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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

Barry Gilmore The Man, The Myth, The Legend

Those of you who have been members for a long time know that I used to tease member, homeowner, board person, and tennis liaison Barry Gilmore each and every newsletter. In the monthly newsletter, I turned him into a cartoon character, a caricature of what it was like to be an active, Orindawoods-loving tennis player, neighbor and friend.

Barry was my first supervisor here. When I came to Orindawoods fifteen years ago, I'd had a very rough time in the tennis club business, I had actually vowed never to work in this industry again. My friend and former Tennis Director Judy Newman Rakela convinced me that Orindawoods was different. The members proved that to be true, and Barry Gilmore proved that bosses could be different too. Barry, and the wonderful members of Orindawoods saved my career.

In our working relationship, Barry and I didn't always agree, but we never argued. He was fair, kind and supportive. A man of intense morals and integrity, he saw right away that my heart was in the right place for Orindawoods. And I knew from the first moment so was his. He was my mentor, my friend, my guiding light, and my newsletter foil.

Barry was an unassuming guy. A humble hero, who had been a Navy carrier pilot during the Vietnam war, and then a successful American Airlines pilot for many years. Referring to his job, he would say it was no big deal. He was just a bus driver, in charge of a big bus. He couldn't fool me, he drove a flying bus with hundreds of lives in his charge.

A hard and dedicated worker, Barry would never think of drawing attention to himself. In fact, he wanted to be out of the limelight, so I was sure to thrust him into it in my gentle, loving way. He was man enough to take the joke and just roll with it. Every time I saw Barry, which was often every day, I would say in a loud voice, "Barry Gilmore, the Man, the Myth, the Legend."

Barry loved his athletics, and staying in shape. He was always very fit, and would often run, swim, do a gym workout, and then hit some golf balls, play squash and/or tennis and maybe then go for a bike ride. Yes, in one day. The man was on a health mission. Of course, I would tease him about this. Barry's witty response was always, "Keith, my athletic career peaked when I was about twelve years old."

Of course that wasn't true, but I would humor Barry that I believe him. As for proof to the contrary, Barry would run the grueling DipSea race from Mill Valley to Stinson Beach every year over Mount Tam. And often he would "Double Dip," which means he would run the return leg back. Wimps need not apply.

Barry served on the Board of Orindawoods for six years. One particularly contentious Board Meeting Barry happened to be away

Court Washing

In the summer we have the following court washing regiment. The last Friday of each month we will wash courts 1-3 at 11 a.m. On the first Friday of each month, we will wash courts 4-7 starting at 11 a.m.. If you like to play at that time (few do), then make sure you make a reservation on one of the other courts to make sure that you have a court to play on.

Court One Resurfacing

As you know, court one has been out of service for the past couple of weeks while we resurface the court. Starting about July 31, the court will be open again and we will have a brand new court. A couple of things to remember: 1) new courts are sticky and play slower. Be sure to pick up your feet. 2) Keep court one nice, like the rest of our courts, so no black soled shoes and sugar drinks.

Fall Ladies Leagues

Our Fall Ladies Leagues are forming. We have BALL A3, B3 and Senior C. We also have Fall A2 and B3. In the USTA Leagues, we have Senior 3.5. If you are interested in any of these leagues, contact the captain, or talk with Keith and Patric.

Who wants to play? It is important that we hear soon, so we can get an accurate count for team size, and whether we are going to have to use any outside players.

Our policy is to fill our teams with as many Club members as possible. If there are still spaces available, we will take non-members, but first those who belong to other clubs and support the tennis industry.

Men's Lunch Bunch

Last month, on June 24, the Thursday Men's Lunch Bunch got together for their semi-annual steak feed. It was a wonderful gathering of these great friends, many who can't play tennis anymore but are still full of fun and spirit. Old friends and new friends met to reminisce about wonderful times at Orindawoods and beyond.

Monday Team Tennis

Monday Team Tennis has been wonderful this summer, with over sixty people participating on four teams. The competition has been great, and the food even better. Thanks to all the players, captains and fans for a great summer so far!

flying for American Airlines. The president got so mad during the debate of some issue that he resigned as president, but remained on the Board. The eight members in attendance had to pick a new president, and none of them wanted the job, so they elected Barry, the one Board member who wasn't there. Barry flew back into town only to find out he was President of the Board. Of course Barry had to decline the honor because he was a full-time pilot. From then on, I wouldn't let him forget that he was President For a Day. And that I was proud to be his campaign manager.

I come from a family of pilots myself, but they all flew small propeller planes. I never really understood how jet engines worked. One day Barry, with the help of a felt tip marker and couple of napkins on which he drew diagrams, explained the whole thing in a way that I could understand. I'm sure in the next newsletter I had him out on the wing of some large airliner fixing the engines in mid flight, but such was our friendship.

At a Holiday Party one time, one of the Thursday Lunch Bunch, Russ Johnson, came up to me and asked "Is there really a Barry Gilmore, or is he just a character you made up for the newsletter?"

In front of a room of about 100 people, microphone in hand, I introduced Russ to Barry Gilmore, the Man, the Myth, the Legend. It was like telling Russ there really was a Santa Claus.

Barry Gilmore passed away on June 23, 2010. He had melanoma. So even now Barry teaches me: wear sunscreen, get checkups, and stay under that big umbrella I have attached to my teaching cart.

Barry is survived by his wife Penny, and his daughters Kim and Kelly. And hundreds of friends and neighbors. Now only the myth and the legend remain, but he will always be my hero, and always, The Man.

Ace It! 2010

Ace It! was a huge success again this year. We raised over \$10,000 for the Carol Ann Read Breast Center at Alta Bates. Six local pros helped us with our morning Tour of the Pros Clinics: Patric Hermanson, Brad Shak, Brad Rieser, Steve Squire, Dr. Alison Rodius and Keith Wheeler. We had a wonderful lunch on the shady club deck, and then played the Ace It! Tournament in the afternoon. Thanks to all who participated! This year's winners:

Big Servers M3.0

Drop Shots W3.5

Smashing Overheads Mixed 7.0

The Backhanders W4.0*

The Volleyers Mixed 8.0

Topspinners W3.0

Steve Lawrence, Adam Reaves, Alex Axlerode

Jane Balg / Bonnie Cornell

Al Keyes / Chris Kline

Marcy Sharafian / Carmen Duarte

Debbie Goettsch / Karl Brown

Kristine L. / Chris Rasclé

Tennis Tip

Zone Defense

In doubles, the team that controls the middle controls the match. From the backcourt, you control the middle by hitting through the middle most of the time, with an occasional "keep them honest" to the side so that the middle is clear for your shots. At the net, your team needs to have someone staked out somewhere near the middle as often as possible. That is, ignoring those "keep them honest" shots from your opponent.

When planning strategy, always remember what I call "the million dollar shot." That is, if someone said I will give you a million dollars if you hit one shot in, what shot would you hit? Virtually every player in tennis, from Betty Boop to Rafael Nadal, would hit a somewhat loopy, say 6 feet over the net, into the middle of the court (far away from the lines) as their shot, and then happily go pick up their million bucks. This is the safest, easiest shot to make. We better have that one covered if we like winning, especially in pressure situations.

Taking a tip from bowling, I like to aim for targets closer to me than the ground on the other side of the net. Remember, to get his million dollars, Nadal is first aiming six feet above the net, and then the ball falls in the middle of the court, in that order. In bowling, you aim for arrows on the lanes that are only a few feet away from where you release, as opposed to the far away pins. In tennis, we should aim for sections over the net, rather than the other side. If you hit it over the net in the right place, then it will often land in the court where you want.

When I am hitting the ball, I like to divide the space above the net into four quarters. See diagram A. When you are hitting from the side of the court, you have 3 of the 4 quarters available to you as targets (if you hit through the far quarter, your ball will land wide). When you hit the ball from the middle of the court, really only the two middle

quarters are viable targets, as hitting to the two quarters on the outsides generally lead to balls that land wide. As we all should know, if you hit to the middle, you only have to defend the middle, if you hit to the sides, you have to defend both sides and the middle (a bit rough to do, since you only have two players on your team). The ensuing strategy is that you only hit the ball to the outside when you

Quote of the Month:

If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes.

-- John Wooden



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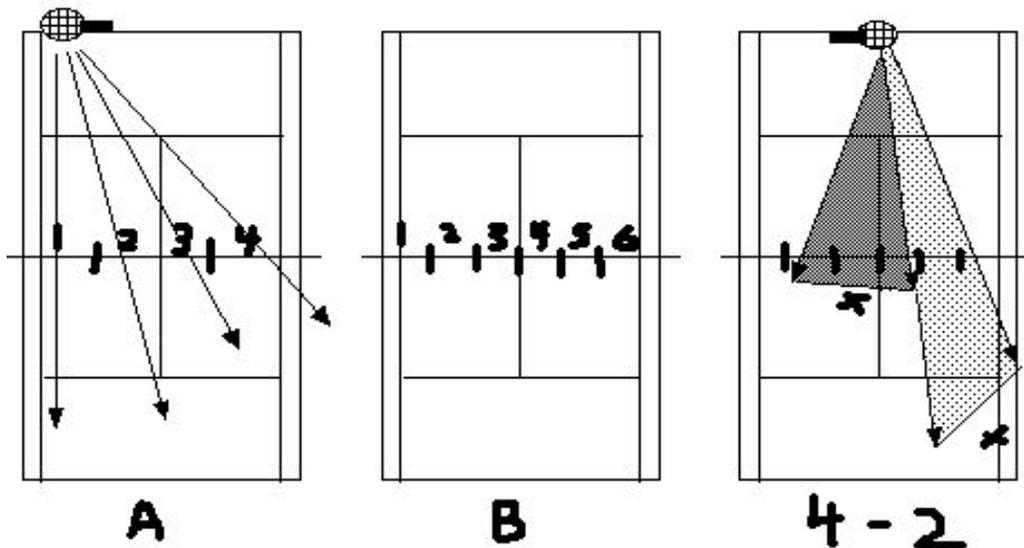
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have a chance to win the point, or hurt your opponent so badly that they can't hit to all three targets on the return.

For defending against opponent's shots, I divide the net into six zones (we have more control over where we stand, than where we hit – hopefully – so I have 4 hitting targets, but six positioning places). See diagram B.

The basic defenses in tennis are 3-3 (players side by side, each covering 3 spaces each), 4-2 (net person covers 4 spaces, baseline player covers 2 – shown in the 3rd diagram), and 1-5 (net person covers the alley, back person covers the rest).

For years we have been trying to learn and master the 3-3. Serve and volley, back person comes up, and the players cover the court side by side. This is Twentieth Century doubles. More modern doubles, Twenty-first Century doubles is more of a 4-2. The back person either comes up, or stays back, but takes a secondary role to the net person. To play the 4-2, the ball has to be struck in such a way that it is very difficult for your opponent to return the ball to the edges (generally, a hard shot down the middle accomplishes this). The 4-2 has the net player covering the middle, and is thus a more powerful formation than the 3-3, which has no one covering the middle. Remember, the team that covers the middle, controls the match. Unfortunately, a lot of club players end up in the 1-5. That is, the ball is hit wide and the net person then covers the alley. How many times have you heard "cover your alley" around the club? Way too much. The trouble is, people hit wide, especially in the deuce court, trying to hit winners, when all it really does is expose the alley and force them to defend 1-5. Of course the problem with 1-5 is that the back person is basically playing singles. If they try to come in there is too much court to cover. If they stay back, they have to cover the angle, which leaves the middle open and the other team able to control it.



Personality Types

Of course there are many famous personality tests and systems that can determine and predict behavior. Myers Briggs, the Enneagram, just to name a couple. But here at Orindawoods, we have simplified this process. All I do is ask a simple question, like "Would you like Court Four to be a reservation court, or a drop-in court?"

That question divides everyone into one of two groups, 1) the planners, or 2) the spontaneous folks. Put another way, do you like to get to an airport early, or do you enjoy the thrill and uncertainty of running to catch your plane, with no wasted time sitting around the airport with nothing to do. So are you cool, or uptight, as the spontaneous people would put it. Or are you organized, or is your life a mess, as the planners would frame the question. And this makes playing at the Club, or managing the Club interesting, because we can't understand why people don't look at it the right way. That is, the way we see it.

