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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

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.

Monday Night Team Tennis

It is almost time for the BIG one, the social event of the year, the tennis spectacular of the summer, the grandest of the grand... Yes, ladies and gentleman, the one, the only: **Orindawoods Monday Night Team Tennis**.

Monday Night Team Tennis (MTT) is our Club's social league tennis event held each summer on Monday evenings from 6-9:30 p.m.. Play will begin on Monday, May 11th and continue into mid August. MTT includes women's doubles, men's doubles, mixed doubles and even triples. Of course we guarantee that the weather will be perfect every Monday night (just depends on whether it is perfect for an Eskimo or a Brazilian – we like to mix it up, keep "everyone" happy). Food is included, with one of the teams providing a fine meal for the entire crowd each evening.

The cost for MTT is only \$50 for the entire summer. If you happen to be reading this and are silly enough to have not joined the Club yet (hopefully you'll see the light soon), the cost for non-members is \$75.

If you would like to **sign up**, please contact Keith (orindawoodstc@sbcglobal.net).

Pool Opening Date

Members have wondered when the pool will open. Good question...next question.

We will open the pool sometime in May, but the exact date is yet to be determined. The Board will be discussing when to open the pool at the next meeting, near the end of April. We will post the opening date at the Club as soon as we know.

Philosophy: We would like to open the pool when it is warm enough that people will actually want to use it, and we won't be wasting a lot of money heating a pool that very few people use. As in all weather related issues, predictions are problematic at best, and just plain bad guessing most of the time.

The Life of A Tennis Ball, A Brief History (.003 of a second, actually).

The Moment. There is a crucial moment in the life of a tennis ball, when we, as a tennis player, can have an impact in the course of the ball's future life. A tennis ball can be headed in the wrong direction (towards you), propelled by evil intent (your opponent's stroke), and there is a brief moment, when you can talk to the ball directly, and potentially turn it around, to work for the forces of good, justice and the American way (ball going fiercely back towards the bad guys). It takes great skill to

Used Ball Drop

You go to play tennis, argue with your partners about whose opening the balls, you "win/lose", pop open a can and play an enjoyable 2-3 sets. You put the can in the **recycling** (thank you very much) and drop the used balls in your tennis bag. I suppose the thought is you might use them to warm up next time. After a couple of months, you realize your tennis bag is really heavy. There must be 17 balls in there (one fell out along the way). You decide to do a spring cleaning, taking out all the "old" balls from your bag. You may just drop them in the trash, or you may want to do something more socially responsible with them. Of course by now, they are **DEAD**. Actually, varying degrees of deadness.

Sadness. If you could have just donated them to the **Used Ball Drop** right after you used them, we could get a couple of month's use out of these used balls in the ball machine or junior teaching carts. Then we will be more than happy to distribute them to their third life: the mouth of a happy, tail wagging **dog**, or on the bottom of a **walker** at a local health care facility. We even see them put on the bottom of **squeaky first grade chairs** to save a teacher's sanity.

The **Used Ball Drop** is located just inside the lobby door, to your left. Thanks for your contributions! Your used tennis balls really can go a long way, not just straight to the landfill. There is at least a dog's mouth involved in there somewhere on their journey to ball heaven. **Thanks!**

straighten a ball out. After all, the ball is all pumped up with compressed air (a load of steam?), and all this potential energy is encased in the prison of a rubber ball, and then outside of that, the ball is a bit on the fuzzy side. No wonder this potentially kind object (think soft like a Teddy bear) can be co-opted by your evil opponent to do nasty things to your points total, trophy room and the all-important, all-encompassing, end-all of a USTA rating. Let it not be so!

"Please! Take anything but my USTA rating down. You can have my first born child."

Distractions and Self-Inflicted Distress: The trouble is, the ball gets our attention when it is still far away and just looking mean. It isn't even close enough to hurt us, and it is already distracting us into self-inflicted damage. We stand, fixated, facing the oncoming ball, our feet stuck in concrete shoes. No preparation what so ever.

We have to stop this evil object, before it vanquishes us from the tennis field of battle. Something must be done, and in a hurry.

If we swing early or late and contact the ball, this does no good. The evil intent remains, and the ball careens into the net, ground or nearby fence, just as our opponent dreamed of. We find ourselves living in a virtual hell on earth with each mishit or errant shot. And our USTA rating spirals down, down, down.

Convince the Ball: In order to convince the ball of the error of it's evil ways, and to direct it back to where it can do some good (destroying your opponent's over-inflated, haughty USTA rating), we need to give the ball our full attention right at the only moment when it's deaf ears can hear our plea for justice: **the contact point.**

Now the tennis ball and the strings only meet for the briefest of times, 3/1000 of a second. It's a short, but torrid affair. Strings creasing into felt, rubber compressing, strings stretching and recoiling. Followed by everything rebounding in the opposite direction.

Face the Contact: To really manage this unpredictable and explosive transfer of energy and passion, you have to give the contact your full, and undivided attention. That means turning and facing the action, which is out to the side of your original position.

This is the key point. The ball may have come from over yonder (the other side of the net where the bad dudes live), but it is here now, and it is to the side. And we need to be to the side too.

"The ball goes back and forth, but the play is to the side." – Tom Stowe, legendary NorCal coach

Anticipate Or Die: In fact, at this point, the ball is moving so fast relative to us, that if we don't anticipate it's arrival, and turn to the side before it gets here, it is going to be too late. Arrgh!!!! All will be lost, and our USTA rating will plummet like rock sinking to the bottom of the slimy, gooey, black lagoon. Never to see the light of day again.

The Toughest Thing: Turning and lining our shot up before the ball actually arrives is the single hardest thing we have to do in tennis. In general, we like to face who we are talking to. 99.9% of the time the ball is in front of us, so the temptation is to face forward. To turn to the side, and let this monster approach us seemingly unawares, is just against our very nature.

Sneak A Peek? Of course there is a second, even more devious trap. The desire to know the result of the contact, before that contact even takes place. Don't fall for this final, desperate ploy to destroy your USTA rating. Keep your eyes, your attention, your swing, on the contact point. Before, during and after.

Our desire for total, absolute, complete USTA rating victory may tempt us to see where our shot (we haven't hit yet) will land. Do not go there! Step away from the crystal ball. Auntie Em can't help you, you're in Oz.

We Are Smarter (hopefully): However, we are smarter than this evil, tempting piece of rubber and felt. Little does our opponent know, but we are setting a trap to send his diabolical assault right back at him. Only more so.

The Message: Again, to get the message across clearly to the ball, and turn the spinning fuzz ball into a force for good, not evil, we must prepare well in advance of it's arrival. Our racquet moves slowly towards the contact point, coiled, and ready to spring just as the ball arrives. Contacting the ball indirectly (from the side) to absorb some of it's energy, before quickly rotating to the back of the ball and then accelerating beyond the sacred orb, slinging and spinning it back in the opposite direction. That's the way we send a message. "Take that!"

The smell of burning rubber. Fuzz flying, the whoosh of the racquet as it knives through the air. The ball hardly knows what hit it, but now, it has the joy and honor of working for the good guys, as it cuts back through the air

towards the land of Mordor. Even Sauron will be no match for your lethal blow.

Victory: Tennis victory will be yours! All because you paid attention to the contact, and were able to block out the powerful distractions that challenge the attention of the mind before and after contact. Well done, fellow warrior! Until the next ball comes, enjoy your 5.0 USTA rating and total tennis world domination!

Quote of the Month

*"Ever tired. Ever failed. No matter. Try again.
Fail again. Fail better."
– Samuel Becket via Stan Wawrinka's forearm
tattoo.*



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more!*

The Benefits of Tennis

Sitting down to write in a month when my mother passed away and try to think of something creative to say is a bit challenging. Thank so many of you for your loving and kind support. A passing of a loved one causes one to think a lot about life, death, and the meaning of it all. My mom lived to 92, and had an amazing, active and wonderful life.

Keep Moving: Recently, another woman, who happened to live to be well over 100, was asked what the secret to a long, healthy life was, and she replied, "Keep moving, no matter how much it hurts."

I think we all have our aches and pains from tennis, and life. The logic is often, if I play, this hurts. So I won't play. I'll take today off. So we avoid some pain, but we seldom count the cost of what happens if we don't play. And by don't play, I don't necessarily mean tennis, but I do mean, stay active. Maybe you have tennis elbow, so go for a walk. Or perhaps you knee hurts, maybe bicycling doesn't hurt, go do that.

While I certainly understand the sentiments involved in "If I can't play tennis, I don't want to do anything else," but get over yourself and do something.

Old Ideas = Old People: The old idea of "if you are injured, you should rest" (i.e. stop all activity) has been disproved. That is not the healthiest way to go. Rehabilitation and physical therapy have become very popular to keep us moving and to help us actively recover from injury. There are great activities like yoga and Pilates that keep our body moving, stretching, strengthening and supple. And you feeling younger.

Of course, exercise is not always pleasant. Each week I look forward to our Fit and Hit class on Saturday mornings. I know I always feel great after it is done. The sense of being alive, of breathing well, of feeling refreshed carries with me though out the whole week. However, about 10-15 minutes into the class, I say to myself, "Damn, this is hard work." The exact same thing happens in my Pilates class. After the warm up we start those wonderful abdominal exercises (in a thousand different devious varieties). They even call it working on your "core", to trick us into staying. If you look up core exercise in the dictionary, it reads, "a form or torture directed at the mid section of the human body previously described as sit ups, or abdominal work. Those terms currently out of favor."

Benefits On Display at OW: But I do know this, if you look at our members who play tennis (exercise), and compare them with the general population of the same age (many who don't exercise), our tennis playing club members are on average, in far better health. In fact, at the older ages, there are few left of the outside population to compare with.

My father played tennis until he was about 65. A foot problem prevented him from playing longer, but he was able to take up walking, and at eighty-seven he still walks a couple of miles a day, over 20 years later.

My mom was an active person her whole life. She would walk around the hills of Healdsburg with her walking buddies. When she was no longer able to walk in her late 80s, she started to decline. With memory loss, she couldn't remember why it was important to exercise. Something she had known her entire life. Couch cruising became her primary pastime. The joy of resting. "A body at rest tends to stay at rest." It was her weakening of her body (leg muscles and heart) from lack of exercise that brought her to the end.

And of course my mom had a wonderful, active life. We all face an end at some point (I know, you and I will be the first exceptions). In retrospect, the key thing that most people seem to focus on in the quality of the life leading up to that end. And of course there are parts of this that are completely out of our control. Diseases strike us that we didn't see coming, and hardly seem fair. But a healthier lifestyle does seem to help.

Fun, Joy and Other Three Letter Words: So there are great physical benefits to tennis, and to exercise. But tennis is really fun too. We are breathing, moving, stretching, strengthening and having a great time doing it. The joy of the game is what primarily pulls most of us out on the court. We are playing (think elementary school definition of play). There is competition to challenge us, mental / emotional challenges to strengthen us and joy to enliven us. So staying in the moment, and just enjoying this hit, this rally, this game, this match, right now, helps contribute to a fuller and well-lived life. Happiness really does matter. Just ask the person sitting next to you. Fun, joy and you, together!

Spring Junior Program 2015
March 16th – June 5th

The 2015 Spring Junior Clinics began the week of March 16th, and will continue thru the week of June 1st. There are no classes during the Spring Break week of March 30th through April 3rd. Program leaders for the eleven-week session are Head Pro Patric Hermanson and Assistant Pro Anna Marie Gamboa. There is still some space available, if you want to catch the last six weeks.

Level	Class	Time (s)	One day/week	Two Days
I	Lil'Ones (ages 4-6)	Tues/Thurs 3:15-4pm	\$145*	\$230*

The Lil' Ones class is for the always adorable 4-6 year olds. We will be developing the coordination and balance of these young players as well as giving them an introduction to tennis using age appropriate balls and court size.

II	Future Stars (ages 7-10 years)	Tuesdays 4-5:30pm	\$275*	n/a
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The Future Stars Group is for our 7 to 10 year-old players. The players will be working with Ten-and-under balls on 36' and 60' courts. Stroke instruction, tennis games and match play are all part of the curriculum.

III	Tennis Development (ages 11-14)	Thursdays 4-5:30pm	\$275*	n/a
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In the Tennis Development Group we will work on refining technique, improving footwork and developing strategic awareness for successful match play. This class is for beginning through intermediate players.

IV	Tournament Training	Wednesday 4:30-6:30pm	\$370*	n/a
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The Tournament Training Group is an invitation only class. Contact Patric about setting up a try-out. Players already in the program will be promoted when they are ready.

***Non-members** should add \$25 (Lil' Ones only \$15).

We have factored into the cost of the clinics, the potential of two weeks of missed classes due to the rain, illness, vacations, etc...

Special Discount: 10% discount off the cost of second sibling. Discount taken off the lower of the two costs.

Inclement Weather: in case of questionable weather (rain), please call the Pro Shop for a court condition update. Conditions are also listed on Orindawoodstennis.com. Bottom of the home page.

Tennis shoes required (no shoes that mark the court),

For more information please check out the club website or call Keith or Patric at the Pro Shop. To sign up, e-mail Patric at patric.owtc@yahoo.com or call the Pro Shop at (925) 254-1065.

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