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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](http://www.orindawoodstennis.com)  
"I like this place, and willingly could waste my time in it – Celia, *As You Like It*, Act II, Scene IV

## League Wrap

**USTA Adult League** has finished the regular season. Thanks to our captains, Marcy Sharafian (4.5), Ellie Kann & Liz Jennings (4.0), Gerrie Shields & Sandy Leon (3.5), and Julie Bell and Lysbeth McNeill (3.0).

For 4.5, it was a wonderful first season playing at the highest level we have ever entered a team from Orindawoods. We finished a respectable 5<sup>th</sup> place. Pretty good for a bunch of 4.5 fledglings, who are soon to be stars. For 4.0, it was a team put together in a rush that had fun and played numerous close matches, far more than ones where they felt beat like a drum. Not bad for a team that didn't exist hours before the deadline. A big second thank you to Ellie and Liz for making it happen. For 3.5, the team provided a great chance to play competitive tennis with fun people. And for 3.0, the long season led to ups as high as second place, and downs that had them out of the playoff picture in 5<sup>th</sup> position. In the end, we finished fourth and played in the playoffs with a chance to advance further! Our match was played after the publication date, so ask your 3.0 friends how we did.

Once again, thanks to all captains, and all participants!

## Upcoming League Matches

The **Over-50 Mixed 7.0 and 8.0** teams are about to start their season. Check out the Club website ([www.orindawoodstennis.com](http://www.orindawoodstennis.com)) to see all the club's match schedules and events. Good luck!

## Monday Team Tennis

**Monday Team Tennis** is nearing the halfway point of the season. The matches have been close and competitive, the food fantastic, and the weather, well, sometimes warm, more often, cold. What would MTT be, without the opportunity to showcase your winter ski fashions all year long? The same great outfits that impress on the slopes at Deer Valley make you look stunning on Monday nights too! So to all you MTTers out there, let me just say, "You look marvelous, simply marvelous! Oh, one more thing, when does the chair lift open?"

## Bee Battle

As some of you may know, this summer has been the **Battle of the Bees** out in the pool area. A colony decided to set up camp in our clubhouse's western wall, from now on known as the West Wing. Said bees then proceeded to dart and dash around the pool area causing predictable panic. One would have thought it would be (ha ha) easy to do in this pesky hive, but no, not so, ol' wise one. After a couple of weeks of determined attacks (including having a local bee keeper try to rescue as many bees as possible), the battle is heated and ongoing. While we seem to have taken the upper hand (more poison, blockading the entrance) we do have nuclear weapons in reserve if it comes to that. It's them, or us, or all of us! Take no prisoners.

## Tennis Tip

### Power

Could achieving "more power" be everyone's favorite topic? And if not out in the open, then their deep down, hidden desire?

Even for steady players, power is the key. Look at Nadal, and his

## Summer Junior Tennis Program

The Junior Tennis Program has had an amazing summer, with almost every week sold out! There are still a couple of weeks left, and a few spaces available, so check out page 4 to see what might work for your junior tennis player! The Fall Program starts Sept. 6<sup>th</sup>.

### Pool Scene

A full set of pool rules is located on the website pool page, but primarily, let's keep in mind **safety** and the idea that the pool is a **shared-use facility**.

In other words, it is not our private pool (though it may seem that way on cool, quiet mornings). We need to behave in a way that allows for others (of varying ages) to do their thing. For example, it is going to be very difficult to lap swim when kids are playing. People who want to swim laps for exercise need to come at times when the pool is not full of families splashing and cooling off. Lap swimming takes up a huge amount of space, as opposed to a kid jumping up and down in one place, and therefore needs to be done at a time or day when the pool is not busy.

The pool environment is certainly going to change with the weather. On hot days, with a crowded pool you are going to have to adapt what you are doing to how many people are in the pool. On cooler days, or in the mornings, you have more freedom to do what ever it is you want. Please try to **treat others with the respect** that you would like to be treated with yourself.

As for safety, children under the age of 14 need to be accompanied by an adult. No diving in the Orindawoods pool, as well as no running on the deck and no glass in the pool area. Other rules are listed on the website.

The pool is scheduled to be open through September and into October, depending on the weather conditions. Enjoy!

### Court Washing

The courts will be washed on the first (courts 1-3) and last (courts 4-7) Fridays of the month from 11 a.m.-2 p.m. Check the court scheduler to see which courts are available for play during those times, as well as all others.

earlier counterpart Borg. Nadal hits the ball so much harder than Borg, yet they play much the same retrieving game based on heavy topspin and great quickness. So the game has gotten faster, quicker, the shots hit harder to achieve the same goals.

There are **four physical weapons** in tennis: **time, spin, placement and deception**. Power is a component of time, the amount of time that the ball takes to go from you to your opponent. Of course, if you are closer to your opponent, that affects time as well, so creating more or less time is not merely about how hard you hit, but power is important.

Getting more power is not just about hitting harder, but also about keeping the increased power from messing up the other three weapons too much (spin, placement and deception). Spin is an interesting component here, as the best server (Sampras), and one of the very best off the ground (Nadal), have a crazy amount of spin on the ball, yet hit very hard. So spin, which is normally thought of as a component of control, is not the opposite of power, and in fact, spin can lead to the effect known out on the courts as a "heavy ball," that is, a ball that slams into your racquet with far more force than seemed apparent by the mere speed of the yellow orb. Perhaps power and control do come together, at least for some, and are not opposites. Many top players, including Laver and Seles would say when the going got tough, and they had to come through (rid themselves of pointless errors and take charge) they would hit harder. Hitting harder is not the method most of us would do to gain more control. Interesting.

OK, who wouldn't want to crack the ball with a bit more force? But how? The obvious, yet incorrect answer, is to take a bigger, more forceful swing. And what is a bigger swing anyway? Racquet way back, thrown forward with as much force as you can muster? I think most of us who have played the game a bit realize there isn't much chance of that attempt going in (perhaps over the fence, which is, in fact, easier to do than hit the ball over the net and in the court). In fact, those of us who had tried this bigger swing in both golf and baseball (where the object is to hit the ball a long way) know that this approach doesn't work in those arenas either. Mass, acceleration and timing lead to useful power, not effort or huge swings. Bigger is not better, at least in tennis.

In order to **control** the shot, we need to bring our racquet into alignment with the ball, and the target (usually a space over the net that will allow the ball to clear the net, and yet still land in the court through a combination of gravity, air resistance and aerodynamics). In order **to create power**, we have to apply force to that point of alignment with the ball and the target. And of course, the key element is that the force needs to be applied right when the ball arrives at a predetermined contact point, not before or after, early or late. Right on time.

We can **generate force** by taking the racquet out of alignment with the ball and the target, and then bringing it back into alignment at the very last moment. The quicker we accelerate to the contact point, the more force we will apply to the ball. Turning the racquet, both in the horizontal and vertical planes, so that it snaps onto the ball, increases racquet head acceleration, and thus force. How much mass, or weight we push forward with will also add force. Putting all that together is tricky, and takes instruction, practice and skill, but the feeling of ripping the ball and seeing your opponent buckle is worth it!

### **Tennis Tip**

#### ***Hot Spots, Hot Shots***

It is time to look at the court differently than just a rectangle, 78 ft long, by 36 feet wide (doubles). Or 2,808 square feet, half of which (your side of the net), 1404, you and your doubles partner are suppose to cover. Two people, fourteen hundred feet. Sounds tough. 702 feet each, or if you are playing singles ( $78 \times 27/2 = 1,053$ ), and all this with just two feet of your own to cover all that ground.

But (and it is a huge but), your opponent can only hit into certain areas of the court on any given shot. Ever try to hit a drop shot from 10 feet behind the baseline? How'd you do? Get it in? Win the point? Doubtful. The front of the court may look open, with your opponent deep on the other side, but just try to hit the ball in there and win the point. As we have said in other articles, when deep, it's easier to hit deep. When short, short. High, high, low, low.

So when an **experienced player** looks at the court, they don't see just an asphalt surface painted blue and green, but they see areas where their opponent can hit with a high degree of success, and places where their opponent will be hard pressed to hit the ball and be successful. The good opponent not only knows the most likely places you will hit (the hot spots), but also goes over there, stands there and waits for your shot.

**How positioning works.** If we look at Figures 1 & 2 below, we can see the difference between hitting a backhand from the ad court (fig 1), and running around your backhand and hitting a forehand from the ad court (fig.2). If 10

represents the areas where you can hit the ball the best, and 0 where it is not possible to get the ball in, we can see that you are much better off running around your backhand and hitting a forehand, than hitting a backhand, even if it is your best shot, if you want to threaten your opponent all over the court. This diagram is another way of saying, the down-the-line backhand is a tough shot. That doesn't mean you never make it, but we are talking about winning a

#### **Quote of the Month:**

"A neurosis is a secret that you don't know you're keeping." - Kenneth Tynan, critic and writer



**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@  
sbcglobal.net](mailto:orindawoodstc@sbcglobal.net)

**Head Pro:**

Patric Hermanson  
[PatricTennis@yahoo.com](mailto:PatricTennis@yahoo.com)

**Associate Pro:**

Anna Marie Gamboa  
[gamboa.tennis@yahoo.com](mailto:gamboa.tennis@yahoo.com)

**Junior Tennis Staff:**

Emma LeHocky  
George Kaiser  
Anastasia Kaiser

**Weekend Staff:**

Anastasia Kaiser

**Newsletter Editor:**

Keith Wheeler

**Associate Editors:**

Patric Hermanson  
Marcy Sharafian

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more!*

match, not winning a memorable point here and there.

So if someone were going to **position** himself to defend your upcoming shot, you can see that if you chose to hit a backhand, they would play for your cross-court reply (A), but if you ran around and hit a forehand, they would have a much harder time choosing where to stand (probably B, with much more area to have to cover in less time – compare the arrows representing most likely movement below).

**Hot shots:** For every single shot that is hit, there are parts of the court that are easier to hit (hot spots: 8-10), and parts that are harder (2-4). If you want to hit hot spots, you had better aim for your hot spots. And you need to defend against your opponent's hot spots, by covering their hot spots.

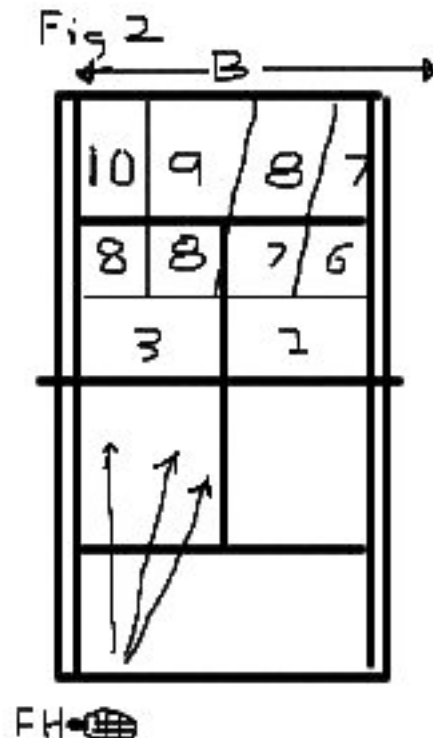
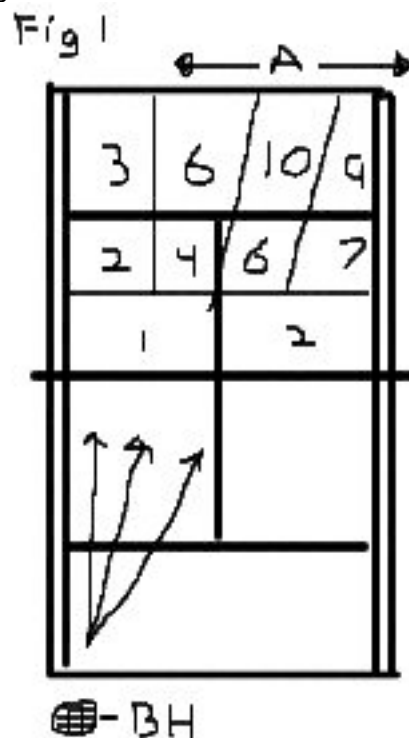
Of course **skill** comes into play here. Djokovic is so tough, because he can hit the down-the-line backhand better than most, but it still isn't as strong as his crosscourt. So the Djoker's chart may have a down-the-line backhand that is a 6 or 7 instead of a 3 shown below for us mere mortals, but it is still a 6 or 7 compared to his 10 crosscourt.

**Pressure:** How tough a shot your opponent gives you affects where you can hit too, and how successfully. A weak second serve may be easy to hit with a backhand down the line, where on a hard first serve, that shot is impossible.

And certain players hit some shots better than others. So maybe ol' Martha has a pretty good down-the-line backhand, but her cross-court backhand isn't so hot. You may have to adjust your positioning and strategy accordingly.

But a **word of warning**, we tend to remember the brilliant shots (shots that do work to area 3), more than the average shots (the 8-10's), so they may not be making those shots to 3 as often as your memory thinks they are. If you think back on the last time you played, I bet you remember clearly the best shot you hit, the best shot your partner hit, the best shot your opponent hit, and probably the worst each hit too. But you probably have no recollection at all, of what happened most of the time. Our memory is set up for memories, i.e. something extraordinary, out of the ordinary, something worth remembering. This makes our memory a very good photo album, but a lousy tool to base your strategy on. In short, this is why people cover the alley. The pain of being passed, and the times you were caught, overshadow all the time the ball weakly crossed the middle of the net (and you should have been there, but you were covering the alley instead).

So **know the court**. Not the 2,800 square feet, but where to hit and where to stand for each given situation. Good luck out there!



## 2011 Orindawoods Summer Tennis Camps

Welcome to the 2011 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 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. Non-members are welcome in all our classes.

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 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 Quick Start 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 you sign up early.*

<b>2011 Weekly Summer Tennis Camps</b>				
Camps	Ages	Days	Times	Cost per week Member/Non-member
<b>Full Camp</b>				
Afternoon camp	7-16	Monday-Thursday	12noon-3:45pm	\$180 / \$205
<b>Half Camps</b>				
Instruction block	7-16	Monday-Thursday	12noon-2:00pm	\$115 / \$130
Match Play block	7-16	Monday-Thursday	2:15-3:45pm	\$90 / \$105
Lil' Ones Camp	4-6	Tuesday & Thursday	4-4:45pm	\$30 / \$35

There will be a camp each week, June 13 through the week of August 1. Contact Patric ([patrictennis@yahoo.com](mailto:patrictennis@yahoo.com)) to sign up or to get more information or call 925-254-1065. Enjoy!

### Enrollment Form

Last Name \_\_\_\_\_ Address \_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ Phone \_\_\_\_\_

Child's Name (1) \_\_\_\_\_ Age \_\_\_\_\_ Child's Name (2) \_\_\_\_\_ Age \_\_\_\_\_

Session 1	June 13-16	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___
Session 2	June 20-23	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___
Session 3	June 27-30	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___
Session 4	July 5-7	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___
Session 5	July 11-14	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___
Session 6	July 18-21	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___
Session 7	July 25-28	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___
Session 8	August 1-4	Full Camp ___ Half Camps Instruction Block___ Match Play ___ Lil' Ones ___

### Total Camp Cost:

Child (1) Cost: \_\_\_\_\_ + Child (2) Cost \_\_\_\_\_ -Discount for Child (2) \_\_\_\_\_ =

