



Orindawoods Tennis News

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Orindawoods Tennis Club: 925-254-1065; 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 Phone App for Reservations

This is the greatest thing since Milk and Cookies. There is now an app, Play Tennis Connect, where you can sign in and make your court reservations on your smart phone (sorry, not available on dumb phones). You can download the app from the usual sources (Apple App Store, Google Play). There is no cost (the Club has paid the cost for the members). So you open the app, sign in using your existing OW username and pass code and you are up and running. You follow the simple path to reserve a court at Orindawoods. In fact, the motto is "tap, tap, play". Three clicks and you are done.

This is so easy you will probably never use the computer to make a reservation again.

USPTA World Conference

The USPTA World Conference is in Palm Desert this year, and ETD Keith Wheeler will be attending. The conference runs September 25-29. Attending conferences is part of our commitment to always bring you the best tennis instruction and knowledge. It's fun to learn new things, and share new ideas with all of you.

Quotes of the Month:

"Don't let life discourage you; everyone who got where he is had to begin where he was."

– R. L. Evans

"One ought, each day at least, to hear a little song, read a good poem, see a fine picture and, if possible, speak a few reasonable words." – Goethe

Twilight Tennis!

We have one more Twilight (after September 24) for the 2016 Tennis Season: Sunday, October 16. Tennis will be played from 4-6 p.m., followed by our BBQ dinner featuring Kinder's meats.

Twilights are a great way to meet other players, hang with friends, play fun social tennis, and enjoy a tasty meal, all in one evening. **The cost is:** \$20 for members, and \$25 for non-members. The fee includes both tennis and dinner. Please remember to bring your own beverage, everything else is provided. To register, contact Keith (orindawoodstc@sbcglobal.net). Be sure to include whether you want BBQed Chicken or Steak. (Cluck or Cow with your tennis).

Up Coming Summer Twilight BBQs

Saturday, Sept. 24, 4-8 p.m.

Sunday, October 16, 4-8 p.m..

Fall Junior Program

The Fall Junior Program began in August and continues throughout the Fall until Christmas. See Page Four for all the details about after-school junior tennis at Orindawoods. There is space in some classes. Learn the game for a lifetime!

Pool Closing

The pool will be closing on Sunday, October 30 at the end of the day. Thanks for a great summer of fun and exercise! This is always a sad time of the year when we must accept the fact that it can't be summer (or Indian Summer) forever and we must face the cold, cruel fact of winter, and the end of pool season. But the bright news is that pool season will return in early May 2017, so keep your swim suit handy, and we'll soon be back to splashing and frolicking in the Orindawoods pool. And, there is still a month left of swimming in 2016!

Orindawoods Junior Championships

The Orindawoods Junior Tournament will be held the weekend of October 21-23. Beginning on Friday afternoon, all the courts in the Club will be reserved for the tournament and there will be no member play until the tournament concludes sometime on Sunday. When it ends is anyone's guess at this point, as it is largely dependent on the weather. If it does not rain, we will be done by midday Sunday, but if there is rain, everything can get pushed back.

If you have a junior in your family who is interested in playing in the tournament, talk to Keith or Patric, or sign up on TopDogTennis by Oct. 16th.

Thanks for your support of junior tennis by allowing us to use the Club once a year, and we look forward to watching these great young people play.

Tennis Tips

I've Been "What-Ifed"

To play tennis well, you need to play the percentages. It is a game of anticipation, educated guesses and snap decisions taken on the best information available at the time. You're never going to be right all the time, yet not anticipating makes you "wrong" more of the time.

Having said that, we need to empower ourselves to anticipate, to take educated risks, to move and position before the other person plays the ball. That means that we have to free ourselves from the imagined burden of being wrong some of the time.

Whenever I teach strategy, tactics and positioning in a tennis lesson and position the players in the optimum location on the court, someone in the group will always say, "what if the ball goes to A, and you are telling us to cover B?"

Of course the simple answer is, "You'll probably lose the point."

But the more complex and correct answer is that we are willing to lose some low percentage points in order to win more of the high probability points. In other words, if someone is likely to hit the ball crosscourt 8 times out of 10, cover the cross court and let the down the line go. This is essential to reaching your maximum potential. There isn't a 5.0 alive that wouldn't make that deal, yet many less experienced players still try to cover the whole court, which because it is so big, means that they aren't really covering anything well. Their defense is stretched too thin.

The point of this article though, is how do I psychologically deal with being "wrong." Being wrong on this one particular point, as opposed to being wrong in an overall strategy. If I have bought into the whole percentage thing, as I should, I'm fine with the long term positioning, but I still have to deal with the short term pain of being wrong (or wronged?) on this particular point. This is where a sense of humor helps, make a joke out of it, "I've been what if-ed!"

The Nuance of Belief

Believing in something is a very interesting process. It is said there are no atheists in a fox hole under heavy artillery bombardment. So perhaps in that instance, pressure or fear helps with belief.

There are things that we believe, even know to be absolutely true, that we forget in certain circumstances. So do we really believe them, if we don't follow through on those beliefs when pressured? It is said that Peter denied knowing Jesus three times before the cock crowed after earlier in the evening swearing he would be faithful forever.

One of the concepts we talk a lot about in tennis is waiting for the ball to arrive. Waiting until the ball gets to the contact point, before we attempt to play it. We all know there is an ideal place to contact the ball, and yet, often, we do not hit the ball in that spot. More often than not, we are early. And we are early because we fear being late. We overreact. So we believe in our ideal contact point, and we do all we can, up to a point, to make contact there. And yet, if the shot is challenging enough (too fast, too slow, too far, too close, too much spin, too easy, etc), we "lose" our belief for a critical moment, and misplay the shot, often missing.

So when do we "own" a shot? At what point is a shot "ours," or "dependable?" Probably long after you can technically execute the move. Long after doing it flawlessly in practice. Owning a shot is way more than just being able to hit it from time to time. Probably even long after we can make the shot in a game we are comfortable in. Most shots are a lot easier at 2-2 in the first set than at 4-5 in the 3rd, ad out (i.e. "match point").

I once watched Lendl late in the fifth set of the semifinal of the US Open against Pat Cash on break point hit a topspin backhand lob over the onrushing Cash for a winner. It was virtually match point. Lendl had not hit a lob in the entire match that I could remember. I don't think I had ever seen Lendl hit a topspin backhand lob, before or since. The ball cleared Cash's racquet, and won the match. So how good was Lendl? Pretty damn good. He believed. He owned that shot, enough to use it on the deciding point of the match. Even though it was a shot he hardly ever played. Stunning.

And everyone fails. Even Peter, "the Rock on which I build my church", failed under the right set of circumstances. None of us can beat the perfect storm.

So you may believe that you need to wait for the ball, but waiting for the ball under pressure is a whole another level of belief. And understanding. Good luck out there!

Playing the Odds

Some points are yours, some points are theirs. And some are open for discussion. You could even say, "some points matter, some don't" You need to win the points you are winning, and win some of the points open for discussion. If you pinch a couple of points they are winning, all the better, but you have to take care of your business, your points.

So when it comes to playing a strategy, you want to choose the shots, and position yourself in the place that gives you the best chance to come out ahead.

For example, if your partner hits a great serve, and the ball comes floating back to you at the net, and that point doesn't end in your favor, something has gone really wrong. If you hit a great return of a second serve, and you don't end up winning that point, again something has gone wrong. We need to win the points that are ours to win.

First serve points for you, and second serve points for them, are points you really need to win most of the time, if you want to win the match.

On the other hand, winning points against their first serve, and on your second serve are not as essential. Especially their first serve. You could win very few of their first serve points, and win a match quite comfortably, if you took care of your business (your first serve, their second serve and close to half of your second serve points).

Another part of this equation is that you want to be playing first serve points about 67% of the time in doubles, about 60% of the time in singles. So the first serve has to be strong enough to give you a solid advantage in the point, and get it in enough that you aren't playing too many second serve points.

There are two basic kinds of shots, ones where you are trying to force your opponent (by hitting a winner or making them have a forced error) and shots where you are defending, and your best chance is that they blow an easy one (unforced errors). Trying to play a forcing shot from a defensive situation leads to way too many errors on your part, and very few successes, while playing it safe in a situation where it is best to attack is just as bad, but not as obvious. You have missed an opportunity to take charge, and therefore let them off the hook. This will lead to them winning far too many of "your" points. "Safe ain't safe."

Of course there are levels of attack, and levels of defend. You have to calculate the appropriate amount of risk, to get the maximum reward. The law of diminishing returns certainly applies here. Good luck out there!



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Targets

As I mentioned last month, but bears repeating, when the ball and the racquet interact in tennis, which one is the target? I would venture to guess that about 95% of the people that play tennis would say the ball is the target (and about 100% who don't play tennis). And that, is a big problem for those 95%. Tennis is a game of catching and sending. You have to catch, before you can send.

If I asked which was the target, the baseball or the baseball glove. I think most people would get it right, you want the ball to hit the glove. The glove is the target. It is the same in tennis, I want the tennis ball to hit the racquet.

But in tennis, the ball has to be returned to the other side of the net. So the target, the racquet, has to transform at the moment of contact, into the device that is doing the sending.

The problem is, due to the belief that the ball is the target, this transformation happens too soon for most players, and they end up hitting the ball using swing and momentum (too much swing, way too soon), when they really would be better served by having the ball be "caught" by the racquet (less motion, later), and then sling the ball back over the net (a throw rather than a hit).

Now with a tennis racquet, unlike a baseball glove, there is tremendous power stored in the very nature of the racquet. A lot of what you need in terms of power is already there, without you having to do anything other than make contact. The racquet is a trampoline with great potential energy, ready to release. When the ball hits the racquet, it bounces back without you doing much of anything. How it bounces back is what makes tennis fascinating, challenging and fun. And real frustrating at times. We have to take this racquet which is predisposed to send, and teach it how to catch. And then in the next few fractions of a second, turn it into a device to throw the ball back.

Ironically, the people that think the ball is the target are actually ahead of the people that think the target is on the other side of the net. Those people are twice removed from the proper contact, the ball hitting the racquet. Countless mistakes are made swinging at a target on the other side of the net, instead of letting the ball hit the racquet, then releasing the ball with the strings pointed towards that secondary target on the other side, not swinging the racquet towards it.

Some ask, "Why bother? It's so much simpler to not think so much and hit the ball?" "Racquet back, follow-through." And of course the answer is, I like winning.

The Four Tennis Agreements

Don Miguel Ruiz wrote the Toltec wisdom book, *The Four Agreements*. Many of you have read it. If we look at the four agreements in a tennis light, we get: **Be impeccable with your word** obviously means be honest, truthful, make good line calls, but it also means setting boundaries, being yourself, and believing in yourself and your game. Say what you mean, mean what you say, with your racquet. **Don't take things personally** means that people's bad line calls, odd behaviors, coaching, etc.... are all about them, and not you. Your partner giving you advice is about them, not about you and your tennis. Or what you need to do. "To thine own self be true." **Don't make assumptions** in tennis means keep your eyes open, see what is happening. Don't get caught up in stories that take you away from reality, like trying to outthink your opponent. Just b/c they made one alley shot, doesn't mean they'll make another. **Always do your best** is about following strategies and methods that give you the best chance for a good result.

Having good shot selection, and only hitting shots you can make. Letting go of your opponent's crazy, lucky or rare shots, and sticking with your game plan. Of course there is much more to *The Four Agreements*, but that's a start.

Fall Junior Tennis At Orindawoods

August 29th – December 9th

The 2016 Fall Junior Program Clinics began the week of August 29th and will continue thru the week of December 5th. There are no classes the week of November 21-25. The 14-week program will be run by Head Pro Patric Hermanson and Assistant Pro Anna Marie Gamboa. Little Ones and Future Stars will be taught using aspects of the USTA 10 and under Development Program. There is still space available in some classes, the price will be pro-rated if you start now.

Orindawoods Clinics	Ages	Days	Time	Cost Per Week One day / Two days
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Little Ones	Ages 4-6	Tues and/or Thurs	3:15-4pm	\$160 / \$260
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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.

Future Stars	Ages 7-10	Tuesdays	4-5:30pm	\$320/ 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 10 and under balls on 36', 60' and full courts. Stroke instruction, tennis games, and match play are all part of the curriculum as we work our way up to the green dot balls and the full court.

Tennis Development	Ages 11-14	Thursday	4-5:30pm	\$320/ 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 ages 11 thru 14.

Tournament Training Invitation Only	Wednesdays	4:30-6:30pm	\$410 / n/a
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The Tournament Training Group is an invitation only class. Contact Patric about setting up a try-out.

Non-members should at \$25 (Lil' Ones, only \$15).

Pricing: 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 the 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, or look on orindawoodstennis.com at the bottom of the home page for a court update.

Tennis shoes required (no "black soled shoes" that mark the court surface).
Cell phone use during class time is limited to emergencies or with consent of a coach.

Contact Head Pro Patric Hermanson to see if there is space available in the class you would like to participate in.

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