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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

Davies Stadium Team To Nationals

Several club members played the recent USTA 40W4.0 season on a team from Davies Stadium in Oakland. That team went on to win Districts, then Nor Cal Sectionals and is going on to USTA Nationals in November in Rancho Mirage. It is a great achievement. Congratulations to club members Ellie Kann, Laura Kim, Darlet Lin, Andrea O'Brien, Kay Sander, Marcy Sharafian, Pascale Siu and Stephanie Yee as well as their teammates from other local clubs. Good luck with Nationals in November!

Social Tennis Event

Twilight Tennis BBQ

On Saturday, July 12, we welcome the return of the Twilight tennis social and BBQ at the Club. With the huge success of Monday Team Tennis every Monday night during the summer, the past several years we have not held our summer BBQs. But several people have requested that we bring back the old tradition, so here we go. Hold on for a wonderful, tasty ride! Let me ask just one question, "Do you like filet mignon?"

We will play a social round robin tennis tournament from 5-7 p.m., followed by a BBQ dinner. You have the choice of either steak or chicken. Salad, dinner roll, beans and desert will be included. You need to bring your own beverage, as tastes vary greatly. The cost is \$20 per person.

You can register by contacting Keith (orindawoodstc@sbcglobal.net) or going on the club calendar, clicking on the event, and registering on line. Please sign up by 6/10.

Monday Team Tennis

MTT is off and rolling, and the turn out has been great again this year. We even had a single really warm, nice evening, in between several totally freezing, windblown nights. Ya gotta be tough for play MTT. After five weeks of action, the standing are:

Team	Captain	W-L	PCT	GB
Team Four	Becky	279-203	.579	--
Team One	Barbara	245-237	.508	34
Team Two	Chris	223-259	.463	56
Team Three	Lysbeth	217-265	.450	62

We have only played about a third of the season, so there is plenty of time for a major change in the standings. And for there to be at least one more warm Monday night.

Ace It!

This year's Ace It! Breast Cancer Awareness Day on June 7 was a big success again this year. The morning clinics with the pros were fantastic. Numerous people commenting that this was the best year of clinics yet. Thanks to Patric Hermanson, Anna Marie Gamboa, Keith Wheeler, Steve Squire, Jim Coyne, Brad Reiser and Allison Rohdius for putting on a great show, and donating their time to the cause.

The Ace It! Luncheon was wonderful as always, with great food, numerous great raffle prizes, and the presenting of the check for nearly \$10,000 to the Carol Ann Read Breast Center at Alta Bates.

The afternoon featured the Ace It! Tournament. The winners were:

- Ladies 3.5: Julie Baker & Merideth Blain
- Ladies 3.0: Anne Harpham-Carley / Lynne Vuskovic
- Mixed 7.5: Janet Govan / Mel Siegel
- Mixed 7.0: Bruce Helsel / Alisa Riahi

Congratulations to these champions and everyone who played!

OWTC Junior Summer Tennis

Once again, Head Pro Patric Hermanson and Associate Pro Anna Marie Gamboa's summer clinics are a sell out. Every clinic so far has been full. There are still some spaces available later in the summer, if you still want to get in on the action. But don't delay. Our clinics are great fun, a wonderful way to learn to play, and good way to spend a lovely summer afternoon. See Page 4 for more details or contact Patric.

Pool Rules and News

The board has approved the purchase of some more pool furniture. A couple more tables and umbrellas have already arrived, and more chairs are on the way. This is our biggest pool membership year ever. What a great place to hang out on a hot day: the Orindawoods Tennis Club pool.

Remember, there are a couple of very simple pool rules for everyone's safety:

- Kids under the age of 14 must be accompanied by an adult, no matter how well they swim.
- Swimming alone is not advised; there is no lifeguard
- No running
- No diving
- No glass or pets in the pool area
- Kids under the age of 5 should not use the hot tub, as they can't regulate their internal body temperature.
- Please remember that the pool is a shared use facility, so be respectful of others.
- The pool is heated to 81 degrees. The hot tub to 102.

If you notice any problem, low temperature, something broken, please report it to the office so we can get it fixed right away. Enjoy!

Summer Court Usage

Summer is here, and court usage is a bit different than during the school year. The mornings remain pretty much the same, except there are no ladies league matches on Mondays and Fridays. The main difference in court usage is the junior program uses courts 2, 4, 5, 6 & 7 from 12 noon to about 4:45 p.m. (the last 45 minutes they only use courts 4&5 on Tuesdays and Thursdays). That means that if you want to play during the middle of the day (few people do), it is a good idea to reserve courts 1 or 3, so you are sure you have a spot before you arrive. Plan ahead!

Learning and Relearning Tennis

A Game for Everyone

Can anyone learn to play tennis? One of my teachers, Vic Braden, used to quip, "If you could walk up to a tennis court, open the gate, step inside, close the gate, and then walk up to the net without falling over, you had enough coordination to play tennis."

A true statement. Tennis can be a challenging game to learn, but it is a game that relies more on skill than talent. Skill being something you can learn, as opposed to talent, which are those qualities you are born with. In fact, most sports and activities are skill based (you can learn them). Talent comes into play in how fast you might learn, and at the very highest levels of the game. Pros usually do have a bit extra. But you can be a very good tennis player without being a super athlete. There have even been world-class players that were not amazing athletes (but they had some other quality that was amazing). Chris Evert comes to mind. Good athlete, not great, but mentally, she was maybe the best player of all time. Tough as nails, and with focus beyond belief. A will to do what was required to play her best that was unparalleled, and seldom even approached.

The Rest of Us: For the vast majority, we are not going to be playing pro tennis, but we can enjoy playing the sport for a lifetime. At Orindawoods we have kids as young as 4 years old, and members as old as 92 playing. So tennis is really something you can do your whole life. If you compare our senior members with people their same age that don't do athletics, you can see that tennis players, despite aches and pains, are much healthier than the general population. Exercise is good for us all, and tennis is a pleasant and fun way to exercise.

And there are so many levels to tennis. There is a place for you, no matter how well you play, or how even how poorly. And with practice and instruction, you can learn the set of skills that will take you to the next level.

As with any skill-based activity, there are certain tricks to learning that greatly enhance the learning curve. Often, in a sport like tennis, the obvious path is not the one that actually works the best. A swing path that seems very simple can actually make trying to play very difficult, while a stroke that has many more twists and turns, and looks complicated, can actually make playing much easier (see "Moving Without Moving," from the June 2014 newsletter).

Magic: Magic is actually tricks and knowledge to do an activity that is a complete mystery to an unskilled person. In that way, skilled players look like magicians. There is a complexity to their game, but they make the game look easy. These tricks can be learned. You may have to go to a master wizard, like our pros here at Orindawoods, to learn, but the tricks can be learned. No matter how strong or weak your athletic gifts happen to be.

One advantage of teaching beginners, and non-athletes in particular, is that they don't have any preconceived notions of what to do. In other words, they don't have any bad habits. This can be a huge advantage, and thus, often, these beginners can learn very fast even though they don't have much athletic experience.

Learning New Skills / Changing Bad Habits: And if you already play, it is never too late to learn new tricks. Say you have always wanted to hit the topspin lob. It can be learned. All you need is a little time, some instruction on the magic, and some practice and feed back.

Changing a bad habit can be difficult, and can take time, but also can have huge payoffs. I changed my forehand from a continental grip, traditional forehand of the 1970s to a 2014, western grip, heavy topspin, modern forehand. It took awhile, but it can be done. Change is especially hard the deeper the habit. I had hit an awful lot of balls the old way, but I can tell you, leaving my weak forehand behind was totally worth it. Best thing I ever did in studying and learning the tennis. These days I even run around my backhand to hit a forehand. Something I wouldn't even have dreamed up back in my youth. So dreams can change, as well as skills and you. Begin working on your tennis today!

A Light Touch

There are many mistaken ideas of how to play tennis. One of the really damaging concepts is that we are suppose to hit "through the ball". Top players do NOT hit through the ball. In fact, they have a very light touch on the edges, or surface of the ball. Even the power shots feature a light, quick

It Has Not Rained Light -- Hafiz

It has not rained light for many days,
The wells in most eyes look
Drought-stricken
Thus friends are not easy to find
In this barren
Place.
Where most everyone has become ill
From guarding
Nothing.
On this primal caravan
Careers and cities can appear real in this
Intense
Desert heat,
But I say to my close ones,
"Don't get lost in them,
It has not rained light there for days.
Look, most everyone is diseased
From 'making love' to
Nothing"



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more!*

touch, much more than a strong, solid contact.

Limits and Barriers: Tennis is a game of limits and barriers, which must be maneuvered around, and within. The court is a rectangle, in which the ball must land. The lines present limits, which the ball should not travel beyond before it bounces. And that rectangle features a barrier in the middle, the net, which the ball must rise up and over. With all that taken into consideration, the ball must primarily rise and fall, and yet virtually everyone thinks of the ball as going forward (and just hoping gravity brings it down), Thus, they hit through the ball. It is a flawed concept, and strategy, for accomplishing your goal of total and complete world tennis domination (or just fun and less frustration).

The Trouble With Direct: So a direct hit, and contact through the ball, that produces a straight line of flight, is actually not what the most skilled and successful players are seeking to create. Instead, they want a light touch, a connection between the strings and the surface felt of the ball, that turns the ball, produces spin, and gives them much more control over the outcome of the shot. Instead of driving through the ball, we want to turn the ball instead. A roll, a twist, and a flight path that arcs up over the net, then dives down into the court.

Old Style / New Style: If I were going to hit through the ball, then a swing path that takes me back behind the ball, and then forward through it would be desired. This is the way I learned, back in the day when none of us knew any better. But now, in modern tennis, I don't want forward speed charging towards the ball, followed by a collision and a rebound. These kinds of actions, and interactions are of little use to someone who wants to control the ball in today's fast, modern, power game.

In today's strokes, the racquet approaches the ball slowly, and from below and to the inside (on a topspin stroke). We are out of alignment with the ball, instead of attempting to align and collide. Instead of a powerful swing, we want a weak stroke, instead of strength, we want flexibility, touch and feel, and instead of thinking of the ball coming towards us as heavy and hard, something to be resisted, we view the ball as light, quick and something to be absorbed, manipulated and turned.

Tennis is much more the case of a touch and turn, a catch and a toss, than a collision and a rebound.

Expand You View: We are misled by our desire for the ball to go forward, which is certainly true. But we also need it to go up and down, as well as land in. Forward is one-dimensional thinking, in a three-dimensional sport, and detrimental to our success.

Hitting a Sitter (an example of modern stroking): Putting a sitter away (which is the clinic I taught at Ace It!, by the way) is a good example of modern stroking. Here is a situation when you want to hit a winner, and are highly motivated to make the ball go forward and fast, and yet, if you follow that feeling and instinct, it isn't going to go well for you. First of all, a sitter is a ball that is shorter in the court, not usually moving very fast, and tends to bounce up relatively high. Right from the get go, you are working with a much shorter court, and a slow ball (it is difficult to hit a slow ball hard and keep it in, just as it is to hit a fast ball slow). So a big backswing with a lot of forward speed is going to send the ball right into the fence. Not a desirable outcome. Not only that, but since the ball is in front of you most of the time (a weak shot, lands short in the court), you have to get up next to the ball. If you contact the ball in front of you, you will either send it in the net if your hands are high, or hit it long if your hands start low. So the first thing to do is get up next to the ball (the ball is out to your side). Second, you want to approach the ball slowly with your racquet strings and touch the ball. We are trying to avoid the ball bouncing away before we can control it. Third, we need to put spin (and speed) on the ball. We do this by internally rotating our arm. We lift our elbow up by rotating our arm, so that our elbow (the marker for rotation of the arm) begins pointing down and it rotates and lifts up so that it is pointing back behind us, about a 90-degree turn. Think kind of moving your arm like a chicken wing. Your arm lifts and turns. As you lift the elbow, straighten your arm. This causes the racquet to rotate from the low inside corner of the ball, up behind the ball, and then around to the upper outside area. A light touch, a orbiting of the ball, rather and a solid hit through. A light touch, around the surface of the ball, that shoots the ball over the net, with spin and therefore control.

Your opponent ducks for cover, belatedly clapping the racquet in recognition of your amazing skill and shot making. You raise both fists over your head in triumph! You are a

player, and not an out-of-control Neanderthal, or a pusher (because you were so afraid of missing).
 Good luck out there!

Summer Junior Tennis At Orindawoods

Welcome to the 2014 Orindawoods Summer Junior Tennis Program. Our Summer Program consists of eight one-week (Monday – Thursday) clinics. In addition to taking our young players’ games to a new level, our four-day clinics 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 clinics will suit the beginner, just starting out, as well as the advanced player preparing for the summer and fall tournaments. Nonmembers are very welcome in all of our Summer Tennis Clinic classes.

Our **Full Afternoon Clinic** is for kids 7-16. Players will be separated according to age and ability. The Full Clinic will be 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. Players should bring a snack for the break. At 2:15pm the *Match Play Block* will begin, where the kids 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 students will work with many aspects of the USTA 10 and under Program, making it easy for even the young beginner to play matches. The Full Clinic day will finish at 3:45pm.

If you are looking for a shorter tennis experience, you can sign up for our **Half Clinics**. 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 Clinics**, we are also listing the Lil’ Ones Clinic. This clinic is for the 4-6 year olds, and will run on Tuesdays and Thursdays, from 4-4:45pm.

We hope to see you this summer at Orindawoods! Make sure to sign up early!

Clinic Schedule:

Orindawoods Clinics	Ages	Days	Time	Cost Per Week Member / Nonmember
Full Clinic				
Afternoon Clinic	Ages 7-16	Monday-Thursday	12noon-3:45pm	\$195 / \$220
Half Clinics				
Instruction Block	Ages 7-16	Monday –Thursday	12noon-2pm	\$125/ \$140
Match Play Block	Ages 7-16	Monday-Thursday	2:15-3:45pm	\$100/ \$115
Lil’ Ones Clinic	Ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$40 / \$45

2014 Enrollment Form

Last Name _____ E-mail _____
 Child’s Name (1) _____ Age _____ Child’s Name (2) _____ Age _____
 Address _____ City _____ Zip _____ Phone _____
 EMERGENCY CONTACT: _____ Phone _____

Session 1	June 16-19	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 2	June 23-26	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 3	June 30-July 3	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 4	July 7-10	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 5	July 14-17	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 6	July 21-24	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 7	July 28-31	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 8	August 4-7	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___

Total Clinic Costs:

Child (1) cost: _____ + Child (2) cost: _____ - Discount for Child (2) _____ = _____
 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.

Mail to: Orindawoods Tennis Club, 650 Orindawoods Drive, Orinda, CA 94563