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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

## Scarecrow

No, we are not in Kansas any more, and the Scarecrow is not a musical character that sings and dances his way through Oz. What we are talking about here are the evil crows of Orindawoods (sounds like the title for a gothic novel or Hitchcock horror movie), and our need for a scarecrow to scare them away. Did you know that while our teams were down on the court, struggling mightily to bring home victory for Orindawoods, the Crows of the Woods are up on the deck pilfering our snacks. Criminal.

During a recent MTT night, a crow swooped in, flew low over the deck, landed and snatched one of Lysbeth McNeill's Oreo cookies, right in front of our eyes. Oh no, tell me it isn't so!

So at Orindawoods, to play a USTA match it takes 8 players (six for doubles, two for singles) and one scarecrow. Captains, make sure to dress up one of your players in straw and overalls, and keep the evil birds away. Singing is optional, and no doubt some would say, not preferred.

Or even better yet, maybe we could get some of the 10,000 turkeys that live around here to fight off the 2,000 crows. Probably doesn't work that way. Too bad. Life in nature, what can you do?!?!?

## Monday Team Tennis

We are almost a third of the way through our MTT season, if you can believe it. There have been great nights of tennis, and sometimes even great weather nights, though we did have one rain-out. After four rounds of our 12 round season, the current standings are:

Team	Captain	Ave. Wins/night
Team Four	Winnie	57.00
Team Three	Chris	54.67
Team Two	Lysbeth	47.75
Team Five	Lynda / Nat	47.67
Team One	Barbara	43.67

As always, the food is fantastic and the weather is the weather.

## Summer Junior Program

Our Orindawoods Summer Junior Program is fantastic. Head Pro Patric Hermanson, plus Associate Pro Anna Marie Gamboa and our wonderful staff (Anastasia, George & Caitlin) are putting on incredible clinics this summer. Each week has been sold out so far, so if you want to get involved be sure to sign up right away.

For more information, look to Page 4 of this newsletter, or talk to Patric or Anna Marie. It has been so great to see so many children having fun, learning the game, and spending their summer on the courts. Don't miss out, sign up today.

## Tennis Tip:

### The Game Behind the Game

We all play the game of tennis. We compete for points, games, sets, matches. We all try to win, and as master teacher Vic Braden used to

## Men's and Women's Clinics

Don't forget, Head Pro Patric Hermanson hosts and teaches a Women's Clinic every Tuesday from 9:30-10:30. The Men's Clinic is on Thursdays from 9:30-10:30. Both clinics are drop-in and cost only \$5 each. This is a great way to work on your game, get some good instruction, and meet some nice folks!

### 4<sup>th</sup> Of July

Happy Birthday America! Just remember, there will be no tennis clinics or lessons on July 4, and the Pro Shop will be closed to celebrate our nation's birth. Of course the courts are still here, and you can make reservations and drop in as usual.

### Ace It!

Ace It! our breast cancer awareness day is Saturday, June 23. Remember that Ace It! uses all the courts, from about 8 a.m. to about 4 p.m.. After that, there should be open play. If you have made a contribution, thank you so much. We have raised well over \$110,000 in our ten years. If you would still like to make a donation, you can. Checks go to Alta Bates Summit Foundation. Thank you.

### Pool Scene

Hope you are enjoying the pool this summer. There have been some nice hot days when a dip in the pool sure is refreshing. We don't have a lot of rules for pool use, but they are important.

- No diving
- No running on the pool deck
- No glass in the pool area
- Children under the age of 14 need to be supervised by an adult
- Gas BBQ is for Club events only
- Please remember that this is a shared use facility, so respect other and their needs.

### Healthy Bits

No doubt your kids or grandkids have alerted you to the presence of our new Healthy Bites vending machine, but if you haven't sampled the fare yet, please do. There are some mighty tasty tidbits to fight off the pangs of hunger and thirst. Enjoy!

remind us in his humorous way, half of us lose every time. In most matches, the winner only wins a little over 50% of the points, and sometimes less (in the recent French Open Final, Nadal won 52% of the points, case in point, even though he won 3 sets to 1, which seems kind of one-sided, but only led Djokovic 21-18 in games). Winning the key points is crucial, but how do we do that? Champions seem to consistently "show up" for the big points. So can we!

Michael Meade wrote an interesting book called *The World Behind the World* that explores mythical stories and how they explain life in today's world (and what is really going on). I would like to suggest in tennis, that there is much more going on than the score (who's winning, who's losing), and paying attention to the game behind the game, or the invisible game, is the key to doing better in those crucial points, without getting discouraged by the "slings and arrows of outrageous fortune." Paying attention to the invisible game is also the key to winning more than your fair share.

I have often told the story of Wayne Gretzky, the greatest hockey player ever. It was said that what made Gretzky "The Great One" (as he was called even when he was still playing – a legend in his own time) was that while the average professional hockey player chased the puck around the ice, Gretzky stood where the puck would end up. While this is an incredible piece of insight on Gretzky's part, the unrecognized second part of his skill is just as important. That is, Gretzky was not always right, he was just the greatest player ever. We don't have to be right all the time to be great. In fact, the attempt to be right all the time is what makes us average and mediocre. The need to be right, and the fear of being wrong, is something that does not hamstring the great ones, but ties down the rest of us to a game of running around like a chicken with its head cut off, i.e. chasing the puck.

There is more than one game behind the game going on, but they are all related in that they focus on performance, and not outcome (the way to desirable outcomes is through performance, or in other words, you have to forget about winning, or be able to lose, before you can really breakthrough and win). When I played tennis as a child and then as a teenager, I thought the game was all about strokes, and who hit the ball the best. True, perhaps, but actually the strokes were often the effect of the real cause, skill plus my mental/emotional attitude. When I played volleyball in my twenties and thirties, I focused much less on the skills, and much more on achieving my Ideal Performance State (the most helpful mental/emotional state of mind, which would empower the physical performance). Winning the mental/emotional game led me to much better results than just chasing the score, trying hard, and hitting the best looking strokes possible. This was my first real consistent success in the game behind the game.

In my doubles strategy clinics, everyone hears the same thing over and over again: the team that controls the middle controls the match. This battle for the crucial territory on the court (our game board), is the real battle in doubles (tennis is a game of strategy, just like Chess, Go or Risk). Controlling territory is the game behind the game, rather than capturing pieces, which is the obvious thing to do.

Breaking your opponent's will to fight is another game behind the game. What do you think a lobster is doing when they throw up that 10,000<sup>th</sup> lob. "One more straw and I can break the camel's back," that's what they are thinking. The idea is to make competing so tough, so unpleasant, so difficult, that your opponent wants to do what any normal person would do, give up and go home.

So here is a key point: winning the game behind the game is not about being normal, it is about being odd. Normal people don't even know there is a game behind the game. They don't discipline their thoughts, emotions and actions. And so, they don't even realize when they have been had, they just lose and wonder why.

Andre Agassi, when he was at the height of his powers and being coached by Brad Gilbert, was famous for breaking down his opponents. Physically, mentally, emotionally, spiritually, a total victory. At times, he didn't even care about winning points. He just wanted to wear his opponent out, break his will by running them all over the court. Tour players at the time would say that they would much rather play Pete Sampras, rather than Agassi, because even though Pete was #1 and tougher to beat (barely), Agassi could just make you look bad, bad, bad, where Pete would win each set by just one break, and you would look respectable, even though you lost.

In conclusion, the highest compliment you will ever receive is not when your opponent says you played great, which may or may not be true, and don't hold your breath for any compliment, as many are not capable of being gracious in defeat. The highest compliment is when your opponent says to himself, his partner, perhaps even to you, "I didn't play well today." This is because you didn't let them play well. You won the game behind the game. You broke their will. Congrats!

### **Tennis Tip:**

#### ***Stages of a Match***

So playing "the game behind the game" is how you become a much better player, and a better competitor. One of the ways to improve your competitiveness on the court is to realize that there are certain stages of a match. How you perform during the crucial stages will largely determine the outcome of the match.

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

"We are often not the victim of circumstance, we are the victim of our own bad attitude. Those poor thoughts are what defeat us, in the end."



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more!*

The winner of a match often wins barely half the points, but there are crucial times in a match that swing a very close match one way or the other. If you can recognize these important turning points, and really focus, you are playing the game behind the game.

Here is what you should be doing at each stage of the match. You can give yourself a post-match report card, and focus your future practices on the skills, strategies and attitudes you need for the stage you struggle with.

### **Warm-up and first 3 games**

Get your rhythm, scout your opponent, establish your game, and implement your strategy. Both teams will go to their "A" game, the one that they feel they play the best and gives them the best chance to win. Don't let the warm up be just the five minutes you have with your opponent. You need at least 20-30 minutes of pretty intense hitting to be prepared. First impressions on your opponent are huge, make an intimidating one.

### **Up a break, down a break**

One team or the other is up a break. How do you keep your break, how do you get the break you have lost back. Are they changing strategy if you're ahead? Key question: Do you change your strategy if you're behind, or do you just need to play better. Be very cautious of making big changes, pros seldom do, because they realize what was stated above... most people start with what they do best. This is another reason why we see a lot of 7-5, 6-0 matches. Someone made a change after losing a close set, and it wasn't a good idea. Stay with your best, do it better.

### **First one to Five**

When one team gets to five games, everything changes. There is pressure on the team that is leading to finish the set. The team that is losing realizes winning/losing a set is huge in tennis, you can't ever get it back if you lose it, so often they just stop making mistakes and play really steady. This means that the winning team has to close it out, and the losing team fights for every point. No silly errors now (or high risk shots).

### **First Game of the Second Set**

This stage is messed up by more teams than any other stage of the six. If the team that won the first set wins the first game of the second set, they continue their dominance and very often go on to win. If they losing team wins, they establish they are back in the match, and even though they are down a set, all bets are off. This is one of the most important games of the match. Most people let down after a set is completed, especially if it is really intense and close, or very easy. This is why we see a ton of 7-5, 6-1 matches. Or even 6-1, 4-6, 2-6. A match that should have been won, but the team that won the first set let the other team back in the match. Really fight for that first game! It is a must win if you are serving, and a great win if you break. Catch the other team napping. Don't let it be you.

### **Driver's seat**

Up a set, up a break, keeping the pressure on. Looking for signs they are folding. Don't let up, don't be nice. Break them down. Make them want to quit. Make them want to be anywhere but here, playing you. This is a terrible time to get wild, try crazy shots, and let them think they have a chance. Really bear down.

### **Closing It Out**

Winning the last game (or tie-breaker) of a match. Get the first serve in (or return), really fight for the first point. Crucial. If you get the first serve in, and win the first point, you will win the game about 75% of the time, often in a walk. The first point is huge. If they are serving for the match, get that first point. Put pressure on them, often people will choke and you're back in the match, and they feel lousy. A great opportunity for you, even if you are behind.

### **Conclusion:**

There are certain key points or stages in a match. If you can keep the above ideas in mind, and look and see how you did at these crucial points in a match, then you have a much better understanding of what went well, and where you need some work. You can study the skills you need to succeed in certain stages. A big hint: a good first serve (or return), and a lot of tenacity goes a long ways in all six stages.

A match is a lot like a symphony, building to a crescendo. I keep telling myself this

next point is important, the most important point. Every point either establishes my dominance, or tells them I'm coming back if I'm behind. I should be getting better and more competitive as the match goes along. Tennis is a game you have to finish, the scoring system demands it, so every action you take should be based on improving your game for the end of the match. Build, build, build to victory. Not only should you be playing better as the match goes along, but you should be feeling better and better about yourself. If you are not doing this, you are not winning the game behind the game, and you are in trouble. Good luck out there!

### **You and the Elements**

#### **Summer Time**

The weather changed quickly this year from our rather wet spring to full-on summer. When it is warmer, please remember to drink lots of water, and wear sunscreen. Take more rests, and with our great gazebos, have a seat in the shade more often than you would during the rest of the year. Remember the pros sit down and take a break on the changeovers, why not you. Enjoy the great weather, and we'll see you on the courts soon!

### **2012 Orindawoods Summer Junior Tennis Program**

Welcome to the 2012 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 led by Head Pro Patric Hermanson and Assistant Pro Anna Marie Gamboa 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. Nonmembers are welcome in all of our classes for an additional fee.

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 the 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 Ten-and-Under Tennis 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 to sign up early.

#### **Weekly Camp Line Up**

<b>OW Camp</b>	<b>Ages</b>	<b>Days</b>	<b>Time</b>	<b>Cost per Week Member / Nonmember</b>
<b>Full Camp</b>				
Afternoon Camp	Ages 7-16	Monday – Thursday	12noon-3:45pm	\$185/\$210
<b>Half Camps</b>				
Instruction Block	Ages 7-16	Monday – Thursday	12noon-2:00pm	\$120/\$135
Match Play Block	Ages 7-16	Monday – Thursday	2:15-3:45pm	\$95/\$110
Lil' Ones Camp	Ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$35/\$40

#### **Summer Sessions**

Each week features the camp line-up shown above. We will offer the following weeks for camps this summer:

<b>Session 1</b>	June 11-14	Full Camp, Instruction Block, Match Play Block, Lil' Ones
<b>Session 2</b>	June 18-21	Full Camp, Instruction Block, Match Play Block, Lil' Ones
<b>Session 3</b>	June 25-28	Full Camp, Instruction Block, Match Play Block, Lil' Ones
<b>Session 4</b>	July 2-5 (no classes on Wednesday July 4, price will be pro rated for this week)	
<b>Session 5</b>	July 9-12	Full Camp, Instruction Block, Match Play Block, Lil' Ones
<b>Session 6</b>	July 16-19	Full Camp, Instruction Block, Match Play Block, Lil' Ones
<b>Session 7</b>	July 23-26	Full Camp, Instruction Block, Match Play Block, Lil' Ones
<b>Session 8</b>	July 30-Aug. 2	Full Camp, Instruction Block, Match Play Block, Lil' Ones

#### **Registration**

To register, pick up a form at the Club, download a form from the Club website's junior page or e-mail Head Pro Patric Hermanson ([patrictennis@yahoo.com](mailto:patrictennis@yahoo.com)). Make checks payable to Orindawoods. DISCOUNT: 10% off the second child's registration in the same week. The discount is taken off the smaller of the two clinic costs.

