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Orindawoods Tennis News

Orindawoods Tennis Club: 925-254-1065; Office Hours: M-F 8:30 a.m.-6 p.m., Sat./Sun.: 8:30 a.m.-1 p.m., www.orindawoodstennis.com

"I like this place, and willingly could waste my time in it – Celia, As You Like It, Act II, Scene IV

Reservation Rule Change

OK, consider yourself warned (does that sound ominous enough?):

Court reservations are forfeited if you don't show up within 15 minutes of the beginning of the reservation. People who after 15 minutes displace the original reservation have until the end of the original reservation to play. If no one has a reservation on that court after, you can continue to play (you can be bumped after you have played an hour and a half from when you started).

Comment: After several requests from members and many Tennis Committee deliberations, we felt that with the busy nature of the courts, it would be a shame to leave a court sitting empty when people are trying to drop in, because the people are afraid to go on the court for fear of being bumped, even when the reservation is 45 minutes late. Doesn't really make sense. The only real question here was, when to draw the line and we felt that 15 minutes was fair.

The purpose of this rule is not to have people sitting here with their watches set exactly to GMT counting away the seconds to nab a court from some dawdling member, it is to help all of us get to play more, and get the maximum use out of the Club. If you are someone who tends to be on the late side, please remember this, and be courteous of others by arriving on time. If you are the person waiting to get on, please remember that bad traffic and other issues create tardiness from time to time. I think if we are all respectful of each other, this rule will not be a problem and can only help us to get the most out of our courts. In keeping with that spirit, read on:

Deleting Courts

If you have a reservation, and are not able to play, it would do everyone a lot of good if you could delete your reservation. This is very easy to do.

- 1) Go to the court scheduler
- 2) Go to the day you are playing (monthly calendar)
- 3) Scroll down to your reservation (daily calendar)
- 4) Click on it
- 5) That will open a window that lists all the particulars of your reservation
- 6) You can then change your reservation, adjust the time, for example, or you can delete it by clicking on the delete button in the lower left corner.

Thank you. This way people won't have to wait to see if you are going to show up or not, and they can make their own reservations.

Club Maintenance

As many of you know, Orindawoods saves money to pay for needed repairs around the Club, and has a reserve study to help us manage and save these moneys. In the next couple of months, we will be doing repair work to get us ready for the season and to keep the Club in top shape for years to come.

Pool Retaining Wall: The Orindawoods Board has approved the repair of the benches and retaining wall in the pool area. This work will be done in April, weather permitting, and be completed by the time we open the Pool in May. In the event of work delays due to weather, we may have to delay the pool opening. We will keep you up to date as the situation develops.

As pool users know, the benches and retaining wall are in very bad shape, and it will be great to have this repaired. The new design is to leave the benches off, leaving more room for the pool furniture and walking around. I realize that retaining walls are not real sexy repairs, but you also don't want a mudslide in your pool when you are trying to get the perfect tan.

Court Coloring: May 5-9 has been set aside for the coloring of courts 4-7. This work is part of our five-year maintenance cycle, where a new top layer of paint is put on the courts to maintain the surface and keep the playing speed (bounce of the ball) from becoming too fast.

Court One Cracks: We are aware that there are some cracks developing on court one. Cracks on courts are part of life in these California hills with its shifting earth, but we are monitoring these cracks. The Maintenance schedule calls for a rebuilding of court one in five years, just like the process that was done to our other 6 courts five years ago.

Thank You to Retiring Board Members

We want to take this time to thank all three of the retiring Board Members: Bob Testa, Mark Kaiser, Mark Owens. Bob was president of the Association this past year, and both Bob and Mark spent time on the Tennis Committee in the past few years, developing many of the rules and policies that keep our Club strong, and a fun place to play. Mark Kaiser did great work behind the scenes to help keep both the Tennis Club, and the entire Association looking great through his chairing the Landscape committee. Mark Owens was supportive of the Club, and wrote the Homeowners Association's version of this fine publication. Thank you all for your hard work and dedication.

Ace It!

Our annual Breast Cancer Awareness Day is Saturday, June 21st.

Registration will begin on April 1. You can go to the Orindawoods website (the Ace It! page in the "events" pull down menu) and download a registration form, or pick one up at the Club and send it in.

Ace It! as always, includes an early morning warm up, our Tour of the Pros tennis clinics featuring many local pros, a wonderful lunch on the deck with many old and new friends (raffle prizes, presentations, etc) and all that followed by the Ace It! Tournament in the afternoon!

It is a full day of tennis, and fun, but mostly, it is a community of people pulling together to support each other, and work towards the end of the terrible disease, that has affected way too many of us, and our families.

All the information about the event is listed on the Ace It! page on the Orindawoods website. This year Ace It! has a PO Box to send your entries too. The address is PO Box 2087, Orinda, CA 94563.

Thanks for being a part of Ace It!, either by playing, donating, or simply supporting your club's participation in this event by giving up your courts for the day.

Monday Team Tennis

It is time to start getting serious about Monday Night Team Tennis. To take advantage of the sunlight, we are going to start MTT a couple of weeks earlier this year, and see how that goes. I'm thinking June 2 through August 18 (12 weeks).

For those of you new to the Club, Monday Night Team Tennis is our fun Monday evening social tennis league that runs all summer long. We divide everyone in to distinct teams for the entire season and play matches each week, your team against one of the other teams. The matches consist of men's and women's doubles, as well as mixed doubles and the always fun and exciting triples to finish off the evening. Each evening includes a fine meal, all part of the price of admission.

This event is not only great fun, and good tennis, but a wonderful way to meet new people and potential partners.

The member-only registration period will be May 1 – May 15, then we will take a few non-members from a select group of past participants, if needed, to round out the teams.

If you are interested in being a captain, please let Keith know. Captains are essential to the running of MTT.

And remember, practice your heckling skills. This ain't your grandma's old fogey tennis!

Junior Team Tennis

Junior Team Tennis begins April 19 and runs for 4 weeks, April 19-May 10. We will divide all our players into four teams that play each other each week. Participants will play both singles and doubles each week team tennis format. The final week will be for playoffs and the championship. If you are interested in participation, call or e-mail Patric. It should be a great season!

Pacific Life Open, Indian Wells

Our annual tennis migration south for the winter included over 30 members going watch the pros play in the Pacific Life Open at the Indian Wells Tennis Garden the weekend of March 14-17.

It was a great group: Michael, Wendy & Tamar McCollom, Dave and Nancy Moss, Judy And Dave Corless, Brad and Francis Smith, Mike and Lysbeth McNeil, Andrea and Brian O'Brien, Alan and Joan Smith, Carmen, Robert, Cameron and Ceci, Sandy Leon, Art and Kristie Haigh, Barbara and Dick Rogan, Bill and Bonnie Galogoly, Richard and Mayada Innenberg, Scott and Doris Hume, Gina and Joe Tracy, Penny Veres, Carmen Durarte, Lan & Noel Pfeffinger, Marcy Sharafian and no doubt many more I'm forgetting (sorry).

Tennis Tip

The Mental Side

When we listen to interviews with top players in any sport, we hear a lot about focus. In tennis, we often think this means focusing on the ball, watching the spin, the speed, the bounce, the contact. While this is all true, this

"watching the ball" is part of a larger focus, yet a focus that is strangely very narrow.

Just as not watching the ball can lead to disastrous results, so can losing this larger focus. Loss of focus can turn your match play into a train wreck.

What is this all-important larger, yet narrow, focus? Lots of people describe it as "staying in the moment, " or *satori* (which means "being one with what you are doing"). It is perhaps best described as staying with reality.

As humans, with complex minds, we often don't like what reality has to offer us, and we have the brainpower to think or dream about other things. While this

Quote of the Month:

*"To never have considered
losing
As if to win was our own
choosing"*

--The Saw Doctors

can be useful at times (and is the basis of creativity), it can really hurt us on the tennis court.

I am very fond of a statement by Byron Katie, which goes, "When I argue with reality, I lose, but only 100% of the time."

Yet we do argue with reality, or we do our best to ignore it or shield ourselves from its harsh light. Fear of losing, for example, has kept many a player from playing the game, or doing things that they love. Others, when they do play and lose, create an often elaborate system to protect their ego, like "the wind was in my eyes and the sun was in my hair." Everyone, including the teller, knows it's lame, but we do it anyway. Our ego hurts too much.

While there are many reasons why we may "lose touch with reality," in the competitive arena, it usually has to do with outcomes. We fear a bad outcome, or we desire a good one, all at the expense of what is going on right now.

Sometimes we compound this problem by creating goals for ourselves (just our imagination again, no basis in what is real) with outcomes outside of our control, and if we are not careful, those goals add considerable pressure, in addition to the motivation they are intended to give us to excel. In other words, they may backfire on us.

If there is enough pressure, we end up thinking about the pressure, or the goal/outcome, and not about the process of how to get there (staying in the moment, actually playing: hitting serves, forehands and backhands).

Attachment to outcome is the enemy here. We don't know the future, none of us do. Yet we crave a certain outcome. This leads to anxiety and unhappiness.

One of the most powerful engines driving our performance is energy, high positive energy. But we are not feeling high, positive energy if we are anxious. Quite the opposite, we are feeling high negative energy. Tension, jitters.

The serve is a good example here. Most people toss the ball up and then swing a fraction of a second too soon, because they are anxious and can't quite wait. The ball is then hit with the top part of the string bed, rather than the sweet spot, and power is lost (plus it just kills your arm). If you could just wait for gravity to bring the ball back down to you, rather than be anxious and reach up for it too soon, then your serve would be much more powerful. Time and time again we tell ourselves this (anxiety has little to do with intellect) and then swing that nano second too soon once again from fear and not accepting that the ball needs to come back to us for the best hit. Instead, we try to make something happen. We go to the outcome before the conditions are ripe for the outcome we desire.

In the bigger picture, rather than accept reality that no one knows the outcome of today's match until it is played, we often take the path of unhappiness and try to control that outcome.

Perhaps we take a lot of lessons to get better. While this may improve the reality of you being a better player, it doesn't guarantee success. The other bloke may be taking lessons too! (Dirty rat!) You might recruit all the best players for your team, but in the BIG MATCH, they may choke, play poorly and lose.

It is this uncertainty, while scary, that actually makes life fun, surprising, and enjoyable if we can learn to accept uncertainty and go with it. We need to sit with the discomfort of uncertainty.

How many times have you hit what you thought was a lousy shot, only to have it go over the net, and your opponent blows it? Or you hit a great shot, and helplessly watch an even better shot come back and land in for a winner. The better you play, generally the better your results, but it is certainly not a direct correlation. And doing well certainly doesn't always equate to winning.

I love the very old Zen story that goes like this:

A man had a farm. One day a herd of wild horses came running over the hill, and he was able to capture them, increasing his wealth dramatically. His neighbor said, "What good luck."

The next day, his son was trying to tame one of the horses and the young man was thrown off, breaking his arm. The neighbor said, "What bad luck."

The following day, the army recruiters came to draft his son to take him off to war, but due to his injury, he could not serve. His neighbor said, "What good luck."

The farmer looked at his neighbor and just shrugged, "Good luck? Bad luck?"

We can't directly control outcomes, so what can we do? And we don't even really know what they mean, are they good, are they bad? We often don't have a big enough perspective to know, especially before some time passes.

What do we do to live and play in the moment? Here, we come full circle to simply watching the ball, feeling the rhythm in your body, focusing on your breathing, releasing the outcome. In other words, doing the best with what we can control, our minds and our effort.

A good example of this is when you are playing out of your mind, everything you touch is just hit so well. Winners scream off your racquet. You are having the time of your life; you can't miss. These are the days we live for, and then you ask, "What is going right?"

It seems like an innocent question, but then fear and the mind creeps in, and you are afraid you might lose "the magic", so you try to hold on. You analyze what you are doing right. Was it the hip turn, a flip of the wrist? You try to "remember," to hold on, to grasp, what you did, to insure that it all happens again, hopefully forever.

What we don't realize, is when we do this we lose our flow and contact with what is real. We aren't really



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watching the ball, we are thinking. The truth is, reality is always changing, always different, so the conditions that led to that great shot will never be exactly repeated. Ever. The ball may be faster, slower, more or less spin. No two shots are played the same, so we need to let go of past glory, and be present for the ball that is coming to us now. We need to blend and respond, to the new reality that is now. We don't know what it will be, but we need to prepare our mind, our body, and our soul to respond as best we can. We are open to, and embrace, the change, not the fear of it.

In a slightly different tack, if you want to stay in the moment, play when you want to play, stop playing when you don't want to play anymore. Often we lose concentration when we don't want to be there. It is always best to play a little bit less than you really want, so you will be hungry the next time out.

When it is an important match and you are losing concentration, you "don't want to be there" for fear of losing, but you do want to be there for the chance of winning. So rather than check out, tank, throw a fit, make an excuse, you have to get back to those simple things, the ball, the spin, and the rhythm. Learn to love being alive in uncertainty, rather than dwell on what could go right or wrong and attach meaning to that (playing God).

Good luck / bad luck out there!

Orindawoods Tennis Club Fees for 2008

Club Fees

Initiation Fee:	\$0
Reinstatement Fee:	\$300
Monthly Dues	\$91
Junior Associate Dues	\$46
Pool Membership:	\$275

Guest Fees

Prime time	\$5
Non-prime time	\$5
Team Guest Fee	\$40

Pool Guest Fees

Family	\$5
Individual	\$3

Lesson Fees

Member Drop-in Clinics	\$5
Keith & Patric's Member Lesson Rates	
1/2 hour	\$30
1 hour	\$55
Non-members	add \$5

Group hour \$60

Philip's Member Lesson Rates

1/2 hour	\$22
1 hour	\$45
non-members	add \$5

Group hour \$50

Ball Machine Club

1 hour Ball Machine	\$100/yr \$8
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Orindawoods Junior Spring Clinic Schedule 2008

The 2008 Spring Junior Clinics begin the week of **April 7**, and will continue until June 6. The Summer session will follow with weekly clinics.

Program leader for the 9 week session is Head Pro **Patric Hermanson**.

Class	Times	1 day/wk	2 days/wk
Lil' Ones (age 4-6)	Tu-Th 3:15-4	\$90/\$105	\$160/\$175
Future Stars (7-10)	Tuesday 4-5:30 pm	\$180/\$195	n/a
Tennis Development	Thursday 4-5:30 pm	\$180/\$195	n/a
Tournament Training (invite only)	Friday 4:30-6 pm	\$180/\$195	n/a

The member price is the first price listed, while non-members pay the second amount. Prices will be pro-rated for a later start, so you can still join the action.

We have factored into the cost of the clinics the potential of two weeks of missed classes due to rain, illness, vacations, etc. Due to rain, Winter has been extended.

Special Discount: 10% discount off the cost of second sibling. Discount taken off the lower of the two costs.

Inclement Weather: In case of questionable weather (rain), please call the Pro Shop for a court condition update. We also post cancellations on the OW website.

For more information or to sign up, please call Keith or Patric at the Pro Shop **(925) 254-1065**, or e-mail Patric at patricTennis@yahoo.com. Tennis shoes required (no black soled shoes).