



735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
www.ashlandtfc.org

XXXXX 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

Club Exterior Facelift

As you have probably noticed, the exterior of the club has recently undergone some much-needed repair and has been repainted. The club walls make an excellent back-drop for the lovely plantings coming to life for spring!



It's great that the outside of the club now is looking as spiffy as the renovated interior!

Annual Closure for Maintenance and Repairs

Please note that ATFC will be closed **Friday through Monday, June 22-25**, in order to make necessary repairs. A crew also will perform a deep cleaning of the facility in order to assure ongoing safe and sanitary conditions. We hate to disrupt your exercise/tennis routine and thank you for your understanding—some cleaning and other work just cannot be accomplished while the club is open.



ATFC Members May Swim at Daniel Meyer Pool for a Discounted



Fee During the Club Closure

Arrangements have been made with Ashland Parks & Rec to allow all ATFC members to swim at the Daniel Meyer Pool for a discounted rate while the club is closed. If you show your ATFC swipe card, you will receive a reduced rate of \$2.50 per swim (Discount applies only June 22-25.)

T'ai Chi Classes Set to Begin on July 9

A little bit of the far east is coming to Ash



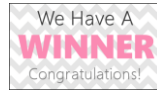
The club is excited to announce it has finalized arrangements with **Lillibet Gillespie** to teach this specialty class. Lillibet was born and raised in South Africa where she studied T'ai Chi Quan and Qigong and had her own T'ai Chi school in Cape Town prior to moving to Ashland in 1997.

Since her arrival in the Rogue Valley, Lillibet has held classes in Ashland, Jacksonville, and Medford. She teaches various forms of T'ai Chi, one of which is the simplified 8-step form which has shown to significantly reduce the potential for falls and fractures in older adults.

The one-hour class will be held twice weekly: **Mondays at 4pm and Wednesdays at 11:30am. (First class is on Monday, July 9)**

To facilitate learning and to achieve maximum benefit from this ancient Chinese art form, it is recommend that participants attend twice weekly. Class size will be limited to 15 and will be on a first come, first serve basis

Curly's Corner



- Thank you to all the fitness members who participated in the interest survey regarding possible new classes! As you can see from the T'ai Chi announcement above, your voices are important to us.

The lucky winner of April's drawing for a free personal training session is **Annette Dahlquist**. There will be monthly drawings through July, so be sure to enter each day you are at the club – you could win an hour of training with Curly!



Help Spread the Word about our Wonderful Club!

- Hot off the press is a lovely new “rack card” which describes what ATFC offers to its members and to out-of-town visitors. We plan to have staff distribute them to as many accommodations and other establishments as possible in Ashland and other parts of the Rogue Valley. The promo piece is now available from the front desk and is also displayed in brochure racks around the club.. If you can think of friends, neighbors, churches, synagogues, schools, businesses, or other establishments that may be interested in displaying them, please feel free to pick up as many as you'd like for distribution. In some cases a card posted on a bulletin board might be just the ticket; however, if someone would like a rack, the club would be happy to provide one.

Thank you very much for ideas you might have for promoting ATFC!

Ms. Martina Mannerstilova

- **Dearest MMM:** The pile of ATFC towels is shrinking again. Help! Signed, **Short of Linen**

My dear SOL: Here's the annual reminder: please check your lockers, your gym bag, your backpacks, and your home laundry room for any ATFC towels which may be lurking. Return them– no questions asked! **MMM**



Tennis Tip of the Month—Improve Your Footwork

You can up your game without even stepping on the court by improving your agility and speed. Tennis is a fast game full of quick, sudden movements. Train your footwork accordingly – jogging will give you endurance but you need to develop your speed. Practice sprinting short distances in various directions , as you would run on the tennis court. Spring for 15 seconds; rest for 15 seconds; repeat. Incorporate hops and jumps – any movements that will increase your sudden speed. Train yourself to run hundreds of short races rather than one long race.

Interim Director of Tennis

- ATFC bids farewell to Chip, Jody, and [unclear] as they depart from the [unclear] Rogue Valley. Effective June 1, **Gail Patton** will assume the duties of Interim Director of Tennis.



Frank and Gail will continue to be available in their roles as teaching pros. Some adjustments will be made to the tennis clinic offerings and times. Tennis members will receive email notices of changes as they are made; schedule updates will also be posted on the Tennis/Fitness bulletin board and at the front desk. Please be sure to keep an eye out. Every effort is being made to have as few disruptions to the program as possible.

Note from Chip

As I move into a new position, I want to thank everyone for their support over the last year. I have enjoyed my time at ATFC, built friendships, and, hopefully, helped a few people improve their tennis skills. Thank you again for being a great tennis membership. May the wind always be at your back.

Sincerely, Chip Blackmon



Big Al's Tournament- July 22-24

Big Al's is just around the corner! This will be the 43rd running of the greatest tennis event in Southern Oregon—courts at Hunter Park, ATFC, Lithia Park, Ashland Hills hotel, and Helman School will be filled with tennis players from all over our region and other parts of the country. It is always great fun to see players come back year after year to enjoy the excellent tennis and the convivial atmosphere. So....tennis players: it's time to sign up on the USTA tournament website: you may play in two events: singles, mixed doubles, women's doubles, & men's doubles are options at many NTRP levels.

And...we need volunteers. If you are a tennis player, a tennis fan, or someone looking to spend a few hours (or more) in an entertaining and helpful way, we want YOU!! Selling t-shirts (the newsletter scribe has seen the design of this year's shirt and it looks fabulous!), helping at the Hunter tournament desk, staffing the satellite sites, setting up, tearing downPlease sign up at the front desk.

Summer Snacks and Drinks

Shannon is always interested in providing the most appealing possible snacks and drinks for club members—is there something you wish were stocked in the club fridge? If so, please let her know. frontdesk.atfc@mind.net

Our Junior Summer Sessions meet Tuesdays and Thursdays for one hour class. High Performance meets Tuesdays, Wednesdays, and Thursdays for one and a half hours. You can sign up weekly, 2 weeks, a month or for the whole summer. There is a class and schedule that will fit any age and ability. See below for descriptions and fees.

Ashland Tennis Academy

Important Dates to Remember

2017-2018 School Year Sessions End Friday, June 8

Summer sessions begins Tuesday, June 26

Summer Sessions ends Friday August 17

2018-2019 School Year Sessions Begins Tuesday September 4

- Summer Session 1: June 26 – June 28
- No classes 4th of July week
- Summer Session 2: July 10 – July 12
- Summer Session 3: July 17- July 20
- Summer Session 4: July 24 – July 26
- Summer Session 5: July 31 – August 2
- Summer Session 6: August 7 – August 9
- Summer Session 7: August 14 - August 16

10 & Under Program

Hummingbirds (ages 5-7) Red Ball

Tuesdays & Thursdays 9:00am to 10:00am

Fee: Members \$30, Non-members \$35 Players are introduced to the fundamentals of tennis through fun activities on a 36' court. Activities are focused on developing their forehand and backhand rally skills, underhand serves and volleys. Modified match play and scoring will be introduced using the Red Ball.

Sparrows (ages 9-10) Orange Ball

Tuesdays & Thursdays 10:00am to 11:00am

Fee: Member \$30, Non-member \$35 Players progress to the 60' court continuing to build on more complex movement and footwork skills. Technique will be stressed more on ground strokes, volleys and serves. Modified match play and scoring continues using the Orange Ball.

U14 and U18 Novice

Tuesdays & Thursdays 1:00pm to 2:00pm

Fee: Member \$30, Non-member, \$35

This group is for players who are 12 and over using the regular ball. There is a strong emphasis on stroke development and strategy to prepare the player for the Intermediate level of tournament play. **U14 and U18 Intermediate**

Tuesdays & Thursdays 2:00pm to 3:00pm

Fee: Member \$30, Non-member \$35 This class is for players who are playing at the Intermediate level where they can rally and keep score. They have some skills and technique in every stroke. This player may be interested in playing Intermediate tournaments. Private lessons are recommended. High School Varsity tennis players should sign up for this group.

High Performance Program

U14 and U18 Advanced – Tuesday, Wednesday, Thursday, 3:00pm to 4:30pm Fee: Member \$60, Non-Member \$65

- Summer Session 1: June 26 – June 28
- No classes 4th of July week
- Summer Session 2: July 10 – July 12
- Summer Session 3: July 17 – July 20
- Summer Session 4: July 24- July 26
- Summer Session 5: July 31 – August 2
- Summer Session 6: August 7 – August 9
- Summer Session 7: August 14 – August 16

- (Pro Approval) Intermediate to Advanced Level tournament player and ranked players who want to play college tennis.

- **Summer Private Lessons** – Private lessons can be set up individually for any Professional. Call **541-482-4073**.