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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

September Twilight

Our next Twilight tennis party is Friday, September 8. Tennis begins at 5 p.m. with the BBQ dinner beginning at 7:15pm. Cost: 10s & BBQ is \$17, BBQ only: \$15. Our first three twilights of the summer have been great fun, lots of great social tennis, and the Kinder's food is always fantastic. If you don't feel like cooking, and want to do something fun on a Friday night, come join us. It's better than an expensive dinner and a lousy movie. If you want to join us, call Keith at the Club, or register on line.

Monday Team Tennis

What a great season it has been for Monday Team Tennis. With more participants that ever before, we rocked each Monday evening with superb forehands, wicked backhands, HUGE serves, and dreamy volleys, plus all the great food, camaraderie and heckling that makes this our best event of the year.

Unfortunately, it all came to a close on August 21. Ten weeks of non-stop Monday night action had to come to an end, mainly due to diminishing daylight. While the final results were still in question a press time (currently there is a tie for first, with both "Pinot G" and "Cab Franc" deadlocked on 394 games), we can certainly say that Susie Richardson's team has a lock on their final position, the other four teams are still jockeying for position at this time (Always remember Susie, "no publicity is bad publicity"). The results and standings are posted on the website, just click "Team 10s" and find out how it all turned out.

Many thanks to everyone who participated this year, especially the captains (Lysbeth McNeil, Danielle Signorella, Barbara Britto-Tang, Carmen Duarte, Susie Richardson and "heckler of the year"—no – "of the millennium" Gina Tracey). We would also like to thank Connie Mock for being here each week to give massages to the tired warriors. (con't on p. 2)

"Defib Day!"

Our Defibrillator Day fundraiser was a big success, as we raised over \$3,100 towards purchasing and installing a defibrillator at the Club. We will soon have this important piece of life-saving equipment in place. I want to thank all those of you who made contributions. Again, like our Ace It! Breast Cancer fund raiser in June, the amount raised was not from some big, impersonal corporate sponsor, but many individuals like yourselves contributing what they could so that we could end up with enough money to get the job done, each giving from the heart. Thank you, and bless you all.

We could not have done this without the help of many fine local businesses, who contributed many raffle and auction gifts. I would like to take a moment to list these organizations, and please support them, as a thank you for supporting us. Cleary Bros., Orinda Motors, La Pizza, Casa Orinda, Village Pizza, Prince, Cal Sailing Club (Chuck Rawlings), Orinda Movie Theatre, Baan Thai Restaurant, Rossi's Tennis, Starbucks, Peet's, Orindawoods, Patric Hermanson, Philip Laubscher and Keith Wheeler. These business are pillars of our community, as they care about our community's concerns.

Finally, I would like to especially thank Richard Osicka, who put many hours in collecting these gifts, promoting the event, and helping me bring it off. It was a wonderful day, and a fun success. And of course, congratulations to our men's champion, Mark Kaiser, and our ladies champion, Bonnie Gallogoly (and runner up Gina Tracey, who was edged out by a well-used mulligan ticket). Great fun!

Fall Junior Program

Patric and Philip's fantastic Fall Junior Program begins on the week of August 28, see page four for more details.

Cardio Tennis w/Keith, Mondays 9a.m., \$10

So, looking back Monday Team Tennis, the food was fantastic, the tennis fun, the massages deep, and the smiles wide. Join us in June 07, for another great season!

Men's 3.5 League Results

Our USTA men's 3.5 team had a great spring and summer, rolling into the Districts and going into the last day in first place. Unfortunately, we came up a bit short in that final match, but it was still a great season, winning 15 straight matches before that one, final defeat. In that last match, two of the matches went 3 sets, and a third was a close second set tie-breaker, so it could have swung our way, but just didn't this time. Still, it was a fantastic year for Captain Al Richardi's men, congratulations to all!

Keith To the USPTA World Conference

In mid-September, Executive Tennis Director Keith Wheeler will be traveling to the United States Professional Tennis Association World Conference in Las Vegas. Most of the great names in tennis teaching will be there making presentations, Jim Loehr, Jack Groppe, Nick Bollettieri, Rick Macci, John Yandell, Allen Fox and Peter Burwash. There are classes on all phases of the game, as well as running programs and club management. I always look forward to these conventions, and return with many new ideas. I'm sure this year will be no different and I can't wait to spread the wealth of knowledge (I'm sure there won't be any added monetary wealth, as I understand percentages way too well from tennis to ever consider gambling. In fact, I have often wondered if a career in casino management might be my next career move, as I love winning, know the odds, and I am aware from tennis, that there is a sucker born every second out there).

Pool Rules:

With Indian Summer arriving next month, there are still at least six to eight weeks of great pool weather on the way. With that in mind, let's remember some important pool rules that keep the pool a fun place to play and hang out. First of all, clean up after yourself. We love it that people like to picnic at the pool, but leave it as nice (or nicer) than you found it. Of course, if you are going to eat in the pool area, please remember that there is no glass of any kind allowed in the pool area. Broken glass and pools do not mix, because broken glass is invisible and thus very dangerous in water. Children under 14 need to be accompanied by an adult. As always, there is no running and no diving. Pool hours are dawn to dusk. Enjoy the great weather this fall. We will probably close the pool in late October, depending on the weather.

Tennis Tip

The Height of Things

I'm always looking for new ways to look at playing the percentages, playing it smart, and making easier for you to be successful in you tennis.

One of the ways to look at tennis, and targets in tennis, is to think of "windows over the net." That is, the space above the net that the ball passes. When we do this, in combination with how much length we have to hit the ball, we come up with an interesting, and I think, helpful picture of where we want to aim our shots. If you compare Figure 1 below (the direction of various shots, A, B, C, D & E) and Figure 3 (the heights those balls can cross the net at and still go in), we start to get a much better idea of where it is safe to hit the ball. (For the purposes of this discussion, we are assuming a ball that is hit at the same speed for each of these possibilities. Obviously, different speeds change the height available, as well as the depth.)

The first thing we notice is the net may be pretty wide, but a large portion of it is not available for us to hit over because when we go over those areas, the ball will be out (outside of A & E, 1 & 4).

Clearly, when you look at the center return (figures 1 & 3) from this perspective, you want to hit the ball between B and D (I'd aim right a C and see what happens), or put verbally, hit it over the

middle of the net. The alley shot, between D and E, is a better shot than the wide return, between A & B (much wider, bigger space). To hit outside of A or E is almost certainly a shot that will land out. I prefer a hard shot between C & D rather than a shot between B & C because a shot that goes between C & D places the ball in the middle of the court for your opponent and they are going to have a hard time getting it away from you on the ensuing shot. To hit the C/D window, however, you have to have a strong backhand that is either hit low, or with pace. Get on the ball machine and start practicing this shot if you want to be a good deuce court returner. Trust me, it's the key to happiness. (Is happiness really this easy? Yeah).

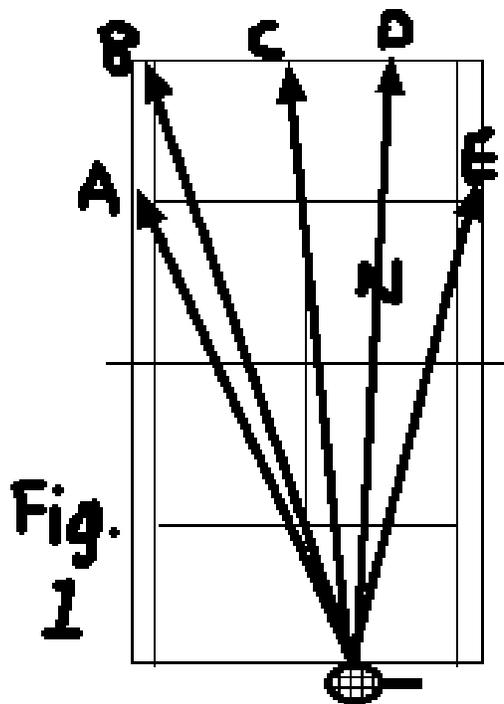


Fig. 1

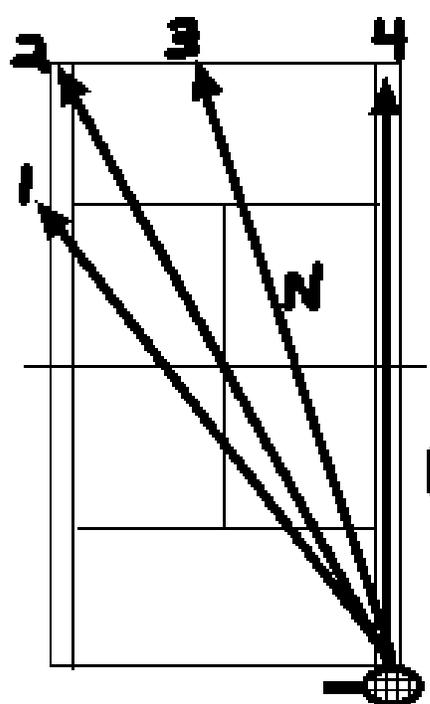


Fig 2

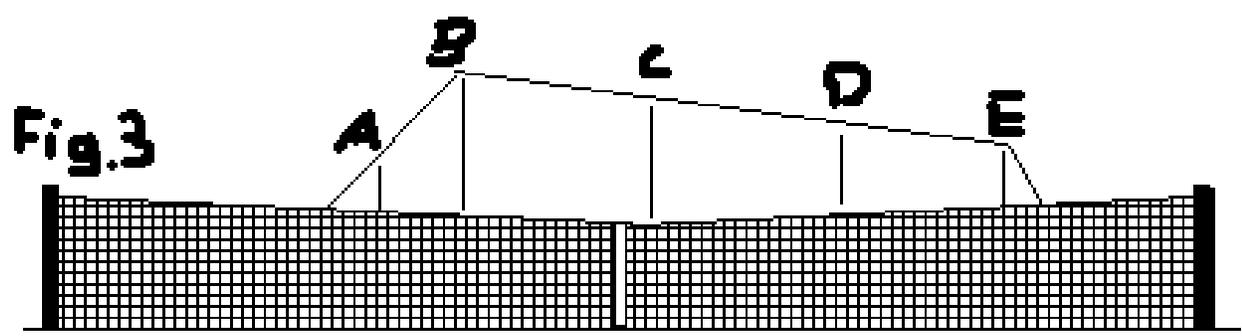


Fig.3

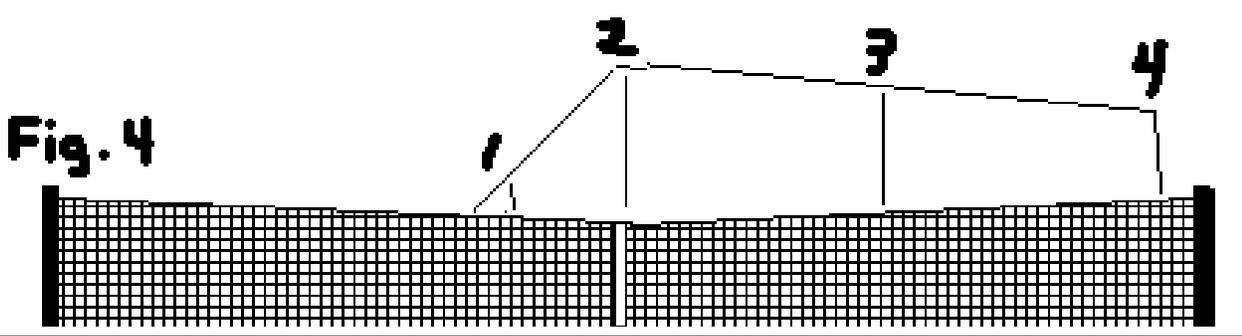


Fig. 4



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Now if we look at returning the wide serve (Figure 2), we get quite a different view of the court and the areas over the net (Figure 4) available to us. The best return here is between 2 & 3, while the wide shot, between 1 & 2, the one everyone loves, doesn't look so good anymore, because if you hit just outside of 2, the court gets real short, real fast. The alley shot, between 3 & 4 is appealing based on square footage, but it is physically harder to hit down the line off a crosscourt slicing serve than to hit the ball crosscourt (2 & 3), and if the net person can hit the ball (from the 3 & 4 window), you are hopelessly out of position to get their volley if you hit the alley shot from the wide position.

What do pros do?

After studying the best doubles teams in the world, I can tell you that on the middle serve (figure 1), pros hit 50% of their returns right at C, and 30% between D & E. On the wide serve (figure 2), an amazing 70% of the returns are between 2 & 3, with most of the rest between 3 & 4. Add court returns are similar percentages, in mirror images.

So, if you look at the diagrams above, pros are "taking on" the net person much more than most club players do, and that both of the preferred returns of the top players in the world are on the net person's side of the middle, because this is where it is easiest to make the shot. Tennis is not a game of keep away, after all; it is a game of "get it in."

As my teacher once explained to me, "You are much better off hitting the ball where you can hit it well, than trying to hit it away from your opponent, to a place you can't hit it as well. Be confident, give them your best shot and ask them if they can deal with it. Don't get so cute you just end up missing all the time."

Good luck out there!

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

Cardio Tennis, Mondays 9-10 a.m w/ Keith, Cost: \$10

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