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July 2015

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

### **Saving the Insects, One by One**

Here's a shout-out to our own St. Gail of ATFceeee who will stop any lesson, game, clinic to pull out her trusty tissue to rescue a mealy bug, spider, wasp, bee, Egyptian potato bug, etc. from being stomped on by an enthusiastic tennis shoe. Gail's philosophy on bugs is pure: "Catch & Release" all the way. Thanks for your love of the littlest of nature's critters.

### **New ATFC Landscaping Crew**

Our new volunteer crew will assess weeding, mulching, planting/transplanting/pruning needs to improve the health & appearance of our yard. For bigger projects we'll be asking for more volunteers—many hands make like work! One possible long-term project is planting shade trees on the south & west sides of the Club to help cool the courts and the pool building. Hip Hip Hooray for Captain Cassandra Toews, Marcia Martin, Margaret Loken, and Kristianna Woods for taking on this role for ATFC. We appreciate you!

### **Holly Hight, Personal Trainer**

Holly is an ACE-certified personal trainer and an RRCA-certified running coach. She's running a special for ATFC members—sessions include a consultation and stride analysis. 1 session for \$50. 3 sessions for \$135 (10% discount per session) 6 sessions for \$250 (buy 5, get the 6th free) 10 sessions for \$350 (only \$35 per session). And, great news: Holly's Monday, Wednesday, and Friday 8:30-9:30 classes are now free to members! Holly would also like to offer a Zumba class. Zumba combines cardio, muscle conditioning, balance, and flexibility in a fun dance party format. Let us know if you would be interested in this class and which time you would prefer - early morning (7:15 - 8:15), late morning/lunch hour (11:15 - 12:15) and/or evening (5:30 - 6:30).

### **Ms. Martina Mannerstilova**

**Dearest MMM:**

When you were winning so many grand slam titles how did you handle noisy Nellies and loquacious Louies on the next court? I've tried everything: gritting my teeth, glaring, stomping on the court - all to no avail. Help, oh wise one!  
**Signed, Almost Bonkers**

**My dear Almost Bonkers:**

Exuberance on the court is such a wonderful thing! People having fun and truly enjoying the game—what a great validation for tennis! BUT...I do understand that sometimes the noise from the next court can be downright distracting. So, my tennis groupies, here's a word from MMM: have fun out there but please be conscious of your surroundings and be considerate of your neighbors on the next court. As to you, Bonkers, I would suggest that you walk over to the net and kindly say: "So glad you're having a good time, but would you mind keeping it down a little?" **Love, MMM**

### **There's a New Kid in Town (make that a New Talent in Ashland)**



Come meet Phoenix, our new phenomenal Head Tennis Pro! Free office/court hours at the Club. Talk, get tips, hit, play, just say hey!

Times: Thursdays 1-3pm, July 2,9,&16 and Tuesdays 1-3pm July 7 &14.

Book a full lesson with Phoenix on those days from 3-5. Schedule a private, work on doubles with your partner, bring along a second team to make 4, etc. OR...take the plunge into the exciting world of Modern Tennis.

## July 4th Parade – ATFC Float

For the last few years Carolyn and Tom Kennedy have been the movers and shakers behind ATFC's entry in Ashland's amazing July 4 parade. They could surely use some help. Please contact Carolyn if you'd like to participate in any way. Three cheers!

## Swim Lessons at the Club



Janine, our Junior Swim coach extraordinaire, is offering private lessons at our pool on Tuesdays and Thursdays between 2:30 and 4:30 pm. Scheduling can be done at the Front Desk Cost: \$25/ half-hour private lesson or \$15 each/ half-hour semi-private

## Welcome to Chayse & Cameron

Chayse has joined the Front Desk staff and has already clocked many hours. She is an SOU student with a background in playing softball with lots of enthusiasm for ATFC. Cameron is also an SOU student majoring in Health and PE with a Business Administration minor and is a member of the track team. Let's all give them a warm welcome!

## Vending Machine

The vending machine containing water, Gatorade, Strabuck drinks and juices should be arriving any day now, relieving Val of Costco trips and managing inventory. Yeah! It will be located next to the door going out to the tennis courts.

## New TV for the Lobby

A very generous anonymous Club lover has generously donated a 55" flat-screen TV for the Lobby. Thank you! We invite you to come relax and watch some tennis.

## Thank you

A big thanks goes out to Margaret Loken for donating a new ball hopper to the Club.

## Junior Tennis Camps

Treat your child or grandchild to an extraordinary tennis experience. Camps are for children 7 and up: Monday- Thursday 2-4 pm. **July 6-9; 13-16; 20-23.** Cost is \$85 members; \$105 nonmembers per week. To sign up, contact the Front Desk or e-mail Kelly at kellybakertennis@gmail.com

## Breakfast At Wimbledon (sort of)

Join us the morning of the Men's Final (July 12) for mimosas, strawberries 'n cream and a little tennis talk and play. Cost: \$10 per person- 9am match competition



## Big Al's, July 17-19

Deadline for signing up is fast approaching! Sign up now for our 40th annual Big Al's, THE tennis event of the year. Enter by midnight, July 12. Singles, doubles at all NTRP levels. Need a partner? Let Kelly, Gail, Phoenix, or Matt know - they will try to help you find a great fit! If you'd like to volunteer to help out during the tournament weekend, check in with Kelly.

## Viva ATFC!! September 2, Grizzly Peak Winery

Tickets are now available at the Front Desk for our September 2 gala at the stunning Grizzly Peak winery. \$50 will secure a spot for you – dinner (appetizers, fresh vegetarian lasagna, salad, garlic bread, special dessert), a glass of wine or beer, music by the fabulous East Main Band – all included! We've got some wonderful Silent Auction items including the most stupendous caramel on the planet (flown in from Fat Toad Farm in Vermont) and dinner at the Ashland Firehouse! Still seeking items. What's your secret talent? Can you offer an experience teaching needlepoint? Take someone to shoot archery? Do you have a favorite hike you'd like to lead? Please let Tilly, Vicky H., or Jo know. And, thank you to Pat & Dale Bibee for hosting a deliciously messy shrimp boil – this generated \$720 to ATFC's coffers. You rock!

## Mysterious Towel Disappearances

Much as we try to keep our dear towels at home at ATFC they continue to go AWOL; so....we are going to try something new: a towel check-in. Details will be coming soon. Thanks for your understanding and cooperation!

## Spiffing it up at ATFC

Here's a heads-up that the Club will be closed for deep cleaning from August 27-30. Mark your calendars.