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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! Breast Cancer Event June 25th

Ace It!, our annual Breast Cancer Awareness Day is Saturday, June 25th. The morning session 8:30-11:30 is 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. Included in the registration is entry into our free raffle. In addition, there is a great silent auction with some amazing prizes to bid on. Most importantly, 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 testing, 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** or pick up a traditional paper **registration form** in the lobby of the Club. Join us on June 25th!

Playing Tip:

Mondays and Fridays Return for the Summer!

Where have Monday and Friday been all year? Buried under a heavy league schedule, but now, for the summer months (May, June, July & August) weekday leagues are not being played, and there is much more of court availability on Mondays and Fridays. If you are looking for some sweet morning time to play during the summer, check it out!

Tennis Tip:

Knowing Vs. Doing

Helpful Harry: A lot of people know what to do. And can be quite "helpful" in telling other people what to do (we've all had that partner, haven't we?). And they tell themselves what to do too. Sometimes in a friendly, loving, caring voice, and other times not so nice.

King Knowledge The First. Our culture has pronounced knowledge king. We go to school to learn facts, the Internet is overflowing with information, there are answers to every question on Wikipedia, or a Google search. You can watch pretty much anything on YouTube or other Internet sources.

And yet, aren't we really just chasing the easy stuff? Knowing is relatively easy. Doing what we know, that can be a bit difficult. After all, it is often said that the road to hell is paved with good intentions.

We can even do "the right thing," and get it wrong. We can take our spouse out for Valentine's Day because we are suppose to and don't want to get into trouble, rather than because we love them and want to honor them.

"The last temptation is the greatest treason,
To do the right thing for the wrong reason." – T.S. Elliot

The First Lesson: When I teach someone his or her first lesson, it can be so enlightening. There is so much new knowledge, so much to learn and so much to take in. The student is engaged, and I am excited to be able to give them a different, or helpful view of the tennis world. People often come out with a real understanding of the way things work on the court. People feel like they "get it." It's all fun with physics.

Realty Happens: But we all know that there is a huge difference between knowing how to hit the ball down the line, and actually being able to do it, when the pressure is on. On match point, when Betty Sue cranks up her amazing 95 mph serve with hellacious spin dripping off of the incoming ball, and you need to hit that wicked shot up the line past her "return-eating partner". That's a different deal, isn't it? You need a bit more than just knowledge then, don't you? Obviously skill is required, but something

Monday Team Tennis

(starting in May!)

It is time to register for the BIG ONE, the EVENT OF THE YEAR, the MOST FUN YOU CAN HAVE ON A TENNIS COURT, etc... Yes, we are talking Monday Night Team Tennis. It is back, and ready to start in early May. May 9th to be exact.

That means, registration is open for the upcoming season. I would like to take members of Orindawoods first, and then, if necessary, fill in with some other folks as needed.

Please sign up as soon as possible, so that I will know if I need non-members or not. Thanks!

It is always hard to strike a balance between not enough players and too many. It is a long season, and people travel. We don't expect everyone to be able to play each week, so if you are going out of town for a vacation, don't let that stop you from signing up!

The season will run May 9 through August 22. There will be no formal MTT on Memorial Day or the 4th of July, but the courts will be set up to Party On! for those who wish to party on! Naturally. As it should be.

MTT will include Men's, Women's and Mixed doubles.

The cost for the entire summer is \$50 for members. Of course each night includes dinner (often gourmet). You will be asked to help contribute to the side dishes on the nights your team has dinner (a couple of nights during the summer).

more than even skill. Or even talent. What's the mysterious ingredient?

Once there is knowledge, and understanding of what to do, that is when the real work (fun) starts. Repetition, small adjustments and corrections, maybe a new insight or at least understanding of what is required. And tons of mistakes, and short-term setbacks. Because it is in our failings, that we learn. The trouble is, knowledge is valued so highly, that we think that because we know something, we should be able to do it. And we often give ourselves a very hard time when we can't. After all, the brain rules all, right? Or was that the left brain? Hmmm.... Maybe not. Interesting. And so we also need a lot of self-love, patience and a supportive environment.

Over time, with practice, we start to get a feel for what we are doing. Macom Gladwell tells us it takes 10,000 hours to master something as complex as tennis, baseball, soccer, ballet, piano, etc... That's 2.75 hours a day, for ten years. And yet we knew a lot of what we had to do on the very first day. "See the ball, hit the ball." So simple, ya-dee-ya...

Addictions: I bet that if you went to a twelve-step meeting, most of the people there know what to do to overcome their addiction, and yet, that is very little of what recovery is about. Or learning. After all, changing your forehand is partly about overcoming your addiction to your old forehand, isn't it? We just call it, "a bad habit."

There is the old street-wise saying, "If you're going to talk the talk, you have to walk the walk." That's really what we are saying here, isn't it. That it is much easier to think about what you want to do, even proclaim what you are going to do for all to hear, than actually do what you want to do. Thinking just involves your brain, but behavior takes a lot more of us into account, including our emotions, our subconscious and our spiritual or philosophical beliefs.

A lot of these factors are not in our direct control. Even our thoughts are not as much in our control as we would like to believe. There is the old joke / test that goes like this, "I want you to think about anything but a pink elephant. What ever you do, don't think about a pink elephant." It is impossible not to picture a pink elephant in your mind, even though the specific directions were that is not what you were suppose to do.

How do we learn? How do we change? What do we do? Clearly, we need a roadmap of where we want to head, or go. So knowledge is important. It is just not the end all or know all (well, maybe it is the "know all"). It is not the destination, but a tool that helps us head in the right direction. Knowing what to do is the first 10% of learning.

Now the work starts. We have to start learning new habits, and/or replacing old habits. And by replacing, I don't mean erasing, but choosing to use the new behavior over the old. I still know how to do my 1974 forehand, I'm never going to forget. I just don't want it to pop out in the middle of a match when I really want to be hitting my 2016 forehand instead. So in other words, our problems or old habits don't go away, we just learn how to deal with them. That is why a person who hasn't had a drink in 30 years still refers to themselves as an alcoholic. The habit is still there, they just know how to not fall back into it. So far. Someone who has suffered a tremendous emotional loss or damage doesn't forget that trauma, they learn how to not let it control their every waking moment.

Now tennis is just a game. How bad can past traumas be? Yeah right, tell that to someone who has double faulted on match point. This stuff is painful, and mistakenly we extrapolate our failures to saying it means something about our character, our essence. This touches into shame, and some really deep, nasty stuff. As Carl Jung said, "The trouble with the subconscious is that it is subconscious." So next time we have to serve on match point, what happens? Does some ugly dragon named Double Fault storm out from our subconscious and ruin our day?

Of course one option is we never put ourselves in that situation again. We run away and hide. But we all know that isn't really the answer. To grow, to keep living, we need to face our demons.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort with out error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat. – Teddy Roosevelt

The Path: So first we practice our new habit. Depending on the difficulty, we may need a lot, or a few repetitions to "nail it down." Most skills don't take anywhere near 10,000 hours. Most professions do. Then we have to look at the situations that we want to use that new behavior in, and recognize the triggers that may lead to us using a behavior that we don't want to use any more. For example, a big serve goes out wide to my backhand. That's a trigger. Do I panic and use my old backhand, or calmly use my new one. It isn't enough that I have a new backhand, I have to be able to use it when the temptation comes to use the old one. Again, this has much more to do with habits (subconscious) and emotional control than it is had to knowing how to hit the new backhand. There is a lot of will involved. A lot of overriding our emotional desire to panic (fight, flight, freeze).

A Joke: A sergeant leads his squad of ten men into combat. He points at three men and says, "You, you and you panic, the rest follow me."

That's kind of what it's like, sometimes we forget our training and just run. Other times, the training and the



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Quote of the Month:

*"It's terrifying to think
you could lose control,
eventhough the truth is
that you never had it in
the first place.*

*That's the death of
fantasy and the birth of
reality."*

– Byron Katie

discipline are able to overcome the fear, and we can perform. These are the most rewarding moments in life. And they are only a bit about knowledge, there is much more to it than that.

This isn't about skill, this is about will. Its about being our highest self, when our lowest self wants to take over. It's about failing, and knowing that there will be another shot, another opportunity to put our knowledge into practice, into reality. Panic on one return, stay calm on the next. You build a match, a performance, on one shot at a time.

I love the great duality from Tim Galloway and the *Inner Game of Tennis*: "I will miss. There is no need to miss." Both are true. We have to do the training, trust our training, give up control, a combination of making it happen, and letting it happen.

My teacher, mentor, and tennis inspiration, Doug King, told me once that his job (teaching tennis) was much more about inspiring, motivating, cheerleading, than about technical knowledge. And he is the most technical teacher I have ever met, but most of the information he offered was mostly to inspire us to change, to find a way to do, to act, to become, to succeed (or fail). All this, in a world that is about knowing what to do, and giving free advice or handing out judgment. Good luck out there!

Tennis Tip:

Watch the Ball / Forget the Ball

So here is an interesting area to try out doing verses knowledge. Or to make the journey from knowledge to doing.

There are times when you almost want to forget the ball. You observe the ball, but your attention is on getting in the best tactical position on the court, or in the proper position to hit (like a batter). If you are too focused on the ball, and the future (the hit or the result) you won't do what you need to do right now. Important little things like prepare, wind up, move your feet, align, or get into tactical position.

At contact, you focus on the contact point, and your stroke, and not the ball per se. You see the ball at contact (actually you don't, it's moving to fast for our eyes to see, but you lock on the contact point). You hold this focus for a moment as the ball leaves, forgetting the ball (which you can't see anyway). This is the classic, "Keep your head down." Tennis, baseball, golf -- any ball sport -- keep your head down.

As the ball approaches your opponent you watch the ball, but your focus expands to clues they are giving you as to where their shot may go. Their body position, alignment to the ball, if their swing seems early or late, weight, balance, position on the court. Your intuition about what they might try, even their past patterns of play.

When they hit the ball, your complete focus is on the ball. Where is it going, what spin, and trajectory? You calculate where the ball will land, where you will intercept it. Then you release that focus to prepare for contact. You move your feet, you wind your body, you align to the predetermined contact point. Now the ball comes back into focus.

You make the shot and the process begins again.

An Example: Your partner is hitting a first serve. His job is to get your opponent to hit the ball back through the middle. Your job is to be there to pick that return off. So your partner serves and the ball wizzes by your ear. Are you moving to the middle to anticipate the return, or are you standing there watching the ball, wondering, "well, what if it doesn't go to the middle, I better wait and see." Then the return goes back through the middle, but you are too late to get the ball. Your partner did his job, what happened to you? Improper focus. Ball watching – you're a tourist -- when you had something else to do. Not helpful. Your partner wonders who the Bozo at the net is.

Two Of My Favorite Ideas: "For every situation in life there is an answer that is clear, simple and wrong." Watching the ball all the time, to the exclusion of everything else, is a bit simplistic for tennis. Einstein said that, "You want things to be simple, but not too simple." Yes, we watch the ball some. We have to, but there are other things to do as well, and in tennis, you have to let go of the ball sometimes, and not obsess on it.

Makes sense. So you have the knowledge. Now all you have to do is do it. Easy peasy, right? 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