



April 2010
Volume 16, Issue 4

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

Save the Date

Ace It! 2010

The date has been set for this year's Ace It!, our breast cancer awareness day at Orindawoods: Sat. June 26th. Please save the date. As always, we will have our Tour of the Pros clinics in the morning, followed by the Ace It! luncheon on the deck. The afternoon will feature the Ace It! tournament. Registration begins in April. Visit the Ace It! page on the Orindawoods website and download an application! Hope to see you this year!

USTA League Schedules

The USTA League schedules are out, and that means that if you are a league player, you are going to be busy, and if you are not, weekends around here are going to be a bit busy. League matches are almost always played after 11 a.m. on Saturday and Sunday (near the end of prime-time). If that is a time that you like to play, it is best to make a reservation so that you are assured of a court when you come down to the club. Leagues are played on court 4, 5 & 6, which means that we have no drop-in courts at that time (unless there is no lesson on court 2, which is often the case on Sundays).

If you are wondering when there are league matches at the Club, check the club calendar page on the website. That is also a good way to see other events that are going on at Orindawoods like Ace It! & MTT.

Court Etiquette

The Bump, The Handoff, The Switch, The Boot

Tough subject, folks. We really want members to feel at home and special here at the Club. We like to think of Orindawoods as your own back yard. Your place to come out and play, be with friends, relax, have a good time.

But we need to get along for that to happen. Most of the time there is no problem at the Club. Orindawoods is one of the friendliest places I have ever played. But, there are times when even saints are challenged.

One of the toughest situations that threaten our inner and outer peace and tranquility is transitions on and off the court. Most of the time, everyone is our friend, but when we are either trying to get on a court, or about to be bumped off, those pleasant other folks can become "The Enemy."

But they don't have to. If we realize that this is a shared-use facility, not our own private court, then we know that we need to treat others the way we want to be treated. In the past month or so, when court time has been at a premium due to all the rain, I have gotten the following complaints from members:

Situation: *The next reservation shows up early, walks on the court, sits on the bench and starts talking while the first reservation attempts to concentrate and keep playing.*

Proper Behavior: Arrive on time (not early) to bump someone, wait quietly outside the gate. Let the people playing know that you have the court, then quietly wait for them to finish the game that they are on (not the set, folks). If the game goes to deuce, play no add (next point wins, receiving team picks the side to serve to).

Situation: *Disagreement on what time it is. (Yes, this really has happened).*

Proper Behavior: Pull out your iPhone or Blackberry and look up GMT on the Internet (tip: not all cell phones keep correct time. They have to be set to update constantly). The clock on the wall at the Club is accurate (within a minute or so).

Situation: *Squeeze play. People before you were late getting off, and people after you are early showing up.*

Proper Behavior: You can be a nice person and let the people before you play longer, but don't expect the same behavior from those following you. You are responsible for claiming your time at the beginning, and being courteous by leaving on time at the end (see above). Contrary to popular belief, it is not nice to cheat yourself.

Situation: *Rude behavior around getting off the court so that people will be afraid to bump.*

Proper Behavior: This is just intimidation. Don't be intimidated, or afraid to report that kind of behavior to the staff. Making other members uncomfortable is unacceptable. Staff will talk to people.

Situation: *Court ownership. Similar to the situation above, some people think they own the court, and don't want*

to move until they are good and ready. Usually after about 2 ½ to 3 hours of tennis. (we have an hour and a half time limit here at Orindawoods when people are waiting. No one waiting, keep playing).

Proper Behavior: Simply repeat that their time is up, and you are here to play. Let them finish the game they are on (no add). If the situation continues, contact the staff. Most people will grumble, but leave.

Situation: *You are playing and someone comes to bump you, and all the other courts are free, but the people insist on taking your court.*

Proper Behavior: The truth is, they have reserved that court. It may be their favorite court, or they may be afraid of taking another court and having someone bump them there, when they have no claim to it. The best thing to do is for you to just to move over to one of the open courts and finish playing there. It is strange how seldom this happens. Most people just stop, when there are other courts to play on.

Situation: *Uncomfortable Bumping. Some people are very uncomfortable bumping others.*

Proper Behavior: Get over it (sorry, tough love). It is your court. Everyone knows that, even rude people.

Situation: *You bump someone and start to warm up, but they hang around, sitting on the bench talking, and taking their sweet time to leave.*

Proper Behavior: (see below). After being bumped, leave the court as quickly as you can. We have a wonderful lobby, and the deck is also a great place to hang out and watch. Stalling is another form of ownership or rude behavior and is unacceptable. Please leave in a timely manner.

Situation: *Getting bumped.*

Proper Behavior: It happens to the best of us. Be gracious, finish the game you are on, and leave the court as quickly as you can. Be friendly, crack a joke. Put the players coming on at ease. Happiness is catching.

Situation: *When leaving courts 6 & 7, you have to pass by court 4 or 5. If they are playing a point, should you stop to avoid being a distraction?*

Proper Behavior: Walking by on the gravel paths can be distracting, and it is courteous to wait for them to finish their point. If they choose to start a point before you can get by, they are on their own. Technically, you don't have to wait, you are not on their court, but lets be nice, shall we? A good guideline for all these scenarios. Thank you.

Tennis Tip

Practicing and Playing.

I was reminded the other day by a couple of my students about how tough it is to learn the game and play the game at the same time. This takes real courage, but it is really the only way to go if you want to get better. (And as my mentor has often said, "you are either getting better or getting worse. Don't kid yourself, there is no standing still.")

The trouble is, when we are learning, we often don't hit the ball very well. There is too much thought going on, and we are mechanical and feel uncoordinated. But the only way to learn a new motor skill is by doing it. Repeatedly. Over and over. (150 times a session, 500-5,000 times total, within a six-week period).

So some people say, I will work on my game for a while and then play. This makes a lot of sense, but actually there is a huge flaw in this thinking we need to be aware of. In competition, we all do what we are comfortable doing. And we revert to what we were comfortable doing under pressure. The two go together.

So if you want to change something, and you are working on it, you need to start using it in the matches right away. You have to learn not only how to use it, but use it under pressure (even in league).

I'm fond of motivating myself to do this by saying that "the future is now." The time to start using my new game is right now. If you are learning a new serve, and you can't get it in, I would still use it in a match starting today. Otherwise you will develop two sets of skills, one for when you are practicing, and one for when you are playing, and it will be very hard to blend the two.

The truth is, at some point you are going to be lousy when you are incorporating new skills into your

game. It is better for that day to be today, than some distant tomorrow. What ends up happening in the future when you try to incorporate the new skills is that you miss some, and just end up saying, "It's not quite ready, I better practice some more." As the 60s

Quote of the Month:

To dare is to lose one's footing momentarily. Not to dare is to lose oneself.
– Soren Kierkegaard

rock band Creedence Clearwater Revival sang, "someday never comes."

So that takes us to the point that most people who play don't really want to get better. They don't want to go through the pain. Repeating the same lousy skill over and over just makes you better at being lousy. This is what any alcoholic will tell you. They don't want to drink. And they will stop drinking, but for right now, they will take another drink because it feels better. They don't want to suffer. Short-term gain, long-term pain.

What sane person would choose to suffer? And yet, what sane person would continue a behavior that hurts them in the long run. Therein lies the challenge, or the rub. Or as the sage often said, "There is no such thing as a free lunch." Or perhaps, "Pay me now, or pay me later, but you are going to pay." You can suffer through not playing well while you learn now. Or you can suffer through playing lousy forever while you put off change. Or you can change later, when your bad habits are much stronger, and it's harder.

So I admire the people that practice, or take lessons (a form of practice) and they take that new skill right out into combat the very next time they play a match. It may be ugly today, but they are actually getting somewhere. Short-term pain, long-term gain. Good luck out there!

Tennis Tactics

When to Switch

I heard about a league match recently where an Orindawoods team was playing another team, and after OW lost the first set 4-6, and won the second 7-6, the other team chose to mix it up and the two players switch sides. The result, 6-1 for OW. Now in retrospect, the move looks crazy. The opponents had actually won more games 12-11 up to the point they switched. They had also had two sets to practice getting used to our strategy, shots and tactics from the perspective of the side each player was playing. Now they go against us in the third set trying to give us a new look, but actually, created a situation where our team had two sets of teamwork under their belt, and the opponents were starting over.

As a player who was an add court player for many years, and the last ten years primarily a deuce court player, I can tell you that there are very different skills required on each side. Getting in the groove on one side takes time. In addition, tennis is a game of how you finish (you have to win the match, close it out, not run out the clock, so there is intense pressure until the last point). So as the match goes on, you should be building your game for the crescendo, not starting over mid match. Tennis is finishing.

So this begs the question, when do you make a change? My dad always told me, "never change a winning game, always change a losing game." That statement is a good place to start, but I think we have to look at what a losing game is. In other words, why are you losing? Are you losing because your strategy sucks, or because your execution of that strategy sucks? And of course, is that strategy within your ability to execute? Either the old strategy, or the strategy you want to change to.

In the example above, the opponents had won more games, but lost the second set. In a tie-breaker. Very close. They must have felt momentum was against them, or perhaps both of them were used to playing one side, and the other wanted a shot at that position. A classic case of over-thinking. Just play.

The same goes for changing strategy. If you have been attacking the whole first set, and you lose 4-6, would you have won if you made a couple more makeable shots? Or were you trying something you couldn't really pull off. In a recent article in Tennis Magazine, Rick Macci said that it is often better to stick with Plan A, which is your A game, the one you play the best, rather than to try a Plan B that you might not do as well. An interesting point, and certainly the way most pros on the tour play tennis. They stick to their game, the one they have practiced since they were four years old, rather than try something that they really haven't worked on very much. We don't see Nadal charging the net when things aren't going well from the baseline. He just tries to execute his baseline game better. On the other hand, Federer will change his style when it is appropriate. But he can play more than one style. Can you? Be honest.

Another interesting point is figuring out what style is going to win. In the recent Australian Open final, Murray lost to Federer because he really was so nervous he couldn't play the style that had a chance of winning. Murray's natural inclination is to play it a bit safe, but safe had no chance of winning against Federer, as we saw in the first two sets, no matter how well Murray played. He needed to go for his shots, like he did in the third set, which was very competitive. Now Murray probably knew this in his mind, but



Orindawoods Tennis Club

650 Orindawoods Dr
Orinda, CA 94563
USA

Phone:

925-254-1065

Fax:

925-254-1380

Website:

www.orindawoodstennis.com

Executive Tennis

Director:

Keith Wheeler
[orindawoodstc@
sbglobal.net](mailto:orindawoodstc@sbglobal.net)

Head Pro:

Patric Hermanson
PatricTennis@yahoo.com

Associate Pro:

Brad Shak
bcklshak@gmail.com

Junior Tennis Staff:

Emily Spitz
Victoria Shepard

Weekend Staff:

Courtney Krakow

Newsletter Editor:

Keith Wheeler

Associate Editors:

Patric Hermanson
Marcy Sharafian

**[www.
orindawoodstennis
.com](http://www.orindawoodstennis.com)**

*Reservations, Club
calendar, weather and
court updates, lesson
programs and much
more!*

**OW Hats: \$10
Get yours today!**

he just couldn't do it under the pressure of the situation, given his natural inclination to play safe. When the match looked already lost going into the third, Murray relaxed and played the way he knew he should have been playing all along. An interesting side note is that Murray faced this same situation when he was playing Nadal earlier in the tournament, but on that day, he was able to control his anxiety and stick to his game plan, beating Nadal into submission.

When Federer plays Nadal, he knows he has to attack. He doesn't go to playing it safe if he is losing, because he knows he has no chance winning that way. So he sticks with his best plan, even when it doesn't seem to be working. Always play the way you have a chance to win, even if you don't today. When you play not to look as bad, as Murray did in those first two sets, where he kept his embarrassing errors down, but had no chance to win, that is just self-defeating. Don't get caught in faulty thinking that may have a superficial logic.

In conclusion, I would have a plan. And I would stick to it until there was a very good reason to change. Even if you get creamed in a set, is your Plan B better? I'm all for asking different questions of your opponents by changing things up, but be sure you have a good reason that doesn't end up looking embarrassing when you are done.

Spring Junior Program

The 2010 Spring Junior Clinics begin the week of **March 15th**, and will continue thru the week of **May 31st**. Space is still available. The **Summer Program** will follow (starting June 14) and follow the same schedule. Program leaders for the 11-week session are Head Pro **Patric Hermanson** and Assistant Pro **Brad Shak**. Coach Patric and Coach Brad will incorporate aspects of the USTA Quickstart Program into the Level I and II classes. Level III will also spend some time using Quickstart. Here is the spring class line-up:

I. Lil' Ones (Ages 4-6) Tues/Thurs 3:15-4pm \$115 (1 day/wk), \$190* (2 days)*

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.

*II. Future Stars Group (Ages 7-10) Tuesdays 4-5:30pm \$225**

The Future Stars Group is for players with no tennis experience to those who have played a year or two.

*III. Tennis Development Group (Ages 11-13) Thursdays 4-5:30pm \$225**

The Tennis Development Group is for our beginner to intermediate junior high schoolers, and for the younger players who can hit the ball back 4 to 5 times per rally and can serve the ball in from the baseline.

*IV. Tournament Training Group Wednesdays 4:30-6:00pm \$225**

The Tournament Training Group is an invitation only class. Contact Patric about setting up a try-out.

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

- 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. Tennis shoes required (no black soled shoes).
- For more information or to sign up, please check out the club website or call Keith or Patric at the Pro Shop , or you can also e-mail Patric at patricTennis@yahoo.com. See you on the courts!