



Orindawoods Tennis News

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Orindawoods Tennis Club: 925-254-1065; 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 Usage Alerts

There are some events this summer that are going to use several of courts at the Club. We just want you to be aware of them, and plan accordingly. Thanks!

Ace It! June 25th

Our Ace It! Breast Cancer Awareness Day is June 25th, and it will use all the courts at the Club from 8 a.m. to 5 p.m..

Monday Team Tennis Underway!

Every Monday night at the Club we have Monday Team Tennis. That means that on Mondays, there are no courts available for evening play.

League Matches

There are league matches on Sat/Sun and some evenings. Check the Club Calendar for crowded times.

Summer Junior Tennis Clinics

Our Summer Junior Program uses courts: 2 & 4-7, M-Th 12-4 p.m., 6/13-8/4 (see Page 4 for details).

Court Washing

On the first and last Fridays of the month, there will be court washing from 12-3 p.m.. We will do half the courts at a time, so the Club will either have 3 or 4 courts available during court washing for play, lessons, etc... If you like to play on Fridays, midday, please plan ahead.

Thanks for working with us.

Summer Twilight BBQs

Our summer Twilight BBQ series is coming! Save these dates:

Sunday, July 17th, 5-8 pm

Sunday, August 28th, 5-8 p.m.

Saturday, Sept. 24, 4-8 p.m.

Sunday, October 16, 4-8 p.m..

All Courts will be used for Twilights

Twilight Tennis!

Join us for our first summer Twilight Tennis BBQ on Sunday, July 17th from 5-9 p.m.. We will play tennis from 5-7 p.m., followed by our wonderful Kinder's BBQ on the Club deck from 7:30 to when the cows come home.

Twilights are a great way to meet other players, hang with friends, play fun social tennis, and enjoy a tasty meal, all in one evening. **The cost is:** \$20 for members, and \$25 for non-members. The fee includes both tennis and dinner. Please remember to bring your own beverage, everything else is provided. To register, contact Keith (orindawoodstc@sbcglobal.net). Ask for the **Court and Steak Combo!**

Court One Resurfaced

As many of you know, Court One was resurfaced on June 8-10. The cracks were repaired using the RiteWay crack repair system, and then a new top surface was applied. It looks fantastic and plays great!

In the history of Orindawoods, Court One has always had problems with cracking. It is the only one of the seven courts that is actually on the original hillside, and not on top of engineered landfill. We are so lucky that the people that built Orindawoods did such a good job. Compared to many other local clubs, we have much less cracking and subsurface land movement.

IMPORTANT: Like all new courts, the surface tends to be a bit slower, and sticky, so be sure to pick up your feet. We don't want anyone to trip while they are enjoying the wonderful new court.

Pool Rules

The pool is open, summer is here, fun is on. Pools are a great way to cool off, spend family time, and exercise. And the spa is great for therapy, and to warm up and relax muscles.

The important thing, beyond simple enjoyment, is for us to use the pool in a safe manner, where everyone leaves happy and in good health. So we have a few pool rules for your safety and enjoyment. They are:

1. There is no lifeguard. Swim at your own risk
2. Children under 14 must be accompanied by an adult (18+), no matter how well they swim
3. Pool hours are dawn to dusk. Spa use is allowed until 9 p.m..
4. No running on the pool deck
5. No diving
6. No glass in the pool area (broken glass is invisible in water).
7. No Dogs Allowed in the pool area (give Rover a bath at home)
8. The gas BBQ is for Club events; a charcoal BBQ is provided for member picnics. Bring your own charcoal.
9. The game of Marco Polo is strictly forbidden in order to maintain staff sanity. ☺
10. Pool parties are great, but notify the staff in advance so we can warn the other unsuspecting pool users. The pool remains open to all during pool parties.
11. Guest fees for the Pool are: Family \$5, Individuals \$3

Tennis Tip

Hard To Learn, Easy To Play

Perhaps it is a massive oversimplification, but to me, it seems that there are basically two ways tennis is being played. One that is easy to learn, but hard to play. And a second that is hard to learn, but easy to play.

Teaching tennis falls into the same trap or categories. There is a way to teach that is easy to say, easy to understand. Then there is a way to teach that is much more complex, perhaps difficult to grasp. The crux of the problem is that the easy to learn way doesn't work very well when it comes to playing the actual game of tennis.

Most of the time when we hit a ball, there is a bit of doubt that the ball will go in (sometimes a lot of doubt). We are not sure that we have caught it just right, maybe we judged the angle a bit off, or the timing could go wrong, or the ball might bobble right before we were going to hit it. We are not sure when we make contact that it will travel in the desired direction. There is an element of chance, just enough to give us doubt about the outcome of our shot. If we are a long-time player, maybe we know it is going in, but maybe not exactly where we were aiming.

Contrast that with the feeling that "I just can't miss." I know in advance that I'm going to contact the ball well. It is like going into a final in college and knowing you're going to get an A, as opposed to hoping you get an A. That's how great the difference is between these two styles.

"Racquet back, hit thought the ball, follow through." How many times have we each heard those words? The count is in the millions for me. It seems so simple. These ideas are also the most intuitive, so the self-taught player tends to do the same thing, "see the ball, hit the ball. Swing to get power."

This style produces a collision with the ball. And that is what most people see tennis as, a game where you hit the ball. And I would say that about 95% of the people that play tennis, play it this way. Which is fine, lots of these people are having some degree of fun. The problem is, that it can also be very frustrating to use this method. The bouncy tennis ball, hitting a bouncy racquet (trampoline) tends to produce quite a bounce (naturally), and that can be very hard to control, especially if you try to hit the ball harder. And the problem is actually worse than it once was, because the racquets are much more powerful than they used to be. Hitting: easy to learn, easy to understand, hard to play.

And then there is the simple fact that anyone who is really accomplished at tennis doesn't do it this way. They have more touch, feel, control. The racquet and the ball don't simply bounce off each other, with the ball careening off in a often less than desirable direction.

For those who want to learn to control their shots, there is a better way. A way for the ball and the racquet strings to blend together. Almost like Velcro for a brief moment. Grabbing or sticking together. To learn this second way is more difficult. Not only is it difficult to do physically, but it is counter intuitive and often hard to grasp intellectually.

In a sense, it is learning NOT to hit, or to minimize the hitting aspect, and instead, emphasize something else. Something that works much better, something like connection, blending with the ball, turning or rolling the ball.

We want the ball to spin. Brushing or spinning the ball not only minimizes the bounce effect, but it also contributes significantly to the flight path of the ball, and the ability to control the shot.

Even in the attempt to roll the ball, there seems to be an easy way to learn, and a hard way to play, and a hard way to learn, and an easy way to play. Many people try to still strike the ball to produce the spin. At least they are spinning, striking up (topspin) or down (underspin), rather than bouncing, but there are still huge problems, mostly centered around connection, and timing that connection. Striking or swinging leads to mishits.

Timing. Timing is the biggest problem in ball sports where the ball is moving (tennis, baseball, racquet ball, pickle ball, etc...). To be truly successful at any of these sports, you have to minimize the trouble caused by timing. Or really, bad timing. We want to have a stroke that makes timing easy, or at least easier.

OK, so the needs of a good player are coming more into focus. We need to move in a way that makes good timing more possible, and we want to produce spin for control, rather than bounce.

Indirect Rather than Direct. Most people love the feel of a solid contact with the ball. The ball is coming towards you, you move the racquet towards the ball, boom (Fig. 1). It feels so good. In a sport where distance is required, maybe this is not a bad thing. But even baseball and golf try to create some spin (underspin) to enhance the length (loft) of the shot. In tennis, where there are very set limits to how far you want the ball to go before it bounces (service line for serves, baseline for all other shots), we need to control the distance. You control the distance with height, speed and spin. Someone who is hitting the ball directly, can only control the distance with height and speed. So they hit it slower, or aim lower, or aim much higher (lob). But a player who can spin the ball, using an indirect contact (Fig. 2), can use that spin to control the distance (underspin makes the ball carry farther, topspin land shorter, sidespin/slice makes it curve).

Moving Rather Than Still. To impart spin on the ball, when the ball arrives and connects with the strings, the strings have to be moving in some direction across the flight of the ball (up for topspin, down for underspin, across for slice. And of course combinations of two of the three). So if you are early, and stop the racquet to wait for the ball, the

ball will just bounce off, and there will be very little spin. Same is true if you move the racquet forward, causing a direct hit. No brushing motion, little spin, just bounce.

In tennis the ball is coming toward you, often quite fast. The easiest way to make contact would be to just hold the racquet in the way, but as we see above, that would create a bounce, and not a spin. So the next best thing is to move the racquet very little as the ball approaches, and when the ball arrives, put the desired action on the ball.

Moment Of Truth. When the ball touches your strings, what are your strings doing? This is the only moment that matters. Is the contact direct, a collision, that leaves the ball bouncing away (Fig. 1), or the strings catch the ball with a brushing movement that digs the strings into the felt of the ball and causes the ball to start to roll off the strings (Fig. 2). This roll is the key element in control among elite players.

And it doesn't matter how much you wanted to brush the ball, the only thing that matters is what happens in that three to five one-thousandths of a second the ball is in the strings. Good intentions don't count here, in the precise moment that tennis is played. Is the ball rolling or not, is the racquet face pointing towards where you want the ball to go when the ball is released?

Again, this is the harder way to learn that makes it easier to play. The stroke isn't flat on the back of the ball (pointed towards the target) because this would cause a bounce. The racquet cups around the ball (fig. 2), and the cupping movement is timed so the ball releases in the desired direction. This is very much like throwing, where the arm twists and turns, and the ball is released at the precise moment required for the direction you desire. It's easier to just push the ball ("throw like a girl" -- plenty of boys do this too) but there is no way to get power or spin that way, so it is easier to do, but harder to play well or effective.

Pushing out and around the ball (cupping motion), in a way mimics the actual shape of the ball (orbiting a sphere) and that shoots or slings the ball over the net (like a catch and throw) may not be the obvious way to play, or the way that most people play, but it is by far the most effective and easiest way to play the game, once you have learned it.

Basically, we make motion a bit harder / more difficult in order to make the contact with the ball better (higher quality / more spin), and therefore the playing the game of tennis easier. Tennis is an easy game. The hard part is learning how to do it the easy way. Good luck out there!



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Fig 1. Easier to do
Harder to play

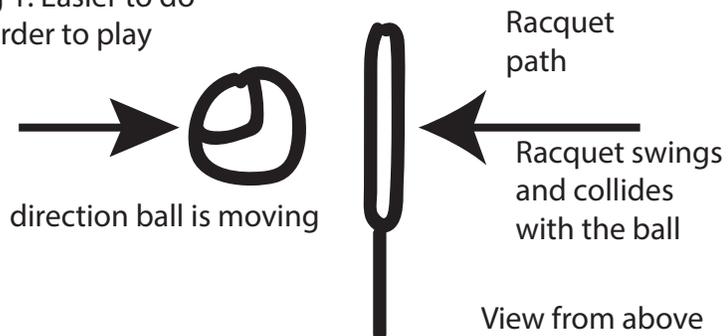


Fig. 2 Harder to do (learn)
Easier to play



Summer Junior Tennis At Orindawoods

Welcome to the 2016 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	\$210 / \$235
Half Clinics				
Instruction Block	Ages 7-16	Monday –Thursday	12noon-2pm	\$135 / \$150
Match Play Block	Ages 7-16	Monday-Thursday	2:15-3:45pm	\$110 / \$125
Lil’ Ones Clinic	Ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$40 / \$45

2016 Enrollment Form

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

Session 3	June 27- 30	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 4	July 5-7*	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 5	July 11-14	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 6	July 18-21	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 7	July 25-28	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 8	August 1-4	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___

** Three days only. No class on Monday, July 4th*

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