

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



May 2014

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

Siskiyou Spring Triathlon

Enjoy this family fun triathlon event on June 7th starting at 9am. We have entries suited for almost everyone: adults, kids, and teams. We even have a duathlon course! Register now online: www.SiskiyouSprintTri.eventbrite.com. Paper registrations can be picked up and returned at the ATFC Front Desk.

Pro Shop

We have a new selection of the latest Wilson and Babolat racquet demos. Ask one of the pros for info on which ones would be best suited for your game. The new Wilson "Spin" racquets are popular with tour pros and recreational players looking for more action (spin) on their shots. Babolat boasts a reputation for "arm friendly", powerful frames that are fairly versatile. **Remember, ATFC will match all internet prices on racquets.**

WELCOME

ATFC would like to welcome the following new and returning members: George Aceves, Anna Rose Adams, Kareem Ali, Griffin Bagshaw, Georgette Bales, Gracie Bales, AJ Boulton, Kelsey Bower, Mahari Bryan, Erin Dauenhauer, Jennice Dauenhauer, Monte Davis, Tricia DeFelice, Paul Dieterich, Amelie Dimitre, Eli Doty, Mary Downs, Katherine Eastman, Kelly Eaton, Nalani Figge, Brooke Fitzgerald, Ananda Goldsmith, Samantha Hastings, Violet Hering, Kiara Hills, Anne Huang, Carol Kinney, Connie LaRue, Eric Leadbetter, Asia Lieberman, Maya Lieberman, Rose Light Bralley, James Lonergan, Austen Meek, John Minor, Anya Moore, Savonne Moore, Tate Oliva, Andrea Ostmo, Kate Page, Murilla Page, Travis Patrick, Sierra Repp, Lilly Schehen, Ian Scott, Anna Sloan, Janine Smith, Lezlie Smith, Travis Smith, Meg

Spinella, Jacob Taub, Betty Toussaint, Ron Toussain, Brian Trejo, Thomas Vance, Raymond Vlach, Luna Vogel & Donna Woolsey.

Tennis Elbow

Here's a generic checklist of things to be aware of when trying to heal every player's worst enemy:

- Rest; take a couple of days off. Don't try to play through it.
- After it feels better, do flexions and extensions with a LIGHT dumbbell.
- Check your strings. Cut the polyester strings out, if that's what you use. Lower your string tension perhaps even as much as 10 lbs.
- Try a couple of different racquets. Lighter racquets + polyester string = a quick recipe for "the elbow". Try something a little heavier, strung a little looser.
- Be conscious of grip pressure. Try to hold the racquet looser. Gripping too tightly will greatly contribute to tennis elbow.
- Take a lesson. Make sure there's not a technical component—sometimes the problem could be as simple as a slight grip adjustment.

Adult Drop-in Clinics with Kelly

3:0 Monday: 12-1 pm, 3.5 Wednesday: 10-11 am,
Cardio Tennis: Monday: 6:30-7:30 pm; Thursday:
10:30-11:30 am; Thursday: 6:30-7:30 pm

Junior Classes

L'il Aces: Monday & Wednesday: 3:30-4:00 pm,
Beginners: Monday & Wednesday: 5:30-6:30 pm,
Intermediate/Advanced: Mon & Wed: 4:00-5:00. pm.

Big Al's

Big Al's is going to be bigger and better than ever! July 18-20. Sanctioned with a Luau kick-off!

Gardener Volunteers Needed

We could use a few more volunteers to help on planting day. Sign up at the Front Desk!

Home Improvement

We hope tennis players on Court 1 are enjoying the new blinds on the windows. Repairing some of the large curtains is in the plans.

May Fit Tip

Spring cleaning? Here are some natural foods for detoxifying your body this spring: Lemon, Green Tea, Beets, Lime, Garlic, Olive Oil, Spinach, Brussel Sprouts and Flaxseeds

Ms. Martina Mannerstilova

Dearest MMM:

Wow! You missed an amazing event at ATFC. John cooked up a whole bunch of pancakes, while Kelly Sacks showed off her crepe-making prowess. Meanwhile, Kelly, Leo, and Matt were running fantastic drills for lots of tennis players. Over 60 happy club members chowed down and played. I have written some special lyrics to the tune of "To Sir with Love" and am thinking of serenading each of them at their homes as a sign of gratitude. Alternatively, I could prepare a liver and onions feast. What do you think?

Yours, Heart's in the Right Place

My Dear HITRP:

That you sought out my guidance will, undoubtedly, be appreciated by Kelly, John, Kelly, Leo, and Matt. I fear they might be overwhelmed by your offerings. How about simply taking a minute to thank them for contributing their time and talents? (Sometimes less is more). XOX, MMM

Margaritaville – May 17

Save the date for this fun social at ATFC! Details to follow...

TABATA BOOTCAMP™

Our dynamic, supportive, and versatile instructor Sofia Onstad is ready to help you reach your spring fitness goals. Join her starting May 6th and going through June 27th from 5:30-6:30 pm for these High Intensity Interval Training classes. Additional fee does apply. Register at the Front Desk.

Congratulations to Gail Patton

In the new rankings Gail is now #17 in the nation in her division. Hip, hip, hooray!

ATFC Board of Directors

An opportunity to meet the new Board members: Janet Anderson, Emily Johnston, and Alan Steed - is forthcoming – date to be announced. Special thanks to outgoing members Justine Bowen, Linda Florin, and Vicki Foley for their years of volunteer service to our Club.

Going to Sectionals

Congratulations to the Men's 18+ 4.0 team, captained by Glen Berk, for advancing to Sectionals in August. Also on to the next level of competition are the Men's 18+ 3.5 team, headed by Gary Acheatel, and the Mixed 18+ 6.0 team, led by Allen Baker. Way to go!!

USTA Matches

The next season of USTA leagues begins May 2. Here are the home matches scheduled in May : May 3 at 2:30 – Men's 40+ 3.0, May 4 at 9:30 – Men's 40+ 3.0, May 20 at 6:15 – Women's 40+ 4.0, May 31 at 2:30 – Mixed 6.0.

Fundraiser Competition Winners

During our successful fundraiser staff members were involved in a competition. Erin Ferrarelli (brought in \$1700) barely beat out Sofia Onstead (was responsible for \$1600). Thanks to these two go-getters and the other staff members who solicited donations from members. Thanks to the scores of members who contributed! (There's still time...)

Growing in the Right Direction

ATFC's membership has shown a net increase in each of the last three months. This is great news!