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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

February, the Month of Luv

Yes, I'm going to haul out all the bad, tired, stale tennis luv jokes here. "Tennis is the only place where luv means nothing." "Luv all your opponents this month, 6-0, 6-0." "Spread the luv this month each time you play." Etc... Give up yet? I'm sure I can come up with more. Many more.

Perhaps it is better to focus on the love of tennis this month. The way this winter is going so far, you will have plenty of dry days and court time to express your love. Or luv, if you prefer.

Coffee Cup Crisis Averted

Last week tragedy almost struck the Club when it was believed that we were out of coffee cups one Tuesday morning. Fortunately, Daryl McCosker was able to conjure up some spare cups from who-knows-where, and the crisis was averted. Never fear, more cups are on order. With members like Daryl, we will persevere. Members, after all, really do make it a club (def: an association of people united by a common interest or goal).

Tennis Tip

Disappointment

Not a very inviting title, or perhaps topic, but hang with me here, because we all experience disappointment. It is a universal feeling, and one of the keys to our ultimate success and happiness is how well we deal with disappointment along the way to success. Do we get so sidetracked that we never get to where we want to be, or do we readjust, set our sights again on the prize, and soldier on with the journey.

We play a game where 50% of the people who played today lost. Losing is part of the competitive life. We don't go out there planning to lose, perhaps we even plan to win. After all:

"If winning isn't everything, why do they keep score?"

-- Vince Lombardi.

But no matter how good you are, or how hard you try, at some point you will lose. Depending on your level, performance and your opponent, you might win often, or you might lose often, but as the saying goes, "you win some, and you lose some."

And even if you are winning matches, you are still losing plenty of points, maybe even a set now and then, and you have to manage the potential disappointment involved there as well to be able to go on and win the match.

"Failure" When I was in high school I played varsity tennis for three years. My high school had a strong team. We were always in contention for the league title (we won it 2 of those 3 years, 3 of 4 if you count my freshman year when I didn't start). Each of the three years I played varsity, I beat everyone at my level except one guy. I was 8-2 as a sophomore, 8-2 as a junior and 8-2 as a senior (we played each school twice). And in those three years I was 0-6 in the only matches that I thought at the time were important, against the best other player in the league. My senior year I was

Ball Machine Club

Just a reminder to you Ball Machine Club enthusiasts, the 2013 ball machine club membership ends on February 28, and if you want to continue with the ball machine club, payment is due by March 1st. The Ball Machine Club membership will be \$110 for 2014 (March 2014-Feb 2015) for unlimited access to the ball machine when it is available. Remember, there is no ball machine use during prime time (M-F 9-10:30, Sa-Su 9-12pm, and all evenings).

Save the Date

Ace It! 2014

The date for this year's breast cancer awareness day is June 7th. Mark your calendars. As always, we will be raising money to fight in the battle against breast cancer. Ace It! features a morning of clinics by local pros, followed by the Ace It! Luncheon on the deck, and the Ace It! Tournament in the afternoon. Mark your calendars and don't miss this great event, both for your own tennis, and to support our friends and loved ones.

Coming Soon to Junior Tennis

Fantastic Friday Workouts

Starting in mid-February, Head Pro Patric Hermanson and Associate Pro Anna Marie Gamboa are going to be offering a bonus Friday workout for those children in our program that want organized tennis practice more than just once a week.

The class is limited to kids playing in our Tennis Development (Thursdays) or Tournament Training (Wednesday) levels at this time.

We have felt for quite some time that we need to add more tennis for our serious and committed kids.

The cost will be \$200 and the 8 week session will run from February 14 to April 4th. Join us for more junior tennis fun!

the second best player in the league by a mile. I was proud of the team's accomplishments. I was a real team player, but disappointed with my own record, which was ironically 80% successful. I contributed a lot to putting those pennants on the gym wall, but I felt like a personal failure.

“Success” After college I played on a volleyball team that probably only won about 30-35% of its games, but one weekend we won a tournament, and that felt like that team was a success. I still remember that day clearly, though it was over 30 years ago now.

We can see that disappointment can be crushing, or it can be motivating. Success can be everything, or mean nothing. Culturally, we hear all sorts of crazy things, like "winning is the only thing that matters," "she is a loser," or "that person got used to losing," or "he can't win the big game."

If you are stuck in a losing rut, or have suffered a disappointing loss, what can you do to pick your spirits up and turn it around?

Shared Experience. First of all, realize that we all go through these periods. It is easy to feel shame around a losing streak. You fear that you are somehow a loser (and now everyone knows). You were able to hide what a loser you were for years (maybe faked your way through beating inferior opponents), but word is out now. Just look at the scoreboard. You don't want any one to know, but there you are, playing and losing in front of "everyone." You're afraid people will go on the USTA site and see that horrible result or your lousy record for the year. Maybe you're afraid your partners won't want to play with you any more (like you have the losing plague -- and they are afraid they might catch it), or your captain won't play you any more. Or you are terrified you will get in a close match and double fault again on a big point. You feel like just can't face the world (or yourself) if that happens again.

Opinions of Others: Sometimes disappointment comes with success. Perhaps you have a great year, and no one seems to notice, or the USTA doesn't bump up your rating when you thought this was the year you really deserved it. Or maybe winning the big match, getting to 4.0, winning the title, or beating your rival didn't end up feeling the way you expected. You were left with a hollow feeling? Or wondering what all the fuss was about in the first place. Or maybe you wonder, was all the hard work, effort, expense worth it to [win / lose].

Maybe your disappointment was as simple as you didn't get the reservation time you wanted for next week at Orindawoods, and no matter how hard you try, there are a few people that seem to beat you to it, more often than not.

You. One thing all these potential scenarios have in common is YOU. You could win and feel disappointed, you could lose and feel disappointed. Our reaction is really up to us, in some sense.

So is the feeling of success merely what we think? Is happiness or sadness completely up to us?

There are certainly bumps in the road in life. Some are perhaps preventable, some are not. They can come out of the ether when you aren't looking, or sometimes even when you are standing there with your eyes wide open, and are completely on guard, prepared, and ready, and the trouble comes your way anyway. And knocks you on your butt.

We can look back and Monday morning quarterback until we make ourselves sick with regret, but bad stuff is going to happen. Does it have to lead to disappointment?

Your Response: What is up to us is how we respond. The response choice is ours, at least at some level. But this does not mean that we can simply or easily overcome any bump in the road. Some disappointments can be overwhelming, and lead to a real dark night of the soul. They can sap our energy, sabotage our motivation, wreck havoc on our disposition, destroy our confidence. They can leave us a mere shadow of the person we normally are. One wrong word from the right person can crush the life out of someone. Especially if that wrong word was from the critic inside you, or someone you have appointed to have power over you. A person you have trusted with your soul.

What Can We Control? What to do? What to do to overcome such disappointments, and what to do to not be disappointed so often?

As I mentioned earlier, I was on a volleyball team that was literally a bit short on talent (height is important in that game), and therefore really struggled to succeed. Not only that, but being 5'11" myself (which may seem tall to a lot of people, but it is short in volleyball), I had my own height challenges to deal with. I trained hard, improved my jump (you can't improve your height), improved my skills, but as long as I was on that team, we were going to be

hard pressed to succeed in terms of wins and losses. A bunch of roughly six footers, playing people that are 6'3" or even 6'5" is an uphill battle. And a steady diet of losing, if winning and losing is what you focus on, can get you down.

With twelve players on the court, and another four people refereeing, I soon realized that no matter how well I played, I really had very little to do with the outcome of the

Quote of the Month:

"If we can't stand up to the *never good enough* and *who do you think you are?* we can't move forward."

-- Brené Brown



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game. How could I rate my performance other than wins and losses?

A New Way To Score: I came up with a personal "scoring system" that I later carried over to tennis (because it works):

Was I in position (even if the ball didn't come to me)? Was I ready? Did I make the reads (anticipation)? Did I have good shot selection? Did I make the shots, passes and serves I was supposed to make? Did I have the right mental / emotional mix? The right amount of fire, the right amount of ice? Was I a good teammate? Did I miss because of a mistake I made, or did they simply hit too good of a shot? These were all things that basically only I knew the answer to, and they were all things that were within my ability, and I could succeed at. These results, these scores, were within my control, whether the team won or lost.

In other words, I learned to focus on the process of playing, and the key things that I could do, and not the outcome. Using a scoring system like this, it is very possible to "win," play the best you can, and still "lose" the game on the scoreboard.

Recently Nadal lost the London Final to Djokovic and said that he felt good about the match. He played well, did the things he was trying to do, and Djokovic just played better (on that day). He realized that the outcome could (and has been) different on other days. He wasn't disappointed, even though this match was the year-end championships. Rafa, like all great players, was focused primarily on the process.

The other beauty of this system is that if I actually have a bad game, and failed in some of my process, at least I knew what I had to work on. This is a sports version of the Serenity Prayer:

"God grant me the serenity to accept the things that I can't change, the courage to change the things I can, and the wisdom to know the difference."

-- Reinhold Niebuhr.

For success, we need to create an environment that makes us feel good. Positive, pro-active, alive. Some of this comes from the outside, our external environment (the people we hang out with), and much is internal. How we manage our internal environment. Of course, the external affects the internal, and visa versa.

A Bigger Fish: In tennis, particularly singles, we have a bit more control over the outcome (than if you are playing football, volleyball, soccer or other games with lots of participants), but we don't get to "choose" who wins or loses. We can play great (like Nadal), our opponent plays better. Or we play great, they play so so, but they have so much more talent than we do that we still lose on the scoreboard.

No matter how much you want to succeed, only one team wins the Super Bowl, out of all those that tried. Only 4% of the juniors playing tennis ever play college tennis. The percentage of those juniors who go on to play pro tennis is minuscule. And that is just play pro tennis, no mention of making a living, being in the top 100, top 10 or number one.

And on top of all those miserable odds, there is at least one former pro who made #3 in the world, and considered his career a failure.

Chances are, there is always a bigger fish, or a player that has a better day than you, or you are just "off" today, or "out of sorts."

Give Up? Tank? So do we set ourselves up for failure, and disappointment, by even trying? Why should we even put ourselves out there if we are just going to lose, be hurt and feel disappointment. Many a player, when they sensed pressure, tension and the possibility of disappointment has withdrawn their effort in an attempt to protect their ego. They may have lost, but walked off the court with some of their ego intact. Why not just give up, or withdraw? This idea really questions what is at the heart of winning, and what winning really means.

No one answered this question better than Teddy Roosevelt:

It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the 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 nor defeat.

And of course, often, the biggest, toughest, meanest, nastiest, vicious critic of them all, is ourselves.

So accept disappointment. It's part of life. Feel the pain, but use it to press on. To become stronger. You are either getting better or getting worse.

"What doesn't kill you makes you strong." -- Friedrich Nietzsche.

Process Not Outcome: We can all get stronger. Focus on the process, not only during points, but between them as well (are you preparing for the next point in a way that gives you the best chance to play well, or putting yourself in a funk because of what just happened?).

People who focus on outcomes tend to lose (unless everyone in the match is focused on the outcome, and then someone wins, but it is probably a lousy game, played scared and played poorly, and the last person standing happened to "win."), If the focus is on outcome, win or lose, no one plays well, and as a result, we don't feel very good about it. Even in triumph. That can be a disappointment in itself.

And if your disappointment is due to the reaction of others (they didn't cheer, applaud, reward or even notice), know that it wasn't personal. That they were caught up in their own issues, fears and concerns. What a shame they missed how great you were. It was their loss, not yours. Don't make it yours.

"The greatest accomplishment is not in never falling, but in rising again after you fall." -- Vince Lombardi.

Junior Tennis Program Winter And Spring 2014

Come join Head Pro Patric Hermanson, Associate Pro Anna Marie Gamboa and our junior tennis staff for our fun, informative and competitive Winter Junior Program. The Winter Session will start the week of January 6 and run for 10 weeks. The Winter Session will be followed by the Spring Session. Both last 10 weeks and have the same costs per session. We are adding the Friday Workout as well in mid-February for those players who want tennis more than once a week.

<u>Level</u>	<u>Class</u>	<u>Time(s)</u>	<u>One day/week</u>	<u>Two Days</u>
I	<u>Lil' Ones</u>	<i>Tues/Thurs 3:15-4pm</i>	<i>\$135*</i>	<i>\$215*</i>

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 using age appropriate balls and court size.

II	<u>Future Stars Group</u>	<i>Tuesdays 4-5:30pm</i>	<i>\$250*</i>	<i>N/A</i>
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The **Future Stars Group** is for our 7 to 10 year old players. The players will be working with 10 and under balls on 36', 60' and full courts. Stroke instruction, tennis games, and match play are all part of the curriculum as we work our way up to green dot balls and full court.

III	<u>Tennis Development Group</u>	<i>Thursdays 4-5:30pm</i>	<i>\$250*</i>	<i>N/A</i>
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In the **Tennis Development Group** we will work on refining technique, improving footwork and developing strategic awareness for successful match play. This class is for beginning through intermediate players ages 11 thru 14.

IV	<u>Tournament Training Group</u>	<i>Wednesdays 4:30-6:30pm</i>	<i>\$340*</i>	<i>N/A</i>
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New for this Winter Session: We have extended the clinic from 1 & ½ hours to 2 hours to better serve the needs of the players at this level. The **Tournament Training Group** is an invitation only class. Contact Patric about setting up a try-out.

V	<u>Friday Workouts</u>	<i>Fridays 4:00-5:30pm</i>	<i>\$200*</i>	<i>N/A</i>
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New starting in February: We have added Friday Workouts for **The Tournament Training** and **Tennis Development Group**. This class will last 8 weeks, February 14 to April 4th.

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