

735 Jefferson Ave  
Ashland, OR 97520  
(541) 482-4073  
[ashlandtfc@gmail.com](mailto:ashlandtfc@gmail.com)  
[www.ashlandtfc.org](http://www.ashlandtfc.org)



July 2014

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

### Tennis Racquet Donations Needed

Ready to upgrade your racquet? ATFC is looking for racquets for the fall program in the schools—we'd love to be able to leave some at each school location. If you've got one to pass on, please bring it to John. Just think, your "old friend" might just find its way to the next Sloane Stevens or Donald Young!

### Fall Fundraiser

The Board has asked fundraising veterans, Tilly Gibbs and Jo Wayles, to organize some exciting fundraisers during the fall. Be on the lookout for information and if you'd like to lend a hand please give a yell to Tilly or Jo—they are eager for your ideas.

## WELCOME

ATFC would like to welcome the following new and returning members: Eric Bergstrom, Andrew Brickley, Aliya Cook, Becky Cook, Royal Cook, Chelsea Cunningham, Mary Danca, Sharon Dvora, Morgan Hunt, Anni Johansen, Larry Jones, Amy Laws, Sara Lovelady, Ty Mc Donough, Kelsey McKelvey, Sandra Moore, Nancy Morrow, Tate Orlik-Hill, Evan Roberts, Kimberley Russell, Delcy Tibbetts and Derrick Weeden.

### Triathlon Update

The first Siskiyou Triathlon was a huge success with over 40 people having participated. Special thanks to SOU for having donated their pool, Ray's for having contributed food to the celebration, and to Molly and John, ATFC's organizers. In this first event \$125 was earned for ATFC Youth Sports.

### Summer Tennis Camps

Summer tennis camps will be running in July through the end of August. We have something for every age and level. Please contact Kelly at (803)920-4428 or [kellybakertennis@gmail.com](mailto:kellybakertennis@gmail.com) for more info.

### July 4th

**ATFC will be closed all day on July 4th** to allow staff to celebrate this great holiday! ATFC will be well represented in the parade—Carolyn Kennedy is in charge of the Club float and is still in need of volunteers the morning of the 4th. Sign up at Front Desk.

### Big Al's, July 18-20

This is THE big annual Ashland tennis event! Take a moment to register online and remember that this year Big Al's is a sanctioned tournament, requiring USTA membership. If you're not a tennis player, you will thoroughly enjoy being a spectator at this three-day tournament. On Saturday, the 19th, Ashland Parks and Rec is sponsoring a luau at 5pm—should be a ton of fun (If you need a doubles partner, ATFC staff will assist you). **The club is looking for some volunteers to help spruce up Hunter Park before the Big Al's tournament. If you can help out on Saturday July 12<sup>th</sup> from 9-11am please sign up at the front desk. We also need more volunteers to help out at the tournament as well!**

### Checking in about Checking-in at ATFC

It is very important that each member check in at the Front Desk upon entering ATFC—even when you're in a hurry, even if there's a person in front of you, even though you HATE to be the last person in your foursome on Court #3, and even if you cannot bear to miss even one moment of Richard's Pilates class.... Thank you!

### Beautiful Landscaping

On a very warm Saturday at the end of May our front entrance area was transformed by a small cadre of dedicated club members. If you want to know how many weeds were contained in each clump of Shasta daisies sit down a moment with Nancy Walz; for a comment or two about how difficult it is to dig in our shale-y, dry, dirt have a little chat with Cathy Wesche. Other stalwart folks assisting Captain John included Dana Yearsley, Cassandra Toews, and Haywood Morton. This crew did a terrific job of giving ATFC lovely curb appeal. Thank you!

## Ms. Martina Mannerstilova

Dearest MMM:

When you played in the Grand Slams, were you able to leave stuff in the locker rooms or on the courts so you could use them from year to year? If so, I'll bet that was really nice. ATFC doesn't like it when I leave my swimsuit, water bottle, towel, underwear, etc. at the Club. Also, could you take as many Wimbledon towels as you wanted for souvenirs? I am very fond of the towels at ATFC.

Sincerely, Take It or Leave It

My Dear Take It or Leave It:

First of all, you should be **taking** all of your personal items home with you. Besides the issue of making a mess at your beautiful club, there is the concomitant (are you impressed by my English vocabulary?!) one of the staff's subsequent need to haul your belongings to Goodwill after the Lost & Found bin fills. Secondly, those little white towels with the fancy black ATFC "embroidery" are meant to be **left** at the Club. Did you know that 400 of them have gone missing during the last 6 months? Please channel your mother, father, or Mr. Rogers (whoever was the most important influence in your manners upbringing.) While I am inclined to tell you that you are thoughtless, I have been counseled by the ATFC management to be more kind. So... please try harder! Xoxo, MMM

### The Eagle (aka Power Rack) has Landed

After an arduous journey, the Power Rack has arrived and is now happily perched in the back part of the Fitness Room. Free consultation sign ups at front desk. Tuesday July 8<sup>th</sup> at 10am with Steven Dahn, Wednesday July 9<sup>th</sup> at 12:30 with Sofia Onstad, and Monday July 14<sup>th</sup> at 4pm with Molly Romero.

### The Ball Machine and Its Story

There used to be a time at ATFC when we didn't have a reliable ball machine—yes, that is a very sad fact. About 5 years ago a handful of members each donated from \$100-\$500 to buy a new one—Leo did some research and determined the best one for us. With \$3,000 in donations, our little green beast was acquired. Since last fall all tennis members have had the availability of this very helpful tool for people of all levels at no cost. How fortunate we are! But...while it is a reliable model, it is still a little delicate. If we all treat our ball machine will love, it will last a long time. Please be gentle!

## USTA Sectionals

Three ATFC teams will be playing in Sunriver from June 26 – July 2 in efforts to secure coveted spots in Nationals. Let's cheer on: Women's 55+ 6.0 combined team (Tilly Gibbs, Captain); Women's 65+ 8.0 combined (Linda Gamble, Captain); and Women's 55+ 8.0 combined (Jo Wayles, Captain)

### ATFC Junior Tennis Camps

Kelly will be directing 6 one-week summer camps at the Club with a maximum 6:1 student/instructor ratio. There are discounts for families enrolling multiple children! Weeks are: June 23-26, July 7-10, July 21-24, August 4-7, August 11-14, & August 18-21. Pick up a flyer at the Club. Grandparents, this would be a wonderful way to introduce your grandkids to tennis or help them improve their skills.

### Buddy Up to this Summer's -Hottest Fitness Trends

To us programs like High Intensity Training, TRX®, and yoga aren't just industry buzzwords; they are proven workouts designed for endurance, strength, weight loss and stress relief. Buddy up! The entire month of July, bring a guest for free\* & see for yourself how you can take your workout up a notch by having a partner to challenge and entertain you. \*Limit one visit per guest.

### Fitness Calendar Changes

Due to low attendance the following classes will be removed from our fitness schedule until fall: CardioBox, Beginning Pilates, Core & Cardio, & Gyrokinesis. Please note that it is important to show up for classes on time as it is very disruptive to other participants.

### Court Reservation Reminder

We understand that playing outdoors is now an appealing option but if you have made a court reservation and change your mind PLEASE be courteous and remember to call and cancel your court reservation as soon as possible so it can be available to someone else! We are now tracking "no shows" and repeat offenders will be penalized.

### Parents' Night Out – Friday, July 25: 6-9 pm

Drop the kids off for swimming, tennis, and a movie! Ages 6 and up. Such a deal!