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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

Happy Holidays

As 2010 comes to a close, and 2011 is right around the corner, Keith, Patric, Anna Marie, Anastasia, George and Emily want to wish you a very happy holiday and a happy new year!

Looking Ahead to 2011

2011 promises to be another great year for Orindawoods. We pledge to continue to make your club the best tennis club that it can be. Most of the major repairs and upgrades have already been done in the past few years (including our rebuilding of court 1 in 2010), but we have a few projects in mind to keep the club in top shape. We are looking into replacing the women's showers. While we are charmed by the 70's motif and San Andreas size cracks, we feel that it is time to spruce up the shower area and we will be looking into doing that work in the new year. We are also planning some furniture upgrades for the pool area, as chaise lounges seem to have a fairly short life expectancy (especially when they are used as ladders to scale the fences for late-night parties). Our teaching staff continues to get the latest in training, including a workshop on QuickStart tennis this past month. We are all looking forward to attending the upcoming USPTA conventions, as well as other training opportunities. We understand that smart phone friendly versions of the Club's website are in the works from our Webmaster, and we will be seeing that in the future. And while we are far from promising anything, we continue to look into improvements like more court lighting, which may be beyond our current reach, but we want to stay informed and open to the possibility. We will continue to field league teams and host social and junior events that serve the membership.

We welcome everyone's suggestions for things that we can do better. You are our ears and eyes, and we appreciate anything that you can bring to our attention!

League Tennis

As many of you know, the 2011 USTA player ratings came out in early December, just in time for the mixed season, and the upcoming USTA Adult season (the really big one). Congratulations to all those players who moved up a level. We have a couple of mixed teams (6.0 and 8.0) and we are hoping to have Women's 3.0, 3.5 and 4.0 Adult league teams. There is talk from time to time about some Men's teams, but we need some captains, as a start, and then, we can go from there. If you are interested in any of these teams, and are not already in the loop with your group, please contact us at the Club and we will point you in the right direction.

Reindeer Games

On Sunday, December 12, Orindawoods hosted our annual Reindeer Games at the Club. We had 45 players show up for our winter classic. For once, we did not have to rename the event the

Dues For 2011

Club dues for 2011 will be \$102. We will continue to provide excellence at the lowest possible price.

If you have an automatic deposit from your bank be sure to adjust the amount for the January payment so you don't have to deal with late fees and all that hassle. Thanks.

2011 Price List

Membership Dues					\$102
Summer Pool Membership					\$275
Guest Fees					\$5
Team Guest Fees					\$40
Ball Machine Club (3/1/11-3/1/12)					\$100
Ball Machine Hourly					\$8
Tennis Lessons	Hr	½ Hr	3	4	
Keith Wheeler	\$60	\$35	\$22	\$17	
Patric Hermanson	\$60	\$35	\$22	\$17	
Anna Marie Gamboa	\$55	\$30			

Holiday Schedule

Can you believe it? Thanksgiving and Hanukkah are past, Christmas and New Years right around the corner. Here is the holiday Pro Shop Schedule. Other days during the holiday season we will have limited hours, but we will be checking our messages.

December 24-25 the Pro Shop will be closed for the Christmas holiday.

December 31, Jan 1 the Pro Shop will be closed for New Years' holiday.

Weather Updates

Yeah, it's winter. It rains, it fogs, it damps and it blows. Sometimes it freezes, and sometimes it snows.

But at Orindawoods, we're on top of the weather, or perhaps the weather is on top of us.

If you need to know the court conditions, we have three options:

- 1) Our court cam updates every 5 minutes to give you a picture of the courts.
- 2) We update weather conditions on the home page of the website as the conditions change.
- 3) Our outgoing phone message if you call.

RAINdeer Games, and much fun was had by one and all. Many thanks to Lysbeth and the gang for a great event!

Tennis Tip

Where Do Most Shots Go?

The simple answer would be crosscourt, or over the middle of the net. If you found a comfortable chair up on the Club deck, and watched any match, and simply marked on a chart where the ball crosses the net, you would soon see that the vast majority of the shots cross in the middle 50% of the net. This goes for any match, anywhere.

Four Factors

There are four factors in determining where the ball is going to go. Geometry, physics, physiology and psychology.

- Geometry – These are the angles that the ball can be hit at and go in the court from where you are hitting.
- Physics – These are the properties that the ball is hit with and the effect those properties (spin, speed, angle) have on the forces of gravity, air pressure, wind, etc and your ability to hit the ball.
- Physiology – The way the body works. Some moves, or shots are possible, and some are not, or much more difficult to pull off. The force one can generate on the ball is also affected by physiology.
- Psychology – Different players have different tendencies, favorite shots, and predictable patterns under stress vs. when they are stress free.

Skill. Is this the fifth factor? A player's skill does interact with these four factors in a positive or negative way, but the four factors are still the limits that must be dealt with. They can be more or less limiting based not only on your skill, but the skill of the person hitting the ball to you.

Why?

If most of the balls go over the middle of the net, how come no one is standing there? Well the obvious answer is that if we place a player in the middle, no one is covering the sides (or at least one side is not being covered). A valid point. The crucial question, however, is not what is left open, but can your opponent hit the ball there with any regularity? That goes back to the four factors, and your reading / interpretation of the tactical situation.

When?

If you hit a strong shot (the physics very much in your favor), then it would be a huge advantage to have a player (at least one) waiting in the middle of the court. Remember, under pressure, most players return the ball through the middle.

If you hit a shot that put your opponent under very little pressure, they could potentially direct the ball where ever they wanted, and it would be a good idea to have your two players each do their best to cover one side of the court.

Positioning / Best Formation

If the ball is going to go through the middle most of the time, especially when your opponent is under great stress by your shot, or the situation, then the best formation in tennis is the "I" formation, or Australian. They are slightly different, but they basically cover the middle with the net person.

In the "I" formation, one player is basically playing singles in the front, and one player is playing singles in the back. You might say that leaves a lot of room on the side, since doubles is played on a wider court (by 9 feet), but there in lies the key, the ball has to be hit in a forcing enough manner to make the opponent to hit the ball back in the middle.

What Shots Force Returns in the Middle?

A very hard shot down the middle often elicits a return back through the middle. For example, a powerful serve down the T is way more often than not, going to force a return that comes back in the middle half of the court.

Powerful angle shots, or very short or sharp angled shots often cause a cross court return, which means that the ball is traveling across the middle of the net. In other words, under stress, the ball tends to go back the way it came.

Basic Serving Patterns that Make You Look Good

Deuce court:

- 1) Regular formation, big serve down the middle. Net person should adjust their position more towards the middle of the court after the serve passes their shoulder.
- 2) Australian or I Formation: Slice serve, out wide hooking away from the returner. This serve usually forces the receiver to reach, which due to physiology of the way a shoulder works, tends to make the shot be pulled cross court, toward the net person in the middle.

Ad Court:

- 1) Regular formation: hard serve out wide. Net

Quote of the Month:

"Never doubt we all worship something. We may think that our tribute is paid in secret. But it will out, for what we are worshipping, we become."

-- Ralph Waldo Emerson



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

Associate Pro:

Anna Marie Gamboa
gamboa.tennis@yahoo.com

Junior Tennis Staff:

Emily Spitz
Victoria Shepard
George Kaiser

Weekend Staff:

Anastasia Kaiser

Newsletter Editor:

Keith Wheeler

Associate Editors:

Patric Hermanson
Marcy Sharafian

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person should adjust their position towards the middle to cut off the angle return (most right-handers have a very hard time taking a powerful or angled serve and hitting it down the line with a backhand).

- 2) Australian Formation: hard serve out wide. Again, the returner will be forced to hit the ball cross-court, towards the net person.

The advantage of the Australian formation to the Ad Court is that the volley will probably be a forehand volley, where in regular formation, the net person will probably have to hit a backhand volley, and the ball will be traveling across and away from them.

So What To Do?

All things being equal, I would start out playing regular formation in the deuce court and Australian in the ad court (given we were both right handed, with reasonable skills). Obviously, this would change based on individual talents and skills. Having a left-hander, either as your partner or opponent changes things up. For example, serving against a left-hander in the deuce court is a great time to play Australian. Anyone with a huge cross-court shot might be good to play Australian against. Australian often works against the opponent's weaker side, as they probably have trouble going down the line. But it can work against the stronger side too.

In one of my clinics recently, we had a player with a really huge forehand returning from the deuce court. I told the serving team to play Australian and serve to her forehand. They looked at me like I was nuts. No one ever serves to her forehand, they said. I asked them to trust me, and after they won 8 of the next 10 deuce court points they understood why. The truth is, the returner had a monster cross-court return, but her down the line was so-so at best. In fact, she just blocked the ball with no pace at all. The entire dynamic of a match can change, just like that.

It is good to keep in mind that most club players do a few things really well, and a few things pretty poorly. If they didn't have weaknesses, they'd be in the pros and you wouldn't have to play them. So mixing up what you are asking them to do until you find what works is a very good plan. Australian, or "I" formation is a very good way to change the game, and test your opponent's skills.

While not the focus of this article, there are other things you can do to change it up. Pace (or lack of pace), spin, location, style, height, etc. Remember, Sabatini led Fernandez 6-0, 5-0, 40 love and lost. That's cutting it a bit close, but Mary Jo Fernandez figured out what would work. In fact, I believe she won 13 of the next 14 games for 0-6, 7-6, 6-1. One player used to say, "I never lost; I just ran out of time to figure the match out." Not a bad way to look at things. There usually is a way to win almost any match. Can you figure it out? Do you have the skills to pull it off? Good luck out there!

New Year's Resolutions:

Here are our new year's resolutions for all members. Repeat along with us:

"I will cancel all reservations that I'm not going to use."

We want to have the courts available for other members who might want to play. So we hope you can join us in making this commitment for 2011! (To cancel a reservation on the website, simply click on your reservation and then click on delete on the next page -- yellow button at bottom).

"I will hang all roller squeegees back on the fence after I use them"

It may seem harmless to leave a squeegee sitting on the ground, but when they dry that way, it actually makes them flat on one side, and even getting wet again doesn't restore their round shape. With a flat side, they don't work very well and future puddle pushing experiences will leave you frustrated and annoyed.

