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



March 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

### Chip's March Tennis Tip

The **split step** and the **ready position** are very closely related and, mechanically speaking, the split step is simply a small hop you take while in the ready position. When you perform a split step and take that small hop, you aren't looking to get a ton of air. You only want to get about an inch high off the tennis court. What's critically important is that when you land, your weight needs to come down and load up in your legs. When you come down from your split step, you want the weight to equally compress both of your legs—like springs—so that you can push off explosively in the direction of the tennis ball. This is much more effective than being flat-footed when your opponent hits you the ball. Now that we know the split step is just a small hop, let's talk about **when** you want to split step and **how you time** your split. You want to split step **every single time** your opponent is about to contact the tennis ball. Since you don't know where your opponent is going to hit it, you need to be able to move in any direction as explosively as possible; performing a split step is going to allow you to do that. Timing the split step correctly is slightly tougher than just performing the motion. The key is that you want to be back on the ground **with your weight down and your legs loaded up** (so you are at your most explosive) at the exact moment that you realize where your opponent has hit the tennis ball.

### Junior Tennis Classes- March, 2018

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

Mondays and Wednesdays; 4:00pm - 4:30 pm

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

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

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

Wednesdays 5:30 - 6:30

#### U18 High School and Tournament Players (Pro approval required)

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

### ATFC Staff Receives CPR/AED Training



On February 25, the club brought in an instructor from Rogue Valley CPR to conduct CPR/AED training for all staff members.

### Billing Reminder

Each month there are between 5 and 10 credit/debit cards rejected during the billing process. Most often it is **either** because the cards have been compromised and the club hasn't been given an updated card number **or** because the card has expired. Notifications are then sent out advising these members to provide new information asap to avoid being considered past due. Here is an excerpt from ATFC's rules and regs: Accounts are considered PAST DUE if, for any reason, the account is not paid , in full, within ten (10) days of receipt of each bill. Past due accounts will be assessed a \$20 LATE FEE. No exceptions

### Adult Tennis Classes- March, 2018

#### Mondays:

9:30 am - Ladies Drills (1.5 hr)

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 am - 3.0/3.5 open Drill (1.5 hrs)

#### Thursdays:

12 noon - 4.0+ open Drill (1 hr)

#### Fridays:

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

12:00 pm - 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)

### Ms. Martina Mannerstilova

**Dearest MMM:** As I write to you today, I realize that I am just happy with my club! I especially appreciate all the extra little things (including goodies!) that the front desk provides. When all was going swimmingly with your team, what did you do? **Fondly, Unsure**

**My Dear Unsure:** I was grateful, my friend...and...I tried to express that gratitude! **Best, MMM**

## Junior UTR Tourney

February 24-25 was our first UTR (Universal Tennis Rating) junior tournament for 2018. The 40 player limited draw filled up three weeks before the deadline with players from Eugene to Redding and places in between signed up! Multiple players from the ATFC junior program participated. UTR tourneys have been a huge success locally from Roseburg to Redding and now the format has spread to Eugene, Albany, Bend, and the coast—including Arcata and other surrounding areas. Chip and Frank are meeting with other UTR tourney directors to discuss an adult circuit, as well, so be on the watch for that! The next junior tourney here will be in September. Universal Tennis Ratings provide tennis players worldwide a common scale to determine their level of play. The 16-level scale (from beginners to elite world-class professionals) precisely and reliably determines individual players' ratings based on actual match results without regard for age, gender, or the location of matches. The Universal Tennis website allows visitors to view more than three million tennis results. College Tennis coaches utilize UTR ratings for recruiting, for scouting opponents, and to track the levels of their current players. The ITA currently uses UTR ratings to assist with selections and seeding for select regional and national events.

Congratulations to our juniors who earned medals over the weekend at our Ashland UTR tourney:

Karolina Dobiecka – 1<sup>st</sup>

Courtlyn Lam – 1<sup>st</sup>

Andy Gurov – 2<sup>nd</sup>

Sascha Wells – 2<sup>nd</sup>

Alex Gurov – 2<sup>nd</sup>

Titus Stark – 1<sup>st</sup>



## New Elliptical Trainer Coming Soon

By the end of March you'll find Precor's latest design, the EFX835, in the ATFC fitness center. The elliptical path follows a person's natural walking and running stride. Check out some of its cool features: an incline ramp (adjustable from 10-35 degrees to target different muscle groups), 20 levels of resistance, moving handle bars to give you a complete workout, easy to use controls, a holder for your water bottle, phone and other accessories, and a feature allowing you to plug in your headphones to listen to either of the 2 TV's. Curly will be more than happy to show you how to use it and any of the other equipment in the fitness facility.

## Hunter Park Clean-up

ATFC's adopted park, Hunter, will have a clean-up party on Saturday morning, March 10, from 9-11 am. Please sign up at the front desk if you'd like to help out with weeding and beautifying! Tools provided – you might take your own gloves.

## Welcome, Curly! - Now Available for Personal Training

We are happy to announce that Curly Dykstra, a long time member of the ATFC fitness staff, will be taking on an expanded role at the club, effective March 7. Curly reports, "I am excited to play a larger role at the club. I've been teaching the aquatic fitness classes for 3 years and look forward to leading the Women with Weights classes; in addition, I'll be overseeing all of ATFC's fitness classes. Now that I will be joining you all in the fitness center, I welcome the opportunity of meeting and working with many more club members!" Many years ago Curly began taking fitness classes because she was overweight and out of condition; she loved the classes so much that she decided to become a fitness trainer so she could share her passion for fitness with others. Her approach to being physically fit is holistic: it's important we train our outside as well as our inside. Curly holds certifications from the American Council on Exercise, the Aquatic Professional Association International, the American Senior Fitness Association, and the Parkinson's Wellness and Recovery Program; she is also a trained Parkinson's cycling coach. With 18 years of experience as a fitness trainer, Curly has a lot to offer students. The front desk can schedule time for you with Curly, or you may contact her directly:

- 1) email: [fitnessdir.atfc@mind.net](mailto:fitnessdir.atfc@mind.net)
- 2) voice mail: ask the front desk to put you through to her voice mail

## Yoga News

New Class: first Sunday of each month beginning March 4. Group Meditation Practice: 8:30am-9:30am Includes: Questions, discussion, and instruction on meditation practices. Concludes with 25-35 minutes of meditation practice Drop-in fee-based class: \$10/member; \$12/non-member. Taught by Susan Jaques.

