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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

Court One Repair/Court Reservations

Court One

This summer we will be rebuilding Court One to bring it up to the fine standard of the other courts. The fences will come down on July 12, then we will repave the court (petromat) on the 13-14. The court needs to sit unused for a couple of weeks while the asphalt cures, after which a new top surface will be applied near the end of the month. The scheduled work will be July 12-29, give or take a couple of days. So by the end of July, we will have a brand new court!

Court Four Reservations New!

During the time that Court One is out of action, Court Four will become a reservation court. That means we will have one less drop-in court for the month of July, but we will not have fewer reservation courts (except during league matches).

Pool Rules

Now that we are finally having some summer weather, enjoy the pool! We only have a couple of rules, but they are important:

- Hours are dawn to dusk (pool heater goes off after dark)
- We have no lifeguard, so swim at your own risk
- Children under the age of 14 need to be accompanied by an adult
- Please keep the gate closed at all times. This protects our little members from running in the pool unsupervised.
- No diving
- No running
- No glass in the pool area (glass is invisible in water and therefore very dangerous)
- No little children in the spa (it is bad for their health, as children under the age of 5 can't control their internal body temperature. i.e., they cook in the spa. Not a good thing).
- The built-in BBQ is for club functions only

Have a safe, fun summer season in our pool!

Ball Machine Reservations

To clear up some confusion, to reserve the Ball Machine, just reserve court #3. If you have a court 3 reservation, you can either just play, or use the ball machine. Please remember that ball machine reservations are limited to sixty minutes, while regular reservations are for up to ninety minutes.

If you are not planning to use the ball machine (and it is not prime time hours: 8:30-10:30 weekdays, 8:30-12 noon on Sat/Sun, all evenings), and other courts are available, please consider using one of those other courts, so that someone can use the ball machine on court 3. Thanks.

Court Washing

Now that summer is finally here, we are starting our 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.

Welcome to New Members

We have had several families join the Club in the past month. Welcome! If you have questions about the club, rules, usage, anything, talk to our staff and we will be happy to help you out. Our e-mail address is: orindwoodstc@sbcglobal.net.

For the rest of you who have been members for a long time, we are closely monitoring the level of members so that we have plenty of friends to play with, but not so many that we can't get on a court to play our beloved game of tennis.

Summer and Fall Leagues

This fall we are going to have a Fall A2 and Fall B3 team, a BALL A3 and BALL B3, and a Senior C. These matches will be played on Monday and Friday mornings. If you are interested in these teams, contact Keith or the captains and we'll get you set up. For USTA, we will probably have a Senior 3.5 team, perhaps some others.

This summer, we have two senior mixed teams, 7.0 and 8.0, and Combo 5.5 team. Good luck!

Tennis Tip

Confidence

Few things impact the outcome of a match more than confidence, or the sudden lack of it. Even the greatest players are struck by losses of confidence and form. Someone who courageously put it on the line week after week in the past, suddenly can't perform up to anywhere near their level.

In tennis we lose close to half the points in every match, whether we are winning or losing the match. That makes being a tennis player a rough place to exist and feel confidence. And yet it is this very confidence, if you possess it, that somehow lifts you over the threshold to victory.

I have used several strategies in my life to build and maintain confidence. Some work better than others, and all have succeeded and all have failed at one time or another.

Fitness. Being in better shape than anyone else on the court provides a great sense of confidence. You know you can out last anyone. This is especially useful if you are playing singles.

Excellence. Nothing works as well as hitting the ball well. Just hit the ball well, and everything takes care of itself, including confidence. Most would say, "Well dah." But it is amazing how seldom people focus on hitting the ball well. In fact, sometimes they are doing everything but focusing on hitting the ball well (Where should I hit it? What is the score? I need to win this point. My feet hurt. The sun is in my eyes. It sure is windy. My partner is a loser. I hope my opponent double faults. I'm such a choker. Etc....)

Belief in Your Strategy. One thing I have noticed when I watch pro matches is that when things are going bad, they seldom change strategy. They just attempt to play better. They have confidence in their game plan, the style by which they play. In working with a lot of doubles teams, strategy becomes so important. And I have found that with any system, you are going to lose points. The trick is to know the percentages and stick with your plan. Keep the faith!

Preparation. Sort of the equivalent of doing your homework, studying for your match, training, getting your shots grooved, learning shots that you might need to use, all these make players feel better about playing.

Preparation also involves physically getting ready for the match. Sleeping enough, having enough rest, eating the right foods, drinking plenty of pre-match water, getting the warm-up that you need, having everything you need on the court in your tennis bag (extra racquet, power food, water, wrist band, hat, head band, extra sox, tape, spare over grip, etc...). In other words,

knowing you are ready.

Focus. Staying in the present moment, being one with what you are doing, is the ultimate in confidence. Be who you are, do what you do. No questions asked, because there is no separate you (ego) from what you are doing.

I recently saw a TV special on the late John Wooden, and it said that John Wooden didn't scout the other teams. He knew that if his team

Quote of the Month:

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

-- John Wooden



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did what they were suppose to do, they would do fine. That kind of says it all. Stay focused on what it is you can control, whether it is your level of fitness, how you prepare for a match, the strategy you use, and the focus you use to produce the excellence with which you hit the ball.

Tennis Tip

Power and Control

Players often have a huge misunderstanding about power and control. In fact, they often get it almost completely backwards. The intuitive thing is to think that power comes from strength.

Power comes mostly from speed. Of course we hear a lot about racquet head speed in tennis. But where does racquet head speed come from?

Not from strength. Think of your body. What are the faster parts? What are the stronger, but slower parts? Clearly the fingers are the fastest (if you are not including your mind, the fastest body part by far – and why confidence is so important—see above). Then wrist, forearm, arm. None of these limbs are that strong, compared to your trunk or legs, but they are fast. The core, and legs are relatively slow, but very strong.

Now speed is closely related to range of motion, or flexibility. The greater the range of motion, the more speed. Roddick rotates his arm about 270 degrees on a serve, therefore he gets a lot of speed and power. We think of him as strong, but he is actually amazingly flexible for a man. So was Pete Sampras, another great server.

For an example, let's look at the serve. If you turn your arm in the shoulder joint (pronation), you can move the racquet much faster than if you move your arm forward (swing your arm / swing your racquet). So players that turn, swing much faster than players who swing.

This is not to say that strength isn't important in tennis. It is very important, but strength is the source of control. The ability to stabilize the racquet, and keep it there, is what causes us to make the ball go where we want it to go (where the racquet is pointing).

To put power on a shot, we do a lot of twisting and turning, moving in arcs, but when our racquet gets to the ball, we need to have the strength to take all that energy and make it, channel it, straight into the ball and towards the target.

On groundstrokes, the pattern transitions from looseness to strength. We start very loose to generate some speed and mobility, small, quick movements, while we tighten and slowdown right at contact to hold the racquet strings pointed toward the intended target. One way to practice this is to hold the racquet very loosely, and then give it a bit of a squeeze as you hit. You don't actually need to do this, however, as it does happen pretty much naturally. All players naturally favor either speed (flexibility) or strength. Our task as players is to balance this out, and transition at just the right moment: contact. Good luck out there!

