



August 2007
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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

July 27, August 24

Upcoming Twilight Tennis BBQs

We have two twilight tennis parties coming up in the next month. The first will be on Friday, July 27th. Tennis is from 5-7 p.m., with our BBQ dinner to follow on the deck at 7 p.m.. You don't need to play tennis to join us. The August Twilight tennis party will be held on Friday, August 24th. Tennis will be from 5-7, with the BBQ at 7 p.m..

With both of these events, Keith will do his famous "mix and match" format, to make sure the tennis is the most fun possible. The cost for each is \$15 for dinner only, and \$17 if you are playing tennis too. Register on the club calendar on the website, or by calling Keith at the Club. Please let us know if you want steak or chicken, and if you are playing tennis. Hope to see you at both of these events!

League Play

Congratulations

Congratulations to our two league playoff teams (Men's 3.5, Women's 3.5) on their first and second round victories. In round one, the road to victory was different for each team, as our Men's 3.5 were league champions and favorites, while our Women's 3.5 finished 4th and were underdogs vs. the first place team, which we beat in a stunning upset. The second round, each played very tough matches, each winning 3-2. Now each will play the champion of the other flight. All in all it was a great season for all of our teams. We had more members playing league tennis this adult season than any other time in our illustrious history (whether that is good or bad, I leave to you, for "few things are good or bad, but thinking makes it so" -- Hamlet).

Combo League

Our combo league tennis will begin at the end of July, with Orindawoods fielding both a Women's 6.5 and 7.5 team. It should be a fun second half of the summer, with lots of doubles action on the weekends. Check the Club calendar to see when the league play will take place (usually 11 a.m. on Saturday or Sunday). These combo leagues use 3 courts (4, 5 & 6). Good luck ladies!

Monday Team Tennis

MTT rolls on with exciting action, top-notch heckling,

Keep Orindawoods Blue

Protect our blue courts by wearing only appropriate tennis shoes on the courts. Running shoes, with black soles, mark up the courts forever (that's a long time). Please keep Orindawoods nice and blue by wearing tennis shoes. Many thanks!

Ace It!

It was another fantastic Ace It! Year. This was our 5th year, which we appropriately named "The Year of Hope." Year five is a huge year in the life of a survivor, as it starts to become clear that they are going to be cancer free for a long time to come.

The spirit was great all day long on June 23, and the Club's deck full with over 100 people who gathered together to help ace breast cancer, and show their support for their friends and family. We raised \$16,305 this year, all by small donations (\$125 or less) from people like you. Thank you so much. And if you couldn't give this year, you were still a winner in that you gave up the use of our Club for one day to help allow this great event to go on.

There are so many people to thank (and I am sure I will forget some – sorry), but first of all, the Ace It! Committee: Gina Tracey, Carmen Duarte, Tess Siegel, Lysbeth McNeil, Jo Kerner, Linda Richardi, Corina Ninayahuar and that tennis pro guy. Of course there are many more people behind the scenes that the committee would like to thank (this is the part where I miss people – sorry again): Philip Laubscher, Karl Rosenstock, Scott Ho, Heather Anderson, Steve Squire, Alison Rhodius, Brian Thomas, Jeff Southwick, Emily Haas, Lu Desilva, Barbara Britto-Tang, Jill Honeyman, Kate Apple, Janis Fujita, Janine Stagg, Nancy Coombs, and Ariel (and all those I just forgot – Thank you!). And thanks to all of you who participated, have participated in the past, and are going to participate in the future. Let's Ace it!

and great food every Monday evening through August 20. After four weeks, the standings are:

<u>Team Capt.</u>	<u>Wins</u>	<u>Losses</u>	<u>PCT</u>	<u>AVE/night</u>
Susie	170	142	.545	56.67
Sandy	223	193	.536	55.75
Barbara	164	148	.526	54.67
Kim	148	164	.474	48.67
Danielle	127	185	.407	42.33

Sandy's team lead the first three weeks, with Susie's team pulling into a narrow lead in week four, with six weeks to go. And of course, as always, fun was had by one and all. (Did I mention the world-class heckling by Gina Tracey and Donna Himenez? – heckling lessons are available for a small fee).

Tennis Tip

Dead the Head

At this point, I guess I could go in a lot of different directions with this. The article could be about preventing over-thinking on the court, substance abuse, smashing your racquet head on the ground in frustration, how to follow a famous 60s rock band, or perhaps, how to connect with a tennis ball.

We are, at this time, going to choose the last option. That is, how to improve your connection between your beloved racquet (which you paid bocu bucks for, and simply isn't getting the job done) and the tennis ball. Contrary to popular belief, the most helpful thing that you can be thinking right before you impact the ball is not, "I'm goin' to crush you, you son of a gun." Too bad...

We also, here at the Orindawoods professional staff, do not encourage, "Please dear God, let this one go in," as a final parting thought, before your final parting shot.

Neither of these approaches to meeting the ball seem to have the desired effect: total victory! (or at least, a good shot, as total victory does not seem to lie within the realm of our complete control).

Actually, the most helpful last thought before we unleash our powerful new, modern forehand is to "fold

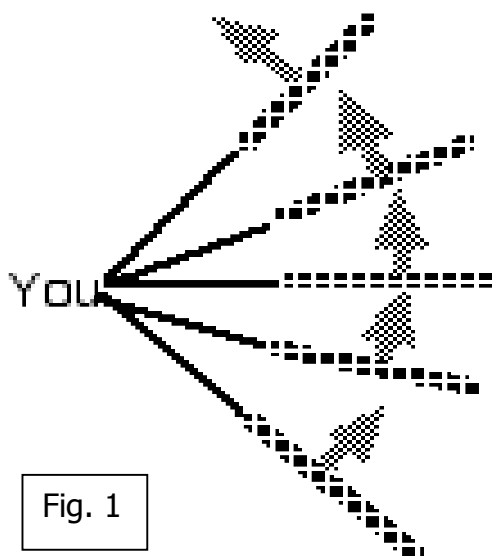


Fig. 1

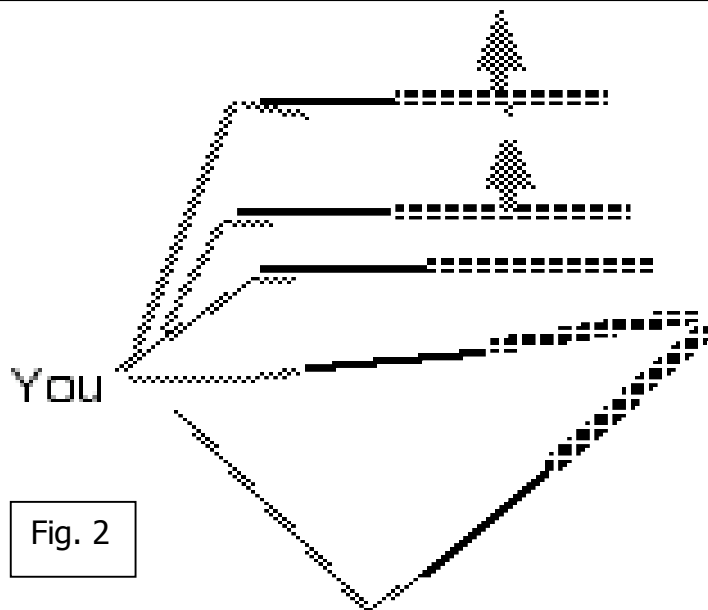


Fig. 2

the racquet back and down." In a sense, let it "die" in your hand, as opposed to swinging it forward. If you want to pray after that, that's up to you. I often do. (actually, most pray after they hit, not before).

The goal for connection with the ball and success on the court has to be found in alignment, that is the relationship between the ball, you,

Quote of the Month:

"It ain't braggin' if you've done it"

-- Dizzy Dean

your racquet and the intended target of your shot. As we have discussed many times in the past, two things have to happen: the ball hits the strings, and the strings are pointed toward the target. Of course it is a bit more complicated than that (see force vectors below), but for our purposes here, we need to align our body, the racquet, the ball and the court so that we can make the ball end up where we want.

The trouble is, most of us swing the head of the racquet (fig. 1), and it moves in a circular motion. That means that at each point on its swing, it is pointing towards a different target. Not good, as this puts an incredible premium on timing the shot (hitting it right in that one instant it is pointed towards the target).

However, if as our arm moves forward into position, we can lay the wrist back so that the racquet face continues to point towards the target (fig. 2), then we are not as dependant on exquisite timing. In fact, it gets better than that (This is so exciting!). As the racquet gets aligned behind the ball (slotted in behind the ball), it is also folds back directly in front of our body (our arm is between the racquet handle and our shoulder), so we have tremendous leverage on the ball, and all of our weight moving against this poor, little two-ounce sphere. Now we are talking crush, without the wild side-effects we get if we actually try to crush it by swinging. Now we are so good, and so happy! Good luck!

Force Vectors

Fun With Physics

Ever wonder why it is hard to hit the ball down the line off a cross court shot? Perhaps you haven't wondered this, you have just gone on missing this shot and simply think that you suck. Always a option, but in actual fact, changing the direction of the ball is tricky and should only be tried at certain times (and only by well-trained professionals?). There are several forces involved when you go to hit the ball (see Fig. 3). There is the force of which way your weight is moving, which way the ball is coming from, and how hard, where you are aiming, which way you are swinging and others (spin of ball, trajectory, how tightly strung your strings are, etc...). Keeping this somewhat simple (impossible, this is physics, after all), there is the force of the ball going cross court (A), the direction of your racquet (B), and the forward force of your swing (C). If we put these all together, notice that the flight of the ball is not forward (D), but has an angle of deflection (E), the summation of all the forces involved. The difference between D and E is what cause all the gnashing of teeth and renting of clothing, not to mention a bit of foul language. To minimize the angle of deflection so that the ball goes "straight," you either need to point the racquet more cross court (B, aiming for D in Fig. 4 to get E) or drive harder forward (stronger C in Fig. 5 makes the angle of deflection, E, less). (E) always equals the sum of the other forces. If you throw in the fact that you might be running to the side (another very strong force pushing the ball to the right), it gets a lot harder to go down the line. Good luck out there!

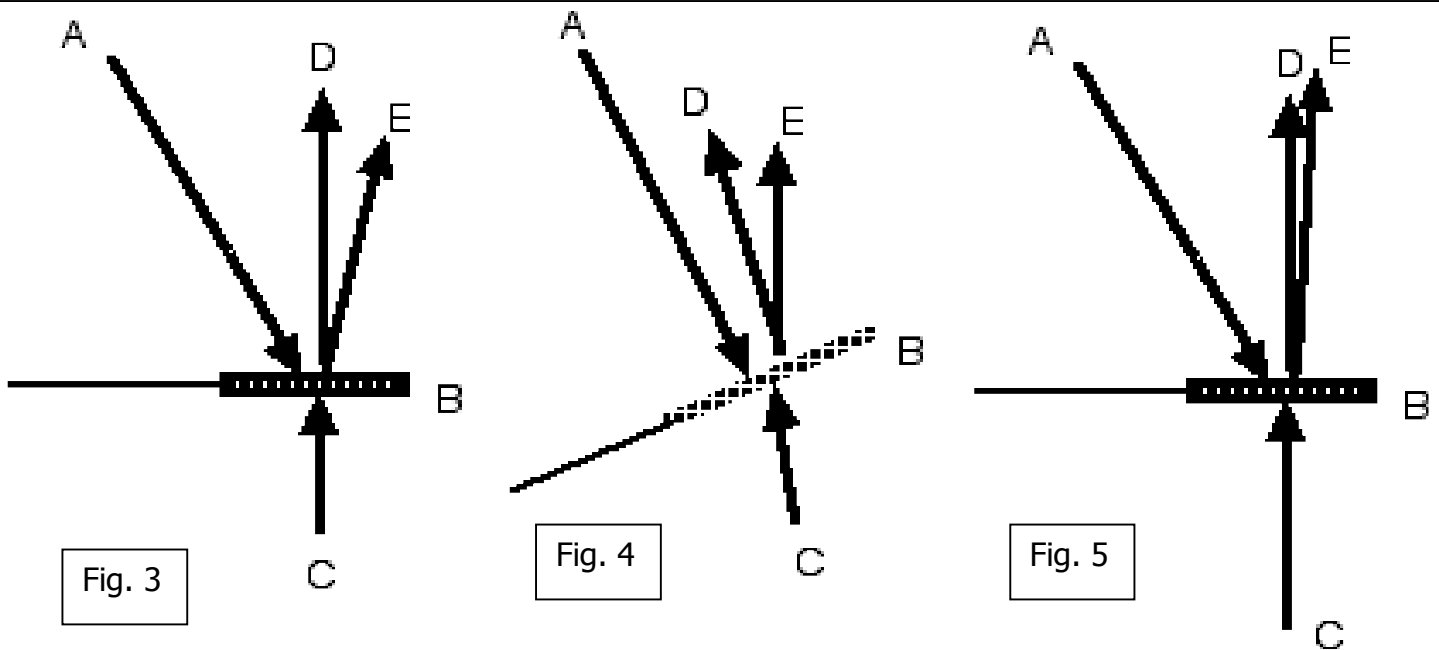


Fig. 3

Fig. 4

Fig. 5



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Junior Program

The fantastic summer program goes on, while we prepare for the Fall. See all the scheduling details below, and contact Patric by e-mail (patricTennis@yahoo.com) or at the Club to sign up.

Orindawoods Junior Fall Clinic Schedule 2007

The 2007 Fall Junior Clinics begin the week of August 27th, and will continue thru the week of December 10th.

Program leader for the 15 week session is Head Pro Patric Hermanson.

There are no classes the week of Nov. 19-23

Class	Times	1 day/wk	2 days/wk
<i>Lil' Ones (age 4-6)</i>	<i>Tu-Th 3:15-4</i>	<i>\$145/\$160</i>	<i>\$225/\$240</i>
<i>Future Stars (7-10)</i>	<i>Tuesday 4-5:30 pm</i>	<i>\$295/\$320</i>	<i>n/a</i>
<i>Tennis Development</i>	<i>Thursday 4-5:30 pm</i>	<i>\$295/\$320</i>	<i>n/a</i>
<i>Tournament Training (invite only)</i>	<i>Friday 4:30-6 pm</i>	<i>\$275/\$300</i>	<i>n/a</i>

The member price is the first price listed, while non-members pay the second amount.

*We have factored into the cost of the clinics the potential of two weeks of missed classes due to rain, illness, vacations, etc. **The Future Stars Group** is for players with no tennis experience to those who have played a year or two. **The Tennis Development Group** is for our junior high schoolers and for the younger players who can consistently hit the ball back 4 to 5 times per rally and can serve the ball in from the baseline. **The Tournament Training Group** is an invitation only class. Contact Patric about setting up a try-out.*

***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.*

*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).***

Summer Action Continues

We have had a wonderful summer program, with lots of kids participating in our camps and clinics. The tennis has been fun, the swimming refreshing, and the instruction informative.

There are still a few weeks left of great summer tennis clinics at the Club. Don't miss the last of the great action:

Summer Junior Tennis at Orindawoods

Week 6	July 16-21	Wet and Wild Camp
Week 7	July 23-26	Tennis Camp
Week 8	July 30-Aug. 2	Tennis Camp

Tennis Camp Weeks' Schedule:

<i>Lil' Ones</i>	<i>Ages 4-6</i>	<i>Tues & Thurs</i>	<i>11:15-12noon</i>	<i>\$30/\$35 non OW</i>
<i>Tennis Clubbers</i>	<i>Ages 7-10</i>	<i>Mon-Thurs</i>	<i>12noon-1:30p</i>	<i>\$90/\$100 nonOW</i>
<i>Big Boomers</i>	<i>Ages 11+</i>	<i>Mon-Thurs</i>	<i>1:30-3:30p</i>	<i>\$115/\$130 non</i>

Wet and Wild Weeks' Schedule:

<i>Tennis Clubbers</i>	<i>Ages 7-10</i>	<i>Mon-Thurs</i>	<i>12noon-3 pm</i>	<i>\$165/\$180 non OW</i>
<i>Big Boomers</i>	<i>Ages 11+</i>	<i>Mon-Thurs</i>	<i>1:00-4 pm</i>	<i>\$165/\$180 non OW</i>

Contact Patric for more information: 254-1065 or patricTennis@yahoo.com

We look forward to seeing you this summer and fall!