



October 2010
Volume 16, Issue 10

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

New Associate Pro

Exciting News

As some of you may know, our Associate Pro Brad Shak left Orindawoods at the end of the summer. We all want to thank him for the fine work that he did, especially with the Club's juniors.

Rather than be caught short without a pro for the Fall season, we were lucky to have a wonderful new candidate for the position surface in the past few weeks. Her name is Anna Marie Gamboa (see Bio to the right).

After spending the summer working with Lynn Rolly at the Berkeley Tennis Club in their junior program, Anna Marie was looking for something closer to home and more permanent. Keith had met Anna Marie through some of the players he teaches and knew of her potential interest in coming to Orindawoods.

Both Patric and Keith are looking forward to Anna Marie's time here at Orindawoods, and think that she fits our program perfectly. We're sure you will agree. Welcome Anna Marie!

Pool Scene

The pool will remain open as long as the weather holds. We usually close the pool around the middle of October. We've had some nice, warm days (for a change) recently, so there are still some pleasant days to be had at the pool this season.

Drop-in Courts

Note: this article was sent as an e-mail to all the members, but it is important enough to be repeated here.

As you know, courts 4 & 5 are our drop-in or walk-on courts here at the Club. While the other courts can be reserved at various times of the day and week, we leave courts 4 & 5 for people that for one reason or another, didn't make plans in advance to play and make a reservation (FYI: making a reservation still starts one week and one hour in advance of when you want to play).

It is nice to have courts here at the Club that we can play on even if we didn't happen to get a reservation. Our basic balance is four reservation courts to two walk-on courts. Let's face it, some of us are planners, and some of us are more spontaneous. We want Orindawoods to be a club for both. Please keep in mind that when we have events, like League Matches, Lessons and Junior Clinics and Events, we tend to take the "walk-on" courts first. So there may be no walk-on courts during events. We try not to do this during prime time, but some situations are unavoidable (for example: our weekday league teams often play on Monday and Friday mornings due to league rules). Court Two also becomes a walk-on court much of the midday when our pros are not teaching.

IMPORTANT ETIQUETTE: If you are going to use the walk-on

Introducing Anna Marie Gamboa

Anna Marie Gamboa recently joined Orindawoods as our Associate Pro. Anna Marie is a native of Orinda who grew up playing tennis and competed as a junior in Northern California. She was ranked in the girls 12's and continued on to play varsity at Miramonte and Division III collegiate tennis at Westmont College in Santa Barbara. While in school, she taught during summers at John Gardiner's Tennis Ranch in Carmel Valley and also at Moraga Country Club. Most recently she assisted with the junior program at Berkeley Tennis Club.

Anna Marie is a member of the United States Professional Tennis Association. She brings a lifelong love of the game and hopes to pass on her belief in fundamentals. Currently Anna Marie competes in USTA leagues in both singles and doubles. Anna Marie will be assisting Patric with the junior program and is also available for private or group lessons Tuesday through Saturday. She can be reached at the tennis office via phone (254-1065) or at gamboa.tennis@yahoo.com.

Late-night Visitations

We've just installed a "Lobby Cam" to go along with our "Court Cam" so that we can keep track of light night revelry in the lobby of the Club. Although tempting, we will not be posting the Lobby Cam view on the internet, like our Court Cam. If you have a teenager involved in such fun, late-night parting, tell them to be sure to smile, because they are on camera.

All kidding aside, the clubhouse closes at 10 and doesn't open again until 6 a.m.. The police have permission to arrest people found on the Club property during those late night hours.

Court Washing

May - October we have the following court washing regiment. The last Friday of each month we will wash courts 1-3 at 11 a.m. On the first Friday of each month, we will wash courts 4-7 starting at 11 a.m.. If you like to play at that time (few do), then make sure you make a reservation on one of the other courts to make sure that you have a court to play on. Sorry for any inconvenience.

Welcome Anastasia

We have a new weekend desk person, our own Anastasia Kaiser. Courtney Krakow, after four years at OW is off to college. Good luck to Courtney and welcome Anastasia! Anya moonlights as Miramonte's #1 player when she isn't answering OW's phone.

courts there are proper ways to do so to reduce the friction with other members. Please remember, this is a shared use facility, and we are all friends and neighbors, so please treat others with respect. They want to play as much as you do, and have just as much right to do so.

1. **At least two people** . Don't take a walk-on court until at least two of your group are here. One person, hitting serves, trying to "hold" a court is not very nice and you wouldn't want to be treated that way if you showed up after that person.
2. **Put your name and starting time on the Green Board** (BTW, do this even if you have a reservation).
3. **Accurate starting times**. Your starting time is when you take the court, not when you expect your habitually-late, socially irresponsible, inconsiderate fourth to show up. Putting 9 a.m. on the Board when you walked on at 8:40 is really not very nice, and you certainly wouldn't want someone to do that if you were waiting. In case you "happened to forget your watch" there is a clock just above you on the wall.
4. **Playing time**. Playing time at Orindawoods is 1 and 1/2 hours. Singles and doubles are the same. We do this to encourage singles play, which is fun and good exercise (we like happy, healthy members).
5. **You can't always get what you want**. Sorry, but sometimes there are more groups that want to play than we have courts available. And none of us are perfect.
6. If you show up, and you feel the people on the walk-on courts have not followed the rules, here are some **guidelines** to follow:
 - a) If a single person is trying to "hold" a court, kindly explain to them that isn't fair and if you have at least two people, you may take the court.
 - b) If someone put the "wrong" time up (they put 9 and it is 8:45), let them know you are changing it.
 - c) If someone forgot to sign in, have them come back up, sign in and put the right time down so you know how long your wait will be.

Asking a group to forfeit their court would be too much for these offenses (b & c).

7. **Playing 3 hours**. Some of us really like to play a long time, but the limit is 1 and 1/2 hours. If no one is waiting, by all means, keep playing, but understand that you can be bumped. If it happens, be gracious. Remember, someone may be coming after the people taking the court, so don't squeeze their time by dallying.
8. **BUMPING** if someone's time is up, and it is your turn to go on, walk down to the court. Tell them you have the court. Let them finish the game they are on (no add scoring, please -- and no set or match tie-breakers). Have some empathy, no one likes to be bumped. Be friendly, but take your court.
9. **Reservations**. If you have a reservation, and you decide not to play, please cancel the reservation. Someone who is trying to drop in could use your court. To cancel a reservation: Just go to the court scheduler, find your reservation, and click on it. A window will open up just like when you made the reservation, and click on "delete". Keep in mind, the person who made the reservation is the only one besides staff that can cancel a reservation. We recently had an "on-court discussion" about who gets the walk-on courts, and there was a reservation that was not used, and no one knew for quite a while that the group that got aced out could have just walked on the reservation court. We want to keep Orindawoods a fun, friendly place to play. That will only happen if we each make a commitment to treat other people fairly, in a friendly and thoughtful manner.

Ladies League Matches

We have several ladies league teams competing this fall and winter in several different leagues. We try to set these matches up at times which are both convenient for the league players, as well as leaving plenty of times for non-league players to play. The weekend league matches don't start until after 11 a.m.. The weekday league matches are almost always on Monday and Friday mornings, leaving Tuesday, Wednesday and Thursday as non-league days. League matches are played on courts 4, 5 & 6. If you are planning to play during a scheduled league match, remember, that there are no "drop-in" courts at this time, so you should make a reservation. If you are interested in joining a team, and somehow we forgot to ask you (ouch! So sorry), there is still space on most teams to get

involved in the action. Contact Keith, and he will put you in touch with the proper captain.

There has been some talk about men's teams, but up to this point, either there are no captains, or not enough players to compete in the various leagues. There are plenty of men playing, but most prefer to play in their foursomes and not in leagues. Good luck to all teams and players. Go Orindawoods!

See the next page for the Fall Schedule (it is also posted on the Club Calendar on the website):

Quote of the Month:

"Everything should be as simple as it is, but not simpler."

-- Albert Einstein



Orindawoods Tennis Club

650 Orindawoods Dr
Orinda, CA 94563
USA

Phone:

925-254-1065

Fax:

925-254-1380

Website:

www.orindawoodstennis.com

Executive Tennis

Director:

Keith Wheeler
[orindawoodstc@
sbccglobal.net](mailto:orindawoodstc@sbccglobal.net)

Head Pro:

Patric Hermanson
PatricTennis@yahoo.com

Associate Pro:

Anna Marie Gamboa
gamboa.tennis@yahoo.com

Junior Tennis Staff:

Emily Spitz
Victoria Shepard
George Kaiser

Weekend Staff:

Anastasia Kaiser

Newsletter Editor:

Keith Wheeler

Associate Editors:

Patric Hermanson
Marcy Sharafian

**www.
orindawoodstennis
.com**

*Reservations, Club
calendar, weather and
court updates, lesson
programs and much
more!*

DATE	DAY	TIME	League
20 September	Monday	9:15 a.m.	Fall Sr. C
24 September	Friday	9:15 a.m.	Fall B3
1 October	Friday	9:15 a.m.	Fall B3
2 October	Saturday	11 a.m.	USTA Sr. 3.5
4 October	Monday	9:15 a.m.	Fall A2
11 October	Monday	9:15 a.m.	Fall A2
15 October	Friday	9:15 a.m.	Ball A3
16 October	Saturday	11 a.m.	USTA Sr. 3.5
16 October	Saturday	2 p.m.	USTA Sr. 3.0
18 October	Monday	9:15 a.m.	Fall B3
23 October	Saturday	11 a.m.	USTA Sr. 3.0
1 November	Monday	9:15 a.m.	Fall A2
5 November	Friday	9:15 a.m.	Fall A2
6 November	Saturday	11 a.m.	USTA Sr. 3.5
6 November	Saturday	2 p.m.	USTA Sr. 3.0
12 November	Friday	9:15 a.m.	Ball A3
13 November	Saturday	11 a.m.	USTA Sr. 3.0
20 November	Saturday	11 a.m.	USTA Sr. 3.5
3 December	Friday	9:15 a.m.	Ball B3
4 December	Saturday	11 a.m.	USTA Sr. 3.0
11 December	Saturday	11 a.m.	USTA Sr. 3.5
21 January	Friday	9:15 a.m.	Ball A3
24 January	Monday	9:15 a.m.	Ball Sr. C
28 January	Friday	9:15 a.m.	Ball B3
11 February	Friday	9:15 a.m.	Ball B3
14 February	Monday	9:15 a.m.	Ball Sr. C
18 February	Friday	9:15 a.m.	Ball A3
25 February	Friday	9:15 a.m.	Ball B3
11 March	Friday	9:15 a.m.	Ball B3
25 March	Friday	9:15 a.m.	Ball B3
8 April	Friday	9:15 a.m.	Ball B3

Tennis Tip

The Smallest and the Fastest

Here we are again on the great Forehand Adventure (but this applies to all the ground strokes and serve). It is the smallest, quickest move in the stroke that provides us with the most power. In fact, perhaps even more shocking, it is the weakest, most flexible movement that gives us the most power.

Power is commonly associated with strength, but not so when striking at tennis balls (or a golf ball, or baseball, for that matter). That is not to say there is not a strength component, but that strength often has much more to do with control than power. And strength often surfaces in the form of leverage, not muscles or effort.

What we are looking at today is what separates the pro players from the club players. What makes the pro player's strokes look so different from a club player's stroke? Whether you observed this recently on TV watching the US Open, or down in Indian Wells, when we watched the pros, it is clear, they don't hit like most of us.

In fact, when we watch pros, especially if we can see their strokes in slow motion, we have to admit they look wristy. Pros use their wrists. How many times have we been told not to use our wrists? If you have taken a lot of lessons like me over the years, you've been told, "no wrist" thousands of times. It's an example of a classic teaching mistake, trying to make things too simple (see the Einstein quote, p. 2).

Now there is some truth to this "no wrist" advice. No one wants to snap their wrist forward at the ball, and this is clearly not what the pros are doing. However, this does not mean that the wrist should be frozen solid, or placed in a cast, on the ideal tennis player. Quite the contrary, the wrist should remain mobile and flexible. It is

the rotating, and folding back of the wrist at the last moments before contact that 1) make the pros look wristy, and 2) give them their awesome power. Not only that, but that rolling, lay back aligns them to the ball properly, and keeps them flexible enough to adjust to the sudden nuances of the flight of the incoming ball. Pros are just not rigid, like so many club players are when they address an incoming shot.

Let me once again in this space attempt to describe a physical move using the limitation of words here on the written page. If you hold your arms out in front of you, palms down, elbows up, forming a circle, you will notice that the base knuckle index finger on your racquet hand points up. Make a fist with that hand (like you were holding onto a racquet, for example). Just focus on that knuckle. If you rotate your hand back so that the knuckle first points back, then down to the ground and finally down and back in towards your leg, you have the wound position that pros get into (and we don't). Your elbow will also point back into your side. From there, the shoulder lifts that arm/hand up to where contact would be (out to the side, slightly in front). Now think of turning your hand, pulling it back, so that same base knuckle of the index finger rotates up and back so that it ends up facing in towards your left ear (if you are right handed). At no point in that movement did the knuckle (back of the hand) come around and point towards the target. You don't swing through the ball, you turn the ball, pulling the knuckle back, and drive the elbow/body forward.

If you can do that move, holding on to a racquet, you can start to feel the amazing range of motion that a pro goes through in the playing of a forehand shot. You can do a stroke like that too. Not only does that knuckle (and thus the racquet) go up and down, but it goes in and out too. It is that range of motion, and small, quick turns, that create "racquet head speed," (really racquet HAND speed) and thus the power, on a tennis shot. Good luck out there!

The 2010 Fall Junior Program At Orindawoods Tennis Club

The 2010 Fall Junior Clinics begin the week of **August 30th**, and will continue thru the week of **December 13th**. There are no classes the week of **November 22nd-26th**. The 15 week program will be run by **Head Pro Patric Hermanson** and **Assistant Pro Anna Marie Gamboa**.

The Level I and Level II classes will be taught using aspects of the USTA Quickstart Program. Level III will also spend some time using Quickstart. Prices will be pro-rated if your child gets a late start.

<u>Level</u>	<u>Class</u>	<u>Time(s)</u>	<u>One day/week</u>	<u>Two Days</u>
I	<u>Lil' Ones (Ages 4-6)</u>	Tues/Thurs 3:15-4pm	\$160*	\$250*
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.				
II	<u>Future Stars Group (Ages 7-10)</u>	Tuesdays 4-5:30pm	\$315*	N/A
The Future Stars Group is for players with no tennis experience to those who have played a year or two.				
III	<u>Tennis Development Group (Ages 11-13)</u>	Thursdays 4-5:30pm	\$315*	N/A
The Tennis Development Group is for our junior high schoolers, and for the younger players who can hit the ball back 4 to 5 times per rally and can serve the ball in from the baseline.				
IV	<u>Tournament Training Group</u>	Wednesdays 4:30-6pm	\$315*	N/A
The Tournament Training Group is an <u>invitation only</u> class. Contact Patric about setting up a try-out.				
V	<u>Friday Tennis Events</u>	Fridays 4:00-6:00pm	\$TBA	
Interclubs, pizza tournaments and special training sessions will be organized for selected Fridays in the fall. Dates to be announced, and costs dependent on the event.				

***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 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.

Tennis shoes required (no black soled shoes).

For more information or to sign up, please check out the club website or call Keith or Patric at the Pro Shop, or you can also e-mail Patric at patrictennis@yahoo.com.

It's not too late to join us for a great Fall Season!

