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ATFC Newsletter Editor: Jo Wayles



AUGUST 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

Hunter Park Clean-up

Many thanks to volunteers who spruced up the area around the tennis courts at Hunter Park on Saturday, July 14th! Without a doubt, your efforts weeding, raking, and mulching helped to enhance the beauty of this venue – everything looked beautiful for Big Al’s. ATFC members donning gloves and wielding garden tools included: **Gail Patton, Sally Jones, Carol Block, Barbara Bailey, Maxine Mahnjani, and Jo Wayles**



Big Al’s Tournament, July 20-22



The 43rd Big Al’s, led by Tournament Director Gail Patton, is now in the books and it was a great event! About 140 participants – mostly from Oregon and California, but also from Arizona and Indiana– played exciting tennis over three days. Despite the smoke. Hunter Park was alive with boisterous cheering, the sound of many and fans gathering in the shade volunteers – and there were more t-shirts, helped with set-up and You were the face of the thanks to **Alex Knecht** (logistics, etc.) **Victoria Sheadel** (computer program), and **Su Grossman** (volunteer recruitment and management) for their efforts in creating a successful tournament – each contributed many hours before/during the event. On to Big Al’s #44 in 2019!!



tennis balls being struck, players under big trees. Thanks to all the than 20 – who helped at the Tournament Desk, sold take-down daily, and staffed the satellite venues. tournament and you all did a fantastic job. Special



Congratulations to ATFC members who won in their divisions:

Frank Inn’s Tennis Tip for August

Handling Short Balls

Timing the ball well and hitting it in the proper strike zone are very important skills in shot execution. On the shorter balls especially, you want to make sure to move to the ball and not wait for it to come to you. Whether the ball is inside the baseline or closer to the service line, you want to make sure you get behind it and catch it on the rise. As the ball comes up, hit it off the bounce. **Your attitude should be to play the ball and not let the ball play you!**



Taking the short ball on the rise will take time away from your opponent.

ATFC Summer Junior Tennis Classes and Camps



Junior tennis is in full swing at ATFC! It's energizing to see kids of all ages learning one of the truly great life-long sports – they are clearly having a lot of fun while working on strokes, footwork, hand-eye coordination, and teamwork. There is still room in some of the sessions so head to the front desk and sign up your children or grandchildren today !!

Curly's Corner

Last month's winner of a free training session with Curly Curly's challenging and fun Women with Weights classes, work-out lesson with Curly. You, too, could be a happy to enter the contest; it's simple: write your name on the paper provided and pop your entry into the raffle jar! Good luck!



is **Pat Smith!** A regular attendee of Pat knows she is going to get a great winner, BUT only if you take a moment

to enter the contest; it's simple: write your name on the paper provided and pop your entry into the raffle jar!

Curly's August Fitness Tip



Every fitness plan should include these three aspects:

- **Strength and muscle conditioning:** Having muscular strength helps with posture and reduces the risk for lower back injury; it also helps with weight management.
- **Cardio:** The cardiovascular system benefits greatly from 3-5 days/week of aerobic activity. Some great non-weight bearing exercises are swimming, rowing, and biking.
- **Flexibility:** We need flexibility to reduce the risk of injury and to maintain joint ROM (Range of Motion). Always warm up before you stretch. Hold gentle stretches for 15-30 seconds while breathing normally.



Ms. Martina Mannerstilova

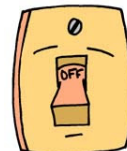
Dearest MMM: As a relatively new member of ATFC I think I'm really getting into the swing of things – people are friendly and the facility is lovely; however, I'm confused about one aspect of tennis court etiquette and could use your help. Is there something super magical about Court 2? It seems that a lot of tennis players who are assigned to Court 3 prefer walking through Court 2 instead of using the door to Court 3. I want to fit in so am wondering if I should learn to "Walk This Way." Sincerely, **Keen Observer**

My Dear Keen: You are not the first new member to note this phenomenon. MMM has sometimes wondered if there is a secret cult at ATFC devoted to the hypotenuse. (Frank and Gail **do** talk about the geometry of the court pretty frequently.) Here is the real deal: please do NOT cut across Court 2 en route to Court 3 – players or students on Court 2 have "rented" that space for each session and it is not polite to intrude (even if they are not actively playing at the moment). Please spread the word. Lovingly, **MMM**



Court Lights

Friendly reminder: Sometimes we get into "automatic" mode and turn on lights before checking out the necessity. As you enter the courts, please take a couple of seconds to assess the lighting situation – there's a good chance the natural light coming from the skylights will be sufficient and will actually make play more enjoyable; if you do choose to turn on the court lights for your match, **PLEASE** remember to turn off the switch as you exit. Thank you!!



Ashland Tennis & Fitness Club

2018-2019 School Year Junior Schedule

Call 541-482-4073 or email tennisdir.atfc@mind.net

The School Year Junior Program runs from September 2018 through the end of school in June 2019. The group lessons, depending on ability, are two times a week. You sign up for the month, unless specified. Classes are after school. Private or group lessons can always be arranged. Ask about Junior Tournaments, socials and inter-clubs. There is a class and schedule that will fit any age and ability. See below for descriptions and fees.

All Junior Group fees are based on attendance of 2 days a week for 4 weeks. A per diem rate will be charged if a 4 week package is not purchased.

Little Aces (ages 4-6) Red Ball

Mondays & Wednesdays 345pm-415pm

Fee: Members \$48, Non Members \$68*

Players are introduced to the fundamentals of tennis through fun activities on a 36' court. Activities are focused on developing the ABC's (agility, balance, coordination) using the Red Ball.

Little Challengers (ages 7-10) Orange Ball

Mondays & Wednesdays 415pm-515pm

Fee: Members \$96, Non Members \$116*

Players progress to the 60' court continuing to build on more complex movement and footwork skills. Technique will be stressed more on groundstrokes, volleys and serves. Modified match play and scoring continues using the Orange Ball.

Novice (ages 11 and up) Green Ball

Mondays & Wednesdays 515pm-615pm

Fee: Members \$96, Non Members \$116*

This group is for players who are 11 and over using the green dot or green (regular) ball. There is a strong emphasis on stroke development and strategy to prepare the player for the intermediate or high school level of play.

Intermediate (ages 11 and up)

Tuesdays & Thursdays 615pm-715pm

Fee: Members \$96, Non Members \$116*

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 high school tennis or Intermediate tournaments. Private lessons are recommended. High School JV tennis players should sign up for this group.

Advanced (ages 11 and up)

Invitation Only

Tuesdays & Thursdays 415pm-615pm

Fee: Members \$192, Non Members \$212*

Intermediate – Advanced level USTA & UTR tournament players. This group is for players who show potential to play at the Advanced level of PNW tournaments or UTR tournaments. Strong technique is required along with the goal and desire of wanting to play at a high level in high school and college. Players are required to take private lessons.

* Junior memberships are a great way for juniors to enjoy year round practice of what was learned. Junior members pay no court fees and receive the member rate on all lessons and clinics. Dues are only \$25 a month. (A \$25 non-refundable join fee applies).

Private Lessons can be set up individually with any Professional. Call 541-482-4073

Gail Patton

A big **THANK YOU** is extended to all Big Al's volunteers. The tournament would not have run smoothly without you. Jo Wayles got the volunteers in motion prior to the tournament and then handed the reins to Su Grossman. Her organizational skills were invaluable.

The incredible time and efforts put in by the Knecht family made it possible to run a successful tournament. Alex helped with pre-tournament computer applications, tournament set-up and take down, and spent all 3 days at the tournament desk helping to input match scores into the computer. His wife, Konny stocked the snack bar while daughters Ashley and Carly took over sales. Ashley even stepped in to take photos when the Tidings photographer didn't show up. (She got a credit in the paper for her photo.)

These volunteers helped with set-up, take-down, t-shirt sales and/or were site supervisors at Ashland Hills Inn, ATFC, Helman School and lithia Park: Joanne Beckett, Cheryl Bellefeuille, Ben Benjamin, Carol Block, Katherine Dron, Yvonne Endrikat, Craig, Peter and Su Grossman, Michael Gutman, Hannah Hague, Sally Jones, Carolyn Kennedy, Ed and Sharon Laskos, Ludy Lyman, Liz Pischel, Barbara Vasquez, Bill and Nancy Walz and Kristiana Woods.

I also want to thank the front desk staff; Shannon, Sydney, Luke and Vika for helping to keep the matches played at the Club running smoothly.

ATFC players do well at Big Al's Tournament

Women's Open Singles

Finalist: Ashley Knecht

Men's Open Doubles

Consolation Winners : John Dix/Adam Stamper

Women's 4.0 Singles

Finalist: Lexi Packer

Women's 4.0 Doubles

Finalists: Barb Bailey/Joanne Beckett

Men's 4.0 Doubles

Finalists: Peter Finkle/Lonnie Lindsey

Mixed 8.0 doubles

Finalists: Nora Knox/Gary Acheatel

Women's 3.5 Doubles

Consolation Winners: Christie Chiang/Laura Winters

Consolation Finalists: Carolyn Kennedy/Ginny Whitener

Women's 3.0 doubles

Winners: Suanne Cleveland/Lois Cole

