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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

10 And Under Tennis

As you have no doubt seen if you have watched any tennis at all on TV in the past year, "the rules of tennis are changing." That is the rules for children under the age of 10. For years (you'll know this if you learned as a kid) the game has been too big for the younger members of our society. Other sports, basketball, soccer, baseball and so on, shrink their game down to "little league" size, but tennis has always insisted that kids play the full size game. Call us crazy.

Now, tennis has developed a graduated game that is the official game of tennis for Ten & Under. There are actually three sizes of courts, and three different types of balls, depending on your age. Racquets vary as well.

In order to keep up with the learning curve of the game of tennis, we are planning to install smaller court lines on courts 4 & 5 in light blue paint, on top of our current blue courts. While they are somewhat visible (or what use would they be), they don't contrast with the current court color and are as unobtrusive as possible. We have some pictures of courts with 60-foot lines in the clubhouse if you would like to see. We have chosen courts 4 & 5 because they are the heart of our afternoon junior program, they are often used for teaching in the afternoons, because they are the drop-in courts, are used the least at the Club, and they are connected with courts 6 & 7 as four courts are required for use in our junior classes.

The other size courts used in junior tennis, 36 foot court, and the full 78 foot court with lighter balls, can be accommodated well with our basic, already existing court lines and a couple of markers (in the case of the 36' courts, which also feature portable nets).

The addition of 60-foot court lines will greatly enhance our junior program. Many of the local clubs have already installed junior courts, including Berkeley Tennis Club, Harbor Bay, Round Hill and Rancho Colorados to name a few.

If you would like to comment on this upcoming improvement to the Club, please feel free to do so by contacting Keith or Patric. The work is scheduled for May, just in time for summer junior tennis.

Tennis Tip

Excuse Me...

In the heart of the 60s came Jimi Hendrix, electric guitar, and one of the most famous and misquoted songs of the era, Purple Haze. Of course you can see Jimi perform his classic on the wonders of You Tube, and you will swear, as millions did, that the fourth line is, "excuse me, while I kiss this guy." But no, the actual line is, "Excuse me, while I kiss the sky." Hope that didn't ruin a whole generation for you, but that's the truth. Here in 2012, we would like to offer our own rendition of that famous misquote, and argue for, "Excuse me, while I punch the sky."

Energy Let me explain. Yes this does relate to tennis, and serving in particular. One of the common problems in tennis is that players confuse where they put their energy, with where they want the ball to go. On the volleys and groundstrokes this can cause some problems, but the ball and the court are both basically in front of the player, so energy (stroke) going towards the ball or towards the court might get the job done. On the serve or the overhead, this confusion is fatal to good overheads, serves and results. The energy, or your stroke, should go towards the ball. The ball is

Monday Night Team Tennis

Here it is, the BIG ONE at Orindawoods. Perhaps it seems a bit early to be talking about MTT, but this year, MTT will be played on Monday evenings in May, June and July. We are starting a month early this year due to the construction on courts 2 & 3 in August (for new court lights).

We will play every Monday evening starting May 7 for 12 weeks (not playing on Memorial Day). Participants will be divided into teams, which will compete each week for the MTT championship. The cost of \$50 for members (\$70 for non-members) will cover the main course for dinner each week, plus supplies.

Registration for MTT is open for members starting today. Contact Keith at the Club if you would like to play. We're looking forward to a great season.

Ball Machine Club

For those of you who enjoy using the ball machine, it is time to renew your yearly membership. Our Ball Machine Club costs \$100 per year for unlimited use (when the machine is available). The membership runs March to March each year. If you have been a Ball Machine Club member in the past, just drop a check to Orindawoods by the Pro Shop and continue practicing. If you would like to join, let us know, and we will set you up. The membership includes a key to the shed so that you can practice when the pros are not at the Club.

Ace It!

Our breast cancer awareness fundraiser Ace It! will be held this year on June 23rd. Ace It! is an all day celebration of women's health, as well as raising money to support those struggling with breast cancer. The day consists of morning clinics with the pros, a luncheon, and the Ace It! tournament in the afternoon. Registration begins in April, so save the date and sign up as soon as you can!

Locker Room Remodeling

The winter project / spring cleaning-facelift is almost done. Thanks for your patience and cooperation. Enjoy the new look!

up in the air above you, so a swing forward, towards the court (fig. 1), is going to be very limiting. A stroke or extension up to the ball, or the sky (fig. 2), is the only way to serve really well.

Aiming So if the stroke is going up, how do I get the ball in? This is the key point: you aim with the direction the strings point, not the direction the stroke goes. So the proper stroke would be up, an extension, as mentioned above, while at the same time, when at extension, your strings point towards the target.

When players do this (basically reach up for the ball) they almost never miss hit, while when they swing forward, they miss hit, particularly on the top of the frame, and hit the ball in the net, much of the time. The reason is that they are swinging (another problem we'll discuss later) at cross-purposes. The ball is tracking on an up and down course while they are swinging across that line in a back to forward, basically horizontal, motion. There is only one place those lines intersect, making contact difficult (see figure 1) .

Power & Accuracy But the problem goes deeper than this. For maximum power and accuracy, we want there to be acceleration on a point (fig. 2: C), while the strings are pointing towards the target. If instead I swing in an arc, the racquet moves much more at a constant rate. It may be fairly fast, but there isn't much acceleration. Momentum takes over. On the other hand, if I bring my racquet up slowly towards the ball, and form a fist (hold onto the racquet – is a fist around the grip), and punch up (extend toes, legs, hips, shoulders, arm, wrist) in one last "one-inch punch" towards the sky, the racquet will straighten and turn, squaring on the ball in a very accurate, but fast way. Big power. (figure 2).

If you have access to high speed video of the best servers in the game (Federer, Roddick, Raonic, etc...) you will notice that they all move from position A (back scratch) to position B (arm straight, racquet hanging back) before a final punch up that extends the racquet and finally turns the stings to contact (C). In fact, at the recent USPTA NorCal convention, master biomechanician Brian Gordon said that 45% of the power on the serve comes from this last internal rotation of the arm from the shoulder joint, and that the most significant loss of power that most players exhibit, is turning the hand forward before the arm is fully extended (before the punch). They pronate (in the common used term) too soon. This pulls much of the energy down, away from the hit (which should be up, towards the ball for maximum effect). So at B, the strings should be facing us (side fence). At C they are facing the ball, and the target over the net.

In review, on the up stroke towards the ball, let the racquet hang back and out to the right, straighten your arm up without turning forward, and then, at the last moment, punch a hole in the sky. Ka-boom!!!! (Good luck out there!).

Reflections From The Desert

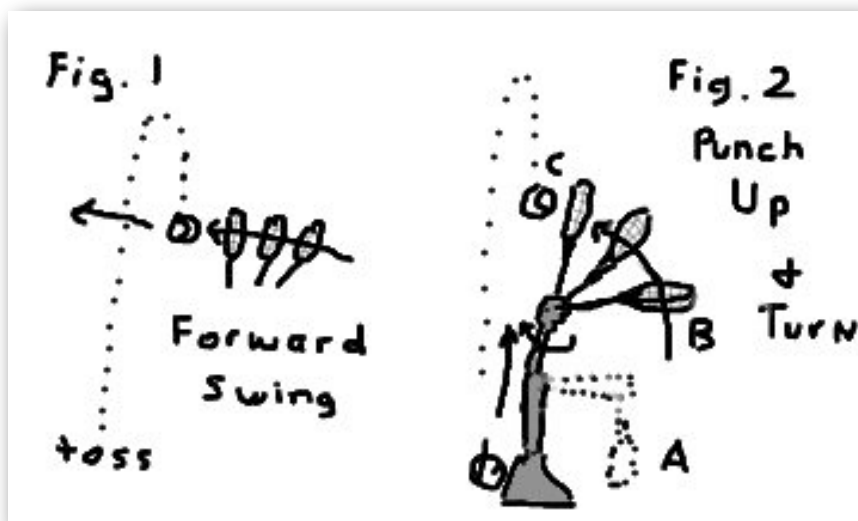
Being A Good Winner

Earlier this month, I watched Francesca Schiavone win a second round match at the BNP Paribas Open. Schiavone was seeded 12th, and her unknown opponent was clearly outclassed for much of the match. But near the end, Lesia Tsurenko rallied, broke back and was back in the match, serving at 4-5 in the second to even the set. A match that had looked like a walk for Schiavone, a routine show up, punch in, and collect a win, now had the look of a struggle.

Earlier that day we had watched Richard Gasquet serve for the match at 5-4 in the second, get to match point, only to be broken and go on to lose not only the second set, but the deciding third set as well. Painful.

Schiavone ended up breaking back, and winning the match 6-1, 6-4. Francesca looked overjoyed. She pulled off her headband, clutched her head, ran her fingers through her short hair, and looked heavenward for thanks. Thrilled with winning, she shook with joy, and profusely thanked the adoring crowd, blowing them kisses.

I have seen this same reaction from Ana Ivanovic a few years back when she was #1 and she beat a much lower



Quote of the Month:

So, we offer (with Head Pro Patric Hermanson on lead guitar):

Purple haze all in my brain
Lately things just don't seem the same
Actin' funny, but I don't know why
'Scuse me while I [punch] the sky

Purple haze all around
Don't know if I'm [hittin'] up or down
Am I happy, or in misery?
What ever it is, that [serve] put a spell on me

(Jimi, please forgive us).



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ranked and largely unknown Francesca Schiavone after a surprisingly tough three-set match. Many times I've watched Andre Agassi, and numerous other pros, elated at victory over a supposedly much less talented opponent. They may not drop to their knees like when they win a major, but they look genuinely happy, and often relieved, to win. I have seen this so many times that I know the reaction to be sincere. While fans or commentators may be cynical, and say "that was a routine win," or "they should win that match", professional players seldom seem to look at results that way.

Battle: Each match is a battle. Each opponent commands respect. Each win precious, never taken for granted. Like Gasquet, they all understand that it can all quickly slip away with a couple of missed up-the-line forehands. A day earlier at the tournament, the #1 woman in the world, Victoria Azarenka, was down two breaks with her opponent serving at 4-1 in the third set. The crowd was completely behind her opponent. Certain death, but Azarenka fought back to win in the third-set tie-break. Happy, relieved, ecstatic!

The paper the next day would probably say something like "champions know how to battle back" or some such stuff, and that may be true, but I believe a player fights for one point at a time. When the match ends, their focus relaxes and broadens to the big picture. They are so happy, or so sad. The joy, relief or anguish just pours out.

The Key Concept: These early-round victory celebrations point to why these players are professionals, and champions, and the rest of us are back playing USTA and dreaming of the big time. There are no forgone conclusions in a professional's mind. There are no opponents taken lightly. No one is a push over, no battle too hard to fight, and players are always grateful when the slings and arrows of outrageous fortune end up going their way.

No Gimme's: The #12 men's seed, Nicolas Almagro had to play a wild card on the same court after Schiavone. Wild cards are tricky, they can be anyone the tournament decides to let in. Often, they were once top players, who are coming back from an injury, or an up and coming junior. On this day, Almagro had to face Sam Querrey, who not only was ranked as high as #17 just a bit over a year ago and has a huge serve and forehand, but an American who would have most of the flag-waving crowd behind him. Querrey, coming back from an elbow injury that stopped him from playing in much of 2011, stunningly won the first set, 7-5. Almagro battle, and was able to rescue a close second set, 6-4. This led to a real fight for the third, in which Almagro triumphed, 6-4.

I watched the two men shake hands. Total respect. They know there are no "gimme's" in tennis. No opponents unworthy of your time or effort. Like Gasquet and Azarenka, they know disaster can happen at any moment, in any match. Seedings, rankings and your USTA rating goes out the window when the balls start being struck. From then on, it is just two players, a couple of racquets and some balls. Everybody wants to come out ahead.

Not Helpful: The bookies have odds, the techno nerds computer analysis, and talking heads babble on about who will win, and who won't, but to a competitor, all that chat is not only silly, but potentially very harmful. Every opponent must be respected, from the highest seed to the lowest qualifier. No results are assumed, no style or strategy pooh poohed. The point is to give your best each and every time, and respect the guy on the other side of the net for doing the same. People are not machines, results are never forgone conclusions. Only fans and sportswriters think that way. Players can't afford to.

Winning Is: We all play to win. It is the fact that the outcome is uncertain, that makes the winning all the more enjoyable, like it is to these champions. The value of winning is precisely in not knowing who will win. The tension leads to the celebration release. The pros understand that any player can beat any other player on a given day, but somehow club players seem to expect more of themselves than the pros do.

Moving Forward With Respect For All: How often do you win a match against an opponent you believe to be of inferior tennis quality and simply dismiss the victory as an easy win or whine about how you should have beaten him/her by a bigger margin?

Or, worse yet, have you ever lost to someone you felt certain you should have beaten and found yourself devastated by the loss that you believe should have been an easy win? You drag yourself to the net with your head hung low and offer up your limp hand as the prize for your opponent's hard work. Later, behind their back, you call them dirty names, like lobber or pusher.

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court updates, lesson
programs and much
more!*

The problem in both scenarios is a lack of respect for your opponent, which leads to a lack of respect for yourself. You have created a no-win situation. Even if you win, you don't experience the joy or exhilaration of winning. And if you lose, you don't give your opponent credit for the win. You take all of the credit for the loss.

I suggest you take a lesson from the pros and respect every opponent whether their some what arbitrary USTA rating is Your Arbitrary Rating plus .5 or minus .5. Challenge yourself to play your best tennis in every match, and if you win, allow yourself to celebrate the victory. Sign a few balls and toss them to the fans on the OW deck like the pros. And if you lose, congratulate your opponent for a match well played and exit the court with your head held high, knowing that someday you'll pull off the upset and you'd want your opponent to behave with the same respect.

The Quote of Quotes: "Credit belongs to the one who is actually in the arena.... who at best knows, in the end, the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat." – Teddy Roosevelt

2012 Orindawoods Summer Junior Tennis Program

Welcome to the 2012 Orindawoods Summer Junior Tennis Program. Our summer Program consists of eight one-week (Monday-Thursday) camps. In addition to taking our young players' games to a new level, our four-day camps are full of good fun and good friends. Our energetic and professional staff led by Head Pro Patric Hermanson and Assistant Pro Anna Marie Gamboa has put together a positive and challenging instructional environment that will allow the students to grow both as tennis players and as people. Our camps will suit the beginner, just starting out, as well as the advanced player preparing for summer and fall tournaments. Nonmembers are welcome in all of our classes for an additional fee.

Our **Full Afternoon Camp** is for kids 7-16. Players will be separated according to age and ability. The Full Camp will run from 12:00 to 3:45pm and consist of an *Instructional Block* from 12:00-2:00pm, where we will be developing the strokes, strategy and the footwork used in today's "modern game of tennis." Tennis games will also be a daily part of this block. There will be a break from 2:00-2:15pm. Campers should bring a snack for the break. At 2:15pm will begin the *Match Play Block*, where the campers will play supervised matches. The coaches will help the students understand how to use their strokes and strategy to enhance their match playing capabilities. Our younger campers will work with many aspects of the USTA Ten-and-Under Tennis Program, making it easy for even the younger beginner to play matches. The Full Camp day will finish at 3:45pm.

If you are looking for a shorter tennis experience, you can sign up for our **Half Camps**. Pick what you are most interested in and join just one of our two tennis blocks, the *Instructional Block* or the *Match Play Block*.

Underneath the moniker of **Half Camps** we are also listing the *Lil' Ones Camp*. This camp is for the 4-6 year olds, and will run on Tuesdays and Thursdays from 4:00-4:45pm.

We hope to see you this summer at Orindawoods! Make sure to sign up early.

Weekly Camp Line Up

OW Camp	Ages	Days	Time	Cost per Week Member / Nonmember
Full Camp				
Afternoon Camp	Ages 7-16	Monday – Thursday	12noon-3:45pm	\$185/\$210
Half Camps				
Instruction Block	Ages 7-16	Monday – Thursday	12noon-2:00pm	\$120/\$135
Match Play Block	Ages 7-16	Monday – Thursday	2:15-3:45pm	\$95/\$110
Lil' Ones Camp	Ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$35/\$40

Summer Sessions

Each week features the camp line-up shown above. We will offer the following weeks for camps this summer:

Session 1	June 11-14	Full Camp, Instruction Block, Match Play Block, Lil' Ones
Session 2	June 18-21	Full Camp, Instruction Block, Match Play Block, Lil' Ones
Session 3	June 25-28	Full Camp, Instruction Block, Match Play Block, Lil' Ones
Session 4	July 2-5 (no classes on Wednesday July 4, price will be pro rated for this week)	
Session 5	July 9-12	Full Camp, Instruction Block, Match Play Block, Lil' Ones
Session 6	July 16-19	Full Camp, Instruction Block, Match Play Block, Lil' Ones
Session 7	July 23-26	Full Camp, Instruction Block, Match Play Block, Lil' Ones
Session 8	July 30-Aug. 2	Full Camp, Instruction Block, Match Play Block, Lil' Ones

Registration

To register, pick up a form at the Club, download a form from the Club website's junior page or e-mail Head Pro Patric Hermanson (patrictennis@yahoo.com). Make checks payable to Orindawoods. DISCOUNT: 10% off the second child's registration in the same week. The discount is taken off the smaller of the two clinic costs.

