



June 2015
Volume 21, Issue 6

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

Breast Cancer Fundraiser

Ace It!

Mark your calendars: this year's **Ace It! Breast Cancer Awareness Day** and Fundraiser is going to be on Saturday, June 20th.

Don't plan anything else that day (tell your USTA Captain, "Sorry, I'm busy doing something important.") If you are a USTA Captain, don't schedule a match that day. If you were planning to get a massage that day, cancel it. We have a massage therapist on staff. If you planning to go to lunch with a friend, invite them to join you here, we have a great **lunch!** If you were planning to play tennis with good players that day, we've got that covered. If you wanted to take a lesson, cancel it, we have the **Ace It! Clinics** in the morning. If you need to be seen with cool people like Lysbeth McNeill, you might as well sign up, she will be here. I mean, isn't it obvious. You now have plans for June 20th. **Registration** forms are available in the lobby, and this year, you can **register, pay or donate on line** on the OW website.

Tennis Tip:

Character

It has been often said that a player who cheats, is somehow lacking in character. I always just equated that lack of character with them being a "bad person". That somehow they had to cheat to win. That they were stealing a point, game, match from me. That I was the victim. The victim of a theft. Taking something that wasn't theirs to begin with. It was a pretty elementary school way of looking at the situation (everything I need to know I learned in kindergarten). People weren't supposed to do bad things, but yet, some do.

Since tennis is a game where we call our own lines (an interesting idea and lengthy discussion in its own right), you are bound to run into an opponent or two in your tennis travels who tends to "squeeze" the court. "Court Shrinkage Disease."

There are euphemisms for these players. Sometimes you will hear someone called "a real tough competitor." I suppose the idea is that dealing with these people is a tough problem (for you). Does that make them a tough competitor? (See below).

Now you can wish all you want that all people would be pleasant and fair, but that is not the real world, and expecting that, is, in some ways, as big a problem as the people who actually miss behave. The victim (of cheating) is not at fault, but hooking does exist. So this rose-colored view of the world, at best, certainly isn't going to do you any favors, or ease your tennis travels.

Becoming Bulletproof: So in my attempt to overcome my upset at being "hooked," and having a line call point out to me that not all people are "nice," or honest, I come across various tips and advice for dealing with this part of the competitive arena. The advice ranges from ways to let it go ("everyone makes mistakes", "it's just one point out of hundreds, no big deal"), to questioning ("are you sure?"), to requesting a line judge be called down to your court.

Not Satisfied: None of these really satisfied my quest for finding a solution to this problem. I mean, "everyone makes mistakes" kind of loses its forgiveness when you add the second part of the sentence, "in their favor, on really big, important points, very late in the match, that play a huge part in deciding the outcome, ." Yeah, "everybody makes mistakes" works for a 15-15 point at 1-1 in the first, not so good at 30-40, 5-5 in the 3rd.

"Are you sure?" may have some merit (see below). At least you are asking them to confirm the call, give them a second chance. Of course having to ask them

Orindawoods Tennis Club Pool Scene

Yes, **the pool is open!!!**

Naturally, the weather is perfect (for an sea otter). Enjoy the pool this summer! Once it warms up a bit.

Rules:

We don't have very many rules about the pool, but the ones we do have are for your safety and enjoyment, so please comply.

1. The pool is open from **dawn to dusk**
2. **Children under the age of 14 must be accompanied by an adult.** (no matter how great they swim).
3. There is **no lifeguard**. Swim at your own risk. It is best not to swim alone.
4. **No running** on the pool deck
5. **No diving** in the pool
6. **No pets** in the pool area. (sorry Rover)
7. **The spa** is not safe for children under the age of 5 (they can't regulate their internal body temperature).
8. Please, **no glass** in the pool area. Broken glass is invisible and very dangerous in water.
9. The gas grill is for club events only. There is a **charcoal grill** available for member use
10. This is a **shared** use facility, not your own private pool. Please **be respectful** of others.
11. **Pool parties** are allowed, but we don't close the pool to other users. Please talk to management if you are planning a party of more than 5-6 people. Argh, too many rules. **Think safety first.** Enjoy the summer. We welcome your thoughts, comments and opinions. It all helps to make Orindawoods better. Enjoy a dip!

acknowledges your powerlessness in the situation. It's their call (resignation).

Calling for a line judge, especially in a situation where the offense has been repeated, or there is a past history, is effective going forward, but there is no way to "get back" the crucial points you have "lost." If the grievous infraction happens late in the match, the damage is done.

Outside the Box: Several years ago I came across an idea that was very different. Very "outside of the box," and much closer to the "Truth." Or at least closer to where you want to be, because it helps you, not mitigates the damage. Let me explain.

It has often been taught by sports psychologists that you "only want to think thoughts that help you." And in this particular instance, I was having a great deal of trouble reigning in thoughts that not only didn't help me, but that were self destructive. Then a friend, and world-class competitor told me this,

"If someone cheats you, it really means that they don't think they can beat you straight up, without help. That's great information to have about your opponent." -- Judy Newman, former tour player

This was a game changer. Instead of me being the victim, the "hook" was pointing out their weakness. I'd come out of the interchange feeling stronger, more empowered, in a position of strength. They were afraid of me, and far too worried about the outcome. Basically they were "choking," losing control of their character.

Lacking Character? So back to that idea that a player that cheats is lacking character. I used to think that meant they were a "bad person." That's what lack of character meant. But I just realized that it means they are lacking something, something essential to the truly successful competitor. They're missing the attribute of character.

I was teaching one of my students recently and she hit a perfect serve. It looked like the ball was going to be out for about 99% of it's flight, and at the last moment, it hooked and dipped down and landed right on the center line T. She exclaimed, "Ace."

Then I said, as a joke, "Yes, but probably 99.9% of the league players would call that out."

We laughed (which is kind of sick, if you think about it, that we accept that about the world and the people we are playing with). Then I paused and thought about what I had just said. And it came to me like a thunderbolt. "The point-one percent that calls that in, that's the opponent you have to be worried about."

My student looked at me quizzically. The whole thing was becoming clear to me, finally, after years of contemplation. "That's the opponent that has enough self-confidence and self-belief, and enough detachment and acceptance, that no matter what 'slings and arrows of outrageous fortune' life throws at them, they are still going to come at you with their best. They don't need any help, they don't want any help, they are inspired by the challenge, and motivated by an opponent playing well."

My student paused. She nodded. She understood.

I continued, "These are the supreme opponents, the ones that will never lose, never give up, never beat themselves. And that if you want to win, you will have to beat them. They give nothing away. You will have to earn every point, and they will willingly grant you what you earn. Because accepting your best doesn't threaten them, and they realize your best makes them better, stronger, a person with more character. They are not afraid of failure, and of losing. And therefore, they seldom do. And when they do, they take the experience as a lesson, a blessing, a gift, and use it to get stronger still." They are never, ultimately defeated.

Missing Something Essential: So when your opponent cheats you, not only does it mean that they are afraid, and don't think that they can beat you without stealing some points or having some handicap points, but it also means that they lack the self belief, the confidence, the acceptance, to really be successful in the world, and in life. Basically, they don't feel good enough about themselves to deal with, and accept, all that the world has to offer. They are addicted to success, and can't handle life's setbacks. To the success addict, learning just seems like failure. No time for that.

So back to that question, "Are you sure?" A player may instinctively call a ball out on a big point, and then, given time to consider, realize it was probably in. A person with developing character may reverse their call. If they say, "It was two feet out", at least you know what you are dealing with. As has often been said, the bigger the front, the bigger the back. A player who is cocky, has plenty of issues underneath, and is not really very confident.

Which brings us to another point. Confidence and humility. They are not opposites, as people often believe. The person who truly believes in themselves, is often humble. They know what is involved in confidence, how difficult and tricky it is to maintain, and how easily it can be lost. We are lucky to have Roger Federer. There is no better example.

A Story: A friend of mine was playing a match against a friend of hers. It was the final of an important national tournament with huge ranking implications. Besides the glory of winning, and national ranking points and positions, there were places on the senior Davis Cup team at stake. My friend was up 5-2 in the 3rd

Quote of the Month:

"If you want to get smarter, you have to play smarter opponents." – Guy Richie, *Revolver*



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set, and to her opponent, the thought of losing was so unacceptable that she pulled out every trick in the book. Every bit of gamesmanship, bending of the rules, every disrespectful behavior to claw her way back. It was a very hot day, well over 100, and when retrieving the balls, the opponent would knock them in the farthest corner, so my friend would have to expend more energy to pick them up. My friend, a seasoned tournament veteran, knew what her opponent was capable of. Yet, they were good friends, life-long acquaintances. My friend was so appalled by the behavior of her supposed friend, that it threw her off, not a lot, just enough for her opponent to come back and win 7-5. And all the glory that went with it. My friend started to realize maybe that her opponent wasn't that good of friend after all. Her opponent won, reaped the rewards, and in doing so, lost all respect and a good friendship. Only someone who had such poor self-esteem and poor self-belief, only someone who had to win so badly that they would jettison everything else, would resort to such behavior. Only someone lacking in character, lacking in some important piece of the puzzle, would want to win on those terms. My friend learned, in a very painful way, that there were places she herself would not go to win. No matter how badly she wanted to win. No matter how badly she wanted that glory for herself, and that sense of accomplishment.

Of course most of us have character flaws. Little areas of weakness in an overall strong character. It's part of being human, and as we grow, we try to fix those flaws.

Some of the biggest losers in our society win all the time. Barry Bonds, Tiger Woods, Alex Rodriguez, maybe half the NFL, the list goes on and on. But they don't really fool anyone, do they? They may be characters, but they seriously lack character.

If— BY RUDYARD KIPLING

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man. my son!

Summer Junior Tennis At Orindawoods

Welcome to the 2015 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	\$205 / \$230
Half Clinics				
Instruction Block	Ages 7-16	Monday -Thursday	12noon-2pm	\$130/ \$145
Match Play Block	Ages 7-16	Monday-Thursday	2:15-3:45pm	\$105/ \$120
Lil' Ones Clinic	Ages 4-6	Tuesday & Thursday	4:00-4:45pm	\$40 / \$45

2015 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 15-18	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil' Ones ___
Session 2	June 22-25	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil' Ones ___
Session 3	June 29-July 2	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil' Ones ___
Session 4	July 6-9	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil' Ones ___
Session 5	July 13-16	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil' Ones ___
Session 6	July 20-23	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil' Ones ___
Session 7	July 22-30	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil' Ones ___
Session 8	August 3-6	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