND DATES						
	WEEK 1 6/5 - 6/8	WEEK 2 6/12 - 6/15	WEEK 3 6/19 - 6/22	WEEK 4 6/26 - 6/29	WEEK 5 7/10 - 7/13	WEEK 6 7/17 - 7/20	WEEK 7 7/24 - 7/27
TK & K 1:00 - 1:45 PM RED	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)	M - TH \$60 (\$15 NMF)
1ST & 2ND 1:45 - 3:00 PM ORANGE	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)	M - TH \$100 (\$15 NMF)

3RD - 5TH 1:00 - 4:00 PM ORANGE & GREEN	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)	M - TH \$180 (\$30 NMF)
6TH - 8TH 1:00 - 4:00 PM GREEN & YELLOW	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)	M - TH \$240 (\$30 NMF)
HIGH SCHOOL TEAM 4:00 - 5:30 PM YELLOW	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)	T & Th \$60 (\$15 NMF)

NMF = NON-MEMBER FEE

TABLE 2. ORINDAWOODS TENNIS CLUB JR. TENNIS PROGRAM SCHEDULE

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

CLINIC DESCRIPTIONS

TK & K Red Lil' Ones clinics develop hand-eye coordination and racquet control so that students can start contacting the ball using basic service and groundstroke mechanics.

1st & 2nd and 3rd - 5th Orange Future Stars clinics develop hand-eye coordination, racquet control, and basic service and groundstroke mechanics so that students can start trying to rally with other players.

3rd - 5th and 6th – 8th Green Tennis Development clinics teach and develop basic service and groundstroke mechanics while emphasizing tracking down balls with various trajectories and learning to keep the ball in play using full groundstrokes. 3rd through 5th grade Green players will have to demonstrate the ability to start points with serves and return-of-serves. Green Tennis Development clinics are the starting point for 6th through 8th grade players until they demonstrate the ability to play points at our 6th through 8th grade Yellow ball clinic level.

6th – 8th Yellow Match Play Training clinics are for players who have demonstrated the ability to start points with serves and return-of-serves, track down balls with various trajectories, and keep the ball in play. The goal of these clinics is to further develop stroke mechanics, rallying, and point-play skills in order to play tennis matches. These clinics will also introduce and develop net play (volleys and overheads) skills.

High School Team Yellow Match-Play Training ball clinic is for High School team players. The goal of this clinic is to provide off-season all-court training to players looking to move up the ladder on their high school tennis teams.

CLINIC REGISTRATION AND PAYMENT

E-mail 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:

- Parent(s)/Guardian(s) - First and Last Name(s), E-mail(s), and Mobile Phone Number(s)
- Child(ren) - First and Last Name(s), 2022/2023 Grade Level(s), and Age(s)
- Clinic(s) - Week(s) and Name(s) of Clinics you wish to register for (i.e. Week 1, 6th – 8th Yellow).
- Are you a member of Orindawoods Tennis Club?

Payment is due before the first clinic date to reserve your space in the clinic(s). Payment can be taken over the phone prior to the start of the program by e-mailing erik@orindawoodstennis.com to arrange a convenient time.