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February 2014

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

Annual Fund Campaign

Like many non-profit organizations, ATFC holds an annual fundraiser—sometimes an auction and sometimes an annual fund. This year we will be asking members to contribute to their ATFC community through an Annual Program/Development Campaign. There are many exciting things in the works at ATFC: these include partnering with Ashland Parks & Rec for a comprehensive city-wide tennis program, work towards creating a 501 (C-3) component of the Club, and several new membership categories. While we believe we have developed a long and short range model for which will allow our club to be successful long into the future, our campaign is still a critical component for raising funds that help with the development costs and slow business months. **Our campaign will launch on February 7.** Pledge cards will make it easy for members to contribute according to their ability and desire—every gift counts and is appreciated! You may make a one-time contribution or pledge a monthly amount on your account. The overall progress of the campaign will be charted on a Giving Tree, displayed in the lobby. Be a part of this important effort!

WELCOME

ATFC would like to welcome the following new and returning members: Cathy Berger, Michael Biggs, Avram Chetron, Hannah Cooper, Liam Devine, Summer Healey, Bronte Kennedy, Gary Kennedy, Isabeau Kennedy, James Kurtz, Brenna McGirr, Joseph Mellini, Dawn Mellon, Chuck Nelke, Kayla Reynolds, Dharma Rose, Elizabeth Schaefer, Laura Smith, Mike Sorenson, Don Walton, Eric Wickard, Joseph Willis & Rhonda Yamat.

If you name it, we can return it!

Almost monthly a staff member takes bags of lost and

found items to the Goodwill; water bottles are a good percentage of this bounty. Please take a moment to write your name on your bottles, jackets, etc. so we can help get belongings back to you!

Flexibruary

Fitness Director Molly Romero would like to invite you to join in Flexibruary, an event started by endurance trainer Madoc Yng-Wong of Portland. There are loads of 30-day programs out there but this one is 28 days—like 8 minute abs, but in 7! **The goal of this challenge is to improve your joint-related range of motion flexibility.** Here are the rules: 1) You must spend at least 10 minutes each day during February working on your flexibility. For those who aren't already super flexy, this could be as simple as some basic self-myofascial release (SMR) work with a foam roller or doing something like a doorframe stretch. For those of you who are already super flexy, your challenge is to be **actively flexy** (think of a ballerina doing standing splits) versus passively flexy (anything where you have to use gravity/external form to move the joint). 2) Really, there is only the first rule. If have any questions, talk to Molly or your favorite fitness coach at ATFC!

Flex League-6 weeks of fun!

Speaking of flexing, we still need signups for Flex League, an exciting alternative to USTA league. 3.0-3.5 will be Tuesdays at 7:30; 4.0 and up will be Thursdays at 7:30—hoping to begin the last week in February. We need 16 players in each group. Format: names are drawn out of a hat—first 4 players go to court 1, next four to court 2, and so on. Each week players will play 3 sets, one with each person on his/her court. The player with the highest total games on a court will move up a court for the next week; the player with the lowest game count will move down a court.

Family Swim Hours

The ATFC pool is dedicated to lap swimming and aquatics classes EXCEPT for the Family Swim time slots of Saturday from 1-3 and Sunday from 1-3. Swimmers who are at least 14 years old may participate in lap swimming during regular hours. Thanks for heeding this policy.

College Tennis Membership

The Board has approved a membership category for college students: for \$27/month a student can use tennis courts before 8am and after 7pm on weekdays and after 2pm on weekends. This is a 6-month membership.

Local Tennis Club Members' Visits to ATFC

While local residents who are non-members are restricted to playing at ATFC once every three months, those who are active members of RVST or RVCC may play unlimited tennis at ATFC by paying \$8 each visit. Our pros want to encourage frequent play with those who belong to our other RV clubs.

Tennis Tip of the Month

When playing doubles, divide your side of the net into thirds: left, middle, right. Good doubles teams will always leave one third of "their" court open. If I hit a ball wide to the deuce side, my partner and I will cover "our" left third and middle third, leaving the right third open; if I hit a ball wide to the ad side, we will cover the middle and right thirds., leaving the third farthest from the action exposed. If I hit the ball to the middle of the opposite court, we will need to "pinch the middle", making our opponents win the point by threading the needle into one of the alleys.

Tennis in No Time (TNT)

If you've ever wanted to learn to play tennis, this series is for you! If you've a relative or neighbor who would love to wield a racquet, here is his/her chance of a lifetime! This series of 6 lessons begins on Monday, February 10 from 7:30 -8:30 p.m. and runs for 6 weeks. Players will be led through a progression of strokes and game-based drills in an interactive, relaxed, fun atmosphere. \$40 for 6 weeks Ages: 14+.

Century Tournament

The courts will be hopping from February 7-9 for the annual Century Tournament (partners' ages must be at least a combined 100 years)! Choose a partner or ask Kelly ASAP for help in finding one. BUT do not miss out on the fun of this great event! Deadline is Feb 3.

Give Tennis a Try

For \$39/month (with no court fees for the first 3 months), you can get healthy, meet cool people, learn a new sport (or get back into it). That's \$1.30 a day! Spread the word! (6 month commitment; may not have been an ATFC member for at least a year)

Ms. Martina Mannerstilova



Dearest MMM: Coffee, tea, or Red Bull?

Adoringly, Aimless in Ashland

Dear Aimless: You may not be aware of it, but I try to get to ATFC a couple of times a year –of course, I come incognito so as not to disrupt tennis players and work-out fiends with my magnetic presence! Last time I came as a dork (believe me, THAT was a tricky disguise for MMM!!) and played several long sets with Gail Patton. She was causing me a lot of frustration with her backhand service return, so I excused myself to go to the "Ladies", when what I really wanted was a cup of Joe.

Well, I got to the Front Desk and there was not a staff person present—I poured myself some Noble's, got revived, and went back on the court. I have felt guilty ever since for I never paid my \$1 for the coffee. (I am enclosing a check for \$1.25 to cover interest.)

My friends, please be sure to pay for your coffee!! If no one is at the Front Desk, please jot a note and leave it on the counter. A cup of Noble Coffee for \$1 is a true bargain!!

Devotedly, MMM

Mischievous Tennis Elves?

We have two possibilities: 1) the sneaky tennis elves have returned and are wreaking havoc behind the curtains by tossing tennis balls wildly and tangling the ball machine cords; or 2) some folks who are using the ball machine are not cleaning up after themselves. PLEASE remember to clean up ALL the balls behind the curtains after you have finished using the ball machine. Also, you need to sweep up the yellow fuzz off the courts. Thank you!