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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

Big Success

Twilight Tennis Returns

Twilight tennis returned to Orindawoods in a big way on July 12th, with almost 40 people enjoying some great tennis fun, and a tasty dinner featuring Kinder's steak and chicken. What a night it was (could have been a bit warmer)! If you missed out, or want to come again, don't worry, see below:

Twilight Tennis

Saturday, August 23

Keith will be hosting the second Twilight Tennis Social and BBQ of the summer on Saturday, August 23. As always, we will feature Kinder's wonderful steaks and chicken, with the usual salad, beans, rolls and dessert. Please bring your own beverage, as tastes and budgets vary greatly in this area.

The cost is \$20 per person. To register, either contact Keith (orindawoodstc@sbcglobal.net) or go to the club website (orindawoodstennis.com) go to the calendar page, click on the event and sign up there.

Used Ball Drop

Just inside the front door of the Club is a used-ball drop. If you have just finished your game, and you have some used balls that you have been playing with, that you are not going to use again, please consider donating them to the Club by putting them in the used-ball drop.

These balls (providing they have fuzz and still bounce) are used to fill the ball machine which goes through balls very fast and the junior tennis lesson carts. These tennis balls can go on to have a very fulfilling life even after they are finished being blessed by your amazing strokes.

Please do not donate flat tennis balls. Here in lies one of the real modern American tragedies. Balls that would have been great for the ball machine, or the junior program, that just sat around in the bottom of players' bags until they are just too dead to do anyone any good (so off to the landfill with them – a total waste of resources).

Standings

Monday Team Tennis

Here are the Monday Team Tennis Standings after nine weeks (of 12):

<u>Team</u>	<u>Captain</u>	<u>Wins</u>	<u>Losses</u>	<u>PCT</u>	<u>GB</u>
Team Four	Becky	505	377	.573	0
Team One	Barbara	463	419	.525	42
Team Two	Chris	403	479	.457	102
Team Three	Lysbeth	393	489	.446	112

Tennis Tip:

Playing With Different Levels / Mixed, Combo, MTT & Social Tennis

Many players are currently enjoying the mixed doubles season here at

Rules Not Fools

Tennis Club Reminders

We don't want our members stumbling around like fools, or posing like they understand the rules, when all they know how to do is bluff. So here is a review of some of the court rules:

Guests: The guest fee is \$10. The members are responsible for making sure their guest pays the fees (or the member treats). Guests should be at OW no more often than once a week (so if you bring someone on Tuesday, they cannot come as a guest with someone else on Thursday).

Court Reservations and Signing In: Of course court reservations are made online (orindawoodstennis.com). Singles and doubles reservations are limited to 1.5 hours. If no one bumps you, please feel free to play longer. If you don't claim your reservation within 15 minutes, it is forfeit. Please delete reservations you are not planning to use. When you arrive at the Club to play, please sign in on the green board so that someone dropping in has an idea of who is on the courts, and for how long. If you are using the drop in courts (4&5, 2 on the weekends), it is imperative that you put down your starting times. There are no back-to-back playing times. If you played from 9-10:30, you can't be part of another reservation from 10:30 to 12. We call that "hogging the courts," very improper. Shame on you!

When it comes to rules, think **golden rule**. It really is the best one of all time. Are you doing something that you wouldn't want done to you if the roles were reversed? For example, if you came down hoping to play on a drop in court, and you got here and both the courts were full, but no names or times were on the board (or worse yet, the time was posted, but it was for a starting time that hadn't even passed yet). How would you feel?

We are all community members here, and friends. Let's treat each other with respect. Many thanks!

the Club (USTA leagues). Starting soon, as we near the fall, we will begin the Combo season (players of different levels playing together: 3.5 + 4.0 = 7.5 Combo, for example). Not to mention all the great action in Monday Team Tennis that often pits players of different levels partnering and playing against each other. One of the great things about tennis is that players of different abilities and sexes can play together, and have a good time.

Of course it is easy to put people of different abilities on the court together. The "having a good time" part is a bit more tricky. So I would like to offer a few suggestions.

Giving Up On the Outcome. In doubles, there are four people on the court (last time I checked). That means that you represent only 25% of the participant population. So even if you play great, you are not going to be able to control the outcome entirely. You play great, they play better, you lose. You play lousy, your opponents are more lousy, you could still win. So, a little acceptance is recommended:

You Can't Do It All. There are actually two versions of this one. Either "you can't do it all", if you are the stronger player, or "they can't do it all" if you are the weaker player and you are expecting the stronger player to play the entire match for you. Won't happen, at least not very well.

One of the real disasters in tennis is a player who is trying to play better than they can, or cover more of the court than they can. Almost as bad is the stronger player who is left to play singles on a doubles court because their partner is hiding in the alley, and doesn't play their position. Therefore, in either case, play as much of the court as your skills allow, but no more, or no less.

They don't play my style (and of course, my style is best). Most players get this wrong, I think. They are nice people, they compromise. So they not only don't play the way they play the best, but they also give up their conviction, determination and confidence in doing so. If you are going to go down, it is better to go down playing your game, rather than standing around doing nothing. Play your game. Two people playing their games, even if they don't complement each other at all, is probably better than nobody playing at all. "After you." "No, after you..." "No please, I insist..."

This is one that just kills me: if you like to come into the net, and the opponents keep lobbing over your head and your partner looks at you like, "you going to get that?" most people stop coming in and back up. Thus giving up the thing they do the best. Who says you are the one that has to adjust. If they are going to lob over you, it is pretty obvious where the ball is going, why doesn't your partner slide on over and cover those. It is pretty clear where the next shot is going. But no, most net people feel guilty and back up in to no-man's-land, where they are lousy. Wayne Gretzky, the Great One's, key to success, was always to wait where the puck was going to end up.

And while I'm on the topic of lobs, and good shots in general. Why do we feel we have to cover what our opponent does well. Shouldn't we be covering what they do average? This is one of the biggest misconceptions in recreational tennis. We feel like we have to take away their strength, their winners. We need to take way their average, where they hit the ball most of the time (Gretzky again). I even see some people trying to take away the opponent's luck. The opponent makes a lucky shot they couldn't make one in a hundred, and I see people saying, "well, I better cover that. It could go there again." And they are right, it could go there again, and probably will, once or twice in the next twenty years. And if lightning happens to strike twice, its still just two points. You never lose a match because of two lucky points. Occasionally lucky shot may win match point, but how you arrived there is never luck.

So, play the percentages. Most balls go through the middle of the court. Play the middle. An angled ball comes back on the angle. Cover that. Most lobs are returned with lobs. Be ready for that. Short balls tend to come back short. Sure there are exceptions; exceptional play happens, get over it. Win the average points.

Play within yourself. Have you ever noticed, that when you just slow down and relax a bit, not try so hard, you play better, and amazingly, you hit harder and more accurately. Why we don't do this all the time is one of the great mysteries, but we don't. Just slow down, and don't try to cover more court than you can, or hit shots that you can't.

Protect your partner by where you hit. If your partner is weak at the net, don't hit your opponent shots that can exploit that weakness. He doesn't cover the lob well, or has no overhead, don't give him a ball they can lob. Your job is to make your partner look good. Hit the ball down the middle, and tell your partner to look for the balls in the middle. You don't want your partner at the net to hit the ball, hit good wide angle shots, and the ball will come back cross

Quote of the Month

*"Most the time it is not a question of
right or wrong,
It is a question of right or left."*

– Michael Meade



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court to you most of the time.

In other words, make it hard for your opponents to exploit your weakness. I taught a player once who had a huge (did I say HUGE) forehand, and not much of a backhand. She could place her serve. She played singles for Miramonte, and I am telling you, she hit three backhands in an entire match one time. Three. She made it almost impossible for her opponent to get the ball to her backhand by how she placed the ball, and where she positioned on the court. And you know what? Those three backhands weren't that bad, because in order for her opponent to get the ball to her backhand, she had hit it right to her, serve it up on a platter, no running, bending, difficult spin, etc...

Tennis Tip:

The Pain Of Learning

"If you are going to learn, you are headed for trouble." -- Michael Meade.

True statement. You just want it to be the right kind of trouble. There is always pain in learning. In fact, we would never make changes, if the pain of staying the way we are wasn't worse than the pain of changing. The alcoholic gives up drinking, not because he stops liking the high, but because he can't put up with the costs associated with getting that high. Change involves pain, and life involves change. Just look at Nature around us, the seasons spell out the stages of learning: Spring, Summer, Fall and Winter. The previous year's crop must "die" so that the new crop can be born in the spring. Something in the student has to die, to make room for the new habits and ways of behaving. We have let go of our old ways, even if they really worked for us at one time, so that we can clear out space for the new ways and new habits.

Everyone looks ahead to when they will be a lot better, but we need to know, that we will probably get worse before we get better. Perhaps it is better if we don't know we will get worse when we make the decision to embark on the journey of learning, but it is helpful if when the troubles come, we realize it is part of the process and don't get discouraged and give up. We are not actually worse, as we have started down the path to a new tomorrow, we are just in the process of changing. With half of the old, and part of the new methods, we are going to be confused, and nothing is going to be automatic. But we have to go through this period of the death of our old skills, and the birth of our new skills, to get to our new successes.

In my doubles clinics I have been working with the students a great deal on learning to anticipate, to read the game, what their opponents might do. This is really scary, because the process of learning to anticipate involves guessing. You have to guess. You are not sure what you see, what is significant in the way your opponent moves or sets up, but you have to go with it and guess. But it isn't a blind guess (may be at first), but it is becoming an educated guess. A guess based on things you are reading. And each time you guess, you are gathering information, right or wrong (really right or left) that will help you make a better, more informed decision (guess) the next time. In fact, I tell my students that "going forward, as long as you keep making guess, today, is the worst you are ever going to be at this skill. Keep guessing, and you will be getting better and better with each choice." More experience, better decisions. But never perfect. Just way better.

There are many players who are not willing to go through this pain of learning, so they suffer the pain of staying where they are for years and years. A slow torturous death, so numbing they don't even know their joy of tennis is dying.

There are a couple of things I tell myself when I embark on one of these journeys of learning (pain and suffering). One is, "the future is now," which basically means, if I don't do the work starting right now, I'm never going to get to that better place.

I'll be stuck. So invest in the future right now, and never look back. "The future is now." And of course, the ancient Zen wisdom, "A journey of a thousand miles begins with a single step." Not only that, but what was written on the wall of my high school gymnasium, "no pain, no gain." I always looked at that as physical pain that the football players were bragging about, bunch of tough guys, but now, I think perhaps, it is a bit more of an enlightened statement than that. There isn't going to be any gain, if you are not willing to go through a bit of pain. Good luck out there!

Summer Junior Tennis At Orindawoods

Welcome to the 2014 Orindawoods Summer Junior Tennis Program. Our Summer Program consists of eight one-week (Monday – Thursday) clinics. In addition to taking our young players' games to a new level, our four-day clinics 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 clinics will suit the beginner, just starting out, as well as the advanced player preparing for the summer and fall tournaments. Nonmembers are very welcome in all of our Summer Tennis Clinic classes.

Our **Full Afternoon Clinic** is for kids 7-16. Players will be separated according to age and ability. The Full Clinic will be 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. Players should bring a snack for the break. At 2:15pm the *Match Play Block* will begin, where the kids 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 students will work with many aspects of the USTA 10 and under Program, making it easy for even the young beginner to play matches. The Full Clinic day will finish at 3:45pm.

If you are looking for a shorter tennis experience, you can sign up for our **Half Clinics**. 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 Clinics**, we are also listing the Lil' Ones Clinic. This clinic is for the 4-6 year olds, and will run on Tuesdays and Thursdays, from 4-4:45pm.

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

Clinic Schedule:

Orindawoods Clinics	Ages	Days	Time	Cost Per Week Member / Nonmember
Full Clinic				
Afternoon Clinic	Ages 7-16	Monday-Thursday	12noon-3:45pm	\$195 / \$220
Half Clinics				
Instruction Block	Ages 7-16	Monday -Thursday	12noon-2pm	\$125/ \$140
Match Play Block	Ages 7-16	Monday-Thursday	2:15-3:45pm	\$100/ \$115
Lil' Ones Clinic	Ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$40 / \$45

2014 Enrollment Form

Last Name _____ E-mail _____
 Child's Name (1) _____ Age _____ Child's Name (2) _____ Age _____
 Address _____ City _____ Zip _____ Phone _____
 EMERGENCY CONTACT: _____ Phone _____

Session 6 July 21-24 **Full Clinic** ___ **Half Clinic:** Instruction block ___ Match Play Block ___ Lil' Ones ___
 Session 7 July 28-31 **Full Clinic** ___ **Half Clinic:** Instruction block ___ Match Play Block ___ Lil' Ones ___
 Session 8 August 4-7 **Full Clinic** ___ **Half Clinic:** Instruction block ___ Match Play Block ___ Lil' Ones ___

Total Clinic Costs:

Child (1) cost: _____ + Child (2) cost: _____ - Discount for Child (2) _____ = _____

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.

Mail to: Orindawoods Tennis Club, 650 Orindawoods Drive, Orinda, CA 94563