



June 2006
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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

Taking Heart Action

Cardio Tennis

We are starting our fun exercise tennis program on June 5 with a Monday, 9-10 a.m. class. This is not a "tennis lesson," but a way to exercise playing tennis. I promise you'll hit a lot of balls, so it is good practice as well as great exercise. All levels are welcomed. The cost is \$10 per class. Classes are limited to 6-8 participants, so we can keep everyone exercising in their target heart range. Register for each class on the website, or call Keith. We will allow drop-ins on a space available basis.

Defibrillator For Orindawoods?

What is a Defibrillator? A defibrillator (AED—Automated External Defibrillation) stops the heart from fibrillation, one of the two major causes of heart attacks. It simply shocks the heart out of an irregular rhythm, that has caused the heart to stop working properly. The scientific research shows that defibrillation is most successful when it is used in the first 3-5 minutes after the heart attack. After that, there starts to be extensive damage to the heart, and even if you can get the heart back on rhythm, the heart may be too damaged to work. The EMT fire/ambulance response time to Orindawoods is about 5 minutes, so that is barely within that ideal range. The chance of survival is very poor if defibrillation and CPR are not applied very soon after the initial incident (first 10 minutes). Clearly, if we had a defibrillator, it could save a life.

Taking Action: The Orindawoods Board continues to look at getting a Defibrillator (AED) for the Club. While all agree that it would be a good thing for the Club, it is taking some time and effort to figure out the financing of the machine and the training of the Club's staff. In these days of rising costs, the Club and the Orindawoods Association's budgets are very tight, and there is not extra money in the 2006 Budget to purchase a defibrillator. The AED and training costs about \$4,000. As a matter of principle, the Board feels the machine should be paid for by the people (homeowners and associates) that use the Tennis Club. That leaves us with the option of budgeting it for 2007 (a minor dues increase?) or to raise the money through a fundraiser (or a combination of the two).

Ace It!

June 24 is our Breast Cancer Awareness fundraiser here at the Club. It is a great day of tennis education, playing, and fellowship with many women and men who, like you, care about dealing with this dreaded disease. Of all the events that we do here at Orindawoods, this is the one for all of us to be the most proud of. Get a registration form at the Club or on-line and sign up today!

Monday Team Tennis Starts 6/19

Here comes Monday Team Tennis, the big social event of the summer, or really, nine big social events this summer, as MTT runs nine Mondays in a row (skipping 7/3). Come join us for the fun, the fine dining, and the great friendship of many of your Orindawoods friends. Each MTT evening includes plenty of tennis, dinner, and lots of fun, social interaction with all the other participants. The cost is only \$40 for members, for the entire summer, and \$60 for non-members. Register by clicking on the MTT event on the Club's calendar, which is always posted on the internet at www.orindawoodstennis.com.

Twilights

It is summer (at least weather-wise), and that means Twilight Tennis at the Club! Our first summer Tennis Twilight is June 16. Twilights feature round robin tennis from 5-7 p.m., followed by a wonderful BBQ steak or chicken dinner on the deck. You do not need to play in the tennis event to attend the dinner. The cost is \$15 (\$17 with tennis). You can sign up on the internet at www.orindawoodstennis.com, go to the calendar and click on the June 16 twilight. You can also call Keith at the Club to register. Other Twilights this summer will be on 7/21, 8/18 and 9/8. All will be held at the Tennis Club this summer so we can support the red wine growers and producers of California (no red wine allowed at Woodhall).

Men's Summer Lunch Bunch

The summer Men's Lunch Bunch BBQ is scheduled for July 13 at noon at Woodhall. Guys, mark your calendars. You can sign up by clicking on the event on the Club's Calendar on the website (www.orindawoodstennis.com) or call Keith. The cost varies depending on the number of participants.

Since many of us feel that it is important to get one of these machines in place as soon as possible, Board Member Richard Osicka and Keith are working on the fundraising options. We know that there are many of you out there that feel strongly about having one of these life-saving machines, and that you are more than willing to contribute to the purchase of an AED for the Club. Therefore:

July Is AED Fundraising Month; and July 26 Is the AED Tournament

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.

Junior Tennis

Successful Spring Program

If you never come by the Club in the afternoons, you would never know what a wonderful Junior Tennis program we have. This Spring over 70 kids joined Patric Hermanson, Philip Laubscher, Karl Rosenstock and junior counselor Sara Smith for our wonderful Spring Program. It is nice to see such a large number of kids enjoying and learning this wonderful game! We teach all levels, from beginning mighty mites up through our advanced clinic and private lessons for tournament players.

Junior Summer Program

Head Pro Patric Hermanson and Associate Pro Philip Laubscher have a wonderful summer program planned for your children. We will run camps eight consecutive weeks starting June 12 and going through the first week of August. You can sign up by calling the Club, coming by to fill out a reg form, or by going on the club's website and clicking on "Junior Programs."

Junior Team Tennis Success!

Head Pro Patric Hermanson has led a wonderful Spring Season of Junior Team Tennis at the Club. Four consecutive Saturday afternoons, 16 kids got together (plus many subs) to play the Junior Team Tennis league. The final Playoffs were held on May 13, with Team Red rallying from third place to win the title. Congratulations to Red Team members Tamar McCollom, Anna Larson, Jordan Yee and Tyler Woo, and thanks to all the kids that played and parents that transported their kids to the Club for this great event! Over twenty kids participated over the four-week long event. Much fun was had by all. Thanks Patric!

Adult Tennis Leagues and Results

We have several teams enjoying playing USTA leagues this season, as well as our Spring and BALL teams. For the most part, our teams have been very successful, and of course, any time you get to play tennis, it is a success!

The Road To Carmel

Our Senior 3.5 Ladies team played in the Sectionals at Carmel on the weekend of May 19-21. This is a huge achievement for our very strong team, which won the league playoff in March, and went 8-1 in the District playoffs at Stanford in April, winning their flight. Captain Carol Penskar has a strong team ready for Carmel. Check the website for further information on how we did at Sectionals. Go team!

USTA Action

Our USTA Men's 3.5 team is 7-0. Our USTA Women's 3.5 team is currently 5-2. Our Women's 4.0 team is 2-1 with lots of rain-make ups to be played. Our Men's Super Senior team is 1-3 and our Women's 3.0 team is 2-4. Of course by the time you read this, there will be many more results in, and matches played, but you can see that there is lots of tennis activity at the Club this time of year.

BALL and Spring League

Our BALL A3 team finished 9-2, in 3rd place and our Spring A2 team was competitive, winning 41% of the match points contested, playing in the higher division with essentially the same players as the BALL A3 team. Many thanks to Susie Richardson for captaining the effort and to all the ladies that played. Great job ladies!

Quote of the Month

"Nobody made a greater mistake than he who did nothing because he could do only a little."

-- Edmund Burke

Tennis Tip

Defending Those Tricky Angle Shots

The key to "cutting off the angle" is to move forward, towards the net. It is pretty much as simple as that. Looking at the diagrams below (figures 1-3), you can see that the more forward the player is, the less angle there is for his opponent to hit into (the shaded area). This also applies to alley shots hit from the

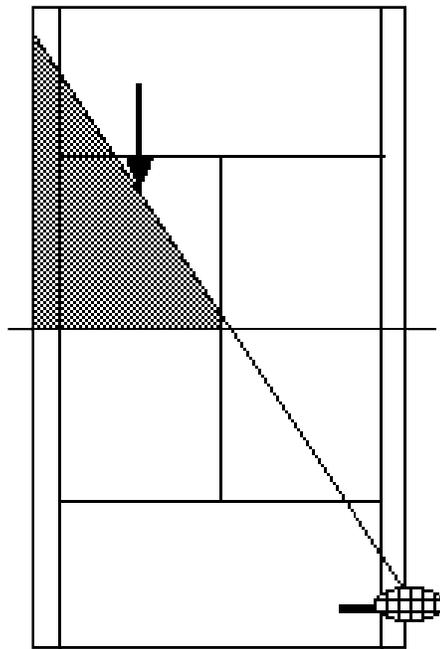


Fig. 1

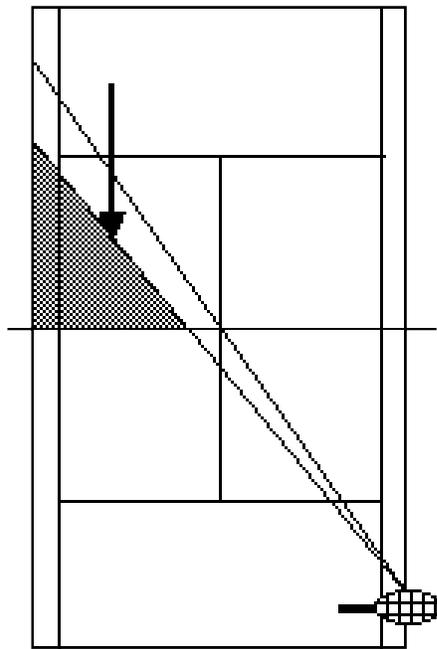


Fig. 2

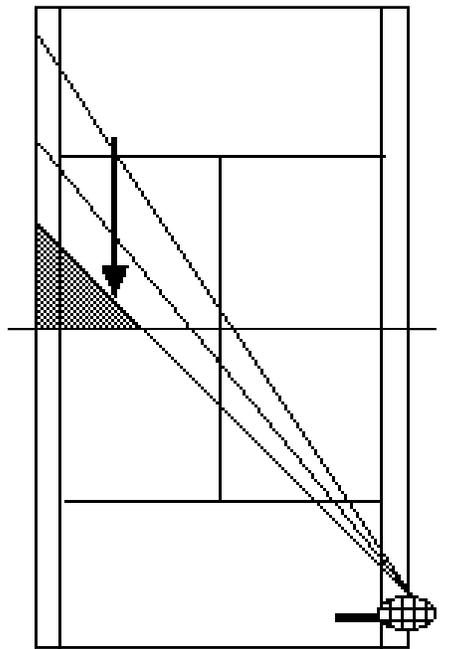


Fig. 3

middle of the court. That is, if your partner serves to the middle (figures 4-6), and the returner takes that ball and tries to pass you up the alley. This is the favorite alley shot of many players with a strong forehand in the add court. So, in a sense, we can define an "angle shot" as a shot that crosses in front of you. On those shots, you don't want to chase the ball out away from the court, but move forward and "cut it off at

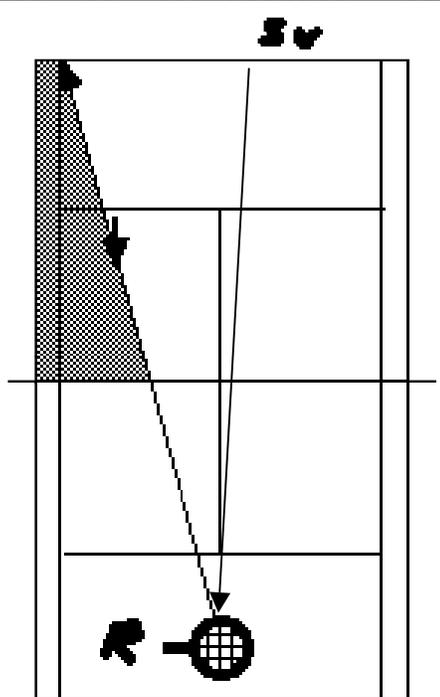


Fig. 4

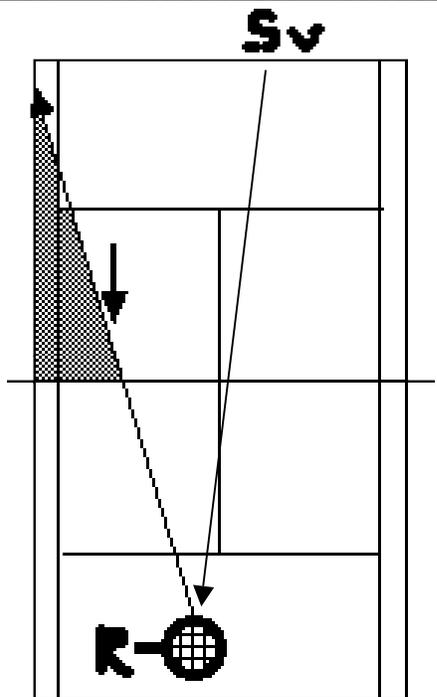


Fig. 5

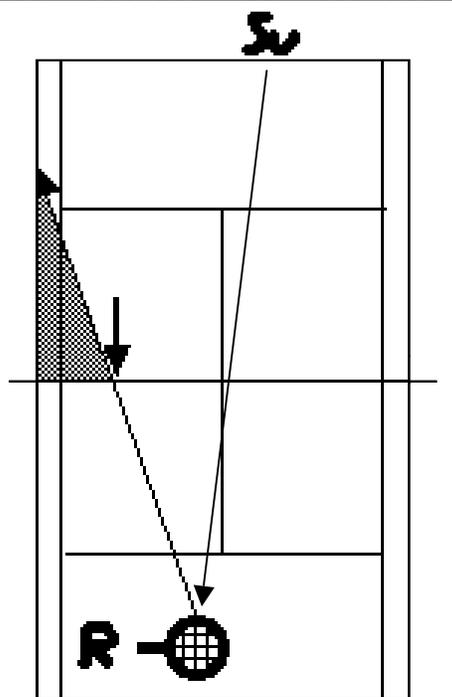


Fig. 6



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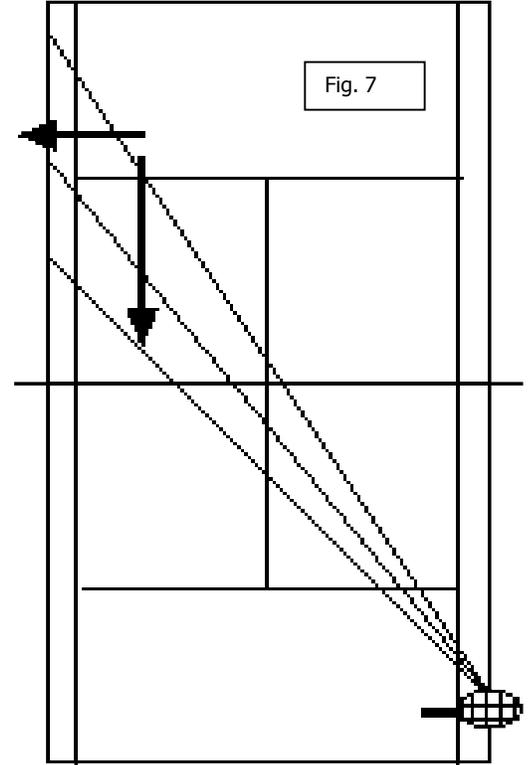
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the pass." If you go to the side, it doesn't reduce as much area you have to cover (see figure 7). Not only that, but moving sideways takes you out of position to defend the court, while moving forward makes the court to cover smaller, and leaves you in much better position for the next shot coming back to you. Of course simply standing closer to the net helps you reduce the angle your opponent can hit into to. Therefore stand as close as they will let you. The key here, is that an intelligent opponent will not let you stand too close, they will lob or hit it at you very hard. It is always worth it to see if they realize how close you are, or how intelligent they are, if you will. Assuming their on to you, if you

stand back just a bit, and then move into this closer position to hit, you will have the advantage of being close, without much of its liability (giving away your position and advantage).

When playing against a net person, I select which shot to hit by my opponent's position. If they are close, I lob, if they are too far back, I angle, if they are in good, neutral position, usually I hit straight past them (shortest path by them, the least time for them to react).

Positioning at the net is much more about the size of the space you have to defend, not the time to react to the ball. (Note: playing the baseline is more about time than space; another story for another day). Repeat after me: "It's space, not time; get in closer, and I will rule the net." Good luck out there!



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