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January 2015

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

Message from the Manager re. Annual Giving Campaign

Hello, everyone: What a great year 2014 has been for ATFC! We have made incredible strides improving many areas of our organization, from bricks and mortar improvements to improving and developing a business model that will be successful for years to come. We've improved our membership retention by more than 20%!, increased membership, grown younger, as well as having become more family-oriented, AND have a working 501(c 3) junior program. Now is the time of year when we again have our Campaign Kickoff. As is true for many membership-owned businesses and non-profits, fundraising is a critical component to meet the needs of our fiscal shortfalls while allowing us the time to implement short- and long-range plans to make ATFC more financially sound. For a more detailed plan for growth and sustainability, please feel free to chat with John about what has been identified and what plans ATFC has for the future!

Winter Junior Clinic Schedule

Tiny Tennis: Ages 2.5-4:

Thursdays at 4:00- 4:30

Lil Aces: Ages 4-6:

Mondays and Wednesdays 3:45-4:30 pm

Beginner/Challenger: Ages 7-16:

Mondays and Wednesdays 4:30-5:30 pm

Jr. High/High School: Ages 13 & up

Tuesdays and Thursdays 4-6 pm

Contact Matt or Kelly for more info. Space is limited - contact the Front Desk to sign up.

Good-bye to Sofia

We all wish the very best to ATFC's teacher and trainer extraordinaire, Sofia, who will be moving to Portland at the end of January. Thank you for all your contributions to our Club and members!

Hunter Park Clean Up Volunteers Needed

Volunteers needed on Jan 10th. Sign up at front desk.

WELCOME

ATFC would like to welcome the following new and returning members: Aletia Aazami, William Adams, Theresa Austin, Riley Barraclough, Luan Becker, Tara Brisch, Keva Cobb, Kody Cobb, Eric Danson, Ai Devore, Matt Dolinar, Katrina Finley, Russell Graves, John Hacker, Ruddy Havill, Craig Hays, Abeni Hill, Mark Housley, Alicia Hwang, Catherine Hwang, Rainen Janes, Carly Joss, Kate Joss=Bradley, Jackie Kahnke, Nicholas Kaufman, Chrissopher Kempf, Doug Kenyon, Maria Kurth, Ken Laidlaw, Janet Langley, Makenzie Loken, Zelia Martell, Tyler Marie McIntosh, Derrick Neal, Jamie Paiken, Lori Paiken, Harley Patrick, Kent Patton, Tracy Peddicord, Jackson Risner, Robert Rodgers, John Sager, Conrad Sanford, Emma Sanford, Logan Sanford, Nathan Sanford, Trina Sanford, Daisy Schmeling, Herman Schmeling, Paul Schmeling, Syliva Schmeling, Ambrose Seacord, Chris Uhtoff and Dane Van Arkel.

Century Tournament

January 23-25—biggest, coolest event of the season! This is the one time of year you get to ask someone his/her age: yours and your partner's ages must equal or exceed 100. Events for all levels—men's, women's, mixed. Need a partner? Contact one of the pros for assistance. \$20/one event; \$30/two events.

3.0 Women Players Needed

We have two 3.0 women's teams for 2015, with a couple of spots on each team available. Matches are on weekends, with only one travel date this season! Contact Kelly if you are interested.

Thank You to Giving Tree Elves

This year's Giving Tree proved again the generous spirit of ATFC members: many local needy children were able to experience the magic of opening wonderful new gifts of their choosing—from socks to toys. And...their parents were able to see their delight. Thank you so very much!

One-Way Reminder

With new members abounding, there appears to be some confusion about our driveway; please remember that our parking lot is **one-way**: enter at the first opening and exit past the Club. We've had some near misses (both cars and pedestrians)... and we don't want anyone to get hurt. Thank you!

ATFC's Newest Fitness Trainers

We are so excited that two of the Valley's best trainers are now on board at ATFC!!

John Hacker, A.C.E. John provides specific training to people of all ages to support them in achieving their individual health and wellness-oriented goals. He loves that results are 100% predictable and guaranteed. As a Certified Personal Trainer for 20 years John gets great joy watching his clients achieve their goals. In addition, he is an exercise specialist for injury rehabilitation and senior fitness. Please call John at 541/200-8993 to make your first appointment.

Michael Sotos, A.C.E. Michael has close to a decade of experience in the fitness industry. He is the strength coach for the SOU Raiders' Volleyball team and has also worked with the softball and soccer teams. Many local high school athletes have trained under his guidance, including two baseball players who were chosen in the MLB draft. Michael looks to improve technique, build strength, and increase power in his athletes using functional training programs. Using his MovNat certification he hopes to help people move more efficiently and to connect with nature. He also provides endurance coaching for triathletes and runners.

Rate Increase Reminder

Please remember that your January statement will show a SLIGHT rate increase—\$1 per membership (this excludes introductory memberships); court fees will increase by \$1.50 per adult per month.

Facility Volunteer Crew

We'll be having a day this winter during which volunteers will work to help spruce up the Club. If you have a special project you'd like to work on, please let John or Alan Steed know. More information will be available soon.

Siskiyou Sprint Triathlon, May 2, 2015

An early season race, the Siskiyou Sprint Triathlon offers experienced and first time triathletes a safe &

community-supported event to engage in a fun, friendly, competitive atmosphere. This event begins at SOU's pool, transitions onto a bike ride through scenic Ashland and out onto rural country roads. The final segment, the run, takes participants along the paved Bear Creek path, finishing at ATFC where participants and spectators will enjoy a BBQ, music, and celebration of awards. This event is designed to support Ashland Youth Sports, Inc, the 501 (c 3) wing of ATFC. This year there will be **\$1000 in cash prizes** awarded to the top 3 Men and top 3 Women overall (\$250 each for the top man and woman; \$150 each for second place, and \$100 each for 3rd place). You can register at <https://roguevalleyracegroup.com/SST/> This is a race suited for almost anyone with categories for adults, kids, and teams in triathlon and duathlon distances. **Volunteers needed!** If you're interested in triathlons but not quite ready to participate, please set your mind to an eventful day of volunteering! Sign up at the Front Desk.

Take the Triathlon Training Challenge: Olympic level coaching at a local price!

This program is designed to challenge the elite and encourage the beginner triathlete for the 2015 triathlon season. Take the challenge to: 1) propel yourself to the top of your fitness game; 2) strengthen your swim, bike, and run technique for a fast & efficient race; 3) get tips on transitions from the experts; 4) learn to change a bike tire swiftly to keep you in the race. Performing your best on race day takes months of physical preparation, cross-training, and a strong mental plan. Be your best by taking this Triathlon Training Challenge. Contact Molly Romero, L.Ac, A.C.E. for more info at 503/776-1602

Ms. Martina Mannerstilova

Dear MMM,

Do you have any contacts in the D.E.A.? There has been some mystery white powder in the locker rooms... Sincerely, Bryan Cranston

My dear Bryan,

Great job in "All the Way"!! Okay, back to earth here in Ashland. You are referencing talcum powder and baby powder and there has been WAY too much of it in ATFC locker rooms!!! PLEASE do not use any powders at the Club—they make a huge mess and are very hard to clean up. Thank you! MMM