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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](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*

## **Winter Tennis**

Is there tennis in the Winter? You bet there is, it is one of the joys of living in California, but there are some adjustments that have to be made.

### **Scheduling**

OK, you have to be flexible. That is about all I have to say about that (who me?). There is plenty of dry court time, but it might not be during your first choice of playing times. This is especially true if you like to play in the mornings. Midday in the winter is a great time to play, and the weather is often beautiful around noon on a winter day. We have had several foggy days in January where the courts were not dry until after 1 p.m., but then tennis was possible after that.

For me, I keep planning to play tennis in the Winter. In fact, I may even plan to play more than in the summer, as I know some of the dates will be washed away. I always think it is interesting that after a rainy period, when it is really beautiful, not that many people play, because they have stopped planning to play, thinking the deluge would never end. In California, it seldom rains more than a day and a half in a row. Then you usually have at least a day or so to play before the next storm, even when the storm door is really open. Leave your racquet by the door, and take advantage of the good times when they come.

### **Physics**

The tennis ball is pressurized with air, and air pressure changes with temperature. The air pressure goes down when the temperature is lower, which means, on a cool day, the ball isn't going to bounce as much as on a warm day. It also won't bounce as much off your strings for the same reason.

What does this mean for your tennis? Well, quite simply, it is better to come to the net than stay back. Shots that deaden the ball are very effective, like drop shots, volleys, and balls played with under spin, while the effect of power shots (serves,

## **Some Reminders**

We made some big changes with the start of the New Year. Below is a brief reminder, as it is hard to remember all of this stuff.

### **Lesson Payments to Orindawoods**

Remember that all your checks for lessons and clinics now go to "Orindawoods." This is because Keith, Patric and Philip are now employees of the Club, instead of independent contractors.

### **\$5 Guest Fees**

Guest fees at the Club are \$5 all day long.  
No more distinction between Prime Time and Non-prime time.

### **Door Hours**

The Clubhouse doors are unlocked from 8 a.m. to 7 p.m.. Before 8 a.m. and after 7 p.m. you need to use your password to open the door. The password is 3040\*

### **Lobby Computer**

The lobby computer displays the court reservations for the day. You can also look ahead to see what is available later in the week, as well as click on a link that takes you to the Club website where you can make a reservation. If you make a reservation, be sure to do it by opening a new window, and be sure to log out and close this window when you are done so people can't make reservations on your account.

### **Reservations**

Reservations can now be made 169 hours in advance, or 7 days and one hour before you want to play. Certain prime-time courts have been blocked off to require that play begins at a certain time. This is to insure that people wanting a reservation for these choice times all have an equal starting time (169 hours before) to get these courts.

ground strokes) is reduced. Not only does the ball not bounce as high, but because of the lower pressure, it doesn't go as fast either. Dampness in the air or on the court surface, can further reduce the bounce and speed of the ball by making it heavier.

Winter player beware, the air is often "dead". That is, the ball just doesn't carry as well as it does when it is warm and dry out, so often balls that are struck in a way where they would go long in the summer, might just fall in this time of year.

### ***Physical***

When it is cold, it is just plain harder to warm up, and move (heck, it is hard just to get off the couch), so make sure you warm your muscles up before trying to run or move at full speed. It is harder to get as loose as on a warm day, so you probably don't swing as fast as you would in July, again limiting your power. Being in an advantageous position, where you don't have to run real fast, or hit as hard, certainly could help here. Again, being at the net is a good idea.

### ***Training / Improving***

The winter is a great time to work on your game. It is a down time for a lot of players, and so it is a time when you can really make up some ground on your rivals. While they are sitting at home on the couch going soft, you are getting better out on the courts. There are not as many league matches this time of year, so you can work on some strokes and really improve, without having to take your new shots out into an important match before you are ready.

This is not a bad time to get in shape also, after the holiday period (I think I have eaten all that left-over Holiday candy by now). If the courts are damp, you can still go for a walk, or a run, or go down to the gym for a workout. A good aerobic base developed now, can really help your game later in the season, when you start playing more.

The better level of aerobic fitness you have, the faster you recover between points. Everyone gets out of breath during a long point with lots of running (tennis is anaerobic – using more oxygen than your lungs can take in), but it is how well your body processes air into your blood (your aerobic conditioning) that determines how fast you will recover between points. If you are not in very good aerobic shape, you will still be sucking air when you go to start the next point 25 seconds later. Not a good plan. Winning one long, epic rally, only to lose the next two points quickly because you are out of breath leaves you behind, since all points count the same.

This is not a bad time to shed a few pounds too. If you can survive the box of candy on Valentine's Day, there are not too many holidays and big festivities to get in the way of your healthy diet and fitness training (Girl Scout cookies aside). Good luck!

### **Tennis Instruction**

#### ***Seasonal Strategy***

As we have discussed above, it is winter, and take advantage of the conditions by coming to the net. If you have ever wondered what it is like during Wimbledon to play on grass, this is as close as we get here out west. The balls don't bounce very high, and shots that tend to die, like volleys, slice and drop shots work very well.

When the balls are lower, they are harder to lob too. And while the ball doesn't carry very far,

keeping lobs in, it is hard to get under the ball enough to get it up over someone's head.

#### ***When to Come In***

As soon as you can. This is where all that work you have done on the serve and volley really pays off. If you haven't spent that time, it's a good time to start. You don't have to be as nearly as good at serve and volley in the winter with the dead balls to make it work. It is best to wait for the right ball to approach on (see below), but coming in on the serve could easily be that opportunity.

### ***How to Come In***

Coming in depends on hitting an effective shot, and being ready for your opponent's reply. It is best to come in when you can get a running start. That is, be moving forward as you hit your approach shot. If you can keep the ball low to your opponent (using under spin is great for this), you reduce the chance of the dreaded lob, or at least one that goes over your head. You need to give yourself time to get into a good volley position, so you want to hit moving forward, keep it low, and not hit it so hard that you don't have time to get to the net. I tell myself, hit it "slow and low".

### ***Go Get The Ball***

As you may have noticed, but when you are coming in, your noble opponent (scum sucking bottom feeder) doesn't always hit the ball to you, and if they do, they might not put it in the most advantageous place for you to hit it (like say, at your feet). The good news is you are not merely a victim of their shot. They hit it, and then you have the time it takes for the ball to get to you, to adjust. The trick is you have to move in such a way that you can adjust, and that is where the split step comes in. (see below)

### **Tennis Instruction**

### ***The Split Step***

Most club players get this exactly backwards, but here it is: when you are coming to the net and the bad guys are hitting the ball, you want to be relatively still and balanced (able to move in any direction), then you want to move towards the ball so that when you are hitting, you are moving forward through the shot. How you accomplish this is the basis of the split step.

The split step is a very simple move that we all basically learned in grade school playing hopscotch, but somehow we forget when we are playing tennis. Of course the timing of this move in tennis makes it infinitely harder than hopscotch.

After you hit your shot and decide to go to the net, you run forward right up to the moment they are about to hit (Fig. A, steps 1 & 2), then you jump up in the air, spreading your legs to as wide a base as comfortable. The intent is to land with a wide stance (steps 3), right after they hit the ball and be ready to push off again as soon as you can tell which way the ball is going.

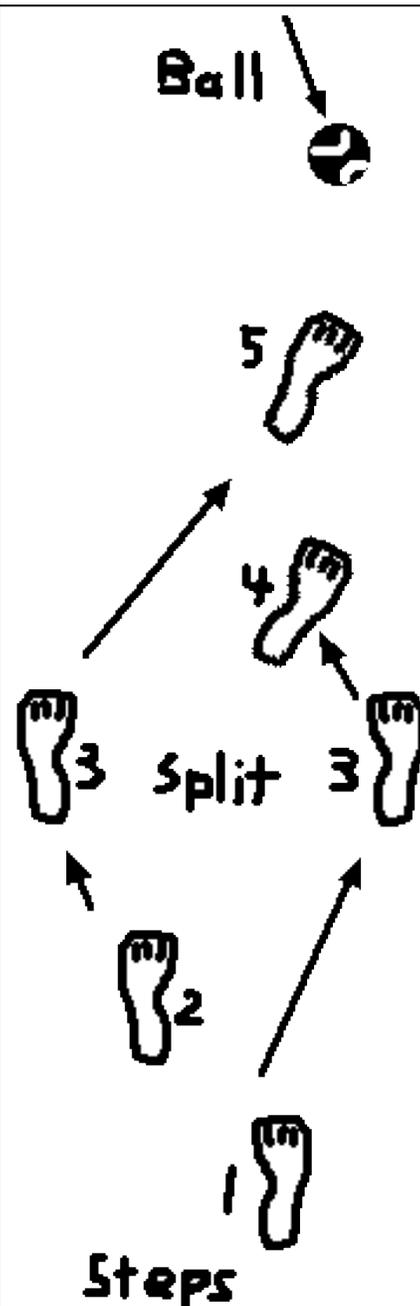
You push off by narrowing your stance by bringing one foot in under your body. If it is going to your right, you pick up your right foot and move it back in under your body (step 4 -- away from the direction you want to go). You will now be somewhat out of balance and want to fall to your right. With your right foot now under you, you will also have more leverage to push (much like a sprinter's start in track). These two forces (gravity, and your

### **Quote of the Month:**

*"There is no such thing as choking, only a lack of concentration."*

--Rod Laver

Figure A  
The Arthur Murray  
Split Step guide





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pushing off) will quickly propel you towards step 5 and the flight of the ball.

You then intercept the ball with your racquet, your body moving quickly forward, allowing you to hit a punishing volley with out swinging (swinging leads to errors).

When you get really good at this, you will start to do it without even landing the split step with both feet. Touring pros, right before they are about to land both feet in a wide split step (3), will pick up the foot to the side they want to go and bring it directly under their body (moving to the right, the right foot doesn't land on 3, but shifts directly to 4), creating the imbalance and push, propelling them even quicker towards the flight of the ball. Sounds exciting, and very quick.

Remember, in tennis it is not how fast you run that is important, but how quickly you get to the ball. Two very different things. Be quick. Good 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

### **Orindawoods Junior Winter Clinic Schedule 2008**

The 2008 Winter Junior Clinics began the week of **January 8th**, and will continue until March 10. The Spring session will follow on March 13.

Program leader for the 10 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	\$100/\$115	\$175/\$190
Future Stars (7-10)	Tuesday 4-5:30 pm	\$200/\$225	n/a
Tennis Development	Thursday 4-5:30 pm	\$200/\$225	n/a
Tournament Training (invite only)	Friday 4:30-6 pm	\$200/\$225	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

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](mailto:patricTennis@yahoo.com). Tennis shoes required (no black soled shoes).