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March 2014

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

Annual Fundraising Campaign

The Giving Tree in the lobby is filling up with birds, squirrels, and leaves—all indicating great progress in this year's Annual Fund! If you haven't done so already, jump on the bandwagon and fill in your pledge card to be part of this important effort. EVERY PLEDGE COUNTS!!!

USTA Matches

USTA season is in full swing. Come support your clubmates while seeing some fine tennis: March 1- Men's 3.0 at 1:15, March 22-Men's 4.0 at 12:00, March 30- 3.0 at 1:15.

Recycling Reminder

Empty tennis ball cans may be recycled only if the aluminum strip is separated from the plastic; when you place cans in the courtside green bins, staff perform this task. If placing anything directly into the outside blue bins, please be sure you are being compliant with local recycling guidelines—paper, metal, plastic in the big container (only tennis ball cans which have been separated) and glass in the smaller bin. Thank you!!

WELCOME

ATFC would like to welcome the following new and returning members: Brandon Bernard, Steve Christiansen, Brandt Cullen, Nancy DeRuwe, Shalom Doran, Cannon Dukes, Eric Dukes, Linda Gerschler, Jeff Gerschler, Grayson Gerschler, Joseph Hammond, Debbie Bernard-Hausen, Jasmine Joshua, Kayla Karrecki, Joseph Kuo, Don Laws, Sharon Laws, Tim Laws, Chelsea Lewis, Brent Massey, Mike Mee, Peggy Mee, Anne O'Connell, Kym Palmer, Kelly Sosa, Jen Sturges, Robert Taylor, Jack Vitacco, Ann Wass, and Tammy Wilder.

JR Tennis Clinic and Social for Members & Students

On March 8th from 2-5 pm Kelly, Leo, Gail, and Matt will be holding a fun afternoon of games, clinics, lessons for K-12 juniors who are ATFC members and/or current participants in Junior Tennis! Ice cream and pizza will be served. (Non-members may attend but must be guests of a member) Free!! Don't miss out! **There will be a brief Parent Meeting at 4:45 pm.**

Special Tennis Rate for Parent/Child Combo

For \$29/month (3 month membership), a parent and child can be tennis members (child must be enrolled in the ATFC junior program). What a great opportunity to share a healthy, fun activity!

Spring Break Junior Tennis Camp

March 24-28 during Spring Break Monday - Thursday from 9:00 am - 11:30 am. Please see the flyer at the front desk for more information.

Tennis Open House on March 16, 12-4pm

Please tell your friends about this event, open to the public. We want to share the great game of tennis with folks who may have played before, but haven't picked up a racquet in a while; for parents whose kids play tennis but don't themselves play and for kids and parents who want to learn tennis together. All our pros will participate in running beginning drills, stroke instruction, etc. Snacks provided. Free. FUN!!!

Pain Management Seminar

On April 16th at 7:00 pm a pain management specialist and tennis player extraordinaire, Dr. Mark Greenberg, will be presenting this Seminar. Don't miss out on this informative evening.

& Ms. Martina Mannerstilova

Kelly's New Weekly Drop-in Clinics for March

Dearest MMM:

Synchronized swimming is trickier than I'd thought. Some friends and I who participate in one of the ATFC fitness classes noticed how great we all look when we are doing our floor exercises—legs in the air, toes pointed, moving together. We decided we might throw something together as a team for the 2016 Summer Olympics, representing our club. What better place to practice than our pool? Well, we have been getting some nasty looks from the lap swimmers. What's up with that?

Fondly, Splasher

My Dear Splasher,

While I commend you for your efforts, I must tell you that you and your squad are not abiding by lap swimming rules. Lap swimming is an art form, much like a dance—it just doesn't work if one person is swimming the quickstep and another is doing the cha-cha. Please take a moment to review the posted protocol for cooperative lap swimming and...take your synchronized swim practice to the Upper Duck Pond.

Lovingly, MMM

Tennis Tip of the Month

Question: What are the pros doing to be effective in doubles which is something any player can do?

Answer: Venus and Serena figure out which is the weaker player and hit to that player. You can do that, also, paying attention because who is the weaker/stronger player can change during a match or certainly during a tournament. Practice hitting to the weaker player's side by dividing the court in half and, if you want to get really accurate, divide the court in half again and practice hitting to the weaker player's weakest shot, for example, the forehand or backhand volley. Another good strategy is to hit down the middle. This shot is the easiest to make because it goes over the lowest part of the net AND it adds an element of doubt in your opponents' minds about who is supposed to hit the ball. Practice hitting down the middle!!!

March Madness Men's Night Out - Cost \$5.00

Come out on March 14 at 6:30 pm for a night of doubles (all levels), ping-pong, snacks & cold drinks.

If you're looking for a spirited, high-energy workout, here are some new clinic options! Cost is \$15. **Monday: 12-1**—3.0 Drill and Play. After warm up drills and loosening up the strikes, we'll jump into doubles-oriented games, designed to keep everyone moving and to encourage "next point mentality". **Wednesday: 10-11**—3.5 Doubles Workshop. Fast-paced games and drills designed to develop muscle memory for proper decision making and shot selection. Loads of fun and action: instruction "on the go", while keeping the class MOVING! **Thursday: 10:30-11:30**—Daytime Cardio Tennis!! Burn 400-600 calories in an hour of footwork-oriented drills and fast-paced games-based exercises. Want to start your own group lesson or clinic for your team, friends, or family? Contact Kelly! He is offering special rates for USTA team clinics!

Gail's Weekly Drop-in Clinics

Tuesday - 11:00 am -12:00 pm - Doubles Drop-in for 2.5-3.0, **Friday - 9:30 am - 10:30 am**— Singles Clinic - All Levels, **10:45 am -11:45am** - Doubles Clinic—3.0 and up, **12:00 am -1:00 pm** - Skills clinic—All Levels—Help with technique on particular strokes/shots. (Cost \$15.)

Lunch Hour Core Classes

Check out the March lunch hour core fitness classes! New on **Mondays: Gyrokinesis: 12:15-1:15** . Avril Betoushana will make sure you're sitting in your office chair an entirely new way: office workers often find relief from chronic neck and back pain through Gyrokinesis. Then on **Tuesdays and Thursdays: 12-15-1:15** get in your **Core & Cardio** workout with Jami Hanna. Stay fresh and alert all afternoon with this lunch hour fitness experience!

Fitness Tip of the Month

RECOVERY! As we move into the spring race calendar throughout the Rogue Valley, remember that recovery is just as important as training hard. Recuperate with light moving exercises (walking, cycling, swimming, hiking, moving in general), use self massage techniques, and don't be married to a schedule! "When you're tired, respect it and adjust. Keep it enjoyable, as it is what we do for fun." (Meghan Arbogast, 51, ultra-runner since 1996)