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OWTC Pool Is Open! Jump In!

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

Men's Lunch Bunch BBQ

June 21, 12 noon @ Woodhall

The Men's Summer BBQ Lunch Bunch is coming up in June, on the 21st at Woodhall, 12 noon.

Contact Keith or Page if you would like to sign up. Let us know if you want steak or chicken.

Monday Team Tennis

It's the big one, Monday Night Team Tennis, starting on June 18. Every Monday evening, we will be gladiators in battle, fighting for our teams, to claim the illustrious title of "Champions of The 'Woods." (sounds sort of like a golf long-ball driving contest, doesn't it? – It isn't.).

Anyway, each Monday night for ten weeks, June 18 through August 20, our teams will play matches from 6 p.m. to 9 p.m., with dinner included. What could be more fun, than tennis with your buddies, meeting new people, our "gourmet" meals, and my bad jokes (yes, trivia is back to MTT, can you "pin the ball on the racquet?")

If you haven't signed up yet, boy have you blown it, but there may still be some space available. We registered members first this year (before May 15), because there are a lot of non-members who enjoy playing, but we wanted to have members have access to the limited number of spots. Having said that, I would like to fit members in if I can, it's just too much fun to miss. The cost is \$40 for members, and \$60 for non-members, and you can pay the first night of the season.

MTT: The Issue

OK, now a bit on The Issue. You must be asking, "Does Monday Team Tennis have issues? We just thought it was wonderful."

Well, MTT is wonderful, and wildly successful. But there was some input last year that we try to limit the size of MTT (or expand to more nights), and have it more for members first, if not only. Several

June Twilight

Our next Friday Night Twilight Tennis Social will be on Friday, June 15. Twilights are pretty simple: great food, great people, great tennis, great fun... sounds, well, great.

Oh, and it is a great way to meet other tennis players. Keith will again do his super mixer style, where he matches people best he can, to have the most fun evening. Some rounds are mixed, some mens/womens, all fun. The cost is \$16 if you are just eating (we allow that), \$18 if you are a tennis god or goddess, or even if your forehand is a bit shaky, like mine. You can sign up on line (www.orindawoodstennis.com), call the Pro Shop, or drop us an e-mail.

Ace It!

The Year Of Hope

This is the fifth year of Ace It! our breast cancer awareness day. Year five is a huge year for someone who is in remission, a year when the world and the future open up to you. We started Ace It! five years ago, when some of our friends and club members were struck by this disease, and now, in year five, we want to celebrate this year of hope with them, and with all others who face this challenge, and all its various challenges, and stages. Be part of the hope this year, on June 23.

The morning features a guided warm up, clinics with the pros, followed by lunch (lots of prizes) and then the Ace It! tournament in the afternoon. It is a day of great spirit, love and friendship. There is nothing like it, please join us in hope this year.

Registration forms are available in the Club lobby, or can be downloaded from the Ace It! page on the club's website. If you can't make the day itself, that is a shame, as it is full of great feeling, but you can still contribute. We appreciate all that join us in hope, what ever your way. Thank you.

people felt pretty strongly about this. On the other side of this, was actually the input I was getting from the people running running MTT, the captains of the teams, who constantly were telling me they were having a hard time filling their line-ups each night, because of team mates' travels and absences.

So you can see my problem, and the issue, as there are two very different views of what was going on (besides the "fun" part, everyone gets that). Certainly some nights there were "too many people," and then, on other nights, "too few." The trouble is this is a summer event, and people travel, and we can't expect people to be there every single week.

I think what we need to remember here is that we have a wonderful program, and that these are good problems to have, that so many people want to participate. While I will not be solving the problems of the world here in this space, I will say that I am working on ways to limit the number of players, and have a format where people get to play more, and yet we don't shoot ourselves in the foot, and not be able to field teams because there are not enough people there. Enough said. I love MTT, and I know you do too! And, of course, nothing is perfect.

Property Rights

The Art of the Bump

So you have a court reservation for a court, and you get here and some other [tennis] bum is on your court. In fact, he's there with a bunch of his fellow bums. The first plan of action is to check the court sheets in the glass case to make sure you do have a reservation (it is embarrassing to try to kick someone off a court you don't actually have). Once that is determined in the positive, enter your name on the green sign-in board, and head down to your court.

What happens next will go a long ways towards determining whether you have a happy day, good karma all around, or a frustrating day. A suggestion:

Say, "Hi, I'm [your name], I have a reservation for this court now. Please go ahead and finish the game that you are on. I'll wait here outside the gate."

This approach seldom fails, but hey, if antagonizing folks is your game, try just barging through the gate, preferably in the middle of a point in progress, walk directly across the court, say, "Hey, bud, this is my court. You're cutting into my playing time. Scram."

That should do it.

Club Pool Rules!

The Orindawoods Club Pool does rule, but there are also some rules about using it. A full list is on the Club's Swimming page on the website, but as we go into summer, we would like you to remember, first and foremost, safety first.

That means that:

1) Children under the age of 14 need to have a parent present.

- 2) There is no glass allowed in the pool area.
- 3) No diving in the Orindawoods pool.
- 4) No running on the deck.
- 5) There is no life guard, so swimming is at your own risk.
- 6) Tanning is at your own risk too, so wear sunscreen.
- 7) Thank you, enjoy!

Quote of the Month

"In the beginner's mind there are many possibilities, but in the expert's there are few."

-- Shunryu Suzuki

Tennis Tip***What Makes Tennis Hard***

You see, there is this little problem built into the game. Here it is: we, as human beings, are most coordinated when we are relaxed, loose, flowing. So to find the ball on the strings, you are actually best off being very loose, dare I say even wristy. So far, so good: be nice and relaxed, loosey goosey.

However, as I have often stated here in these pages, we have another problem that goes beyond simply connecting the ball and the racquet, we have to hit the ball in the court. Hitting the ball in the court means that the racquet has to be pointed towards the target. That means, it needs to be steady, dare I say, even firm.

So where are we now? We have a stroke that needs to be loose, and steady/firm.

"Hey, wait a minute, those are opposites," says Susie Student, "What the heck are you asking me to do here?"

We have a problem: if we're stiff, we can't find the ball (lousy coordination = missing = losing), but if we're loose, we can't direct the ball (lousy direction = lousy results, i.e. missing=loosing).

How do we solve this? In order to play to our potential, to play our best, we need to be constantly transitioning from loose (coordinated) to steady (directionally focused) as we go through each and every stroke.

That is, we need to start out emphasizing coordination, looseness, what I call, "finding the ball". This is the first stage of the stroke, alignment. Once we get to where we think contact will be, and line it up, we need to quickly adjust our focus from the ball, to pointing the racquet towards the target (steady the face of the racquet towards the target). The racquet needs to remain steady through out the rest of the stroke, that is, target oriented.

So in the first part of the stroke, we have an arm and a racquet that is moving, and now, in essence, we have an arm and a racquet that is still at contact. But when we watch pro players, the racquet seems to be moving all the time. How is that, if they are steadying towards the target? Here is the trick that makes the pros good, they steady the racquet, in many ways their arm stops moving, what continues to move is their body. The stroke is in the body, while the racquet face steadies and remains on the target. But there is a bit more to it than that, for you see, when you stop your arm and hand, that snaps the racquet head into alignment, providing extra power. When all is said and done, right after contact with the ball, you should feel like the racquet face is still pointed towards the target.

This is just another way of stating what I said in the April newsletter, that pros are very conservative with their racquets at contact, while at the same time, going for it with their bodies. This is how they can hit the ball so hard, and keep the ball in the court.

You can look at any player around the Club, and see whether they are focused more on coordination, or on being steady and aiming. Someone who appears a bit stiff, that person is concerned with getting it in. Some one who is loose, but the balls often go all over the place, their focus is more on meeting the ball, on being loose. On coordination.

My teacher once said, "You know, it is much easier to hit the ball out of the court (over the fence) than it is to hit it in." When I think about that, in this context, I know that he was right. While that sounds outlandish, because we are all trying to hit it in, but if coordination was your only objective, just meeting the ball with no regard for aiming, you would be amazed how many you hit over the fence, and very cleanly.

I'm not sure that is a comforting thought, but I think all this helps us to appreciate the



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challenges of what makes tennis a fun, maddening, and yet enjoyable game.

So when you go out to play next time, think of trying to be loose, and then as you find the ball, steady up the racquet, while continuing to push/drive up through the stroke with your body.

Looking at stroking this way, changes everything. The emphasis suddenly becomes on timing, on rhythm, on flow and on the contact point. This is what looks different about the way pros hit a ball, their focus is on the moves and counter moves, that bring about this timing, and this joining of two opposite tasks (coordination and accuracy) together in one moment of impact. Most club players are just swinging forward and hoping that something good happens. See, prayer is alive and well on the courts of Orinda.

Good luck, and have fun out there!

Summer Junior Tennis

The summer junior program starts on June 11th and runs eight weeks (through August 2nd). We will feature six weeks of our tennis camps, plus two weeks of our fun-filled Wet and Wild camps, (tennis plus some recreational swimming to cool off). We'll take the month of August off, as most people are traveling at this time (private lessons and clinics will be available at that time).

Numerous children have enjoyed a fun summer on the courts with Patric, Philip and the gang, and have greatly improved their games at the same time. The local high school teams feature several of our graduates.

Below is listed the clinics and camps for the summer. To get more information, see page four, please call Patric at the Club (254-1065), check our website's junior page or write Patric at patricTennis@yahoo.com.

Summer Junior Tennis at Orindawoods

<i>Week 1</i>	<i>June 11-14</i>	<i>Tennis Camp</i>
<i>Week 2</i>	<i>June 18-21</i>	<i>Tennis Camp</i>
<i>Week 3</i>	<i>June 25-28</i>	<i>Wet and Wild Camp</i>
<i>Week 4</i>	<i>July 2-5 (no class on 7/4)</i>	<i>Tennis Camp</i>
<i>Week 5</i>	<i>July 9-12</i>	<i>Tennis Camp</i>
<i>Week 6</i>	<i>July 16-21</i>	<i>Wet and Wild Camp</i>
<i>Week 7</i>	<i>July 23-26</i>	<i>Tennis Camp</i>
<i>Week 8</i>	<i>July 30-Aug. 2</i>	<i>Tennis Camp</i>

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!