

Orindawoods Tennis News

June 2016

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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

Court Alert

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! Twilights include a couple of hours of mix and match tennis, followed by a great BBQ featuring Kinder's steaks, plus salads, beans, a roll and dessert. Be sure to bring your own beverage as tastes and price ranges vary greatly in this area.

Cost: Members \$20, non-OW \$25.

This year's Twilights will be held:

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..

More information to follow, but save the dates in your calendar!

Ace It!

Breast Cancer Event June 25th

Ace It!, our annual Breast Cancer Awareness Day is Saturday, June 25th. The morning session 8:30-11:30 features our Tour of the Pros clinics. Then enjoy the Ace It! Lunch from 12-1. From 1-4 p.m. we host the Ace It! Tournament. Register for morning, afternoon or both. Lunch is included in the registration, as is entry into our famous raffle. In addition, there is a great silent auction with some amazing prizes to bid on (sports tickets, vacation homes, etc...).

Ace It! is a time to get together with other members of the community to do our part to support women with breast cancer, to encourage breast exams, and to contribute both financially and spiritually to ending this disease.

All fees collected go to support the Breast Center at Alta Bates. **Register on orindawoodstennis.com** (you can pay with PayPal) or pick up a traditional paper **registration form** in the lobby of the Club. Join us on June 25th!

Tennis Tip

Seeing and Believing

Last month I wrote about Knowing vs. Doing. Seeing and Believing is similar. In tennis, as in life, there are things you can do that make it a whole lot easier. Unfortunately, we don't always see these things, or are not aware of them.

"Having eyes, do you not see? Having ears, do you not hear?" (Mark 8:18).

A very important fact can be staring us right in the face, and yet we don't see it because we are preoccupied with something else. In tennis players are often so worried about their own game, that they don't notice things that are really important and would be quite helpful. Like, say, their opponent happens to be left-handed, or walks with a limp and cane. More subtle, but just as important, are little facts like most balls go through the middle of the court. Kind of makes sense that would be a good place to control. And yet, most are worried about their ego, and protecting it from the embarrassment of the ball passing them down the alley.

Which brings us to the second part of our discussion, believing. We can know something, and yet still not do it, or believe it enough to do it.

Lob Wars:

This month I have a great example of seeing and believing. And it has to do with one of the most emotionally charged parts of tennis: the lob. You love 'em, or you hate 'em, but they exist.

After I woke up to reality in 1986, people often referred to me as the woman who made friends with the wind. Barstow is a desert town where the wind blows a lot of the time, and everyone hated it: people even moved from there because they couldn't stand the wind. The reason I made friends with the wind – with reality – is that I discovered I didn't have a choice. I realized that it's insane to oppose it. When I argue with reality, I lose – but only 100 percent of the time. How do I know that the wind should blow? It's blowing! – Byron Katie

And not only do lobs exist, but they actually behave in very predictable patterns. This is the seeing (knowing) part. Lobs usually come from A and land in B (see Fig. 1). Take a good, long look at that drawing, because my guess is few people understand even this, and we are just getting started here.

Don't Like Lobs?

If you don't like lobs, don't hit it to people in area A. This is so obvious that most people completely miss this one (don't see it). In order for someone to lob effectively (we don't care about lousy ones – or yes we do, but in a different way – more on that later), people need to be hitting the ball from A. Second, if you hit the ball into area A, you need to be ready for a lob. **Why A to B?** Most lobs are played with the backhand, and across the body (cross court to B). If they lob with a forehand, it may go to the other side, but few people lob with a forehand, they'd rather drive it.

Being Ready For A Lob:

So another thing people don't see. What is being ready for a lob mean? Well it doesn't mean being in 1 and 2 (Fig. 2 – traditional doubles formation). It means being in 1 and either 3 or 4. A stack formation, forehands facing the middle.

"But that means no one is on half the court, we are both on the same side! (1 and 3, or 1 and 4)"

Yes, because that is where the ball is going. Believe. Think of it as a double team, like in basketball or football.

Figure 1

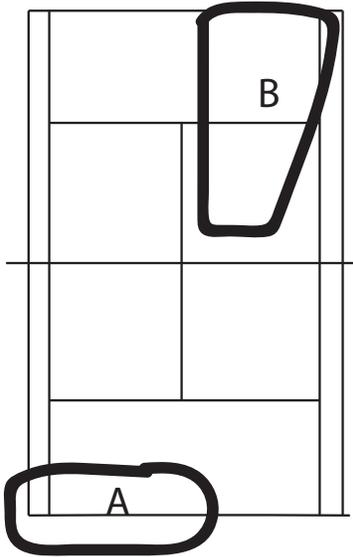


Figure 2

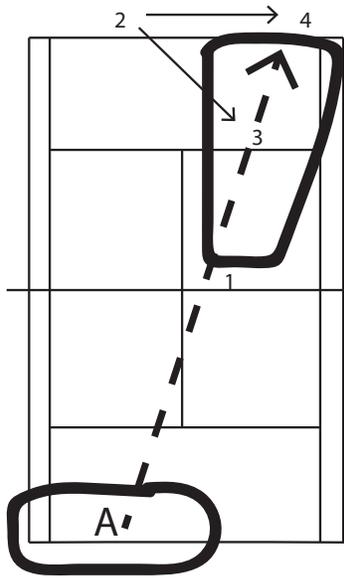


Figure 3

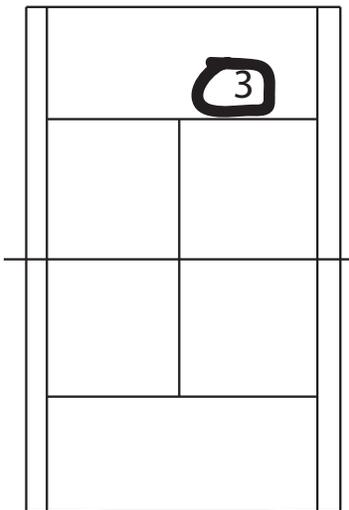
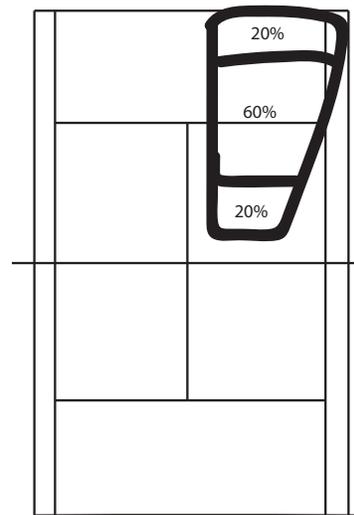


Figure 4

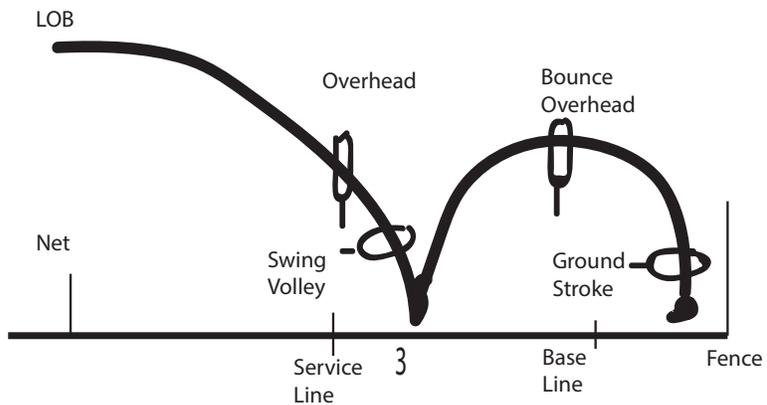


Figure 5

Too Close?

"If they are lobbing, doesn't Position 1 seem kind of close to the net?" If you are in Position 1, 80% of the lobs will go over your head (Fig, 3).



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"So if 80% are going over my head, shouldn't I back up and help my partner?" Makes sense, very logical. "For every situation in life there is an answer that is clear, simple and wrong." And you've hit on it. If you don't back up, but move in (1), the 20% that don't go over your head are easy sitters, and you win virtually all of those points. That means that you have to win far less than half (31% of the original 100%: 20%+31% =51%) of the ones that make it back to your partner to be winning. Don't sacrifice your strength to cover your weakness. Giving up easy winners means you have to win more neutral points, where you don't have any advantage. I mean really; are you better at lobbing than lobbers? Not a good plan.

Lots Of Bad Advice:

A lot of people don't understand the ball goes to *B*, and that they (as the back player), need to get to 3 or 4, and so they admonish their partner for being so close to the net and beg them to come back and help out. Essentially the net person goes back to 3 or 4, and you have no one at the net (1) to kill the weak balls. A soft ball that barely clears the nets is a nightmare if you are not right on top of the net to knock it off. On top of that, the original back person might as well sit on the bench, because they are standing (#2) where the ball almost never goes. Or get your track shoes on, because you are going to be running over to #4 anyway. Why not just go there in advance? Why do we need confirmation of what we already know, if we just can "have eyes to see" the game?

The Life Of A Lob:

So lobs not only go to *B*, but they follow a certain trajectory (what goes up, must come down, and then bounce, and go back up, and come back down).

So in the flight of a lob (figure 5), the ball drops down towards the court. There is a place where it is the proper height for an overhead, and there is a place where it is the height for a swing volley, then it bounces, and then the ball bounds back up, and it is at the height for a bounce overhead and then a groundstroke. So there are basically four places to contact the ball. The farther back in the court you are (behind the baseline), the more defensive your position. When you hit from here, your opponent has much more time to react to your shot, and your angles are limited (see above, where lobs can go: from *A* to *B*). From behind the baseline (*A*), you basically have to lob the ball back (to *B*): Thus begins the dreaded Lob War.

Magic Spot: # 3:

So there is a place, the magic spot (#3, figure 4), for those who have eyes to see, where almost all lobs pass by or through. If you stand there, the balls all come within a step or two, and you can hit an overhead (fig. 5) or swing volley on the lower ball. This keeps you on the offensive (takes their time away), changes the trajectory from lob-friendly to stroke-friendly, you run a lot less, and stay in control of the point. Of course the problem is, you have to be able to hit swing volleys and overheads. The ball machine is great for practicing these shots. Get to work.

Imagine This:

One day you will hit it to *A* on purpose, so that they will lob it to *B*, where you will be waiting at 1 & 3, to spring the trap on them. What a fine day that will be. "What made Wayne Gretzke the greatest hockey player ever, was that while most players chase the puck around the ice, Wayne would stand where it would end up."

Types Of Lobs:

Some lobs are low, some very high. It is difficult to hit an overhead, or swing volley on a lob that is very high, because it is falling so fast. On the high lobs, it is often better to play the bounce overhead (i.e. let the ball bounce, and then get under it and hit the overhead – very much like a serve, actually), where on the low lobs, you want to hit a swing volley, or if it is high enough, an overhead.

So there you have it. How to fight the lob. Now we are back to last month, knowing vs. doing. You know the lob is going to *B* (the vast majority of the time), do you move over there, or do you not yet believe what you see? You know that 20% are sitters, can one player stay at the net (1) and finish those off? Can you lose a few points, when the ball goes to a crazy, unpredictable place, in order to have a chance to win most of the points? These are actually tough questions, and all about seeing, and then believing, knowing and then doing. The true crux of strategy: performance. If you can talk the talk, can you walk the walk? Good luck out there!

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 1	June 13-16	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
Session 2	June 20-23	Full Clinic ___	Half Clinic: Instruction block ___	Match Play Block ___	Lil’ Ones ___
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