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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

Cardio Tennis

We have two great Cardio Tennis classes going at the Club, and we may add more as interest continues to grow. Cardio Tennis is an exercise class that uses tennis as the format. It is not a tennis lesson per se, but a way to get a great workout and to hit a lot of balls. So if you want to get in better shape, practice some shots, have a ton of fun, and get some exercise all at once, Cardio Tennis is for you. The schedule is:

Monday 9 a.m.- 10 a.m.
Thursday 6 p.m.-7 p.m.

Sign up for each class by going on line and clicking on the class you want to attend on the club calendar. \$10/ class.

Junior Program Success

We have had a wonderful summer of junior tennis here at the 'Woods. There are still two more weeks of the summer Junior Program, 7/24-7/27 and 7/31-8/3. Join us for the end of a really fun ride. So many kids have really improved this summer, and learned the "game for a lifetime."

Fall Junior Program. We will take a break from Junior Tennis for three weeks in August (as most families travel at this time) and we will start up once again with our great after-school program beginning the week of August 28. (see the schedule on page 4).

More League Success

Captain Susie Richardson's Women's 3.5 USTA team finished fourth in the league, and made the playoffs. In the first round, they faced the very tough first place team and pulled off a stunning 3-2 upset! The match was played in blistering heat, and somehow we were able to prevail. The next round they pulled another 3-2 upset against Club Sport Valley Vista! The next opponent is Flight 2 winner, Oakhurst.

Our Men's 3.5 USTA team continues to roll through the playoffs, winning the first round 5-0, and the second round 4-1.

Both these groups are having a great time playing good, competitive tennis!

Upcoming USTA and Fall Leagues

We are going to have a busy Indian Summer and Fall with several exciting teams at the Club. USTA matches are played on the weekends, after 11 a.m.. Teams and captains are:

Ladies Senior 3.0 (Lysbeth McNeil & Jill Honeyman)
Ladies Senior 3.5 (Bonnie Gallogly and Jan Coe)
Ladies Senior 4.0 (Carmen Duarte & Pauline Ho)
Mixed Doubles 6.0 (Brad Smith)
Combo 7.5 (Susie Richardson)

Weekday leagues this fall will include:

BALL A3 (Gina Tracey)
Fall A2(Kris Byrne)

Twilight Tennis Schedule

We have two more Twilight tennis parties this summer: 8/18 & 9/8. Twilights are a great way to get out and enjoy some tennis, a fine meal, and a wonderful evening with friends and family. If you are new to the Club, or want to find new people to play with, there is nothing better than a Twilight to get things started. The tennis begins at 5 p.m., with a BBQ "dinner on the deck" starting around 7 p.m.. You do not need to play tennis to be part of the fun and festivities. To sign up, call Keith at the Club or register on the website (click the event on the). The cost is \$17 for tennis/dinner, \$15 for dinner only.

Defibrillator Day ("Defib Day!")

Saturday, July 29 is Defibrillator day at Orindawoods. We are raising money so that we can buy an AED () for the Club. We have had several members who have had bouts with heart disease, and we would like to have the latest equipment here on the property to assist anyone who might be stricken.

AEDs are quite effective in dealing with one of the two main causes of heart attacks, fibrillation. While all Emergency Medical Technicians (EMTs) have AEDs, the AEDs work best if they are used within the first 5 minutes of the initial incident, and not later than 10 minutes after the heart attack. A strong heart, that is shocked out of fibrillation, will start to beat properly again in most cases, where as after 10 minutes, there has been enough heart damage that the person may not be able to survive. Since the response time of the EMTs to Orindawoods barely lies inside of that 5 minute window, in the best circumstances, it would be wise to own one of these machines.

We are asking for a \$40 donation from people that are able to give towards this important cause.

The Defib Day will consist of tennis from 9-11 and then lunch and a drawing for prizes to follow. We already have several great prizes lined up, plus many have already donated. To sign up, please call Keith or register on the website by clicking on the event on the Club Calendar.

Monday Team Tennis

What a wonder and a joy Monday Team Tennis has been this year. We have had an amazing turn out, with almost 70 people participating. This is what it is all about, people getting together, enjoying and playing tennis, sharing good food and drinking some good wine. It is the social event of the year, and it happens every Monday night. As Robert Earl Keen sings, "The Road Goes On Forever, And the Party Never Ends." (until Monday, 8/21).

Staff Vacations

Patric will be away Aug. 6-22, Philip from Aug. 7-13.

Court Rules

The entire court rules are described in detail on the website, and posted in the glass case outside the front door of the Club. There are couple of situations that require a bit of emphasis in this, the busy season.

Ball Machine.

The ball machine is normally used on court 3. There is no ball machine use between 9 and 11 (noon on the weekends), or on the lighted courts in the evening, unless, no one is using the court and you drop in. In other words, there are no ball machine reservations during prime time. This is because we don't want one person using a court, when 2-4 people could be on that court and playing this wonderful game of tennis. It just isn't fair to have people shut out or waiting while only one person takes an entire court. If the court is open, fire away!

Courts 4 & 5

Courts 4 & 5 are generally "first come, first serve" courts at the Club. When we do have events, like league matches, the junior program, men's day and tournaments, Courts 4 & 5 are often used for those purposes. In general, we try to keep these courts free for the "casual, too-over-committed-in-life-to-take-time-out-to-reserve-a-court kind of guy/gal, or as is often said in couples therapy, a person who likes to keep it spontaneous... Anyway, shall I digress further? The deal with courts 4 & 5, is that we try to keep them for "first come, first serve" during prime time (8:30-11 a.m.). That means, you get there first, it's your court for 1 1/2 hour.

Playing Time

Which leads us to the rule no one wants to follow: playing time is for an hour and a half, whether you are playing singles or doubles, have a reservation or just dropping in. If you have been playing for an hour and a half, and someone is waiting, "Surrender Dorothy." (Worked for the Wicked Witch). I know, I know, you can't finish 3 sets in an hour and a half. Gawd, this is a tragedy, but we must, even when it is so utterly painful to do so, share. Darn, I can relate. I hate it when I have to share too. I still won't let anyone else play with my red wagon, for example.

Summer Weather Options

Not that we really have a choice, but it seems to come down to two non-choices this time of year at the 'Woods:

- 1) Hot as Hades
- 2) Windy, as say, a place they would end up naming, "Kite Hill"

Personally, and it pains me to say this as a tennis player, I'll take the wind. The heat is just too much these days.

Tennis Tip

Playing In Your Lane.

In doubles, there are basically four places your opponent can hit the ball, and there are two people on your team to defend those four options, thus making defense, and therefore correct positioning, paramount to your success.

Four Choices

Your opponent has basically 3 groundstroke options (1, 2 & 3 on the top diagrams below), left, center and right, and the lob to chose from when they go to hit a shot. Intimidating as this seams, it is possible to defend these areas with just two players. Really?

The Lob

While it is often the most dreaded shot, it is actually, in theory at least, the easiest to defend. Of the four shots, it takes the longest to get by you (and bounce twice), thus giving you the most time to adjust and do something about it. Of course an overhead and the ability to chase the ball are required, but given those skills, we see the lob rarely used in pro tennis, as it doesn't work very often in terms of winning points. It takes too long to beat a skilled opponent or a well-positioned team.

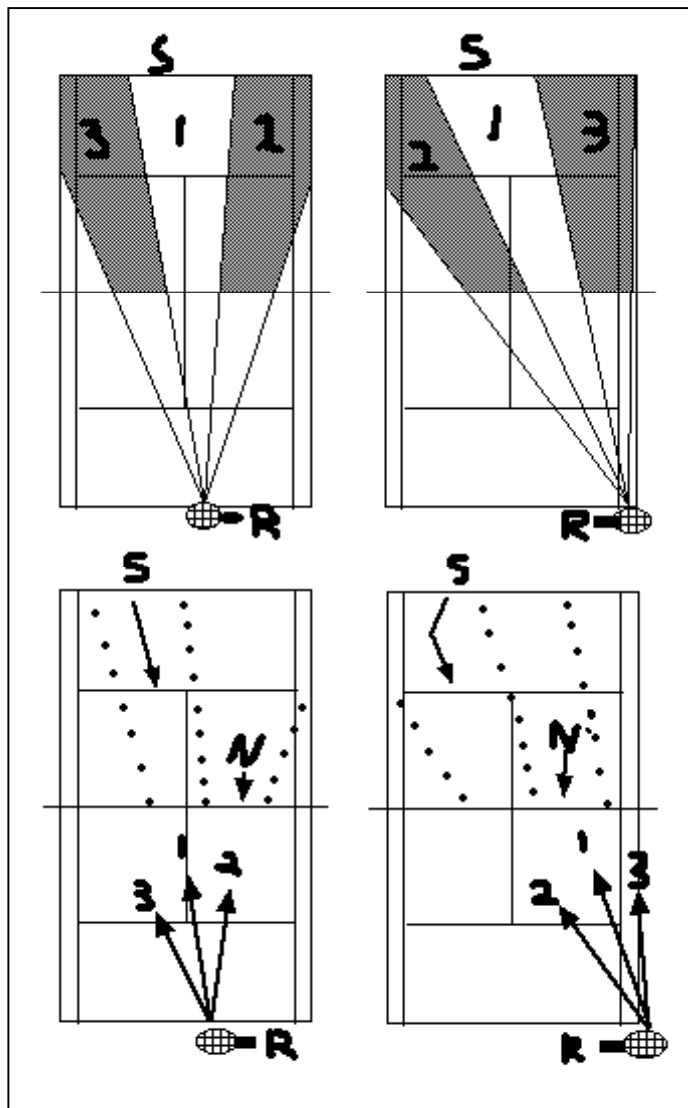
Defending the Remaining Three Choices

In terms of defending the three remaining choices with two players, I think we can agree that we should primarily defend the two shots that are easiest to hit, and do our best with the third. But which shots are the easiest to hit?

Actually, this is quite predictable, and you should use this knowledge to align your defense. The easiest shot for almost everyone to hit is to hit the ball back the way it came (#1). This involves a direct hit with the oncoming ball and thus will be the shot that creates the greatest amount of power. (This is why the fence in baseball is much farther away in center field than it is in right or left. In fact, the farther away from center, the shorter the distance to the fence b/c you can't hit it as far). In tennis, it is easier to hit the ball to the inside of the oncoming line of the ball (#2) than it is to hit it to the outside of the line (#3, this is also true in baseball, so it is easier to "pull the ball" than to hit "the opposite way"). So there are your two choice, defend the ball coming back the way it came (#1), and the ball to the inside of that (#2). Let the ball to the outside (#3), plus the lob, be left somewhat open, as it is harder to hit the ball there, and it can't be hit as hard, so you might have time to move to cover those shots once they are hit.

Defend in Lanes

The most useful way to defend is to think in terms of lanes. Moving up and down the lane that best covers the 1/3



of the court you are going to defend. (see bottom diagrams). The closer you are to the net, the more width you can cover, but beware, someone has to defend the lob. In general, it is best to have one player close to the front of their lane, and the other either in the mid-court or at the baseline (see bottom diagrams).

The Superstar

I am forever hearing stories about that opponent that can make the third shot (#3 on the diagram). I try not to roll my eyes too often. The truth is, sometimes you run up against this guy. This is a tough one, because a skilled player can make all three shots, even the "hard" one (especially if your team hit a weak shot, often the real problem here). At this point, the ultimate genius of a wise defense is revealed, because even the very best players are better at some shots than others. Say a player can make the #3 shot 3 of 5 times. That is certainly above average, but I would be willing to bet that same player can make the middle shot (#1) 5 of 5 times, and the "inside" shot (#2) 4 out of 5, so you still have to give them the #3 shot if you are going to cover the "easiest" shots to make. You can mix your defense up from time to time, but "cover the easiest shots" should be your overall plan.

Conclusion

So cover the easiest shot for them to make, the one they can hit with the most pace and accuracy, and then cover the next best shot, and realize that both #3 and the lob can't be hit as hard, and you might be able to scramble over there and cover those too. Defend the best shots they can make for sure, and make with authority. You cover these shots by basically moving in your lane (between the dots). Generally, you don't want to cross over into your partner's lane, because you won't hit a ball

as well going sideways as a shot that you can move into. Notice that by comparing the upper right diagram and the lower right diagram, the net person can actually cut off a ball to #1 by simply moving forward. I tell you, they will hit the ball much better than if they try to cover #1 by move across into their partner's lane from farther back off the net.

And From The Other Side of the Net

And if you are playing someone who is doing all of the above, thus covering your best shots, #1 and #2, where should you hit it? It's a trick question, of course. You should hit it right to them (to #1 and #2) the vast majority of the time. Always hit a shot you can make, versus hitting a shot you can only make some of the time (#3). Your opponent wants you to take chances, and as you may have heard, "There is a sucker born every minute." Don't be one. Good luck out there!

Mental Toughness

As I sit here to write this article, Wimbledon and the World Cup just ended yesterday. Once again, mental toughness, or it's lack, is the dominate impression that I carry away from these great sporting events. Nadal has it. Who, after getting crushed 6-0 in the first set, would have rallied to play so well over the next 3 sets. One fan said, "I didn't really think it was over until 2 points from the end." So true. There have been great fighters in tennis, Billie Jean King, Jimmy Connors, and I am sure Nadal will be right up there with them. And Federer, the model of calmness, when you know there had to be immense pressure to win this match, the one he is "suppose" to win. Mentally, most people prefer to be in Nadal's position, "with nothing to lose." To be the "favorite" and deal with that pressure, is amazing. I remember a friend of mine who was running a volleyball tournament in which he seeded me #1 said to me, "At least win one round, don't embarrass me." Just one of many pressure you feel when you are suppose to win.

We have often seen young players have amazing runs in grand slam tournaments, only to fall apart in their first big



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@sbcglobal.net

Head Pro:

Patric Hermanson
PatricTennis@yahoo.com

Associate Pro:

Philip Laubscher

Junior Tennis Staff:

Sarah Smith

Weekend Staff:

Kendall Krakow

Newsletter Editor:

Keith Wheeler

Associate Editors:

Kristie Wheeler
Patric Hermanson

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final. Some players never overcome those "big match jitters." So with that, what a pleasure to see Amlee Mauresmo come through a second, nail-biting time. And strange to see the "much tougher" Henin-Hardenne falter. Once again, one's reputation doesn't help you much in the moment. And so we end with Zinadine Zidane. Perhaps the greatest player of the last 25 years in football (that's soccer to us flat-footed Americans), and yet, on the ultimate stage, in the ultimate game, even the "cool one," the man so poised on the ball, failed. Provoked, certainly. Master of the moment, of his emotions, certainly not.

We all have our weaknesses, and pressure does the strangest things to all of us, whether it is the World Cup, Wimbledon, or a league or sectional championship.

If we look beyond all the male pronouns of a long-past Victorian Age, nothing perhaps captures what we are looking for like Kipling:

"If"

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you
But make allowance for their doubting too,
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream--and not make dreams your master,
If you can think--and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with kings--nor lose the common touch,
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much,
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And--which is more--you'll be a Man, my son!

By Rudyard Kipling (1865-1936).

Fall Junior Program

The 2006 Fall Junior Clinics begin the week of August 28th and continue through December 15. Head Pro Patric Hermanson will again lead the 15-week session with the help of the very talented Philip Laubscher and our junior staff.

Class	Time	One Day/ week	Two Day
Lil' Ones (ages 4-6)	Tu/Th 3:15-4pm	\$147/\$162 (mem/non)	\$224/\$240
Future Stars (ages 7-10)	Tues. 4-5:30pm	\$295/\$320 (mem/non)	n/a
10s Development Group (ages 7-13)	Thurs. 4-5:30pm	\$295/\$320 (mem/non)	n/a
Tournament Training (invitation only)	Friday 4:30-6pm	\$275/\$300 (mem/non)	n/a

We have factored into the cost of the clinics the potential of two weeks of missed classes due to rain, illness, vacations, etc. In case of questionable weather (rain), please call the Pro Shop for a court condition update. For more information or to sign up, contact Keith or Patric at the Pro Shop (254-1065), on line at www.orindawoodstennis.com or at patricTennis@yahoo.com. Tennis shoes are required. No marking black soled shoes.

Our Friday Advanced class meets only 14 weeks, as we take Dec 1 off due to the Orindawoods Junior Tournament.

Weekly Club Drop-in Events

Ladies' Clinic, every Tuesday morning 9:30-10:30 a.m. w/ Patric. Cost: \$5

Ladies' Playday, every Tuesday morning 10:30- 12 noon, Courts 1 and 3

Men's Clinic, every Thursday morning 9:30-10:30 a.m. w/ Patric. Cost \$5

Men's Day, every Thursday morning 10-12 noon, Courts 4-7, and Saturdays, 8-10:30 a.m. Courts. 4-5