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April 2014

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

Excitement! Fun! Family! Competition!

Like those ideas? Then you should register for the first annual **SISKIYOU SPRINT TRIATHLON**, a benefit for ATFC Youth Sports, Inc. It will be on **Saturday, June 7th, 2014 at 9 a.m.**

Adult Tri Entry: Pre-registration: \$40 (race day registration \$50)

Duathlon Entry: Pre-registration \$30 (race day registration \$40)

Kids' Tri Entry: Pre-registration \$18 (race day registration \$25)

(An adult competes FREE with kid entry! Children 8-12 MUST compete with an adult. Children 12-14 may compete alone, but parents are encouraged to participate. Celebration and AWARDS to follow the race.)

Upcoming SWIM – BIKE – RUN clinics

(Open to anyone) Adults: \$10/clinic & Kids are Free

Swim Clinic: Saturday, April 12th, 1-2:30pm

Run Clinic: Saturday, April 19th, 1-2:30pm

Bike Clinic: Saturday, April 26th, 1-2:30pm

Keep an eye on the Fitness Schedule for new and upcoming classes! Check out our new Information Board in the Fitness Center with a Class Schedule, Trainer Photos, training Tip of the Week, testimonials and the "Featured ATFC Member of the Month". Also check out our Life Cycle Fitness bike!



Special Event at ATFC

On Thursday, April 18, from 7-8pm Dr. Mark Greenberg presents "New Treatments for Chronic Pain and Sports Injury". Dr. Greenberg will be speaking about the latest, most effective treatments available for chronic pain and injury, including Perineural Injection Therapy, a highly effective new treatment for most pain problems; he will also address PRP (platelet rich plasma) for sports-related injury.

WELCOME

ATFC would like to welcome the following new and returning members: Judy Alexander, Nancy Ames, Aaron Anderson, Nathaniel Baze, Johanna Bloomfield, Debra Cleland, Linda Cotruffello, Joseph Crowell, Keira Fite, Troy Forrest, Mary Jane Gonzales, Sergio Gonzales, Adrian Guardado, Michael Hodgins, Richard Howard, Laurel May, Kyle Mercer, Bryan Miller, Donna Mohatt, Anne Ouellette, Natalie Reed, Jeff Risner, Susan Risner, Donis Rothstein, Mary Smith, Rebecca Smith, Dana Spitzer, Tina Springer, Evern Sturdevant, Donna Swartwood, Barbara Tricarico, Cael Weston, and David Wong.

USTA Home Matches in April

Come root for the ATFC home team on the following dates! April 5: 2:30 – Women's 3.5, April 6: noon – Men's 4.0, April 12: 2:30 – Women's 3.5, April 13: 9:30 – Women's 3.5, April 19: 1:15 – Women's 3.5, April 26: noon – Men's 4.0; 2:30 Men's 4.5, April 27: 9:30 Men's 4.5; noon: Men's 4.0.

ATFC Junior Swim Club

A Junior Swim program will begin at ATFC. Hours are Tuesday, Thursday, Friday Time: TBA

A Swimmer's Social

Swimmers will be having a social in April – information on this event will be sent by e-mail.

ATFC Youth Sports, Inc.

ATFC Youth Sports, Inc., which will focus on tennis, swimming, fitness and other sports for the younger set, now exists. We are allowed to operate and accept tax-deductible donations under the assumption that we will receive final 501 (c) (3) status.

ATFC Tennis Champs

Congratulations to Leo Young for winning the Oregon State Senior Indoor Tennis Championships in Portland in March! What a wonderful accomplishment, Leo! And...kudos to Steve Sacks and Dave Hodges who made it to the Semis (and lost in a tie-break in the third set!). You all rock!

Big News for Big Al's!

Big Al's will be July 18-20 this year AND will be a sanctioned tournament!!

Ms. Martina Mannerstilova

Dearest MMM:

As I was dumping the second truck load of interesting items from my garage into the ATFC dumpster, I swear some members were giving me the stink-eye. What's up with that?!!

Lovingly, Spring Cleaner

My Dear Spring Cleaner:

You were lucky just to get the stink-eye; I might have tossed you in with your trash!!! The receptacles in the ATFC parking lot are just for the facility. Please remind your club-mates..... XOX, MMM

Kelly's Corner

Tennis in No Time begins April 7th. (Mondays 7:30-8:30 pm) This clinic is designed for the beginning player or the player who "played in my past life and I want to try it again". Six one hour classes covering every stroke in the game. Cost: \$40 for the series.

April Clinic Schedule: Monday: noon: 2.5-3.0 Drill & Play. Drop-in. Fast-paced doubles-oriented drills and games. \$15.

Monday & Thursday: 6:30 pm—Cardio Tennis. Wanna burn 600 calories? Fun drills and point play that you can adjust for your own fitness level. \$15.

Wednesday: 10am—3.5 Drill & Play. Situational point play and movement are emphasized. Lots of action! \$15.

Junior Development April Schedule

Lil Aces (ages 4-6) - Monday & Wednesday 3:30-4:00 pm

Beginners (7-11) - Monday & Wednesday 5:30-6:30 pm

Intermediate (9 +) - Monday & Wednesday 4:00-5:00 pm

High School - Wednesday 7:30-9:00 pm & Sunday 5-6:30 pm (not on 4/20)

For more information, please call Kelly at 803/920-4428

Save the Date - Saturday, May 3rd Margaritaville at ATFC Time: TBA



Tennis, margaritas, and more!

Wish List and Thank You

The Club is in need of a small color printer (with software). Thanks to David Jones for his donation of a nice copy machine/printer.

Landscaping/Gardening and Grant-writing Volunteers?

If you have a green thumb or a special knack for weeding and would like to offer your time or a product (such as a plant!), please leave your name at the Front Desk. Now that our junior program will have 501(c)(3) status, we will be eligible for various grants—if you have grant-writing experience and would like to help out, please contact John.

Pancake and Crepe Social April 26, 9:30-11:30 am

Mark your calendars right away! Pancakes, crepes, mimosas, and a tennis clinic and all are FREE. Yummy fun!

