



Orindawoods Tennis News

September 2016 Volume 22, Issue 9

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

Fall & BALL Leagues

We have twenty-two home weekday ladies' league matches coming up this fall and winter. There are just as many away matches, so there are lots of league opportunities for our ladies during the weekday. We have teams entered in Sr. BALL B2 (Lynda Lawrence), Sr. BALL A2 (Liv Milan), Fall A-4 (Leslie Finertie / Janet Govan) and BALL A3 (Julie Bell). Home matches are played on Mondays and Fridays and use courts 4, 5 & 6 starting at 9 a.m.. The captains are listed next to the teams above if you are interested and somehow were missed in the registration or are new to the club. Play begins the week of 9/5.

There are also USTA 6.5 and 9.5 Combo matches on the weekends, so check the court scheduler for congested times and plan ahead.

Some Thought-provoking Quotes for the Month:

"You can compel someone not to be bad but you can't compel them to be good."

"A great deal more fiction is written in Excel than in Word."

"The greatest mistake you can make in life is to continually fear you will make one."
– Elbert Hubbard

"You set out to find God, but then you keep stopping for long periods in mean-spirited roadhouses."
-- Rumi

"The difference between news and gossip is that news tells you what happened and gossip tells you how much people enjoyed it."
--- Gregory David Roberts

Twilight Tennis!

Join us for our second summer Twilight Tennis BBQ on Sunday, August 28th from 5-9 p.m.. We will play tennis from 5-7 p.m., followed by our wonderful Kinder's BBQ on the Club deck from 7:30 to when the cows come home.

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

Sunday, August 28th, 5-8 p.m.

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

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

Fall Junior Program

The Fall Junior Program begins the week of August 29th and continues throughout the Fall until Christmas. See Page Four for all the details about after-school junior tennis at Orindawoods. Learn the game for a lifetime!

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.

Tennis Tip

180 Degrees Off

What's moving more, the ball or the racquet? The ball is traveling up to 80-85 feet in tennis, and our arc our racquet makes is often 6-10 feet or less. The ball is moving relatively fast its entire flight, but slowing gradually as it approaches us. The bounce slows the ball considerably, but it is still moving forward towards us. If we look at a professional tennis stroke, the racquet is almost not moving in the preparation phase (much of the turning, coiling and lifting is done with the body), then it moves slowly in to position with more coiling and twisting. At contact the coil is released in a quick burst of energy and then we slow down into a calm, smooth follow-through. Check out the amazing YouTube video of Djokovic and Taylor Fritz hitting at Indian Wells. (<https://www.youtube.com/watch?v=zROU7wl213I>). It's a must-see!

So we ask a related question, that is not so obvious. **Are we hitting the ball, or is the ball hitting us?** Take your time, and answer thoughtfully, because the answer to that simple, little question is going to greatly affect your success in tennis.

A hammer hits a nail. The nail is not moving. All the energy in the system is being delivered by the hammer. The nail is driven into the wood by the force

imparted on it from the moving hammer. Let's look at the opposite situation: A dart strikes a dart board. All the force is in the dart, the dartboard is not moving.

The problem in tennis is that the ball is moving, sometimes quite fast, with spin. It is not stationary like the nail (or a golf ball). So there is a lot of energy in the ball, like in darts. But unlike darts, in tennis we have to send the ball back. The racquet is not a dart board, which absorbs the dart, but a trampoline, which first absorbs the ball, and then shoots it back the other way.

Our best approach is to mimic the dart board for the first half of the action, and let the ball hit our racquet. In the second half of the action, we propel the ball back towards our opponent's side of the net.

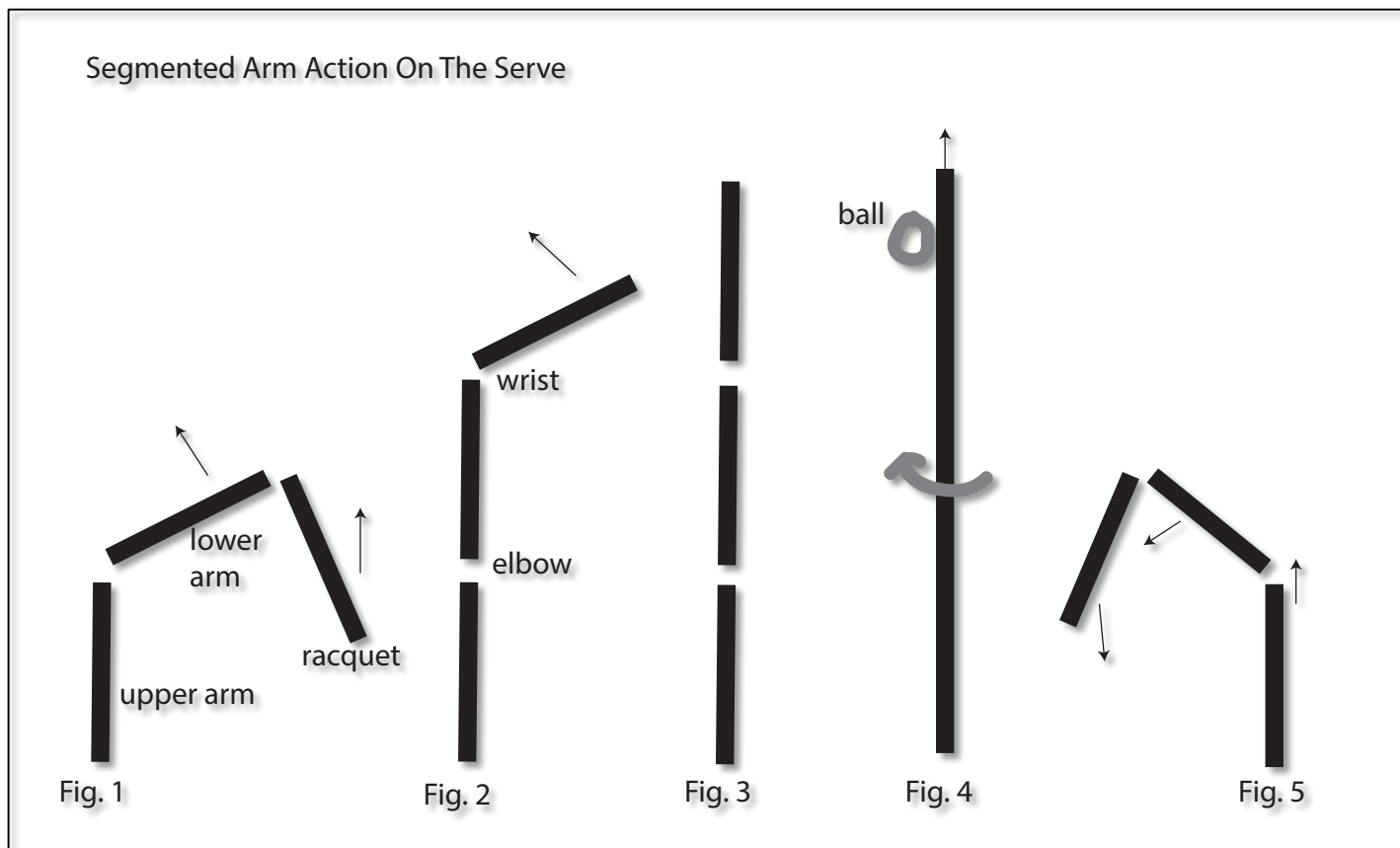
Or put another way, tennis is a sport where **first we catch** (with our racquet, the target) and **then we send** (towards a target on the other side of the net). In this sense, the "pusher" has the right idea, get the ball on the racquet. But they leave out the second part, the sending.

So back to our question, most people would say you hit the tennis ball, which is, about 180 degrees wrong. The opposite of the most useful truth. The ball is not a nail, or a golf ball. It is moving, often fast, often tricky. First the ball must hit the racquet. We run around, using footwork, to try to line up our racquet so that the ball hits it. Then we can think about releasing the energy in the racquet and the body, to send the ball back towards the opposite side of the net. The releasing, or moving part, comes more naturally for most of us, so it serves us well to **focus on the ball hitting the racquet**, and not so much to worry about hitting the ball. Trust me, most players won't forget to send, but they often forget to move into position and catch.

How do we propel the ball back over the net (the second half of the interaction)? Read on:

Nunchucks and A Rotating Axle

Trying to find an effective way to describe what happens when a tennis ball meets a tennis racquet has confounded many a tennis teaching pro, or TV commentator. As I have discussed many times in this space, we want to get away from the most prevalent idea, that we swing at the ball (see above, predominantly, we want the ball to hit the racquet, not the other way around). But something does happen when the ball contacts the racquet, something very powerful that leads to the amazing force of today's tennis shots. It just isn't a swing, but what is it?



Let's look at the serve, though the same basic action happens on the forehand and backhand as well. In other words, even on a stroke where the ball isn't moving, we still don't swing. And we try to place the ball in the way of the stroke. In other words, the service toss hits the racquet path, rather than the racquet hitting the toss.

A Whip. If we think of the racquet (with the hand), the lower arm and the upper arm as three separate segments (Fig. 1), connected at / by the wrist and the elbow, we can start to see a clearer picture of what is really happening. These joints bend, causing the segments to be at very different angles to each other (Fig. 1), until contact, when they for the most part come into straight alignment. (see Fig 3). The three segments actually resemble the martial arts weapon, nunchucks, which are a couple of sticks connected together by a chain. The fact that the sticks move somewhat independently of each other, and not like one big stick, makes them behave much more like a whip in the hands of a skilled master. A whip is much faster and therefore much more powerful, than a mere stick. So the first action is a whip like action that is straightening out onto the ball (Fig. 1-3). The "stick" with three separate segments (racquet, lower arm, upper arm) suddenly becomes one long stick at contact (Fig. 3-4) but with a ton of force.

Torque. At this point, the second force comes into play: the entire arm rotates in the shoulder joint. The arm spins (Fig. 4). This is torque.

So we have a three-piece stick that snaps into place and becomes one long stick, and it then rotates, much like an axle. One end of the axle is your shoulder, the other is "attached" to a point in the sky. The arm rotates as much as 270 degrees in the shoulder joint, depending on the players' skill and flexibility.

And then the arm (stick) breaks back into three separate segments for the follow through (Fig. 5) to release stress on the arm and reduce speed for the recovery.

The arm and racquet are only straight for a very short period of time, but it is this straightening and turning that drives the ball, not a swing.

The Illusion of Swing. So the arm snaps up, turns, and collapse back down. The racquet moves so fast in this motion (particularly from the turning) that it appears to swing. Don't be deceived. The truth can be seen in looking at the shoulder, upper arm and elbow. Look at the upper arm on a world class server, as it moves very little, save the rotation. It's almost as if someone is holding the elbow in place. In other words, the upper arm stays pointing up in the air pretty much throughout the entire crucial part of the stroke. The illusion of swinging is caused by the bending, twisting and turning of the trunk of the body and the rotating of the arm. But the arm actually remains in the dead center of the shoulder joint.

A Sling. The interaction between the ball and the racquet is much less of a hit, what you would do if you took a swing at the ball, and much more of a sling or whip-like action, shooting the ball back over the net. This is a much quicker, more precise move than simply hitting the ball. More power, more control.

In other words, the ball hits the racquet, the racquet catches the ball, and then shoots the ball back over the net. That's a lot different than a hammer hitting a nail. As we have discussed in the past several months, a hammer hitting a nail is much easier to understand, and even much easier motion to try to do. The problem is, as a model for playing tennis, it just doesn't work very well. It is the answer that is clear, simple and wrong.

Monday Team Tennis

We have had an amazing summer of Monday Team Tennis in 2016. Four teams of 15-16 people have competed for the MTT title, and going into the last week, the standings were amazingly close, with teams 1 & 4 tied for first place, and Team 2 just 9 games back. Considering over 850 games had been played, this is unprecedented in MTT history that the race was so close.

So the table was set for the fantastic final on Monday, August 16th. Teams 1 and 4 were playing each other, with Teams 2 & 3 featured in the other match. Team 1 defeated Team 4, 46-34, and Team 2 defeated Team 3 43-37. Creating the final results below. Amazing, what a great season. Congrats to all!

The Final 2016 MTT Standings:

Team	Captain	Wins	Losses	Percentage	GB	Position
Team One	Cindy/Denis	509	451	.530	0	1 st
Team Two	Becky	497	463	.518	12	2 nd -T
Team Four	Chris	497	463	.518	12	2 nd -T
Team Three	Lysbeth	417	543	.434	92	4 th



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Thanks to all for a wonderful 2016 season, and we look forward to seeing everyone next year!

Fall Junior Tennis At Orindawoods

August 29th - December 9th

The 2016 Fall Junior Program Clinics begin 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.

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

<u>Future Stars</u>	<u>Ages 7-10</u>	<u>Tuesdays</u>	<u>4-5:30pm</u>	<u>\$320/ n/a</u>
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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.

<u>Tennis Development</u>	<u>Ages 11-14</u>	<u>Thursday</u>	<u>4-5:30pm</u>	<u>\$320/ n/a</u>
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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.

<u>Tournament Training Invitation Only</u>	<u>Wednesdays</u>	<u>4:30-6:30pm</u>	<u>\$410 / n/a</u>
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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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