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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. You need to register each week you want to attend. We will take drop-ins only if there is space available (we need to limit the class size to 8 people, in order to keep the work rate up high enough that everyone gets a good, no great, workout!). The cost is \$10/ class. Join us, and start getting healthy and having fun today.

Pool Rules Review

Please remember, that children under the age of 14 need to be accompanied by an adult. There is no running or diving in the pool area. The pool is open from dawn to dusk, and the water temperature is always perfect (if it isn't we apologize and please let us know, with a kind word or note). Midnight skinny dip warning: the heater goes off at 9 p.m., and the pool area is very well lit. That means, if you are skinny-dipping, things are going to be visible and cool, and we will leave it at that...

USTA League Results

Our Ladies 3.5 Senior team played their final Sectionals match on June 19, with a trip to Nationals on the line. You can find out the results (too late for this printing) on the website. In other USTA action, Al Richardi's Men's 3.5 team is in first place, with a 10-0 record and playoff bound. Susie Richardson's 3.5 Ladies team is currently in 3rd place, 8-3, and in playoff contention. Our 4.0 Ladies team, in it's first season here at the club, is 4-3 and playing some of the best women's tennis we have seen around here in years. The Ladies 3.0 team is having a competitive season, and is currently in the middle of the pack with a 5-8 record. Finally, our Men's Super Senior 7.0 team may not be winning a lot (2-7 as of now), but they are having a great time. Best wishes to all these teams as they finish up their regular seasons, and some go on into playoffs.

Leagues and The 'Woods

From time to time there is discussion about league tennis here at the 'Woods, and I think it is important to spend a little time talking about what we are trying to accomplish

Twilight Tennis Schedule

Our June Twilight (6/16) was a big success, with almost 40 hungry members making it for a lovely evening of tennis and "dinner on the deck."

We have three more Twilight tennis parties this summer: 7/21, 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 (Go to the calendar and click on the twilight you want to attend). The cost is \$17 for tennis/dinner, \$15 for dinner only.

Thursday Men's Lunch Bunch

It is that time of year again, the time for great fellowship, fantastic food, and the camaraderie that is the Men's Lunch Bunch. This summer's BBQ is on July 13 at 12 noon at Woodhall. Sign up on line (click the event on the calendar), or call Keith at the Club, or Page T.

July Is AED Fundraising Month

In order raise money for the Defibrillator (AED), we are going to hold a fun morning of tennis at the Club on July 29, 9 a.m.-12:30 p.m., including lunch. We are asking for a \$40 donation, but will accept any amount, greater or smaller to help us with this important cause. If you want to sign up for the event, please contact Keith or click on the event on the Club's Calendar. There will be raffle prizes (tennis gear, racquets, lessons, dinners, etc...). You will also have many opportunities in July to contribute, take part in several contests and the raffle (\$5 per ticket, \$20 for 5) to raise money for this important AED machine.

Ace It!

June 24 is AceIt! While it may be a bit late to sign up for this year's event, it is not too late to contribute to this great cause and help us fight breast cancer. All the money collected goes directly to the Alta Bates Summit Foundation, Carol Ann Read Breast Health Center. In three years, we have already raised \$40,000.

Monday Team Tennis Begins

Our exciting team tennis league, Monday Team Tennis has begun! We have over 60 people participating this year, our biggest turnout yet! Please remember that MTT uses all the courts at the Club on Monday evenings, so there is no open courts for recreational play on Monday nights in the summer. MTT starts at 6 p.m. and goes until 9:30 p.m.. Sorry for the inconvenience, and join us next year so that you will be playing on Monday night too.

with league play.

First of all, tennis is a recreation, a fun thing to do, that we do for exercise and entertainment. Playing is not a career for any of us (even me, a Tennis Professional. I'm an educator and manager). Leagues are a great way to play with a wide variety of people, outside of our own club's sphere of players, and a fun place to test our skills and talents. There is nothing like competition to test what you have, and what you are made of. While we all like to win, the value is really in the competing, and in what it teaches us about ourselves (see more below). While it is nice to be champions among our peers, it is always humbling to know that, as Qui-Gon (Liam Neeson) said in Star Wars I, "There is always a bigger fish." So a 4.5 champion is probably road kill to a solid 5.0. Humbling, eh? Therefore, winning means nothing, and yet everything, all at the same time, for competing can make us better players, people and teammates. But the true value is to ourselves, and the real competition is with ourselves.

"And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward." – Matthew 6:5

As a Club, we compete in leagues to give our members this opportunity for personal growth, plus the camaraderie of doing something together for the common good. If the teams are not serving our members, and this purpose, then we ask, what is the point?

Keeping these goals in mind, each of our teams are formed a bit differently, based on the size and needs of that group or level. Sometimes, we only have a few members at a level, but they want to play league tennis. In those instances, we may choose to bring in non-members to play on the team so that our members have a chance to experience the fun of league tennis. I'd rather have some non-members on our teams, than no teams at all, and members having to go without the joy and thrill of league play (Obviously, there are some limits to this). This policy has worked very well in the past, in fact so well, that many non-members have joined the Club because they could see how much fun our members were having and how wonderful Orindawoods is. By the way, non-members on a team pay a "team guest fee" for being part of our team. This is part of the club's guest fee income, and covers their guest fees for when they might be playing in matches.

In other instances, we may have plenty of members at the level we want to have a team. In that case, we don't take any non-members on our teams, (unless, say, we need a singles player, and no one of our members can fill that role). At no time should we be bringing in "ringers" (very good players) to take the place of a member, simply because they are better players (and we might "win" more often). During the course of the season, all the members of a team (members and non members) should get to play a reasonable number of matches. If we are so fortunate as to make playoffs, then, at that point, we may choose to play our strongest possible team. We may not.

Finally, league players must also remember that they are part of a larger population, members of the Club. Therefore, leagues are scheduled and planned in a way that still leaves plenty of access to the courts for all the membership. We are all out to enjoy the game, the Club and the fun of competition.

Here at Orindawoods, we don't believe in a cookie cutter approach, or rules for rules sake, or simply because rules are the easy way out. We realize that in an attempt to create rules for every possible situation, we will fail. As Thomas Wolfe once wrote, "We are all looking for systems so perfect that no one will need to be good." It is a fool's errand, from any direction. Each situation and team is evaluated on it's own individual merits and needs. While we strive to be fair as possible, each situation requires a separate solution that is appropriate to its circumstances. Ralph Waldo Emerson once said, "A foolish consistency is the hobgoblin of little minds."

What guides us is mission statement of the Club:

"The Club is primarily for the recreational enjoyment of the owners and associate members. We strive to promote the enjoyment and growth of tennis."

Each decision is run past that litmus test, and we do the best we can to keep as many people reasonably happy within those guidelines as possible, enjoying the game we all love.

And now, I will break into a stirring rendition of "The Impossible Dream," from Man From La Mancha... "To dream the impossible dream, to fight the unbeatable foe... This is my quest, to follow that star, no matter how hopeless, no matter how far..."

Reflections on Being an Athlete

This Week's Injury

It is tough being an athlete. It seem like something is always hurting. I used to worry terribly when something started to ache (a wrist, an elbow, shoulder), fearing that the catastrophic injury had just arrived, prematurely ending my o' so promising career.

There were injuries from traumas, and there was the normal stress and strains that sometimes lead to injury. In other words, repetitive stress. And that is just on the tennis court.

On top of that, there are those strange ways that we get hurt from time to time when we are miles away from the nearest court. . Again, complete with the terror of "career ending" ramifications. I've gotten pretty bad tennis elbow

from extensive use of a computer mouse, by playing too much darts (is there such a thing? – must not have been drinking enough “pain killers”), gardening and weeding, and of course, painting (we don’t mean Michelangelo here, more like Kelly Moore). Then there was the time I got shin splints from sitting in a chair for long periods of time, my feet wrapped back under the seat while I wrote “the great American novel” (still unfinished, after 600 pages and all these years).

Perhaps one should avoid all these activities to be injury free. This kind of logic led me to avoid using my right arm for practically anything other than tennis, so naturally, I end up hurting my left shoulder. No problem, my left shoulder, right? Well I couldn’t even run for a ball because swinging my arm (your arms do swing when you run, you probably wouldn’t realize that until you do hurt your left rotator cuff) hurt so bad. So much for unnecessary body parts, there are no unnecessary body parts.

Then there is the “hand of fate.” My wrist was hurt in a bad car accident. Then once upon a time my back went out when I was simply walking across the court. On that occasion, within a few minutes, I had trouble bending enough to sit down, or do anything but lie in bed for three weeks. That was fun.

This all makes me feel like a klutz sometimes. But my tennis coach when I was a kid, Dick Peters said, “Athletes trip as much as anyone else, they just recover gracefully.” I’m still working on the grace part, I’m afraid.

However, with such a “painful” history, one might think the only wise thing would be not to get out of bed except to play tennis. It is the only safe thing to do. Yet I ski, run, played volleyball for years, and yes, still use that computer mouse. How can I do it, behavior so seemingly foolishly, you ask?

Well, this path of pain led me to a wonderful book by Dr. John Sarno, *Healing Back Pain*. Sarno's main contention is that most injuries are self-inflicted, and actually psychosomatic, because we are trying to avoid dealing with some issue, so we cause a phantom pain to arise in our body to distract us. The truth is, most actual physical injuries heal very quickly. Even a broken bone heals in just six weeks, tendons and muscles most often repair much quicker. A chronic problem therefore, bears some looking at (between the ears).

For example, my latest bout with “computer mouse tendonitis” (is this my favorite pain?) happened when I was faced with writing several difficult, stressful e-mails dealing with some issues here at the Club. Hmmm....

Of course some label Sarno a quack, but I figure, who’s crazier, Sarno, or someone with “this week’s injury?” My friend Steve used to say, “We are all crazy in our own way.” I think realizing that helps. And when you find your craziness, it helps to laugh a bit, and enjoy the joke. Sure beats thinking your tennis career is over. After all, this injury will be fine next week, and there will be another to take its place. Oh joy...

Being A Competitor

Reflections on Being A Winner

The more I surround myself with competitors, the more I believe that the true value of winning is simply this: not getting sucked into thinking winning is all-important and an end-all.

Winning is a huge temptation, I mean, I like to win, and no doubt, losing sucks. However, many a lost soul feel that if they win, somehow that makes them a better person, that their friends and peers will think better of them. That they are superior to their vanquished opponent. Perhaps their coach will lavish them with praise. You may earn a trophy, or your picture in the paper, or your name mentioned in these hallowed pages. Perhaps you can say you played in USTA Nationals, or even won “The Title.” At the highest levels, players are rewarded with large sums of money for winning. And of course, what is more important than money? It makes you a good person, buys you love, cures cancer, leads to happiness, protects you from harms way, buys you a stairway to heaven, makes you immortal, etc ... Even one of society’s icons of money and success, Donald Trump, said, “I don’t care that much about money, it’s just a way to keep score.” So we’re back to winning, from a winner.

Truthfully, this temptation of winning is an amazing tool. It tests who, when placed in the path of such temptation, can instead keep focused on doing the job, on the process, on enjoying what they are doing, on their higher values and beliefs, rather than give in to making poor decisions in an attempt to control a situation, and create a winning outcome, at any costs.

A focus on the glory of winning, on the result, seldom turns out well, and certainly not for long.

“For what shall it profit a man, if he shall gain the whole world and lose his own soul?” – Mark 8:36

Who can forget the great Mats Wilander, who, after putting out a supreme effort, winning 3 of the 4 grand slams, and becoming #1 in the world, realized, it really didn’t do anything for him. He wasn’t a better player, or person, and the fame and the money brought problems. Most importantly, the intense effort had burned him out. Not soon after becoming #1, he retired from tennis, realizing that he had been chasing a phantom the whole time. In the monumental effort towards becoming #1, he had lost the real joy of tennis to him, playing and competing.

I absolutely love what Dr. Allen Fox says. He admits that everyone likes to win, and that winning is important in our society, but what is key, is how you compete to try to make that happen. You have to “think only thoughts that help



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you," and that means staying focused as you play. Doing what ever you can in this moment right now, that makes you play your best. Watching the ball, moving your feet, staying positive... every action should be towards the goal of making yourself be your best. That is what it really means to focus on winning, not all that tempting glory nonsense. Check out Allen's book, *The Winner's Mind*, for more inspiration and focus.

Yes, the true value of winning, of being a champion, is avoiding getting sucked into thinking it is more that it is, a day when you scored better than the people you were playing, and more or less avoided losing your focus. Good luck out there!

Summer Reading

I've read a few good books recently, as well as a couple of classics I really enjoy reading over and over again. If you are looking for some good reading, check out *The Secret Life of Bees* by Sue Monk Kidd, or *Lighthousekeeping*, by Jeanette Winterson (while you are at it, *The Passion* and *Written on the Body* are other modern classics by Winterson). I have recently taken on Lawrence Durrell's *The Alexandria Quartet*, having finished the first of four novels, *Justine*, and loved it. I'm half way through *Balthazar*. The writing is amazing. Such are reflections on love, and the ancient city. Two other modern novels I loved in the past year were *In The Lake of The Woods* by Tim O'Brien and *Atticus* by Ron Hansen. O'Brien's *The Things They Carried* is also quite compelling. Last summer's light reading was Faulkner's *The Sound and the Fury*. It defeated me in college, but I made it through it this time, twice. Stunning. Not for the faint of heart, however. Of course I can't get enough of *Pride and Prejudice*. Jane Austen never seems to grow old. Who knows, it may be time to pick up *Les Miserables* (Hugo), *War and Peace* (Tolstoy), *Anna Karenna* (Tolstoy), *East of Eden* (Steinbeck) or *The Great Gatsby* (Fitzgerald) again; they are my favorite books. After all:

To-morrow, and to-morrow, and to-morrow,
Creeps in this petty pace from day to day
To the last syllable of recorded time,
And all our yesterdays have lighted fools
The way to dusty death. Out, out, brief candle!
Life's but a walking shadow, a poor player
That struts and frets his hour upon the stage
And then is heard no more: it is a tale
Told by an idiot, full of sound and fury,
Signifying nothing. -- Macbeth

Summer Junior Tennis at Orindawoods

Week 1	June 12-15	Tennis Camp
Week 2	June 19-22	Tennis Camp
Week 3	June 26-29	Wet and Wild Camp
Week 4	July 3-6 (no class on 7/4)	Tennis Camp
Week 5	July 10-13	Tennis Camp
Week 6	July 17-22	Wet and Wild Camp
Week 7	July 24-27	Tennis Camp
Week 8	July 31-Aug. 3	Tennis Camp

Tennis Camp Weeks' Schedule:

Lil' Ones	Ages 4-6	Tues & Thurs	11:15-12noon	\$30/\$35 non OW
Tennis Clubbers	Ages 7-10	Mon-Thurs	12noon-1:30p	\$90/\$100 nonOW
Big Boomers	Ages 11+	Mon-Thurs	1:30-3:30p	\$115/\$130 non

Wet and Wild Weeks' Schedule:

Tennis Clubbers	Ages 7-10	Mon-Thurs	12noon-3 pm	\$165/\$180 non OW
Big Boomers	Ages 11+	Mon-Thurs	1:00-4 pm	\$165/\$180 non OW

Contact Patric for more information: 254-1065 or patricTennis@yahoo.com

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