



Orindawoods Tennis News

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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

Sun Daze

OK, this is a lot better. Still a bit of rain, but some really nice days mixed in. A lot of really nice days. Ahhhhhh.... The sound of bliss. Nothing is better than a nice day in the winter or early spring. 65-70 degrees, fresh air, beautiful courts ... we're livin' the dream.

Tulip Tournament

The Tulip Tournament is our spring social to kick off the summer tennis season. It is a mix-and-match format hosted by Keith and Lysbeth on Sunday, April 23rd from 2:30 to 5pm. Snacks, drinks, mostly fun tennis. No charge. Contact Keith or Lysbeth to register.

Monday Team Tennis

We are getting close to the BIG ONE, Monday Team Tennis. MTT will begin on Monday, May 9th. It's time to start registering. First we will take members, and then if there is room, non-members. MTT will run for 14 Mondays this summer. Each week an evening of tennis, followed by dinner on the Club deck. The cost for the entire summer is just \$50 (\$75 for non-members). A couple of nights you will be asked to contribute food when your team hosts dinner. Contact Keith if you want to sign up. All levels welcomed.

Many thanks to Denis Weil for running Monday Night Tennis during the off season. You're a star!!!!

New Club Website

Over ten years ago, Orindawoods was the first club in Lamorinda to have a website. With the passing years, we decided our website needed a bit of a face lift. The new layout is accessible, better looking and more efficient. Just like all of us. Many have mentioned how much they love the new look. It may take a bit of practice to get around, but essentially, it is simple and easy. Enjoy!

There are certain pages that are essential. These have pull-up menus at the bottom of the page:

- Court Scheduler
- Junior Program
- Membership
- Club Rules

Pull Down Menus: At the top of the site, there are regular pull down menus. Under **Courts** you will find the court scheduler, the calendar, court cam and ball machine. The **Lesson** pull down has all the info you need on lessons and junior tennis at the Club. Under **Events**, you'll find information on Ace It! and MTT, among other things. **Information** includes the club rules, club history, past newsletters and other interesting topics.

Court Cam and Weather / Court Update: There is a link at the top of the page.

Mobile Devices: One of the great features of the new website is that it works great with mobile devices. The pages scale to fit on whatever screen you are using, small, medium or large. This makes the website easier to use on your mobile phone or tablet, unlike the old site.

Ace It! June 24th

Our 15th Year! Save the Date

Ace It!, our breast cancer awareness day will be held on Saturday, June 24th this year. Ace It! is a fund raiser to support the Breast Center at Alta Bates hospital. This is our fifteenth year of holding Ace It! And in that time, we have raised over \$200k. Amazing. Thanks so much!

We want the fifteenth year to be a big hit, so please plan ahead and join us.

If you would like to register, go to orindawoodstennis.com in the "Events" menu.

Ball Machine Club

If you are a frequent Ball Machine user, it's that time of the year to sign up for the annual Ball Machine Club. For \$110, you get unlimited use of the ball machine (when it is available) for the year. You also get a key to the ball shed. It's a great way to practice and get in shape.

Hit and Fit

Hit and Fit is a combination of a tennis workout using our Playmate Ball Machine, and TRX strength workout ("Make Your Body Your Machine").

Keith teaches the class twice a week. Hit and Fit times are:

Fridays 10:30-11:30 \$15 / person (60 mins)

Saturdays 7:30-9am \$20 / person (90 mins)

You can register by signing up on the Calendar page on the website (Courts menu). Just click on the class you want to take, and fill out the registration. We look forward to getting into great shape this spring!

Pool Opening

The pool is scheduled to open in early May. The exact date will be published in the May Newsletter. With a few great spring days already, we are always tempted to open a bit early, but on average, it's still a bit cool for pool season. Hold on, we're almost there!

Quote of the Month:

"It's possible to multi-task; it is not possible to multi-focus."

Workin' the Bugs: With anything new, there are bound to be a few bugs. We don't know what they are going to be, or we would have fixed them in advance. But if you could let us know if you are having any problems, that would be a great help in getting the site running efficiently. My favorite "find" so far, was no "log out" on the mobile app. Sort of like Hotel California ("you can check out anytime you like, but you can never leave."). Thanks John Bockman!

Helpful Services:

In addition to the new website, we have several other great services that can help getting on a court at the club even easier than ever.

Play Tennis Connect App (available in the App Store or Google Play) is a great way to make court reservations that is far easier than using the website, and you can do it from anywhere. On your phone. Courtside. During a changeover.

Weather Station: The Orindawoods Weather Station on Weather Underground ("tennis courts") is a the way to check the current condition here at the Club, live, in real time. There is a link to the weather station on the footer of each page on the website (below the weather summary). From the Weather Underground station page, you can click "Forecast for Orinda" to get further details, long-range forecasts, etc... It's my favorite crystal ball.

Court Cam. It's an oldie, but a goodie. Orindawoods was the first club to have a court cam in Lamorinda, and it is still a great way to see if the courts are dry, or if they are busy. There is a quick link to the Court Cam page in the upper left-hand corner of the website. Check out the view!

Court Conditions Update: Several times a day, we post a court and weather update on the website (now on the court cam page). The status of the courts, and scheduled classes and clinics is listed, including our best guess when the courts might be dry.

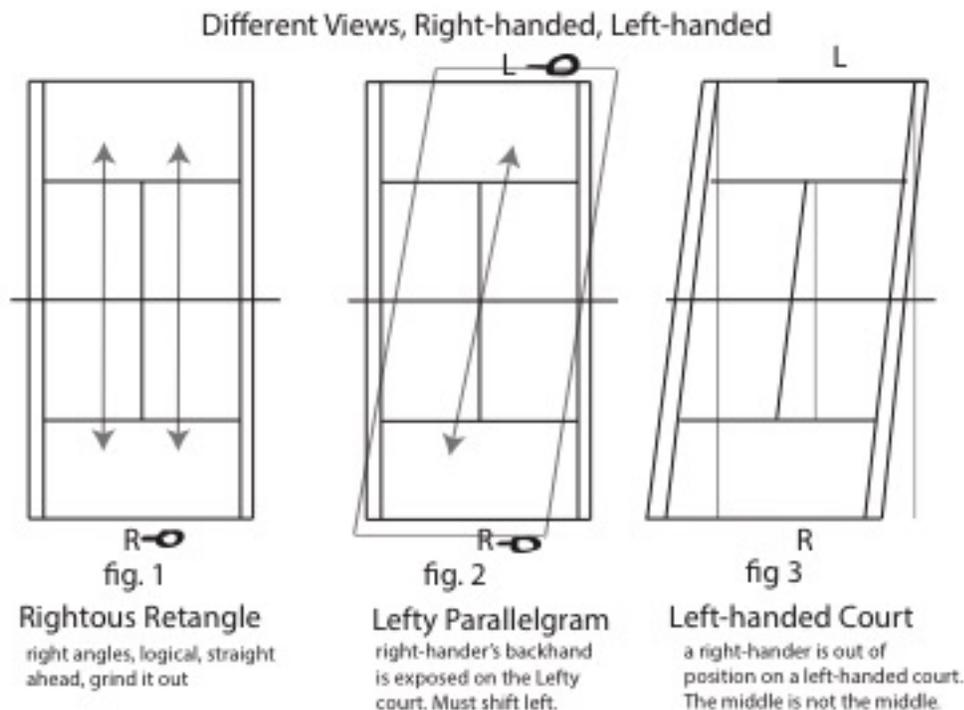
Tennis Tips

USPTA Convention Review

Patric and Keith attended the NorCal USPTA convention at Stanford last month. Here are a couple of interesting highlights that we would like to share with you:

Lefties, It's a Different world

Tennis Writer / Broadcaster (and lefty) **Joel Drucker** talked about the different ways that lefties look at the world. He talked about their strengths, weaknesses. Here's what Joel had to say:



Righteous Rectangle vs. Parallelogram

Right handers see the court as a rectangle. 90 degree corners, a very straight ahead box, much longer than it is wide (fig. 1). The game is played primarily straight ahead, wear the other guy down or blow him away with straight ahead power. Left-handers don't see the court this way at all. They see it, and play it, much more like a parallelogram (fig. 2 & 3). If you don't understand this, you are going to have a very hard time playing a lefty. Other key differences:

Lefties tend to see the ball early and love playing angles. Thus the parallelogram. Serve and FH cross court.

It's a Right-handed World. Lefties spend their life adapting. Lefties are good at adjusting and thus are not rigid. I once heard the argument that European players are doing so much better on the Pro Tour the past ten years than Americans because they are from small countries, have to speak many languages, adjust and be flexible, while Americans are from the big monolith of a country, everyone adapts to us, and therefore when it comes to problem solving, Americans are not trained to be flexible. If the American is strong enough to impose their will on the match (Serena, Pete, Andre) then the narrow view works, but when things are more even, the more flexible European mind seems to have an advantage. It's an interesting argument, and it is even more true of lefties. They are constantly having to adjust to a right-hand world.



Orindawoods Tennis Club

650 Orindawoods Dr.
Orinda, CA 94563

Phone:
925-254-1065

Fax:
925-254-1380

Website:
orindawoodstennis.com

Smart Phone App:
PlayTennisConnect

Executive Tennis Director:

Keith Wheeler
orindawoodstc@sbcglobal.net

Head Pro:

Patric Hermanson
Patric.owtc@yahoo.com

Junior Tennis Staff:

Johnathan Wong
Nathan Sharafian
Katie Reaves
Sydney Bell

Weekend Staff:

Nathan Sharafian

Newsletter Editor:

Keith Wheeler

Only 10% of the population is left-handed, but if you look at the list of tennis champions, it seems bigger than 10%. Many of the all-time greats are left-handed. Laver, McEnroe, Connors, Navratilova, Seles, Kerber, Nadal, Ivanisevic, etc... , It is an advantage to be left-handed. Since right-handers probably can't change at this late date, we should take measures to combat the lefties.

Four Left-handed Styles: Joel identified four types of lefties:

1. **Sledgehammer / Power Lefty:** big serve, big forehand, slice BH (Lopez, Rusedski, Tanner)
2. **Stiletto:** crafty, finesse, style, touch, angles, amazing shots (Laver, McEnroe, Roche, Martina Navratilova)
3. **Two-handed Transition:** see it early, create angles, appear to be counter punchers but actually they are tricky and can attack at any moment (Connors, Seles, Kerber, Rios).
4. **Contemporary Conquistadors:** Big hitters, take out your legs, but not grinders, they like to hit big shots, heavy spin, pound you, wear you out (Villas, Muster, Nadal).

Interestingly, lefties are not pushers, they are creative and right-brain dominate. Think artist, feelings, creativity, very visual. Percentages, logic, consistency, that's not how lefties look at the game. Nadal would never play a match like David Ferrer. Nadal likes to play big shots. He's consistent, but he is pounding you into submission. Not just waiting for errors ("just getting the ball in").

Beating Lefties: Understand the court is crooked, a parallelogram, not a rectangle, and position accordingly. One foot (at least) in the alley returning on the ad side. Lefties love angles, so hit your ball in the middle, give them no angle. High shots down the center. Hit the same shot over and over again. A yawner. Lefties like variety, to mix it up. They are artists, not technicians and grinders. They lose attention and patience with the same ol' same ol'. Bore them to death.

Lefties in Doubles: If they are a Sledgehammer or Stiletto, they play the ad courts. If they are a Two-handed Transition or Conquistador, the deuce side.

Lefties Playing Lefties: Argh! Pure torture. Most lefties hate playing lefties. Rod Laver, perhaps the greatest player every, had this Englishman Roger Taylor, who gave him fits. Just couldn't play the guy, who otherwise was a tennis nobody. But he owned Rod Laver. No one else could claim that.

Footwork Master Class

Footwork Master **David Bailey** from Australia gave a great two-part talk on footwork and footwork patterns. As I talked about last month, the form of your stroke informs where your footwork takes you. Bailey is all about how you get there. His system is complex, perhaps overkill for the average club player, but the basics of it are right on, and solid information that can help everyone. Here's a sample of the basics:

Split step. The fundamental idea here is that of the Law of Inertia: "a body at rest tends to stay at rest, a body in motion tends to stay in motion." In other words, you need to already be moving when you decide it is time to move (in a specific direction). At the point of recognition, when you can see where their shot is going, you want to already be moving. If you take a split step when your opponent is about to hit the ball, you have overcome the inertia of "a body at rest," and transformed into a "body in motion." Timing is essential. Split too soon,

and you are just stopped in a different position. Better to be late and moving, then not moving at all. Still better to be right on time. Explosive. The difference is incredible. Jaw dropping!

Break step: The break step is how you stop yourself from moving in one direction, and reverse direction and come back and recover towards the middle of the court. It is the step you take after contact. Essential when you are having to move to get to a ball, and then need to recover and get back into defensive position. Of course, if you always hit winners (or errors) you don't have to worry about the break step. Best to work on it, I think.

Drop step: The drop step, or the gravity step is a way to go from the split step or the break step to rapid acceleration. It uses imbalance or gravity to accelerate your movement. It's a neat trick to have in your footwork arsenal. Start from a wide stance, and bring the foot in (narrow your stance) on the side you want to move to.

Cross over: Sometimes you must move quickly across the court. Side stepping won't do, you have to turn and run. And hit on the run. Followed by a break step.

Reverse pivot: The reverse pivot is how you can step back for a deep ball, and still generate a powerful, forcing shot. You start facing the right side fence (on a FH) and finish facing the left side fence, 180 degree turn, and hit too.

Toes Pointing Towards the Hit (i.e to the side). One of the main mistakes people make is they don't face the shot, they face the other side of the net. Often the break step or recover step will leave you facing forward, but that is after contact. Face the contact point (out to the side), then rotate.

There are plenty of other moves, but if you want to get around a court, you should at least know these.

If you have questions about any of these moves, Keith or Patric would be happy to show you how to move efficiently on the court.

Positive Coaching Alliance

The Positive Coaching Alliance is based on the idea of the Double-Goal Coach, an idea Jim Thompson developed as a research project at Stanford. The coach that has two goals, 1) to win, but also 2) to respect the game, their opponent, to teach/learn life lesson. It is about winning in life, and not just winning the game. It's about being a winner, not a loser who wins matches (plenty of those out there). More and more in sports the emphasis is being placed on winning as the only judge of success. Especially professional sports, which kids model. As Vic Braden pointed out all those years ago, "half the people who played today lost." Clearly there must be more to playing a game than just coming out ahead on the score. There is much more of value in tennis than saying "I won." Only one person or team can say "I won," but everyone can say "I learned," and "I had fun today." Seems like a better deal. Good luck out there!

Spring Junior Tennis Program At Orindawoods

The 2017 Spring Junior Clinics began the week of **March 20**, and will continue thru the week of **May 29**. Program leader for the 10 week session is Head Pro **Patric Hermanson**, supported by our excellent junior staff. **NOTE:** Students continuing from the Winter Session, the dates and prices will be different, as Winter make-up classes will extend into the Spring Session. Ask Patric for pricing.

-“Thank You Discount” of 10% for any player continuing on from the Winter Session-

<u>Level</u>	<u>Class</u>	<u>Time(s)</u>	<u>One day/week</u>	<u>Two Days</u>
I	Lil' Ones (Ages 4-6)	Tues/Thurs 3:15-4pm	\$140*	\$220*
	The Lil' Ones class is for the always adorable 4-6 year olds. We will be developing the coordination and balance of these young players as well as giving them an introduction to tennis using age appropriate balls and court size.			
II	Future Stars Group (Ages 7-10)	Tuesdays 4-5:30pm	\$255*	N/A
	The Future Stars Group is for our 7 to 10 year old players. The players will be working with Quickstart balls on 36' and 60' courts. Stroke instruction, tennis games, and match play are all part of the curriculum.			
III	Tennis Development Group (Ages 11-14)	Thursdays 4-5:30pm	\$255*	N/A
	In the Tennis Development Group we will work on refining technique, improving footwork and developing strategic awareness for successful match play. This class is for beginning through intermediate players			
IV	Tournament Training Group	Wednesdays 4:30-6:30pm	\$325*	N/A
	The Tournament Training Group is an <u>invitation only</u> class. Contact Patric about setting up a try-out. Players already in the program will be promoted when they are ready.			

***Non-members should add \$25 (Lil' Ones, only \$15).**

Sibling 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 check orindawoodstennis.com for a court condition update.

Tennis shoes required (no black soled shoes). Cell phone use during class time is limited to emergencies or with pro consent.

For more information or to sign up, please check out the club website, call Keith or Patric at the Pro Shop, or you can also e-mail Patric at patric.owtc@yahoo.com.

Summer Program Information is now available on orindawoodstennis.com. Check it out!