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June 2015

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

Annual Meeting Report

About 40 members attended our annual meeting and heard reports - including the year in review, current situation, and plans for the future—from the Board and from the Volunteer Management Team. After a lively Q & A session the evening ended with food and drink. New Board members are Allen Baker and Rich Larsen. Thanks to all at the helm!

Thank You

Thank you to outgoing Board members Christie Chiang and Sidney Copilow for many years of service to ATFC. Thanks, also, to Steve Frimkess for cleaning the tennis courts twice a week, a task he has been performing for years now. (Think of him next time you complain about having to vacuum your living room.) Special appreciation to board member Carolyn Kennedy who volunteers in many capacities, most recently by covering MANY shifts at the Front Desk. Please know we appreciate you all!

Fitness Notes from Molly

Being a tennis player requires extraordinary fitness, power, and endurance. Meet with our newest personal trainer Holly Hight to properly develop a strength and conditioning program designed to elevate your game and prevent injuries. To set up your first personal training session with Holly contact the Front Desk.

Siskiyou Sprint Triathlon 2015

Wow, what a success! The Siskiyou Sprint Triathlon not only had a heck of a lot more community support from volunteers and local businesses, but also attracted over **THREE** times as many competitors as its debut year in 2014. This year's event raised closed to \$1000 for our ATFC Youth Sports program. Special thanks to our many volunteers and to our generous sponsors: BioSkin Premium Braces, Ashland Outdoor Store, Indigo Creek Outfitters, Ashland Hills Inn & Suites, Active Acupuncture of Ashland, and Rogue Valley Race Group.

Kudos are in Order

Dave Hodges and Kai Elam have achieved a national rank of #14 in the Grandfather/Grandson category. Very impressive duo! And, congrats to Gail Patton who has been ranked #17 nationally in 60's singles and #2 in the Pacific Northwest; in addition, Gail was named 2014 Tennis Coach of the Year in Oregon (a two-peat for Gail). We are fortunate at ATFC to play with the greats!

Update from Steve Sacks, King of Maintenance

Steve and his Chief Assistant (aka Alex) have accomplished many tasks in a short amount of time: the men's hot tub is up and running, the pool fans have been repaired, the saunas have new timers, the graffiti on the side of the building has been removed, all gutters have been cleaned, and the A.C. has been serviced so that we will be ready for the summer! Thank you, thank you, thank you!

Viva ATFC Update

Circle **September 2** on your calendar for ATFC's party of the year, a not-to-be-missed opportunity for fun and fundraising! We have already secured many Silent Auction items, and **would love to have each member come up with something to donate**, e.g. a gift certificate from your landscaper, vet, hairdresser, or store you frequent. Letters providing information for potential donors are available at the Front Desk. In the meantime, please visit one of these establishments, the owners of which have already donated certificates/items (and, while you're there, please thank them for their contribution!): **Liquid Assets, Kelly's Crepes, Yoko at Plaza Salon, Progressive Optometry**. (P.S. if you see needles flying, watch out: about 20 of ATFC's finest knitters are working hard on creating two incredibly beautiful blankets for the auction...). Items should be given to Tilly, Jo, or Vicky. Thank you!

Summer Fitness Special

Please let your friends, family, and neighbors know about our summer fitness special: June, July, and August for \$75. Here's a great way to introduce ATFC to your posse!

Membership Fee to Join the Best Club in Town

To keep this place thriving, with the goal of promoting year-round membership for a club that has year-round costs, and to make it inviting for those who want to become part of the ATFC community, the Board of Directors has instituted a membership fee for joining the Club. The fee is waived for first time members, members who have returned to the area after a period of at least one year, and for those who have resigned for serious medical issues. An ATFC member who resigns from the Club here forward will be permitted to rejoin after paying a membership fee per the following: **Fitness Single: \$130; Fitness Family: \$210 Tennis Single: \$245; Tennis Family: \$350; Combo Single: \$290; Combo Family: \$385.**



Why Scan In?

Scanning your club card each time you arrive at ATFC is necessary because:

1) Liability (we need to know who is in the building and when). 2) Helping the Front Desk staff learn everyone's names. 3) Helping the Front Desk identify members for charging for services. 4) Helping determine our busy or peak hours so we can adjust club hours, etc.

Adult Tennis Camp & Vacation with Gail 8/30-9/7

Join pro Gail Patton and ATFC members Elizabeth Cross & Dick Hoque for a 4-day (12 hr) tennis camp in Newport, R.I., with a visit to the International Hall of Fame and 2 hours of tennis on its fabled grass courts. To top off the trip the group will travel by train to Flushing, NY for several days of sightseeing and/or US Open attendance. See the tennis bulletin board for details. For more info, call Gail: (541) 482-2576.

Wish List Item

If you've been in the upstairs room for an event recently you'll have noted that the resident card table is in mighty sad shape! If you have an extra card table in good condition, we could surely use it!

ATFC Junior Summer Camp

Camp will be held Monday-Friday from 2-5 pm. For ages 6+. Tennis & fitness skills & drills with USPTA certified tennis pros. All levels welcome. Each day of the week will focus on building a different set of skills, each with a different theme. (Costumes encouraged!). One week session: \$150 member/ \$180 non-member. Ask about multiple children family discount. Sign up at the Front Desk. (Daily drop-in rate: \$40 member; \$50 non-member). **Camp dates are : June 15-19 & 22-26; July 6-10, 13-17 & 10-24; August 3-7 & 10-14**

Big Al's July 17-19

Time to sign up for the 40th Big Al's tournament. Register on-line. Volunteers needed. Please contact Kelly at (803) 920-4428, the tournament director, for more info.

Tennis Social, June 12 at 2 pm

Pro-led clinic followed by a round robin and food. Cost is \$10. per person. Great deal, lots of fun!

Survey Results on the Pool & Spas

The Volunteer Management Team appreciates the 189 folks who responded to the survey. A couple of highlights: pool use: 5% water aerobics, 22% lap exercise, 25% serious lap, 15% circle swimming capable, 2% competition. Spa use: 31% rarely, 19% several times a week. A more thorough report to follow. Electricity & gas meter monitors are now in place to determine usage.



Ms. Martina Mannerstilova

Dearest MMM:

I am new to ATFC. Is each machine actually assigned to one person? Signed, **Befuddled in Fitness**

My dear Befuddled:

Methinks you are referencing Iris' favorite....and no, she is the only one. I heard she was prankstered this week. Ha, ha! Xox, **MMM**

Please Help the Sprinklers

It's tempting to walk through the area under the pine tree as you wind your way from your car to the Club, but... please curb the inclination as the sprinkler heads keep getting broken by human foot traffic.

Junior Swim

Junior Swim will use the pool Tuesday, Wednesday, and Thursday from 5:45-6:45 pm beginning in June.