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Orindawoods Tennis News

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"I like this place, and willingly could waste my time in it – Celia, *As You Like It*, Act II, Scene IV

A New Decade Looking Forward 2010

Club is in top shape. The courts are beautiful, the lobby is much improved, the pool looks fantastic. The landscaping has improved and we are looking for other places where we can do nice upgrades all the time. The major work this year will be the rebuilding of Court One in August. The court will have to be closed for about a month while the petromating process takes place. We will put a new asphalt surface on top of the existing surface, and then color that after the new asphalt has had about a month to cure. The work should be done for September and the beginning of the school year.

We have lots of league action scheduled for this year, as well as another great year of Monday Team Tennis and Ace It!, both starting in June. We have a great new Associate Pro, Brad Shak and our Junior Program, led by Patric and Brad, looks better than ever.

Looking Back

One of the elements that makes Orindawoods Tennis Club such a great place to play is all of you. Thank you for spending some of your leisure time with us. Tennis is a wonderful game, and our Club is a great place to play tennis.

I would especially like to thank all the **team captains** we have had this year (and in past years) for spending their time and energy to make sure that everyone who plays league tennis could enjoy being on a team.

Behind the scenes it is the **Board Members** of Orindawoods that keeps the club on track and running smoothly. Thank you to president Bob Testa and all the Board Members for keeping the club on the right direction. Special thanks have to go to Carol Penskar, Dick Rogan and chairperson Steve Draeger for being members of the **Tennis Advisory Committee**. We will continue to work together to improve and grow the Club.

Great Staff. We continue to be blessed with a great staff here at Orindawoods. Head Pro **Patric Hermanson** continues to do a fantastic job with the Junior Program as well as being my right-hand man. He will be joined in 2010 by our new Associate Pro **Brad Shak** (see right). The junior staff does a great job (Sarah, Victoria, Emily, George). Courtney Krakow is in her fourth year as our Sunday Morning staff. Thanks to **Philip Laubscher**, who returned to his home town of Spokane, Washington after five wonderful years here at the 'Woods.

2009 was a great **league tennis** year here at Orindawoods. Many players got to try out their luck against various competition at several different levels. The number of teams we had at the Club expanded, with new teams in USTA, and BALL, Fall and

Price Changes for 2010

The price list below reflects some slight increases to keep the club top notch. The costs of running the club continue to increase. The Board, Tennis Advisory Committee and management do everything that they can do to keep costs down while maintaining the quality that you have come to expect. Managing the club's finances is always a balance.

Our membership has held pretty steady during these tough economic times, but like all of us, we are hoping for a recovery in the new year. We have pros of exceptional quality here at Orindawoods, and their pricing has always been a bit below the market rate.

2010 Price List

Membership Dues					\$98
Summer Pool Membership					\$275
Guest Fees					\$5
Team Guest Fees					\$40
Ball Machine Club (3/1/10-3/1/11)					\$100
Ball Machine Hourly					\$8
Tennis Lessons	Hr	½ Hr	3	4	
Keith Wheeler	\$60	\$35	\$22	\$17	
Patric Hermanson	\$60	\$35	\$22	\$17	
Brad Shak	\$55	\$30			

New Associate Pro

Brad Shak

Welcome to our new Associate Pro Brad Shak. Brad joined the Orindawoods tennis staff this past month after having taught private, semi-private and group lessons at the Pleasanton Tennis Center. He will assist Patric in teaching the juniors and teach private lessons to adults and juniors alike.

Brad has been a tennis professional since 2007, is certified as an instructor by the Professional Tennis Registry and is a former USTA 5.0 league player who still enjoys playing the game. Brad graduated from the University of Hawaii and is married with two children. One of his favorite pastimes is to teach/coach his daughter who plays for her middle school team and in USTA tournaments.

Spring leagues. Congratulations to all the players, and especially to those who moved up in ratings in 2009.

Last winter we had the **Club's pool** rebuilt. We were also forced to take down some trees surrounding the pool area. These two changes gave the pool area a brand new feel. This past summer the new pool was a big hit. It wasn't our hottest summer, but with added sun exposure and a beautiful revamped facility, the pool was as popular as ever.

Our **Ace It! Breast Cancer Awareness Day** continued with its eight rendition in June of 2009. Once again we raised well over \$10,000 for Alta Bates Summit Breast Center.

Monday Night Team Tennis. Every Monday night through out the summer over sixty club members participated in Monday Team Tennis. The tennis was fun, the social element great, the heckling supreme, and everyone had a great time. Congratulations to all, as all are winners in MTT.

Junior Tennis. Congratulations to all of our junior members and class participants. It was a very good year for junior tennis at Orindawoods. Dozens of young players continue to develop and enjoy this game they can play for the rest of their lives. Several of our past clinic students went on to star on the **Miramonte Girls Tennis Team**, who were league winners and third place finishers in NCS, only losing to one team the entire year.

Lobby Make Over. Thanks to several dedicated members and staff, we were able to give our lobby a much-needed face-lift. Many thanks to Barbara, Lysbeth and Jo , plus help from their friends. We will continue to make more minor changes to keep the clubhouse a nice place to stop and have a cup of coffee and a chat with other members and guests after a game of tennis at our lovely club.

League Tennis Tip

Teams and Dreams

Over the past several years we have seen an increase in league tennis at the Club. This has allowed many of our members a wonderful opportunity to play in competition with members of other clubs. Leagues can be a lot of fun to participate in, turning a largely individual sport into the fun and camaraderie of a team sport. I often think back fondly to the days of High School Tennis, my team and my friends. There is something about combining with a group of players to build something larger than ourselves. Team play can be the most rewarding, and the most frustrating of sports experiences.

Some of this is tied to winning and losing, but it is not a direct correlation. There were many years in my past when I kept playing on teams even though we lost most of the time. Then there were glorious seasons in which everything fell into place, and wins rained down. Those were nice too. I have experienced struggling, sometimes in vain, to move up to a higher level. Sometimes finding out in the end that the players at the higher level were just people too, and that maybe being rated higher was not as great as I had imagined it to be.

Fun and enjoyment seem to be the key here. As I have written here many times on these pages, fun and high energy are the most important components of success. And they come before winning, not after. The cause is enjoyment and energy, the effect is winning. How so many of us have that backwards, and what tragedy, anguish and hurt feelings that one little, but fundamental, mistake can lead to.

If I could just get everyone to learn one thing, it would be this. Play for fun. Enjoy the heck out of your tennis. If you are happy, the winning and losing doesn't really matter. And when you win, you recognize that for what it is, a good day at the office, not the meaning of your life. Kipling had it right (see below).

I love league play, but one of the things that makes it interesting is it is fraught with danger. Many traps make navigating the tricky channels of competition even more rewarding if you bring your ship safely home.

But we are not the Orindawoods League Tennis Club. There is plenty of tennis here besides league play, and the growth in league play over the past several years has caused us to take a good hard look at what our guiding philosophies are. Here are some thoughts behind league play:

- If you look at our mission statement, the club is primarily for the recreational use of its members. Secondly, we seek to grow the game of tennis.
- So we have limited league play to certain days and times whenever possible. Weekday leagues play on Mondays and Fridays, not the busier Tuesdays, Wednesdays and Thursdays. On the weekends, league play doesn't start until the busy primetime mornings are near conclusion (after 11 a.m.).
- Teams must be for the members. If the teams don't

Quote of the Month:

If you can keep your head when all about you
Are losing theirs and blaming it on you

....

If you can dream – and not make dreams your master;
If you can think – and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two imposters just the same;
Selections from *If*, by Rudyard Kipling

- serve the needs of the members, than what is the point. We do take some non-members to fill out our rosters, and they will play once on the team, but the point is to create opportunities for the members to play and enjoy.
- Non-members should primarily come from a group of people that belong to other clubs. While this cannot always be the case, we are interested in having people on our teams that support the tennis industry. It costs a great deal of money to have a facility as wonderful as Orindawoods, and to maintain it. Not everyone can belong to Orindawoods, but members of our teams should be supporting the industry somewhere, at some other club.
 - Our teams are about participation. Everyone plays, and plays an equal amount (if their schedule permits). If we get in a playoff situation, then we play the strongest team available.
 - Being a captain is a tough job. We all owe these volunteers our thanks and our respect. Even if you think they make bad decisions, or don't like their hair style. Or management style.

Every decision we make here at Orindawoods is centered on the long-term best interests of Orindawoods and its members. If you choose to play league tennis, have a wonderful time. If you don't play league tennis, we still have a great club for you, with most of the prime time slots still set aside for non-league play. We strive to strike a balance between organized activities like league play, junior clinics and fun events, and open play and merely social tennis. Fun for all.

Tennis Tip:

Teammates

OK, it is a given. Everyone wants to do well when they play. If they don't, they won't be out on the court much longer because they will just quit playing, the fire inside gone.

The two most important things when playing are having fun, and having lots of energy. Or simply put, have high positive energy. The trick is to stay positive at all times, despite what the Bard called "the slings and arrows of outrageous fortune." Not an easy task, in any circumstances.

When we play on a team, we owe our teammates the best we can play. We need to bring to the match a high positive energy that can carry us through the inevitable adversity that we will find in a competitive match. We only want to think thoughts that help us.

Our second job is to try to bring out the best in our partners and teammates. In other words, to help them find their own high positive energy state. Help them have a good time. If our job is only to think thoughts that help us, we need to only say (verbally and non-verbally) things that help our partners and teammates and not hurt them.

What about anger? Anger is often full of high energy, it just isn't very positive. In fact, anger can be very self-destructive and damaging to the cause. While energy is the most important element of performance, a performance fueled by anger will be inconsistent at best. A bit of anger may take you to a quick high, but watch out for the following low. In a fine-motor-skill sport like tennis, huge injections of adrenaline are detrimental to performance.

Yet things happen that frustrate us in matches (and life). Perhaps we play poorly, our opponents are lucky, obnoxious or they cheat, or your partner or teammates are jerks. To think there will be no anger in tennis or life is a pipe dream, better left in the realm of fantasy ("And they lived happily ever after"). As sports psychologist Jim Loehr says, "If nothing goes wrong during your match, you're not good, you're lucky." The trick with anger is to channel all that motivational high energy towards something positive. That is often called determination. That is the place to channel that energy, rather than to just spin out of control, screaming, throwing your racquet, pouting, bitching, making excuses, a victim of the constant shifting winds of life. After a string of mistakes, be determined to get the next ball in, or hit the next ball well. Use a bad line call to motivate you to new heights of play and energy.

If our partner is starting to loose it, our job is to try to bring them back into staying positive. Rally the team to the cause. Let's go get them, show them what we're made of.

So be careful with the negative stuff. That is like playing with dynamite. There may be a lot of energy there, but it often doesn't take us where we need to go.

Every player has strengths and weaknesses. Even the pros do, so certainly 3.0s, 3.5s and 4.0s do. It does no good to wish your partner could do something, or execute some strategy that they are not capable of doing. That will just send you, or your partner, or both down the negativity road to defeat.

A lot of emphasis in team play is placed on strategy and tactics. And certainly a team playing together, on the same page is a stronger team than partners playing at cross-purposes. It is nice to have compatible strategies.

Having said that, the single greatest determiner of success is playing well. In other words, hitting the ball well is the most productive place to place your energy, and the energy you encourage your partner with. Get them playing well, and most of the problems take care of themselves. If we look at the typical 3.5 player, on a good day, they play



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close to the 4.0 level. On a bad day, more around the 3.0 level. That difference between 4.0 and 3.0 is probably the difference between winning 6-0, 6-0, and losing 0-6, 0-6. So playing well is that important. That is why no match is a foregone conclusion. Show up and give it your best shot!

And the great thing about tennis is that it is never over until the last point, or you give up. I've won many a match that if you asked me during the earlier parts if I was going to win, I would have said objectively, no way, but I kept battling. Giving up happens all the time, as players try to protect their ego. Don't let that happen to you or your partner. As Kenny Rogers sang in the Gambler, "Every hand is a winner, and every hand is a loser." Good luck out there!

Winter Junior Program

The 2010 Winter Junior Clinics begin the week of **January 4th**, and will continue thru the week of **March 8th**. Program leaders for the 10 week session are Head Pro **Patric Hermanson** and New Assistant Pro **Brad Shak**. Coach Patric and Coach Brad will incorporate aspects of the USTA Quickstart Program into the Level I and II classes. Level III will also spend some time using Quickstart. Here is the winter class line-up:

I. Lil' Ones (Ages 4-6) Tues/Thurs 3:15-4pm \$115 (1 day/wk), \$190* (2 days)*

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.

*II. Future Stars Group (Ages 7-10) Tuesdays 4-5:30pm \$225**

The Future Stars Group is for players with no tennis experience to those who have played a year or two.

*III. Tennis Development Group (Ages 11-13) Thursdays 4-5:30pm \$225**

The Tennis Development Group is for our beginner to intermediate junior high schoolers, and for the younger players who can hit the ball back 4 to 5 times per rally and can serve the ball in from the baseline.

*IV. Tournament Training Group Wednesdays 4:30-6:00pm \$225**

The Tournament Training Group is an invitation only class. Contact Patric about setting up a try-out.

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

- We have factored into the cost of the clinics, the potential of two weeks of missed classes due to rain, illness, vacations, etc.
- Special Discount: 10% discount off the cost of second sibling. Discount taken off the lower of the two costs.
- Inclement Weather: In case of questionable weather (rain), please call the Pro Shop for a court condition update. Tennis shoes required (no black soled shoes).
- For more information or to sign up, please check out the club website or call Keith or Patric at the Pro Shop , or you can also e-mail Patric at patricTennis@yahoo.com.

Happy New Year!

It is hard to believe another decade has past. Fortunately, we are all getting younger every day, and our tennis is much better than it was ten years ago. In fact, I'm getting so much younger and better that by 2020 I should be playing in Wimbledon.

Given the disparity between my fantasy above, and the reality of life, all of us at Orindawoods hope that each and every one of you have a great holiday season, and a very happy New Year!