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[www.ashlandtfc.org](http://www.ashlandtfc.org)



January 2018

**Hours of Operation**  
Monday-Thursday 6:00am-9:00pm  
Friday 6:00am-7:30pm  
Saturday 7:00am-6:00pm  
Sunday 7:00am-4:00pm

## — GRAND — RE-OPENING

### GRAND RE-OPENING WEEKEND: JANUARY 6th & 7th

All members are encouraged to participate in the Club's Grand Re-opening festivities on January 6th and 7th! While we are "showing off" our new and improved facility to the Rogue Valley at large, we are also celebrating the ATFC community. A festive atmosphere will prevail between 10 and 4 each day, with special activities and food & drink between 1 and 3. And... the Ashland Chamber of Commerce will hold a ribbon cutting ceremony at 11:30 on Saturday—you won't want to miss that initiation of the new ATFC!!

Note: Tennis courts will not be available to members from 1-3 on Saturday and Sunday, but will be open for use the rest of the weekend.

### ATFC Gift Certificates

We have gift certificates available for that special someone in your life or to thank a friend or colleague. It can be for a service such as "an hour with Chip or Brady" or it could be for a specific amount of money. If interested, please see Shannon at the front desk.



### Ugly Christmas Sweater Social

About 30 people participated in Chip's First Annual Ugly Christmas Sweater Social—tennis, pickleball, food, and drink entertained the party goers. There were some **very** special sweaters and, in a tie, Ben Benjamin and Alan Steed took home the coveted prizes! Thanks, Chip!

### Ms. Martina Mannerstilova

**Dearest MMM:** For the last few months I have taken home an ATFC towel each time I've played tennis or worked out—I thought they were like party favors. Two things happened yesterday: 1) I ran out of room in my linen closet; and 2) A friend told me that the towels are, in fact, not gifts. What should I do?? Sincerely, **Stymied**

**My dear Stymied:** You are in luck!! The Club is holding "Amnesty January" and you may return all the fuzzy white rectangles, no questions asked!! You will feel a lot better and your club-mates will have towels. **Xox, MMM**

### Welcome to Frank Inn

ATFC is very pleased to announce that, effective January 1, **Frank Inn** joins the ATFC tennis teaching staff. Frank and Lexi, ATFC owner, go back some 25 years. From the time she began considering buying the club, Frank has continued to be instrumental in helping her in her efforts to revitalize ATFC; Lexi is delighted that Frank has chosen to teach at ATFC.



Frank has been a USPTA Elite Tennis Teaching Professional for over 30 years in the Rogue Valley. He has worked with novice adults up to Wimbledon champions, novice juniors up to US Open Junior Champions. Frank has been inducted into the USTA/PNW Hall of Fame. He will be teaching with limited availability. If you are interested, you can contact him personally at [adinn@charter.net](mailto:adinn@charter.net) or 541-227-1693.

### Rogue Valley Swim & Tennis Club

After many years of operation Rogue Valley Swim & Tennis Club will close its doors on 12/31. This is sad not only for its community, but also for the health of tennis in the Rogue Valley. Some RVSTC members have joined ATFC—let's be sure to welcome them warmly into our fold.

### Chamber of Commerce Greeters' Meeting at ATFC

#### Friday, January 5th, 8:00-9:30 am

The Ashland Chamber of Commerce members meet weekly at a different Chamber member's business. Each Chamber member present has about 30 seconds to "shamelessly promote" (Chamber's words!) their business. The host member—ATFC on January 5th—has 10 minutes to talk about its business. This will be a very good opportunity for us to show off the new club and to help get the buzz going around town for our grand re-opening weekend which begins the next day. Please note that parking will be a little tricky on Friday morning.



### No Gentle Yoga on Friday, January 5th

Because of the Chamber meeting at ATFC, Gentle Yoga will not be held on Friday January 5.

### Thank you

A big thank you to ATFC members who generously donated gifts to children in need via The Giving Tree. As has been the case in the past, each child whose "ornament" was on the tree received everything on his/her wish list.



Many children will be warmer this winter due to all the jackets and other warm clothes which were received.

In addition, Barb Vasquez gathered 85 dozen cookies from many ATFC bakers for the annual Foster Children's Holiday Party—she reports seeing lots of little ones' smiling faces. Thank you, Barb, for once again coordinating efforts by ATFC and by RVST!!

### Yoga News

A new Yoga class will begin on Monday, Jan.8th! **Beginners Hatha Yoga** taught by Susan Jaques 8:15-9:30 am

For those new to Yoga, those wanting to restart a Yoga practice, or those just wishing for an easeful start to the week, come and move through the foundational postures (asana), learn or refresh breathing practices (pranayama), and relax deeply with Yoga Nidra.

**Gentle Yoga** taught by Shannon Rio will continue in 2018 with a slight time change Friday mornings from 8:15-9:15 am. (**NO CLASS on January 5**) Focus of the class is on adapting yoga postures so they are practiced in a safe and personalized way. Format of each class includes warm ups, yoga poses, and moving meditation using music. Gentle Yoga connects breath with movement to develop strength and flexibility. Physically, it creates focus, calmness, and stability. Join us if you want to have fun and enjoy the yoga journey. **See you on the mat!**

### Meet the Staff

Ever wondered what the ATFC staff does when not working at the Club? What secret talents they possess? Check out the "Meet the Staff" bulletin board outside of Val's office!!

### Chip's Tennis Tip

#### Don't overplay covering down the line

Overplaying covering the line is perhaps the most common positioning mistake in all of doubles. Too many players at the club level are so petrified of being beaten down the line that they pretty much pitch a tent and camp in the alley for the whole match, leaving their partner to cover the rest of the court. At net you can't cover the whole court—no one can— but you want to cover the parts of the court that are the easiest for your opponent to hit (crosscourt). Over the net in the middle of the court is the highest percentage place you can hit the ball in doubles; down the line is not! Don't believe me? Here are some facts:

- Changing direction to go down the line from a crosscourt ball is the #1 error from the baseline in tennis. There are more errors going down the line from a crosscourt ball than any other pattern in the game, in both singles and DOUBLES.
- The net is higher and the court is shorter when you hit down the line, making the ball harder to attack.
- Backhand winners down the line are harder to hit than forehand winners down the line. Bait your opponent into taking a risk by leaving them a little window to hit on their weaker side. Remember the Rule of 3. After 3 winners down the line, either your partner is feeding your opponent meatballs or you have to start adjusting and shrink their target a little more.

### Century Tournament: January 27th & 28th

Get ready for the Club's indoor event of the year! Men's, women's, and mixed doubles with partners' combined ages of at least 110!!

Men's: 7.5 and under; 8.0 and above  
Women's: 7.5 and under; 8.0 and above  
Mixed: 7.5 and under; 8.0 and above  
Teams may be comprised of Member/Member or Member/Guest.  
Don't miss out on this great tennis weekend!!!



### January Adult Tennis Classes

#### Mondays:

9:30 am—Ladies Drills (1.5 hrs)  
5:30 pm—Singles open Drill (1 hr)  
6:30 pm—Cardio Tennis (1 hr)

#### Tuesdays:

10:45 am—Gail's Doubles Drop-in (1 hr)

#### Wednesdays:

9:30—3.0/3.5 open Drill (1.5 hr)

#### Thursdays:

12 noon—4.0+ open Drill (1 hr)

#### Fridays:

9:30 am—Cardio Tennis (1 hr)  
10:45am—Gail's Doubles Drop-in (1 hr)  
12 noon—Gail's Skills Class (1 hr)

#### Saturdays:

9:00 am—4.0+ open Drill (1.5 hr)  
10:30 am—3.0/3.5 open Drill (1.5 hr)

### January Junior Classes

#### **Hummingbirds (ages 4-6 yrs old) (Red Ball)**

Mondays and Wednesdays: 4-4:30 pm

#### **Sparrows (ages 7-10 yrs old) Beginner (Orange Ball)**

Mondays and Wednesdays: 4:30-5:30 pm

#### **U18 Beginner/Intermediate (ages 11-18 yrs old)**

Wednesdays 5:30-6:30 pm

#### **U18 High School and Tournament Players (Pro Approval)**

Tuesdays and Thursdays: 4:15-6:15 pm

### January Fitness Classes

#### **Aqua Fit with Curly –**

Tuesday and Thursday: 8:15-9:15

#### **Gentle Yoga with Shannon –**

Friday 8:15-9:15

#### **Beginners Hatha Yoga with Susan –**

Monday 8:15-9:30

#### **Hatha Yoga with Susan –**

Wednesday, Friday and Sunday: 9:45-11

#### **Ladies Lift Weights -**

Tuesday and Thursday: 12:00-1:00

#### **Pilates with Richard -**

Monday, Thursday and Saturday: 9:45-10:45

### ATFC Website

Check out the improved ATFC website: [Ashlandtfc.org](http://Ashlandtfc.org)