

735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
ashlandtfc@gmail.com
www.ashlandtfc.org



December 2013

Hours of Operation Monday-
Friday 5:45am-9:00pm
Saturday-7:00am - 7:30pm
Sunday 7:00am-6:30pm

New Tennis Director

The Board and John are happy to announce that Kelly Baker will be our Director of Tennis. Kelly comes to us from Spring Valley Country Club in South Carolina and was previously Director of Tennis at Duke University (and spent a few years at Willow Creek in Eugene in the '90's). A USPTA Pro Level 1, Kelly has been a USTA "Pro of the Year" in the East Coast District. With extensive experience working with Junior programs he has helped develop nationally-ranked juniors up and down the East Coast. One of Kelly's specialties is Cardio Tennis—his training models are still in use at Duke. Our new Tennis Director has exciting plans for mixers, men's and women's leagues, and fun flex leagues. Please warmly welcome Kelly and his wife, Roan, - both "court rats" who love tennis - when they arrive sometime in late December. Thanks to the Board and Club members who were involved in a thorough recruiting and interviewing process.

WELCOME

ATFC would like to welcome the following new and returning members: Marc Allen, Susann Allen, Lisa Bailey, Donna Blazinski, Irie Browne, Richard Browne, Kjersti Burck, Robbyn Campbell, Tonia Davis, Janet Eck, Donovan Faulkner, Bill Gabriel, Mary Holt, Denis Hutter, Grant Kahn, Josh Kaufman, Kris Kaufman, Sarah Kaufman, Avery Kerwin, Joy Light, Jared Mizrahi, Maggie Munson, Russel Nelson, Suzanne O'Daly-Roussel, Karin Pederson, Jonathan Raymond, Brianna Rigg, John Scarborough, Margret Scarborough, Carol Stella, Sasha Tokareff, and Kathleen Wilcox.

Merry Christmas

We are continuing the wonderful tradition of the Giving Tree this year under the direction of members Patty Knapp and Jeanne Walcher (representing the Kiwanis/Key Club). Careful research has been done to identify very needy local families who would greatly benefit from a helping hand during the holidays. To participate, choose an ornament (which has the description of the age, gender, and needs of one child) from the tree; then bring the ornament and unwrapped gifts back to the Club—they will be wrapped and distributed. Special thanks to Tom and Carolyn Kennedy for our beautiful tree! Ho, ho, ho...

Holiday Guests

If you have a visitor or a student home from college, please ask at the Front Desk for a free week pass to ATFC. People who exercise are more likely to be happy and helpful guests!!

USTA League

Congratulations to the 6.0 Mixed Team (captained by Alan Baker) for winning its division and thereby advancing to Sectionals in August. That makes 3 ATFC teams in Sectionals!!!

Fall Doubles Classic

Lots of ATFC'ers enjoyed a rousing weekend of competition in November—there were many terrific (and many VERY close) matches. Congratulations to the winners: **Women's 8.0** - Kelly Sacks/Jane Van Dyke, **Women's 7.0** - Kathrine Dron/Margery Winter, **Mixed 8.0 Round Robin** - #1 Kelly Sacks/Steve Sacks #2 Gail Patton/Michael Gutman, **Men's 7.0** - Mischa Kirby/Denver Lamont, **Men's 8.0** - Alan Peterson/Gary Acheatel, **Men's 8.5 - Round Robin** #1 Jon Schleining/Leo Young, #2 Alan Peterson/ Adam Stamper

Ms. Martina Mannerstilova

Dear Ms. Martina: When you were playing at the French Open, how did you handle it when Chrissie and Yvonne made a mess in the Women's Locker Room?

Xox, Flummoxed Fan

Dearest Flummoxed: Oh, my goodness! You have revved up some deep-seated resentments in MMM!! Those two were such slobbs—left the area beside the sink wet and dirty; they jumped into the Jacuzzi directly after playing three-hour matches; they lolled in the sauna for hours on end. And...we didn't have cell phones back then, so Chrissie carried around a giant pay-phone and yacked and yacked. After quietly seething for years, I finally called in I finally threatened to sing all the verses to "Macarthur Park" unless they shaped up and followed these simple rules:

Shower before going into the spa, sauna, or pool

Keep the area around the sinks clean and dry

Limit time in sauna to 15 minutes

No bath oils or soaps in sauna and spa

NO CELL PHONES

From that day forward everything was copacetic. (Bjorn used the same technique in the Men's Locker Room with equal success.) Just start humming—"and I'll never find that recipe again" - and I promise you things will improve rapidly.

Devotedly, MMM

Fitness Class Changes for December

There are just a few changes to the Fitness Class Schedule to note. Friday's Teen Yoga is cancelled for the entire month of December. We still have **Wednesday's Teen Yoga**, so if you know any teen athletes not in a winter sport, this is a great way to keep them ready for spring competitions. Also, we will have the Ballet Barre class offered until Dec 12th after which it will be removed from the schedule.

Enjoy all the friends, family and celebrations! See you around the fitness club.

Bridge at ATFC:

Come play some fun bridge at ATFC on Thursday, December 12th from 2-4:30. Sign up at the Front Desk.



Century Tournament

Mark your calendars for February 7th -9th for the most fun tennis weekend of the year: Men's, Women's, and Mixed doubles with partners whose combined ages are at least 100! Let one of the pros know if you need help finding a partner...



Rogue Valley Winter Jr. Tennis League

This league consists of 4 days of tournaments for each of two divisions: 14 and under and 18 and under ; what a great opportunity for juniors to get competitive experience and meet some new players! Flyers and registration forms are available at the Front Desk. Paul LaMont is the area league contact.

Holiday Health Tips

- 1) **Plan ahead** to stay active this holiday season and avoid holiday weight gain.
- 2) If you are **travelling**, make an appointment with one of our certified personal trainers to build an "On-The-Go" exercise routine.
- 3) If you have **guests** coming to town invite them to join you in one of your group fitness classes.

