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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

Ace It!

Ace It!, our breast cancer awareness day is June 22. There is still space available, so please join us for this fun, and important day at the Club.

Our Tour of Pros clinics with local tennis pros takes place in the morning, followed by lunch on our beautiful deck, and then the Ace It! tournament in the afternoon. Check out the Ace It! page on the Club website to get more info and download a registration form.

Summer Junior Tennis Clinics

Starting June 10th we offer eight consecutive weeks of junior tennis clinics offered here at the Club. If you have a junior, or grand junior who would love to learn to play tennis this summer, or improve their currently awesome game, Orindawoods is the place to be. Our fine staff, led by Head Pro Patric Hermanson and Associate Pro Anna Marie Gamboa, stress learning tennis the proper way, and is not just a glorified babysitting service, like so many club camps.

See Page Four of the newsletter for a brief summary of what is offered, look at the junior page on the website, pick up a reg form at the club, or talk to Patric or Anna Marie and they will get your junior set up for a summer of fun at the Club! Check it out, and get your juniors involved in the fun game of tennis, a game they can play for a lifetime.

Getting Fit

We all go through periods of wanting to get fit. Sometimes it involves losing some weight, improving our cardiovascular health, other times toning up, and yet others, getting our game in shape. If you are like me, your level of condition fluctuates, sometimes up, sometime down, as well as your weight, tone and condition. The same can be said of our games, I'm sure. Some periods we are really sharp, and other times our strokes are flabby and all over the place.

Society pressures us with icons like Nadal or Maria Sharapova to be super fit and beautiful. And while we're at it, why not hit like them too. With busy lives, stresses, injuries and the joy of a glass of wine and a fine, rich meal, our fitness kind of gets away from us. Me too. And we're just not as young as we used to be.

And yet, staying in shape is not only good for us, our health and well being, but we just feel better about ourselves too. And of course, who of us doesn't want to play tennis a bit better. I've never met someone who says, "You know, I'm ok with being a crappy tennis player." Even if you can hit a shot like Rafa only once in your life, you want to go for it. People want to get better, beat their rival, enjoy the pleasure of doing a stroke well.

I've personally gone through many periods of fitness and then relapses in my time. Perhaps that is the nature of life. Some people put on weight when they are stressed, others lose weight. Some gain when things are going well, others lose. Who knows? But diet, or what you eat, is certainly a large part of fitness. And of course, controlling your weight by watching what you eat is a challenge, because you have to eat to survive. It is just a question of how much, and what you are eating. Even when you eat is an important factor. You can't stop, like if you had a drug, drinking or smoking

Court Coloring / Court Closures

The first week of June (June 3-7, possibly longer) we will be recoloring courts 2-7. We will patch the few cracks that we have, and apply the new protective coat of paint over the top. The paint contains sand, so the courts will be slower at the completion of the job. You may have noticed loose sand on the courts in the past six months, as the coloring done 5 years ago has been wearing out. In order to keep the courts in top condition, they need to be recolored every five years or so.

IMPORTANT: When the courts are finished, they will be slower and stickier. Be sure to pick up your feet so you don't catch an edge and trip. We like our tennis players vertical, and not horizontal, here at Orindawoods.

The exact schedule has not been set by our contractor yet (The Tennis Court Specialists), but we will be closing 4-7 part of the week, and 2&3 the other part of the week while each group of courts gets colored. This means that play at the club will be extremely limited during this week. (at times there will be five courts in operation, at other times only three). We apologize for the inconvenience. Look on the bright side, at the end of one rough week, we will have new courts!

I will send out an e-mail detailing the court schedule for the week. We chose this week because it is the last week of school, it tends to be a bit slower than other weeks during the summer.

Court One was brand new last year, so it is not being done at this time (but it will be used by various programs and will not be available all the time either).

Summer Schedule:

Fit and Hit

Anna Marie's tennis fitness and exercise class is offered on Saturdays from 8-9 in the morning. The cost is \$15 per class.

Our weekday class on Wednesdays 11:30-12:30 takes the summer off, starting June 12, but will be back in the fall.

addiction. You still need to eat, just not as much. That's tough. I mean, after all, there are lots of good eats out there.

In my latest crack at getting in shape, I've just tired to eat smaller portions, and fewer desserts. I'm hoping that by not being so rigid on the diet, I'll be able to stick to it longer and feel happier about the whole process. So good, so far.

As for the exercise side of things, I have to say that we have a great new class here at Orindawoods, "Fit and Hit," which combines tennis, movement, strengthening/shaping, a bit of cardio, and of course, fun. Tennis can be good exercise to start with, so just playing the game is good for you, your body, how you move, etc... If tennis is all you do, you're ahead of much of the population. Congratulations!

One of the real mental traps of getting fit, is that we always feel that we could be more fit. Lose a bit more weight, get a bit stronger, hike or run a bit farther, or faster. We want more, and think what we have accomplished is not enough. Perhaps we should give this line of thinking a rest. Yes, not being satisfied can motivate us to push on, but not nearly as well as loving and accepting who we are, and that we are doing our best. And bask in the joy of doing that, and not the pain that we don't look like Rafa, or Maria, or that we can't run as far or as fast as we could ten years ago.

Ten years ago, I was running half marathons. Now, with the help of Pilates, I'm trying to touch my toes. Doesn't even seem like a comparison, but honestly, I'm not sure what is the greater achievement. I've been athletic all my life, but always incredibly inflexible, and it has held me back. Touching my toes would be great. I'm excited about my improving flexibility, meager as it sounds compared to 13.1 miles.

A little kindness, towards ourselves, goes a long way towards taking care of ourselves. Good luck with that. We're our own worst critics, after all.

Tennis Tip:

Ad Court Challenges

The Requirement for Success: When we are serving, we need to win at least four points to hold serve. It is easier to win points on the deuce side, than on the ad side of the court. A good serve, down the middle, to a righthander's backhand, with the net person covering the middle, is the basic play in tennis, and a tough one to beat (see Fig 1, serving targets). This play can be run on more than just the serve. A return, an overhead, a groundstroke or a volley can set this situation up and put you in the driver's seat on point after point (more about that in another article).

On the ad side, there is no obvious shot of choice as to where to hit the ball. Every strategy has flaws (in contrast to the deuce side). So lets look at what makes the ad side more difficult, and what we can do to improve our odds of winning enough points on the difficult side, combined with our points on the "easy" side, to hold serve.

Best Of Tough Choices: The consistently best serve on the ad side (against a right-hander) is out wide to the backhand (fig 1, serve A). Provided the serve is decent (speed, depth, spin, placement, deception), it is very hard for most players to hit this backhand down the line with any pace at all. So we know that the ball will be returned cross-court most of the time. That's the good news. Now comes the bad news (fig. 2). The flight of the ball will be angling away from our net player (and the server, for that matter). That makes the volley much more difficult than if the ball is coming back towards you (like on the deuce side serve to the backhand in the middle). And not only that, but you are going to be playing a backhand volley (if you are right-handed), and that is usually a weaker, less confident shot, for most players. A lot of players won't even try for a backhand volley, and therefore, basically, you don't even have a net person (that is bad in doubles). And now comes the third problem: it is easier to hit a ball angling away from you if you are close to the net and shaded towards the middle of the court (fig. 2, position Y, covering Z), but you can't stand there from the beginning because that is where the flight of the ball (dotted line) must go on the serve out wide to the backhand and you don't want to get hit in the back of the head. So you will have to start further back (position X) and move into position Y after the serve goes by. Tricky timing. Finally, if the returner runs around his backhand (or cheats way to the backhand corner in positioning) and hits a forehand, he can hit all three targets (fig. 3). And the alley is an easy shot. Danger.

Serving the Middle? So what about serving down the middle (fig 1, serve C)? It works on the deuce side, why not the ad? Well, if you hit it very well, this can be quite effective. Same idea, they are pinned in the middle, and your net player can cover the middle (Z). The problem is, the ball has to be right in the middle, which is hard to hit if you are standing out away from the middle to serve (position S, and which makes it easier to hit the wide serve:

Quote of the Month:

"Perseverance not perfection."

--Weight Watchers



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A). If you miss this target, but hit the ball in, you are leaving the ball right in the best place on the court for your opponent to hit, a forehand in the outside third of the court (Fig. 3), where he can hit all three shots (and you only have two players to defend, and you have to choose). Because most people hit the forehand better than the backhand, and because in general, you have more target choices with the forehand, it is not as obvious where they are going to hit the ball when you serve to their forehand, as opposed to their backhand.

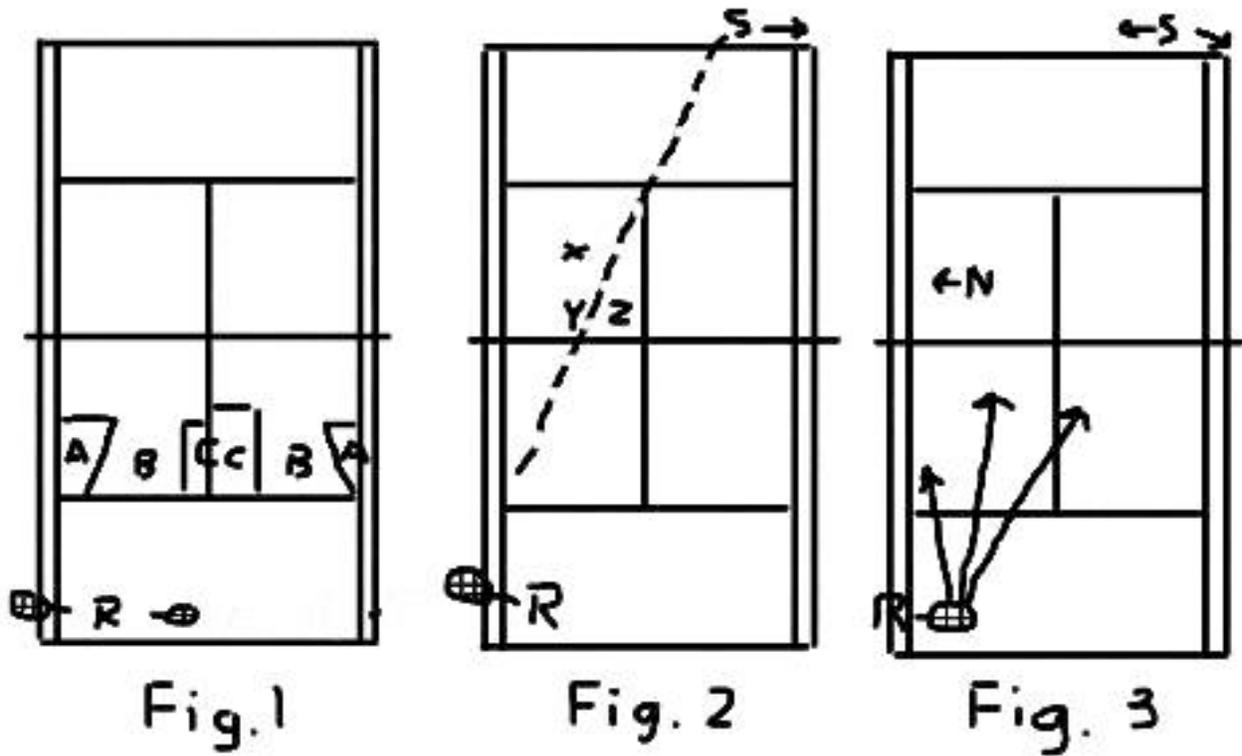
So what do we do? On the deuce side, I would serve down the middle 80-90% of the time in doubles. On the ad side, we have to mix it up a bit. Be a bit more tricky. Most serves are out wide, say 60% (fig. 1, target A), go down the middle 15-20% (fig. 1, target C) to keep them honest, and try to jam them 10-15% of the time (fig. 1, target B). The jam is tough, because if you miss, it is a meatball (right in their power zone) to their forehand, and your net person is hung out to dry (fig 3). The best play (big points) is to serve it out wide to the backhand (target A), have your partner move straight forward (from A to B) and position his racquet in area Z. The server would then move wide to cover the wide return (and hopefully move far enough over to get a forehand, and cause the same problem described here for the returning team's net player. Use the middle serve, on less important points, to try to open up space to the backhand on points later in the game and match. If you allow the returner to cheat too far toward the alley, you are pretty much doomed. If you miss the service target, and the ball ends up on the returner's forehand, it's best for the net person to cover the alley shot (if you don't cover it, and the ball goes there, it's a winner). That means that the server will be left to cover the other two returns, but at least he has a chance to get the ball.

Forehands, Forehands, Forehands: If you are returning, try to hit as many forehands as possible. To do this, stand with at least one foot in the alley to begin with, run around all the backhands you can. Concentrate most of your attack down the alley or through the middle (go after the net person with your forehand groundstroke). Basically give up the serve down the middle. Get aced a few times, no big deal in the big picture, if you are hitting a ton of forehands. Remember, you want them to try for the middle because it is very hard to hit, especially if they are serving from a wide position (fig 2 & 3, position S).

Overall Serve Strategy: to hold serve, you need to win four points. The best way to do this, is to win three of them on the deuce side, and only have to win one on the ad side. Errors on the deuce side kill you. Know how to execute the deuce side points. Be ruthless. On the ad side, try to get at least one easy volley (area Z) where you are close to the net and win that point. Get that return by serving hard to A.

Overall Return Strategy: As the returner, get the ball in play on the deuce side, even if the serving team is putting away the vast majority of your returns (this is going to be a hard enough task as it is, these backhands in the middle are tough shots if they serve well). A couple of serving team mess ups on the deuce side, maybe only one, and you are on your way to a break. On the ad side, if you get a forehand, attack (alley or middle). Don't get into a rally, you already have the advantage, take it while you have it – before they get a forehand on the outside third of the court and you are exposed. Run the option on the net person: hit the shot he doesn't cover (alley or middle), with an occasional wide one to keep the server honest on points that don't matter much (down 40-luv). If you get forced into hitting a backhand, hit it cross-court (middle or wide) and make the shot. Remember, they are left with tough shots when you return the backhand cross-court, make them make those tough shots. Don't give in to the temptation of hitting your backhand down the alley much, even if it is "open." It is more likely they will make a weak volley or make an error on your cross-court return, than you hit a backhand winner down the line. If the serve is really weak, sure, take alley shots from time to time (creating the illusion you can do it at will), but if the serve is that weak, why aren't you

out there running around that backhand and cranking up the forehand? Put the pressure on. Good luck out there.



OWTC Summer Junior Tennis Program 6/10-8/1:

Welcome to the 2013 Orindawoods Summer Junior Tennis Program. Below is listed our weekly schedule and pricing. For more information, contact Head Pro Patric Hermanson (patrictennis@yahoo.com).

Orindawoods Clinics	Ages	Days	Time	Cost/week Member/Non-member
Full Clinic				
Afternoon Clinic	ages 7-16	Monday-Thursday	12noon-3:45pm	\$185 / \$210
Half Clinic				
Instruction block	ages 7-16	Monday-Thursday	12noon-2pm	\$120 / \$135
Match Play Block	ages 7-16	Monday-Thursday	2:15-3:45pm	\$95 / \$110
Lil' Ones Clinic	ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$35 / \$40
Clinic Schedule:				
Session 1	June 10-13		Session 5	July 8-11
Session 2	June 17-20		Session 6	July 15-18
Session 3	June 24-27		Session 7	July 22-25
Session 4	July 1-3*		Session 8	July 29-Aug 1

* No class on Thursday July 4th to celebrate our Nation's B-day. We'll pro rate the price that week.