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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

Court Usage at the Club

The Magic Ninety

It's a little piece of heaven, those ninety minutes of joy and bliss you spend playing tennis at the Club. And when no one is waiting, you can even get in a bit more action. Bliss in overtime. Of course, everyone is allowed their own little touch of bliss, so don't be piggish about bliss grabbing, and start trying to cheat your poor, less fortunate or less skilled neighbors out of their bliss time.

With the Club being at membership capacity, it is natural that there are some busy times during the week when the race for courts and court times is somewhat competitive (cutthroat? Nah, not at Orindawoods). Healthy competition can be a good thing, but it is important that everyone get a fair opportunity to play the game we love. No one is guaranteed a court, but they are guaranteed a fair opportunity to get one. Of course many players feel that since there are plenty of free courts available at three in the morning, their noble competition for courts should play then, and leave prime time to the chosen ones. That's an idea.

Sorry, but we are going to have to share the most desirable times. "Darn."

In the pursuit of the fair distribution of court-time resources, we offer this "somewhat brief" recounting of the Court Rules with some illuminating commentary (the full rules are available on the website and posted in the glass case above the courts):

- *Play at the Club is for 90 minutes, singles or doubles. If no one is waiting, you can play longer.* Comment: Tennis is actually two different games: singles and doubles. We support both varieties. This isn't the Orindawoods Doubles Club with a posted sign: "Singles, Keep Out". Rules that favor dubs, kill singles play.
- *Ball machine reservations are for 60 minutes.* This is for your own protection. Ninety minutes of ball machine time and your arm will fall off. Don't go there!
- *No individual Ball Machine use during prime time.* We'd like to have at least two people on a court at the busiest times. Two people using the machine is OK.
- *Prime time is M-F from 9-10:30 and lighted court time in the evening. Sat/Sun prime time is 9-12 noon, plus lighted court time.*
- *No back-to-back reservations.* Comment: You cannot be part of play in two different groups that play back-to-back. This includes playing on a drop-in court, and then having a reservation later. That would be taking more than your fair share.
- *Reservations may be made 169 hours in advance (one week and one hour). You can have two active reservations at a time* (Three reservations 169 hours before your reservation that begins in an hour if you are reserving the same time for next week).
- *If no one is playing on your reservation court before your start time, you can start a bit early and still play your full reservation time. But you can't bump someone off a court just because they have finished their ninety minutes if you have an upcoming reservation. That would, in essence, be back-to-back reservations. "Foul!"*
- *When you go down to play on a court, you must sign in on the green board, even if you have a reservation.* Be sure to post your start time, which is when there are two players present (not all four, tell your partners to be prompt or lose time). A single player cannot hold a drop-in court. (Note: there is currently discussion to make a reservation void if there is no name and starting time on the board. While this has not been approved, if people don't abide by the sign-in rules, it may become necessary).

September Twilight Tennis

With two summer Twilights under our belts (July and August), let's go for a third on Saturday, September 27th. We will play a tennis round robin from 4-6 p.m. in the afternoon, and then enjoy a wonderful steak / chicken dinner on the deck starting around 6:15p.m.. You do not have to participate in the tennis to have dinner, and non-playing spouses of tennis players are certainly welcomed.

So dinner includes your choice of steak or chicken, plus salad, roll, beans and dessert. You need to bring your own beverage, as budgets and tastes vary greatly here. "Would you like to sample a very excellent vintage of two-buck chuck?"

The cost is just \$20. You can sign up by e-mailing Keith (orindawoodstc@sbcglobal.net) or going to the calendar page on the website and clicking on the event and registering.

Pleasant Hill Tennis Needs Help

Several of our members of Orindawoods, as well as friends of OWTC participate in the Pleasant Hill Tennis Club. PHTC is currently trying to get their courts rebuilt (they are in a sad state) and a PH member has donated a sum of money that would go a long ways towards paying these costs, but more funds are needed. If you could help with a donation, please contact OWTC members Jim and Rita Utz. Thank you!

Monday Team Tennis

Monday Night Team Tennis concluded on Monday, August 11th with a fun evening of round robin tennis. Team competition had ended the week before with Team Four taking the title (going coast to coast, first from the opening week to the last).

Team	Capt.	Wins	Losses	PCT	GB
Four	Becky	685	497	.580	--
One	Barbara	616	566	.521	69
Two	Chris	558	624	.472	127
Three	Lysbeth	505	677	.427	180

It was a great season, with wonderful food each Monday night. Join us next year!

- *Reservations are forfeited after 15 minutes, so please be on time.*
- *Bumping: When it is time to claim your court, go to the gate. When the point ends, inform the occupants that their time is up. Then wait outside the gate while the people on the court finish the game in progress. The game should be finished as a no-ad game, and no tie-breakers. Please enter and exit the court quickly once the game is finished.*
- *Guests: guests are allowed to visit the Club up to one time per week. The fee is \$10. The member is responsible for seeing that the guest fee is paid. Flex league and Walnut Creek league matches are required to pay guest fees (they are not normal leagues, where home and home play is reciprocal and thus guest fees are waived, i.e. cancel each other out).*
- *Half the players on a court should be members. Comment: the club is for members, not guests.*
- *Women's Clinic is on Tuesdays, 9:30-10:30. Men's Clinic is on Thursdays, 9:30-10:30. The cost is \$5. These clinics are a member benefit, for members only. Enjoy!*
- *There is no longer a Men's Day on Saturdays (hasn't been for several years). While it is true that men often make reservations at those times, they are making reservations just like anyone else. Courts are fair game at all times.*
- *We have two types of courts: drop-in courts (4 & 5, 2 most hours during the day when there is no teaching) and reservation courts (1,3,6&7, 2&3 at night for lights). Reservation courts are for those who like to plan ahead, drop-in is for spontaneous play. It is very important to the health of the Cub to have both types of court options. Not everyone plans their tennis the way you do, so please be accepting of the other type of people. Just like singles vs. doubles.*
- *Courts Four and Five are drop-in courts, except during club events and programs. Comment: dropping-in counts as a reservation in terms of no back-to-back reservations (but not as one of your two reservations per week). You can't drop in to extend your later reservation play.*

I could go on and on... enough!

All You Need to Know: Honestly, I'm not a big rule person. Actually pains me to feel the need to write the above text. We are all grown ups here (OK, perhaps there could be some debate / a few rare cases). What we really need to know **first** is:

Play is for that magical, blissful, wonderful, thrilling, invigorating, refreshing, healthy, stunningly beautiful, inspiring and devoted ninety minutes.

Enjoy the heck out of it. Maximize it. Want more playing time? Spend less time chatting at the net, more time hitting. Chat it up on our wonderful deck before or after play is completed. **Second:**

If you are doing something that extends your ninety minutes, and takes away from someone else's, don't do it. It's against the rules, even if you can't find a specific reference to the exact case in the rules.

Honestly, there are plenty of times during the week when you are not going to be bothered if you want to play longer. Be creative. Plan to play at times that are less crowded. Many members do this to their utter blissful contentment. But if you have to play during prime time, then expect to play ninety minutes, expect to be bumped, and take your bumping like an adult. And be happy that others are getting to play too. The bigger the club membership, the more people you have to play with, the lower your dues, and the more money we have to keep the club facility up-to-date and wonderful!

Personal Responsibility on both ends. And of course bumping involves a personal responsibility as well. First of all, when you have to do the bump, be nice. But more importantly, it is your right to claim your court when it is time. Don't be shy. No one should give you a hard time when you are merely asking for your rightful court time. If they do, let the staff know. Everyone should realize how hard it is to give "bad news." They should show some cheerfulness and acceptance in receiving the sadly unwanted news that it is time to exit. Remember, that's a racquet, not a scythe, the oncoming players are carrying. Nobody died here, especially you. No one was even mortally wounded. "No animals were harmed in the telling of this story..."

This is a **shared-use facility**, we're all members. Share. Pretty simple.

Say "hi" to everyone, treat each other with respect, and enjoy your day. The Club is a place we come to have fun, and to escape a sometimes cut-throat world ("I like this place, and willingly could waste my time in it" – Celia, *As You Like It*).

Intimidation is not welcomed at Orindawoods. Don't bring that world with you, and ruin this magical place for everyone else. What could be more selfish than to share a bad or aggressive attitude with undeserving fellow members. Poor form.

Preaching to the Choir. I know that vast majority of you know this, live this, and respect these principles. That is why Orindawoods is such a wonderful place, and why we all joined. I want to protect this magical place with all my heart, and with all my resources. Join me. Join the Club! Be a member, not just a dues payer. Thanks!

Tennis Tip:

Defending the Lob: Zone Defense

There are different ways to look at lobs and defending the lob. The traditional way is height, is it an offensive (low, often with spin) or defensive lob (high)? While height is helpful for movement and how to hit an overhead, if we are looking at defending against the lob as a doubles team, there is a more helpful approach.

I like to look at which zone in the court the lob is going to be hit in. Can it be played in the front section of the court, near the net (a poor lob). In the

Quote of the Month

"I never paint blue dog purple (except for when I do)."

-- George Rodrique



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middle section of the court, or deep in the court, behind the base line?

Why Lob? With the exception of the person who only lobs, most people lob because any other shot in the situation that they have found themselves in would be suicide. Say they are forced to hit a ball through the middle of the court, the net person knows this too, and is there waiting. The only response is to loft the ball over the net person's head. Smart play. (Yes, lobbing can be the best play, not the chicken play).

What to do? So when it is time to lob, what does the team receiving the lob do? First of all, let's realize that you are in a position of strength. They are only lobbing because you have backed them into a corner. This is only good news if you can finish the point, but it is a far better situation than you being backed into a corner. Of the three zones, short, medium and deep, most lobs are intended to go deep. Over the net person, deep in the court.

That's the intention (deep), they don't all go there.

Stay Up: If the lob goes short, the receiving team should win virtually every point. But they only do if there is someone in the front zone waiting to crush it. Since the intent of the lob is to go deep, or at least medium, it is natural for the net person to want to back up and cover part of the backcourt. Big danger. Backing up means you won't have an easy, clean winner when the ball is short. So you aren't winning the "easy points." That is never good.

The way the top team in the world, Mike and Bob Bryan are dealing with the lob situation is that they are positioning one player up at the net to put away all the really bad or low lobs, and leaving the other player in the back or mid court, to cover the middle or deep lobs. There are two options here:

- 1) **The back player is at the baseline.** If the back player is at the baseline, and the lob is over the net person (who is in the front zone close to the net), but the lob bounces and is going to be played in the middle zone, then the back player steps up and hits either a bounce overhead or an attacking groundstroke (if the ball is too low for a bounce overhead). If the lob is deep, and the player in the back has to play the ball behind the baseline, then they lob the ball back (preferably deep to their opponents). This deep lob rally becomes about who can lob the best and not hit short first. **IMPORTANT:** Most players are lobbing because they don't have a choice (a groundstroke is suicide), so the back person should do exactly what the front person did, move to the side of the court the ball has to go to. In other words, stack both players lined up in a row. The net player takes the short, the back player takes the middle and deep. The argument that "I can't cover the whole back," while true, is irrelevant. You don't have to. Stand where the ball is going. This is anticipation. And it's not as hard as it may seem.
- 2) **The back player has come forward.** If the back player has come forward to the midcourt area, and the lob is anticipated, this player should move to the "magic spot," a location about 3 feet beyond the service line on the ad side of the court. Most lobs either land or travel over this spot, or within a few feet of it. If the ball is going to land in the middle zone, they can let it bounce and hit it as a bounce overhead, or take it out of the air (overhead or swing volley). If the ball is going to land in the deep part of the court, then the player can take the ball out of the air as an overhead. Obviously, if you come forward, you better have an overhead. "Dah."

A couple of key points: when do I hit the bounce overhead, or instead choose to lob the ball back? The basic rule of thumb for me is are you standing inside the court (blue here at Orindawoods) or are you behind the court (in the green)? If you are in the blue, and you can arrange yourself properly, go for the offensive shot. Back in the green, even if you could hit a bounce overhead, you are so far from the net that the effectiveness is greatly reduced and it is a higher percentage to play the lob as your reply.

Don't Be Fooled. Most lobs land in the deep area, but don't be fooled by this. Every third, fourth or fifth lob is going to be in the front or middle section, and if you position properly, you can exploit these weak shots and beat a lobbing team. To a pulp! Yay!

Breakdowns: There are a couple of big mistakes that should be avoided. As tempting as it is to back up, keep the net person in the front, close to the net. If he moves back, even if he hits a strong shot, there will be no one up close to put the ball away if there is a weak return (likely off a strong shot). The other big mistake is the back player coming forward inappropriately so that you can't defend the deep lob. Coming in on the deuce side and hitting the ball so that it can be lobbed deep to the ad corner is going to be a big problem.

So the back player should only come in if he can get to the magic spot and cover the deep lob or hit the ball at the net person, and not back to the baseline player who can lob.

Exceptions: Are there exceptions to these rules or strategies? Sure, of course, absolutely. You can do anything you want, but if you like winning, do what works. If you are sure breaking a rule is going to work (you can make the shot, they are going the other way), go for it. If I break a rule and I don't win 90% of the time, then I think it was a mistake. Losing a point I would have won if I just stuck to the plan is really unpleasant. Use some self-restraint here, but if the clouds part, and a voice from Heaven, accompanied by a chorus of angels singing doo wop tells you to hit a shot, listen. Just make sure it is a message from upstairs, and not just wishful thinking or your run away ego. (i.e. when you know vs. believe. Go for it. Knowing is key. Certainty.)

Conclusion: So the proper strategy is to take control of the net, force them into lobbing, and then position yourself for when they make a mistake (short or middle, left or right) you can make them pay. Be patient. It may take a couple of shots or lob rallies, but you have a plan, and if you stick to it, it will work most of the time. And remember, if your opponent is smart, they are lobbing because the net person can put away any groundstroke. If you back the net person up to defend the lob, a good opponents stop lobbing because they have options. Backing up is a bad and self-defeating plan. Good luck out there!

Fall Junior Tennis At Orindawoods

The 2014 Fall Junior Clinics begin the week of September 1st, and will continue thru the week of December 8th. There are no classes the week of November 24-28. The 14 week program will be run by Head Pro Patric Hermanson and Assistant Pro Anna Marie Gamboa.

We have a four-level program designed to make your junior the best player they can be, and have a lot of fun doing it! The level 1 and II Classes will be taught using aspects of the USTA 10 and under Development Program.

We hope to see you this fall at Orindawoods! Make sure to sign up early!

Clinic Schedule:

Level	Class	Time (s)	One day / wk	Two days / wk
I	Lil' Ones	Tues / Thurs 3:15-4pm	\$155*	\$245*
	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 Group	Tuesdays 4-5:30pm	\$310*	n/a
	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 green dot balls and the full court.			
III	Tennis Development	Thursdays 4-5:30pm	\$310*	n/a
	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.			
IV	Tournament Training	Wednesdays 4:30-6:30pm	\$400*	n/a
	The Tournament Training Group is an invitation only class. Contact Patric about setting up a try-out.			

***Non-members should add \$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 second sibling. Discounts taken off the lower of the two costs

Inclement Weather: In the case of questionable weather (rain), please call the Pro Shop or check the club website for a court condition update.

Tennis shoes required (no marking, black soled shoes).

Contact Info: Head Pro Patric Hermanson: patric.owtc@yahoo.com;
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